

Advanced training: Full body rest



Here are the training stages to teach your dog to lie across your child's legs. This works well for children that like deep pressure or to aid calming and dog-child interactions. Take into consideration the size of your child and the weight of the dog, as well as each side's preferences.

1. Choose a blanket which will lie across your child's legs to help your dog target their rest.
2. Make sure your dog is happy lying on the blanket on the floor by asking for a down on the blanket and then reward.
3. On a volunteer, with the blanket covering their legs, use a treat to lure your dog between the feet towards the body.
4. Slowly move the treat downwards until they lie down then give them the treat.
5. Keep your dog in a down by holding the treat for a few seconds under their nose, against the volunteer, before allowing them to have it. This will get a head rest too. Repeat this three times.
6. Throw a treat away and repeat steps 3-5 three more times.
7. Repeat step 3 and 4 and then wait until your dog rests their head against the volunteer before getting the treat out and rewarding. Repeat until your dog is putting their head down quickly after lying down.
8. Build up the time your dog is resting their head by starting with a one second delay before the treat and building up to a ten second delay. If your dog lifts their head then go back a step to make sure they understand what you want from them.
9. Introduce the cue. While your dog is resting their head say 'rest' (or your chosen cue).
10. Introduce things the child may do, like stroking/talking to your dog, very slowly and positively.
11. Use a different volunteer repeating steps 3-10. Then you're ready to introduce the child. It is helpful to keep the blanket as a visual cue for your dog.

