



SMARTx50



See



Mark
or Click



And



Reward



Training

Attention is the beginning of Devotion.

-Mary Oliver

Your dog is behaving all the time, but we often only notice the behaviors we don't like. Learn to observe and reinforce the many, many desirable behaviors your dog is already offering!



Set aside **50 pieces of food** each day. If your dog will take and be reinforced by kibble, these can be mostly kibble, but include at least a few high value rewards for extra awesome behaviors!



Use a mindfulness timer app to remind you to **look at your dog** during times when you'll be home.



Each time the timer rings, look at your dog. If you don't hate what they're doing (if you would be ok with seeing that behavior again tomorrow), **mark (say Yes!) and reward.**

Offered

These are behaviors the dog is already doing, not ones we ask for.

Simple

Don't wait for your dog to save Timmy from the well.

Anything you don't hate can be rewarded.

Especially watch for behaviors that indicate **relaxation or healthy coping.**

Relaxed

Help your dog create a **big toolbox** of ways to get what they want by **rewarding appropriate interactions.**

Connected



Build **reinforcement history** for behaviors you like



Reduces anxiety by increasing access to **choice and control**



Builds and preserves **relationship**