GET READY:

- √ Yummy treats
- √ This is best practiced when your dog is calm and relaxed in an environment that is relatively free of distractions (living room, bedroom, etc.)

GET SET:

- √ Have your treats easily accessible (pocket, pouch, etc.)
- ✓ Dog should be relaxed and at ease

GO:

- ✓ This is a great exercise to do in an informal manner, while you are sitting with your dog in the evening, when they are relaxed and laying down (Not Asleep Though!)
 - Approach your dog, making sure they know that you are there and pet them in the usual way
 - As you are petting them begin to move your hand toward their head/ears.
 - Gently touch/stroke their head/ears. Every time you touch/stroke them, and they remain in their current position or look at you, and not your hand, stop touching them and mark and reward them.
- ✓ As you progress with this, apply the previous steps to these different levels of touching:
 - Flip ears up or down
 - o Gently rub outside of ear cavity
 - Gently rub base of ear
 - Stroke down between eyes
 - Gently trace around eyes (Be careful not to touch the eye itself!)
 - Rub down snout and down sides of muzzle
 - o Rub chin
- ✓ If at any point your dog growls, moves away or stiffens up stop and give them their space. DO NOT CORRECT YOUR DOG FOR GROWLING!! This is their way of telling you that they don't like what's happening and want you to stop. Continuing despite these warnings, could lead to a more dangerous display from your dog, such as a snap or bite.
- ✓ If you have a new rescue dog, BE VERY CAUTIOUS, if attempting this. I would encourage you to not try this without professional help/evaluation.

