

## Sit for Food

This is an exercise that helps establish a dog's place in the family pack. Once the dog is familiar with what is expected the youngest member of the family should feed the dog (under close adult supervision).

Prepare the food and set the bowl down. As the dog approaches shape (one hand under the chin one hand on the rear end pressure up under the chin to get the dog into the sit position) the dog into the Sit (**do not say Sit!**). We want this to become an automatic behavior. Remove your hands from the dog and give a command (such as "Rover Eat"). If the dog gets up before the command is completed shape the dog back into the sit position again.