

## Sit

Teaching your dog how to sit on a hand signal and/or verbal cue can be useful in a range of situations. You can ask your dog to sit when greeting people, when waiting for food or when waiting to cross the street, just to name a few! Sit can also be used to help prevent jumping behaviour and improve impulse control.

It is important to remember to begin teaching your dog to sit in an environment with very little distraction, such as your lounge room with nobody else present. Gradually, increase the level of distraction.

### INSTRUCTIONS

- Step one:** Start with your dog in a standing position and stand in front of or beside your dog.
- Step two:** Take a treat in your hand and hold it just in front of your dog's nose.
- Step three:** Slowly move your hand over your dog's head, luring its head backwards.
- Step four:** The moment your dog's bottom touches the floor, bridge and reward with a treat.

### TIPS



*If your dog is jumping up at you or moving its whole body backwards you might also want to reward your dog in stages. For example, when the head tilts backwards, when the bottom lowers towards the ground, etc.*

*Ensure you are working with your dog on a warm, comfortable, non-slip surface to begin with.*

### VET CHECK



*Ensure your dog is not experiencing any pain that might inhibit their ability to perform the exercise.*

## Drop

Teaching your dog how to drop on a hand signal and/or verbal cue can be useful in a range of situations. It is often paired with mat training, and can be a useful starting point when teaching a dog how to settle and be independent.

It is important to remember to begin teaching your dog to sit in an environment with very little distraction, such as your lounge room with nobody else present. Gradually, increase the level of distraction.

### INSTRUCTIONS:

- Step one:** Start with your dog in a sitting position. Take a treat in your hand and hold it just in front of your dog's nose.
- Step two:** Slowly move your hand downwards towards your dog's toes then forwards, as if you were drawing an L shape, luring your dog into a drop position.
- Step three:** The moment your dog's bottom, belly, and elbows all touch the floor, bridge and reward with a treat.
- Step four:** If your dog is having trouble following the lure all the way, you can reward your dog in stages. For example, reward your dog for: head movement downwards; bending elbows; moving front legs forwards; lowering belly.

### TIP



*Ensure you are working with your dog on a warm, comfortable, non-slip surface to begin with.*

### VET CHECK



*Ensure your dog is not experiencing any pain that might inhibit their ability to perform the exercise.*



2 Gracie Street  
North Melbourne VIC 3051  
Phone 03 9329-2755

920 Thompsons Rd  
Cranbourne VIC 3977  
Phone 03 9702-8055

Web [www.dogshome.com](http://www.dogshome.com)  
Email [info@dogshome.com](mailto:info@dogshome.com)  
Facebook [lostdogshome](https://www.facebook.com/lostdogshome)  
Twitter [lostdogshome](https://twitter.com/lostdogshome)  
Insta [@lostdogshome](https://www.instagram.com/lostdogshome)

### More questions? Need help?

Email our professional behaviour trainers on [petsquad@dogshome.com](mailto:petsquad@dogshome.com)

Since our official opening in 1913, we have been a voice for animals without owners caring for thousands of cats and dogs each year. Pioneers for fair animal laws, we continue to work on the front line to reduce the number of lost, abandoned and stray cats and dogs.

We rely on public support to run services and programs, including: proactive adoption, foster care, behaviour rehabilitation, low cost desexing and microchipping, and the promotion of better pet ownership through education.