

Training a Sit Cue

Sit is one of the first behaviors most people teach their dogs. Sit is a relatively simple behavior for dogs, and most catch on quickly and offer it often. 'Sit' can also be practiced anywhere and at home or on the go, and can help with problem behaviors such as jumping on people or door dashing.

To teach sit, we recommend "capturing" the behavior. Capturing means we are marking and rewarding your dog for offering a behavior without being prompted or pushed into position. To do this:

- Start in an area of your home where it is quiet with few distractions
- Gather several small, tasty treats, a treat pouch, and a clicker
- Quietly observe your dog, but do not stare at them directly
- If they are already sitting, toss a free treat a short distance away so they have to get up to eat the treat
- When your dog positions themselves to sit, click (or say 'yes' if using a verbal marker) the **MOMENT** their bottom touches the floor
- Toss the treat a short distance away
- Repeat for several sessions
- When your dog starts offering the sit frequently, you can start to add the verbal SIT cue
- Say the cue **AS** they are sitting, then mark and reward
- Once they get the hang of the sit cue, start to 'proof' the behavior by practicing in different rooms of your house, at different times of day, and eventually outside
- Incorporate the sit cue into every day life to strengthen the cue (for example, ask for a sit before throwing a toy, opening the door to the outside, etc.)



For a video demonstrating capturing sit, please watch:

<https://youtu.be/6sxpclSwZhA>

Adding a Sit Cue (same dog): <https://youtu.be/DddDmCvvSIA>