

## Teaching Focus and Sit

### Focus

The command is "your dog's name." Say your dog's name and when he/she looks up at you immediately praise and treat. When praising the dog you should say, "Good focus." When you start to teach this cue, teach it in an area where there are very little distractions. You can practice in the bathroom or bedroom with the door closed. Remember to praise your dog when he/she offers the given command. Once your dog/puppy is consistent with the focus cue inside with no distractions, you can start introducing the dog/puppy to distractions inside or outside your home. Don't add too many distraction at once you want to set the dog/puppy up to succeed. Overtime your dog/puppy's attention span will increase.

### Sit

With the leash on your dog/puppy get your dog/puppy's attention. Take a treat in your hand and allow the dog/puppy to sniff at it. Slowly begin to move your hand up and over the dog/puppy's head. The dog/puppy's head will go back and the bottom down into the sit position. When your dog/puppy's rear touches the ground, say "sit" then praise and treat. After working with your dog/puppy you can say the command word, in this case sit, first. If the dog/puppy doesn't offer the given command, do not repeat it or give him/her a verbal correction. Lure him/her into position with a treat and say the command word after the rear hits the ground.

### Things to remember while training:

- Bring a hungry dog/puppy.
- Always have plenty of pea sized treats this way your dog will not get full too fast while training.
- Do not get disappointed with your dog/puppy while training each dog/puppy will learn at a different pace.
- Do not compare your dog/puppy to another dog/puppy while training.
- Consistency is the key. Train more than one or two times a week. It could be a little as 5-10 minutes a day.
- Do not repeat a command if the dog doesn't offer it, if you keep repeating the command and no action of offered the dog/puppy will associate that the command means nothing. Lure the dog/puppy into the command and once the command is offered say the command. (Example: You ask the dog to sit and the dog doesn't sit. You do not repeat the word sit. Simply lure the dog/puppy into a sit by taking the treat up and over the head. Once the bottom hits the ground you can now say "good sit", treat and praise.)
- Have a release cue. This lets the dog know when the exercise is over. The release cue is given before the dog moves from the given command. You can use any word you like, "okay" is one example.

