



Lotty's Long Walks Pet Services

Basic Commands in Obedience Training

Sit!

- Stand with a treat in your hand, held in front of your puppy's nose.
- Say "Sit" and move the treat upwards, toward your puppy's head.
- As you do this, your pup's backend should naturally sink down into a sit. If not, you can gently push his rear down when you say "Sit" the next time.
- Praise and give treats when he accomplishes the sit. Practice this several times a day.

Leave It!

- Have your puppy sit.
- Place a treat or a toy right in front of him.
- Say "Leave it!" and keep your hand close to the object.
- If he moves toward it, cover it with your hand and repeat "Leave it!"
- Remove your hand again and wait a few seconds.
- Praise him. Repeat daily and build up the time he has to leave the **treat** or **toy**.

Watch Me!

- Get your puppy's attention and show him a treat in your hand.
- Slowly raise it to your forehead saying "Watch me!" as you do.
- Eventually stop using the treat and get him to "watch you" simply by saying the command and raising your hand to your face.

Come!

- Have your puppy sit in front of you with a four or six foot leash on and have a treat in your hand.
- Say "Watch me!" to get his attention,
- Squat down slightly, pat your thighs and say "Come!"
- Pull lightly on the lead and pull your puppy gently toward you, hand over hand.
- Reward with praise and the treat. Practice this for a week or so then, in a contained area such as your fenced yard, start working on it without the lead.

Beyond Basic Commands in Obedience Training

Stay!

- Make your puppy sit next to you.
- Putting the palm of your hand in front of him, say “Stay!”
- Take a step or two back.
- If he moves, calmly return to his side and repeat. Keep moving back further when he stays.
- Reward when he stays, even if for just a few seconds.

Down!

- Get your puppy to sit in front of you.
- Show him a treat and slowly lower it to the floor in front of him while saying “Down!”
- If he doesn’t go down all the way, gently pull his front legs forward until he does.
- As soon as he’s down, praise and reward him.

Stand!

- Sit your pup.
- Put your hands under his belly near his backend and gently pull up while saying “Stand!”
- Reward him when he does. At the beginning, you might need to keep your hand under his belly to keep him from sitting back down.

There are many different types of training. The commands described here are very basic and your trainer may have other methods. You can certainly start the training on your own but it’s recommended that your dog at least go to one basic obedience training class. In addition to getting hands on instruction, you can ask questions specific to your dog and your dog gets a lesson in socialization. And obedience training might just keep you and your pooch out of the therapist’s office.