

Training your dog to be

Comfortably Confined

Prep

In most cases, it will be better for your dog to be able to see you from their confinement area, so setting it up in or adjacent to a main living area would be ideal. If you think your dog would do better not seeing you, please let us know and we will adjust the plan accordingly.

Practice this training when your dog is most likely to be relaxed. This means they have been exercised, fed at least half of their most recent meal and been to the bathroom.

Prepare small training treats that your dog likes.

Rules

Training Rules: Repeat Each Step Four Times

- Move to the next step when your dog is able to complete the current step successfully 4x in a row
- Repeat previous step if dog is unsuccessful 2x in a row
- Continue repeating current step if neither of the above

1

Show your dog a treat in your hand and have them follow the treat until they are inside the confinement area (here forth known as the "CA"). Once their entire body is inside, say "yes!" and toss the treat into the CA. Allow them to leave at will. If they will not enter the area entirely, you can start by rewarding two feet inside instead.

2

Point your dog into the CA with the exact same motion as before, but this time, have no food in your hand. When they enter, say "yes!" and reward by dropping a treat inside the CA. Let dog exit at will.

3

Repeat step 2, but continue tossing treats into the CA (1 per sec) as long as the dog stays inside. Dog can exit at will, but treats stop when they do.

4

Repeat step 3, but space treats out more (~1 per 2-3 secs) as long as dog stays in the CA. Dog can exit at will, but treats stop when they do.

5

Point dog into CA, close door halfway, feed through door, open, allow dog to exit.

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6

Point dog into CA, close door, feed through door, open, let dog exit.

7

Point dog into CA, close door for 2 seconds, feed through door, open, let dog exit.

8

Point dog into CA, close door for 5 seconds, feed through door, open, let dog exit.

9

Point dog into CA, close door for 10 seconds, feed through door, open, let dog exit. Build up duration slowly, adding on a few seconds at a time, until your dog is comfortable in the CA for 30 seconds with the door closed.

10

Prepare a long lasting food item (e.g. a stuffed, frozen Kong, a frozen lickimat, a bully stick/chew). Point your dog into the CA and give them the long lasting item. Close the door. Set yourself up next to the CA and read a book, watch TV or scroll on your phone for 5 minutes. Every 20-30 seconds, drop a bonus treat into the CA.

11

Repeat step 10, but occasionally get up and leave the room, returning within a few seconds.

12

Repeat step 11, but drop bonus treats in less frequently (every few minutes).

13

Slowly increase the amount of time you are leaving your dog confined and reduce the frequency of bonus treats until you are at your goal time needed in real life with only the long lasting item and no other rewards.

Remember...

If at any point your dog whines, barks or paws to be let out, let them out and try a shorter duration next time. Our goal is for your dog to be comfortable and to let them out before they show any signs of anxiety (quit while you're ahead) wherever possible. If you develop a history of leaving your dog in the CA to the point that they are anxious, panicking or otherwise not having a good time, your dog will form a negative association with the CA and you will have a harder time confining them in the future.