If you have a dog that doesn’t obey you, you’ll probably agree that it’s time for a change. Practice the following commands for about ten minutes twice a day. Then begin increasing the length of the session as needed.

**Teaching Fido to Come to You**

Begin teaching your dog to approach you by standing nearby with a treat. Say the dog’s name, and wait for it to notice the treat. When your dog begins walking toward you, clearly say, “Come.” When it reaches your side, offer the treat with praise for what a wonderful animal it is. Follow this process for your dog’s first few efforts, and then gradually start saying, “Come,” before your dog begins walking toward you.

**Teaching Rover to Sit**

Teach your dog to sit by standing to the side with a treat while calling its name. When your dog comes toward you, slowly raise the treat in the air. This will force it to sit down while following the treat. Then say, “Sit,” in a clear voice and kindly offer the treat.

If your dog won’t sit when you hold up the food, gently hold up the food in one hand. Then guide your dog into a sitting position while firmly saying “Sit.” Then reward it with the treat and a lot of praise. Soon your dog will obey the verbal command alone. Continue to raise your hand over the dog’s head to teach this signal, too.