



## The 'sit' position:

Teaching your dog obedience training can be simple and fun with the correct information and some patience. Teaching your dog to sit on cue is one of the first things most owners teach and can be particularly useful as it offers more control for you and more comfort for your dog than simply having your dog stand. **Here are some Top Tips to quickly teach the “sit” position.**

- 1.** Get your dog's attention by using an excited and enthusiastic voice, calling their name: you need to be able to enforce the cue which will be difficult while he's running around the garden or sniffing another dog's bottom.
- 2.** Show them a tasty treat such as a piece of frankfurter sausage, cheese or a small piece of liver and hold it in front of their nose. Very slowly raise the treat above the dog's nose and back, towards their head. As the dog lifts his head to follow the treat, he should sit down – if he jumps up, you're holding the treat too high!
- 3.** As soon as his bottom touches the floor in the sit position, give the cue: “sit”, praise the dog (“good, sit”) and release the treat. Repeat a few times and remember to make it fun! You'll teach much more and much quicker if it's fun for your dog.
- 4.** Make sure you have your dog's attention before you begin giving the commands so he doesn't learn to ignore you.
- 5.** Make sure you only use the “sit” cue and avoid confusing the dog with cues such as “sit down”.
- 6.** If your dog doesn't respond to you, keep teaching the cue – he won't be ignoring you, he just doesn't understand what you want him to do... or there's a more exciting alternative to sitting! So ensure you teach and enforce the cue when there are few distractions to really embed the cue.
- 7.** Remember that “sit” is one position and no other position or variation of the position will do so don't compromise when your dog squats or lays down instead!