

HOW TO MAT TRAIN

Imagine that instead of a dog who jumps at the dinner table or barks at the front door, your dog learnt to lie quietly on their mat.

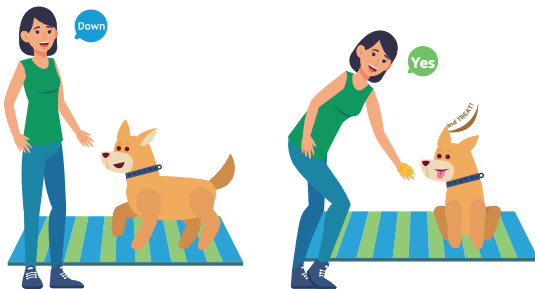
! The benefit of a mat is that you can take it with you when you go out. The mat becomes a cue to settle and be calm, which is perfect for a café trip or visiting friends.

1



Stand one step away from the mat and use a treat to lure your dog onto the mat. As soon as your dog steps onto the mat say “yes” and give treat.

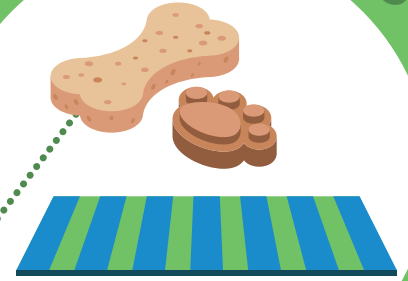
3



When your dog is on the mat ask for a “sit” or “down”. Continue to practice until your dog settles down automatically.

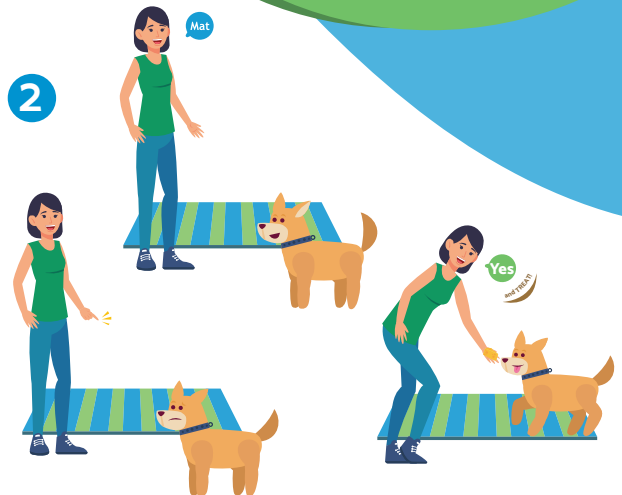
WHAT YOU WILL NEED!

Some treats!



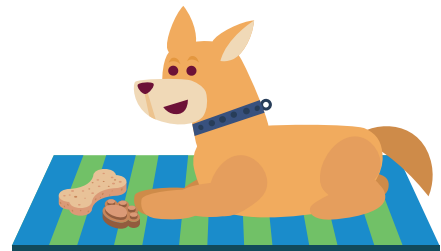
A comfortable, non-slip mat or bed

2



Add a verbal cue such as “mat” and point to the mat. As soon as your dog steps onto the mat say “yes” and give a treat.

4



You can help encourage calm while your dog is on the mat by rewarding with a long-lasting chew.