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## Obedience During the Day

I hear many times from people that they don't have time to train. By incorporating the "Obedience During the Day" routines, it allows you to get in quick 5-10 minute sessions of training without even breaking a sweat. In my opinion it's a better way to train, since brief and frequent training sessions help teach our dogs that obedience is an ongoing task and that they should listen to us all day.

Here are some ideas, but use your imagination. You can practice anything you want.

1. **While brewing your coffee or preparing your toast.** Practice all commands.
2. **During a 30 second TV commercial.** Practice all commands. This is a great time to practice stays. Work on a 30 second stay.
3. **While on the phone.** Practice hand signals and capture good behavior and reward.
4. **While doing the dishes.** Practice down-stays and reward them with their "dessert."
5. **Right before a walk.** Go through some commands and then have the reward be their walk. Practice calm polite behavior and self control. The leash doesn't go on until they are calm. This is a great time to practice wait at the door.
6. **Before a car ride.** Repeat the above skills.
7. **Recalls.** If your dog is in another room, call them to you.
8. **While preparing their meal.** Have them do a down or sit-stay and the reward is their meal. Do this for the water bowl as well.
9. **While playing fetch.** They have to do something for you to get the toy thrown. Games should have your rules with obedience breaks.
10. **Before giving affection.** Your dog has to do something for you. His reward is pets from you.

11. **While going to get the newspaper.** Practice loose leash walking, wait at the door and calm behavior before the leash gets put on.
12. **While out on walks.** Stop occasionally and ask for commands. When they sniff something interesting, practice the “leave it” command. Stop and have them sit at all curbs.
13. **On walks stop where there is a distraction.** work on attention and watch me.

Take advantage of these little spots of free time in your day, and you’ll have a better behaved dogs around the clock -- not just at “training time.”

Meredith Gage

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