

 **MIND**

 **BODY**

 **PAWS**

R+ DOG TRAINING GUIDE



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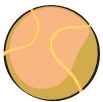


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REWARD BASED TRAINING



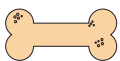
REWARDS BASED TRAINING (ALSO KNOWN AS R+ OR POSITIVE REINFORCEMENT) EMPHASIZES UNDERSTANDING AND BUILDING STRONG RELATIONSHIPS, WITHOUT RELYING ON FORCE OR PUNISHMENT.



Advances in the field of canine behavior have greatly improved our understanding of how our beloved pets learn and thrive. Instead of relying on force, we now know that utilizing a rewards based approach leads to faster and more successful outcomes.



Stress hinders our ability to learn, just like it can for your dog. Similar to how we struggle to perform under pressure, our four-legged friends face the same challenge. That's why using rewards as a training method is so effective - because just like us, dogs are more likely to repeat behaviors that are rewarded. So always remember to reward the behavior you like!



Using a rewards-based system makes it easy to redirect your dog's inappropriate behavior. For instance, if your dog jumps to greet someone, lead them away and reward them with attention from the person when they stay calm. Similarly, if your dog rushes through the doorway to get outside, keep the door closed until they sit.

Train your dog with food to learn new behaviors. Once they have mastered the behavior cue, mix it up by using rewards such as games or belly rubs.

Rewards based training is not only fast and effective but its fun for the both of you too!

THE POWER OF REWARDS

REINFORCEMENT DRIVES BEHAVIOR

Training and rewards go hand in hand when it comes to teaching animals new skills or addressing unwanted behaviors. Understanding what motivates them plays a crucial role in this process.

Different dogs are motivated by different things. While some dogs may be content with kibble or dry biscuits, others may require higher value rewards like semi-moist training treats, chicken jerky, or even meatballs, cheese, or freeze-dried organ parts for optimal performance. By experimenting with various types of food rewards, you can truly grasp your dog's preferences.

Choosing the right reward depends on the task at hand and the setting in which it will be performed. For example, asking your dog to relax and lie down in their designated area while you watch TV is less challenging compared to teaching them loose leash walking in a bustling farmer's market. Dogs struggle with applying learned behaviors from inside the house to outside or public locations. Therefore, it is important to have treats handy and generously dispense them when you visit unfamiliar places and expect good behavior.

One common concern about using treats for training is the worry of creating a dependency on them. To avoid this, it is crucial to train properly. Once your dog consistently performs a behavior in a particular location, gradually transition to an intermittent reward schedule.



This means replacing some treats with other types of rewards, such as engaging in a game of tug or providing belly scratches. For instance, while I don't reward my dog for calmly sitting by my feet inside the house, I will definitely reward him generously for a well-mannered sit when we walk on the boardwalk and encounter a family with kids coming from the opposite direction.

Although food is often the quickest way to train a new behavior, it's important to remember that it is not the only tool for rewards. Other types of rewards, such as playtime, access to the outdoors, attention, petting, scratching, fetch, or verbal praise like "good boy" or "good girl," can also be incredibly powerful. These life rewards are highly effective because they are unexpected (unlike food, which can be anticipated) and can be utilized when food rewards are not readily available.

DELIGHTFUL DOG SHOPPING LIST

We know that sometimes it's hard to decide between products. That's why we've tested everything on this list in our own home and with clients - so you know they're the best.

Happy Shopping!

EQUIPMENT & SUPPLIES

- Outward Hound Fun Feeder Bowl or Puzzle level 1-2 for newbies, 3-4 advanced
- Earth Rated Waste Bags
- 4 or 6 ft leash
- 10 or 15 ft biothane long line
- Freedom No Pull Harness (u shape) or Blue 9 Freedom Harness (y shape)
- Walk Your Dog with Love Harness (for small dogs or dogs that don't pull)
- Cycledogs No Stink Collar
- Personalized ID tag
- Brush or grooming comb & shampoo



TREATS & CHEWS

- Top Chews Chicken Jerky
- Natural Gnaws Bully sticks
- Redbarn Natural Bones
- Elk antlers
- Fig & Tyler Training Treats
- Stewart Pro-Treat Beef Liver Freeze-Dried Dog Treats



ENRICHMENT TOYS

- LickiMat's Wobble Bowl
- Snuffle Mat
- West Paw's Toppl
- GoughNuts Tough Tug
- Ultimutt Snout Roller
- Flirt Pole
- Kong Wobbler

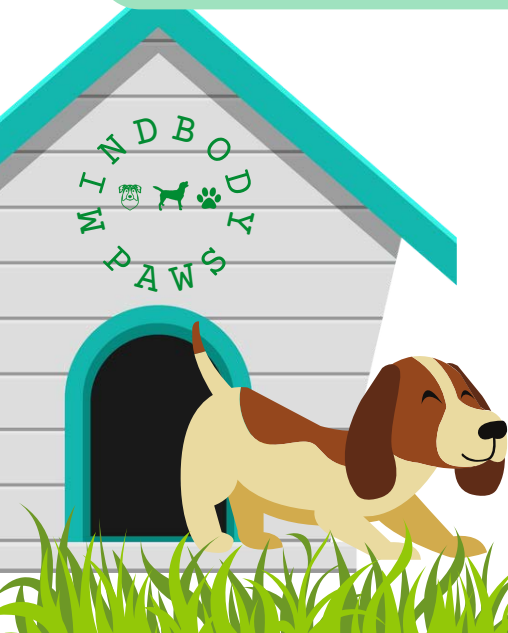


PRIVATE DOG TRAINING

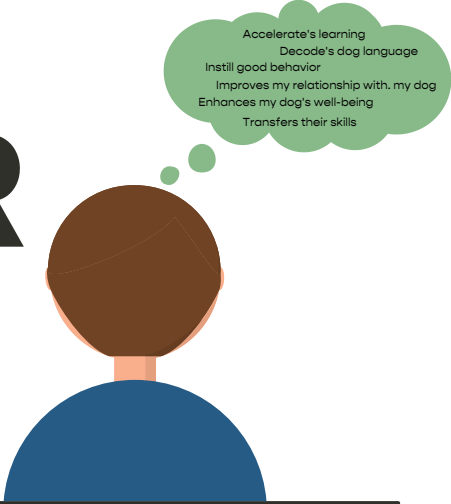
At Mind Body Paws, we specialize in force-free and r+ dog training solutions that solve behavior problems. We want to help make your life easier by teaching your dog how to behave in a way that makes everyone happy - including them!

Our private dog training sessions are tailored so you can achieve your training goals! Learn more

WWW.MINDBODYPAWS.DOG/DOG-TRAINING



WHY YOU NEED TO HIRE A DOG TRAINER



Accelerate's learning
Decode's dog language
Instill good behavior
Improves my relationship with my dog
Enhances my dog's well-being
Transfers their skills

DON'T LET POTTY TRAINING GET YOU DOWN. SET YOUR PUPPY UP FOR SUCCESS WITH OUR RULES

#1: THEY HELP IMPROVE YOUR RELATIONSHIP WITH YOUR DOG

A certified dog trainer will serve as your guide in understanding and interpreting your dog's body language.

#2: THEY'RE SKILLED AND HAVE LOTS OF EXPERIENCE

A dog trainer teaches you how to get it right from the start. By serving as your personal coach, a dog trainer addresses your inquiries, fostering clear and consistent communication between you and your canine companion. No more frustration!

#3: IMPROVE HOW YOU COMMUNICATE WITH YOUR DOG

Often, we struggle to understand our furry companions' intentions. With the help of a dog trainer, you learn to teach them what else to do instead of yelling 'no'.

#4: INSTILL GOOD BEHAVIOR IN YOUR DOGS

Properly training a dog is crucial for a harmonious households since a dog isn't born with housetraining or manners knowledge. Additionally pet parents must be informed about enrichment activities to prevent boredom and destructive behavior.

#5: ACCELERATES THE DOG'S LEARNING PROCESS

Dog trainers help dogs learn faster and keep pet guardians accountable and committed to the training journey.

#6: THEY'RE SUPER CONVENIENT

Private dog training options work around your schedule without interrupting day-to-day activities.

#7: THEY BOOST YOUR DOG'S EMOTIONAL HEALTH

A qualified dog trainer cares for your dog's emotional well-being with engaging enrichment activities.

#8: THEY MAKE VETS VISITS LESS STRESSFUL

A Fear-Free Certified Animal Trainer can teach your dog to relax in handling, brushing, nail trims and more resulting in a safer and more enjoyable experience for all involved.

#9: KEEP YOUR DOG SAFE IN PUBLIC SPACE

Learn the rules of recall from the dog trainer, and how to make sure that when it matters most your dog listens

For a free, no-obligation chat to discuss your training goals visit [Mind Body Paws](#), today.

AMAZING DOG SENSES

A DOG'S EXPERIENCE OF THE WORLD IS WILDLY DIFFERENT THAN OUR OWN THANKS TO THEIR POWERFUL SENSE ORGANS. HERE'S 5 MORE REASONS WHY YOUR FURRY FRIEND(S) IS AWESOME!



EFFICIENT AT ODOR DETECTION

The most dominant sense for dogs is their noses. With 300 million receptors, dogs are sniff oriented. Dogs excel at tracking food, people and even diseases! Sniffing for dogs is calming and relaxing, (Cristina and Aurélien Budzinski, Dog Field Study) which is why you should ALWAYS indulge your dog with extra time to smell the ground around them.

SUPERIOR HEARING CAPABILITIES

Capable of hearing sounds that we do not, such as dog whistles and critter squeaks, your dog's hearing ranges from 40hz up to 40,000hz. It's best to think twice before you dismiss their "woof" with "ssh, there's nothing there" response.

AN ENVIRONMENTAL ANTENNA

While dogs touch with their paws, a comparison to our hands is not the same. Our hands are very sensitive given all the nerve endings in our fingers, and for this same purpose dogs have whiskers. Whiskers help dogs understand the fine details that their sight does not such as size and speed.

MASTERS OF OBSERVATION

While people are able to see far more colors and detail than dogs, dogs have better peripheral vision and are excellent at catching movement in low light.

Characteristics aside, its advantage canine; after all, dogs have used their powers of observation to become their humans' best friends, sharing our homes and often our food.

NOM, NOM

Dogs tend to be the opposite of fussy, expressing a 'get in my belly' attitude when it comes to food. With just 1700 taste buds compared to our 9000 plus taste buds, a dog eats by crushing and swallowing not by chewing. While dogs are able to distinguish between sweet, sour, bitter and salty, their palates are unsophisticated compared to people. Despite the fewer number of taste buds, unlike humans, dogs uniquely possess the ability to taste water.

ENRICHMENT

Your pup needs more than just physical exercise. They also need mental stimulation to be happy and healthy. Examples of enrichment include: digging, licking, foraging, shredding, sniffing and observation. Try these activities to give them what they need to thrive.

SCAVENGER HUNT

Tap into the power of their nose. Keep them busy while you're away. Hide a handful of treats around your home for the dog to sniff out.

HIDE & SEEK

Improve recall with this game of surprise and laughs. Hider, once in position, call your dog's name.

SHELL GAME

Place a treat under one of three cups, then move the cups around. Your pup tries their luck at finding the winning cup.

SNIFFY WALKS

Allow your dog explore the smells around them, take note of where they want to go next and follow their lead!

TASTING PLATTER

Grab a muffin tin and arrange an array of tasty options like steamed veggies, fruits, peanut butter, coconut oil, Greek yogurt, eggs, honey, sardines, chicken.

PEOPLE WATCHING

Spend quality time with your beloved dog, showering them with occasional treats, while you watch the hustle and bustle of people passing by.



READY SET VET

Follow our tips to make trips to the vet free from fear, stress and anxiety.

- PRACTICE – Play vet and prepare at home --look in between their toes, check their ears, pick up their tail, inspect their teeth. Make note of any discomfort. Give lots of treats for being so good.
- REWARD & REPEAT – Bring high-quality, mouthwatering treats to the exam. If your pup is on special diet bring a special toy along or purchase a new one. Feed or play while waiting in the lobby and throughout the exam including whenever the veterinary personnel enter, and after periods of restraint.
- BEFORE YOUR APPOINTMENT – Play calming music like Through a Dog's Ear on your ride over. Don't feed your pup within 3 hours of the appointment and most of all, don't forget to bring treats or a toy along!
- SAFETY FIRST – Inform the staff if your dog is fearful, reactive, doesn't like cats, has problems meeting new people, or dislikes being touched in a particular area. Everyone and every critter deserves to feel safe.

Never chase your dog around to administer meds. There is a better way! As a fear-free certified trainer, I can show you how to get consent



ABOUT US

Achieve your dog training goals with Mind Body Paws. We offer private in-home training in Bergen County and live online training for pet parents across the US. Transform your dog's behavior today using positive reinforcement and force-free methods .

YOUR TRAINER



BROOKE GREENBERG

CPTD-KA, FFCP

Brooke is a passionate animal advocate with expertise in canine communications. She has dedicated years to understanding how dogs think and learn, allowing her to help foster harmony between dog guardians and their furry friends—no matter the breed or age!



FREE RESOURCE

Get answers to common dog owner problems Updated monthly, our blog is a free, reliable resource you can trust. Say goodbye to sources like friends, family, or questionable online information. In the vast sea of misinformation, we offer accurate solutions to your dog-related problems.

www.mindbodypaws.blog

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