

NOTHING IN LIFE IS FREE

AKA Say Please

THE PROGRAM: Nothing in Life is Free (NILF) helps dogs acquire better manners by teaching them that in order to get what they want, they must behave politely. In other words, nothing in life comes for free. Dogs have to earn things they want with polite behavior, just like we do when we say “please”!



Introduce NILF into your daily routines if your dog is currently engaging in behaviors that are rude or pushy, such as counter surfing, barking, whining, begging for food, pushing or grabbing items, nudging you for attention, digging, etc.

In addition to your training sessions, using NILF will help establish the house rules for your dog, whether they're a new addition to your family or just in need a refresher course.

HOW TO:

- First, spend some time teaching your dog basic commands, such as “sit” and “down”.
- Once your dog knows how to sit, you can introduce NILF.
- Whenever your dog wants or needs something, they must sit first.

For example:

At dinner time, ask your dog to sit, and then give them their food bowl.

When your dog wants to go for a walk, ask them to sit, and then put on their leash.

- As you teach your dog other commands, you can incorporate them into the NILF program, by increasing the difficulty of your requests.

For example:

When your dog wants you to throw the ball, put him in a down and ask for eye contact, then throw the ball.

If your dog wants a treat, put him in a sit-stay, take a few steps away, then release your dog and give him the treat.

If your dog nudges you to pet him, ask for a down, and then give him affection.

Incorporating basic training into everyday scenarios like these will remind your dog that polite manners are the key to getting the good things in life!

