



REINFORCEMENT - Builds Behavior -

Reinforcement goes beyond the use of treats or toys, it encompasses everything in your dog's life. Knowing what is rewarding will help you when your dog takes over the wheel of the bus, and it will help you when you want to build value for a behavior.

Knowing what suffices as adequate rewards for your individual dog, will help you in your day to day life as well as during all sports and activities you do with your dog. Rewards are *anything* that your dog **likes** that **reinforces** their current behavior, making that behavior more likely to be repeated.

A reward is;

ANYTHING YOUR DOG DEEMS REINFORCING.

Reinforcement builds behavior, even if that behavior is not necessarily one we want.

Examples;

- a dog who breaks a start line in agility is reinforced by taking the first obstacle and running the course
- a dog who chases squirrels is reinforced by the chase
- a dog who tugs on your pants leg is reinforced by your attention and the attempted redirection game.

We can turn these things around by using rewards *strategically, mindfully*, and including ourselves in that reinforcement.

But first, we need to be aware of what the reinforcement is.

Write down anything that is rewarding for your dog. Keep your individual dog's list close, add to it, and modify it as things change. Only note the things that your dog may view as a **"true" reward**. You may like to believe affection from you is a real turn on but that doesn't necessarily mean your dog agrees.

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What gets your dog ready to rumble?!

FOOD

- ☐ Apples
- ☐ Bacon
- ☐ Banana
- ☐ Beef
- ☐ Beef Jerky
- ☐ Blueberries
- ☐ Bread crust
- ☐ Butchers bones
- ☐ Cake
- ☐ Canned cat food
- ☐ Carrots
- ☐ Cat treats
- ☐ Cheerios/cereal
- ☐ Spray can spreadable cheese
- ☐ Chicken
- ☐ Chicken wieners
- ☐ Cheese
- ☐ Cooked pasta
- ☐ Cookies
- ☐ Croutons
- ☐ Crackers
- ☐ Crumbled ground beef
- ☐ Dog biscuits
- ☐ Dried liver
- ☐ Eating dinner
- ☐ Freeze dried liver
- ☐ French fries
- ☐ Hamburger
- ☐ Hard boiled eggs
- ☐ Homemade treats

- ☐ Hot dogs
- ☐ Ice cream
- ☐ Ice cubes
- ☐ Kibble dog food
- ☐ Lamb roll
- ☐ Liver cookies
- ☐ Peanut butter
- ☐ Pizza crust
- ☐ Popcorn
- ☐ Pumpkin
- ☐ Pureed liver
- ☐ Sausages
- ☐ Sardines
- ☐ Steak
- ☐ String cheese
- ☐ Tuna
- ☐ Water to drink
- ☐ Yogurt

TOYS

- ☐ Basketballs
- ☐ Ball on a rope
- ☐ Boat bumpers
- ☐ Braided tug
- ☐ Burlap sacks
- ☐ Bungee toys
- ☐ Cardboard
- ☐ Clothing
- ☐ Cow Milker Inflation
- ☐ Cushions
- ☐ Denim
- ☐ Fleece pieces
- ☐ Frisbees

- ☐ Furry Mouse
- ☐ Grass
- ☐ Hockey pucks
- ☐ Jolly Ball
- ☐ Kongs
- ☐ Laundry
- ☐ Leashes
- ☐ Leaves
- ☐ Palm fronds
- ☐ Protective sleeves
- ☐ Puppy tugs
- ☐ Rope tugs
- ☐ Sock with ball
- ☐ Snowballs
- ☐ Squeaky toys
- ☐ Squishy ball
- ☐ Squash ball
- ☐ Street hockey balls
- ☐ Water bottle
- ☐ Wool toys

AGILITY

- ☐ Weaves
- ☐ Tunnels
- ☐ A-Frame
- ☐ See-saw
- ☐ Dog Walk
- ☐ Jumps
- ☐ Table

ACTIVITIES

- ☐ Back scratch



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- ☐ Encouraged barking session
 - ☐ Belly rub
 - ☐ Car rides
 - ☐ Carpet rolls
 - ☐ Chasing things
 - ☐ Chase games
- ☐ Clapping & cheering
 - ☐ Cuddling
 - ☐ Flyball
- ☐ Jumping on things
- ☐ Get in the kennel
 - ☐ Get out of the kennel
- ☐ Go into the house
- ☐ Get out of the car
- ☐ Go out of the house
 - ☐ Hand Targeting
 - ☐ "Heeling"
 - ☐ Herding: livestock/people
- ☐ Hose-chasing water
- ☐ Hunting mice, rats
- ☐ On the couch/bed
- ☐ Park ("go-to-the")
- ☐ Play with other dogs
 - ☐ Play with cats
 - ☐ Play with kids
 - ☐ Pulling sleds
- ☐ Running in sprinkler
 - ☐ Running off leash
 - ☐ Praise from me
 - ☐ Retrieving
- ☐ Scratching back
- ☐ Shredding paper
 - ☐ Sniffing
- ☐ Snow shoveling
- ☐ Soccer balls chasing
 - ☐ Splashing in kiddie pool
 - ☐ Swimming
- ☐ Trip to training class
 - ☐ Tracking
 - ☐ Tugging a toy
 - ☐ Tugging on you
- ☐ Vacuum (chasing it)
 - ☐ Watching TV
- ☐ Walk ("go-for-a")
 - ☐ Whispering
- ☐ Wrestle session with you
 - ☐ You running, whooping