

Training Exercises for New Lisbon Dog Raisers

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WAIT

- The "wait" command tells dogs to focus on you, stay where they are and not move forward until you release them. Teaching a dog how to "wait" is a great way to help them with their impulse control.
- "Wait" is different from "Stay" based on when it is used and "wait" is always used for a shorter duration of time.
- Instead of giving a food reward, you can simply teach your dog that responding to the command means being allowed to do certain things.
- There are several situations when "wait" is appropriate and easily practiced daily. IE:
 - Wait to come out of the crate
 - Dogs should not just bolt or amble out of their crate whenever the crate door is open. They can ONLY leave the crate when you release them with the "free" command.
 - Train this by slowly opening the crate door and if the dog starts to move forward or poke their nose out, quickly close the crate door without saying anything. Repeat this a few times and the dog will quickly catch on that they need to wait after the crate door is opened.
 - If they sneak out, put them back in by giving them the "crate" command, but do NOT treat when they go back in the crate. Doing so only rewards the wrong behavior and they think they get a treat for sneaking out.
 - Once they catch on (which they usually do pretty quickly) and wait, you can introduce the verbal "wait" command when you open the crate.
 - Set them up for success by only having them wait for a few seconds before you release them. No need to treat because the reward was getting out of the crate.
 - Eventually the dog will automatically wait whenever the crate is open without being given the "wait" command. Once you notice this happening consistently after several days you can stop saying "wait" unless they start to move before being released.
 - Okay, now you can start introducing the 3 D's (duration, distance and distraction).
 - Duration
 - Gradually increase the amount of time you have the dog wait before being released from the crate. Mix it up each time so it doesn't become predictable for the dog and keeps their attention.
 - Distance
 - Gradually move farther away from the crate before releasing the dog. Ideally, you can move out of sight and have them "wait" in the crate with the door wide open until you release them.
 - Distraction
 - Introduce a distraction such as having someone walk past the open crate while the dog is waiting to be released. Roll or toss a toy past the open crate.
 - Once your dog has mastered each of the 3 D's, then combine all 3 into an advanced exercise. Be sure to praise your dog ("yes" or "good boy") when they are being successful but don't reward with treats. Remember, the reward is getting out of the crate.
 - Wait to get their food

- Dogs must ALWAYS wait for their food.
- This is easy to do and fun to also combine with the “place” command.
- Whenever you are working in the kitchen preparing human food or the dog’s food, your dog should NOT be underfoot. Instead, this is a great time for them to be staying on their “Place”.
 - NOTE: this is another benefit of having your dog master the Place command.
- You can also send them to their Crate which may be more appropriate if you are feeding them in their crate.
- Once you have the dog’s food and water bowl ready, place it on the floor or on the bottom of the crate and tell them to “wait”. Then release your dog by saying “Free”. The dog should wait until being released until they can eat.
- If the dog goes to the bowl before being released, immediately pick up the bowls and remove them for a minute. Start over and repeat the process until the dog will wait until being released. Even if the wait time is only a few seconds that is acceptable. Later you can work on increasing the duration of the wait.
 - As a side note, be sure you can touch your dog while they are eating just like you do when they are pooping without eliciting a negative reaction. Same for picking up their food bowl before they are done eating. This is done to prevent any type of guarding behavior.
- Set them up for success by only having them wait for a few seconds before you release them. No need to treat because the reward was getting to eat.
- Eventually the dog will automatically wait for their food without being given the “wait” command. Once you notice this happening you can stop saying “wait” unless they start to move before being released.
- Okay, now you can start introducing the 3 D’s (duration, distance and distraction).
 - Duration
 - Gradually increase the amount of time (meaning more seconds) you have the dog wait before being released to eat. They may start drooling but it won’t kill them. Mix it up each time so it doesn’t become predictable for the dog and keeps their attention.
 - Distance
 - Gradually move farther away before releasing the dog. Ideally, you can move out of sight and have them “wait” until you release them.
 - Distraction
 - Introduce a distraction such as having someone walk past the food bowl while the dog is waiting to be released. Roll or toss a toy past the dog.
- Once your dog has mastered each of the 3 D’s, then combine all 3 into an advanced exercise. Be sure to praise your dog when they are being successful.
- Wait to go outside
 - Dogs must ALWAYS wait to go in or out of a door. This applies to any door anywhere. IE: going in or out of any building.
 - Training this is like training the dog wait to come out of their crate.
 - NOTE: be sure the dog is on the appropriate side of you based on the door configuration. Remember, the dog is on the side opposite of the hinges. So, if the hinges are on the left side of the door, the dog should be on your right side. Do this with the “around” command with the dog walking behind you around to your right side.
 - Train this by slowing opening the door and if the dog starts to move forward or poke their nose out, quickly close the door without saying anything. Repeat this a few times and the dog will quickly catch on that they need to wait after the door is opened.

- If they sneak out, turn around and go back inside, but do NOT treat when they go back inside. Doing so only rewards the wrong behavior and they think they get a treat for sneaking out.
 - Once they catch on (which they usually do quickly) and wait, you can introduce the verbal “wait” command when you open the door.
 - Set them up for success by only having them wait for a few seconds before you give them the “let’s go” command and start walking. No need to treat because the reward was getting out of the door.
 - Eventually the dog will automatically wait whenever they approach a door without being given the “wait” command. Once you notice this happening you can stop saying “wait” unless they start to move before being released.
- **NOTE: Be sure the dog is responding to your verbal command (“let’s go”) and not your body language. You should be able to walk out the door without the dog following you until you release them.**
- ***NOTE: dogs are very aware of our body language and respond to that more than verbal commands so practice being very still when giving commands releasing them. We use hand gestures more than we realize. So, don’t move your arm or point to indicate that they are free to leave the crate, free to eat or walk out the door. You can test this by giving a different command such as “sit” or “down” to ensure the dog is responding to your verbal command and not your body language.***