

Nothing In Life Is Free

Does your cat demand to be petted or played with? Ignore you when you call him? Wake you up to be fed in the middle of the night? "Nothing in life is free" (NILIF) can help.

NILIF is not a magic pill that will solve a specific behavior problem; rather it's a way of living with your cat that will help him behave better, be more responsive and be more adaptable to environmental changes.

How to Practice "Nothing In Life Is Free:"

Using positive reinforcement methods, teach your cat a few behaviors and/or tricks.

"Sit," "down" and "come" are useful behaviors. "

Shake," "sit pretty," and "rollover" are fun tricks to teach your cat.

Once your cat will perform a few behaviors on cue, you can begin to practice NILIF.

Before you give your cat anything (food, a treat, a play session or a scratch under the chin), he must first perform one of the behaviors he has learned.

For example:

YOUR CAT WANTS:

To get on your lap

Dinner

To play with a toy

HE MUST:

Sit and then, when given permission, step up

Sit until you've put the bowl down

Sit or shake at intervals during play