

Settle 2

Purpose:

Settle 2 increases the distance between the mat and your dog. It also increases the amount of time your dog will remain on the Settle mat for whatever amount of time you desire.

Verbal Signal: Yes

Non-Verbal Signal: Optional (for the **Stay**)

Steps for Teaching Settle 2:

Increasing Distance Between the Mat and Your Dog.

Step 1 – Gradually increase the distance between the mat and your dog so that your dog is required to walk to the mat from further away.

Practice in the same room at this step by putting the mat further away from your dog. Also put the mat in different places in the room. Then practice this in other rooms of your home.

Step 2 – Once your dog is doing the **Settle** exercise in various rooms in your home, it is time to start teaching her to go to the Settle mat when the mat is not in the same room as her.

When you first start working on this, have the Settle mat partially visible to your dog by placing it in the doorway to another room. Have your dog in the other room and a short distance from the mat. Give your dog the Settle signal. **Click/Treat** her if she walks over and lies down on the mat.

Step 3 – Repeat Step 2 a few times increasing the distance that your dog must walk to the mat. Then place the mat completely out of sight in the other room. Tell your dog to **Settle**. See if she goes into the room where the mat is located. Continue practicing in different rooms and locations throughout your home. Your dog should be in the same room as room you and the Settle mat should be in another room.

Practice outside of your home in different locations such as the patio, the carport, the front yard, etc.

Training Tip

If your dog does not go to find the mat and **Settle**, backup in your training and proceed slowly. Your goal is to make your dog successful.

Settle 2 continued

Increasing the Time Your Dog Will Stay on the Mat.

Step 1 – Give your dog the Settle signal. When she walks over and lies down on the mat, do not **Click/Treat** right away. Wait for a few seconds and if she remains on the mat then **Click/Treat her**. If she gets up before you click, say your Try Again signal and repeat the **Settle** signal.

Step 2 – While extending the amount of time that your dog remains on the mat, you may reinforce your dog by giving her a food reward without clicking her. You may also reinforce her with verbal praise.

After your dog remains on the mat for a few seconds, **Click/Treat**. Then gradually increase the amount of time that she must remain on the mat by adding a few seconds at a time.

Step 3 – Once your dog will remain on the mat for fifteen to twenty seconds you can add the verbal and hand signal **Stay** as she lies down on the mat.

Savvy Helpful Hint

When you take your dog with you, bring along the Settle mat. You can have your dog do the Settle exercise wherever you may be – at a meeting, at a friend's home, at a class, while you play Bingo, etc..