

ANIMAL RESCUE LEAGUE of BOSTON



Helping animals since 1899.

“Nothing in Life is Free”

A training concept you can apply at home with your dog to reinforce positive behavior and reduce less desirable responses

“Nothing in Life is Free” – sounds like something our parents used to say to us, doesn’t it? In the animal welfare world, it is **a concept that fits easily into one’s everyday life and is among the easiest ways to obtain control over your dog.** It also helps reaffirm your leadership status in your dog’s mind in a positive, reward-based way.

Your dog must now and forever after obey a command before he or she gets anything he or she likes.

The easiest command to use is “sit-stay,” but you may want to use “down-stay” or even “stand-stay” later on. Try not to use food rewards if possible. **The reward is what the dog wants in the particular situation, be it love, praise, pats, going out, etc.**

This concept also has great potential for curing problems such as jumping up and begging.

Actually it is quite simple: ask your dog to sit and stay (or some other useful command) before you put its meal down, before putting the leash on for walks, before going out the door, before coming in the door, before removing the leash, before throwing a ball for your dog, and most importantly before greeting, giving attention and petting.

Never again can your dog be demanding in obnoxious ways. The only way that your dog can demand things is by behaving. Try it; you’ll be pleasantly surprised that such a simple program can make a big change!

Interested in other dog training techniques?

- Check out and register for our classes at www.arlboston.org/dog-training/
- Email us at <mailto:behavior@arlboston.org>
- Learn about research by our nationally-recognized Center for Shelter Dogs at www.arlboston.org/center-for-shelter-dogs/

Looking for a high-quality vet to supplement the care you provide at home? Book an appointment today with our Boston Veterinary Care team, even if you did not adopt your dog from us.

- www.arlboston.org/bvc/
- (617) 226-5605 or bvc@arlboston.org

We wish you and your dog a wonderful life together!

The Animal Rescue League of Boston is dedicated to rescuing domesticated animals and wildlife from suffering, cruelty, abandonment and neglect. We do not receive government funding. We rely solely on the generosity of our supporters to help animals in need. Help us help more animals today at arlboston.org!

Stay connected with us: arlboston.org | [Facebook.com/AnimalRescueLeagueofBoston](https://www.facebook.com/AnimalRescueLeagueofBoston) | [@ARLBoston](https://twitter.com/ARLBoston)