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Holding a treat or toy in such a way as to maneuver your dog into a desired position is called luring. For example holding a treat in front of Fido's nose, drawing it slowly to his chest, then the floor will cause Fido to follow the treat resulting in his lying down. The advantage to luring as opposed to physically placing Fido into position is twofold. First of all forcing a dog into position can often be met with a lot of resistance and secondly if a dog moves its own body into position he tends to learn the position quicker.

STEP ONE:

Luring the Sit

Hold a yummy treat close to Fido's nose. Draw it slowly up and back over his head. As he head goes up to follow the treat his backend will go down into a sitting position. Mark the sit with your Reward marker "Good!" and give Fido the treat. (or let him nibble off a piece!) Say the word "Sit" **only once** right before you begin to lure the dog into position.

Down

Draw a treat slowly from Fido's nose to his chest and then to the floor between his paws. Hold the treat there until Fido lowers his body into a down position. Say "Good!" and reward with the treat. Again, say the word "Down" **only once** as you lure the dog to the floor.

Problems you may encounter:

Luring Sit –

Fido jumps up to grab treat. You are holding treat too high, keep it close to his nose.

Luring Down –

Fido stands with his head on the floor and his butt in the air – be patient, try moving the treat in toward his chest a bit more to topple him over.

Fido stands up rather than lies down. Keep the treat in closer to his chest.

If Fido will NOT lie down try luring him under a low table or your outstretched leg. He will need to lie down to fit under!

STEP TWO

Use the same hand motions but do not have a treat in your hand. Remember to use your Reward Marker "Good!" and then give Fido a treat from your pocket or from the counter at home.

STEP THREE

Substitute a favorite game/activity for the treat. Alternate between offering food, exciting praise and games/toys as rewards. Fade the luring motion into a shorter hand signal.

IMPORTANT!!!!

Try to move through these steps as quickly as possible. If you stay at Step One too long your dog will become reliant on the food being in your hand! Go as quickly through the steps as you can without losing the behavior.

Example: In one 5 minute training session you might do three repetitions of Sit using a food lure, then throw in one with a hand motion/ no food. Then go back to luring for a couple repetitions, then try a hand motion/ reward with a tossed toy.

The more variable you are the more responsive your dog will be to your cues. Don't go SO fast though that your dog gets totally confused!