



## Relaxation Training

<b>Relaxation Training</b>			
<b>Requirements</b> – Mat, Kong™, High value treats			
<b>Reminder</b> – Marker Word is GOOD! (said in a low relaxing tone)			
<b>Current Behaviour</b>	Inability to settle	<b>Goal Behaviour</b>	Relaxes when left alone
Step 1	Put the new mat on the floor		
Step 2	Allow your dog to investigate, mark with GOOD, and drop some treats over his head onto the bed		
Step 3	As your dog continues to find his treats on his bed, throw a few more treats over his head. Repeat this for a few minutes		
Step 4	Introduce a filled Kong™ on the mat, as your dog takes this from you say GOOD and encourage him to eat this on his new mat		
Step 5	Stand (or if able sit close by) whilst your dog is secure in you being there. He finishes the Kong™ on this session and you throw a few treats on the mat to encourage relaxed nose work.		
Step 6	Once finished, remove the mat and put away until the next session		
Next Session	Repeat Step 1 – Step 4		
Step 7	Stand close to the mat as your dog enjoys his Kong™  Take one step away, if your dog stays enjoying his Kong™ step back to the mat say GOOD and wait a few seconds before moving away again.		
Step 8	If your dog continues to enjoy his Kong™ step back 1 step, wait one second, step back to mat and say GOOD.  Repeat this step to the left and right of the mat, keeping to just one step and a few seconds and then return.		
Step 9	Your dog finishes his Kong™. Throw a few more treats over his head onto his mat as she goes back to his mat then mark this by saying GOOD in a nice relaxed tone.		
Step 10	Remove mat and put away until the next time		
Next session	Start at Step 1 – Step 4, Step 7 – Step 10		
Next session	Start at Step 1 – Step 4, Step 7 and Step 8, take 2 steps away and return. Go through to Step 9 and Step 10		
Next session	Start at Step 1 – Step 4, Step 7 and Step 8, take 2 steps away and return. Go through to Step 9 and Step 10		
It is vital that this process is completed carefully. Only go to the next step when your dog is secure and			



relaxed. If you have to stay at a certain level then that is fine. We can review and amend. When you go out you will do just that and leave. Your dog's bed, chair or crate will be used for his place as normal. The mat is part of the process to establish a new feeling and a new behaviour, so is only used for the training at this stage.

Read **'Proofing'**, **'Positive Associations'** and **Fading the Lure training leaflets**