

# Tips and Techniques

## Teaching your dog 'Sit'

Teaching your dog the command 'Sit' is the first behavior they should ever learn. It is one of the easiest behaviors to teach a dog and is a very important one.

You can use sit in so many ways, such as

- when taking your dog for a walk you see a neighbor and stop to talk to them, put your dog in a sit. Your neighbor will be so impressed with your well behaved dog.
- he/she has just ran away from you and is heading toward the street, tell your dog to Sit to make him/her stop
- have your dog sit to greet adults, children and other dogs to avoid jumping up
- sit is the beginning to the *stay* or *wait* command.

There are many other reasons to teach this behavior but you can understand that this is very important.

## How to teach "Sit"

1. Grab your best tasting training treats, your clicker and put your dog on it's leash.
2. Stand in front of your dog and without saying a word, wait for the dog to go into the sitting position ...CLICK! then provide the treat. Now you have "marked" the behavior you are looking for. Your dog has just learned that when he/she starts to place their back side down, he/she gets a yummy treat.
3. Continue this process for 5 minutes, without saying a word or telling them to sit. Every time your dog sits on it's own, click then treat. After 5 minutes, take a break and have some fun with your dog, then go back to this process.
4. Your dog will begin to understand the behavior you are asking for. When your dog can do it 100% every time, then cue it with the word "Sit".



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