



## GO TO YOUR BED



**Step #1** - Get yourself in the correct position.

Stand parallel to your dog's bed, making sure the bed is off to your side, about one foot away. Then, take a treat and lure your dog to get him to position himself in front of you. Ask him to "sit" directly in front of you. You want to make sure the bed is off to your side, about a foot away from you, and your dog is in a "sit" directly in front of you. Your body is facing your dog, not the bed.

**Step #2** - Take your treat and simply move your hand towards the bed. Make sure NOT to move your feet. Both feet should be facing your dog in front of you, and not the bed. As you move your hand towards the bed, simply hold out the treat where you want your dog to go. You are extending your hand out over the bed. Your dog will follow the treat to the bed. When your dog arrives on the bed, mark the behavior by using your magic word "Great!" and reward.

Repeat this process several times.

To get your dog off the bed, take a treat and lure your dog into the starting position again or simply say, "Find it" and toss a treat over to the side.

**Step 3** - Increase the distance between you and the bed by only 6 inches. This time, instead of not moving both of your feet at all, you will move the foot that is closest to the bed one step in the direction of the bed, keeping the foot furthest away from the bed completely still. As you move your hand towards the bed, simply hold out the treat where you want your dog to go. When your dog arrives on the bed, mark the behavior by using your magic word "Great!" and reward.

If you are having a challenge getting your dog to go to his bed, start even closer to the bed and move your hand towards the bed even more slowly. Start right next to the bed if you have to and move your hand very slowly so that your dog can easily follow the treat to the bed.

At first, your dog doesn't have to get his entire body on the bed in order to be successful and earn a treat. Mark approximations of the final behavior by using your magic word "Great!" or telling him how good he is - even for getting one paw on the bed to start.

When you're 80% sure your dog will walk over to his bed simply by following the treat in your hand, you're ready to go to step 4 which is: add the word "Bed" to the hand signal.

## Adding the word "BED"

**Step 4** - Say the word "Bed" as you move your hand towards the bed. When your dog arrives on the bed, mark the behavior by using your magic word "Great!" and reward. If your dog sits on his bed, give him extra treats!

Now you can go to Step 5, which is where you'll slowly increase the distance between you and your dog's bed even more.

**Step 5** - Increase the distance between you and the bed by another foot. Standing parallel to the bed with your dog in a "sit" in front of you, you will again *ONLY* move the foot that is closest to the bed a single step in the direction towards the bed. Do not take more than one step. Now your hand that is extended out towards the bed, comes up short. It does not reach all the way to the bed. Your dog, who has up until this point in the process only been following your hand because it contains a treat, will more than likely stop directly underneath your extended hand instead of walking over to the bed. Ignore all attempts from your dog to jump up to your hand and take the treat. Simply keep your hand pointing directly towards the bed, about waist high.

At this point, there should be another foot or two that your dog has to travel in order to walk over to the bed and earn the treat. Simply wait. Do *NOT* repeat your voice cue "Bed". Wait up to 45 seconds. If your dog finally walks over to his bed, even if he only touches the bed with a paw, say your magic word "Great!" and reward with a treat. If your dog doesn't walk in the direction of the bed after 45 seconds, it's no big deal! Simply back up to the previous step in the process and make it a little easier for him the next time. Instead of increasing the distance between you and the bed by a foot, make it six inches, and build up to one foot incrementally.

Step 6: Use the treat only as a reward, rather than as a lure and reward. Without the treat this time, simply repeat Step 5.

- 1) Say the word ("Bed")
- 2) Point to the bed (\*Hand signal)
- 3) Wait for the behavior
- 4) Give a treat *after* your dog arrives

Repeat this several times. When your dog can do this reliably, go to Step 7 which is:

**Step 7:** Increase the distance of the bed in 6-inch increments, ONLY using the treat as the reward.

If at any point in the process your dog is not walking all the way to his bed, give him a little time to figure it out. Do not interrupt him. If he winds up only placing one paw on the bed, he is successful! Next time, he will probably do it better, as long as you are consistently "marking" approximations of the final behavior with your magic word "Great!" and rewarding each small success, your dog will eventually learn to walk all the way over to his bed.

Once your dog is at this level, you can go to Step 8.

**Step 8:** When your dog gets to his bed, ask your dog to go into a "Down". If he does, give him a jackpot!!!



Remember to keep the sessions short, two 3 to 5 minute sessions throughout the day are all that is necessary. If you want your dog to spend more time on his bed, remember to walk over and reward him whenever you see him lying on his bed. By reinforcing that behavior with treats and praise again and again, it will become what is known as a "default setting". He will automatically choose this behavior whenever he wants your attention.

