

# TEACHING YOUR DOG “SIT”

Dogs gain confidence and develop their brain when they are allowed to think and make choices. Teaching your dog a default behavior like “SIT” will help your dog learn manners in order to get what he wants.

## How to Teach Your Dog to SIT:

- Hold a treat or your dog’s toy in your hand.
- Ignore any behavior that isn’t SIT, like pawing, jumping, and barking.
- Wait for your dog to sit.
- When your dog sits, say “yes” and give him the treat or the toy.
- Repeat this several times.

Dogs are context learners. They learn a behavior only under the circumstances you teach it to them, so you need to vary your location and body position. Teach SIT inside, outside, and in the park, so your dog learns to do the behavior everywhere. Also teach it while you are standing, sitting, and with your back to your dog. This way he learns that no matter what you are doing, he can say “please” by sitting.



## Using SIT in everyday Life – Wait for Your Dog to Sit Before:

- Mealtime
- Going outside
- Being petted
- Throwing a ball for fetch & other games
- Putting on a leash to outside
- Being allowed off leash

## SIT Instead of Jump:

Many people are greeted by their dog jumping as soon as they walk into their home. Teaching SIT gives your dog an alternative to this unwanted behavior.

- 1 Take some treats with you or stash them somewhere for easy access
- 2 Enter your home
- 3 Now, wait until your dog sits, then treat him. If he jumps, don’t say a word and go immediately back out the door.
- 4 Count to 10 and try again
- 5 After a few set ups of you leaving, your dog will quickly learn his jumping is making you leave. When your dog sits, say “yes,” treat and give attention.

Once your dog is doing well with sitting at the door, enlist the help of a few neighbors or friends, so he learns to sit whenever there are visitors.

You could also do a version of this game with your dog inside by tethering your dog to a piece of furniture or door knob and doing the same steps as above. Doing this a few times a day for 2–3 minutes in several different rooms will help your dog learn not to generalize the behavior.

## Tips

Be patient. Dogs learn by repetition. Repeat the training a few times a day for 2–3 minutes. Once your dog gets the hang of it, continue repeating the training a few times a week to reinforce the good behavior. You can also slowly eliminate treats in exchange for your attention.



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