



## Wait

Teaching your dog to pause at doorways and other thresholds is an invaluable skill for a variety of situations. If your dog tends to dash through doors, getting him in this habit could save his life. It is also a great way to leverage life-rewards (access through the door) for appropriate behavior and to build a solid foundation of impulse control.

### Wait (for threshold)

1. Pick a threshold in your house that your dog will be eager to pass through (start with a door inside the house).
2. When you reach the doorway ask your dog to “wait”. If your dog tries to follow you through the door step in front of them and block them with your body. If necessary, move them back into position using your body to encourage them backwards. Then try the exercise again.
3. Once your dog waits patiently for you to cross the threshold. Stand stationary on the other side of the threshold and release him by saying “OK”.
4. Once you have released your dog and he walks over the threshold, wait for him to focus back on you. When you get your dog’s focus, treat.
5. If your dog is doing well with this exercise inside the house then move to a door that leads outside.
6. Practice this exercise for about 2 minutes, three times a day.

### Wait (for door opening)

When you open a door, say “wait” and then only let him through the door if he pauses. If he tries to charge through the door, close the door before he can get through. Say “okay” and let him through when he hesitates for one second.