

## **The 'Settle'**

### **Week 1**

At a time when your pup is tired and you have time to sit down for 5 minutes or so (such as watching TV in the evening) and when the household is fairly quiet. Pop your pup on a lead, grab a few treats and go and sit down. Set a timer so that you know when 5 minutes is up. Either tether your pup to the chair you are sat in or stand on the lead. Have the lead fairly short so that the pup can't wander too far away and find things to amuse himself with.

Now just wait. Watch your pup out of the corner of your eye and when he lies down, quietly and carefully drop him a treat. Try to do this so that he doesn't know where the treat has come from. He'll probably get up and start looking for another treat. Ignore this and wait for him to lie down again. When he is settled (and not staring at you for a treat as that is not the relaxed and settled state that we are after). Drop him another treat without him noticing. Repeat until your 5 minutes is up.

Repeat the following day or at another time when your pup is tired and you have the time to just sit for 5 minutes. This time wait for 1 second after the pup has laid down before you drop a treat. Repeat until your 5 minutes is up.

Next session, you are going to wait until he has been laid down for 2 seconds before you drop a treat, and the session after than 3 seconds and so on. By the end of the week, you should be able to have you pup laid calmly for 10 seconds between treats.

### **Week 2**

The aim this week is to get to 20 seconds between treats, building by one second at a time.

Repeat week 1's exercise but this time you will start from 10 seconds between treats and build by one second in a session so that by the end of the week, the pup will be laid calmly for 20 seconds between treats

Remember to only drop the treat when the pup is relaxed and looking away from you not when he is staring at you intently, we are trying to get him to relax.

### **Week 3**

The aim this week is to get to 30 seconds between treats, building by one second at a time.

Repeat week 2 but building from 20 seconds to 30 seconds between treats. Only add one second at a time in a session.

Remember to only drop the treat when the pup is relaxed and looking away from you not when he is staring at you intently, we are trying to get him to relax.

#### **Week 4**

During the last few weeks, you will have been working on getting your pup to settle quietly at your side/feet. We are going to continue to build this by having the pup settle for a longer period before the treat is delivered. Last week, you should have managed to get to 30 seconds between treats.

You now need to continue building the time between treats until your dog will settle for 5 minutes with a treat only being given at the end of this period. Gradually build up to this time between rewards by building one second at a time until you get to 60 seconds and then increasing by 5 seconds to 2 minutes between rewards and finally in 10 second increments until you get to 5 minutes. Only increase by one second in any particular session, so you will have a session where you increase the gap to 31 seconds and another session where you build to 32 seconds etc.

Remember to only drop the treat when the pup is relaxed and looking away from you not when he is staring at you intently, we are trying to get him to relax.

#### **Week 5 onwards**

Now that your pup will settle for 5 minutes, you can gradually increase the amount of time that he is settled for by 10 seconds at a time (remember to start a new session for each increase in time). Gradually increase until the pup can settle for up to 30 minutes.

We have only been asking the pup to settle when he is tired, we now need to teach the pup to settle no matter how energetic he is feeling and we also need to teach him to settle in different places.

Repeat the 5 minute settle process in different environments (in the park, at the vets, in the car etc.).

Repeat the 5 minute settle process when the dog is slightly less tired than previously, then in his normal energetic state and then when you have got him excited after playing games with him.

Gradually your pup will learn to settle whenever and wherever you ask him.