This week we'll add duration to behaviors. Adding duration will help to create solid behaviors. Teaching duration is really a matter of extending the time between a cue for position and releasing from that position. We do this by the continuation of the WAIT or Stay cue. Although, technically, it is not necessary to add a verbal cue to get duration but it is often helpful when building duration. When adding duration to a behavior, reduce the amount of distraction in which the dog has to concentrate. Read Appendix for details on how to add duration. Be mindful to keep the duration level so the dog is successful yet still challenged.

Wait – Adding Distractions and Duration – working in doorways

The next level for Wait is to add some distraction and some duration while your dog is in position waiting to be released. We will also use WAIT to practice recalls with distractions and duration. Practice this in doorways of your house, gates in the yard, the kennel door and also with the car door.

Practicing at Doorways

Teach dog to wait or settle at boundaries; doors, kitchen, etc.
Optional: use a Mat for this exercise

Steps:

1. Give dog 2 to 3 feet of leash.
2. Place mat on the floor and reward your dog for offering to move to the mat and sit or lay down
3. Mark and reward on mat
4. Using a door with a doorknob, reach toward door
5. Wiggle door knob.
6. Open door slightly
7. Open door a little more
8. Gradually increase the width the door is open
9. Release your dog to come forward to you

Click points

- dog on the mat
- dog not moving at each step

Adding Distractions

1. Give your dog a WAIT cue, step away from your dog.
2. Move about, count 1-2-3, keeping your dog successful at waiting.
3. Release your dog to come forward to you.

Caution: If your dog releases himself, that means either you waited too long before releasing him or your movement of distraction was too high level for him. Keep him successful by shortening the time you are having him wait and reduce your distraction.

Click points

- None: release word replaces the click.

Once your dog is able to handle some level of distraction, begin to add some duration.

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Add Duration

1. With dog on inside of boundary, doorways or car door, cue Wait. Count slowly to 5, release with Okay to let dog cross over the boundary.
2. Repeat and increase your count working up to 15 seconds. Ping Pong back and forth between short and long lengths of time. (count to 5; release, count to 8; release, count to 3; release, etc)

Click points

- None: release word replaces the click.

Practicing with Recalls

1. With your dog in a Wait position, walk away from your dog.
2. Instead of using your Release cue use your Recall cue (Come) to release your dog to come forward to you.

Optional Click Point

- For touching your target hand

Leave it: Add Take-it Cue

The goal of this exercise is to continue to work with the dog to ignore food offered by the handler and to take food in response to the cue "Take-it".

Steps

1. With treat in the flat of your hand, say Leave-it. Your hand should be within dog's range and at dog's nose level.
2. When the dog looks away, backs up or looks at you, say "Take-it" and give dog the treat from your hand
3. Repeat steps 1 and 2.
4. When dog waits for cue Take-it, begin varying durations using the Ping Pong Method outlined in Appendix.

Optional Click Points

- When your dog looks at you
- Right before your dog takes the item

Loose Leash Walking – Let's Go!

At this phase of practicing Loose Leash Walking, you will fade out clicking for the reconnection and add a cue "Let's Go" and add turns when walking. Continue with high rates of reinforcement when you are starting this phase. You'll be able to reduce the rate of reinforcement as you and your dog get better at staying connected when walking together.

Steps

1. Begin walking forward with your dog, clicking and treating as they remain in position.
    a. If your dog moves out of position, move backward to reconnect, but **do not** click as you move backwards. **Praise** only for the reconnection.
2. Prepare to turn with your dog. Start with turns to the left. Say cue, "let's go" as you round the turn and click just as your dog changes directions with you.
    a. If your dog hits the end of the leash on the turn, wait for the leash to loosen before saying, "let's go"
3. Add random turns to your walks, using your new cue.

Recall: Find-it game– Add Cue; Come

Using the exercise "Find it" as shown in class, begin teaching your dog a recall cue.

Warm ups

Get your dog engaged by doing some nose to hand targeting using the Touch cue.

Steps

1. Toss a treat away from you in any direction. Make sure the distance you toss does not cause the dog to be yanked by the leash, work within your leash length. As you toss the treat, say "Find-it!"
2. While the dog is going after the tossed treat, raise your target hand above your head, palm facing out. When dog turns to look at you after eating the treat, swing your target hand down and place in front of your thigh. As you are making this motion, cue "COME."
3. As the dog is returning to touch the target, Click.
4. To encourage the dog to come all the way back to you, you can use the cue "Touch." Using a highly rewarded cue (touch) will help solidify the new cue (Come)
5. After dog touches your target hand, toss the treat again for the next repetition.
6. Repeat in sets of 5-10 reps, until the dog is reliably moving towards and touching hand target.

Click points

- Dog approaches upon being cued
- Nose touch the hand target

Add Got'cha!

Continue to practice the Come Touch steps above. Add in the Got'cha cue periodically when your dog comes to touch your target hand.

Steps

1. When your dog approaches to touch your hand reach in with other hand, grasp the collar and say "Got'cha" and give him the treat. No need for clicking when doing Got'cha, just say Yes and give him the treat.
2. Toss another treat away to restart the process.

Click points

- Mark with a Yes!, as you grab the collar

Stays

Sit/Stay, Down/Stay, Walk-arounds

Begin adding Stay to Sit and Down to add duration while having the distraction of movement. Move slowly and praise as you begin to circle and move around. Don't always have eye contact with your dog during this exercise. If your dog pops out of position, be sure to place him back in the original spot. Return to your dog's side and Release.

Optional: Practice distractions by doing Walk-arounds and using a 10'-12' leash line for increasing distance. Have dog on mat while practicing.

Click points

- Click for duration, then recue so dog doesn't release
- Click for movement by you, then recue so dog doesn't release

- Click for dog getting up after release cue

Settle on a Mat

Once your dog begins orientating to the mat begin adding a cue to it (level2). After you begin adding the cue successfully, move to Level 3 and have the dog sit and then lay down on the mat. The ultimate goal for this is to have your dog cued "Go to Mat" and they get on the mat and automatically lay down.

Level 2: Adding "Go to Mat" cue and a Release cue

Before starting this level your dog should automatically move toward the mat when it is placed on the ground AND know a Release cue (Okay).

1. Count out 10 treats and hold your mat up away from your dog.
2. Put the mat on the floor. As your dog nears the mat, say your cue; "Go to mat".
3. When their paw touches the mat, click and treat in position. Ensure when treating for position that your dog is standing with all four paws on the mat. If you need to deliver another treat or two to get 4-feet on mat, go ahead and do so.
    - Note: At first, your click might stop them from completely getting all four feet on the mat. So pay attention to this, it might require you to delay your click till all paws get on the mat.
4. When ready, say your ***Release cue (Okay)*** your dog. Click when they get off the mat. Reward by tossing the treat away. At this point, wait to toss the treat AFTER your dog has gotten off the mat on their own. Don't let the tossed treat be what causes them to move off the mat.
5. Pick up the mat and prepare to repeat the process
6. Be sure to provide breaks in between your sessions. One session equals 2-3 sets - 10 treats each.

Level 3: Adding "Sit" and "Down" cues

Before starting this level your dog should know to move to the mat when cued (Go to Mat), releases of the mat when cued (Okay) and has known cues for Sit and Down.
The process for this step is the same for both Sit and Down.

1. Count out 10 treats and hold your mat up away from your dog.
2. Place your mat on the ground and cue your dog to go to mat.
3. Once your dog is on the mat, ask them to "Sit" or "Down". Click and feed in position for Sit or place treat between their front paws while they are in a down position; continue anchoring until you have one treat left.
4. On your last treat, ***release*** your dog. Click when they get up off the mat. Reward by tossing the treat.
5. Pick up the mat and prepare to repeat the process
6. Be sure to provide breaks in between your sessions. One session equals 2-3 sets - 10 treats each.

Click points

- Click for duration, then recue so dog doesn't release
- Click for movement by you, then recue so dog doesn't release
- Click for dog getting up after release cue