

# POSITIVE REINFORCEMENT TRAINING

## EVIDENCE-BASED BEHAVIOR MODIFICATION

Scientific research shows it is best to reward the behaviors you like and make sure that other behaviors do not get rewarded. For many dogs, food is an excellent reward; however, other rewards can also be play, petting, attention or a toy.

**Example:** If your new dog jumps for attention, freeze, go silent, and stare upward (i.e., don't reward the behavior). Give food and attention when all four feet are on the floor.

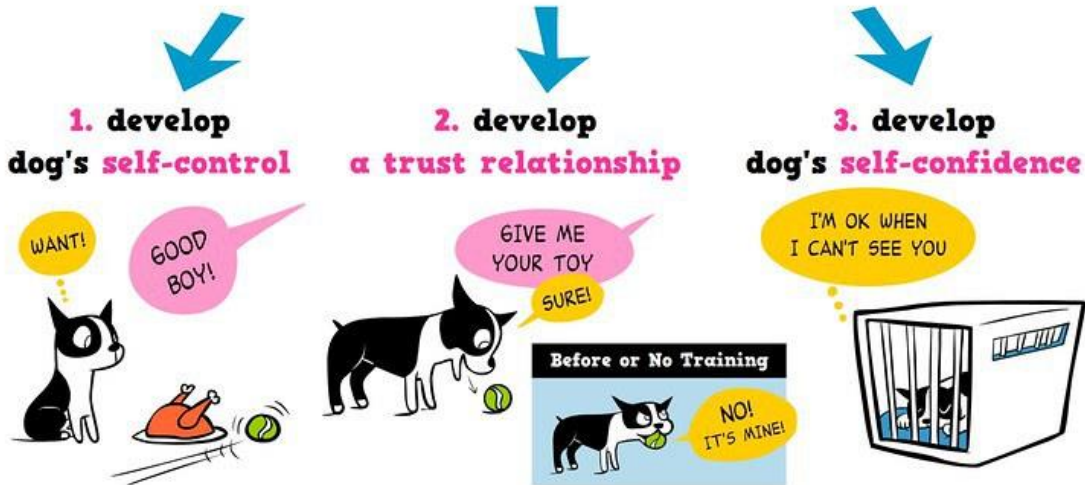
## MANAGEMENT IS KEY

Control the dog's environment so that A) the dog does not have a chance to practice undesirable behavior when you aren't around to supervise and B) the dog is not rewarded for undesirable behavior.

Your dog has the intelligence and curiosity of a human toddler. For a toddler, you wouldn't think twice about putting up baby gates, covering outlets, and removing sharp objects. Likewise, for a new dog, it is best to set up x-pens (or close doors), put extension cords out of reach, and put away objects you don't want the dog to chew or play with. Actions that intentionally hurt or scare your dog are not appropriate in dog training. Studies show that force-free positive reinforcement training methods are more effective in the long term and have fewer downsides.

# What is Positive Reinforcement Dog Training?

- Teaching dogs desirable behaviors using SCIENCE-based & REWARD-based methods.
- Helping dogs learn and succeed step by step.
- Motivating dogs with fun exercises and games. No force! No pain!
- Encouraging dogs to think more for themselves.
- Valuing dogs' voluntary behaviors.
- Understanding dogs' feelings from their body language.
- Understanding how dogs learn, their needs and wants.
- Using methods that work humanely with ANY dog. Big dogs, small dogs, puppies, senior dogs, disabled dogs, fearful dogs, reactive dogs... can all learn and have fun!



**Positive Reinforcement Training = HAPPY RELATIONSHIP**

