



STAY WITH DISTRACTIONS



Stay is a behavior your dog should be comfortable with by now. Just like Sit, we are now going to make our stay harder by adding distractions while our dog performs that behavior. This is easiest to practice with a second person but can be done alone as well.

- 🐾 Tell your dog to “Stay” (this can be in the sit or down position)
- 🐾 Begin your distractions (from a distance as possible). Try something small at first, like a bouncing ball or some fun animal sounds (Youtube has a lot of sound effects).
- 🐾 When your dog remains still, **make sure to praise and reward them**. Use your clicker if you are training with one.
- 🐾 As your dog becomes better about remaining still, move closer to the dog and make the distractions more exciting (Dropping a loud metal dog bowl, using a squeaky toy, an excited sounding friend, etc.)

The goal is to keep our dog in the same spot, through all sorts of strange sound effects or behaviors going on around them. If you find your dog getting too distracted by the activity, stop the distraction and return them to a regular sit. Begin again with more distance between the distraction and the dog while using a smaller distraction.