



Doorbell Zen

In reality, most dogs care! Big reactions at the door can impact on your dogs ability to deal with guests coming into the home as it starts off the visit in high arousal. This game pairs the door bell with going to lay on the bed.

What you need:

1. A dog who already has value for settling on a mat or bed on cue.
2. Their mat or bed
3. Something that makes a similar sound to the doorbell/knocking on the door.
4. A handful of kibble or treats

How to Play:

1. First we need to find out what volume level of knocking/doorbell your dog can hear without reacting. You may need to gently knock on a different surface or play a recording of your doorbell from your phone.

2. Make the noise and throw a treat onto your dogs bed. Do this 5x at this level. You'll need to reset them each time by calling them off their bed.

3. Increase the volume ever so slightly. If your dog barks, lower the volume and try again. If they don't bark, do 5 reps of knock = treat on bed, at this level.

4. Repeat step three twice more, gradually increasing the volume.

Check in: pause for three seconds before throwing your treat, if the dog makes their way to the bed themselves reward them on the bed. If they don't, throw the treat onto the bed and continue as you were.

Progression

- For each session only increase the intensity four times.
- If your dog barks at any point reduce the intensity.
- Remember to pause before throwing your treat to give your dog the opportunity to move to the bed themselves.
- Vary how long your dog stays on their bed between each rep.
- Vary how far away from the bed you stand.