

Treat Delivery Systems

Here are 4 different calm treat delivery options when dealing with fearful, reactive, or aggressive dogs. We want to make sure we are using treat delivery methods that are going to help promote calmness or focus.

1. **Food Tube**—use a food tube to feed Fido some high value food rewards. Food tubes allow for continual feeding which is excellent when doing classical conditioning exercises. It also keeps fingers safe from the hard mouth dogs often get during times of stress.
2. **Palm it**—when feeding Fido, have a treat in your closed fist and slowly present it to the dog. Open your fist so Fido can take the treat gently from your hand. You can have a pile of treats in your fist and only open it a small amount so he can lick it out.
3. **Drop it on the ground**—there are two options with this method. You can play the “find it!” game where you are tossing treats on the ground in a slightly more energetic fashion or you can bring your hand to the ground before slowly dropping the treat out of your hand onto the ground. Both are acceptable and have merit in different situations.
4. **The nibble**—using a larger soft treat, you can present the treat and allow Fido to chew and nibble on the food as the trigger passes or as a way to rapid fire rewards without the excitement shooting too high. It also allows you to reposition your dog’s head and encourage him to return his focus to you.