

CONFINEMENT TRAINING

Your guide to help your non-fearful dog be comfortable in a pen or behind a gate for up to 1 hour



When to move to the next step? Move to a more difficult step when your dog is totally comfortable at the current step. "Comfortable" = no continuous whining or crying. Occasional whining/fussing is ok.

When to drop back to an easier step? If your dog panics, immediately let them out of the pen & drop back 2 steps.

If your dog is almost continuously crying or whining, wait for a brief (1 second) moment of quiet, then return & drop back to an easier step.

STEP	What You Do
1	Place dog in pen, close the door for 1 second, give a treat, open the door and let dog leave at will
2	As above but close the door for 2 seconds before giving treat and opening door
3	As above but close the door for 3 seconds before giving treat and opening door
4	As above but close the door for 5 seconds before giving treat and opening door
5	As above but close the door for 10 seconds before giving treat and opening door
6	Provide long lasting chew or enrichment item in pen. Close the door and sit nearby for 10 minutes, dropping bonus treats every 20-30 seconds.
7	As above but leave room periodically for 3-5 seconds and then return sitting.
8	Provide long lasting chew or enrichment item in pen. Move around doing normal household activities mostly in sight but occasionally leaving for 10-15 seconds at a time and then dropping bonus treats every 20-30 seconds.

STEP	What You Do
9	As above but provide bonus treats every 1-2 minutes, leaving the room for 30 seconds to 1 minute at a time.
10	Provide long lasting chew or enrichment item in pen. Leave the room for 3-5 minutes doing normal household activities. Provide bonus treats every few minutes.
11	As above but begin to mix up absences varying between 1-10 minutes.
12	Provide long lasting chew or enrichment item in pen. Leave the room for varying periods 15-20 minutes, for a total of 60 minutes.
13	As above but increase duration of interval absences to 30 minutes (2, 30 minute absences for a total of 60 minutes)
14	Provide long lasting chew or enrichment item in pen. Leave the room for 45 minutes.
15	Provide long lasting chew or enrichment item in pen. Leave the room for 1 hour.