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# PUPPY GUIDANCE SHEET

## Teaching SIT

Teaching your puppy to SIT on queue can be relatively easy with some patience training and there are a few ways in which you can do this.

'Timing' is everything when training any new command to your dog and its key that you only reward/ treat the actual behaviour your trying to achieve and not the behaviour that happens even a few seconds later.

Here are some basic points to follow when trying to teach this:-

- 'Lure' the dog into a sitting position using a tasty treat held in front of the dog's face, moving gradually up and back past its nose which will in turn raise its head.. And lower its bottom. As you're doing this say your command 'SIT'. As soon as the dog's bottom touches the floor and he sits ... PRAISE! 'Good boy... good SIT'.
- Remember TONE OF VOICE is key when training anything and using a higher pitched voice to praise and a lower pitched tone to reprimand allows them to differentiate between what's right and wrong, what you want them to do and what you're not.
- Be very careful not to reward with praise or the treat if he immediately stands back up as this is teaching him your wanting him to sit then stand back up again
- Over time practice lengthening the amount of time your dog stays sitting from just a couple of seconds to 5 seconds, 10 seconds etc and extending this more and more as you go over each training session.
- Be careful when training anything not to overdo it. If they become disinterested or want to run off STOP. BUT

- **FINISH ON A GOOD POINT.** Do one last sit and treat / praise immediately then end the session.
- Once you have practiced this a few times you should be able to remove the LURE (treat above the nose) and just say the command SIT.

Moving on from basic sit training you can then begin to practice more advanced sit's such as sitting when greeting new people or visitors to your home.

Say your command SIT as soon as someone enters and reward immediately when they do so with lots of praise.

Trying at this stage to keep their attention until your guests have come in and sat down. If possible ask the person visiting to help you out by not looking at the dog immediately and turning away/ turning their back on the dog if it gets to excited or attempts to jump up. Asking any visitors not to greet your puppy with too much excitement when they pop over is a huge help in your initial training.



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