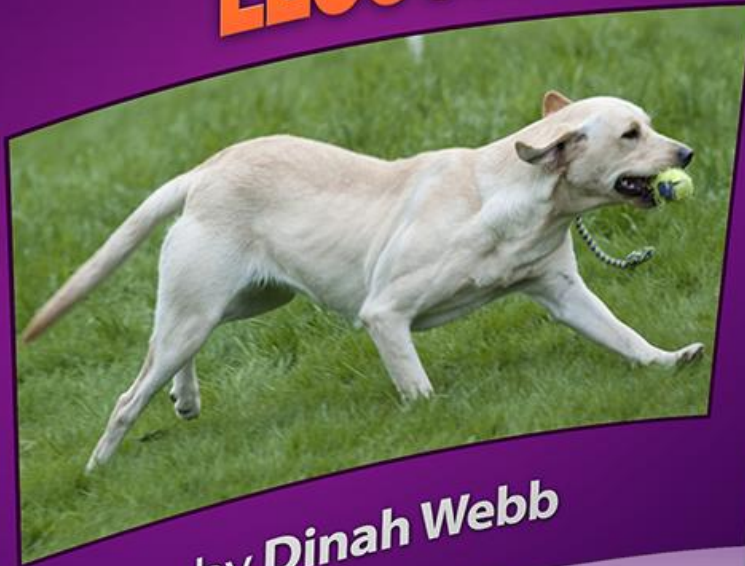


6 Minute

**DOG TRAINING
LESSONS**



by Dinah Webb

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LEARNING TO SIT

First make sure that you have followed my tips to good preparation then when you are ready, follow the 6 steps.

Step 1 - Getting used to the command

Start by standing up straight and saying the word “sit” whilst making your dog sit by gently pushing on down their rear end. Do not apply too much pressure as your dog will feel bullied or threatened.

Accompany this with the hand movement - lifting your hand and then hold it out, palm down to the floor (watch my video for tips). The link will be sent to you in another email shortly.

Repeat this so that your dog starts to feel confident.

Step 2 – guiding

Once your dog becomes familiar with this sequence you can start use a treat to guide your dog's favourite treat as a guide. .

Take your dog's treat and hold it in your hand like a pen, between your thumb and first finger. The treat should be about an inch away from your dog's nose

- too far away and your dog may lose interest and
- any nearer and your dog will probably start to jump up.

Next, slowly and deliberately move the hand firmly holding the treat to the top of your dog's head passing over the dog's nose so that effectively your dog will raise their nose to follow the smell of the treat whilst also watching it. This movement will mean that your dog lifts their nose and places their rear on the ground.

At the same time calmly say the word “sit.”

Once your dog's rear hits the floor, praise your dog to give encouragement – a simple “yes” usually works best. Now give your dog the treat from your hand.

Step 3 – Build confidence

Repeat this sequence until your dog feels confident and readily follows your hand holding the treat until they reach the sitting position.

Remember to give encourage and show your pleasure. Dogs love to feel they have made their people happy and they will be all the more eager to do whatever else you have in store next.

Step 4 – empty hand

As your dog's confidence grows you can start to try sitting still using your hand but without a treat in it. I suggest leaving the treat in your pocket at this stage.

Repeat step 2, moving your empty hand to the top of your dog's head passing over the dog's nose so that effectively your dog lifts its nose and places their rear on the ground. At the same time repeat the word "sit"

Once your dog's rear hits the floor, say "yes" and give your dog the treat from your pocket.

Again, repeat this until your dog feels confident.

Step 5 – Look, no hands!

Over time, you will want to remove the hand movement from this sequence.

Start by saying "sit", holding your hand about 8 to 10 inches above your dog's face, palm down and wait a moment. At this stage, many dogs will sit.

If this doesn't happen you may want to add the hand movement (see step 4) back in and then try again. If you do this you should gradually lessen the actual movement that so that is slightly your faster and less deliberate, aiming for a simple hand out with palm down.

Remember that once your dog sits, you should still reward your dog with the word "yes" followed by their treat from your pocket.

Step 6 – Voice only

Overtime your dog should respond nicely to the combination of voice commend "sit" and hand movement.

It is now time to gradually remove the hand movement. You should also either

- put treats on a nearby surface or
- wait a little longer after the "yes" before giving the treat.

This helps your dog to understand that they will get the treat but that it may come from anywhere and they may not necessarily see it, so avoiding your dog becoming reliant on seeing the treat before sitting.

Build up confidence with sitting before you move on with your training.