



Chilling Down

Goal: To make lying down one of your dog's favorite things

Steps:

For this command we also use the magnet technique

- 🐾 Start by standing in front of your dog and ask your dog to sit and then place the treat in front of her nose and lowering your hand lower the treat to the floor, placing it in between her paws.
- 🐾 Here's a secret: look at the floor as you are lowering your hand to the ground
 - 🐾 Lowering your hand like this will also be your hand signal for down moving forward (other than the 2 fingers that hold the treat keep the other fingers stretched out).
- 🐾 Once she is lying down, keep placing treats in between her paws while repeating the word "Down" in a happy sing-songy voice "Doooooown". Make sure that you stand up after each time you place the treat on the floor. Kneel down or bend down to place the treat on the floor with each repetition. Wait for her to look at you in between placing treats in front of her. As you are standing or kneeling move about a little. Take a step back, a step to the right, a step to the left, etc. This is to show your dog that even though you are moving you want her to stay down (Do NOT test her by moving behind her or out of sight!). As you continue move farther and allow more time in between placing treats down. Although we are formally working on Down, we are laying the groundwork for the Stay command.
- 🐾 If your dog gets up from the down, DON'T correct her. She did nothing wrong because you did not ask her to stay. You can give your dog negative feedback by turning your back to her. Don't pay attention to her and huff and puff in disappointment. Dogs instinctively know that being ignored is not a good thing. They can also read your body language. If you show how disappointed you are in the fact that they got up from the down wait until your dog comes around to face you again and ask her to sit and repeat the down steps again.

- 🐾 The key is to make your dog want to stay down even if tempted by other things in her environment. Attempt to distract her in three stages:
 - 🐾 Move around in front of your dog. Turn around and quickly show your back in little twirls, this is to teach them that even if you turn around you're not leaving her.
 - 🐾 Act silly, dance around, sing and then treat if she stays down. Even if this feels weird, you are teaching your dog a super important lesson, which is to ignore distractions.
 - 🐾 If you're not in the mood for dancing, try using other distractions such as opening and closing doors, tossing her favorite toy and ultimately ringing the doorbell.

- 🐾 Hand Signal: There are three levels of training for the down hand signal. When you first started training down your hand went all the way to the floor then when you are on the second stage of training your hand will stop mid-calf Finally, when you start the third stage of training remain standing straight and move your palm down

- 🐾 Practice it in many locations. The front door area is an awesome place to turn into a "training arena" as that's an area that triggers many emotions in your dog.