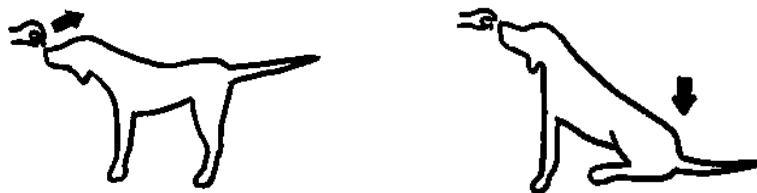




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SIT



1. Hold a treat between your fingers and thumb and hold it close to the puppy's nose. Slowly move the treat closely over the puppy's forehead towards its back. It is not a large movement. As the nose follows the treat the puppy's bottom will begin to lower, like a see-saw. If the treat is too far above the puppy's head it will jump up for it or move backwards.
2. Say "Puppy, sit!"
3. When the puppy sits and the bottom is on the floor say "Good sit" and give the puppy the treat. Do not let go off the treat if the puppy lifts its bottom, make it sit again before releasing the treat.
4. Make sure the paws are on the floor when you give the treat otherwise you are positively reinforcing jumping up. Lower treat slightly so paws on floor.
5. I find it very useful to introduce a hand command when saying "sit". The hand signal and the command issued together appeared more effective in the early stages.





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Touch your fingers to your thumb and hold your hand with the palm facing you. The puppy should then have a view of your knuckles. Draw the hand upwards towards you and say “sit”. Holding your hand in this position also has the advantage that the puppy cannot see whether you have got a treat hidden or not. Treat then can be produced by your other hand if you want on occasion.

6. You can ask your dog to sit to receive other rewards such as having the lead put on, taking the lead off, throwing the toy, letting them outside or for a calm cuddle.
7. Make sure your dog does not jump to meet the treat as it is given otherwise again you are rewarding jumping up. If dog starts to jump to meet treat raise the treat out of the way. Dog should go back to a sit. When the paws are on the floor the treat can lower again. Repeat like a see-saw until treat lowers without dog moving to meet it.

