



Behavior and Training Department

Resources

Find It

Find It is a great exercise to use when you need to get or maintain your dog's attention and focus. It can also serve as a starting point for teaching name recognition and a recall.

Begin to teach this exercise by choosing a quiet place free of distractions. Show your dog a treat and toss the treat just past your dog's field of vision a foot or two away. Allow your dog to follow the treat and eat it. Repeat several times. Once your dog is reliably going after the treat to get it, start pairing the words "find it" as you toss the treat. Practice and repeat often. When the dog is reliably looking for a treat upon hearing the words "find it" you are ready to take your show on the road. Try using "Find It" if your dog is just starting to be distracted by other dogs or people to redirect their attention onto the treat and ultimately onto you as the source of that treat. If your dog is somewhat worried, playing find it can help your dog shift from fear to having fun in a short period of time.

To teach name recognition and a recall:

Toss the treat and say "find it". As the dog eats the treat call their name "Fido!". As the dog turns to look at you say "yes" and hold out a second treat for the dog to come get. After enough repetition, the dog will begin to reliably look toward you when they hear their name in anticipation of a treat. When the dog is reliably coming back to you to earn its second treat, add the word "come" or "here" or whichever word you choose for your recall.

When dealing with training and behavioral issues it is advised to get professional assistance.

Sonoma Humane offers a variety of training classes, behavioral consultations, in-home training, and private sessions.

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