



# Polite Walking

## Exercise 3: Adding Distractions

### Goal

The goal is that you can walk the dog across the room with old, boring toys lying on the floor while keeping the leash loose. We have to teach the dog to pay attention to us instead of dashing off at every interesting sight, sound, or scent.

### Steps

1. Place 12 dots (cones, playing cards, soccer dots) in a straight line at varying distances. Click as you approach the first dot. Stop, treat, say “let’s go”, and continue. Repeat for remaining dots in the line, turn around, and repeat the process as you return to the starting point.
2. Place a few minor distractions, like toys or obstacles, along the line of dots.
3. Cue “let’s go” and begin walking. The instant the dog notices a distraction, click and treat if the leash remains loose.
4. Vary the rewards after the click. You may use food, a few moments of play or permission to investigate the distraction.
5. When the dog is successfully walking down the line of dots with distractions, take the exercise outside. Walk for brief periods and then take a short break. Give the break time a cue such as “relax” or “take a break”. During the break the dog can sniff, explore, or relieve itself. Repeat the step, alternating between loose leash walking and short breaks.

### Reminders

- Click when leash is loose while approaching a distraction
  - Click if the dog looks at a distraction and then returns his attention to you
  - Start moving while the dog is still chewing
  - Say “let’s go” just before stepping forward
- Start practicing in real-life situations out on walks or at the park – start with low distraction places like the front yard, an empty playground, or the far corner of a parking lot



# Sit

## Exercise 3: Build Duration

### Goal

The goal of this step is to work on duration of the Sit behavior. This is the beginning of teaching a sit stay.

### Steps

1. Say the sit cue, “Sit”. When the dog sits, pause a half second before clicking and tossing a treat.
2. Repeat, gradually increasing time between the dog sitting and the click to 3 seconds.
3. When you can wait 3 seconds between the behavior and the click, begin varying the time. Sometimes click after shorter time and sometime longer—don’t always make it harder.
4. When the dog is reliably holding the sit position for around 5 seconds, you can start alternating how you end the behavior. Sometimes click and treat, sometimes cue another behavior like Down or Let’s Go to end the Sit behavior.

### Reminders

- Pause briefly before clicking
- Click when your dog’s rear stays on the floor
- Practice in several different rooms of your house and maybe even low distraction places outside
- When your dog can stay for about 5 seconds, try circling around your dog or moving side to side



# Leave It

## Exercise 1: Ignore Food

### Goal

The goal of this step is to teach your dog to ignore or take food from your hand in response to your cue. This is useful to keep your dog from snapping treats out of your hand when you don't want him to.

### Steps

1. Hold a low value treat (like dog kibble) in your hand, and close your hand into a fist. Offer your closed kibble hand to your dog. He'll be able to smell the treat and will probably try to get at it – ignore this behavior.
2. When your dog's head turns away from your kibble hand, click and give him a high value treat like hot dog from your free hand. Remove your kibble hand, then re-introduce it.
3. Repeat step 2 until your dog reliably ignores the food. Then add the cue "leave it" as you present your kibble hand.
4. Continue to practice until your dog makes eye contact instead of looking at the food hand. Then, switch out your click for the release cue "take it" as you present the high value treat.

### Reminders

- Click when nose turns away from the kibble hand
- Click when dog makes eye contact with you
- Remove the kibble hand after every click, then re-introduce it
- Keep the kibble hand still while your dog is nosing it; don't try to move it away from your dog
- You can also practice with boring items, like socks or toys, to get the dog used to "leave it" applying to things other than food