

**Duration**

- How long can your dog perform the behavior

**Distance**

- How far away can you be from your dog while they perform behavior

**Distraction**

- What is going on around your dog while they are performing the behavior.

**Advancing with the 3 Ds**

**What:** Adding Distance, Duration, and Distraction to previously learned behaviors.

**Why:** Dogs are very specific when they learn new things. Changing environment, handler, gesture, voice pitch, etc. is enough to confuse most dogs. Adding the 3 Ds helps solidify commands. It teaches dogs how to generalize and apply learned behaviors in a variety of situations.

**How:** Withhold the treat until dog successfully completes the more advanced challenges, but make sure to always set the dog up for success. Try to only work on one of the Ds at a time (ex. Work on getting the dog to STAY for 10 seconds before working on having the dog STAY while you walk away). Always progress in baby steps; add one second at a time, one step at a time, and only small distractions at a time. If the dog is having a hard time, try making the challenge a little bit easier, you are doing too much too fast. Always reward the dog for continuing to perform the desired behavior when you increase the challenge.

**Advancing:** Your creativity is the limit.

Distance: how far away can you get? Can you go out of sight?

Duration: how long can the dog perform the behavior? Seconds? Minutes? Do they get bored or restless?

Distraction: where can the dog perform the behavior? Can you make noise? Jump up and down? Throw a ball?