

# THE VALUE OF THE SIT-STAY

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Training Tip Tuesday: The Value of the Sit-Stay

Working on a good, solid sit-stay is worth the time! Not only does it make your life easier when you have a reliable stay, but it also helps foster respect, builds impulse control, and improves the perception of leadership. When you ask your dog to hold a sit-stay, you are asking him to ignore things in the environment, and to give up control to you. You have taken charge of the situation; you are telling your dog when to move, when not to move, what to ignore, what to pay attention to etc. A good sit-stay can help an overstimulated dog adjust to his environment; by moving just out of range so the dog is under threshold and asking him to sit-stay, he can observe and acclimate from a safe distance. For dogs that are 'out of control' a good sit-stay will help him focus.

Is a sit-stay the same as a down-stay? Nope. When a dog lays down, they can fall asleep, or they can shut-down; tuning out the environment and everything around them. Its like a little kid putting their hands over their eyes and saying 'i cant see you!'. (not that this happens all the time...) In a sit - they have to be alert, and paying attention. It has a more significant impact.

Take your time a build the foundation slowly. Stay takes time! Don't try to rush it! If you already have a decent sit-stay, try this; With your dog sitting at your left side, ask him to stay. Drop his leash and stand on it. Toss a treat a few feet away. (if he breaks, the leash will keep him from getting the treat). Wait until he looks up at you; then release him to get the treat. Start with just a glance, and gradually build up to a longer 'look'. This teaches your dog that when he sees something he wants - he should look to you for guidance and instruction!

If you aren't sure how to teach a sit-stay: here are the videos for the 3 steps I use.

Stay - Step 1 <https://youtu.be/8wgcZZqOx8>

Stay - Step 2 <https://youtu.be/VwQbGoELIFc>

Stay - Step 3 <https://youtu.be/KcmgUaP0Sp0>