

# Training your dog to wait...



**Have your dog start in a sit or down position** having all four paws firmly on the ground is sufficient.

Say the cue “wait” and make a small movement, such as shifting your foot or looking away. If your dog stays in position, reward them immediately and mark the behavior with a word like “yes” or a clicker.


If your dog breaks the “wait,” simplify the exercise next time by reducing distractions. Gradually increase difficulty so your dog can stay in place even with distractions, such as lowering a food bowl or opening a door.

Once your dog remains calm, practice gentle handling or petting while they stay relaxed and stationary. Reward them for accepting touch without moving.


Finally, introduce a release cue, like “OK,” to signal that the exercise is complete.

## Why?

Training your dog to remain in place until released helps them stay calm in potentially stressful situations. Dogs can feel anxious when veterinary staff handle them without understanding why or what’s expected. If your dog knows the “wait” cue and anticipates a reward, she is more likely to stay relaxed. Combining the “wait” command with prior handling and positive reinforcement can help your dog remain calm during a variety of types of handling.

A black and tan dachshund dog is sitting on the ground, looking up towards the speech bubble above it.

Can we leave now?

A black and tan dachshund dog is sitting on the ground, looking up towards the speech bubble above it. It is wearing an orange collar with a metal tag.

No, we must wait!