



The Flitting Game

This is a great way of building independence in pups and confidence being on their own.

The flitting game teaches your dog that you leaving the room is not big deal. It builds confidence in independence because they're the ones deciding to hang out where they are.

To play:

1. Pick two rooms near each other for example the living room and the kitchen
2. Grab a hefty treat for pup and pop it on the floor in one of the rooms. Think something super yummy that puppy will find difficult to pick up and carry around with them (A filled Kong, lick mat or large long lasting chew)
3. Set a 5 minute timer on your phone (silently) or make a note of the time
4. Spend the next 5 minutes simply walking (flitting) from one room to the next. If pup chooses to follow you, that's ok, just ignore them and keep going. Try to be as boring as you can.

The first time you do this, they might follow you a fair bit. What you should see is that the more you play this the less interested they are in your coming and going.

5. When they're able to stay in the room with their chew/kong for the whole five minutes, you're ready for the next step.

6. Pick a time when your pup is relatively calm and sleepy. Start flitting without giving them a chew or Kong.

This is often much harder but the more you do it the less interested they'll be in following you.

To make this harder:

Stay in the 'other' room for increasing amounts of time, if puppy comes to check on you, still ignore them but make a mental note that you were away a bit too long and disappear for a shorter period next time.

Practise in multiple rooms but leave the door open so they can follow you if needed.