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## Nothing In Life is Free...Hand feeding with Love

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**One way to describe an overall philosophy or approach to living with dogs is NiLiF, which stands for Nothing in Life is Free. NiLiF is simple, humane, and a very effective way to gain a puppy's focus, while improving their impulse control and confidence.**

Nothing in Life is Free is a simple approach in which the dog should receive nothing without first working for it (and the work can be as simple as sitting, or coming when called). If the dog wants to get in the car, wants affection, or wants to enter or exit the home, they must first do something: sit, shake paws, look at your face/eyes, come to you... the important thing is that it is a clear behavior, and one which the dog already knows. Being cute doesn't count, and it is not reasonable to ask for the solution to an algebra equation; sitting, lying down, waiting, coming when called... these are typical and appropriate requests for a NiLiF approach. This can be applied a hundred times a day — there is no other limit or issue to pay attention to. You may call the dog to you and reward it with affection again and again, or require the dog to sit 20+ times a day so you can let it in and out.

**For all of your dog's meals (yes, all meals), for at least 3 weeks, we want you to do the NiLiF Plan. One kibble at a time, one for each behavior. Every meal, every kibble.**

Nothing in Life is Free applies to you, also, so be ready with those rewards: food, affection, food, praise, food, access to where the dog wants to go, food, etc...