

## Beginning Life Skills: Week Three Homework

### Practice attention

Take it on the road! Continue “catching your dog in the act” of checking in with you in slightly more distracting environments. This will start to help your dog learn to stay connected to you even in exciting situations.

### Name game:

1. Toss treat and call your dog’s name. Toss a low value treat about 3 to 6 feet away, as your dog finishes up the treat, say their name, when they turn their head toward you, “yes” and reward with exciting treat. Alt: Toss the treat the other direction.
2. Call back and forth. Find someone to help you with this. In a boring area, stand 6 to 10 feet apart. Call your dog by name and when he reaches the person, say “yes” and give a treat. As he finishes the treat, the other person calls the name—repeat! Make the distance farther apart as the dog learns the game.

### Coming when called:

1. Call your dog from about 12 to 15 feet away to the finish or end behavior. Do this about 5 or 6 times in a training session. Play and have fun after each call. You can have another person hold your dog for the restrained recall. Try **not** to use a sit and stay in your recall practice.

End behavior sequence—call while moving backward three or four steps; have dog sit (or stand) in front of you; touch collar; “yes” and reward; then have a play party!

### Sit and down:

1. Continue with having your dog sit and down for everything they love. Make sure you use your release word!
2. In formal practice, work on getting your dog to sit or down (do these in separate practice sessions for now) for longer periods of time (duration). Aim for 30 seconds to 1 minute by the end of the week. You can use as many rewards as it takes to start, then after they have the idea, you can begin to gradually delay the “yes” and treat.

### Loose leash/heelwork:

Practice the “fall in” and the sit at your side.

Do the walk-treat-walk-treat exercise from last week until your dog won’t take his eyes off of you. Then try it in a new location.

### Send to the mat:

Practice sending to the mat every day, at least one session, five repetitions. Try this at the end of the day when your dog is tired and see if he/she will settle there when you are finished.

Call or email if you have questions!