



Sit

WHAT IS IT?

Sit is a command that asks your dog to put their bottom on the floor with all 4 paws on the ground.

WHEN AND HOW TO USE "SIT"

- * **Sit = Please.** Teach your dog to ask politely for things that they value including meals, getting love and attention, putting on the leash, going outside, etc.
 - * Sit is also a great behavior to teach your dog as an alternative to jumping and to encourage calm behavior.
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HOW TO TEACH "SIT"

Step 1

Hold the treat right in front of your dog's nose, and then move the treat up and back to lure them into the sit position. If your dog is jumping up at you, make sure you are holding the treat close to their nose and not too high up.

Step 2

As soon as your dog's bottom hits the floor in the sit position, mark the moment with a verbal "Yes."

Step 3

After using "Yes" to mark the moment they sit, follow up with a reward.

Step 4

Once we have shown our pup what "Sit" means through luring, then we will add the verbal cue. To do so, say "Sit" only once and then lure them into the position—avoid repeating the command! The verbal cue "Sit" should happen before you lure your dog, so that they learn the word predicts the action.