

# Reward Your Dog with Food

Many things can be used as a pay check for dogs but food is usually the best. It's potent, easy to dispense and works well when timing is key.



Just like you deserve to get paid when you go to work, dogs deserve to get paid for doing what we ask of them. If you stopped getting a paycheck, you'd stop working! The same is true for your dog. We must give positive consequences for behaviors we would like to see.

- **HIGH VALUE** : Your dog IS OBSESSED! They will eat that treat anytime, any place.
- **LOW VALUE** : Your dog will eat it...but doesn't love it. In a stressful or distracting environment, your pet may not eat the treat or forget it's even there!
- **A HUNGRY DOG IS EASIER TO TRAIN**. Use part of the dog's breakfast or dinner each day to reinforce behaviors around the house. Do training sessions before a meal instead of after.
- **VARIETY**: Rotate your treats to keep the dog interested.
- **SIZE**: Most treats should be about the size of a pea or bean, if they are larger cut them up!

## In Regards to Health:

- Some treats should only be given in moderation. Use common sense and watch your dog's weight.
- Always check with your vet if your dog is having diarrhea or vomiting.

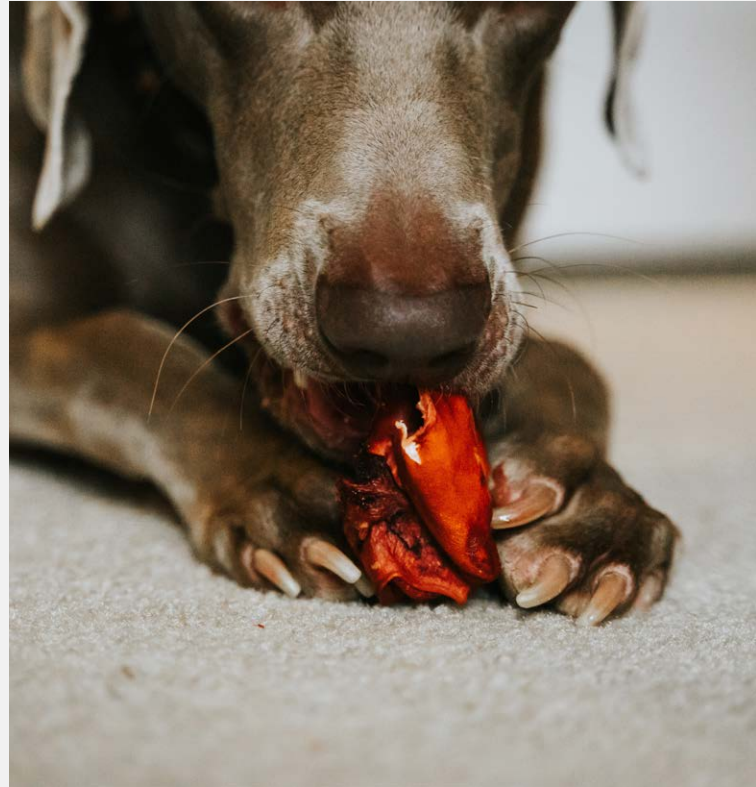
## Carrying and Dispensing

- Quick treat dispensing is fundamental, especially when working with fear or aggression.
- Always have treats when you leave the house! They are as essential as your leash and poop bags.
- Fanny packs, specialty dog treat bags, and canvas waist aprons called "nail bags" all work well.
- Keep small containers of treats around the house so that you can quickly reinforce behaviors that your dog naturally offers (calmly laying on his bed, playing independently, etc).

## High Value Treats

High value treats work well for expensive behaviors, or training outside the home.

- **BOILED CHICKEN** (pro tip: boil large pieces, then chill it in the fridge for easier dicing)
- **HOT DOG**
- **CHEESE**
- **FREEZE DRIED OR DEHYDRATED MEAT**
- **FISH SKINS**
- **FREEZE DRIED OR DEHYDRATED ORGAN MEAT**
- **THICK LIQUIDS** that can be put into silicon squeeze tubes (often called travel bottles): high quality pate style canned dog food, Greek yogurt, canned pumpkin, nut butters, baby food.
- **SPRAY CHEESE** or **KONG STUFF'N EASY TREAT OR SPREAD TREAT**



## Typical Moderate Value

These treats will still work for less stressful situations, or training inside the home.

- **SMALL, SOFT, DOG TREATS** (often called "training treats")
- **CHEWY JERKY STYLE DOG TREATS**
- **FRESH FOODS:** raw or cooked (dog safe!) fruits and vegetables

## Typical Low Value

These treat work well for rewarding naturally occurring behavior that we'd like to see more of.

- **HARD OR CRUNCHY DOG TREATS**
- **KIBBLE**



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