



EAST FREMANTLE  
Veterinary Clinic

Owners Handout – Week 1

# EAST FREMANTLE VET CLINIC

## PUPPY RESCHOOL

### Teaching your puppy to sit

When training a puppy, a 'cue' is like saying "please" in the human world. Teaching a puppy to sit on cue is the foundation for many other training exercises like dropping and settling down. It is a basic exercise that is easy to teach and will help your puppy focus and comply with your requests.

- Have a puppy treat available. Treats should be very small – about ¼ of the size of a 5 cent coin is more than enough
- With the puppy in a standing position, hold the treat in front of her nose allowing her to sniff it. Avoid holding the treat too high or she will jump up instead of sitting
- In a slow, steady motion move the treat up and slowly back over the puppy's head. As the puppy's nose points up her rear end will ease down to the floor, taking her into the sitting position
- Reward her immediately when she sits with the treat and quietly praise
- Only add the word "sit" when the puppy is reliably responding to the visual hand cue
- You should gradually phase out giving food every time, however the puppy will still need intermittent food rewards throughout it's life. Continue to say "good dog" when your puppy sits on cue
- With practice the puppy should sit with a visual cue such as with a sweep of the hand in an upward movement, even without treats.

#### TIPS - Teaching your puppy to sit

- If your puppy raises its front paws you are raising the treat too high
- If your puppy consistently backs away go back to just rewarding the puppy for approaching you  
If the puppy continues to back away assess your body language and the puppy for fear responses
- Once you have established that the puppy is not fearful and you are not being overbearing you could try to teach the exercise with the puppy in a corner, but be careful not to frighten the puppy
- Even when your puppy is reliably sitting you should always reward intermittently, with praise and sometimes treats.



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