

A Quick Tip

Article by Dee C. Hoult, CPDT

There's a few misconceptions about training dogs with food, which is why some avoid it at all costs. However, using food is probably one of the most effective and quickest ways to teach your dog a new behavior -- from learning "sit" to learning not to lunge excitedly on the end of a leash. In addition to the worry of weight gain, the biggest myth is that if you train with food you are bribing your dog and your dog will not perform in the absence of food. This just isn't true. If done properly (like with clicker training!), food is phased out immediately after a dog learns a new behavior. Next, it's a misconception that you have to use a large piece of food for it to be effective. Not only is this untrue, because a reward is a reward regardless of it's size, but you don't even have to use a traditional dog treat for training. You can use the food your dog is already scheduled to eat to train him! Simply measure out the amount you planned to give your dog during mealtime and use it as a reward for a good behavior, piece by piece!



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