

## PUPPY TRAINING

### **Sit, down and stand**

These positions are easily accomplished by using treats as rewards, together with your body movements and vocal praise.

#### **Sit**

With your puppy standing in front of you, have a treat in hand and move it slowly above and behind his nose. This will make him lift his head backwards and his bottom should naturally move backwards to touch the floor. As his bottom touches the floor give the command 'sit' and reward your puppy immediately, within half a second.

If he attempts to walk backwards instead of sitting, try using a wall behind him and repeat the exercise.

#### **Down**

Choose a smooth floor, like the kitchen, for this exercise, it will help your puppy 'slide' into position. Once your puppy is in the sit position hold a treat in front of him, then move the treat down past his chest and towards the ground. Continue moving the treat along the ground, away from your puppy. His head should follow the treat downwards and by doing so his front end should 'slide into the desired position. Give the command 'down' and rewards him as soon as he is in position.

You can use chairs or your own legs to provide an object for your puppy to go down and even under, again using the treats to encourage him.

#### **Stand**

When your puppy is sitting, bring a treat forward from his nose, encouraging him to reach forward and in doing so raise his bottom off the ground. As his bottom lifts from the ground, say 'stand' and immediately give the reward.

Repetition and consistency are essential when training, use the same command words and repeat tasks over and over again, rewarding actions as soon as they are completed. When training you are basically trying to teach your puppy an association between your command word and the action you require him to perform. By giving him treats and praise you are confirming he has performed the correct action at the right time. Try to choose command words which will not often be used in general around your puppy .