



Wait for the food bowl

Start this exercise in a low distraction area with a moderately hungry dog. Overly hungry dogs will be too excited for food to concentrate, and fully fed dogs may not care.

Put some tasty treats in a food dish (it may help to have the treats small and hard so that they make noise in the dish, this will get your dogs attention more)

Use an anchor point, like a mat, to start your dog on. Facing your dog, ask him to sit while you hold the dish out of his reach (you may need to cover it with your hand) If your dog sits, take a treat from the dish and reward him.

Next, turn your body to the side and holding the dish in one hand (a few feet from the dog, arms length is helpful) begin to lower the dish to the ground. If the dog stands up, swiftly pull the dish up and face your dog again asking for a "sit." Reinforce the sit with a treat from the dish**. Then repeat turning away and lowering the dish. As you continue this exercise, you should be able to lower the dish more and more each time without your dog getting up and moving towards it. Reward your dog with a treat taken from the dish as he gets better.

After a few repetitions, your dog should be sitting on a mat as you lower the dish to the ground. Once the dish is on the ground and your dog is sitting, take a treat from the dish and stand up straight. Wait for your dog to give you eye contact and then reward him with the treat. You can make a kissing sound to get him to look at you.

If your dog moves toward the bowl, start again from the beginning, only allowing him to go to the bowl and eat AFTER he has sat and given you eye contact. Start with brief eye contact and slowly progress to longer.

** This step is optional. Some dogs do not need to be reinforced for the sit