

Training Your Puppy to Sit Using Treats

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Most puppies learn to sit fairly quickly with this method. There are also other ways to teach SIT. This is one way to teach young puppies. This method teaches the meaning of the word SIT and the proper position, but won't teach obedience to sit reliably on command without more training.

Put a collar and leash on your dog. This will give you control and keep her from running off.

Hold the leash in one hand and a treat in the other.

Let your dog know you have a treat in your hand but don't give it to her yet.

Have your dog in front of and close to you. Hold the treat close to your body at a level just over her head.

Extend your arm outwards, moving the treat over your dog's head.

Your dog's nose should follow the treat over her head causing her butt to move downward.

As your dog's butt starts to move down tell her **SIT**.

If she jumps up for the treat you may be holding it too high, you might have to move the treat towards her face and then up and over her head.

If you move your hand with the treat to one side or the other she will turn her head to that side instead of sitting, you must move it directly over her head.

If she backs up instead of sitting, hold the leash shorter so she can't back up and try again. Or practice with your dog about a foot in front of a wall.

At first be ready to praise and treat as soon as her bottom touches the floor. She will probably pop right back up. That's OK because she doesn't know what you want yet.

After the first several times wait until your dog is completely sitting. Praise her "**good sit**" and give her the treat. If she pops up out of the sit position before you can give her the treat say "too bad" or "sorry" in a neutral tone of voice and start over.

If she doesn't seem to understand, and continues to pop right up, end the session. Try again later going back to giving her the treat as soon as her butt hits the floor. Try to get her to hold the sit position a little longer each time. Try exposing the treat, but not letting her take it right away.

Your dog will probably start to get the idea and sit when you tell her "SIT" after about 5 –10 times. But if she doesn't, don't worry, try again later. Choose a distraction free area to train. Keep sessions short and fun so that she will enjoy future training lessons. If your puppy likes treats you can start at anytime. If she doesn't care much for treats try it when she is hungry and use a high quality treat. On the other hand if your dog is food crazy and gets over excited, making it hard to control her, train after her meal or try using treats that are of less value to her. A treats with odor work best so that she will follow it with her nose.

When you tell her "SIT" only say it once in a friendly but assertive voice. Don't keep repeating it. Sit, sit, sit is a bad habit that is easy to get into. When your dog will sit on command stop using the treat as a lure and start to give it to her after she sits as a reward.

Remember to give verbal praise each time. After she is sitting every time, gradually eliminate the treat. Start by treating every other time, then every third time etc. You must still praise her to let her know that you are pleased with what she has done. Even after she is sitting reliably, treat her occasionally to keep her motivated. Never knowing when she will get a treat will keep her sitting quickly on command.

Whenever you want to give your dog a treat, have her sit first. Soon this will become your dog's way of saying please.