DOWN

To teach your dog "Down", it should already know the "Sit" command. **This command is to get your dog to lay down and should not be confused with "Off"** (the command to get your dog to stop jumping, get off the couch, etc.) Let's get started:

- Give your dog the command to sit
- Hold the treat in your hand and rotate the "Sit" hand signal until your palm faces the floor
- **Slowly** begin lowering your hand **straight** downwards
- When your dog is laying down, use your clicker and give them a treat

Sometimes dogs do not feel comfortable in a new place (or at the vet clinic) and will choose not to obey this command. For this reason, it's best to start this in a place where your dog is relaxed and comfortable, like home. Some dogs are even picky about the type of flooring they lay down on, preferring carpet better than the cold floor. Other dogs only seem to get half way down before they pop right back up! If your dog is like that, follow these steps:

- Give your dog the command to sit
- Hold the treat in your hand and rotate the "Sit" hand signal until your palm faces the floor
- **Slowly** begin lowering your hand **straight** downwards
- When your dog lowers their head, use your clicker and give them a treat
- Repeat this, with your dog getting steadily lower before you use your clicker and give them a treat until they eventually lay completely down

After a week of practicing silently without using the verbal command, it'll be time to add the word "Down" to the hand signal. Here's what to do:

- Use your hand signal and say the word "Down" at the same time
- If your dog responds correctly, click your clicker and give your dog a treat within 3 seconds
- If your dog does not respond, put your hand behind your back for 10 seconds and try again