



With me exercise

With your dog facing you, place a treat in your open left hand, down by your side.

Your hand should be at the side of your left leg at the height of the dog's nose. For puppies you will need to crouch down, this will discourage them jumping up to reach the treat.

Show the treat to your dog, step back and say **“with me”** take one or two steps back only to begin with, then release the treat, saying ‘good with me’, this will reinforce the dogs behaviour.

Repeat the exercise four or five times with one or two steps before increasing the distance you travel before releasing the treat.

To note:

Your treat hand should be open as flat as you can manage showing the treat to your dog.

If you lose the dogs interest in following your hand, slow your speed down and also look at the treat value you are offering.

Your voice should always be calm and relaxed and welcoming.

Happy training.