



STAY PART ONE

Stay is a difficult command for dogs to understand. They are pack animals and want to be near you at all times because you are their pack and they don't understand why you would want them to be separated from you. Because of this difficulty, we break stay up into two separate parts which makes it easier for your dog to understand and the command becomes much less stressful for both of you. Here's how to do it:

- Start by getting your dog into the "Sit" position
- Face the palm of your flat hand towards your dog, positioned over their head and say the word "Stay"
- Use your clicker and give them a treat

At first, you will only want to wait a single second before clicking and treating your dog. This helps them understand what you want out of them. As your dog begins remaining still, you can slowly begin to spread out the time between the command and the treat. **Do not make it longer each and every time because your dog will lose interest!** Change up the amount of time your dog has to wait between each treat, slowly adding the longer times, to make it unpredictable for your dog. (Example: 1 second, 2 seconds, 1 second, 4 seconds, 2 seconds, 1 second, 3 seconds, 6 seconds, 1 second, etc.) By changing the duration like this, your dog doesn't know when it will get the next treat and will be willing to wait those few extra seconds. Our goal is for 30 seconds of sitting perfectly still by the end of the first week. Make sure you **do not step away from your dog at all during this first week**. We need to build up time in place before we add distance to our stay.

Extra Credit: If your dog is doing well with their timed stays, try walking in a tight circle around them. Stay close, right next to them as you begin your circles.

- Begin in the original "Stay" Position
- Imagine your dog to be in the middle of a clock facing 12 O'clock
- Take one step to the side, so you will be at the 1 O'clock position
- If your dog does well with this small movement, use your clicker and give them a treat!
- If your dog doesn't do well and moves, return to 12 O'clock and start again

Continuing the circle

- Once your dog is comfortable with you moving to 1 O'clock try moving to 2 O'clock and proceed onwards until you make a full circle around your dog
- **Make sure to do small steps** and reward your dog for sitting still while you circle around them