

Carole Bryant, Naturopath

(ATMS & HATAA accredited)

- nutrition • herbal medicine • homoeopathy • flower essences • iridology • massage • kinesiology • reflexology
 - manipulative muscle therapy • Neuro-Linguistic Programming • Thought Field Therapy • Reiki
 - plus for pets: • TTouch Practitioner I • Cranio Sacral Therapy • TTEAM Practitioner-in-Training
 - Cert IV Behavioural Dog Trainer
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DOG TRAINING - CHOOSING FOOD REWARDS

The purpose of using food as a reward when training your dog is to have your dog associate something really nice (a yummy treat) with doing something for you.

The food you give your dog as a reward needs to be what we call a “high value” treat – something special that your dog doesn’t normally get and which he is prepared to do almost anything for. The food your dog gets in his bowl every day isn’t a high value treat. He isn’t likely to try especially hard to earn something that he gets lots of everyday without having to do anything for it.

Some suggestions for foods that dogs generally regard as high value treats are: cooked chicken, dried liver, liver bread (see recipe below), devon, cooked sausage, salami/cabanossi, cheese – or anything else your dog is almost prepared to die for! My dogs, for example, think carrot is the world’s best treat, so try different foods out on your dog and see which he is most enthusiastic about. If you can find 3 or 4 different treats that your dog really loves, that’s even better. You can then vary the treats or mix them up together so he never knows what delightful surprise is coming up next.

Also remember to cut the treats up very small (about pea sized), so they will go further and your dog won’t get too full during a training session. If your dog tends to put on weight easily, remember to reduce the size of his normal meal to compensate for the extra food he is getting in training

RECIPE - LIVER BREAD

Ingredients

400 g liver (beef, lamb or chicken)
2 cups plain flour (substitute rice flour if your dog is allergic to wheat)
½ teaspoon crushed garlic

Method

Process all ingredients in a food processor until smooth. If your food processor isn’t powerful enough to do this, process the liver and half the flour then mix in the rest of the flour by hand. Spread the mixture about ¾ cm thick into a greased and well-floured lamington tray and bake at 200°C for about 25 minutes (it’s ready when it feels like rubber). Allow to cool and cut into very small cubes. Keeps for several days in the fridge. Freezes well (we put ours into very small zip-top plastic bags and just take a bag out of the freezer as we need it - or you can put the lot into a container and just remove however much you need for a training session).

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Although liver bread is messy to make, most dogs really love it and if you are using lots of treats during training, liver bread is less likely to cause stomach upsets than plain dried liver.

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