

## TEACHING YOUR CAT TO “SIT”

**Definition:**

The cat’s hind end is touching the ground

**HOW TO TEACH:**

**SIT:** Stand or sit next to or in front of the cat, holding your clicker and treats. If you have treats that he wants, then the cat will wait for you to give him one. While he is waiting he will sit. When his hind end touches the ground, click and treat (C/T), placing the treat in a location where he will have to get up to eat. Again stand or sit next to or in front of him, he will again sit and again you C/T.

**Adding the cue:**

You are ready to add the cue when the cat begins to offer the sit all the time. Say “sit” as the cat’s hind end touches the ground. After a few sessions you can begin to say “sit” before the cat sits. Remember that the cat should be offering the “sit” before you start using verbal cues.

**COMMENTS:**

If the cat is too distracted, start working the cat in an area (e.g., bedroom) that the cat uses as a favorite hangout.

The behavior may happen very quickly, so make sure you are paying close attention to the body position of the cat.

Keep training sessions for cats to no more than two minutes or 10 treats. Take breaks -- grooming the cat or giving attention at appropriate times -- between each behavior session.