

# Why You Should Ditch the Bowl



## FOOD IS CURRENCY

Traditionally we start every day by placing our dog's food in a bowl. Dogs LOVE the bowl - but you could be using that currency to create a happier, healthier dog that makes great choices.



## TRAINING GAMES

Instead of the bowl you can use food to play games that teach your dog to make great choices. Games build value with us, a desire to stay by our side and ignore the distractions from the rest of the world.

## PROVIDING ENRICHMENT

Enrichment works your dog's brain and gives them an outlet to use their natural instincts. This creates a tired, content dog and reduces unwanted behavior such as barking, chewing, and digging.



## CAPTURING CALM

When your dog makes a calm choice such as laying down, resting, or sleeping, it's a great time to quietly reward them for it. Doing so reinforces that calm choices are GREAT choices.

## REWARDING GOOD CHOICES

Our dogs make great choices all day long - we just don't always notice them. The more you notice those good choices and reward them, the more your dog will make the same choices each and every day. This creates an awesome cycle where your dog learns to make the choices YOU want, without having to be told or asked to do so.