



Teaching Your Cat to Sit

Step 1. Find their motivator: Teaching cats to sit is much easier when you know their preferences. You must use a motivator your cat is willing to work for (this is called a "jackpot"). For food motivated cats, this could mean tuna, baby food, chicken etc. Use something they highly value while keeping in mind any dietary restrictions.

Step 2. Timing: If using food, ensure to do this before meal time. If using other motivators like toys, pets, catnip etc, ensure your cat is not surrounded by things that will distract them during training. Catching your kitty mid-nap might not be the best time to motivate them.

Step 3. Positioning: Distance yourself a couple steps away and hold the treat up where they can see it. Move the treat over the cat's head, along their spine toward the tail, until the cat's bottom has hit the floor. Always move the treat *slowly* to retain your cat's focus on it and keep it where they can see it at all times.

Step 4. Reward quickly: Just like dogs, cats respond to positive reinforcement! Once the cat's bottom and all four paws have hit the floor in the seated position, *immediately* reward with the "jackpot". Remember to give small portions for each reward.

Step 5. Frequency: Repeat this about 8-10 times in each training session. Cats absorb learning a lot easier with quick (no more than 10-15 min) and frequent training sessions. After a few repetitions, add a verbal "sit" when showing the treat and try to maintain the same tone for familiarity. Cats also crave routine, so use it to your advantage and try to keep your training sessions at around the same time each day so your kitty comes to expect it.

Step 6. Know when to take a break: Every cat is unique so make sure to follow your cat's rhythm and keep the experience pleasant for them. Sometimes cats need a break and expend their energy in order to refocus!

Step 7. Be patient: Cats are very perceptive of their guardian's emotions. Be patient with your furry friend throughout their training and ask for help when you need it.

Congratulations, your cat has now learned how to sit on command!