



ONTARIO SPCA
AND HUMANE SOCIETY · PROTECTING ANIMALS SINCE 1873

Training for Shelter Dogs

“Sit”

Key Points:

- Encourages attention
 - Helps the dog focus
 - Provides a good behaviour in place of a an undesired one
1. While facing the dog, hold a treat in just in front of the dog’s nose
 2. Take the treat upwards and backwards , over the dog’s head slowly
 3. As the head follows the treat up and back, the rear end will drop in a sitting position
 4. Click or “yes” cue, and deliver treat as soon as the dog sits. Follow with praise “good dog”
 5. Once the dog is reliably offering the behaviour, add the verbal cue “sit”, then click or “yes” cue”, treat

To further encourage this behaviour capture the “sit” as it naturally occurs, and be prepared to positively reinforce with a treat. (This is known as “Free Shaping”)