

## Wait

### **Purpose:**

The Wait exercise teaches your dog not to move forward. Your dog does not have to be in a certain position such as a sit or a down. Your dog may change positions as long as she does not move forward.

The Wait is an important and extremely useful exercise. Here are examples of where you could use a Wait:

- Going in and out of doorways
- Getting in and out of a car
- Stopping at street intersections
- Pausing at the end of store aisles
- Letting someone pass in front of you

Anytime you do not want your dog to move forward you can use the Wait exercise.

**Verbal Signal:** Yes  
**Non-Verbal Signal:** Optional  
**Need to Know:** Let's Go

### **Steps for Teaching Wait:**

Step 1 – Have your dog on a leash when you start teaching Wait. Use a doorway inside your home to teach Wait. Have your dog on a Let's Go and walk towards the doorway. When you get to the doorway, stop. If your dog stops with you and does not move forward, click/treat. Click when your dog is standing still.

If your dog continues to move forward when you stop, gently restrain her from moving forward by holding a shorter leash. Click/treat when your dog is standing still and when she is not moving forward. Repeat this step several times.

### **Training Tip**

It is important that your dog is not moving forward when she hears the click. Click when there is no forward movement. Make sure your dog is not in front of you when she stops moving. You do not want your dog blocking your way.

Step 2 – Gradually increase the amount of time your dog remains by your side before you click/treat. After your dog stops, pause one or two seconds, and then click/treat. Remember the click ends the behavior, so after you click your dog is free to move forward.

## Wait continued

- Step 3 – Once your dog reliably stops when you stop without being restrained with the leash, you are ready to add a signal. Walk towards the doorway, as you come to a stop, say “Wait”. When your dog stops, click/treat.
- Step 4 – Repeat Step 3 several times. Then test the signal to see if your dog understands it. Approach the doorway, right before you stop, say “Wait”. If your dog stops, click/treat. If she does not stop, repeat Step 3 a few more times.

### Training Tip

First, teach the verbal signal for Wait. Then if you would like to have a hand signal, pair a hand signal with the verbal signal Wait.

- Step 5 – Make sure your dog responds to the signal. She should stop moving when given the signal. You are then ready for the next level, which is to move through the doorway while your dog remains on the other side. At first, you will take one small step or move only a short distance. You may only be able to get partly through the door.

Do a Let’s Go towards the door. Give your dog the Wait signal. Do not click/treat when your dog stops. Move a short distance forward. This may be only one small step or a few inches. If your dog does not follow you through the doorway, click/treat. If your dog moves forward with you, use your Try Again Signal and ask for another Wait.

- Step 6 – Once your dog can Wait when you take one step or move a short distance, gradually increase the distance you move through the doorway while your dog Waits on the other side.

Practice going through the doorway in both directions, so your dog will understand to Wait on either side of the door whenever given the Wait signal.

### Savvy Helpful Hint

It is important to click when your dog is not moving forward. After you move through the doorway, pause, make sure your dog has not moved forward, and then click/treat.

### Training Tip

- Tip 1 – Begin using the a Wait anytime your dog goes in or out of a door, gets in or out of a car, when you come to a street corner, or any other place you want your dog to Wait. Make the exercise part of your daily routine so the Wait becomes a habit for your dog.
- Tip 2 – When your dog learns the Wait exercise, you will not click/treat each time. However, be sure to give your dog a release signal when you no longer want her to Wait.

## Wait continued

### **Savvy Helpful Hint**

If you want to carry in packages or take out the trash while leaving the door open, have your dog do a Wait. Your dog does not have to remain at the door. She can change positions (sit or down), get a drink of water, or play with toys. She is only required not to move forward through the door, the place you asked her to Wait.