











SIT

Teaching your dog to sit is the base for many other commands. We teach with hand signals first so the dog does not get confused and ignore you when you give the verbal command. We want your dog to obey you the first time you say sit! For this first week, you will not be saying the word "Sit" at all. Let's get started:

-  Hold a small, soft treat in your hand between your thumb and index finger
-  With your palm facing the ceiling, lower your hand so the treat is in front of your dog's nose
-  Slowly lift your hand upwards, luring your dog's nose to follow the treat and look up
-  When your dog looks up, he should sit down on the floor
-  Click your clicker and give your dog the treat **within 3 seconds** of the sit



Your dog needs to understand that the hand signal you are using is related to the sitting action before you use the word "sit". Spend your first week of training using only the hand signal until your dog responds to it **every time**. When you are ready to add the word to your hand signal, here's what to do:

-  Use your hand signal and say the word "Sit" at the same time
-  If your dog responds correctly, click your clicker and give your dog a treat within 3 seconds
-  If your dog does not respond, put your hand behind your back for 10 seconds and try again

Whatever you do, **do not repeat the word "sit"** multiple times in a row. Dogs do not understand that you are repeating a command, but instead, all they hear is "Sitsitsitsitsitsit", which teaches them to ignore the command instead. Your dog should sit before meals, before you open the door, while out on walks, etc. The more you practice, the better your pet will become.