

Train Your Dog To Sit

The Treat Technique

1. Stand in front of you dog so that he can see you at around the dog's eye level.
2. Carry a treat inside your closed hand and hold it close to yours dogs nose so they can smell what it is. Once you know that the dog is interested, raise the hand holding the treat slightly above the head level but still view.
3. Using your free hand, apply some gentle pressure to the dogs behind to encourage the seated position.
4. At the exact same time give the dog the command word to sit.
5. If the dog sits successfully, immediately give the treat and give verbal praise. Be sure not to get the dog too excited. Try to maintain the seated position during the praise. If the dog jumps up on you or does any other negative behavior say a firm "NO".
6. To tell the dog to get up from this position, give a command to either "come" or "up" or whatever you choose.
7. Once the dog is responding to the training, you can begin to wean off the treats part of the training.
8. Repeat this a few times a day, every day. Do not overdo it. If the dog gets bored it will not work.

Tips

To avoid the dog jumping, do not hold the treat too high over the dogs head. Let other family members participate I the training so the dog can get used to it.

Don't give your dog the treat until they have sat on command.

Make sure to reinforce the command regularly.

Praise the dog every time the command is performed correctly.

Conclusion

Repeat the training every day until the dog knows and understands it fully. To assure consistency make sure everyone who trains the dog uses the same techniques.

If the dog does not understand the first time, do not pressure them. Try the trick again then next day.

Puppies generally have shorter attention spans than older dogs. Do not let your dog get bored of the training.

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