



SIT CALMLY WHILE I PUT ON YOUR LEASH, PLEASE.

1. Be prepared. Have your dog already wearing his collar and have your leash, some very small, yummy treats and your dog's favorite toy on hand. *Note:* you will not have to ask your dog to do anything; you do not tell him to "Sit". We want this behavior to become automatic whenever he sees you get out his leash.
2. Pick up the clasp of the leash and "snap" it in the air. After you hear the clicking sound, reach down and pay your dog a treat. Repeat this step until your dog is interested in this game and paying attention to you, no longer than one minute at a time.
3. Take a one or two minute break and play with your dog with his favorite toy.
4. Repeat steps #2 and 3 for several minutes, ending with step 2. By now, most dogs and puppies will be sitting in anticipation of the treats.
5. Reach towards your dog with the clasp of the leash and snap it. If the dog remains sitting, pay him a treat and praise him generously. If the dog gets up before receiving the treat, ignore him and go back to steps 2 and 3.
6. Continue reaching toward your dog while snapping the leash, praising lavishly and rewarding with a treat as long as he remains sitting. Repeat for about 30 seconds to a minute.
7. Take a one or two minute break and play with your dog with his favorite toy.
8. Begin touching his collar with the clasp of the leash while snapping it. If the dog remains sitting, pay him a treat and praise him generously. If the dog gets up when you snap the leash, ignore him for a moment and try again. Repeat this for about a minute.
9. Take a one or two minute break and play with your dog with his favorite toy.
10. Reach out and "snap" the leash onto his collar. Treat and praise abundantly. Repeat several times.
11. Continue to play this game with your dog daily, practicing in different areas and environments. As he shows you self-control and "gets it" (sits as soon as he sees the leash) begin reducing the treats being given from every time, to one out of two times, one out of three times, etc.

The more often you pay this game, the more automatic the response to the leash becomes and the less you will give treats. Remember our goal is for your dog to sit calmly when he sees you pick up his leash. We do not want him dependent on the treats, but you will still sometimes reward him with food to keep his interest elevated. Remember that you can praise him and reward all good behaviors.

Remember to keep practicing and HAVE FUN!!!