



SIT

Goal - Your cat SITS when you ask. You can use SIT before meals, treats, and when your cat knows PLACES. You ask for SIT when you want your cat to focus on you and not another house cat, person, or pet. By engaging with your cat in this way, you can shift their emotional state from fearful to positive.

STEPS FOR SIT

1. **Pinch treat between thumb and forefinger, palm facing up.**
2. **Hold the pinched treat an inch from your cat's nose.**
3. **Leading their nose, lift the pinched treat towards the back of their head in an arch. Using this motion tilts their head causing their butt to go down.**
4. **CLICK the instant your cat's butt moves towards the floor, then deliver the reward.**







RESET TO REPEAT SIT

1. **Encourage your cat out of the SIT by moving a few feet in another direction.**
2. **Repeat steps 1 through 3.**
3. **CLICK the instant your cat's butt meets the floor, then deliver the reward.**
4. **Once you and your cat feel confident with SIT, add the verbal cue "SIT" when you present your hand cue.**

Hand Cue - Pinch treat between thumb and forefinger, palm facing up, moving your hand above your cat's head in an arch.






BEST PRACTICES

TIPS AND BEST PRACTICES

-  Click for small movements in the right direction toward what you are asking for. For example, if their butt is moving towards the floor, click and reward. We want their job to be easy and for them to get rewarded.
-  When you observe your cat sitting without being asked, CLICK and reward.
-  Be sure to click the instant the cat does the behavior you are looking for. Think of it as taking a picture and capturing the moment.
-  If your cat is pawing at the treat, your pinched treat may be too far away. Make sure the treat is close to the cat's nose.



PREPARE FOR SUCCESS

-  Have the tools needed: high-value rewards (generally treats, but can be play or petting), and a clicker.
-  If using treats, break into pea-sized pieces. Keep treats safe and out of sight during training; use a container, pocket, or pouch that enables you to grab the treats quickly.
-  Be sure your cat is hungry and has not eaten for 2 to 3 hours before your session.
-  Prepare a quiet place with no distractions or other cats around.
-  Practice holding the items all at once in your hands. How do you plan to present the target, click, and then give the treat in a fluid motion for the cat to understand. Practice by yourself until you feel comfortable.

How to End the Session:

- Sessions should last only 2 to 3 minutes at a time.
- End on a positive note.
Be sure to go at your cat's speed—after all, they are a cat. By following their lead both of you will be relaxed, enjoying each other's company, and having fun! Be prepared to be impressed.