

SIT



1 Attach a 6ft leash. This stops your puppy from wandering off too far and keeps you in control.



7 Release him with an 'Ok' and give him some praise.



2 Get your puppy's attention. Let him lick a treat or two in your hand.



8 Practice this exercise a few times a day for about 5-10 minutes at a time.



3 Say 'Sit'



4 Then move the treat up and back, luring your puppy into the 'Sit' position.



5 If this doesn't work after a few tries, gently pull upwards on the leash and down on his bottom. You should never force your puppy.



6 When he gets it right, say 'Yes' to reinforce the command.

NOTES

For more info visit MyPuppySchool.ca/Lessons/Sit