



## Clicker Training 101: Getting Started

Chances are you've heard of people using clickers as part of positive reinforcement training. But how does "clicker training" actually work?

The clicker is not a magical remote for training (as much as we wish that existed!). The purpose of the clicker is to offer a unique sound that marks the exact moment that the learner "gets it right," followed immediately by a reinforcer (reward) like a treat. In behavior, a marker signal like this is called a "bridging stimulus." Studies have shown that you can train using positive reinforcement without a bridging stimulus like a clicker, but that animals consistently learn faster and more efficiently when one is used. Some people use a verbal marker like the word "yes!" instead.

*Essentially, it is a tool that allows you to CLEARLY tell your learner exactly what you want!*

### So how do they work?

For a clicker to be effective:

- *The reinforcer (reward) must be engaging (high value enough to keep their interest)*
- *It must be delivered fairly promptly after each time the click occurs*

Many people will start off by "loading" the clicker to help build an animal's understanding of how it works by simply repeating "click/treat click/treat" for several repetitions without asking for a specific behavior. Once your learner looks up expectantly at the sound of the clicker, there are a few basic methods you can use. When training using a clicker, there are several common techniques:

### Capturing

This is our go-to! And often the first one we teach. Essentially you use your clicker like a camera. You *wait* for the animal to *offer a complete behavior voluntarily—not cued* (such as a sit), then click and reinforce. For example, you might wait for a dog to choose to sit, then click and toss a treat to them. You can toss the treat in such a way that they must stand up to eat it (so they're ready to sit again!). Depending on the behavior, the process might start out slowly— but if your learner is engaged, you'll be surprised at how quickly they figure out what makes you click and treat them! You can reinforce any behavior that your learner offers naturally this way. But be careful what you click for— one time we accidentally reinforced yawning and got a kitten to yawn over 7 times in under a minute!

For more information or to request behavior assistance, visit [eastbayspca.org/behavior](http://eastbayspca.org/behavior).

© 2024. This work is openly licensed via [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/).

## Targeting

This skill is the foundation for a thousand fun and practical behaviors. Targeting involves clicking and reinforcing for your learner *touching some part of their body to a target*. This might mean touching their nose to your hand (basis of recall), touching their foot to a mat (basis of a station), or touching their rump or shoulder to a surface (basis of many cooperative care injection behaviors). Targeting is one of the most versatile behaviors you can teach! We love starting kittens learning high-fives this way. Check out our [Nose Targeting handout](#) for a more detailed overview!

## Luring

This involves *using a lure (usually food) to move the animal into a position* that would be difficult to capture, such as a "sit pretty," or jumping through a hoop. The idea is to lure the animal into position, click when they get there, *then* deliver the treat. The trainer then systematically *fades the lure as quickly as possible*, in favor of a different cue. The challenge with this method is that fading the lure can be tricky, and luring can mitigate the initiative that you see using techniques like capturing and shaping, which relies on the learner to do some of the mental legwork. But done correctly it is a great way to teach non-intuitive behaviors!

## Shaping

One of the trickiest methods, but by far the most exciting, rewarding, and fun. Shaping involves capturing tiny "pieces" of a behavior, and gradually shaping an animal towards that final desired behavior. An example might be teaching a spin. Start off by clicking every time the animal glances to the left. Then, when they turn their head to the left. Then turn their head and shift their weight. Then shift their weight and lift their paw. Then turn their upper body. Then turn halfway around, etc., until you have the full behavior. It requires precise timing and an engaged learner, but that feeling of connection while training intricate or complex behaviors is well worth the effort.

Now that you have an idea of the basics, we hope we've piqued your curiosity to try clicker training for yourself!

*For a more in-depth interactive overview of clicker training, check out our [Clicker Training 101 webinar](#)*