

SIT

Why train sit?

Every dog should have one command she can do anywhere, anytime. Sit is a great contender for that job. It gives your dog a way to say, “Please,” and can become her default greeting, which stops her from jumping on people.

How to train it.

Step 1. Say it. Tell your dog, “Sit” in a cheerful tone of voice.

Step 2. Show it. Pause a second (one-one thousand), then lure your dog into a sit by putting the treat up to her nose and slowly moving the treat backwards and up. Keep the treat lure close to your dog’s nose—if you move your hand up too quickly or too far away from her mouth, she may give up and lose interest.

Step 3. Pay it. As soon as your dog’s hindquarters hit the ground praise and treat. Repeat as many times as you can, so long as you and your dog are still enjoying yourselves. Praise and treat every sit.

Step 4. Repeat it. Repeat the exercise several times over a few days. When your dog sits reliably, it is time to take the treat out of your hand and use the verbal cue alone. If your dog makes a mistake, first try luring without the treat. Only put the treat back in your hand if all else fails.

When to practice.

Before throwing a ball, Frisbee, rope-toy, etc.

Before giving your dog a toy.

Before putting the food bowl down.

Before handing over a treat or chewie.

Before opening a door.

Before putting on a leash to go for a walk.

Before taking off a leash at the park or beach.

Before dishing out a belly rub or good ear scratch.

Before hopping into or out of the car.

Before allowing your dog onto the couch with you.



Training Tip:

Only say the command once. Say it, pause, then lure.

Troubleshooting:

If you have trouble with this exercise, try practicing with your dog standing in front of a wall or fence. This way, when you move her back, she has nowhere to go but into a sit. Then break the exercise into small steps. First treat your dog for putting her nose in the air. Then wait until she lowers her hindquarters and treat for that. Finally treat generously when your dog's bottom touches the ground.

Need more help?

If your puppy needs the basics and things aren't coming easy for either of you, check out our **Done-For-You Day Training packages**. Training can leave even the best puppy parents feeling frustrated and impatient. Leave the tough stuff to us so you can skip to the good part: a well-behaved dog you love to spend time with.

We come to your home and work directly with your puppy three days a week, teaching your puppy basic manners so they can become an enjoyable part of the family. Plus it gives them a mid-day break and house training support! At the end of each week, you'll join a transfer session to build your skills so you can keep those newly-learned behaviors going after training is done. Each package also includes two follow-up sessions to make sure any challenges that might arise are worked through as your puppy grows.

Get ready to enjoy life with a well-behaved dog! Contact us today to get started: www.ingoodpawsdt.com