



Confidence Pathways

Walking over objects that move slightly helps our dogs with optimism, confidence, balance, proprioception and strength.

The key for this game is not to allow your dog to rush you, to keep the game challenging but not to frustrate them.

Find some objects around the home that are safe yet move slightly under your dog's paws. Examples:

- couch cushions
- wooden boards
- plastic lids
- things with wheels
- metal trays
- stacked blankets and towels
- bubble wrap
- use your imagination!

Scatter some food around and on top of the items so your dog goes to investigate. Watch your dog's body language as they move around the items.

Encourage your dog to move across the items by luring them with treats in your hand. Reward all their efforts regardless of whether they place their feet on the objects.

If you reward frequently and as their confidence builds, they will try new things. Reward in place if they offer stillness.

Remember to give them pressure releases off the objects by occasionally saying Get It! and tossing a treat away from the pathway. If they come back right away, they're willing to keep playing. If they hesitate, return to scatter feeding before luring them across the pathway again.

This is a low pressure game for which your dog leads the learning.