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Dog Training The Gentle Way - The Sit Command

By Jennifer Ivey

Dog Training using positive reinforcement techniques is the gentle and humane way to teach your

dog the rules. You will be fostering a loving relationship with your dog instead of intimidating and scaring your dog into submission. In this article you will learn the basic steps to teach your puppy or adult dog to sit.

1. Put a leash on your dog so they cannot wonder off while you are working with them.
2. Put some treats in a closed fist so they can smell them but not see them. If your dog sees the treat each time he will learn to only obey when you have food in your hands.
3. With your finger draw an invisible line from the dog's nose between the eyes to the top of the head as you say sit. The head will move back to follow your hand and therefore push the bottom down to the ground.
4. As soon as the dog's bottom touches the ground, say "Good Sit" and give them a treat and praise them excitedly.

Below are some Dog Training Tips for successfully training your dog to sit.

1. Keep your bait hand low. While moving your hand over the dogs head, make sure that your hand is not too high or the dog will jump to reach the treats. Your hand should only be a couple of inches over the dogs head.
2. Do not force the dog. Resist the urge to push the dog's bottom down if they are having a hard time learning how to sit. Just be patient and keep trying to slowly draw a line over their head with the treat and they will learn.
3. The dog will need to be weaned off the treats. During the first week use the treats heavily. During the second week start mixing the treats up giving every other time or every third time while continually using praise and excitement. After about 3 weeks treats will no longer be needed and you will be the

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only reward your dog will need.

4. Even after you wean off the treats, continue to use the sit hand signal as well as your voice. The benefit of using hand signals and voice commands simultaneously is so when you are in a situation where you cannot use your voice to give your dog some direction, such as talking on the phone, you can give your dog a quiet hand signal without disrupting your phone call.

5. Label your commands. When giving your dog a training command, label the action, not the dog. When your dog sits, tell them good sit, not good dog. Your dog will learn the command faster because they hear the command word again and they are praised for the specific command.

6. Keep training sessions short. If you are training a puppy, keep your training sessions under 10 minutes. It is best to have several short training sessions per day so that your dog will not get distracted.

7. Be consistent. Everyone in the family should be involved with training your dog. Children as well as adults should learn the commands so the dog sees ALL humans as dominate and therefore listens and obeys everyone equally.

Jennifer Ivey is a positive reinforcement

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many dog related topics. Read more of Jennifer's articles at

<http://www.bestdogarticles.com>

Basic Dog Training

By Amy Howells

If you have a new dog or puppy, you may be interested in getting some basic dog training. Dog training can be taught by an obedience instructor, or you can do the dog training yourself.

Dog training with an obedience instructor can vary in price and it usually takes place in a class. If you do the dog training yourself, it is usually free and you can do it from your own home. If you do choose to do the dog training yourself, it is best to get educated on dog training.

There are 3 basic things your dog should learn through basic dog training. These are: sit, stay, and come. The first part of dog training is to teach your dog to sit. To start this dog training, you will first need some dog treats.

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Do this dog training in a quiet environment so your dog doesn't get distracted. Tell your dog to sit repeatedly as you hold the dog treat just over their head. This way the dog has to look up and may sit on their own to reach the treat.

If not, gently push their rear down. When they sit, praise them and reward them with a treat. This kind of dog training works because the dog constantly hears "sit" and will learn to associate the command with sitting and receiving praise.

The next part of dog training is to teach your dog to stay. This is often a difficult part of dog training. This kind of dog training is also incorporated with teaching your dog the command "come." Sit your dog in an area with no directions.

Tell your dog to stay repeatedly as you back away. Start out by keeping eye contact with the dog. If the dog gets up, tell it "no" and start again. Remember this dog training takes a while. You may need someone to sit with the dog to help reinforce the dog to stay the first few times.

Once you have made progress with this dog training, you then start by walking away with your back turned. Dogs will often get up to follow you at this point. Tell your dog "no" and start the dog training again by repeatedly telling your dog to stay as you walk away.

Once your dog has mastered this part, you can teach it to come. After your dog has stayed, tell it to "come." Have a happy voice and pat your knee as you say "come." Your dog should respond to this dog training right away and you may then reward it.

Always use praise instead of punishment with dog training. Dogs respond best to positive dog training, rather than negative. With all of this in mind, you should be able to teach your dog the 3 basic commands.

Follow all of this advice and you should soon have a more obedient dog that is worth everyone's praise!

Amy Howells is an expert dog trainer who runs a website dedicated to teaching people how to train their dog or puppy in just 21 days. Visit

<http://www.dog-owner.net/training.htm>

for more info.



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