



'30 Terrific Times'!

Here's a great way to improve your dog's behavior, by simply capturing the behaviors he offers throughout the day that you want & love!

Trainer & Applied Animal Behaviorist Kathy Sdao writes about **S.M.A.R.T** - **See Mark And Reward Training** in her book "Plenty in Life is Free". The technique can be summarized simply:



"...each day, reward your dog for doing something you want to see more of"

The technique outlined in the book suggests 'capturing' behaviors you love about 50 times a day. Let's make it a little easier as you start out, and try to **see**, **mark** and **reinforce** at least 30 behaviors you love everyday! And let's call the challenge, 'Thirty Terrific Times' to observe that your dog is brilliant and you capture that behavior!

Start each day with a bowl of 30 treats - the treats will be your 'counter' for the day!

You can even use your dog's everyday kibble allowance - if he loves it - rather than feed everything from a bowl!

The behaviors you want more of, and the behaviours your dog offers throughout the day, which you can 'capture', might include:

- ~ '4 on the Floor' greetings
- ~ coming when called
- ~ settling quietly when you have company over
- ~ walking past people or other dogs quietly
- ~ settling away from your dinner table
- ~ watching the neighbor/dog walk by the house without barking
- ~ sitting to wait for permission for food, or to go outdoors, etc.
- ~ resting in 'place'
- ~ waiting away from the door as you deal with the Amazon guy
- ~ sitting to wait to have his leash put on for a walk

S. **SEE:** practice changing your outlook to SEE what your dog is doing right throughout the day. Do your best to change the way you observe your dog's behaviors. Focus on good behaviors - anything your dog is doing that you'd like him to do more often!

M. **MARK:** tell your dog that what he is doing in that very moment, is correct! 'Yes, good boy' or whatever word you have chosen as his 'marker cue'. Your marker word 'marks' the behavior you love, and should come before the treat, right?

R. **REINFORCE:** remember, that what you reinforce is quite likely to be repeated. Reinforcing behaviors you want & love will make them far more likely to happen more frequently! When you reinforce behaviors you love & want, the behaviors you don't like so much are far less likely to happen. That's a 'win-win' strategy!

You'll be looking for at least 30 opportunities to reinforce good behaviours - to empty your 'Terrific Thirty Times' treat bowl by the end of the day!

Reinforcing 30 great behaviors daily means you have reinforced 350 great behaviors in a week!

Challenge yourself to keep it going for a month, and you have reinforced 1500 great behaviors each month.

And, if you make this a habit for a whole year, you have reinforced 18,000 great behaviours.

Plus - it's a great way to 'train' without having to set aside 'intentional training time!' Again, 'win-win'!

Another added bonus is that training with this 'Terrific Thirty Times' S.M.A.R.T training will change the way you see your dog. It will change your mindset to see the only the brilliance in your dog, instead of focusing on the negative and that can only help your relationship, right? Training this way, like most positive reinforcement training, will change **you**, as much as it changes your dog! Nurturing your ability to see the positive in your dog's behavior, develops a skill we can use in our overall lives and relationships. Another, 'win-win'!

Do the 'Terrific Thirty Times' S.M.A.R.T training for at least two weeks.

We know you'll see more great behaviors as your dog becomes more & more clear about what good behavior looks like...

...and you're gonna feel a great sense of pride.

