



Golden Rule Dog Training

Come. Learn. Play

Teach Your Dog to Sit and Stay

There are four parts to this exercise: focus, sit, stay and release.

1. Use the focus cue to get your dogs attention.
2. Take 2 treats and hide them behind you back, one is for the sit and one for the release. *Pick a release word you and your family will agree on and use consistently, such as "okay", "release", or "free."* The release word lets the dog know they can move about freely.
3. For the sit: Use the food lure technique to show the dog you want them to sit. Say "sit" one time, wait 2 seconds, then lure her into position.
4. Lure by taking a treat between your thumb and fingers so the dog can smell the treat.
5. Guide your dog into the sit by moving the treat toward the top of her head, arching it up over her nose so that she has to raise her nose straight up to follow the treat. *Most dogs will follow the treat with their eyes and track it with their noses, causing their muzzle to point straight up. Usually, when a dog's nose goes up, her rear will move down toward the floor.*
6. Hold the treat over and close to their nose and move your hand back to move her into a sit position. As the dog sits, give them the treat and say "good." Practice 4 times.
7. Encourage her to stand up again and repeat the step above until your dog readily follows the food lure and goes into the sit position when you say "Sit."

Teach Your Dog to Stay

Once your dog has mastered sit cue, you're ready to teach her to stay on cue. She will learn that when you say "Stay," she should maintain whatever position she is in until you release her with the release cue

The stay is quite useful to us, but not easy for some dogs to learn. Use good treats, such as little cubes of chicken, low-fat cheese, bits of sliced hot dog and freeze-dried liver. When teaching your dog the stay, you're asking her to do something that may not make much sense to her. You're asking her to stay somewhere while you leave her side, which is something dogs never ask of each other unless they don't particularly like each other. So reward her well!

Put a bunch of small treats in your hand and hold them behind your back. Find a quiet place to train where your dog won't be easily distracted. You may need to use a leash and step on it so you have the dog in front of you and your hands are free to give the treats quickly. When you use the "sit" and "stay" cues say them once, do not keep repeating them.

1. Stand right in front of your dog and say "sit", as the dog sits, wait 3 seconds and say "stay", and then give her one treat from each hand from your back rapidly as you say "stay" for a few seconds. Then release her with your release cue and toss a treat to the side so she follows the treat.
2. Repeat this exercise, slowly stretching out the time that your dog must stay between each release cue and the delivery of a treat.
3. To increase the duration, ask your dog to stay for two seconds. Then increase to five seconds. Then try for ten seconds, and so on.
4. If he breaks the stay, say "eh-eh" or "no" and put them back into a sit and start over.
5. Remember to use your release word once the dog is successful and to finish the exercise.

Increasing Distance

Your goal is to teach your dog to stay while you move away from her a little at a time. After you and your dog have mastered the sit and sit-stay, you can start to move away from your dog, creating distance. Remember to progress slowly, which helps your dog gain confidence and be successful.

Gradually increase the number of steps you move away from your dog, always coming back to her to deliver treats while she holds the stay. Remember to end the stay by saying your release cue and give her a treat.

As you take more steps away from your dog, you can start to increase the time you ask your dog to stay while you're away from her. During the stay, return to your dog and give her treats. For example, take two steps away from your dog, pause for three seconds, say "Good" and return to give her a treat, take two steps away from your dog again, pause for three seconds, return to reward, pause again, and then release your dog. This will build the duration of the stay.

Increase Distraction

Your goal is to teach your dog to stay in different places. Once your dog has mastered the "stay" in familiar and quiet places, then practice the cue in busier places to increase the focus and distraction. Because your dog will find holding a stay in new and distracting places difficult, start with very short, easy stays and build from there. First, practice the stay in different rooms of your house. Don't ask your dog to stay for very long, and don't move very far away from her.