
FIND YOUR DOG'S KRYPTONITE

How To Find The Rewards Your Dog Loves



with
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Down Dog Training & Behaviour

Find the kryptonite

How to find the rewards your dog loves

You've brought that gorgeous, warm, cuddly puppy or rescue dog home. You know important training your dog is. But you're not sure where to start.

Dogs are simple creatures and they do the things that get them what they want – that is, things they get rewards for. The basics of training are that you reward the behaviours you want and ignore, manage, or prevent those you don't want.

But what are the best rewards to use?

How do you find out what your dog wants and loves?

You'll find out by working through this checklist booklet.

Carol



Where Perfect Pets Are Made

Desires

What does your dog desire MOST?

There are **FIVE** types of rewards you can give your dog:



FOOD
TOY PLAY



TOUCH



ATTENTION



ACCESS
to fun stuff



Different dogs prefer different things.

Your job is to find out what your dog wants most. Here's how to do it. For each of the five sections, use the checklist to tick off the things your dog loves – there's space to add things that aren't already mentioned, too.

#1: Food



ALL dogs need food to survive and many dogs adore food more than anything else. It's also easy to use - just give a piece of food to your dog whenever they do something you ask them to do.

Mixing up different treats is a good idea, not only to provide variety for your dog, but also so you can reward the best and most important responses your dog makes with their favourite yummy food.

Use the list below to tick the foods your dog loves – add to it if you have others.

If you're not sure, compare two different foods by holding some hidden in each hand. Offer your fists to your dog and see which he chooses first. Just make sure you don't offer anything that might be poisonous (see our free downloadable food help sheet on the website if you're not sure).

www.downdog.co.uk/freebies



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Food List: Tick 'em off

Kibble (Dry Dog Food)

Wet Dog Food (Off a spoon)

Other Dog Food

Dog Treats

Hard Cheese

Cheese spread

Chicken

Liver

Sausage

Bread

Ham

Steak

Peanut Butter

Carrot

Celery

Apple

Banana

Tissue Paper

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#2: Toys



Is your dog a ball fanatic or a tug master?

Is chewing an old slipper their favourite pastime, or do they pick up every discarded plastic bottle on a walk?

Toy play can be a great alternative to food as a reward. Many dogs love a game of tug – my dog, Gus, prefers a tug game to food.

Unless the food is chicken.

Find out what your dog loves to play with and note these in the table below. Remember that your dog might see many different things as toys.



Where Perfect Pets Are Made

Toy List; Tick 'em off

Tennis Ball

Football / Rugby Ball

Ball on a Rope

Rope Tug Toy

Soft Stuffed Toy

Stuffless Toy

Slipper

Sock

Shoe

Plastic Bottle

Cardboard Tube

Paper

Stick / Stone *

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**We don't want dogs to play with these, but it gives you a clue about what things they might like to play with*



#3: TOUCH



Giving praise through petting your dog is an important but sometimes overlooked reward.

Your dog has to love the touch you give, though. For example, many dogs hate being patted on their head or ruffled around their head. (I had an uncle who did that to me – I hated it.) Gus adores being scratched on his bottom best of all.

Try out different types of touch - stroking, patting, rubbing, scratching - on different parts of your dog's body.

Which are the ones that make them squirm with delight?

Which touches do they move away from?

Do they like or hate being cuddled?

Write down the types of touch your dog loves and where he prefers to be petted in the table overleaf, and mark their favourites.



Where Perfect Pets Are Made

What Type?

Where/How?

(e.g. belly when lying on side, gentle rubs)

Stroking

Patting

Scratching.....

Rubbing

Tickling

Cuddling

.....

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#4: Attention

Dogs love attention from us. And they'll do almost anything to get it! They are amoral creatures that simply do the things for which they get rewarded.

Dogs find three things rewarding from us – eye contact, touch and speech. Use these to reward all good behaviour and remove them for behaviours you do not want.

The more you reward good behaviour the more the dog will give you good behaviour. Ignore, manage or prevent unwanted behaviour.

The most important attention reward you give is using your voice. It's not so much WHAT you say as HOW you say it.

"Good boy!" said and meant enthusiastically is true praise and a reward for your dog. "Good boy." said automatically and without emotion may not be.



Where Perfect Pets Are Made

Giving verbal praise - what do you say?

1

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2

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3

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4

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5

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6

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Note HOW you say things -
enthusiasm from you creates
enthusiasm in your dog



#4: Attention

From Favourite Person or People

Did you have a favourite teacher at school? One whose lessons you loved going to?

Like it or not, dogs have favourites. Do you know who in your household your dog prefers?

This can be fun to test! Two people at a time stand at least 3 metres apart, with your dog an equal distance away from you – you should be forming a triangle. Both people call the dog at the same time to see who he goes to first.

The importance of this is that the favourite person should always be the first to start training anything new as the dog will be most motivated to please their favourite person.

Mark your findings in the table below, in order of preference from favourite person to the least favourite. (Add more rows if you need.)



Where Perfect Pets Are Made

Who is your Dog's favourite person?

1

2

3

4

5

6



(NB The favourite person may be different for different activities)



#5: Favourite

Activities & Places

Does your dog rush to the door as soon as you pick the lead up? When you go outside, do they pull to get to the car? Are you like a jack-in-the-box all evening because your dog can't decide whether he wants to come inside or go outside? (Or is that just me?)

Using access to favourite places or activities is often overlooked as a reward.

A car journey is great a reward for many dogs – it certainly is for my dog, Gus. Being allowed up on the sofa with you for a cuddle, or going out into the garden or yard, or being allowed into a different room, or going out on lead – what's your dog's favourite?

Work out what places or activities your dog loves most by completing the table below, again in order of your dog's preference, adding more rows if you want.



Where Perfect Pets Are Made

WHAT/WHERE is your Dog's Fav?

(e.g. Going out in the garden)

1

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(e.g. Being let off-lead)

2

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3

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4

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5

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6

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7

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8

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Summary

Using this worksheet to find out what things your dog loves most allows you to use these rewards to teach your dog quickly, simply and easily, what you want them to do.

BUT... simply teaching your dog to do something is only the start.

Do you want to keep getting exasperated because your dog doesn't do what you want them to?

Do you wish you didn't have to screech like a fishwife to try and get your dog back at the park?

Do you long for gentle country rambles together instead of being dragged down the road like a lump of wood trailing behind your dog as they pull you from (lamp)pillar to (gate)post?

You can use the information you've gained from working through this booklet to help you train your dog easily and quickly. We can show you how...



Where Perfect Pets Are Made

Our [Perfect Pet](#) course is available in-person at our Carrowdore base, or you can follow the course in your own time anywhere in the world - because it's also available as a [self-study course](#).

Why not join us? We'll help you achieve your Perfect Pet – and we guarantee you'll have fun learning how to train your dog, too.

Work out what your dog loves then we can help you train your dog in just six short weeks.

Our course teaches you 32 games to train your dog - and we guarantee you'll have fun along the way. The course focuses on five key areas – building a great relationship with your dog, teaching them to walk on a loose lead, come back when called, enjoy being handled and groomed and to have good manners when meeting and greeting people and other dogs.

Training is not a luxury, but an essential. And now you've worked through this booklet to find the things your dog loves, there isn't really an excuse not to get on with training.



Where Perfect Pets Are Made

Training is also the best way to tire your dog out – and tired dogs are happy dogs, which in turn produces happy humans.

Going for long walks or running round the park or beach for an hour won't always tire your dog – but it does make them super fit, so they'll need even more exercise for the same level of tiredness...

Come and join us in-person or online for some regular training fun.

You'll be amazed how much training you'll cover in a short time. You and your dog will build an even closer bond - and as a bonus you'll have the best trained dog in your neighbourhood.

We'd love to see you.



Carol Clark (The Doggy Doctor),
Gareth, Sandra and Annette ~ Down Dog Team

Thank you from
Carol Clark
The Doggy Doctor



Please do get in touch if
you need any help

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