



# Pestering Pooches with Kristi Benson

## PROGRESS TRACKER

**Helpful Reminder:** *Dog training is all about repetitions, and once is not enough!*

### Getting Ready to Train

1. *Quiet spot*
2. *Hungry dog*
3. *Treats*
4. *Mat or bed specifically for training*

*Don't be shy about referencing the videos! They're designed to help you see exactly how the steps progress and the body language you'll be using as you go.*

### Training Sit

STEPS	DESCRIPTIONS	Complete
1.	Full food lure, as demo'd in the video.	
2.	Empty hand, as demo'd in the video. You'll feed from your other hand, try to be speedy!	
3.	<b>(Increasing Difficulty)</b> Now head to another room. Try the hand signal again, and be ready to reinforce your dog with a treat when he sits. If your dog doesn't sit (new room, new thing!), go back to step one and re-do the three steps, doing ten repetitions at each level.	
4.	Adding the verbal cue: say "sit", wait a second or two, then <i>help</i> with the hand signal. Repeat until the dog doesn't need the helping hand signal anymore.	

## Training Down (Part 1)

STEPS	DESCRIPTIONS	Complete
1.	<p>Pull out your mat and put it on the ground. Using a treat, lure your dog over to the mat and lure him into a sit. Reinforce the sit with a treat from your handy stash and then <i>immediately</i> start to lure him into a down.</p> <p><b>Handy Tip!</b> He doesn't have to be perfectly on the mat - that's not important. Just a few paws' worth. He'll figure out a position that's comfy for him when the stays get longer.</p>	
2.	<p><b>Same motion, no treat in hand</b> Make the exact same hand position, and the same motion, but with an empty hand—no treat.</p> <p><b>Handy Tip!</b> Once your dog has settled down, let him know ASAP that his faith was well-placed: give him a treat! We want our dogs to learn that performing on cue (for now, a hand-signal) is just as rewarding as following a lure.</p>	

## Training Down Continued (Part 2)

STEPS	DESCRIPTIONS	Complete
3.	<p>Start to make the motion more stylized - only to your knee. See video for demo.</p> <p><b>Handy Tip!</b> If you have been training sitting on the ground, you'll need to do ten repetitions with you standing up, and the hand signal going all the way to the floor the same as when you were sitting.</p>	
4.	<p>The smallest, most stylized hand signal yet: the final cue for your dog to lay down. Watch the video for a good tutorial and visual on this.</p>	

**Timely Tip:** Practice the smallest hand signal until your dog will do it five times in a row. Then expand your horizons: try it in every other room in your house. If your dog won't lay down with a small hand signal in a new room, go back to whatever step they will do and work your way back.

## Starting to Train Your Dog to Stay

**Timely Tip:** *You're now being much more formal about counting.* Count successful repetitions as well as the dog breaking his stay. If your dog does five right in a row, go on to the next step. If he breaks his stay three times in a row, drop back a step. Anything else? Just keep training at the same step.

STEPS	DESCRIPTIONS	Complete
1.	<p>Ask your dog to sit. Once they're seated, give them a treat for doing the work of sitting.</p> <p>Very quickly hold a treat about a foot from the dog's nose, in front. If your dog breaks position, say "oops" and snatch the treat away. You'll likely have to snatch the treat away and say "oops!" a couple of times. If your dog remains in a sit for brief moment, reinforce it with a treat.</p>	
2.	Dangle the treat for three seconds before feeding. Repeat until your dog can do five right in a row, with no "oops", no standing.	

**Next Up:** *Head to another room, and see if you can do a three second "dangle" there, too. If not, go back to the one second dangle step. Repeat this whole thing in another room, too.*

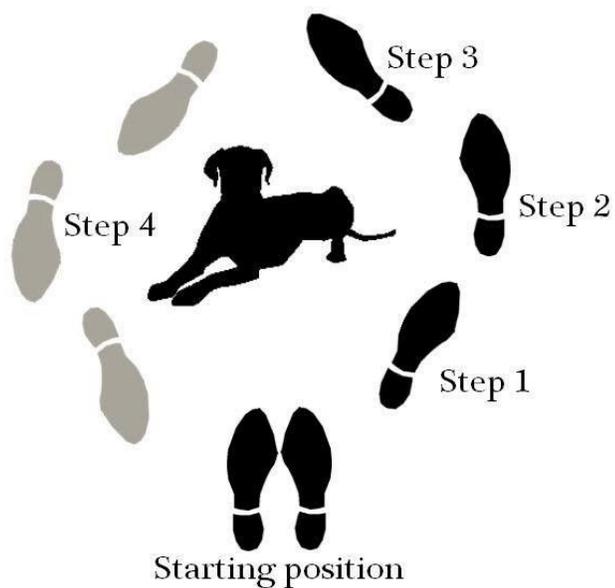
## Down Stay on a Mat

You're now going to repeat all of the above steps, but with your dog in a down. Using your hand or a treat, lure or prompt your dog onto the mat and then ask for a down using your hand signal.

**Trainer's Tip:** *Put the mat away between down-stay training sessions. Watch to see if your dog starts to run to his mat and lay down when you pull it out after a few sessions.*

## Walk Around Down Stay (Sit's Getting Real)

Use the graphic below as your guide through this step.



STEPS	DESCRIPTION	Complete
1.	One Step	
2.	Two Steps	
3.	You're halfway there!	
4.	All the way around the world.	

## Sit's Getting Real 2.0

STEPS	DESCRIPTION	Complete
1.	Walk around stay in a new room	
2.	Walk around down-stay in another room	

## Sit's Getting Real 3.0

STEPS	DESCRIPTION	Complete
1.	Start at the very top of this activity again, but instead of a down-stay, you'll be training a sit-stay.	
2.	Practice this activity just as you did with down stay- in 3 rooms and in 2 directions.  <i>Caveat: This is almost exactly the same deal, but here's the caveat: watch for shuffling feet! If your dog shuffles, cancel that trial with an "oops!" and start again.</i>	

## Putting Your Sit-Stay to Use

STEPS	DESCRIPTION	Complete
1.	Slowly bring treat down from above.	
2.	Tap your chest lightly.	
3.	Tap your chest more rigorously, with a bit of a dance.	
4.	Tap your chest rigorously and happy talk, squeaking and making other high-pitched sounds.	
5.	Ask your dog to sit, back away a few paces and approach, greeting the dog joyfully.	

## Give It Some Room: Back Away Down-Stay

STEPS	DESCRIPTION	Complete
1.	Pull out your mat.	
2.	Prompt your dog onto the mat and cue a 'down'.	

3.	Facing your dog and <i>moving nice and quick</i> , take a step back, then forward again and reinforce.	
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**Three cheers to you:** You're still in training mode, counting successes and breaks, but you're moving very clearly in the direction of "dog can do this in real life". Very exciting stuff.

### It's About Time: Adding Duration

Practice at a time when you're tidying, or unpacking groceries, or cooking, or similar.

**Step One:** Pull out your mat, cue your dog into a down on the mat, and then reinforce.

**Step Two:** Using the graphic below, begin reinforcing your dog on a schedule which does not predict an increase in time automatically. (This is also included as a download in the course!)

## Duration Schedules

**1**

2 seconds  
14 seconds  
4 seconds  
13 seconds  
8 seconds

**2**

15 seconds  
6 seconds  
13 seconds  
4 seconds  
3 seconds

**3**

21 seconds  
2 seconds  
30 seconds  
10 seconds  
16 seconds

**4**

25 seconds  
2 seconds  
20 seconds  
12 seconds  
1 second

**5**

11 seconds  
27 seconds  
16 seconds  
4 seconds  
30 seconds





## Jumping on Guests: Getting a Friend Involved

STEPS	DESCRIPTION	Complete
1.	When your guest arrives, they'll ring the doorbell or knock and you'll answer the door, with your dog leashed beside you (he's leashed only to prevent him from getting out, so hold it loosely.)	
2.	You'll open the door and greet them normally. <i>If your dog jumps up, your guest will leave for 30 seconds.</i>	
3.	Head to your usual visiting room - either the living room or kitchen. Visit as you normally would, for five minutes.	
4.	<p>Run your guest and your pooch through the training you've done together (See No More Jumping Up in the course if you need a refresher):</p> <p>Three second treat dangle.  Treat coming down from the sky.  Tapping chest.  Walk up and away and do a happy greeting.</p>	

## Welcoming Guests to Dinner

STEPS	DESCRIPTION	Complete
1.	<p><b>The Door:</b> Follow the same protocol as you did in the last lesson. Allow your dog to saturate on our guests for a few minutes of friendly greetings.</p>	
2.	<p><b>The Table:</b> When your group is settling down at the table to eat, pull out your dog's mat and put it down close to the table. If your dog heads over and lays down, give him a nice treat. If he doesn't, then just lure him over with a treat and ask for a 'down', then reinforce.</p> <p><i>Step 2 Option 1: The Treat Toss: Toss treats to your dog on his mat every few minutes- but only when he is on his mat. If he gets up and wanders around, you can ignore him and wait for him to head back to his mat, after which you can toss the odd treat again.</i></p> <p><i>Step 2 Option 2- The Kong is your friend: Once everyone has settled in, you can give your dog a Kong on his mat to hang out and nosh on.</i></p>	



Congrats to  
you and your  
Proper Pooch!

