**Nutritional Blog 2**

**TREATS**

Training your dog doesn’t just happen in the formal ‘dog training classroom’ our dogs are willing to learn all the time. Finding something that really motivates your dog will help enormously. Often dogs are REALLY motivated by food but some are not so we have to find something else that motivates them such as a toy or a special type of praise.

If your dog is food motivated then using food as a reward for the correct behaviour can really help your training efforts! Find treats your dog really enjoys, have several different ones ranging in flavour and value. For example a prepared packet of natural treats with no artificial additives, colours or preservatives for frequently asked for behaviours – i.e. sit when having lead put on, nice calm behaviour when visitors arrive etc.

A medium value treat such as more unusually flavoured, prepared treats for day to day training and in class situations and high value treats for the very best behaviours, such as small pieces of cheese, sausage, chicken, beef, lamb etc.

The size of the treat should be small enough for your dog to eat quickly– it’s not the size but the taste that the dog values.

Some people like to use a portion of their dog’s daily food allowance as treats, particularly if they are prone to weight gain. This is a good way of keeping track of what your dog is eating however, dogs enjoy a variety and will often ‘work’ better for ‘something special’ so if you are training and using a lot of treats you can reduce the portion of their daily food to compensate for the extras being fed.

It’s important to consider the quality of the treats you are feeding. If you are feeding the best diet in the world but your treats are of poor quality, then you undo the good work you are doing by feeding good quality nutrition.

As far as possible aim to feed natural treats which contain no preservatives and additives, check the back of the packet for information. You can also ‘score’ the treats you feed on [www.allaboutdogfood.co.uk](http://www.allaboutdogfood.co.uk) to find out how healthy they are.

We stock a wide range of natural treats in our on-line shop – feel free to have a browse. www.lisajacksondogtraining.co.uk/shop

Please contact us if you would like more information about treats and feeding in general. lisa@lisadogs.co.uk