



## NILIF (Nothing In Life Is Free)

### What is N.I.L.I.F ?

N.I.L.I.F stands for "Nothing in life is free". This means exactly what it says. As humans, we have to work for what we want and so should our four legged companions. N.I.L.I.F, is not a command, rather a lifestyle, and creates a hierarchy within the house-hold and helps to assign the dog its place in the family. It helps to maintain order, and reduces conflict, and promotes cooperation among pack members.

### Practicing "Nothing In Life Is Free"

One key factor when practicing N.I.L.I.F is to teach your dog the basic commands such as, "Sit", "Stay" and "Down" using the positive reinforcement method. This is because the dog needs to know what needs to be done to get what they want. And the reason why we recommend the method of positive reinforcement is because this creates a trusting bond between dog and its human, rather than instilling fear during training.

### Examples Of N.I.L.I.F In Action

#### **Example 1:**

You: Want to feed your dog its meal.

Your Dog: Must lie down and stay while you fill and place the bowl down .

#### **Example 2:**

You: Want to take your dog for a walk

Your Dog: Must sit and stay while you put the leash on and open the door.

It is important to remember that the dog MUST know and understand the requested command. If the dog refuses to perform the command, then walk away and come back and try again within five minutes. Remember, as with most training, you must be patient. Eventually, the dog will realize that it must obey your command to get what it wants.

### The Benefits of "Nothing In Life Is Free"

Not all but some dogs may challenge their owners for dominance. This procedure helps to establish the control of a dominant dog in a non-confrontational way. Also, keep in mind that non-aggressive dogs can still manage to manipulate you with affections. This technique will show the "pushy affectionate" pups that when they want the attention, they need to abide by your rules. It also benefits timid dogs since these dogs build confidence when it has a strong leader because it will feel more secure.

"Nothing in life is free" communicates to the dog that the human is the top dog in its pack and that the human is in control. Children are part of the pack, and from a dogs view, they see them as playmates since they are often the same size as the dog. With adult supervision, children (aged eight and over) should also learn and practice "nothing in life is free" with the dog. So they too, are seen higher in the hierarchy chain over the dog.