

# Check In, Check Out



This game helps your dog to build a reliable coping strategy when a trigger is near.



1

Make sure your dog has a strong response to their reward marker. Power it up by reviewing it randomly on your walk.

As soon as your dog first notices a new trigger in their environment, say your reward marker in a clear and happy voice.

2

3

Deliver a high-value food reward to your dog.

Your dog will likely look back at the trigger after receiving their food reward. As soon as they do, say "Yes!" and reward again!

4

5

Continue to "Yes" and Reward each and every time your dog looks at the trigger. Keep playing until the trigger is out of sight.

If your dog doesn't turn towards you to get the treat, that's okay. Bring the food to them. If your dog refuses to eat the food, you are too close to the trigger. Create space. If your dog reacts to the trigger you **MUST** create space.

