



# DOG CARE



## Teaching the Self-Sit

In order to teach a dog to self-sit, we first must teach it to sit. Using a treat or lure is one manner in which you can teach this exercise successfully.

1. Hold a food treat in your fingers and place it near your dog's nose.
2. Slowly move the treat up and over the dog's head towards their bottom (think of the treat as a magnet connected to your dog's nose, if you move it too fast, the connection will be broken)
3. Your dog will follow the treat with their nose and as their head moves upwards; their rear end should automatically begin to move into the sit position. NB: If you find your dog jumps, you are holding the treat too high.
4. As their bottom hits the floor, you should immediately give the treat to them. (As you are teaching your dog to automatically self-sit, **do not** use a verbal command. Your dog will learn in a short period that if you sit good things to happen)

When your dog is able to offer the self-sit, be sure to wait for the dog to self-sit before any activity the dog is excited to engage in; this includes pats and cuddles, dinner time, going for walks, crossing the road, coming inside and anything that elevates their stimulation levels.

Should you require any further information or support please feel free to contact the Animal Aid team on 9739 0300 or email [kennels@animalaid.org.au](mailto:kennels@animalaid.org.au)

