

## Technique for getting your dog to stop begging for food at the table.

Today I thought I'd share my fool proof technique for getting your dog to stop begging for food at the table.

There are lots of different ways you can try to stop your dog from begging. And many of these methods do work... like simply locking your dog outside, or in another room whenever you sit down for a meal... which is what I used to think was the easiest thing to do.

I say "used to think" because as soon as I moved to Seattle, Washington where it rains practically every day of the year, my once great strategy of locking my dog outside every time we sat down at the table was getting my Golden Retriever (who loves water) completely soaked and muddy every time I made him stay outside for meals.

And since I'm personally not very fond of the idea of drying off a wet muddy puppy 2-3 times a day, I decided to stop being lazy and train my dog to stay away from the dinner table when we ate.

Here's how I did it...

**First** I tried to think about how both I and my dog could get what we wanted. I wanted to be left alone while I ate, and have my guests left alone while we ate, and my dog wanted to have whatever was on our plates.

So I decided to teach him a trick of sorts... I trained him that if people are sitting at the table he needs to lay down on his bed/matt on the other side of the room. And if he stayed there until our dinner was over and I told him it was OK, then I'd let him lick my plate clean.

This way the dog is extremely motivated to stay on his bed, he realizes he doesn't get to lick my plate if he gets off his bed, and I don't have puppy drool all over my lap from a salivating dog who won't leave me alone when I'm eating... we both win!

And while this was a pretty easy trick to train my dog to perform it will take a little patience. Here are a few things to make it go a bit easier: #1 - Start by training your dog to lay on his mat or a bed. You can see a video of exactly how I trained my Golden Retriever to do this by [clicking here < www.TheDogTrainingSecret.com >](http://www.TheDogTrainingSecret.com)

This gave me a way to tell my dog a command, like "go to your matt" in a way so that the dog understands the command and will willingly obey.

#2 - Once your dog has been [trained to lay on his bed or matt](#), then you start to change the way you give the cue. As you'll see in this go to your matt video I spend most of my time standing relatively close to the mat and throwing food treats when the behavior is done correctly.

But remember, we want the dog to go lay on his matt whenever we sit at the table. This is really nothing but a cue change and is VERY simple for dogs to understand. Dogs are actually much better at interpreting what they're supposed to do in certain situations, and then they are at deciphering word cues.

So to help your dog understand that you want him to go lay on his matt when you sit at the table, you'll want to do lots and lots of repetitions of the "go to your matt" trick in a way that after every 3 or 4 successful repetitions you take a step back towards your dinner table.

After a few sessions of this, your dog will be obediently going to your bed even while you're no longer standing next to the bed, but actually standing next to your dining room table.

When you're at this point in the training process, you're going to want to start giving the cue "go to your matt" every time you go to sit down at the table. And do this so many times that your dog eventually figures out that he doesn't need to listen for the cue, he just needs to watch for you to sit down, and that's his cue to go lie on his matt.

At this point you're pretty much done training the behavior, and all that's left is to now lengthen the time that your dog will stand on his matt. Do this by actually having a plate with some good leftovers on it and do a few reps at every meal. Start by going to sit at your table, make sure your dog goes to his matt when you do this. Wait several seconds, then get up, place the plate on the floor and tell your dog to come have a taste!

At first your dog will only stay on the matt for a few seconds, but work on getting this longer and longer so the dog will stay on his matt until you place your plate on the floor, giving him the ok to let him know he's been a good boy and it's time for him to come get his reward.

In just a few days your dog will stop begging and be easier to handle around dinner time!

Here's to your soon to be NON begging dog!

Sincerely,

Chet Womach

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