

Teach The Down

Teaching the down command to your dog is almost as simple as [sitting](#). This command is very useful to help your dog calm down in a hectic situation, or to keep him in the stay command for a long period of time.

Time Required: 2-3 mins 3 times per day

Here's How:

1. Get your dog's attention and show him that you have a treat in your hand.
2. Hold the treat in front your dog's nose.
3. Say your dog's name followed by the word "down," spoken clearly and firmly.
4. Slowly move the treat towards the ground.
5. As soon as your dog's elbows and hocks are on the ground, say "good down" in an upbeat tone.
6. Give your dog the treat followed by petting and praising.
7. Repeat 5-6 times.

Tips:

1. If your dog does not lie down on his own after a few tries, avoid pushing him down. Next time he naturally lies down, say "down," then praise and reward him.
2. Hold short training sessions throughout the day in various locations, both indoor and outdoors.
3. Once your dog becomes and expert at lying down, you no longer need to give a treat every time – only occasionally. However, rewarding with praise is always a good idea.

What You Need:

- A handful of your dog's favourite treats