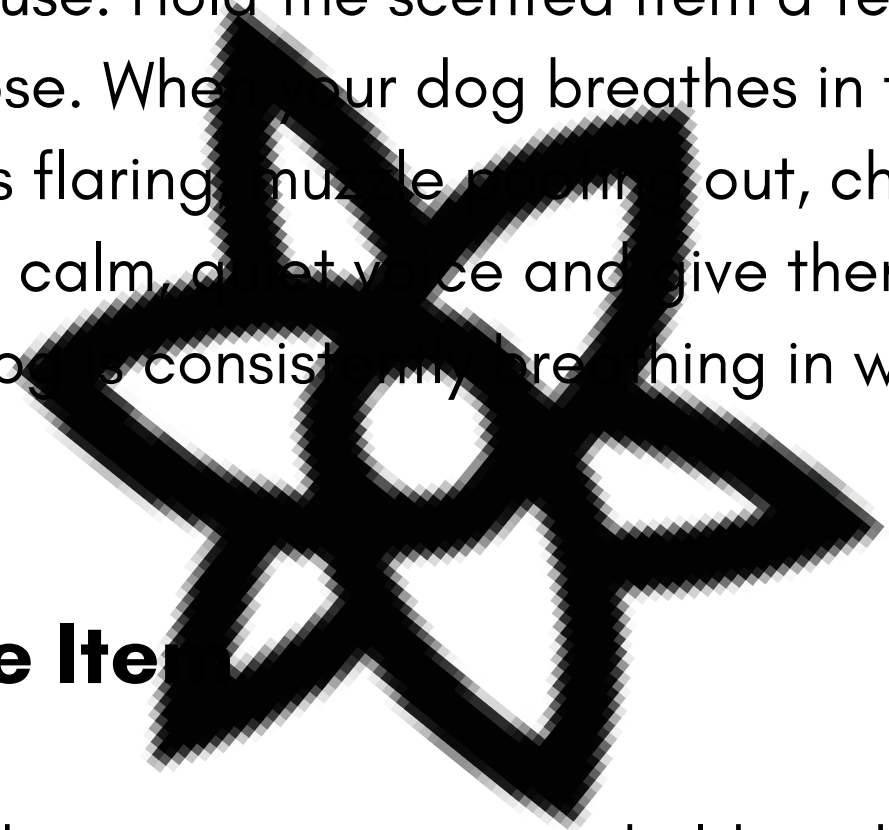


# Teaching your Dog to Take a Breath (On Cue)



## 1 Getting the Behavior

Select a scented item to use. Hold the scented item a few inches from your dog's nose. When your dog breathes in to sniff the item (e.g. nostrils flaring, muzzle pulling out, chest movement), say "yes" in a calm, quiet voice and give them a treat. Repeat until your dog is consistently breathing in when you hold out the item.



## 2 Removing the Item

Once your dog can breathe in response to you holding the item next to your nose, remove the item from the equation. Instead, put your empty hand to your nose. When your dog breathes in response, say "yes" and feed a treat.



## 3 Giving it a Name

Stand in front of your dog and give them the cue "breathe", followed by pointing your finger to your nose. When your dog breathes in response, say "yes" and feed a treat.



## 4 Adding Distractions

Once your dog can breathe when cued, practice in a low distraction environment, such as the backyard or a very quiet outdoor location. Dial up the distraction level very slowly. If at any point the behavior falls apart, return to a less distracting environment and practice it some more, then build back up.