

## **Sit for Attention**

This exercise helps control a dog that likes to jump on you or others. I find it extremely useful in teaching the dog his place in the family pack. It can be hard on you, the owner, as you will have to be consistent in the way you deal with your pet on a daily basis.

Always have your dog sit for any attention (petting, brushing, putting on the leash). Shape the dog into the position (put one hand under the chin, one on the rear end, gently pull up under the chin as you push on the rear, until the dog is in the sit position; always put more pressure under the chin). Do not tell the dog him to sit! You want this to become an automatic behavior, so physically put the dog into this position, until the dog starts doing so on its own. Do not give the dog any leeway; be consistent and it will pay off! When your dog starts sitting for you, do not just walk by it. Stop and pet the dog (if the phone rings, let it, they will call back). Do not come home with your hands full; greet the dog first then put the dog outside or in another room while you get the groceries.