



# SIT WITH DISTRACTIONS

## Before You Begin:

You have survived beginner behaviors and now you're ready for something harder. Welcome to Advanced behaviors! In these, your dog will be pushed hard to behave during distractions (some of which are very, very distracting!). Many of our commands have been broken up into multiple parts to make it easier for our owners and dogs to learn and enjoy themselves during the training sessions.

The advanced behaviors we will be learning can be frustrating to both dog and owner, so if you find yourself getting frustrated, please **do yourself a favor and end the training session with something simple**, like sit. Ending a session on a good note will make you feel better and encourage your dog as well. By this point, your dog should be well versed in basic commands and willing to respond to them quickly without always needing a treat for their efforts.

## Sit with Distractions

Our dogs know the Sit command already, so now it's time to make it even harder! By adding distractions to our Sit command, we are teaching our dog to keep themselves in that position despite what is happening around us. This is easiest to practice with a second person, but can be done alone as well.

- Tell your dog to "Sit"
- Begin your distractions (from a distance as possible). Try something small at first, like a bouncing ball or some fun animal sounds (Youtube has a lot of sound effects).
- When your dog remains seated, **make sure to praise and reward them**. Use your clicker if you are training with one.
- As your dog becomes better about remaining seated, move closer to the dog and make the distractions more exciting (Dropping a loud metal dog bowl, using a squeaky toy, an excited sounding friend, etc.)

The goal is to keep our dog sitting at all times, through all sorts of strange sound effects or behaviors going on around them. If you find your dog getting too distracted by the activity, stop the distraction and return them to a regular sit. Begin again with more distance between the distraction and the dog while using a smaller distraction.