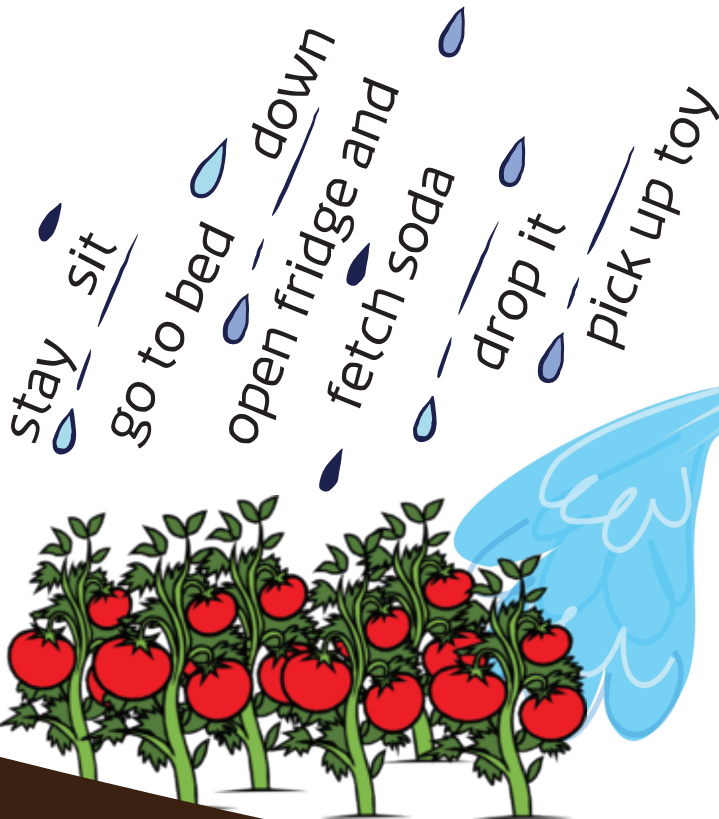


How to grow your dog's behaviors



Six Easy Steps



stay sit

go to bed

open fridge and

fetch soda

drop it

pick up toy



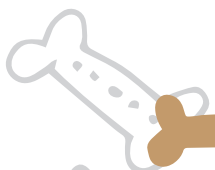
INTRODUCTION



Over the past few years our understanding of how and why our dog's do what they do and how their brain works has progressed in leaps and bounds. As we, and our dogs, learn, behaviors grow!

Basically, as a dog learns a new behavior like sit or down or come, that behavior grows a lot like a tomato plant in your garden.

So here is all that's needed to grow the happiest, healthiest tomato plant (or dog behavior) ever:



Get things ready and prepare



Plant the seed



Encourage growth



Trim, prune and weed as necessary

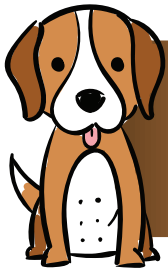


Be Patient



Enjoy the fruit





1. Prepare the environment and create a safe place with room to grow.



TIDBITS:

- Prepare your home environment by removing objects like slippers, children's toys, electrical cords, pencils, and shoes.
- Use baby gates, exercise pens and kennels to keep your dog and environment safe.
- Use proper leashes, tethers and collars with ID tags
- See your vet to make sure your dog is healthy
- Feed only the healthiest food and treats to your dog.



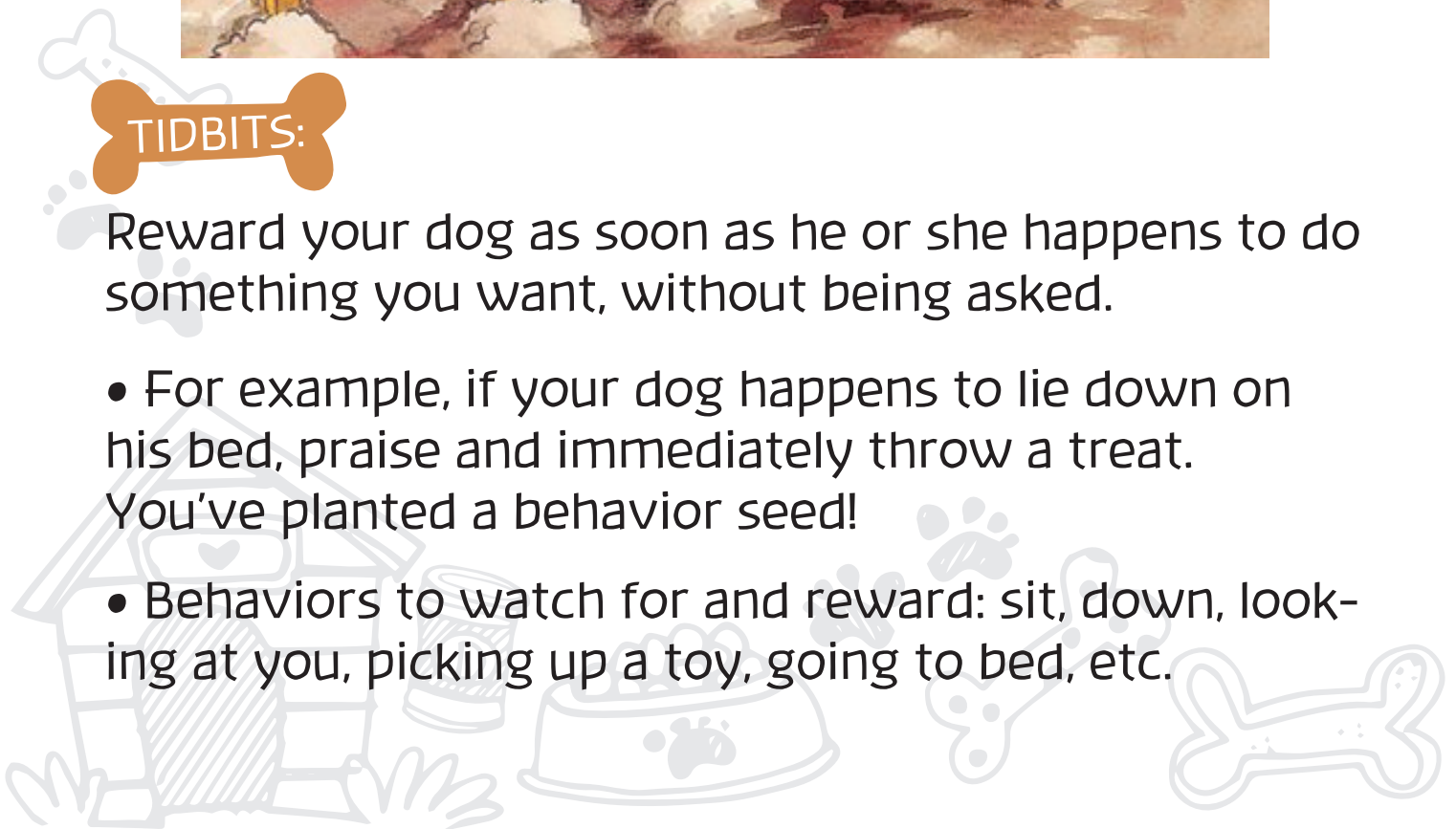
2. Planting the seed:



TIDBITS:

Reward your dog as soon as he or she happens to do something you want, without being asked.

- For example, if your dog happens to lie down on his bed, praise and immediately throw a treat. You've planted a behavior seed!
- Behaviors to watch for and reward: sit, down, looking at you, picking up a toy, going to bed, etc.

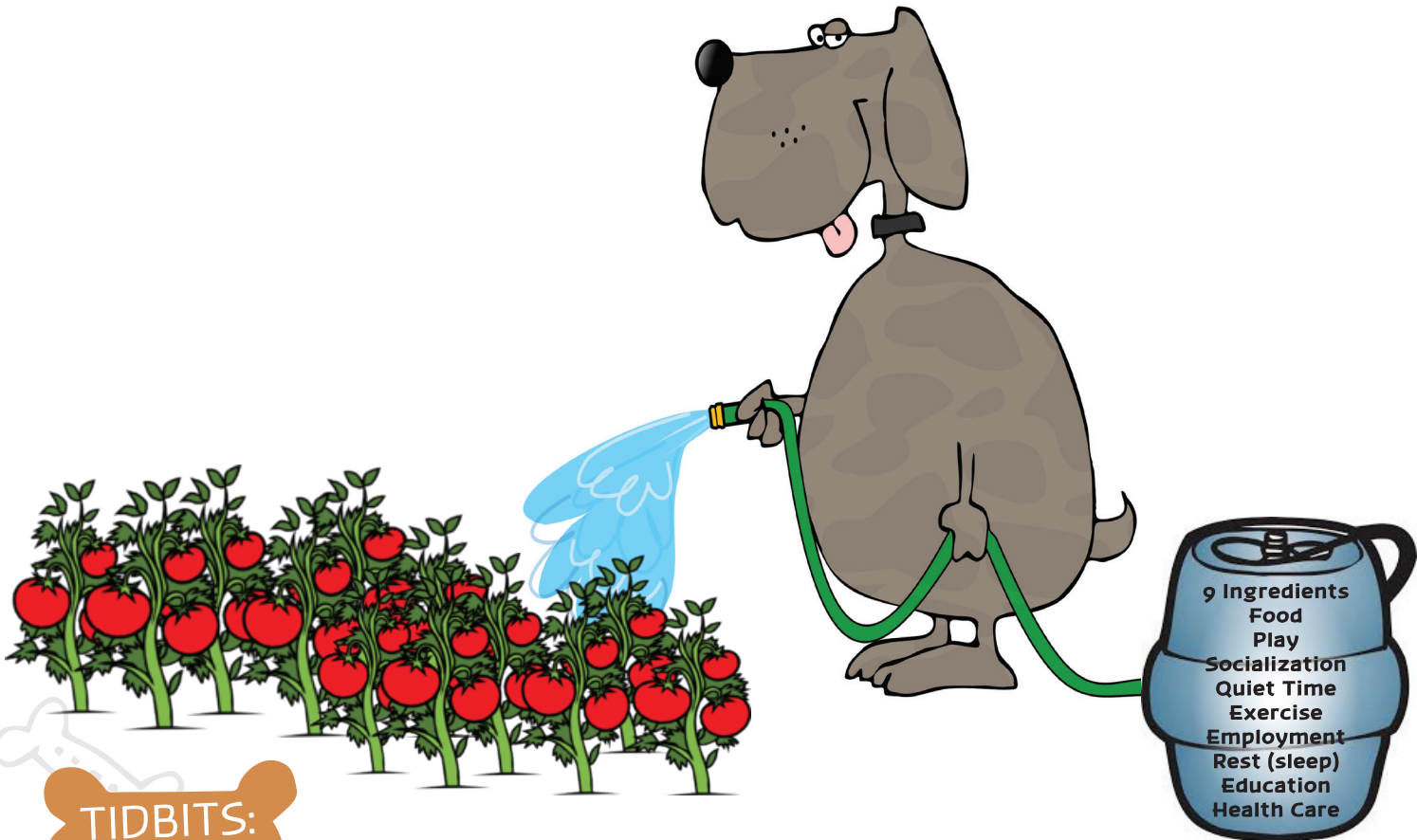




3. What to Feed?

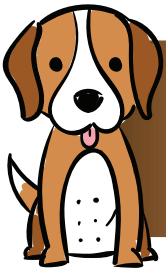


Encourage and nurture growth, but don't overdo it:



TIDBITS:

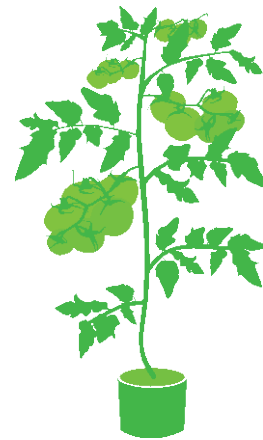
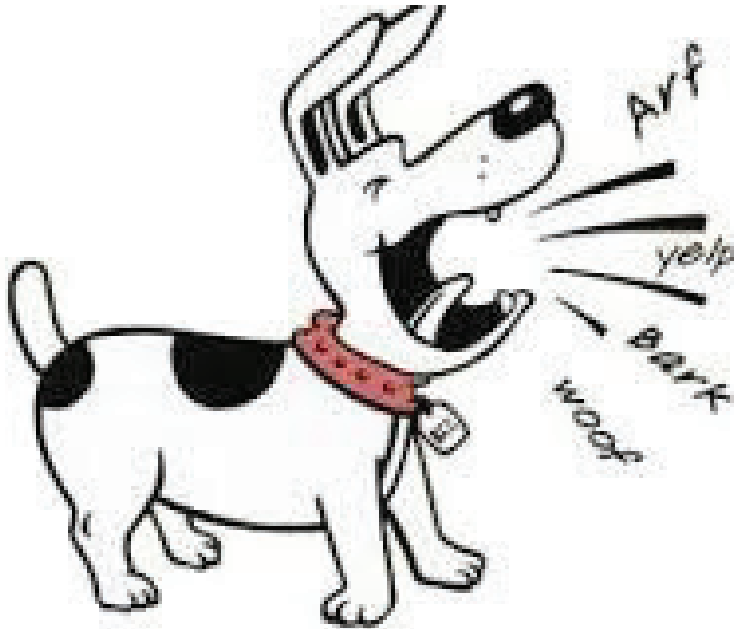
- Giving lots of affection, play, and really tasty treats are the super nutrients that help a new behavior grow.
- High quality food includes human-grade meat and fresh vegetables and fruit. No corn, sugar, byproducts, artificial colors, or soy.
- Tidbit: So have fun and do everything with encouragement, a smile on your face and a song in your heart!



3. What NOT to Feed?



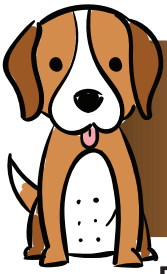
Encourage and nurture growth,
but don't overdo it and don't add poison!



TIDBITS:

- Yelling at a tomato plant to make it grow faster won't help. Yelling at your dog won't help either!
- Never threaten, scold, punish or shame





4. Trim, prune and weed if necessary:



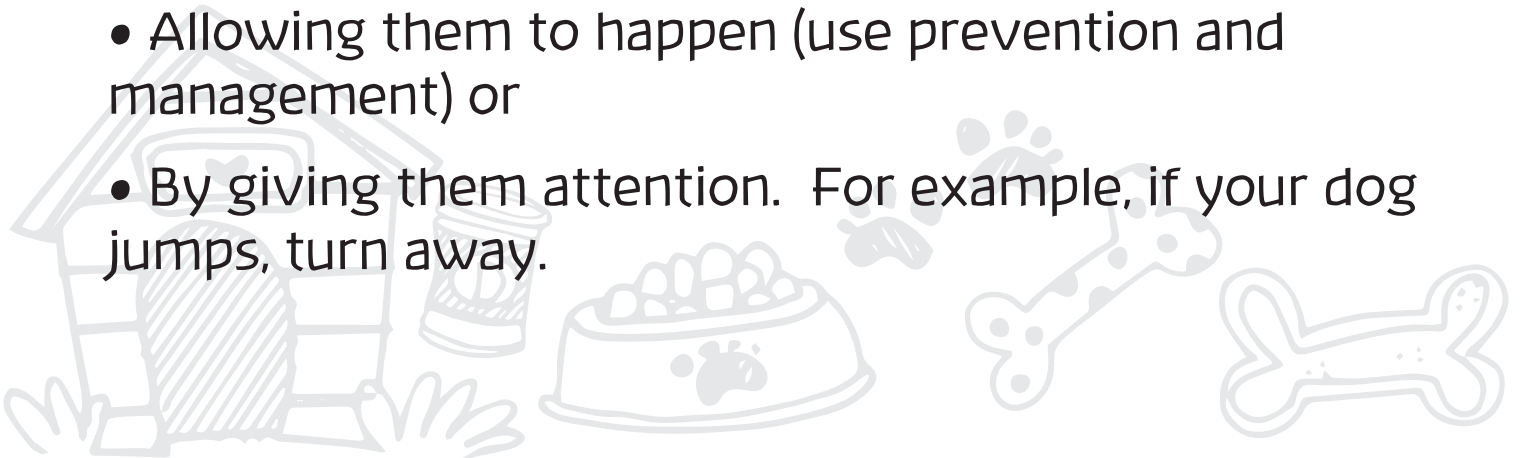
Encourage and nurture growth with well-timed and consistent praise and affection but don't overdo it and don't add poisonous threats, anger and frustrations."



TIDBITS:

Don't "feed the weeds" of unwanted behaviors like jumping, stealing, chewing, etc. by

- Allowing them to happen (use prevention and management) or
- By giving them attention. For example, if your dog jumps, turn away.





5. Be patient



Behaviors need time to grow and ripen. Don't go too far, too fast. Don't ask dogs to do something they haven't learned yet or they aren't ready to do.

TIDBITS:

Dogs thrive on routines, that is, being able to anticipate when things are going to happen. **Schedule regular times of day** for cultivating and nourishing the behaviors you want. Set a daily routine for feeding, elimination, playing, rest and sleep, and so on.



6. Enjoy the fruit!



Run, jump, play & chill out.

TIDBITS:

Whichever behavior receives the most nourishment (attention, play, treats, affection), that's the behavior that takes root and ripens into a well-formed habit."

"Behaviors grow like flowers or weeds, the ones that grow strongest are the one's that you feed!"

Paul Owens