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How To Train Your Dog To Sit

By Michael Colucci

Getting your dog to sit when you tell them to is an important part of their training. In this article, I want to go over the steps you will want to follow in order to get your dog to sit on command.

The first thing you need to do is buy a supply of dog treats. Make sure it is something your dog likes and wants. After this take them and your dog and go into a quiet room that is free of any noise or things that may distract your dog.

Now you want to take a treat and hold it just above the dog's nose. Slowly raise the treat above the dog, and the dog should look up also. When you sit down, he will do so as well so that he can keep the treat in sight. You don't yet want to give any commands.

As your dog sits down with you, quickly praise him and give him the treat. After the dog eats the treat, repeat the process again. You want to stand up again, raise the treat over and above his nose, and then sit down. The dog will begin to sit down with you faster. After this you should take a short break.

Now you want to repeat what you did before, except this time you want to tell the dog to sit. When your dog complies, praise him, but don't give him a treat this time. Just praise him. Repeat the process again, and this time give your dog the treat. Keep doing this randomly.

As your dog begins to understand, you can begin giving the command in different locations. Depending on your dog, you may have to offer them food a few times when sitting in new locations. You want to randomly treat you dog. Don't give him a treat each time he complies.

The goal is to teach your dog that sometimes he will get treats and sometimes he won't. The dog will begin to sit each time you tell him to in order increase the chances of him getting the treats. Make sure you try a variety of locations so that your dog will get used to following your commands no matter where you are.

Teaching your dog to site is a fairly basic command. Be patience if your dog doesn't immediately obey. It will take time and practice in order for them to get used to it. Just keep trying, and eventually they will understand.

Michael Colucci is a technical writer for

<http://www.free-dog-training.org>

– A site that offers free

articles and resources on dog training.

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Puppy Training – How to Train Your New Puppy to Sit

By James Theiss

Training your dog to "sit" is probably the first thing you will train your puppy to do. You can start the training as soon as the puppy has settled in his new home. You might think this training isn't that important. A dog knows how to sit. Well, I think it is very important. Read on and you will found out why and how to train your dog to sit.

1. This first one is easy. You just start by saying "sit" every time the puppy sits itself. He learns to associate the word sit with the action. This is a tip you can use in all training.
2. Take out his favorite treat and keep it in your hand. Just remember to cut it in small pieces so the puppy can swallow it fast.
3. Sit down on the floor so you get to the same level as the dog. You are less threatening when you sit. More important is that you are close to the dog so you can reward him faster. More about this soon.
4. Slowly move the treat over your puppy's head. The intention is to get the puppy to smell the treat (he will) and follow it with his nose. He has two options. Either back up still standing, or sit down. It's easier to sit down.
5. Immediately as he sits you say "sit" and give him the piece of sausage. This is the key factor to all training. The reward has to be in the same moment as the dog does the right thing.
6. Praise the dog. Show your joy with your voice as well as with your body language.
7. Repeat these steps 3–5 times. Not more than that though, as it has to be fun! On the other hand, you can repeat the steps several times during the day.
8. Next, you should try steps 4–6 while standing up. Later, you can try to see if the dog reacts only to the word "sit" without your hand and the treat. If he sits down you obviously should praise him, and if he doesn't, don't care. You should never show your disappointment to your dog when you are training.

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This is pretty easy for the puppy. In a day or two you will get him to sit with your "sit" command. Now you can try to make him sit down beside you. This is actually a preparation for the heel training. There, you want him to sit as soon as you stop walking.

The next level is to strengthen the "sit" command so you get the dog to sit in every situation, no matter what's going on around him. This is an ongoing process and you should never stop training. Use every new situation to further his training. Make him sit with new people, new dogs and new surroundings.

It's quite easy to train your dog to sit. If you consider not training your dog, my advice is, think again. When you start training with your new puppy you get much more than the sitting part. The puppy loves to do things with you. He learns to listen to his name. He gets used to training and doing things with you, and on your initiative. This all together strengthens your position as the leader, and the puppy feels secure. When the puppy falls asleep in the evening his last thoughts should be: "This is really a

great pack!"

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