

# NOTHING IN LIFE IS FREE

## A Cheat Sheet for Getting Great Dog Manners

All dogs - whether timid or pushy or somewhere in between - need a kind, fair leader they can count on. If you aren't a good **Job Boss**, your dog will have no choice but to go freelance and invent his own rules, and that might not be a fun way to live for either of you. Your dog needs you to help him make good decisions. And most of all, he has to trust that you have the means to keep them safe, comfortable and happy. So, how do we establish ourselves as their Job Boss?

Through your actions, they should see you as provider and protector of their

**Pay Check** - Food. Attention. Comfort and Play. To do that:

- Control all food. Keep regular feeding schedules. No begging or freebies allowed.
- Control all sleeping areas. Leaders get the best resting areas - no dogs hogging bed or couch unless and until they've earned that privilege through good obedience.
- Control all games and toys. You say when, with what, for how long. You make the rules.
- Control all ATTENTION. Your dog will get praise and pets after following simple cues.

### NILF - How to Control a Dog's Paycheck

First, teach your dog a few cues or tricks. SIT, DOWN, LOOK (eye contact with you) and WAIT are a good start. Once your dog knows them, you're ready to practice Nothing in Life is Free, or NILF. Here's the Game. It's simple. Before you give your dog anything - Food, a Treat, an attention party - they have to work for it. No freebies! For example:

WHEN YOU DO THIS ...	YOUR DOG SHOULD FIRST...
Put your dog's leash on to go for a walk.	Must sit until you've put the leash on.
Feed your dog his meal.	Must sit while you put the bowl down and WAIT for your release cue.
Play a game of fetch after work	Must sit and shake hands each time you throw the toy
Take your dog outside for a walk	Sit at gates and doors until you say 'Let's go!'

Be a Fair and Consistent Leader, and get the whole household involved in doing NILF. Make sure your dog knows your cues really well and understands what you want before you start NILF. If he seems confused, take a break and start again. You may want to try in a quiet area (no distractions) with better treats until you see the lightbulb go on. Be patient and remember that they're like children in that they learn from repetition and a teacher's praise for every good effort.

**Your dog wants to please you .** Your job is to show him how to earn that reward, and then to reinforce that learning every day in bits and pieces. Baby steps and Repetition!