

# Training Sit

Sit is an important behavior to teach dogs as it is a good alternative behavior to undesirable behaviors such as barking or jumping on people.



1. Take a yummy treat and place it on the dog's nose.



2. As you slowly lift your hand up the dog's butt goes to the ground.



3. When the dog's butt hits the ground mark with "yes" or a clicker and reward the dog.



When using food as a lure make the hand look as much like the final signal as you can.

***Remember do not give a verbal cue such as saying "Sit" till you are 100% sure your dog can do the behavior!***

