

# THE ULTIMATE PUPPY OWNER'S GUIDE TO:



## REARING, TRAINING AND LOVING YOUR PET FOR LIFE

**A guide to creating an effective home management and training system for your new puppy and getting it right from the start!**

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- ▶ **How to communicate and understand your puppy better**
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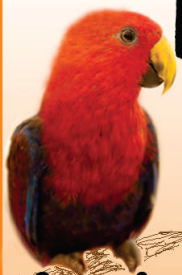
**By Carolyn Read**  
**Train A Pup Time Puppy Pre-school**  
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## **DEDICATION**

This book is dedicated to the memory of Rick Richardson who passed away just a few months back in February 2010. Together with his wife, Honey Gross-Richardson, they have both contributed enormously and generously to the whole community of dog owners here in Perth. They have been breeders of German Shepherds for many years and played a huge role over the years in the German Shepherd Dog Association.

As well as being very involved with the GSDA they have also played important roles on various Dogs West (formerly known as the Canine Association of Western Australia) committees.

They have worked with local councils, establishing the Canine Good Companion programme here in Perth which has now been running for about 15 years in the Joondalup, Gosnells and Spearwood districts; have had judging licences for conformation, obedience, agility, tracking and the newly introduced sport of doggie dancing and Honey will continue on with these judging appointments.

Together Rick and Honey developed curriculums and programmes for people wanting to learn how to instruct and take dog training classes. This started as a course for new trainee GSDA instructors and is now recognised and open to all new instructors with any of the Perth dog clubs. They have regularly travelled all over Australia giving lectures and assisting clubs with their training. They have also been regular contributors of articles to magazines and journals.

Not only that, Rick had a wonderful talent for drawing and, together with his typically English sense of humour, has created a series of cartoons relating to all things 'doggy'. These are depicted throughout this manual. I will be forever grateful to both he and Honey for allowing me to utilise these pictures in this manual, they fit into the topics so well and hopefully will help you see the 'funny side of life'. Unfortunately Rick did not get to see his works published in this manual.

Personally, I have known Rick and Honey since being involved in the Canine Good Companion programme from its inception. They have been wonderfully supportive and helped me overcome a problem I had with my Elliott when we were competing in obedience.

## **ACKNOWLEDGEMENTS**

When life takes you on a journey you never end up going it alone. There are always people to help and encourage you along the way. When I first started training with Elliott he was a handful and I had no idea about dogs and how to deal with the issues. If I knew then what I know now I would have done things so differently! But during the difficult times when I felt like I would never pass the competitions there were a few people in the background who kept me going and told me not to give up. So I would like to acknowledge these people for without them I would never have achieved the titles I aimed for;

- Jean and Dave Henderson, my Golden Retriever mentors, who gave me so much encouragement while competing in obedience and then helping Elliott and me on our retrieving journey. They willingly gave up their time to take me out training one on one.
- Andrew Wilkinson, Trevor Pritchard and Chris Findlay for allowing me to train with their specialist Alaskan Malamute and Staffordshire Bull Terrier breed training classes with my 'blonde dog'! They gave me lots of encouragement and assistance for which I am very grateful.

There are many other people who helped us in our training for obedience and retrieving and I would like to acknowledge and thank all of you however there are too many to name personally.



## INTRODUCTION

Welcome and congratulations on your purchase of The Ultimate Puppy Owner's Guide To Rearing, Training and Loving Your Pet for Life. Whether you are prospectively looking for, new to owning or already an existing dog owner then you will find this complete home management manual invaluable to either setting up or improving your existing arrangements and relationship with your new puppy or dog. There is something in this manual for all dog owners.

I have attempted to cover all aspects of owning a dog in this complete guide – from understanding dog behaviour to joining dog clubs, dog health and nutrition to government legislation regarding dog ownership.

Why have I put this package together? If you ever go to the dog rescue shelters you will always see them full. And then there are the dogs which get euthanased in the pound because they have never learnt acceptable behaviour skills and are consequently not re-homeable. People get dogs without considering the responsibilities of dog ownership and then throw them away when they become too much to handle. We are always hearing reports through the media of dogs who attack, injure humans or other animals and are destroyed. I believe that people need to be aware of all aspects of dog ownership and the consequences of things going wrong. So this manual is designed to help you to bring your puppy up into a safe, happy and valued member of the family and community. The aim is to reduce the number of dogs ending up in rescue or being destroyed because of unacceptable behaviour.

I believe that if you follow the information and incorporate these ideas into your daily life you will have a dog that you can be proud to take out into the community and have a long lasting relationship together. He or she will be your best friend and companion.

If you are not prepared to take responsibility for the time and commitment required to train a dog and spend the time necessary to mould him into a valuable member of the community then all that can be said is – don't get a dog in the first place. Is this harsh? No – why get a dog and then dump it. It just causes more problems for the community. Maybe another type of pet is a better option.

The joys of owning a dog who is a wonderful companion will far outweigh any negatives you may perceive in time and commitment needed to put into your dog.

My dog changed my whole life around – such was his impact on me. He has taught me much more than what I could have ever taught him. And I know of others who have had the same experience. Our dogs have taken our careers, our lives and our friendships into much more fulfilling and inspiring realms of possibility. Don't underestimate the experiences you and your dog can explore together as a team.

If you have any questions or comments which are not covered in this manual we encourage you to contact us through the website at [www.trainapuptime.com](http://www.trainapuptime.com) or email, [carolyn@trainapuptime.com](mailto:carolyn@trainapuptime.com).

I wish you every success in your new or existing journey with your dog and we know that this investment you have made will empower you to have a long and lasting relationship with a safe and happy pet which is valued by all.

Kind regards

Carolyn Read  
Train A Pup Time

**A DOG IS FOR LIFE, NOT JUST FOR CHRISTMAS!**

# SECTION ONE

## BRINGING MY NEW PUPPY HOME



This section covers strategies you can use to help your pup settle in as well as put in place to help your pup to learn. There are typical behaviours that all pups will display, such as toileting, biting, chewing and by managing these behaviours from the beginning in an effective manner will go along way to helping the pup to learn the rules of your household.

***Related free bonus Workbook inclusions:***

- ▶ *My Puppy Notes*
- ▶ *Setting The Rules*

***Related free bonus Checklist inclusions:***

- ▶ *Home Management Chart*



## SETTLING IN



**Experienced breeders know the value of early socialisation!**

You have now picked up your puppy so from now on what happens is down to you. Your pup is going to need to settle in and there is much to learn and adjust to. It is important that you understand how critical the next few weeks are – it can almost be said that you can ‘make’ or ‘break’ your pup in these next few weeks. The overall outcome will be mainly down to what the pup is taught during this critical period. The final result of how your dog turns out will be down to the socialisation and training applied at this point in time. It will be much more difficult, if not impossible, to rectify behaviour and socialisation problems which develop as time goes by from lack of attention to your responsibilities.

Help your new pup settle in as part of the family immediately. Set it up to WIN! In other words, set the conditions up so that mistakes are not going to be made.

If you have owned a puppy before then you will know that the biggest mistakes are toileting in inappropriate areas; chewing inappropriate objects; excessive barking; digging in inappropriate areas and the most URGENT is biting behaviour. We will cover these in more detail in the next chapters. These behaviours are completely natural for a young pup - every pup needs to toilet, they need to chew and bite, behaviour can be channelled into appropriate ways for the pup and which is acceptable to you.

It is important that all family members, including children, are actively involved with handling and teaching the pup new and correct behaviours. There are many issues which need to be addressed in order for your new pup to slot into the family’s way of life.

Helping your pup to settle in peaceably and with a proper home management system is going to mean that you have a much better relationship with your pup as it grows into an adult dog. If you go into this relationship with the attitude that any misbehaviour is NOT the dog’s fault but YOUR fault for allowing it to occur then you will be much more vigilant to what your pup is doing at all times in the beginning.

Every time the home management system breaks down, i.e. that the pup makes a mistake, this is reinforcement and the pup will be likely to repeat that behaviour again. Whenever behaviour recurs, whether it is wanted or unwanted behaviour, there is something driving the dog to perform it over and over again. This is called reinforcement. Reinforcement can be in the form of attention, play, food – anything that motivates the pup to perform the behaviour again so it is important to work out why the pup is keeping on performing behaviours, especially unwanted ones.

By getting frustrated at your pup’s unwanted behaviour and taking it out on the pup in the form of punishment is not at all helping it to settle into the household in a peaceable manner and is already ruining the relationship. Your pup needs to feel happy and know that it is valued by all members of the family. The pup really wants to please you but all it knows is behaviour. Behaviour is exactly that – it is not good and it is not bad - it is just behaviour so we are going to give you the tools to help you mould that behaviour into what you want to see in your individual home environment.

Yes, this will take some time and effort on your part, however you will reap the rewards and you will end up with an adult dog that you can be proud to take anywhere – a dog that will be safe, feel happy and be valued by not only yourselves but the whole community.

*Bonding and housetraining as well as a peaceful night's sleep, are easily achieved with crate - training.*

## HOME MANAGEMENT FROM DAY ONE

The system and rules you set up from day one will determine the level of success or failure that you have in your relationship and training with your dog. The reason people fail is basically through lack of knowledge and lack of a planned commitment to making sure that their pups are going to become the type of companion they expect.

Problems will most likely arise in your pup's behaviour and challenges will either encourage you to find a solution or give up. Giving up, however, is not the solution and the dog deserves to have the best effort on your part to ensure its safety and happiness.



Before you get your pup do some research and learn about what behaviours are going to be displayed. We mentioned a few in the previous chapter – toilet training (dogs will always need to eliminate); chewing and biting (this is important for the growth and development of the teeth and jaws); digging (is a natural dog behaviour which will likely occur, eg. dogs quite often will dig their bones and then go back to them later) and barking (their form of verbal communication). There may be many other behaviours you will encounter which, if not managed properly from the beginning, will become a problem later on. These could be socialisation problems with dogs and/or people, food guarding, separation anxiety and jumping up, just to mention a few. As your pup grows into the 'teenage years' you can then encounter juvenile behaviours which have been compounded from puppy-hood because they have not understood what is required. This could then escalate into full on adult dog behaviours which will then require remedial training to which their may not be a complete answer or cure. It is when the owners give up that dogs end up being dumped or abandoned, put in shelters and pounds or just end up being put to sleep because it all becomes too hard.

So we will give you as much information as possible to set you on the right path to a wonderful relationship with your dog.

### **Short-term Confinement**

The best way to prevent accidents happening in your house is to not allow them to happen in the first place. Your puppy will want to toilet, chew and play – this is an all new and exciting experience. The secret to this is to restrict the pup's access to all rooms in the house except for the one you are in at the time. That way you can keep your eye on the pup at all times and can monitor the toilet training (see Toilet Training on page 18). You can keep the pup in a crate or play pen with stuffed chew toys which will keep it happy and amused.

If you do happen to go out for a short while (no more than one hour) and can't keep an eye on the pup have a crate (see Crate Training on page 4) or play pen set up with a mat, bowl of water and a few Kong toys stuffed with food or treats. Chew toy training teaches the pup that the stuffed toys are much better than chewing your favourite pair of shoes or whatever else is accessible. Helping the pup get used to being in a crate teaches that this is a secure area where it can be calm and is safe.

You might be thinking that this is cruel. In fact, in the long term it will be the best outcome. Why? By restricting your pup's access to a small area the pup won't be learning bad habits and making mistakes. As the pup grows where only good behaviours have been learnt then this will result in more freedom and at a quicker rate than would be if you were allowing the pup access to all areas and then correcting undesirable behaviour.

While the pup is in short-term confinement take the time to give it attention and play time at regular intervals as well as taking it outside to toilet, every hour on the hour is an easy way to monitor this.

By leaving your pup alone for short periods of time in the crate or play pen with the chew toys it is learning to enjoy its own company. With families working and going to school the dog will be spending a good deal of time on its own. So, rather than have a dog who digs, barks and destroys, help it to learn that chew toys are the best fun while you are out.

### ***Long-term Confinement***

Long-term confinement is a small room inside, eg the bathroom, laundry or a play pen or an area outside where the pup is restricted but has more space than short-term confinement. The long-term confinement area should be at least partly sheltered (if outside); have a comfortable bed or mat; a water bowl; a toilet tray or box filled with turf; plus several chew toys stuffed with treats.

If you need to go out for longer periods of time then your pup will be content in this area with the chew toys plus it will have all the necessities - water, toilet area, bed and toys. Young pups tend to sleep a lot so a fly on the wall would probably see a pup occupied for a while with the chew toys but then fall asleep. By having a turf toilet you are training the pup the type of surface it should be eliminating on, especially if the turf has been taken from your back yard area where toileting has already occurred before and contains the pup's scent. Make sure the toilet tray is the farthest distance away from the bed.

These confinement areas will only need to be in place until the pup has learned that the toilet is outside; and will only be interested in chewing the chew toys and has reached an acceptable level of behaviour inside the house.

### ***Toilet Training***

A whole chapter has been dedicated to this subject, page 18.

### ***Crating Your Dog***

#### Is putting the pup in a crate cruel?

The answer is no. If you have trouble with the concept of having your dog in a crate, then think of it in terms that it is a den where the dog can feel completely safe and secure. The crate doesn't have to be a nasty place to be. In fact, the idea is to make it as enjoyable as possible for the pup to be in the crate so it will actually look forward to being in there.

#### Why use a crate?

A crate is handy for when you are busy doing something in the house, eg cooking, and you aren't able to keep your eye on the pup 100% of that time. By having the pup in a secure area with chew toys stuffed with treats and water the pup will be completely happy for the amount of time until you can get back to give it some attention.

If you are going to be attending dog shows, or activity events where the dog will need to be tied up or crated, then the training at home will make it a lot easier for the pup to be crated at these events.

Just make sure you take the pup outside for toileting regularly.

### How to train the pup to enjoy the crate?

Have a couple of chew toys stuffed with little biscuits or treats and place them in the crate. The pup may just follow those into the crate and start chewing them. If so, that's great – shut the door for a short while. If the pup is happy and focussed on the chew toys and not trying to get out then you are pretty much there.

If your pup is more reluctant to go in, a little patience will go a long way. Show the pup the chew toys and treats, then place them in the crate and shut the door leaving the pup outside the crate. Pup might try to get into the crate to get the treats. If so, allow it inside but don't close the door. You might even just want to put treats on the bottom of the crate to encourage the pup in. Allow the pup to go in and out comfortably but always treating for being in there, until such time that it is happy to lie down with a chew toy. Shut the door when you feel the pup is ready and content.

If you have trouble getting the pup near the crate, place treats on the outside of the crate and just encourage for checking it out. Place treats closer and closer to the entrance and then start putting treats inside with the door open. Start at just inside of the doorway and as the pup becomes more confident then place them further and further in. Don't force the pup inside – allow it to take its own time to feel comfortable inside and allow it to come and go as it pleases.

Don't leave your pup too long in the crate at a time. Start with very short periods of time to begin with (say, a few minutes at a time) and gradually build the length of time up. Make sure that the pup is allowed out regularly (every 45 minutes to an hour) for toileting and play sessions.

### ***Chew Toy Training***

Dogs need to exercise their jaws and keep their gums and teeth in healthy condition. In the wild they do this through chewing bones and carcasses. Our pet dogs don't have the same access to raw bones and carcasses as they would in the wild so they need an outlet to perform this behaviour.

Training your pup to love chew toys will save you a lot of heartache and expense! Kong and chew toys might be more expensive than a lot of other toys but compared with the cost of your new best shoes they are reasonably cheap.

Chew toy training can help prevent unwanted behaviours such as barking, separation anxiety, destruction, and keep the dog in a calm happy state of mind. While a dog is chewing on his chew toy and being fed he can't bark. Separation anxiety happens when owners make a big fuss of the dog when they are about to leave. If the dog is not used to being on its own the behaviour of whining and barking, licking or chewing their paws or any other strange behaviour may become apparent. Chew toy training keeps the dog occupied rather than being bored with nothing to do. Generally, when puppies have things they can lie down and chew they will do so calmly.

We have more information about the type of chew toys and how to stuff them and utilise them in the chapter "Puppies Need to Chew – The Importance of Chew Toys" on page 17.

### ***How Long Does The Management System Need To Be In Place?***

The above management needs to be in place until you are absolutely certain that the puppy is capable of being in a room without toileting inside or destroying anything through chewing for approximately three months. After each month of no mistakes in the house then allow the pup to access an extra room until it has free run of the house and yard area.

## ***What Happens If My Dog Makes A Mistake?***

This indicates that the pup has not yet learnt what is appropriate and you have not been paying enough attention to its actions.

If errors happen in this time after you have given the pup more freedom then you will need to go back to the confinement strategy until this has been rectified. The more mistakes that are allowed to occur the more reinforcing it becomes to the dog each time they occur. We will talk more about behaviour reinforcement in the next section (Why Do Dogs Behave The Way They Do?).

## ***Settle Down – It's Quiet Time!***

When you first bring your puppy home it's all very novel and exciting. The worst thing new puppy owners do is lavish non-stop attention on the pup. It gets used to having all this attention and play time which then makes it harder to adjust to being alone when you go out.

Take time each day to settle the pup down and if you have your confinement areas set up as above you will help the pup to adjust to enjoying its own company when you are out.



The best scenario is to incorporate some settle and shush times during the play session. For example, you might be playing with the puppy for say five minutes. Pup gets excited and hyped up, so to settle it down lie the pup on the ground for a few minutes whilst very slowly and gently stroking the body with your hand, like a massage, talking in a slow calm voice. This is a great exercise to help the dog settle if it is anxious or over-excited; it helps slow the heart rate down; and it is great when taking your dog to the vet for a check-up if it will lie calmly while the vet is doing the examination.

Inevitably your pup is going to bark when you cease the attention and play time and goes back into the crate or play pen. Stay reasonably close to the pup (you may be watching television, reading a book or working on the computer). If there is some barking and whining going on just ignore it. As soon as the pup is quiet, praise and reward with a treat. You can gradually increase the shush time required for each successive treat. This is the beginnings of teaching your pup to bark and shush. When the pup does bark you can give a command of 'speak' and then when there is silence give the 'shush' command.

## ***Night Time***

Get your pup used to sleeping at night in a place that is acceptable to you in anticipation of adulthood. For example, you might be happy for your young pup to sleep in your bedroom now, but don't allow it now if you won't be allowing it when it becomes an adult. You might prefer to have the pup in the long-term confinement area, i.e. laundry, bathroom, etc or outside in a play pen.



Give pup a chew toy to help settle down at night. You will possibly find that the pup will have fallen asleep before the chew toy is finished with. When the pup is old enough to settle down and sleep through the night you can then choose where the dog can sleep, i.e. inside; outside; in the bedroom or even on your bed.

Playing some music can also help to calm a pup down at night and keep it quiet.

If you practise the settling routine and leaving the pup alone for short periods of time with the chew toys you will find it won't take that long to have it quite happy to be sleeping and being alone.

## ***Socialisation***

You should, by this stage, have already chosen and booked your puppy into a puppy kindergarten. At eight weeks of age your pup needs to meet as many strangers, including men and children, as possible before it turns 12 weeks of age. This is the critical time period for socialisation. Refer to the chapter “What Is Socialisation” on page 41 for more information. To sum up - teach your pup to like people and dogs!

## ***Bite Inhibition***

All dogs need to bite and what we need to do from the very first day is to teach them that humans are extra sensitive and will not tolerate any form of biting on the skin. A dog which has good bite inhibition is one that will not puncture the skin when your hand or arm goes into the dog's mouth. Refer to the chapter “All Puppies Will Bite – Teaching Good Bite Inhibition” on page 14.

## ***Basic Obedience Commands***

It is important that you immediately start teaching your pup some basic obedience commands. See the chapter on “Basic Obedience Training Skills – An Absolute Necessity” on page 59 for instructions on how to teach these commands. Just as important is that all members of the family start teaching these commands, even the children regardless of their age. The pup needs to learn that all humans are to be obeyed so it will respect and accept all people and the position in the pack will be very clear.

The most important commands that need to be taught are:-

- Sit
- Drop (or Down) and Settle (as mentioned above)
- Recall (the pup comes to you when called)
- Stay



Starting the basic obedience commands from day one is the process to teaching your pup good manners and setting the rules of how you want your dog to eventually behave.

This management plan needs to only be in place until your pup has learnt:-

- **CHEW TOYS ARE BEST;**
- **WHERE TO TOILET;**
- **HOW TO BEHAVE.**

The pup can then be integrated into the family life without restriction.

*Refer to your free bonus Checklist for your own personal Home Management Chart so you can record the most urgent and important things your pup needs to learn. Tick off your requirements once you have acquired them and also work out where you plan to have your long term confinement, toilet area and sleeping area. This way the whole family will know where the pup's areas are.*

*In your free bonus Workbook under the heading My Puppy Notes, there is space for you to record your observations and make your own personal notes.*

## SETTING THE RULES



Make a decision before you get your puppy on what you expect of the dog and how you want it to behave. Your pup will soon learn the rules of ‘Household Etiquette’ if the proper measures are put in place and you are consistent and clear with what you want. The rules don’t only apply in the home itself but also when the dog is out in the community.

If you follow the Management Plan in the free bonus Workbook you will be a long way towards helping your pup to teach himself how to act and behave in the home. By participating in a puppy

pre-school you will be allowing him to learn by interacting with other puppies of the same age. Dogs themselves have rules and a way of communicating which they only learn from each other.

Write down what the rules for the pup are going to be. For example, you might decide that the rule for when visitors turn up at the front door will be that the pup will sit to say hello. This is the opposite of dogs jumping up as soon as someone enters the house. Or, you might decide that you would like the dog to bark three or four times when a stranger comes to the door and then shush. So you can decide how your pup is to behave and you are well ahead if you already have an idea on how to train the pup.

If you’ve never trained a dog before then you will need some help with this at first. You might like to start by observing other family or friend’s dogs and deciding whether there are behaviours in those dogs that you like and what you don’t like. We have given you a chart for two lists – one for the behaviours you would like to train your dog to do and those that you do not want your dog to do. You may want to do some extra reading, watch some DVD’s and understand a little about how behaviour works, which we will cover in the next section. You will also need to know the tools to use to train your dog, eg. you might decide to clicker train with treats, or you might just prefer to use voice and treats.

***Refer to your Workbook to record acceptable and unacceptable behaviours. This gives you space to list behaviours you like and don’t like. I have given two examples of how to complete it to get you started. You can even add to rows to the table if you have more behaviours and rules to apply. There is no limit to what you might like to implement. The more specific you can be the more precise will be your training and therefore the puppy will learn quicker with clear consistency. If this chart is displayed for all family members to refer to and everyone adheres to that then the more effective and quicker will be your puppy’s learning.***

## CHILDREN AND DOGS



When looking at the statistics worldwide it is obvious that the highest percentage of dog bites and attacks occur on children under the age of 14. For this reason if you have children and are planning to get a dog it is absolutely **urgent and critical** that the children are taught how to interact with and show respect to the dog.

**The majority of dog attacks occur in the family home and by the family dog.**

**Educate yourself and your children how to handle and train the dog so that you don't become one of the statistics! And socialise your pup with children from the beginning!**

### **NUMBER 1 RULE: NEVER LEAVE CHILDREN AND DOGS UNSUPERVISED**

Children and dogs should **NEVER** be left unsupervised – full stop! It can only take a split second for an attack to occur.

As a parent these are some safety tips you need to teach your children:-

- Never approach an unfamiliar dog.
- If you see a dog coming towards you never run away from the dog and/or scream. A dog's natural instinct is to chase. By running away you are instigating that natural instinct to chase. Instead, teach the child to stand still like a tree with their head turned away from the dog's face and not talk to the dog. The dog will eventually go away. A dog will never attack a tree. Staring at a dog in the eyes is saying in dog language that you are challenging him and this can instigate an attack.
- If a child is knocked over by a dog the child should curl up into a ball, head tucked under the body, stay still like a log and don't speak to it.
- ALWAYS avoid direct eye contact with a dog.
- NEVER play with a dog unless supervised by an adult.
- Report any stray dog to an adult.
- NEVER disturb a dog which is eating, sleeping or tending to young puppies.
- Allow the dog to sniff the child first, including the palm of the hand before the child pats it and NEVER lean over the top of a strange dog.
- Always ask the owner first if you can pat the dog. NEVER pat a dog on the top of the head as this is a very threatening gesture. Before patting a strange dog allow it to sniff the palm of the hand and then slowly and gently pat it on the side of the neck or the chest.
- NEVER approach a dog head on. Always approach a dog from the side, walking in a curve.



These safety tips apply to adults as well as to children.

Be aware that dogs, like people, need personal space. Try going up to a stranger and standing close enough that you're touching them – does that feel comfortable? No, you know when you are too

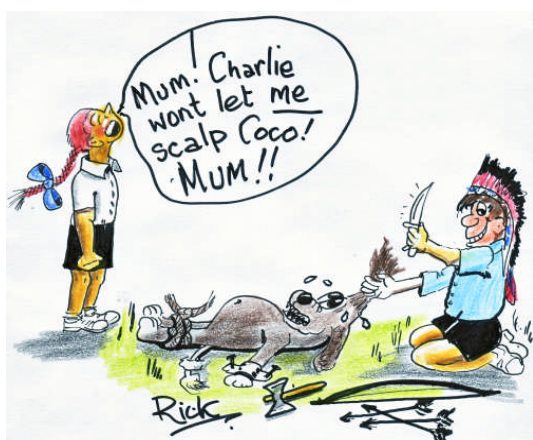


close and you need to step back. Dogs are the same. They have a personal space or comfort zone around them and we need to respect that.

Plus – I am going to state the obvious here – dogs have four legs! They do not have arms and they do not hug and cuddle each other. Some dogs simply don't like being smothered with hugs and kisses. How do you know? The dog will turn its head away and will try to pull away. They greet each other by sniffing for introduction and licking around the mouth. If your children go to cuddle the dog, watch for its reaction and if it turns the head away or attempts to break loose tell the children to leave the dog alone and just pat instead.

Generally, a dog will give a warning growl before he will bite. He might even give two or three warnings. If a child is upsetting a dog it will growl before it reacts – generally. There are the few dogs which will just turn around and nip without warning. These are generally the shy, timid dogs which have never displayed any biting behaviour previously.

So how should children behave around dogs?



- They should not be rough with the young puppy or dog. Show them how to be calm with the pup.
- They should be taught NOT to pull a dog's tail or ears or anything else which may upset the dog. If the child does not take any notice, try doing to the child what they are doing to the dog and see how they like it.
- They should not be constantly cuddling, rolling on, or generally being annoying to the dog.

- Teach any child who will be interacting with your pup to be respectful. This does not only mean your children but any other relatives and friends who might have children. They all need to learn how to play nicely with the dog and allow it to have its own space.
- Educate your children to listen for any growling. If the pup, or any dog, for that matter, growls, the child should immediately leave the pup alone.

**INSTRUCT AND DEMONSTRATE** to your children how to ask the pup for simple behaviours such as come, sit and lie down.

Help them to teach the pup tricks. This is a great way for them to interact with the pup without being a nuisance.

A great game to start off with is the Recall Game, not only is it a game but it is training your pup to come to you when called. And the children can do this easily. All they need to do is to stand apart a distance, say 10 metres, each child with some treats in their hand or pocket and one child at a time calls the dog. Each time the pup gets to the child a treat is given to the pup.

Help your children understand that dogs are living beings and they have a different communication system. Educate all of the family in dog body language. We cover body language in the next section.

Lastly, and most importantly, I am going to repeat here what I said above, and that is:-

**CHILDREN AND DOGS SHOULD ALWAYS BE UNDER SUPERVISION BY AN ADULT!  
SOCIALISE YOUR PUP WITH CHILDREN FROM DAY ONE!**

## INTRODUCING A PUP TO AN OLDER DOG

If you have an older dog already living in your household and you are planning to get a new puppy the introduction will need to be carefully supervised. Depending on your older dog and its temperament with other dogs as to how another canine will be accepted into the family or pack.



Our recommendation to you, for this situation, is to introduce the older dog and young pup at a neutral ground or park. It would be better to go to a neighbour's, friend's or family member's yard and introduce them somewhere where the older dog can be less territorial about the environment. If your dog is a regular visitor to the local park, the dog might still see that as its own territory.

Take the two dogs separately and have them both on lead. Beware that some older dogs simply don't like puppies. Approach from a little distance and allow the dog and pup to approach each other in a curve and from the side. This is a natural approach for dogs off lead. They will most likely sniff each other at the backside first and then greet each other at the mouth and then sniff each other over. This is perfectly normal behaviour for two strange dogs who are meeting for the first time. Watch the body language of the older dog particularly. What is the tail set? Where are the ears positioned? Is there any fur on the back standing on end? Is the general stance stiff and tense or is the demeanour of the dog relaxed and friendly? Is either dog growling or baring teeth?

Both people handling the dogs should have a bunch of treats. After a short initial introduction call them away as in a puppy recall and treat them. Make a big fuss of them and then allow them to go back and sniff again. This time they may want to engage in play. One of the gestures that tell you they are both relaxed and wanting to play is one dog will "play-bow". A "play-bow" is when they bend down at the front with both front legs on the ground and back legs still straight – like a bow, really. This is inviting the other dog to play and all will be well. Allow them to play for a short while. Then call them by name and ask for behaviour, such as a sit or lie down, and reward them.

Reinforce their interaction by talking to them in a happy, friendly tone of voice. Continue to watch their body postures and positions. If you feel things are not quite comfortable and relaxed, separate them by calling their name and backing off. Ask for a couple of simple behaviours or just take them for a little wander on their own for a minute.

If the dogs are together and one starts staring at the other calmly walk them away from each other. Staring is a challenge from one to another and if not broken will lead into an aggressive incident.

If all goes well and the dogs are getting along and playing just fine then there should be no problem in taking them home.

Be aware that puppies will pester older dogs and the older dog may not tolerate this. Allow it to growl at the pup to put it in its place. You may need to watch the older dog and separate the two at times to give them both some space alone. This is good for both dogs. You do not want the pup to become totally dependent on the older dog as there will be times when they will need to be separated. If they are allowed to be together 100% of the time then the pup will suffer separation anxiety when the other dog is not there.

Keep an eye on the dogs when they are together to begin with so no nasty incidents happen. Encourage whichever one is more dominant to be dominant – there may be some play fighting and jostling to begin with. They will soon sort out their pack order. You will need to determine also whether you will feed them separately or together. It depends on how they are interacting – some will be fine being fed together and others you may need to separate, especially if one dog finishes its dinner before the other and tries to eat the other's food.

Introducing a new pup or dog to the family in most cases should not be too much of a problem. If you do encounter difficulties the best thing will be to get a dog behaviourist to assist. Make sure they use positive reinforcement and no harsh methods on the dogs. Harsh methods could make the situation much worse.

We have included a list below of things you need to look out for when introducing two new dogs together.

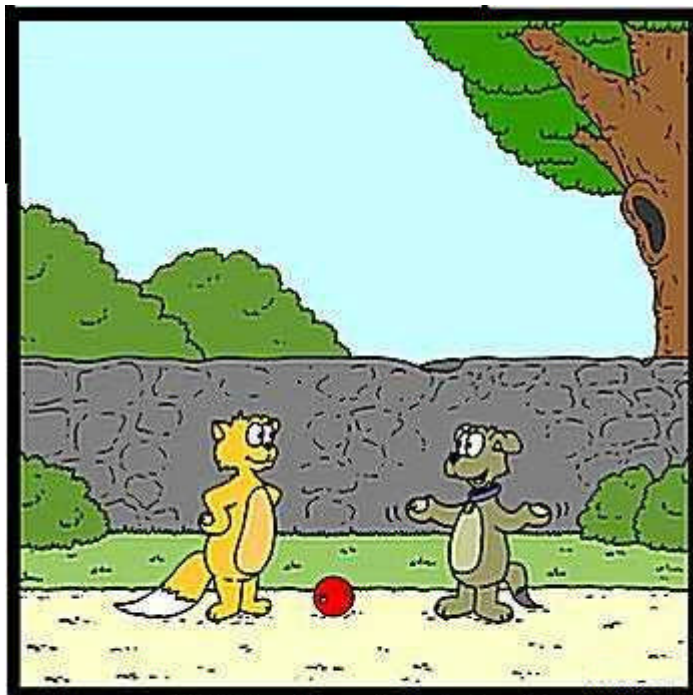
- 1. Introduce the two dogs at a neutral ground.**
- 2. Have a bunch of treats for both people involved in introducing the dogs together.**
- 3. Have both dogs on soft collar and lead.**
- 4. Approach the two dogs from a distance and in a curve so they come close to each other from the side of the body, not head-on.**
- 5. Allow them to sniff each other's back ends and then greet at the mouth for a short time only.**
- 6. Get their attention and call them away, puppy recall or a sit or drop command. Then treat the dogs for doing what you say.**
- 7. Allow them together to sniff and encourage some play.**
- 8. Watch for signs of stress and tension,**
  - a. Check the position of the ears, i.e. – are they forward and curious or are they flat against the dog's head in uncertainty?**
  - b. Check where the tail is – i.e. is it up and wagging or is it between the legs?**
  - c. Is the fur on the back of either dog standing up (hackles up)?**
  - d. Is the general appearance of both dogs happy and relaxed or is one or both standing stiff and tense?**
  - e. Is either dog baring teeth and/or growling?**
- 9. Calmly walk them away from each other if there is any signs of aggression, eyeballing etc.**
- 10. When you are happy they are getting along well take them home, preferably separately.**
- 11. Make sure they each have time out and separation from each other to prevent any separation anxiety later on.**



## INTRODUCING A PUP TO OTHER ANIMALS IN THE HOME

Use similar strategies when introducing a new puppy to other animals in the home as you would an older dog. You may have a cat, bird, rabbit, chickens or any other pet. Every situation is different however generally it is possible for all animals in the household to get along or to accept each other. I have had two Golden Retrievers, a cat and chickens who have all lived quite at ease in the backyard together – yes, even with the chickens roaming around at their leisure! In fact, one of my Golden Retrievers would sit and watch the chickens lay eggs and then immediately eat them as soon as they walked away!

At first it is difficult – there will be curiosity, excitement and fear from both animals in some form or other. The instinct of the dog is to chase prey so if it hasn't seen a cat before then this is going to be a likely behaviour if the cat runs away. For the cat, it possibly will hiss and try to scratch the dog's face if the dog gets too close or try to run away. Introduce dogs and cats with safety for both animals in mind. To begin with have a see-through barrier between them where they can sniff and smell each other but no scratching or chasing can take place.



"Fighting like cats and dogs"?  
That's just for parents:  
I don't see why we can't be friends...

The next stage is to try placing the pup in a crate and leaving the cat free to walk around and familiarise itself with the pup. Allow the cat to run and hide if it chooses and don't try to force the introduction. For other small animals have them in a cage and allow the pup to sniff and scent each other. Use food rewards for the pup for sniffing and being gentle and try using food treats for the other animal as well.

Eventually you should find that once they get accustomed to each other they will either become friends or, at very least, learn to accept each other. They may not be best buddies and play together but as long as they are accepting then that is the ideal situation. This may take some time and you can't really put a time limit on this happening – every situation and animal is different.

Remember that you also need to feel relaxed when doing this – animals pick up on our tensions and stresses so if you are stressed then that will make them think there should be something to worry about. Keep the introductions short to begin with and gradually increase the time together. You will need to gauge when you feel comfortable that you can allow them to run free without incident and if the pup starts to chase or the cat hisses and tries to scratch then you will know they are not ready to socialise together yet. This will mean keeping the animals separate for some more time to come yet. Keep up with the introductions and separated socialising exercises.

There may be a chance that these animals will never get accustomed to each other and you will have to always keep them separate. Hopefully this will not be the case. Keep persevering and taking it easy with supervised protected socialising should eventually lead to one big happy family.

## ALL PUPPIES WILL BITE – TEACHING GOOD BITE INHIBITION

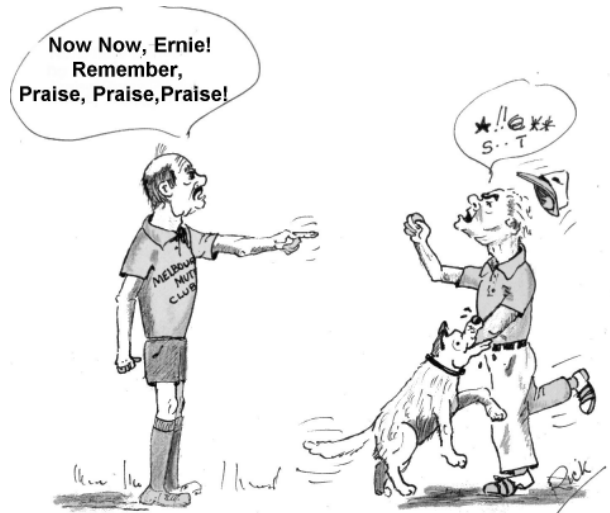
All puppies need to bite and chew. At about 5 to 6 months of age they lose their baby teeth and grow adult teeth. These adult teeth, once through, can cause a lot of damage to people and other animals and this is why we need to teach them as early as possible that we are super sensitive. Encourage your puppy to bite because this is the only way it is going to learn how to bite safely - through feedback from other dogs and ourselves - making the dog's jaws safer in adulthood.

The first exposure a pup has to bite inhibition is in the litter and by the littermates. If one puppy bites another puppy too hard the puppy that has been bitten squeals loudly. The biting puppy is taken aback by the sudden squeal and stops the biting/play for the moment. Next time the biting is a little softer. This is how they learn how hard they can bite each other.

So *good bite inhibition* does not mean that your dog will never bite, snap or nip people or other dogs, it simply means that when it does snap or bite due to sudden pain or fear, the teeth will seldom make skin contact or, if skin contact is made no damage will be done.

However, there is a very short period of time for the puppy to learn good bite inhibition. It needs to be taught within the first 4 ½ months of age and pretty much by the time the adult canine teeth begin to show.

It is **CRITICAL** to start teaching your pup to have a soft mouth from the day you bring it home and practise the exercise every day by all members of the family. Puppy socialisation is **CRITICAL** also. By participating in puppy pre-school and socialisation classes the pup is continuing its learning with other puppies and getting constant feedback about the biting behaviour and, together with the exercise in the home with all members of the family, your dog will learn that it's NOT ok to bite hard.



### How To Teach Good Bite Inhibition

You can teach this in two phases which should be taught in sequence. If your pup is a more active biter then you might want to work on the two stages together.

#### 1. Reducing the Force of Bites

Firstly, you need to stop your puppy from hurting people by teaching it to lessen the force of its play-bites.

***You do not need to reprimand or use any physical punishment.***

Spend some time playing with your puppy in the room encouraging it to bite. Give a squeal of “Ouch!” after which the puppy should back away. Immediately turn your back (calming signal) on the pup and ignore it for a short time (say 30 seconds to a minute) and then instruct your pup to come to you, sit and lie down (to apologise) and then resume playing.

If your puppy does not respond to your initial squeal by easing up and backing away, give a louder squeal of “Ouch!” and then leave the room and shut the door. Leave the pup for about 30 seconds. The pup will eventually learn the association between the biting and play ceasing. Return again into the room. Call your pup to you and request it to sit and lie down before resuming play.

It is much better for you to walk away from the pup than to restrain it or place it in its confinement area. It will soon learn that hard bites mean that an enjoyable play session stops and to bite more softly when play resumes.

However, sometimes puppies may get more excitable and hyped up when you squeal which encourages them to bite more. If this is the case, then it may be necessary to put them in a time out for a few seconds to calm down. Try lowering the tone and pitch of your voice. Not everything works for every puppy so you need to modify and try to discover what works for you. Or, as an alternative, you might want to think of a compromise – will you tolerate licking instead, in which case you could smear some peanut butter on your hand and encourage the pup to lick instead. Make sure you use the smooth peanut butter with no peanuts.

So the next step is to eliminate biting pressure completely, even though the bites may not hurt any longer. Now, during your play sessions while your puppy is mouthing and biting, wait for a bite which is harder than the others and respond in the same way above as if it really hurts: “Ouch!” Your puppy will begin to realise that humans are so sensitive and he will need to be extra careful when mouthing the skin.

Your pup should learn not to hurt people before it is three months of age and ideally it should not longer be exerting any pressure when mouthing by the time it turns 4 ½ months of age, before it develops strong jaws and adult teeth.

## 2. Decreasing the Incidence of Mouthing

Once gentle mouthing has been taught the next step is to teach your pup to reduce the frequency of mouthing. Teach your pup that mouthing can happen but it must stop at your request. This way you won't have your puppy hanging off you at inconvenient times.

The first thing for this is to teach “Off!” or “Leave it!” using food as both the distraction and reward. Have a piece of food in the palm of your hand. The pup is not to touch it. Say “Off!” or “Leave it!” and wait one second. Then say “Take it!” and allow the pup to have the food. Once the pup has mastered this, now you can up the ante to two, three or four seconds of non contact. As the pup masters the longer time you can keep increasing the seconds and praise the dog for each second, eg good dog one, good dog two, etc. If it touches the treat before you are ready to give it, go back to zero and say “Off!” or “Leave it!” again. Pup will soon learn that the treat can't be touched for the length of time you require. You can practise this at dinner time, instead of feeding out of the bowl use this as teaching time.

So, we now go back to the pup mouthing our hand. Your pup should now understand what “Off!” or “Leave it!” means. Whilst the pup is mouthing your hand, use the food as a lure and a reward by saying “Off!” or “Leave it!” and waggle some food as a lure to entice it to let go. Praise the pup and give the food as a reward.

The purpose of this exercise is to practise stopping the pup from mouthing. After a response from the command “Off!” or “Leave it!” and it lets go, praise the pup and reward. Then resume the mouthing play again. Practise by stopping and starting each play session over and over and then when you are ready to finish the mouthing exercise for that session completely give your pup a Kong toy stuffed with food.

If the pup refuses to let go, take your hand away completely and walk out of the room shutting the door. Give the pup a minute or two on its own and then go back in, call it to you and sit and lie down. You can then continue with the mouthing exercise.

If your puppy bites at your ankles, trousers or shoes as you walk simply stop still without looking, talking or touching the pup. It will soon get bored and give up with no movement or incentive to play. What they are really playing is the chasing game and from the puppy's perspective, your movement means that you are joining in.

## **Play-Fighting**

As the pup gets older continue this play fighting on a regular basis. This will help you practise good control over the dog when it is excited and it will maintain a soft mouth. Teach your puppy only to mouth your hands. Don't allow it to mouth anything like clothing, shoelaces, or hair, etc as these have no feeling and you cannot give any feedback on it when mouthing gets too hard. If your pup does nip at your trousers or shoe laces treat that as a hard bite and scream "Ouch" for that.

It is important that these play-fighting sessions with adolescent dogs do not get out of hand especially with males. The **No. 1 Rule** is that no-one can interact or play with the dog unless they have demonstrated that they can get the dog to "Come", "Sit" and "Lie Down". This rule applies to family, friends and visitors, including children, so that they don't ruin the dog's behaviour. For active games, such as tug, everyone must be able to get the dog to stop playing and sit or lie down before they can play.

So, practise the "Off!" "Sit!" and "Settle down" many times during play sessions so that the dog becomes a controllable adult dog and will listen to you no matter how excited it might be. Make sure you have frequent interruptions and short time-outs, about every 30 seconds or so, to keep check that you are in control. You need to be able to quickly and easily get the puppy to calm and settle down - the more you practise the more control you will have.

Some puppies naturally have soft mouths. For example, the Gundog breeds are bred to carry game and generally have soft mouths. You will need to really encourage puppies like these to play-fight, bite and mouth in order to give them feedback and teach them what the limit is. It can only learn what the limit is by exceeding that and receiving appropriate feedback. This is why the puppy classes and off-leash play sessions are so important.

Those puppies who have little socialisation and play with other puppies could turn out to be time-bombs waiting to go off. The quiet dog that doesn't bite much, either as a puppy or as an adult, might just be the one who will bite and leave damaging puncture wounds if someone treads on a paw or the tail.

Never punish your puppy to stop it from biting. You may find that the puppy may not bite family members but it may turn on a stranger who has no control over the dog. All it takes is a child to trip over the dog or pull its ears too hard or torment it and the reaction will be a nasty bite because it hasn't been taught how to inhibit the force of the bite.

You just never know if and when your dog will ever be provoked and pushed to the limit. For example, if your dog is tormented by a child it is reassuring to know that it will only growl and snap but not make skin contact. By doing the above exercises the dog will be strongly inhibited from hurting anyone.

### **IN A NUTSHELL – ENCOURAGE BITING AS MUCH AS POSSIBLE**

1. "OUCH" and turn away (or walk out of the room if the puppy doesn't respond).
2. Call the dog "COME", "SIT" or "LIE DOWN".
3. Teach "OFF" or "LEAVE IT" up to say 30 seconds.
4. Lure pup with food so he lets go of your hand immediately with "OFF" or "LEAVE IT".
5. Play-fight with short sessions and plenty of control. Interrupt with "SIT" or "LIE DOWN".

## ALL PUPPIES NEED TO CHEW – THE IMPORTANCE OF CHEW TOYS



As we have said previously dogs need to chew, especially puppies. And the best things to have them chew on are the hard rubber chew toys, as well as raw bones and chicken carcasses.

Any hard rubber or interactive toy with a place for stuffing food and treats in is the best. ***Make sure chew toys have more than one hole, preferably at either end.*** The chew toys with only one hole can cause major damage. If the dog gets its tongue caught in there a vacuum is created and may not be able to get it out again. The Busy Buddy range of toys are great as they have a larger hole at the bottom end and a smaller hole at the top end, plus rubber prongs on the inside to restrict the treats falling out so easily.

The hard rubber will withstand any destruction through chewing on the pups behalf and still give the chewing exercise that is needed. The ones with a hollow centre can be stuffed with little treats such as cheese, sausage, kibble, liver or whatever you fancy and smeared with peanut butter or vegemite makes for an even tastier treat. This will keep your pup occupied for hours, especially if there is more than one.



Reduce the amount of your pup's meal by the amount it is being fed with the chew toys. In fact, feed the entire dog's food allowance from chew toys rather than the dinner bowl. Measure out the amount of food it needs in a day and use that totally for stuffing chew toys. Just don't feed this amount in addition to the meals otherwise you will end up with a very fat dog which will suffer from related health problems.

Use the chew or interactive toys when the puppy is in confinement to keep it calm and happy. If you need to go out for a period of time make sure there are a few chew toys. Once your pup has become a chewtoy-a-holic you will be able to allow it access to two rooms at a time and know that nothing will get destroyed. For each subsequent month give the pup an extra room to play in if no mistakes have happened until the pup finally has run of the whole house and garden.

### Stuffing the Chew Toy



The chew toy needs to be stuffed with food in such a way that the dog gets some out reasonably quickly and some takes a little longer. This rewards the dog immediately for its interest in the toy but keeps it occupied for a reasonable amount of time.

Some ways of stuffing your chew toy are:-

- Plug the small top hole with some freeze dried liver
- smear the inside (and even the outside) with some peanut butter, vegemite or honey;
- soften some dog biscuits with water;
- add different sized items so that some are easy to get out and some aren't;
- if you are using liquid or runny ingredients mix them inside a plastic bag and then snip the corner off and siphon them into the toy;
- The last thing that should be put in to block the large hole should be solid and stick out the bottom so the dog can easily get to what is inside.
- You can buy special Kong paste in different flavours designed for squirting into kong-type toys.

These chew toys can also be put in the freezer overnight and given to an adult dog the next morning. This is not recommended for young pups.





## TOILET TRAINING

When you first bring your new puppy home, if it is allowed to roam all over the house and garden then it is going to think that any place in the house or yard is a potential toilet area. If you want your dog to have access indoors and be a part of the family unit then you need to teach it the appropriate place to piddle and poop. The biggest mistake you can make with toilet training is to allow the puppy to roam everywhere to begin with and then scold or punish it for toileting in the wrong place.

This is where long and short-term confinement areas, together with chew toy training, become so necessary to help the pup teach itself what to do and where to go (refer to the chapter on Home Management From Day One on page 3).

The long-term confinement area, a bathroom, laundry or penned area outside, should contain a tray or box filled with turf, preferably with the pup's scent on it, as well as the other essentials (stuffed chew toys, comfortable bed, as far away from the toilet tray as possible, and a bowl of fresh water). This will encourage the pup to go on the correct surface even though you are not there to supervise this.

While you are at home have the pup restricted to the same room you are in, only if you can keep a close eye on what it is doing and get to it before any mistakes are made. Otherwise, put it into a crate (short-term confinement) or playpen. The pup should have a chew toy stuffed with food as well as a bowl of fresh water and a comfortable mat or blankets to sleep on. The pup should not piddle or poop in this short-term confinement area. Be sure to take the pup out to the place which you have decided is an appropriate toilet area on an hourly basis. This gives you total control over his toileting area access and he gets rewarded for going in the right place each and every time – no mistakes.

Puppy may take a few minutes to sniff around before it does toilet – be patient and give it a few minutes. As soon as the pup has eliminated reward with some very special treats for going in the place it is supposed to. The treats just need to be something you don't normally feed – like liver, sausage, chicken bits. Also have a play session or take the pup for a walk as a reward after it has finished.

You will need to learn to predict when the puppy needs to toilet, after a meal and immediately after waking up will be definite toilet times, but taking it out more frequently to begin with will give the pup ample opportunity to eliminate, even if it doesn't need to go each time. If this is the case, take it back inside and into the short-term confinement area for another 15 minutes to half an hour and try again.

If you don't have your pup in a crate or playpen but it is in the same room with you, take care to keep a close eye on it. If the pup starts to sniff the ground this could be a sign that it needs to eliminate. Take the pup outside and reward for eliminating. Sometimes you may need to just read what is happening rather than just going out every hour or so.

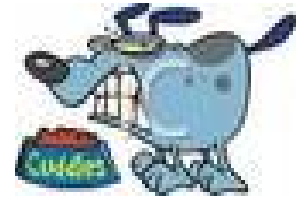
If, by any chance, a toileting mistake does happen inside do not scold the dog. Just clean it up with some white vinegar and water and be more vigilant next time. If your pup has toileted on a rug or clothing wash these in the washing machine and add ¼ cup of Apple Cider Vinegar to your regular washing detergent. Vinegar will help to eliminate the odour which will encourage the pup to eliminate there again if the scent stays. Some dogs will learn quicker than others, particularly if there is an older dog already in the household. The pup will soon learn that the toilet is outside.

Prevention is definitely better than cure! Give the pup the opportunity to get it right every time and reward for *right behaviour* instead of allowing a mistake and getting upset about it.

**REMEMBER – IF YOUR PUP ELIMINATES IN AN INAPPROPRIATE PLACE THEN YOU HAVE NOT BEEN PAYING ENOUGH ATTENTION – IT IS NOT THE DOG'S FAULT! BE VIGILANT!**

## RESOURCE AND FOOD GUARDING

Resource and food guarding is another behaviour which can become a problem as a dog gets older. People don't see this starting in a young pup and by the time they realise it is a problem they then have to do counteractive exercises to try to correct it. Once again, it is much better to prevent this problem in the first place rather than allowing it to happen and trying to fix it later. Resource guarding stems from a dog feeling insecure about food or objects being taken away and not given back.



If you have an older dog or have just acquired a rescue dog which displays this behaviour then remedial exercises will need to be implemented. These will differ from what is suggested here and depending on the severity of the problem will have to be applied in small increments.

Start a preventative programme from the day you bring the puppy home. The first thing to do is to practise food bowl exercises. This means interacting with the pup before and while it eats.

### **Eat on Command!**

A good habit to get into is to make the pup wait until you give a command word (it could be anything) for it to eat. This just makes good manners and it allows you to put the food bowl down without the dog hogging into it before it is placed on the ground. This can also be extended to not taking food from strangers or anything suspicious which might be thrown over the fence. Taking food from strangers could be a little problem down the track, though, if you ever go away and leave the dog in kennels or with friends. You would need to work with them and give them the code word so that the dog will take food from them. Just bear this in mind.

So, to start teaching the pup to wait for the command, hold the pup steady while you put the bowl down on the ground. Keep holding the pup and wait until it looks at you. The second there is that attention give your word and allow the pup to eat.

### **Food Bowl Etiquette**

Use the following exercises to teach your pup that taking away the food bowl means getting some more back. Get other family members and friends or neighbours to do these also as this will de-sensitise the dog to being insecure about people being around at feeding time. This will counteract the inclination that it might need to guard its food which would be a natural instinct if the pup was living in the wild and needed the guarding behaviour as a survival strategy:

1. Sit beside it while the pup eats – patting, stroking the tail or ears and putting your hands close or into the bowl. Have different people do the same thing so the pup learns not to be threatened by people being around at dinner time.
2. Divide the pup's dinner into small portions. Place one of these portions into the bowl and then following with the "eat on command" procedure allow the pup to start eating. When it is half way through take the bowl away and put another portion in there. Repeat this exercise until all portions have been given.
3. Alternatively, while the pup is eating take the bowl away and put a small portion of higher value food in the bowl, eg. cheese, bit of sausage, liver, polony or basically something tastier and then give it back to the pup to finish off.
4. Walk up to the pup while it is eating and drop a morsel of food into the bowl.

The above are the things you need to incorporate into your daily life in order to prevent your new young pup from learning this behaviour.

### **Guarding Objects**

Sometimes dogs will display guarding behaviour over their toys, chew treats, or anything it picks up. Once again, older dogs already displaying this type of behaviour are going to need a different approach than if you are starting with a young puppy to prevent this from happening in the first place.

So, with the new puppy start an exercise in exchanging objects. To do this:

1. Give the pup an object or wait until it has an object of its own accord.
2. Say “Give!” or “Thank you!”
3. Take the object from the pup and give a high value treat from your pocket.
4. Wait a short while and then give the object back to the pup.
5. Repeat the above.

Do the above about 5 times in a row and then go away, but do this exercise a few times a day, each time repeating the exercise about 5 times. Use different objects so the dog gets the idea that no matter what happens when the object is taken away there is still something given back. Start off with objects that don't have a huge value for the dog, eg. a sock or shoe, piece of clothing or kitchen object, then move into dog toys and after the pup is quite used to this exercise dog bones, nylabone chews, dog treats and the pup's own stuffed chew toys. Work on one level at a time, i.e. start with a low value item and get the dog consistently exchanging that before moving to a higher level object.

With the higher value objects – chew toys, bones, etc. – do a set of 5 of the above exercises and then give it back to the pup and leave it to continue chewing. The higher the value of the object for the pup, the higher the value of treat should be used to exchange it with.

Retrieving play also works well for this exchange giving. Throw the toy or ball for the dog to “fetch!” and then when it returns “give!” for more play.

These exercises need to be practised in conjunction with the Bite Inhibition exercises so that your pup learns to take things gently and doesn't snap your hand in the process.

### **Possessive about Places**

Another thing dogs can get quite guarded about is their ‘place’ on the couch or chair or even your bed. If it is allowed free access to ‘human’ places and not taught to get off, this could possibly become a problem.

Allow the dog its own mat or bed in the house but also teach it to get off and move to another spot so that it doesn't get possessive about that spot. This is when attacks, especially on children, can happen. For example, the dog is lying on the couch and a child comes to sit down next to it. The dog growls because it sees that couch as its own, but the child doesn't move. The child doesn't understand the communication and so the dog growls again, this time a little louder. The child still doesn't understand and doesn't move. The next time the dog snaps and bites the child. The dog gave warnings (growls) but the child didn't understand the warnings. There was no adult supervision either in this scenario.

So teach your dog that it is ok to get on whatever you will allow, however teach the dog to get off at your command.

Get the dog onto the bed or couch and praise it for doing as you ask. Then, using food as a lure, get the dog off the couch or bed and give the dog a high incentive reward. You can use the command "Off!" or you might prefer to give an alternative to where it can go, eg "On your mat!" So you would lure the dog to where you want it to go. Once that has been practised several times, remove the food as a lure but have a good reward once the dog has offered the behaviour of getting off. Use this exercise for different chairs, couches, beds so he learns to get off when commanded. Even use the exercise for getting the dog off the mat, into the crate and out of the crate onto the mat. If the dog refuses to get off go back to using food as a lure as well as a firm voice.

The last thing you want is a child to come up to the dog on its mat and it growls at the child for getting too close. Expose the pup to people being right up close wherever it is lying.

Teach the children how to do the above exercises as well. The dog needs to learn to obey everyone in the household.

## BARKING

Another behaviour you cannot get away from with owning a dog is barking – barking just goes with the territory, so it is really up to you to control your dog's barking. The last thing you want is to have the neighbours report you to the council for a dog with an incessant barking problem. Some breeds are more prone to barking than others, but like any other behaviour you can train your dog to bark for certain situations.

Dogs have many reasons for barking:

- Warning of strangers hanging around your property
- Neighbours children could be teasing and tormenting the dog through the fence
- Requesting something from you
- Demanding attention
- Something, or someone, spooks them and they are uncertain
- Barking because they are bored or stressed
- They may be responding to another dog barking in the area
- They may just like the sound of their own voice

Different reasons for barking will usually come with different barking tones and sounds. As you get to know your dog better you will be able to work out what the different barks mean. In the meantime, having a control and making sure your dog is not bored is the way to eliminate this behaviour as a problem.

There are circumstances when you will want your dog to bark. For example, if a stranger comes to the front door or if a prowler is hanging around you would want your dog to warn them off. Generally, houses with dogs don't get burgled.

### **Before You Train the Dog to "Speak", Teach "Shush"!**

The first step to training your dog to speak on command is to teach it to shush or be quiet. You can do this when the dog is being quiet, simply say "Shush!" or "Quiet!" and reward with a treat or some attention.

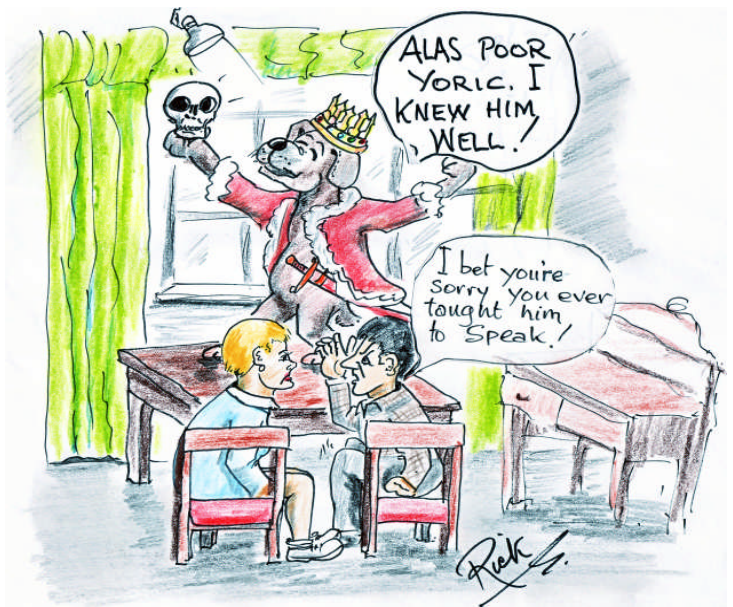
Generally, people wait until the dog is barking, they then yell (from a dog's perspective this means joining in) which in turn reinforces the dog's barking and so it continues.

Instead, what you should do with your puppy is to do the opposite! Ignore the barking, when the pup stops give the command "Shush!" or "Quiet!" and praise "Good!" immediately followed with a treat or reward of some sort.

You can specifically train your dog for different situations using these "Speak!" and "Shush!" commands. Let's go through these individually.

### **Warning Barking**

One of the reasons people have a dog is to have a bit of protection and security so you will want your dog to bark as a warning for anything untoward which may be happening. This could be if an intruder is



hovering around or a stranger comes to the front door, or even in the event of an emergency, such as a fire in the house.

Allow the dog to bark a number of times before switching it off. To do this you will need to set the dog up and train for it. You will need to determine what triggers the dog into barking. It could be a doorbell or someone walking past the front of your house or a noise of some sort. You may need a second person to help with this and have some treats ready in your pocket, so here goes:-

- Have the other person ring the doorbell or make a noise or whatever works
- Immediately follow that with the command “Speak” or “Bark”.

The dog barks.

- Praise the dog for barking “Good!” “Well done!” or “Good dog!”
- Show the dog your treat and at the same time say “Shush!” or “Quiet!”.

The dog will be distracted by the treat from barking.

- Wait for 3 to 5 seconds of complete quiet, saying “Good - Shush!” during this time
- Give the dog the treat after the desired amount of time the dog has not barked.

With this exercise always start off in small increments so don’t expect any more than a few seconds of quiet before treating. Gradually build up the quiet time to say a minute or two.



So keep repeating this exercise until your dog understands – make it a game. How do you know when the dog understands? You will be able to say “Speak!” or “Bark!” and the dog will speak without any noise to set him off. And then you will be able to say “Shush!” or “Quiet!” and he will stop barking without being shown the treat first. However still produce the treat or reward after you have the desired time for no barking.

Then expand to different places and situations so you can then turn barking on and off as you desire.

If the dog doesn’t stop barking with the food treat being shown to it then ask the dog to drop. Quite often a dog in a drop or lie down position will not bark.

You will need to keep on with this exercise otherwise the dog will learn and then forget it again. Be aware that the accomplishments you are trying to achieve will NOT happen overnight. It takes time, practise and patience to build up to what you want from your dog. You may struggle with this to begin with but just keep practising – the procedure does work if you keep it going.

### **Requesting or Demanding Attention**

One of the biggest mistakes we make is that we pay attention to a dog when it barks at us either by speaking to it, petting or playing with it. And then, before you know it, the dog has us humans well trained because it gets attention every time it barks. Fair enough, if your dog has spent some time indoors and it is barking at the back door to go outside chances are that it needs to go to the toilet. However, it is a completely different story once you have let it out and now it is barking to come back inside!

Short and long-term confinement, if followed correctly, will teach the dog to enjoy its own company with a stuffed chew toy and will be happy to spend some time outside on its own. If a dog is barking to come back inside then this confinement has not yet taught the dog to enjoy its own company for a while. In this case, give the dog a stuffed and tasty chew toy and leave it outside.

Never give any attention to a dog's barking when you know it just wants attention or to get closer to you or out of its crate. Just ignore it until it quiets down and then give it the attention it desires. Always be on the lookout for quiet times and reward those. By giving the dog attention when it is offering the behaviour you want (i.e., quiet) then there is no reason for attention barking.

### **Barking at Spooky Things**

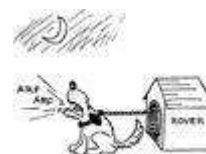
Spook barking can be eliminated entirely when the pup is a very young age by exposing it to as many objects, people and other dogs as possible. This is called "bomb-proofing" so that nothing will phase it in adult life.

Dogs that are uncertain of unfamiliar objects or people need to be exposed to more of whatever is causing them to bark, which is called de-sensitising. De-sensitising starts by an introduction from a distance and giving plenty of treats in order to associate yummy things with what it is that is spooky. Gradually move closer, giving lots of treats and praise, until you can get the dog to go up and sniff the object or person. Always reward for any positive sign of acceptance. This process may take days, weeks or even months depending on the severity of the problem.

However, by taking your new puppy to puppy socialisation classes you will be maximising the "bomb-proofing" period and teaching your dog that it has no need to fear anything it is uncertain about.

### **Barking from Boredom**

The real problem of barking occurs simply because the dog is bored. If it is left on its own all day with nothing to do then displacement behaviours appear, such as barking, digging, chewing, etc.



It is important, therefore, not to shower attention or be with the puppy 100% of the time.

It's hard at first because the puppy is novel, like a new toy that you constantly want to play with. The puppy needs to be left alone for short periods of time over and over. This will teach it that:

- The human pack members are not always available
- When the human pack leaves they always come back

To prevent nuisance barking whilst the dog is alone make sure that when you are there that it is included in the family and gets plenty of quality play time and attention. When you do need to go out and leave the dog alone hide some chew toys stuffed with food and smothered with peanut butter or honey or vegemite in the garden. This will keep the dog occupied hunting for the toys and then trying to get every last bit of food from them.

In general then:

- Train your pup to bark and shush on command, give the pup plenty of attention and play time and as it gets older plenty of exercise and mental stimulation such as obedience, agility, rally-o, etc.
- Make sure that the pup has plenty to keep itself occupied when left alone so that it doesn't bark continuously.
- Expose your pup as early as possible to as many different people and objects to avoid it being spooked by unfamiliar things or situations.
- If the pup is demanding attention wait until it is quiet before you lavish attention on it. Give plenty of attention and reward for when the pup is offering quiet behaviour.

## JUMPING



Jumping up is a natural instinct – it is not something that dogs do to annoy us. Let's have a quick look at the origins and reasons for the behaviour so you understand the what, why and most important of all, how to prevent it.

Young puppies learn to jump at a very young age. A young puppy will jump to lick the corners of the adult dog which stimulates the adult to regurgitate food so the puppies can eat. When dogs greet each other they start by sniffing the backend and then move toward the face to greet by licking the side of the mouth so if they greet each other by licking the mouth, then it goes without saying that dogs will jump up at humans for the greeting ritual. We are much taller than them so they will need to jump to perform this greeting.

However, if we humans get down to the pup's level then there won't be any need for the pup to jump up. So we can start with a new puppy and make the greeting down at their level (by this I don't mean they need to lick our face but we can pat and pet them). So by paying attention to them and rewarding them when their four paws are on the ground then there is no need for them to jump. This makes a great headway towards the behaviour never starting in the first place.

I'm sure there will be times when your pup does jump up. Simply – don't give this behaviour any attention or turn your back (calming signal) and wait for four paws on the ground. This is the behaviour you give attention to and reward.

Alternatively, if your young pup, or even older dog for that matter, has already established a pattern of jumping behaviour then teach an incompatible behaviour. Dogs can't sit and jump at the exact same moment so, if you are trying to re-correct an already established problem then set the dog up so you can train it to perform an alternative behaviour. For example, if your dog jumps up at visitors when they arrive at the front door have some treats in your hand and as you open the door to let them in, lure the dog into a sit position. Feed the dog the treats one by one as it is sitting. Or you might like your dog to go to its mat or crate when visitors come. So teach the pup when the door bell rings the best thing for him is the stuffed chew toy there.

If your dog does happen to jump turn your backs and completely pay no attention to the dog whatsoever, this includes speaking to it. Stay still and stay quiet – you may need to be like this for some number of minutes but remember you are teaching the dog manners and this doesn't happen immediately. The dog will eventually calm down with no-one paying any attention. As the dog calms down and stops the jumping, you might try quietly speaking to it and giving a gentle pat or stroke. If you speak loudly or excitedly then you will hype the dog up again – you want it to stay calm. If the jumping starts again – go back to being quiet and ignoring the dog again.

Practise sit and stay exercises in different locations, especially at places where the dog is likely to offer the jumping behaviour, i.e. the front door, the back door, etc.

A more advanced exercise is to practise encouraging the dog to jump and when it does, say "Uhoh!" or "Oops!" and turn away. This is called a No Reward Marker, whereby you mark the behaviour with another command so the dog associates that with not getting any reward. When the dog is back sitting you can say "Yes!" and reward.

So, jumping does not need to be a problem in the household or when you are out walking. Just watch your dog and pay attention / reward for not jumping up. Get down to the pup's level for greetings and it will keep everyone happy.





## DIGGING

This is another common problem which people complain about, and can be easily avoided with proper chew toy training and restriction of access to areas not to be destroyed. Believe it or not, this is another behaviour that your dog doesn't do deliberately to spite you.

There are several reasons why a dog may dig:

- To bury a bone or food item
- To find a cool spot to lie in the summer heat
- Sheer boredom and the need to have something to do
- The dog knows this is a way to escape
- The breed's natural instinct is to dig and hunt out small animals (such as the Terrier breeds)



### Training Your New Puppy Not to Dig

When you bring your new puppy home if you follow the steps for teaching your pup to become a stuffed chewtoy-a-holic then you are half way to preventing the problem in the first place.

Long and short-term confinement measures for the first few weeks of the pup's life will allow you to control which parts of the garden the pup is allowed to go. As the pup gets older allow it to have a fenced off spot in the garden where it can dig if it wishes and only allow the pup access to that area.

### Burying Bones and Food Items

Some dogs will just naturally dig a hole to bury bones or food items and possibly other items. There is not much to do about this except allow it to have its own area where this can take place or just don't give the dog the bones and food items outside.

### Digging for Comfort

Dogs will quite often dig a patch in the sand to lie on during the hot summer months. The cool sand underneath the top soil helps them to feel cool.

If this is a problem organise another alternative place for the dog to lie which is equally as cool. You might like to leave the dog inside in the air conditioning, for example. Or leave a damp towel on the ground.

You can purchase special cooling mats which have little jelly like crystals when wet which are designed to keep the dog cool. These make a great alternative if your dog likes to lie in the sand. If your dog is a chewer then this would only be suitable under supervision.

Also dogs like to sometimes dig where there is water and reticulation. This may be an area you need to keep the dog restricted from.

### Boredom

Dogs do get bored if they are left alone for long periods of time and there is not much to do. Compounding this is if they get little attention or exercise when you are home. Make sure your dog is well exercised daily and is allowed to be part of the family when you are home.

Teaching your pup in the beginning to love its chew toys stuffed with food will give you plenty of options to keep it occupied. Place a few stuffed chew toys around the garden and hidden in areas the pup is allowed access to. To begin with let the pup see you place these around the garden so it knows to go hunting for them. This will be far more interesting than digging.

### **Escape Artists**

Dogs learn very quickly and if your fencing is not up to scratch you may find your dog discovers the joy of finding its way out into the big wide world.

Once again, this is more likely to happen if the dog is spending a lot of time on its own with not much to do and, on top of that, it gets very little exercise.

If this is the case you will need to:

- Exercise the dog more
- Provide stuffed chew toys to give it something to do
- Fix the fencing - you can bury chicken wire under the fence with the sharp edges rolled down, or place some half buried rocks to prevent further digging or keep the dog away from that part where it is escaping

### **Hunting and Foraging**

Some breeds are more likely to dig as they are bred to hunt out smaller animals such as mice and rats. The terrier breeds are well known for this. Use the above distraction techniques and/or keep the dog away from the area which is being dug.

### **How to Overcome an Already Established Digging Problem**

First of all, determine from the above why this behaviour is occurring. Is the dog spending a lot of time on its own in the backyard with little stimulation and not enough daily exercise? Is the dog allowed inside with the family when at home? If it is a problem use the above suggestions to try to modify the dog's behaviour.

If holes have already been dug fill the hole with some of the dog's own faeces. Dogs generally don't dig where their faeces are located.

If you are at home and you see the dog starting to dig go out and distract it by playing or taking it inside, or to its own approved digging area which you have set aside. Reward the dog for digging in the right area. Allow your dog to dig in this area as a reward for a good training session, rather than using food.

There are a number of things to try – the secret is to see which method works best for you and your dog based on your particular environment.

## HOME ALONE

Another important thing to teach your new pup is that there are times when it is going to be home alone. In the beginning the pup will be a novelty and everyone in the family will want to spend much time with it. However it is important to allow your puppy time alone so it doesn't develop what is called "separation anxiety". This anxiety is a result of the dog becoming too over-dependent on you being there all the time. This is also a time when pups will get up to mischief and more likely to destroy things.

Through using the long-term and short-term confinement areas as discussed you can teach your pup to enjoy its own company - with the help of stuffed chew toys, of course. Build this exercise up as follows:-

- Teach the pup to be calm and quiet in its crate while you are present. Start with short periods of time and build up the time frame gradually.
- As the pup is calm and settled in your presence then extend the distance to the next room but go back to a short time frame.
- Gradually build up the period of time for separation in the next room.
- Then have the dog outside for short periods of time and gradually build up the time for that separation.
- End each session with some basic obedience exercises or fetch/retrieve play.

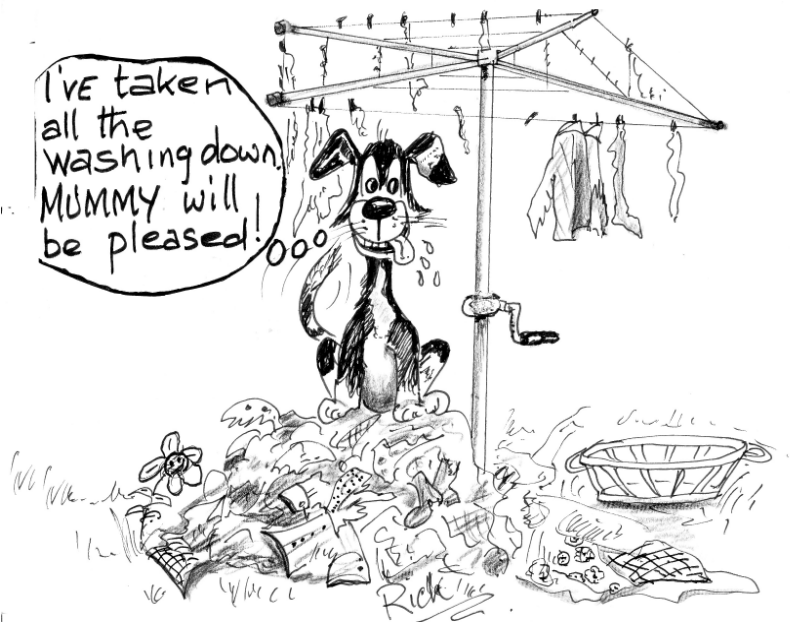
Note: Never go back to the pup if it is whining or barking. The reason – if you do the dog will very quickly learn that whining or barking gets it attention from you.

When you finally come to leaving the house don't make a big fuss of the pup before you go. Keep your departures and arrivals low key. Check the pup is comfortable in its long-term confinement area and has plenty to keep it occupied with the stuffed chew toys. You could also leave a radio or some music on to help keep it company. Then leave quietly.

The same goes for when you return home. Walk around the house for a couple of minutes before you go to check on the pup. It is likely the pup will be quite excited if it knows you are home again. If you go straight to the pup and make a big issue of being home you will just hype the pup up, excitement will encourage "jumping" and "demanding attention" behaviours. Teach the pup it needs to be calm before you will go and say hello. When you do go to greet the pup throw a toy for it to retrieve or ask it for a sit. Give the pup some quality play time or a walk as a reward for having spent that time alone.

If you have an older dog who already barks constantly when left alone then a remedial programme will need to be implemented. You may need help of a professional and certainly it will require time and patience to de-sensitise the dog.

It is much easier in little steps to teach a young pup to accept human comings and goings is a normal part of everyday life and that "alone" time means treats and chew toys.



**How do you stop the dog from taking down the washing?  
EASY!! When the washing goes out - the pup comes in!**

# SECTION TWO

## WHY DO DOGS BEHAVE

## THE WAY THEY DO



This section covers a very basic understanding of natural dog behaviour, communication and using posture to convey that communication to other dogs. It is very specific and definite and the more we can learn to understand and ‘read’ what dogs are saying to us the better equipped we are to handle and be in control.

*Related free bonus Workbook inclusions:*

- ▶ *Body Posture Chart*
- ▶ *What Is My Puppy Communicating to Me*

## UNDERSTANDING BEHAVIOUR

Maybe he has weaned too early!

What ROT!

A Chihuahua frightened his mother!  
His owner left him alone at home, with a CAT.  
Don't waste your time debating THAT!

Just learn to train without pain  
and all our fun from now, will be your gain!



Behaviour is a whole subject in itself but it helps to have a little understanding about behaviour from a dog's perspective and understand why they do the things they do.

Going back in history the evolution of canine social behaviour was determined by four things – fear, aggressiveness, submission and dominance. Basically the identity of the dog is that they are **predators** (hunt, chase, grab and hold, dissect, chew) and are **highly social beings** programmed to be around others to survive (bond strongly and don't cope well with isolation). These four things evolved because they were the strategies that worked for the dog best at particular times for its own survival.

### So what really is behaviour?

- Behaviour is everything an animal does and comprises all its actions;
- It is the result of responses to stimuli, internal as well as external;
- It develops as a result of genetic programming and interaction with the environment;
- The function of behaviour is survival of the animal and species. Therefore, only the fittest will survive long enough to pass their genes to their offspring which gives behaviour and sexuality a very close connection.

So, with the above in mind, we classify behaviour into the following categories:-

- **Normal Behaviour** – is behaviour which is displayed by a specific species and population at a certain time in a particular location and is applicable to the majority the population.
- **Abnormal Behaviour** – is behaviour which deviates from normal behaviour.
- **Pathological Behaviour** – is behaviour which can possibly decrease the animal's chance of survival. This is difficult to modify but may need to be supplemented with therapy using medicine. **Note:** Most cases of canine *problem* behaviours are not pathological.
- **Aggressive Behaviour** – is the most serious and is sometimes displayed with other unwanted behaviours. Sometimes aggressive behaviour can be caused through a medical condition. For example, recent studies show that there can be a relationship between aggressive behaviour and thyroid dysfunction, whereby treatment of the thyroid problem and metabolism shows dramatic reversal of this aggressive behaviour.

If we go back to the identity of the dog as a predator and the highly social being we can certainly see how these behaviours fit into their daily lives, different breeds showing stronger tendencies for different characteristics. We can also see how some of these characteristics, if not channelled properly, could lead to unwanted behaviours, eg. finding objects and chewing them; chasing of other animals, cars, etc; separation anxiety when left for long periods on their own.

So how does this fit with you and your new puppy or dog? It is important to understand that ***there is no such thing as good and bad behaviour – it is simply behaviour.*** When you can grasp this concept then you will be a long way towards understanding that *natural dog behaviour* (whether desired or undesired) and *animal learning* (including behaviour modification) are two completely different things. You will also need to understand that ***behaviour keeps repeating itself simply because it keeps getting reinforced.***

## Three Laws of Learning

There are three basic laws of learning:-

1. Rewarded behaviour gets repeated.
2. Ignored behaviour stops.
3. Once a particular behaviour is in place, a variable schedule of reinforcement will strengthen the behaviour.

Let's go into these further and from the example work out whether the following approach is effective or not.

### 1. Behaviour that is rewarded will most likely be repeated

Example: Your dog always jumps up on visitors as they enter the front door.

If your dog jumps up and you yell at the dog to get down and knee it in the chest, the perception is that the dog will behave properly because we see the knee in the chest and the yelling as a negative response and we assume the dog will perceive it the same way and stop the jumping behaviour. When the dog finally stops jumping and has all paws on the ground it gets ignored. The reality with this situation is that the jumping behaviour is likely to be continued because that is what gets the dog the attention it is seeking.

### 2. Behaviour that is not reinforced is most likely to be extinguished

So, as in the above example, if the dog is not getting any attention or food reward for having all paws on the ground, which is the acceptable behaviour we want, then this is more likely to stop because there is no reason for the acceptable behaviour to continue. In other words, why would the dog keep all paws on the ground if no attention or reward is being given to reinforce that behaviour?

If, on the other hand, you ignored the jumping up behaviour and gave attention and food reward every time to the 'all four paws on the ground' behaviour then that is what will likely continue, which is acceptable.

So, assuming this is now what is happening – praise, attention and food reward for the dog not jumping then the third law is:-

### 3. Once the behaviour is established, a variable schedule of reinforcement will strengthen the behaviour

So the jumping behaviour has now been turned into 'stand (or sit) for attention and petting' behaviour. You might sometimes give a food reward or sometimes a pat or sometimes a tickle under the chin or you could give the dog a short play session as a jackpot. The dog never quite knows what it's going to get so the behaviour will be kept strongly in place by jackpot of food or play time but not every time – it is always varied.

## Classical and Operant Conditioning

When reading and learning about training your dog you may come across the terms Classical Conditioning and Operant Conditioning.

**Classical conditioning** is basically creating an association between two stimuli – one has no meaning to the dog and the other is one that does already have meaning and the stimulus could be pleasant or unpleasant.

Let's go to Pavlov and his dog for the example. Pavlov taught his dog to salivate upon hearing the sound of a bell. By ringing the bell just before feeding the dog some food over a period of time, the dog eventually associated the ring of a bell with the onset of being fed. So the sound of the bell caused the dog to drool in anticipation of receiving the food. Eventually the reaction was that the bell meant food to the dog.

**Operant conditioning** refers to the training or modifying of behaviour by using reinforcement to increase its frequency or probability so that behaviour becomes stronger.

Reinforcement comes in four terms – Positive Reinforcement, Negative Reinforcement, Positive Punishment and Negative Punishment.

(Here we relate “positive” and “negative” to adding something or taking something away whilst “reinforcement” and “punishment” refer to behaviour increasing or decreasing).

**Positive Reinforcement (+R)** – refers to anything which is *good* that is *added* (positive) that *increases* (reinforces) behaviour.

Example: Your dog sits when you ask it to and you give it a treat.

**Positive Punishment (+P)** – refers to anything *bad* which is *added* (positive) that *decreases* (punishes) behaviour. This is not a recommended method to train your dog – it can cause subsequent problems and sometimes only suppresses behaviour.

Example: Your dog urinates on the carpet and you hit it with a newspaper.



**Dogs trained with Positive Reinforcement, will often "throw" behaviours at you!**

**Negative Reinforcement (-R)** – refers to anything *bad* that is *taken away* (negative) to *increase* (reinforce) behaviour. Stay clear of this one also for training your dog.

Example: You have a choke collar on your dog which you yank (positive punishment) because the dog is out of position and then loosened (negative reinforcement) when the dog stops pulling.

**Negative Punishment (-P)** – refers to anything *good* that is *taken away* (negative) to *decrease* (punishes) behaviour. Sounds awful but is actually quite ok. Basically you are withholding a treat or attention for unwanted behaviour and waiting for the dog to offer wanted behaviour which can then be rewarded. Simply put – no work, no pay.

Example: (a) Your dog jumps up on you and you walk away (negative punishment) denying the dog any attention. The jumping diminishes and you reward for the correct behaviour.

(b) You are sitting watching television and your dog is demanding attention. You ignore (negative punishment) the dog until it sits politely. You then reward the dog for sitting nicely.

These are the main basic methods for training – two of them (Positive Reinforcement and Negative Punishment) will get you better results than the other two (Positive Punishment and Negative Reinforcement). Use the above to work out the best ways to train your pup so you get the acceptable behaviour you want.

There is so much to learn about behaviour in dogs – it would be a whole study course on its own, but hopefully this gives you a basic understanding of the how, what and why behind it. If you keep this in mind with your new puppy or dog you can use this to mould the behaviour into what is acceptable for your individual situation.

Looking at life from the dog's perspective it boils down to this:

1. Everything is for chewing (dogs have no concept of difference between valuable objects and objects which are meant for chewing).
2. No sense of morality (there is no concept of right or wrong, only the difference between safe and dangerous).
3. Self-interest (they only desire to please themselves).
4. They learn through operant and classical conditioning to get what they want.
5. Basic predators (this means search, chase, grab and hold, dissect, chew are all inbuilt natural behaviours).
6. Highly social (this means they bond strongly with other beings and don't cope well on their own for long periods of time).
7. Finite socialisation period (a dog's automatic response will be to fight with or flee from things they see as a threat and are not socialised to).
8. Opportunistic and keen scavengers (they will eat it before the competition gets it!)
9. Resolve conflicts through a highly ritualised aggression system (dogs don't write complaint letters, or take you to court).
10. Well-developed olfactory system which serves them for hunting and gathering.

### **Fear Periods**

Also sometimes affecting behaviour are the times in a young dog's life which are known as the fear periods. Some dogs don't seem as affected as others by these times. You may find that suddenly your confident dog shows fear towards people, objects or places which it used to be quite comfortable with. Some dogs which were quite placid may start to show signs of aggression, growling or lunging. The fear periods are:

- Between 7 to 9 weeks of age
- Anywhere from 4 to 6 months of age
- Around 12 months of age
- At approximately 14 to 18 months and some dogs may not be until 2 years of age

If you see signs of aggressive behaviour during these times don't punish or make a fuss of the dog for displaying this behaviour. Continue socialisation but only to friendly and familiar people and dogs or objects that it is not going to react to. Do not expose the dog to new experiences, people and dogs unless it is absolutely necessary. Increased exposure to new things could backfire and create problems. You need to keep helping your dog through all of these fear periods and not just the first couple. There will be a myriad of situations your dog will experience over its lifetime and if the dog is not handled properly during these periods then it can be damaged for life. Training and socialising should be ongoing but in comfortable and non-threatening circumstances.



## DOG COMMUNICATION AND BODY LANGUAGE

Dogs have a very subtle and highly developed communication system between themselves. These communication skills are learnt very early on, firstly with their litter mates and mother, then through socialisation with other puppies and older dogs. So, not only is it important for your pup to learn to like other puppies and dogs, but it is also necessary for the development of their social and communication skills.

Dogs do not speak in language but they do communicate through their body movement and positions, as well as verbally through barking and growling. They use their ears, eyes (pupil dilation), facial tension (particularly around the muzzle and forehead), tail carriage and body weight distribution to demonstrate how they are feeling. So, by looking at a dog at a particular moment, you can tell from all these whether it is relaxed or fearful, playful or acting in an aggressive or submissive manner.



We can assume that:

1. **Motivation** is what compels an animal to do what it does.
2. A **drive** is a force, an urge onward, a basic need, a compulsive energy.
3. **Fear** is the drive that motivates the individual to react to an incoming threat.
  - a. A **threat** is something that may harm, inflict pain or injury to the animal, or decrease its chances of survival.
  - b. **Fear** elicits flight, immobility or distress behaviour.
4. **Aggression** is a drive directed towards the elimination of competition.

Studies seem to indicate that there is some confusion when we use the terms dominance and submission and are quite often combined with aggression, eg dominance-aggression, fear-aggression, submissive-aggression are the most common.

If this is looked at more closely we will realise that it is actually not possible for a dog to be fearful and aggressive at the same time. Fear leads to passivity or flight, and aggression to attack; therefore the dog cannot be immobile and attack simultaneously, or attack under flight. When people speak of fear-aggression they mean submissive-aggression, which may occur when an aggressor does not accept the animal's submission and there is no possibility of escape. The initial submission turns into submission and fear, and finally into submission and aggression. When a dog attacks another, it is *always* aggressive.

For instance, saying that a dog is a fear-biter, i.e. it displays fear-aggression, is equivalent to saying that the dog does not behave in a purposeful manner and is showing pathological behaviour. By rephrasing this and saying that the dog shows *submissive-aggression*, we answer the question of how to solve the problem, i.e. the dog is submissive, which means reacting to a threat by another, giving in and surrendering. It only becomes aggressive because its submissive behaviour does not have the desired effect. The dog is then under threat and ready to react by flight or immobility. If flight is not possible, it

may freeze which could mean death. Others may resort to their last defence of attack, and then the drive of aggression takes over. This situation is easily avoided by accepting the dog's submission or allowing it to flee.

The above explains why dogs tend to display more aggressive behaviour while they are restrained on lead. If the dog is unable to flee a situation because of that restraint, the submission is going to turn into aggression. When a dog is free to escape a situation which is threatening then it is unlikely that an aggressive incident will occur.

Similarly, the term dominance-aggression is misconceived as well. It is possible for a dog to be aggressive and dominant, but the term suggests the dog attacks because it is dominant. This is actually not correct. Dogs do not attack because of dominance. Dominance aims at *controlling* another by means of *ritualised behaviour*, without harming or injuring it. The final attack, if there is one, is motivated by aggression alone.

## **Body Postures and Movements**

### ***Play***

When a dog wishes to engage in play sessions with other dogs you will see them lower the front of their body as in a bow. Generally their mouths will be open and relaxed and tongues hanging out, the tail will be wide and wagging. They may bounce around to encourage the other dog to play. Once the invitation has been accepted both dogs will rough and tumble together. Some growling may occur in excitement. This behaviour is especially displayed amongst young pups.

### ***Normal and relaxed***

The dog will be standing with its head up and mouth slightly open and tail wagging. The eyes will have a soft expression and the body will not be tense.

### ***Fear or Stress***

When a dog is in a state of fear they will usually hold their head at a lower level than normal and turned away to try to avoid conflict. The tail will be hung low or between the legs. The ears will be held back and flat. The dog's body may be in a slightly crouched position and hackles could be raised. The mouth may be closed and lips tight. Dogs in this state may go into a submissive position which is lying on the ground or rolling over on their backs. They may urinate a little. They may try to pull away (flee) and start whining or growling.

If your dog gets into this state remove it from the situation which has caused the stress, i.e. if it is another dog or a strange person turn around and walk away. The longer you leave your dog in this state the more its adrenalin flows and sometimes it can take several days for the dog to return to normal.

You may need to get further professional advice if you notice your dog gets reactive to different situations. However, if you have socialised your pup well from the beginning and exposed it to as much as possible then you are more likely to have a confident dog that will be able to cope in most situations.

### ***Greetings***

Dogs will approach each other side on when greeting a stranger. They will generally sniff each other's backsides first and then move to the mouth area for sniffing and they may lick each other's mouths.

We should take the same approach when meeting a strange dog (although we don't need to sniff butts or lick mouths!) but approach from the side. Never approach head on and allow the dog to come up to you

first and check you out. Don't look directly at the dog's face and turn your head slightly and **never** pat a strange dog on the top of the head.

By learning to read and understand the dog's body positions and its language you can then determine what could possibly be a potential threat to your dog and understand that if it is fearful then an escape needs to happen. This could be walking in the opposite direction or throwing a ball to allow your dog to escape the situation. You will not only be able to read your dog's language but the language of other dogs and be able to assess a situation before it happens. Or you might be able to just use a calming signal to help your dog relax more. We will cover calming signals in the next chapter.

## CANINE BODY LANGUAGE

Because dogs are descended from wolves, they share many of the same traits. One of these is the "pack instinct." Dogs recognize leadership in a group and transfer this tendency to their human families.

Dogs, like wolves and humans, communicate their emotions through body language. The illustrations below will help you to understand what *your* dog is saying.

### ACTIVE SUBMISSION

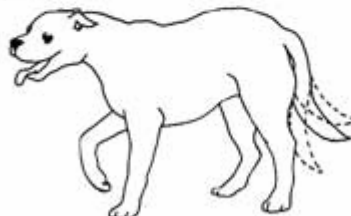
This dog knows that you are the leader and she wants you to approach her.



"I'm friendly—but please go slowly!"

### PASSIVE SUBMISSION

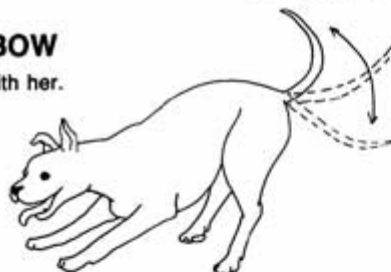
This dog knows that you are the leader, but she will come to you.



"Hi!" "Let's be friends!"

### PLAYBOW

This is an invitation to play with her.



"It's time for some fun!"

### AGGRESSION

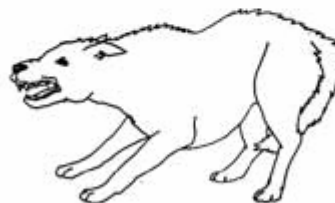
This dog does not recognize you as the leader. She may attack you.



"GO AWAY!"

### FEAR

This dog is on the defensive. She is unpredictable and could attack.



"I'm scared, so back off!"

Remember, you must always maintain the role of a firm, but gentle leader with your companion dog to assure a happy relationship.

*Refer to your free bonus Workbook Body Posture Chart and record your observations about your own dog on the What Is My Dog Communicating To Me page.*

## CALMING SIGNALS

We have seen so far that a dog's communication through behaviour and body language play a complex role in determining their relationship to other dogs and people. In addition, when body language shows any sign of stress or conflict, either in other dogs or humans, dogs use certain subtle movements to help diffuse that stress or conflict. By nature dogs are conflict-solving animals and they will use body language to calm themselves, other animals or humans down. Dogs understand the language, we as humans need to learn it.



### **So What Are The Calming Signals?**

There are just under 30 different movements or gestures which dogs use to calm others or themselves down. The main ones to look out for are:-

#### ***Sitting or Lying Down***

Sitting or lying down can actually be a calming signal. Dogs will do this sometimes during active play times if things get too rough or just to settle things down.

Strange dogs approaching each other will sometimes sit or lie down to communicate that there is no threat with their presence. If you chastise or are getting frustrated with your dog during a training session or in the home, watch for a sitting or lying down behaviour to follow. Your dog may be telling you to calm down.

A dog lying down and then rolling onto its back is a clear submission signal and is non-confrontational.

You can use these signals yourself to help your dog calm down. If the dog is stressed about strangers being in the house, ask your guests to sit down. If your dog is stressed try lying on the couch or on the floor and see if it will come over and lie next to you.

#### ***Turning the Head***

Any varying degree of your dog's head turning to the side and either staying there or moving back. This movement can be swift or it can be very slight. You may notice this if another dog approaches your dog too quickly or if it was approached head-on instead of from the side. If you bend over the top of a dog and it is feeling uncomfortable about the situation you may notice it will turn the head.

You can also use these signals yourself to calm a dog down if you feel it is stressed or tense. You might start to approach a dog head on and it starts to growl. Stop where you are and turn your head, or even just turn your eyes away so that you are not looking at the dog directly in the face or making eye contact

#### ***Turning Away***

A dog partially or fully turning the body away from another dog can be very calming. Dogs in play may use this technique to calm the play down a little.

You may see a dog growl at another which subsequently then turns its body away. If you approach a dog which appears to be nervous or aggressive, turn your back to it and then allow the dog to approach you to sniff and make friends. Or if your dog is jumping and nagging you, turn your body away.

### ***Freezing the Body***

A smaller dog will sometimes freeze if another much larger dog approaches to sniff it. Once the larger dog has had a sniff and moves on the smaller dog will then move again.

If you speak in a threatening manner or get angry with your dog you may notice that it will sit, stand or lie down and not move. The dog is picking up on your vibes and may be trying to tell you to calm down.

### ***Walking Slowly and Using Slow Body Movements***

Slow body movements such as walking slowly near a dog can calm the dog down. If you go to pet a dog and you're not sure how the dog will react, it may be timid, or scared – use slow movements with your hand, stay to the side of the dog and allow it to see your hand. Never make any movements over the top of the dog's head or body as this is a threatening action.

You may see two strange dogs approach and one play bows to the other to invite the other to play if the dog is nervous or uncertain.

### ***Licking the Nose***

Dogs will sometimes lick their nose if they feel uncomfortable or stressed. It could be one quick lick or it could be continuous licking depending on the situation. This is not a calming signal which humans can really use.

### ***Yawning***

This is a great one for people to use and can be used in conjunction with turning the head away also. If your dog yawns see what is going on around you and see if there is anything happening that could be causing a stressful situation. There could be many things stressing the dog and the yawning is to try to calm the situation down.

### ***Sniffing***

Sniffing can be used in avoidance of stress or uncertainty. For example, you and your dog could be in the park or walking down the street and a stranger is approaching with an unusual object, or it could be someone in a wheelchair, or even carrying an item such as an umbrella. The dog may turn away and start to sniff the ground if it hasn't been used to seeing these things before and is feeling uncomfortable.

### ***Splitting Up***

Splitting up is another technique which dogs use to avoid conflict. Tension sometimes occurs when humans and/or dogs or a group of dogs are too close together. To release the tension a dog may walk between the group to separate the closeness.

You may be sitting close to someone on the couch or have a child on your knee, and your dog may come over to try to get between you.

Or you may see puppies playing together and one might be being rough. If an older dog is present you may find that dog will come between the group and protect the one who is in threat.

## ***Wagging Tail***

A dog wagging its tail does not always necessarily mean that it is happy. It depends on the whole carriage of the body. For example, a dog's tail may be wagging but it is in a crouched position as it walks as well as whining and maybe piddling. In this case, the whole demeanour of dog suggests tension and fear, even though the tail is wagging. In this instance the dog is displaying tail wagging as a calming signal.

There are a number of other calming signals which dogs use but the above are the main ones and once we learn to use some of them we will find it possible to communicate and relate to our own dogs a lot better. Observation is a key thing here and the more you observe your puppy with other puppies and dogs as well as people, you will learn to read them and be able to avoid any potential conflict.

## **Situations Which Can Stress Your Dog**

Dogs can be stressed by many situations listed below:-

- Anger, violence or aggression in the environment.
- Obvious threats whether it be by humans or other dogs.
- Getting disturbed and not being allowed to relax.
- Sudden changes in the environment or scary situations.
- Being left on its own for long periods of time.
- Too much noise around.
- Too much exercise or overexcited playing for a young dog.
- Too little exercise and activity.
- Demanding too much of the dog in training.
- Forcing the dog to make actions in training.
- Hunger and thirst.
- Pain and illness.
- Not having access to a toilet area when the dog needs it.
- Being too hot or too cold.

The dog will help you identify that stress by:-

- Appearing restless.
- Displaying calming signals.
- Scratching, biting and chewing, shaking, licking itself, running after the tail, panting, shivering, looking nervous, barking, whining or howling and behaving aggressively can all possibly be a sign of stress. You need to assess the whole situation.
- Physiological signs which can include smelling bad, diarrhoea, tense muscles, a sudden "attack" of dandruff, change of eye colour, fur changes such as standing on end, looking unhealthy, losing concentration quickly, going to the toilet more often than normal, allergies, fixation on objects or things.

Any of these signs may be displayed singularly which does not necessarily mean that the dog is stressed, however if you see a sequence of these behaviours, for example:- dog sniffs, dog scratches, a lip lick or two, turning away, body posture tense all one after the other then this is more likely to be a dog in stress.

If you see your puppy display any signs of stress look for what is causing it and take action to change something so that it is feeling comfortable again. Learn to read your dog and communicate using not only voice but body language as well. Your dog will love you for it.

# SECTION THREE

## PUPPY KINDERGARTEN



Puppy kindergarten or pre-school is an important place to socialise your pup from an early age during the critical period of its life between 8 to 12 weeks of age. This is the best time for helping them adjust and accept new sounds, people, puppies and older dogs, environments and objects. This gives an overview on socialisation, what to look for in a puppy kindergarten as well as how to prevent dog aggression and socialisation problems.

*Related free bonus Checklist inclusions:*

- ▶ *Socialisation Checklist*
- ▶ *Finding A Suitable Puppy Pre-school Checklist*

## WHAT IS SOCIALISATION

This is the most important part of your pup's development and it is crucial to continue socialisation after leaving the litter at 8 weeks of age. Exposure to socialisation or lack of socialisation will determine the way of being for the rest of the pup's life. The aim of socialisation is to teach your puppy to enjoy people and enjoy their interactions, especially men and children; to enjoy being hugged and handled or examined by all types of people, particularly vets and groomers (if you have a breed that needs regular clipping). Exposure to new situations noises and activities every day will help the dog become resilient to different circumstances and strangers as it gets older.

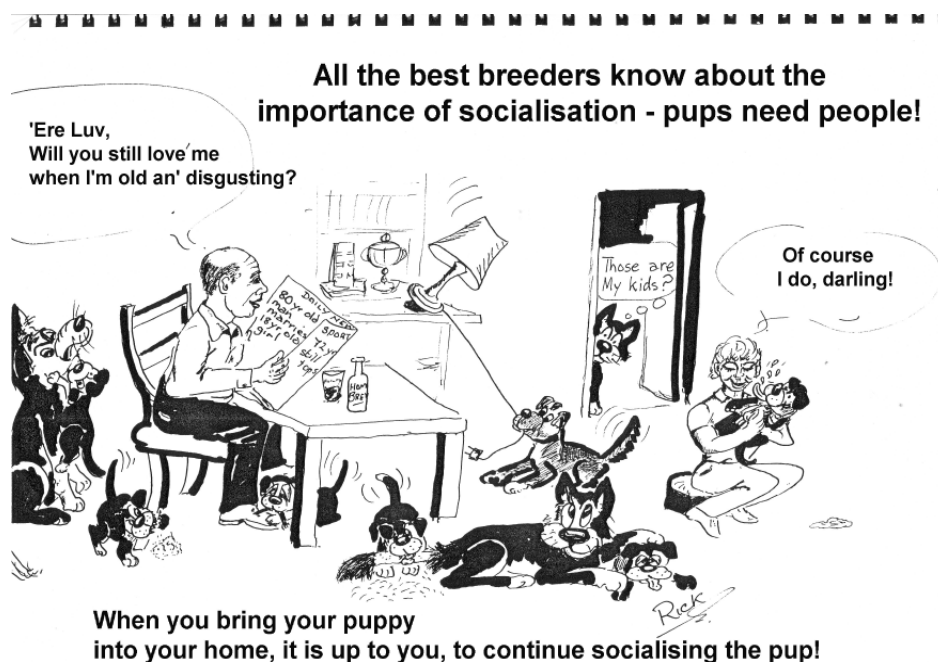
The areas of socialisation need to be around:-

- People – including men and children.
- Dogs – including puppies the same age and older dogs.
- Environmental – exposure to noises, busy streets and cars, people riding bicycles, shopping centres, schools when children are leaving for the day plus many more situations.

### Puppy Kindergarten Classes

By just taking your new puppy to a puppy kindergarten class you are immediately exposing your puppy to all of the above. Before enrolling in a puppy kindergarten do some research and ask to sit in on a class to see if you are happy with the way it is conducted. When researching the puppy kindergarten use our set of questions in your free bonus Checklist Booklet to find which suits you best.

### People Socialisation



The puppy kindergarten is a great place to start for stranger socialisation but as you go through the course those people will no longer be strangers. It is important for you to expose your puppy to as many strangers as possible in those first few weeks, preferably 3 to 4 strangers per day.

Have some small treats in your pocket and ask them to handfeed the puppy, especially men and children.

### Handfeeding

You want your puppy to be able to take food out of anyone's hand gently. You can teach your pup to be gentle from the beginning which will also help with developing a soft mouth and learning bite inhibition:

Carry some food treats and ask strangers to handfeed your puppy in different places and situations so the dog becomes accustomed to all different scenarios.



## ***Handling***

Also critical to your pup's socialisation is getting the pup used to all sorts of handling by different people. The more handling the pup gets early on the better. Handling should include looking in the puppy's mouth, touching and looking in the ears, touching the paws and between the pads as well as around the tail set area (some dogs may need to have their anal glands squeezed from time to time).

Over the first few weeks you might find the puppy's nails get quite sharp. Get the pup used to having its nails trimmed by getting a small pair of nail clippers and just trimming the very sharp point on the end off. Not only will this mean the pup won't hurt so much if it jumps up but also it accustoms it to the snip noise of the clippers but it will get him used to the procedure so that you won't need to pay a vet to do the job later. A lot of dogs simply won't allow their owners to trim the nails – which is due to a lack of exposure to this procedure from a very young age.

Get the pup used to you checking his ears. If it is a breed with floppy ears lift the ear flap over so you can see inside. Use your finger to gently massage around the outer ear area. Practise this with both ears. If your dog has pointed ears then just practise the massage around the area. As the pup becomes more used to this practise cleaning the ears out – you can use a cloth with a little baby oil or special ear wipes. Place the cloth or ear wipe over your finger and gently rub around the inside ear flap and the outer ear area. This should be done every month or so just to make sure there is no dirt build up. You will also see if any infection may exist which needs attention.

When you take your pup to the vet for a check up the vet will need to check inside the mouth. Practise gently lifting the pup's jowls to have a look inside at the teeth and gums.

When you do these handling exercises treat the pup as you're doing them, either yourself or have someone else treat the pup for you as you are performing the examination. Also get strangers and family or friends to do the same so the pup gets used to a variety of people touching it.

At 8 weeks of age start giving your pup plenty of hugs – teach it to enjoy being handled by humans. Hold the puppy in your lap facing away from you. If it is wriggling gently massage its tummy and chest area and help it to relax. Never put the puppy down while it is wriggling. This will teach it that a wriggle means getting put down. Instead wait until the pup is calm before you put it back on the ground. Begin by family members only handling the pup. Then invite unfamiliar people to hold it.

It is critical this type of handling starts as early as possible – by the time the pup reaches 5 months of age it may be very reluctant to allow people to handle it. This could end up to be a very costly problem if the pup doesn't allow you to trim nails or doesn't like being examined. It is expensive to have the dog anaesthetised to just have an examination plus it is not good for the health of the dog to be given injections too often.

## **Dog and Puppy Socialisation**

Not only does your puppy need to have extensive socialisation with people but it also needs to learn to socialise with other pups and older dogs. The best place to begin is puppy kindergarten for mixing with puppies of same age group.

If you have friends, relatives or neighbours who have older dogs ask them if it is possible to socialise your puppy with their dog/s in a safe environment.

Watch for any bullying and use the information in Section 2 on behaviour to learn the dog's signals and communication to each other.

## How Can I Socialise My Puppy Other Than By Going To Puppy Kindergarten?

At 8 to 12 weeks of age your puppy won't be fully vaccinated so you will need to be careful where you go for socialisation exposure. Avoid parks, beaches and any areas where a multitude of dogs congregate because you will be putting your puppy at greater risk for contracting diseases such as parvo virus. The safest thing to do is to carry your puppy and not allow it to walk on the ground when you are in a public area.

One idea is to have puppy parties at home where you invite your family, friends and neighbours to meet your new puppy. Have them all do handling and grooming exercises, handfeeding and bite inhibition practise. If any of these people have an older dog ask them to bring their dogs along also so your puppy can mix with different breeds and older dogs.

Have your puppy around when you vacuum the house or mow the lawn. Start using a hairdryer on the puppy in case it may need blow drying as part of a grooming service as it gets older. If you can get a tape or CD of thunder sounds and play that loudly. So many dogs are frightened of thunder and lightning. Play music reasonable loudly.

Also expose your puppy to outside environments such as shopping centre car parks, shopping trolleys, schools at going home time, the city centre with all the noises and activities. Go to places where you may be able to expose your puppy to people in wheelchairs, kids riding bicycles, people with big hats or umbrellas or floppy coats. Walk near busy streets with plenty of traffic noises, cars, trucks, motorbikes, etc.

Allow the puppy to sniff strangers in the street and then give the stranger a treat or two and handfeed the puppy. Include plenty of men and children for this as well.

Take your puppy to your family, friends and neighbours houses to expose it to different environments.

We can't stress enough how critical it is to start all of the above straight away and get the puppy exposed to as many different types of people, situations, noises and objects as possible so that it will end up as bomb-proof as possible.

*A dog which is virtually bomb-proof will not be spooked by anything and therefore much less likely to bite and much more likely to bounce back without much reaction from a fearful situation.*

### Three Main Goals of Socialisation

1. To teach your puppy to enjoy being with people, firstly the family and then friends and strangers, including socialisation with men and children.
2. To teach your puppy to enjoy being handled and examined by people, especially children, vets and groomers. Also teach the pup to enjoy having the different parts of the body such as the paws, ears, rear end, muzzle and collar touched and handled.
3. To teach the pup to give up objects when requested, including high value things such as toys, bones, food bowl, etc.

**Remember** – if your puppy is not fully vaccinated you will need to hold it in your arms when taking it on outings and not allow it to walk on the ground. If you wish to take your puppy somewhere and you're not sure if it is safe always check with your vet first.

*Use the chart in your free bonus Checklist download to track your puppy's exposure to different people and situations. Try and expose your pup to as many of these situations as possible in its first weeks at home. Tick a box each time your puppy is exposed to the item. These are just a few ideas, the possibilities are endless so if you have ideas of your own not listed which you would like to record write them in the blank space at the end.*



## FINDING A SUITABLE PUPPY KINDERGARTEN

It is imperative that before you even bring your puppy home you check out a few puppy kindergarten (or pre-school) classes. At 8 weeks of age your puppy is so impressionable that to choose the kindergarten which is going to give you and your puppy the best chance in life is very important.

Puppy kindergartens do vary and some are definitely better than others but just beware that a puppy kindergarten can make or break your puppy which will determine how it reacts and behaves for the rest of its life.



### Why Enrol in Puppy Kindergarten?

A puppy's developmental period and critical socialisation period is a window which must be captured between the ages of 8 to 12 weeks. During this time you can teach your pup to bite correctly, to like people and other dogs and puppies, as well as mould the behaviour appropriately for what you want.

At four and a half months of age the puppy then transforms into adolescence and this is where juvenile delinquency problems start to occur. Enrolling in a good puppy kindergarten before this adolescent time will give you a very much needed head start on learning how to control your pup's behaviour plus it gives the pup lessons in how to socialise with other puppies and it exposes the pup to strangers.

If you miss this period you may be playing catch up for the rest of your life, or worst still you end up not being able to control your dog and it ends up in rescue or being put down because nobody is now able to control it.

### The Top Reason for Puppy Kindergarten

The absolute top reason for enrolling in puppy kindergarten is to give the puppy the maximum opportunity to learn and control its biting behaviour. Puppies play and they bite each other and this is the best type of feedback they can give each other - to learn how hard or soft to bite. They do this through yelping when a bite is too hard. The other puppy which has bitten backs off and then play is resumed but the biting is not so hard next time round.

Because the puppies are constantly giving each other immediate feedback this play session may be the best feedback it is likely to get all week about biting behaviour. Puppies have high energy levels and will play-fight and play-bite as much as possible and they will teach each other what appropriate play is and what is not.

### How to Determine a Good Puppy Kindergarten Class

If you have observed a few different puppy kindergarten classes you will have an idea of what you are looking for. A few tips on choosing a good puppy class are:

- Avoid any puppy class which allows use of any metal collar or uses physical punishment that frightens, harms or causes any pain to the puppy. Any sort of push-pull, jerk, grabbing and shaking, alpha rollover and dominance techniques are unpleasant and just not necessary.

- Look for classes where there are a lot of off-leash play sessions which are intermingled with short training interludes which enable owners to practise controlling the pup when it is worked up and distracted.
- Observe if owners and puppies are having fun. Training and socialisation should be enjoyable.
- Check that the environment is clean and safe. Puppies are not fully vaccinated until 12 weeks and up until that time they need to be protected from public areas where adult dogs congregate so as not to pick up any infectious disease.

*Refer to your free bonus Checklist Booklet for a list of questions we have prepared for you. This will assist you in finding a good quality puppy pre-school.*

## PREVENTING DOG BEHAVIOUR PROBLEMS AND AGGRESSION

In this section we have been talking about the importance of socialisation. I cannot stress enough how important it is to get correct information about how to bring your puppy up to be a dog that enjoys the company of people and other dogs. It is also critical to get proper information and put into perspective the behaviours which dogs display and learn to control them, especially biting behaviour or what we call 'good bite inhibition' (refer chapter on All Puppies Will Bite, Teaching Good Bite Inhibition on page 14).

So many dogs end up in rescue shelters or are put down not because they've killed or damaged someone severely but simply because the owners did not understand how to control the behaviour and these behaviours then become a nuisance to either themselves or the community.



Lack of early socialisation and poor training leads to many dogs being dumped or abandoned by their owners.

Yeah mate, me missus and me had to dump the dog. They wouldn't take the kid, he's too vicious!



### Behaviour Problems

Let's look at behaviour problems from the perspective that the behaviour is not a problem for the dog (well, it is in a way in that it could be a result of boredom) but a problem for the owners. Essentially, whatever behaviour a dog offers is 'normal' behaviour from the dog's perspective. You, as a new puppy owner, need to learn how to manage those behaviours so that they don't become phobic or excessive. With a little knowledge you can learn to switch behaviour in your puppy on and off like a switch.

We have already discussed in Section 1 (Bringing My New Puppy Home) a lot of the behaviours which will come up as your pup grows. These behaviours are just so predictable and unless managed from day one of puppy coming home then you will end up with problems. Go back and re-read this section and understand the importance of long and short-term confinement until the puppy is self-taught how to behave appropriately.

Don't try to knock any of these behaviours out of your dog – just teach the dog when it is appropriate to display them. Listed below are the most common behaviour problems and how to curtail them:

- **Chewing** – teach the puppy to love the chew toys and not your furniture or household items. Let pup chew to its hearts content the things that it is allowed to have. Don't even allow chewing old shoes or such like because a pup is not capable of differentiating between old shoes and a new pair of shoes.
- **Digging** – puppies love to dig so allow your pup its own special digging pit where it can bury bones, toys or whatever. You can even teach your pup to dig on command by using the word "dig" when it digs. Bury a couple of raw bones in its digging pit so it goes back to that area or fence an area off for digging and leave it in there once or twice a day for a short amount of time.
- **Barking** – teach your puppy to bark. Why? So you can then teach it "shush". Don't knock the barking out of a dog completely – it may come in handy one day and prevent a burglary. Excessive barking is generally a sign of boredom so when you go out have activities available for your dog so it doesn't become bored – stuffed chew toys are great for this.

- **Jumping** – teach the pup an incompatible behaviour such as sit, roll over, or lie down. Anticipate when the dog might jump and get in first with one of these behaviours which you will then reward with either food or play session or anything else that the pup likes to do. Jumping behaviour will then be extinguished because there is no reward in it for the dog.
- **Toilet Training** – peeing and pooping in the house becomes a problem when the pup has access to every room in the house and it hasn't learnt that the house is not a toilet area. Use the confinement strategy so you can monitor and control where the pup toilets (which will be outside) so it is not allowed to make a mistake and therefore learns that going outside is what gets it the rewards.

These are the main behaviours which become out of control and sadly for the dog, who knows no better, ends up being shipped from home to shelter to home to shelter with the end result being put down because nobody has bothered to teach it appropriate behaviour.

Let us change our perspective from completely destroying all these natural behaviours in a dog to a perspective of let's do what we can to allow the dog to perform these behaviours in an appropriate manner and at a convenience to ourselves. That way we are all happy – we have a dog which does not have excessive problem behaviour but is still allowed to perform that behaviour under control. The dog is happy and content and so are we!

## **Aggression**

Aggression is an extensive and complicated issue but basically is primarily a result of lack of socialisation during those first few months of life. It gets back to the top reason for socialisation – to teach dogs to like humans and other dogs and to not cause damage if any reaction takes place.

Aggression needs to be looked at from the perspective of how serious is the damage of a dog bite. The level of wound will determine the outcome for the dog. There are six levels of severity:

### ***1. Aggressive behaviour but no contact to the skin by the dog's teeth***

This means that the dog displayed a reaction aggressively however there was no contact to the skin and therefore no harm done. Although frightening, the dog has great bite inhibition as it has not injured anyone. You know this is a safe dog to have around. This is the best type of reaction and what you will get from your dog through giving your young puppy constant feedback by encouraging it to bite correctly (see chapter on All Puppies Will Bite – Teaching Good Bite Inhibition on page 15).

### ***2. Skin contact by the teeth but there is no puncture to the skin***

This is the next safest type of dog to have around. The dog has reacted and it has made skin contact but no puncture wounds or injury has occurred. This may include a little nick to the skin resulting in a little bleeding due to movement of the area of the body but there are no punctures to the skin.

### ***3. A bite with one to four punctures but the puncture is shallow***

This is now getting more serious and shows the dog has not been taught good bite inhibition. It could be that the victim or the dog has tried to pull away or been pulled away causing damage to the victim. For example, a small dog jumps up, bites and then gravity pulls it back to the ground thus forcing the teeth to sink in.

### ***4. A bite with one to four punctures but at least one puncture is quite deep***

This type of bite may also result in bruising around the wound. In this type of incident the dog has either held on for an amount of time or shaken its head while holding on to the victim. The dog's aggression is now a serious problem. This could require lengthy remedial behaviour management and training.

### ***5. An incident with multiple bites with quite deep punctures***

As above, however a more aggressive incident as it results in more deep punctures. This type of incident could result in the dog being put down as remedial behaviour management may not be effective.

### ***6. Incident resulting in the death of the victim***

This is the worst case scenario and will result in the death of the dog. This dog is simply not safe around people and other dogs.

Ninety nine percent of aggressive incidents can be categorised from 1 and 2. What needs to happen for these types of incidents is to determine what triggered the reaction, eg did a child poke a pencil into the dog's ear or did someone tread on the tail with stiletto heels? Or was it something or someone who frightened the dog? If it is something that the dog can be gradually exposed to in small increments, in order to accustom the dog to it, then that would be the way to go so that the chance of a reaction in the future is reduced. In the event of the first scenarios, you definitely don't want the dog to get used to having a pencil poked in its ear or be stood upon with stiletto heels. If you are not sure what to do, then get the advice of a professional dog behaviourist.

For categories 3 and 4 it will be necessary to seek professional advice and training and this may be a lengthy process in order to overcome whatever caused the aggression in the first place.

Categories 5 & 6 type of aggression is very serious and very few trainers or behaviourists would want to work with a dog with this level of aggression. The kindest thing you can do for this type of dog is to put it down.

### **Dog to Dog Aggression**

Watching two or more dogs fighting each other can be quite a scary experience and you will feel quite helpless just watching on. Dog to dog fighting can just be a matter of lack of socialisation and confidence around other dogs. If no damage is done then you know that the dogs have good bite inhibition and are not necessarily dangerous. You would assess the extent of aggressiveness according to the above six levels.

If you see a dog approach your dog in an aggressive manner quickly turn your dog away and don't let the dogs eyeball each other. Block their vision with your body and face with your back to the other dog. Ask your dog to sit and try to keep its attention. Body positioning is very clear in a dog acting aggressively (refer to Section 2, Dog Communication and Body Language on page 34). Also, try and relax – this will help your dog to feel more relaxed. Try not to hold the dog on a tight tense lead. They can sense through the lead when we are uptight and worried and they will think the situation is a real threat and react more aggressively.

If your dog becomes involved with another dog in a fight do what you can to distract your dog. Don't reach over to grab the collar as your hand or arm might get caught in the crossfire. Instead try to grab the tail and pull your dog back, lifting its hind legs off the ground so it is on the two front legs only. If you are near a hose or have a soft drink in a can handy squirt that in their faces.

### **Dog to People Aggression**

This is why it is so important to teach your puppy to like people from an early age so that the dog doesn't aggress towards people. It is so important that the puppy learns good bite inhibition so that if something happens which it reacts to then you know it won't cause any damage.

If a dog approaches you aggressively stand still and don't look at it. Dogs don't get aggressive to trees. Just completely ignore it. If it comes up to you and starts sniffing just don't move. Allow the dog to 'check you out' and it should eventually move on and leave you alone. Don't put your arm out to pet it or touch it – some dogs spook at sudden movement.

The majority of aggressive incidents happen between dogs and children and these happen by the family dog in the family home. If you have young children it is critical that you train the children to teach the dog to sit, come and lie down calmly. **NEVER, NEVER, NEVER** leave dogs and children unsupervised regardless of whether you have a Chihuahua or a Rottweiler.



# SECTION FOUR

## TRAINING MY PUPPY



Puppy training should be ongoing and the next progressive step from puppy kindergarten. Training should also be fun and this section gives you information on some of the things you need to know for teaching basic obedience.

## DOG TRAINING FOR LIFE

If you want a well behaved, obedient dog which will do what you say when you say it then training is not just a few weeks quick fix. Training is an ongoing process, whether it be training with a class or just reminding the dog at home of its manners. The length and commitment to training your dog is totally personal – if you want to end up competing in dog sports then you will need to be committed to training your dog for specific behaviours on a long term basis whereas if you just want an obedient dog then you might be committed for a much shorter time period until you get the level of obedience you want the dog to display at home.

Whatever you decide to do with training you need to start from when the pup comes home at 8 weeks. Going to puppy kindergarten for socialisation teaches the pup behaviour and communication from other dogs which is just as important as teaching it to behave for humans. A good puppy kindergarten class should also incorporate some basic obedience lessons, such as sit, lie down, stand and coming when called. These are the basis of more advanced obedience skills and ones that you will be requiring from your puppy in everyday life. If you can start to get a handle of these basic commands then you and the dog will be already on the way for when you join formal obedience classes.

Formal training should be started at very minimum as soon as the dog is fully vaccinated and preferably before it gets to juvenile delinquency stage at around five months of age. By this time the pup has grown in size and confidence and is now displaying behaviour which, unless controlled, can become excessive and overpowering. If you haven't started dog training by this stage you are already behind the eight ball.

You will find that training a young dog can be quite frustrating – sometimes they are switched on and work brilliantly for you. Other times, even when they know what to do, they just seem to not be focussed at all and you have trouble getting any decent work out of them. Puppies and young dogs have the attention span of a flea. You just need to work with them through that – keep being consistent with what you are teaching and keeping reinforcing what you want. You will find eventually as your dog gets older it will all sink in and it will perform the tasks that you want.

You should really consider a commitment to training your dog until it is at least two years of age. Unsterilised dogs have their hormones start to flow at about seven to ten months of age and this is when you start to see them getting over the top and out of control. Problems can start to happen during the 'fear periods' (see chapter Understanding Behaviour on page 30). It simply is not enough to train for only six months and then expect your dog to be fully trained.

Another thing to take into consideration is the breed of dog you have. Labradors and Golden Retrievers are pretty fully charged up until about three years of age or even over. It may be necessary to continue training for these breeds longer than it is for say a Poodle or Great Dane as these may be mature by the age of two years of age.

You can then decide whether you want to continue with the training to a more precise and advanced level or whether you are happy with the level you are at. If you decide not to continue with formal obedience you will still need to be reinforcing to your dog the behaviours you require for good manners and social conduct, so in this respect training will be ongoing.

### General Training Tips

1. Never give your dog a meal and then expect it to do a training session. The dog will be full and not motivated to do much with food.
2. Make sure you are in a good mood before commencing a training session. You are better to not train at all rather than train in a bad mood and take it out on the dog, although don't use this as an excuse to keep putting off the training sessions.

3. Training treats should be very small – they don't need to be big chunks of food, i.e. the size of half your thumb nail is sufficient for each treat.
4. When using treats and food as rewards make sure you account for this when dishing out the dog's meal allowance. Overfeeding will cause your dog to become fat and lazy.
5. Use other rewards as well as food – life rewards can be just as good, such as a walk in the park, throwing a ball, a big petting session, it can be anything the dog likes to do.
6. Make training sessions at home short and consistent. Two to three sessions of five to ten minutes daily is ample.
7. The most important thing you need from your dog is attention. If you don't have attention then the dog won't comply.
8. Have all members of the family able to at least have the dog perform sit, come and lie down quickly, even the children. In fact, if you have a 'scary' breed of dog, only allow people to interact and play with the dog if they can get the dog to do these three behaviours.
9. When establishing skills work on one criterion at a time. For example, training for sit stay, if you are increasing time then reduce the distance until you get reliable stays and then start to increase the distance but reduce the time and build it up.
10. Always finish a training session on a positive note, i.e. a behaviour the dog performs very well so he remembers that for next time.

If you have an older dog it is still possible to train for behaviours that you want, although it might take a little longer with a little more patience.

Training should be rewarding and it should be fun – for both of you. If it is not then change what you do to make it fun. Dog training does require patience and perseverance though, behaviour is not shaped immediately, it happens in small increments. There are several disciplines to train for if you wish to go further with it – agility, obedience competition, jumpers, rally-o, doggy dancing, etc and then there are the specialised disciplines which only certain breeds of dogs can compete in – retrieving and field trials, sheepdog herding, sledding and weight-pulling, etc (see section 9 - Having Fun With My Dog on page 118).

Remember that training can be the difference between owning a nuisance or a true companion.



## DOG TRAINING TOOLS

Dog training tools are basically any piece of equipment that assists you in training your dog. Some training tools are used in reward training and you can come across some quite harsh dog training tools which are used for aversive training or punishment. It is far kinder to the dog to use only tools which are going to encourage the dog to perform that behaviour again happily without punishment.

Not only are the following items tools but your voice and physical praise, eg. patting, can also be tools you use to train your dog. Using your voice in varying tones but not in a threatening or intimidating manner can be effective in getting the dog to interact and respond while praise and pats will let the dog know you are happy with its behaviour.

### Collars and Harnesses

There are many types of collars and harnesses on the market. Some, if not used correctly, can be damaging or at least uncomfortable and may not be so effective in the long term.

#### Soft Collars



More and more dog clubs and trainers are seeing the rewards when dogs are trained not by the force of a collar but by rewarding correct behaviour. If you truly want your dog to learn with positive and kind methods then this is the best type of collar to use. There can be no jerk and pull on the neck or choking and squeezing as in some of the other types.

#### Martingale Collars



A martingale collar looks like a normal soft collar except it has an extra loop of material which joins the main collar together. The lead is clipped onto the ring on the smaller loop and this then tightens if the dog pulls forward. It is much gentler on the dog's neck than a chain choke collar.

#### Chain Choke Collars



These can be quite damaging to the dog's neck if not used correctly. They are only meant to be used for quick sharp correction and release. This type of collar will choke the dog if it constantly pulls. The collar should be loose around the dog's neck and a flick for correction with this type of collar should be only as hard as it takes to get the dog's attention. Training with these collars is fast becoming outdated with the more gentle methods increasing in popularity. Do not use one of these if you have never trained a dog before.

#### Prong Collars



These look nasty but are not quite as bad as they look, although, once again, you need to know how to use them properly. Some countries, like Australia, have banned these collars so you won't find them being sold in any shop. The prongs are blunted and when the dog pulls the collar tightens and pressure is placed evenly around the neck which is unlike the choke collar where the dog feels pressure just where the lead is pulled. This type of collar is still unnecessary and not recommended as there are much better ways to teach your dog to walk on a loose lead.

## Sporn Harness



The sporn harness has a normal collar which clips around the dog's neck and then two straps which fit under the armpits and clip on to the collar. This type of harness will help if your dog does pull when walking on a leash. However, there are training methods which will teach your dog it is much better to not pull than to pull. However, if you already have a problem then this is one tool you can use until the pulling problem is solved.

## Other Harnesses



Other types of harnesses fit around the dog's front chest area and the body. These types of harnesses can help strengthen the dog's chest muscles and therefore actually make the dog stronger for pulling. In cases where dogs are entered in pulling type competitions where you want the dog to pull stronger this is beneficial. For most dogs, though, these types of harnesses do not help much in the way of preventing a dog from pulling on its leash.

## Head Halters



Head halters are another tool used to prevent a dog from pulling on a lead. They also need to be used with special care. You must not jerk or use any sharp movements as you can damage the dog's neck. Dogs have no strength in the head so when it goes to the end of the lead the head will turn around and won't be able to pull. These should only be used initially to train the dog not to pull and should be replaced by a normal soft collar once the dog has learnt not to pull.

## Electronic Collars



Electronic collars are more used when training dogs for distance work. They are highly specialised and need to be used very carefully indeed. The dog wears the collar and then when the button on the remote is pressed it sends an electronic shock wave to the dog. These are sometimes used for dog sport training and they are certainly not recommended for use on a pet dog.

## Other Training Tools

### Food and Treats



Food and dog treats are the biggest and most motivating tool you can use to induce and reward behaviour. The majority of dogs will do many different behaviours with food as a lure initially and then a reward. Reward treats as a tool for training should only be quite tiny. When starting training use high value treats chopped into small pieces no larger than half your thumb size. These can be cheese, cooked sausage, chicken, polony or soft liver treats. As the dog gets steady with the training change the rewards down to kibble and only use high value treats for new behaviours.

## Clicker



Clicker training is becoming more and more popular. The clicker replaces your voice for praise as it has a constant sound. Every time your dog performs a behaviour you like you click and treat. Before you start using this tool you need to first teach the dog that a click means a food treat. When the dog has associated that a click means a treat, you then give the click for the behaviour and follow up with a treat.

## Whistles



Whistles can be used instead of voice to teach the dog certain commands. Dog whistles come in many different shapes and sizes as well as silent ones only heard by the dog or ones that humans can hear. These are used more in sporting activities such as sheep dog herding and gundog field trials where dogs work at a distance from the handler.

## Long Length Leads



Long length leads can be handy for teach your dog to come to you. If you find your dog doesn't come when called you use the long length lead or line attached to the collar. When you call the dog you still have control in getting it to come back to you.

## Dumbbells



Dumbbells are used in obedience trials for the retrieving exercise. They can be great just for fun or for training.

## Toys



Toys can also be training tools. There are a few dogs which are motivated more by a squeaky toy than food. The toy can then be used after the training session to reward the dog with a play session.

## Specialised Behaviour Modification Tools

As well as the above tools used in behaviour shaping and obedience training, are tools for modifying unwanted behaviours as follows:

- **Barking** – Anti bark collars spray citronella into the dog's face when it barks
- **Escaping** – Invisible electronic fences will zap the dog if it goes through the invisible boundary
- **Chewing** – Sprays are available to spray on household items.

If you train your puppy correctly at the start then these types of behaviours won't become a problem and therefore these tools will not be necessary.

## BONDING WITH YOUR PUPPY THROUGH TEACHING TRICKS

One of the easiest and most pleasurable ways you can start your obedience training is through teaching your puppy tricks. If you have children they can have heaps of fun with the new pup and learn, with your help, to treat and reward for desired behaviour. Teaching tricks is a way of keeping the pup's mind active and while it is active then there are no destructive behaviours happening. Puppies have loads of energy and this is one way of channelling that energy into positive actions. Once the tricks are established and fairly reliable then you can show off to your friends and neighbours how clever your pup is.



Puppies will tend to offer a lot of cute behaviour so by rewarding these you can then train the puppy to do them on command. For example, puppies will induce play with other puppies with the play bow stance. When you see the pup go into this position of its own accord use a clicker or say "Yes" to mark the position and then give the puppy a treat. After you have done this a few times you can then add a hand signal to cue the puppy for this position.

Remember that teaching tricks requires patience and perseverance. Here are some other tricks you can teach your puppy:

### Roll Over

Roll over is a relatively easy trick to teach. Start by having your dog lie down on the floor. You may need to lure the pup down to the ground with a food treat. Hold the treat at the pup's nose and take your hand to the ground between the two front paws. As soon as the dog is lying down fully give the treat.

The roll over will require you to have a treat in your hand and hold it close to the pup's nose. Then slowly move your hand until it is at the neck and the pup should twist its head to follow the smell. Continue your hand across so the pup then starts to roll on its back.

You may find that the pup won't roll all the way over so reward for a partial rollover, then keep trying and increasing it so the pup rolls a little further each time until you can get the pup to roll all the way over. Once this behaviour is quite steady you can then take away the lure and just have the hand signal with a reward for the completion of the trick.

### Shake Paws



Start by picking up your pup's paw and holding it while giving the pup a treat. Repeat several times and soon the pup will start volunteering the paw for a treat at which you can add the command "Paw" or "Shake". You can start with one paw and teach that, once that is established then do the same with the other paw. Alternatively, wait for the puppy to raise its paw at you and treat it.

To really show off, instead of saying just "Shake" give the command as "Shake right or left" depending on the paw you are using – train for that one paw and when that is steady then train for the other paw. Eventually your dog will shake right or left depending on the command.

### Play Dead

This is a great trick, especially for larger breeds which some people might be terrified of. This trick will help people to relax in the company of a 'scary' looking dog.

Start by having your pup lie on the ground. If the pup doesn't go down on its own use a food lure to get it down. Encourage using another treat the pup to lie on one side or even using half a roll over trick to get

the pup to lie on its back. Otherwise use gentle pressure so the pup is on its side. Say “Bang” and then give the pup some treats. To release the pup from that position say “Ok”.

To begin with just accept that the pup will lie there for only a couple of seconds. Gradually build up the time in very small increments, eg one or two seconds at a time, until the pup can lie on its side for 20 to 30 seconds. Once it understands “Bang” is lie down on your side, then try different locations on different surfaces, eg grass, concrete or inside on the carpet or wooden floors, etc.

After some practise your dog will get the actions, especially if there are treats along the way. Once the behaviour is quite steady you can fade out the food treats.

### **Crawling**

This is a natural behaviour which appears when trying to teach the dog to do a Stay exercise. Instead of correcting the dog for crawling add the command to it and put it on cue.

Alternatively to teach the crawl, sit on the ground with your knees up so the pup can crawl underneath. If your dog is too big then sit on a step with your feet on the ground making a large enough space for the dog to crawl underneath. Have the pup on one side and use a treat to lure the dog to crawl under your legs to the other side.

### **Speaking**

If you read the chapter on Barking you can teach this as a trick. That way, your dog stays happy because he is allowed to bark sometimes and you are happy because you can control it. It also impresses any visitors that your dog will speak on command.

### **Go To...**

The ‘Go To’ Commands teach the puppy to go to places such as its mat or bed or can be taught to go to people.

- **Mat** – you show the pup a treat and run to the mat dropping the treat on the mat. The pup should follow and can then have the treat as a reward. Practise this until you can put a treat on the mat without the pup seeing and then say “Go to mat”. If the dog doesn’t go then encourage him to follow you and find the treat. He will soon know that going to his mat is a good thing.
- **People** – start with doing yo-yo recalls between two people. First get the pup to sit in front of one person then say “Go to (name)”. This person then waits a second before calling the pup and then getting it to sit in front and giving a treat. This goes on backward and forward. Then get add a few more people to the group and repeat the same thing. This can then be practised between different people in different rooms of the house and outdoors while walking. You now have your own personal search and rescue dog.

### **Give Me a Hug**

This can be an extension of jumping up behaviour put on cue to give a hug. You need to teach the pup that it can only jump up and hug when invited to, so a tap on your shoulder could be the signal to allow you pup to jump and give a hug.



These are just a few tricks to get you going. There are books available with details of how to teach your dog many more tricks. You should have fun and relax with these. Tricks will entertain anyone who comes to your house and they can be used as a self-reinforcing reward for obedience, i.e. a Give Me a Hug trick can be a reward for a good down stay on greetings.



## TRAINING YOUR PUPPY FOR GROOMING

The best time to start getting your puppy used to grooming is when you first bring it home. Most likely you will have already decided what breed you will purchase so make sure you have the appropriate grooming equipment (see chapter on Grooming Equipment on page 98) you will need for the type of dog and coat.



The way to use treats is to wait until the puppy is still and then treat or hold the treat between your fingers and allow the pup to nibble the treat as the grooming is being performed. You want to reward the pup for keeping still during a grooming session.

### Brushing

Give your puppy some time to settle in but don't leave it too long before you start brushing, especially if it has a longer type coat. If, at first, the puppy doesn't like being brushed have someone offer it some treats while you brush. If the pup learns that brushing means treat time then it will be much more relaxed and will enjoy the experience.

Not only get the puppy used to being brushed on the body but also get it used to having its tail, ears and legs brushed also. Have someone give the puppy some treats as you do this exercise.

### Playing with the Paws

Aim to play with your pup's paws every day so as to get it used to being touched. So many dogs hate having their feet touched let alone their nails clipped. This makes things very difficult as the dog gets older and it is much more expensive to have the vet give a sedative just to clip the nails.

This expense and ordeal can easily be spared by just getting the pup used to having each of its paws played with and then be rewarded with treats for allowing you to do so. For each paw, feel in between each pad underneath and the toes from the top. You never know when the dog might get burrs or grass seeds caught in there which will require handling to get them out.

As you handle each paw give the pup a treat or two or have someone standing next to you and they treat as you touch.

### Checking the Ears

As well as playing with the paws, touching and looking into the ears is also important for when you come to cleaning them out. It will make the job easier for your vet when they might need to look down your pup's ears to check them out if an infection occurs.

Start by gently massaging the ear flaps. A lot of dogs also enjoy having their ears rubbed on the outside. Then putting your finger into the outer ear canal, gently move your finger around inside. When cleaning out the ears you should NEVER use cotton buds or anything smaller than your little finger and you should not push too far down. The pup will yelp or whine if you do go too far and start to hurt.

### Touching and Holding Scissors Close to the Face

Get the pup used to having the face massaged with your hand, and include wiping over the eyes with a cloth. If you have a dog with a fluffy face gently brush the face with its brush. Also hold the scissors close to the pup's face and treat as you open and close the scissors just so the pup can see the action and hear the sound of the snip.

Training your pup to be handled makes life easier for yourself, the vet and the groomer, if you need one.

## BASIC OBEDIENCE SKILLS – AN ABSOLUTE NECESSITY

A basic obedience skill level is the absolute minimum you will need to teach your dog. These include exercises such as:

- Sit
- Drop or Lie Down
- Stand
- Stay
- Come
- Walking nicely on a leash

These skills are the basis of good manners. Once you have taught the puppy these commands then show your visitors how to request these behaviours.

It is a good idea that before you start teaching your puppy obedience that you decide what words you want to use for the different behaviours. For example, drop or down for lie down – decide which word you are going to use and stick to it. You might have taught ‘down’ as the command for lie down and the pup gets up on the chair and you say “down” meaning get down off the chair. The dog lies down because that is what ‘down’ means to it. It is important that every member of the family uses the same words consistently otherwise you are just going to confuse the dog. The best way to organise this is to make up a doggy dictionary and have it accessible so that the children will be teaching the same words with appropriate requests.

### Lure Reward Training

Rather than forcing a dog to do something give the dog a reason to perform that behaviour, i.e. it knows it gets a treat reward, a ball thrown, a pat or smile. Young puppies can be lured into positions with food and then rewarded once they have completed the task. It is best not to use words or commands until the puppy is performing the action reliably as they do not understand English or any other language.

- **Sit** - use a food treat held slightly above the nose and move your hand upwards and towards the dog’s head. The dog will sniff the food and the nose will follow which will result in the dog leaning back into a sit position. At the same time give the command “Sit”. You then praise and reward the dog with the treat for sitting.
- **Down or Drop** – hold a food treat at the pup’s nose and move your hand to the ground so the treat is between the front paws or just in front. Give the voice command and when the pup has dropped to the ground, praise and give the treat.
- **Stand** – pup needs to be in a sit or down position. Use the command “Stand”. Have a food treat in your hand in front of the dog’s nose. Move your hand forward parallel to the ground away from the dog’s nose and hold it at the level height of the muzzle. Praise and give treat. Be careful not to hold the treat too high up otherwise the pup will go into a sit position.
- **Stay** – when you see the pup in a down or sit position tell the pup “Stay” while you are standing next to or just in front of the pup. Only treat if the pup doesn’t move. No treat if the pup does move. Only expect one or two seconds to begin with and that should be with you standing next to or just in front of the pup. Keep treats hidden in your pocket or in a training treat bag – if the pup sees or knows the treat is in your hand it will likely encourage the pup to move. Train for short time spans and very close by. Increase the time until you get to a 20 or 30 second stay at that distance, then increase the distance by a step but go back to say 5 seconds stay. As the dog is steady then test by varying the time and distance within the criteria you have been working with.

Then start increasing the criteria (time or distance) one at a time. For example, if you are increasing time, reduce the distance and build it up; if you are increasing the distance go back to a short time span of a few seconds and then gradually build that up. By doing this you will not be confusing the dog and if it won't stay for the distance or length of time you are working on then go back to where you know the dog will be steady and keep reinforcing that some more.

- **Come** – with puppy on a lead, walk backwards for a few steps and say the pup's name for attention. As the pup turns and starts walking towards you give the command "Come". Have a treat in your hand and encourage the pup to come to you in front. Release the treat when he is close in front.

With two people you can have one hold the leash while the other walks away a few paces. The person holding the pup unclips the leash and holds the pup by the collar. The person who has walked away calls the pup by name (to get attention). The person holding the pup lets go when the pup is focussed and keen to get to the person calling. As the pup starts to run that person gives the command "Come", and then praises and treats the pup for coming. These are called yo-yo-recalls and is a great way for the kids to train the pup.



- **Walking nicely on a leash** – you can start this by having the pup at your side and just praise and rewarding for the pup being at your side. Young pups will follow as they are not yet confident to go exploring on their own so maximise this trait by teaching the pup to follow (off leash) at your side and continually rewarding for being there. Once you have accomplished this then you can start the pup on the leash and still rewarding every few paces for being at your side. If the pup pulls forward, stop, show the pup the treat and get it back to your side. Always watch your pup and reward for being with you rather than waiting for it to pull and having to correct that.

No, for heaven sake don't throw the food!  
You give it to him by hand. There now  
don't cry. I didn't mean to shout at you!



## Fading Out The Food Lure

When the dog understands these obedience skills and performs them reliably stop using the food as a lure and replace that with the hand signal you were giving as if the food were there. Now you pull a treat out of your pocket after it has performed the action you requested. This is a reward because you have not used the food to lure the dog into position but just rewarded for correct behaviour. It should not take too many practises before you can stop using the food as a lure.

Once your dog is then reliable at just using hand signals you can reduce the food reward to every second behaviour and then reduce to every third and then to every fifth time it performs the behaviour until you get to the point where you just give food treats randomly and then you may replace food treats for a pat or a smile or a 'fetch the ball' reward. Many people make the mistake of continuing the food treats to often and too regularly to the point where they find their dogs will only perform the behaviours if you have food in the hand. You need to work as quickly as possible to reduce the food to what is called a varied schedule of reinforcement and then food can be replaced with other forms of reward.

This is a brief description of how to get your pup to perform the most basic of behaviours. It is best for you to enrol in a puppy pre-school and subsequently dog obedience lessons where you will learn to handle the dog with supervision. The instructor will be able to point out if you are doing the exercise the right way or correct you if you are not.

Remember that all training should be fun for you and the pup. Be patient while your pup is learning – they don't speak English so imagine that someone is speaking to you in a foreign language that you don't understand and realise that is what is happening for the pup. Make praise in a bright happy tone of voice, and if you are in a bad mood you are best not to train at all but don't make that an excuse for getting out of training. Always finish the pup on an exercise the pup can perform well so you finish on a positive note.

**Taking your dog for his daily walk  
is good exercise for both of you, and  
it should always be fun!  
Do not demand dogged obedience,  
let your dog enjoy the sights to be seen  
and the adventure awaiting you and him!**



# SECTION FIVE

## HEALTH AND WELLNESS



This section covers different aspects of how to keep your dog healthy. Health does not necessarily just mean about food and nutrition but about supplements which may be helpful in the course of your dog's life. Also covered are some of the more common diseases and ailments which can affect your dog, as well as vaccinations and whether to spay or neuter your pup. Alternative therapies and medicines are becoming more popular and these can also have added benefit to your dog's health and wellbeing.

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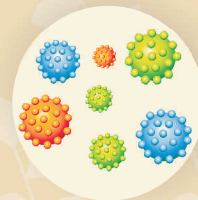
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## PREVENTION IS BETTER THAN CURE

We are seeing more and more ‘human’ illnesses and diseases prevalent in dogs as well these days. “Prevention is better than cure” is a well known saying which says it all. There are several ways you can take action in preventing illness, accident or injury – from your pup’s well balanced diet and nutrition including supplementation, through to the environment and regular veterinary check ups.

### Diet and Nutrition

There is no question that diet and nutrition play the largest role in the prevention of disease and stress in your dog’s life. A little attention to this and there is no reason why your dog won’t go through life to old age with relatively few health problems.

The most important thing to note is that a well balanced diet for your dog is essential to maintain good health. For more detailed information see the chapter on Food and Nutrition on page 65.

### Environment

A safe and healthy environment is critical to your pup’s wellbeing. The pollution and chemicals we use around the house and yard are easily absorbable into the dog’s system through the skin and from breathing. Some of these chemicals are highly toxic. By reducing the use of these products you will be minimising your dog’s risk to exposure of potential health problems. Also, some plants are poisonous to dogs and we have listed these in chapter Poisonous Plants on page 101. Here are some points you might want to consider:

- Reduce the amount of aerosol sprays you use around the house and yard, whether it is insect sprays, hair sprays, air fresheners, etc. These contain chemicals which are potentially harmful to you and your dog.
- If your dog has respiratory problems do not expose it to cigarette smoke.
- Avoid using chemical fertilizers and weed killers in the yard where the dog spends most of its time. The chemicals from these can easily be absorbed into the body through the paws.
- Keep any types of baits, eg. snail pellets or rat baits, out of reach of the dog. These can be especially harmful if they get eaten and possibly even cause death.
- If your dog wears a collar permanently make sure that there is nothing in the area where the dog can get caught and be strangled from trying to release itself.
- Be careful of the types of toys you have for your dog. Some squeaky toys, if chewed have small metal parts which can be potentially dangerous if they are swallowed. Also, if you are using the hard rubber chew toys make sure they have a hole at either end so a vacuum won’t happen if the dog’s tongue gets caught in it.
- Make sure there is nothing in the yard which will be a potential danger to the dog or somewhere the dog can escape and be exposed to injury, such as getting hit by a car crossing the street.
- Drinking and feeding bowls should be made of ceramic or steel as the chemicals from plastic may leach into water or food.
- Tap water can have a supply of chemicals, such as chlorine, so if you have access to filtered water then this is a much healthier option.

### Vet Checks

Vet checks will give a good indication of how your dog is keeping health-wise. If there are no symptoms of any health problems then a yearly check up will be sufficient. The vet will be able to check the heart and feel over for any potential lumps and bumps.

*In your free bonus Workbook you will find a section to write down of all your dog’s health records.*

## FOOD AND NUTRITION

A proper feeding regime is critical to your pup's overall health and wellbeing. Like humans, dogs need a balanced diet although their digestive systems are completely different to ours. Wolves and dogs were designed to eat and digest raw meat, carcasses and processed matter from inside the prey's stomach. These days processed dog foods largely consist of cereals and grains, offal and processed meats and generally for convenience's sake this is what we tend to feed our animals. This chapter is not to promote any type of way of feeding but to outline the different ones available. There is a lot of information about how to feed your dog and it is up to you to research what you feel is best for your dog.



If you ever decide to change brands or foods make sure you do it gradually. Some dogs have very sensitive stomachs and cannot tolerate a lot of change. If you want to change the brand of biscuit, for example, just replace the old with the new in little amounts at a time and gradually increase the amount each day until you have swapped over completely. This will allow your dog's stomach to get accustomed to the new biscuit without aggravation.

### Labelling on Foods

Labelling on different brands of dog food can be confusing and not necessarily the same standard. For example, protein may be obtained from meat 'by-products' such as hair, feathers or even leather. These are less nutritious than 'real' meat and may not digest as easily. Some brands may contain ingredients which are not as healthy as others or the best quality.

If your aim is to feed a quality food, look for the ones with fewer by-products, colourings, flavourings and preservatives. Also check the sugar and salt content levels – the lower the better.

### Puppies

When you pick up your new puppy a good breeder will have an information pack to help you continue with the feeding regime that the pup has been accustomed to in its first few weeks of life. Take the breeders advice and continue with the same food brands and feeding pattern they have adopted because any sudden changes can upset the pup's stomach.

If you have any queries about what and when your puppy should eat always refer back to the breeder.

If you purchased your puppy through a pet shop then you may not have access to this type of support. They should at least tell you what the puppies have been eating and the advice would be to continue with this for a short while at least until the pup grows a little.

A good quality puppy biscuit is generally a balanced meal in itself so once again, take the breeders advice for feeding the same as what they have been doing. Once the dog is older if you decide you want to change then you can.

### Dog Biscuits

There are a multitude of brands and varieties of dog biscuits in the marketplace. Some of these are designed to be fed to your dog as a complete meal in itself. Dogs go through different requirements at



different stages of life. For example, your young active puppy will have very different nutritional requirements than an older dog getting on in years and a more active dog will have different needs than a pet which is not so active.

Most companies manufacturing dog biscuits will have a range of biscuits suitable for the different age nutritional requirements. It is important to check that as your pup grows and changes you cater for the differing needs.

Be aware that some dog biscuits will contain sugar, salt, chemicals and preservatives and the base ingredient are cooked grains and cereals. Not only that but some biscuit brands add food colourings to make them look more attractive. These are not part of your dog's natural diet and can be the cause of some health issues to your dog.

If you notice your dog suffering from skin allergies or irritations or any signs of unexplained health problem then seek veterinary advice but you might want to think about changing the biscuits or type of food to see if that makes a difference. Like in humans, all these combined additives can be detrimental to your dog's health.

## **Meat**

Most processed meats and canned food will also contain chemicals and preservatives. One additive to watch out for is sodium nitrate, which gives colour to the food but has been linked to disease in dogs. A couple of preservatives to watch out for are BHA and BHT as it is believed they can trigger liver and kidney problems. These may cause your dog to have loose stools or bowel movements. Also watch out for high levels of sugar and salt, particularly in semi-moist foods.

Raw meats are the most natural way to feed what your dog would normally get in the wild, although these can also contain hormones and antibiotics. Cooking meats will destroy some of the nutrients.

Dogs love fish, chicken or turkey so mix these in with red meat. A predominantly red meat diet can aggravate hyperactivity and aggressive behaviour. Raw pork and rabbit may contain parasites so these are best cooked. Give the dog the meat in sizeable chunks as the chewing of these exercises the dog's jaws.

Also include offal – heart, tripe, kidneys, liver – in small portions as the dogs would normally eat these in the wild. Raw liver should never be given in large quantities as an overdose of Vitamin A could occur.

Approximately 40% of your dog's meal should consist of meat. The remaining 60% should consist of vegetables and other ingredients below.

## **Vegetables**

Some dogs will eat vegetables and some dogs tend to be fussy eaters. If your dog will eat vegetables you can add some to the meat and biscuits. Either crush them raw or lightly steam them so they retain their nutrients. So this way they are getting modern day equivalent to the guts of the herbivore they would normally eat in the wild.

## **Other ingredients**

Include pulses, grains, eggs, yoghurt and natural oils.

- Pulses and grains – are digested better when they are cooked.
- Eggs – can be given raw or soft-boiled. One egg per week is fine for a small dog, and two to three eggs per week for a larger dog.

- Yoghurt – has bacteria which will assist the digestive tract to function efficiently. It is also a nutritious food for a dog. Ideally give a small dog 5ml (1 teaspoon) per day and up to 15ml (3 teaspoons) for a larger dog.
- Natural oils – to help balance the diet add 5ml (1 teaspoon) of either of sesame, sunflower or safflower oil to the food once or twice per week.

### **Raw Bones**

Raw bones are great for dogs and they love them. They help keep teeth clean plus they act as roughage for the digestive tract. However, problems can arise from a dog eating bones so it is best to note the following rules about giving bones:

- They must be big, meaty marrow bones and not the type that can splinter and damage the intestine lining. Chicken necks, carcasses and wings are also good.
- Bones **MUST** be given raw as they are more easily digestible.
- **NEVER, NEVER, NEVER** feed your dog cooked bones of any sort as these can splinter inside their body and cause a lot of damage.

### **The 'BARF' Diet**

BARF stands for Biologically Appropriate Raw Foods. This type of feeding is all about feeding your dog raw foods and as close to how they would eat if living in the wild. So typically this type of diet does not consist of any processed or man made foods but totally on raw meat, including muscle meat, bones, fat and organs as well as vegetable matter.

### **Dog Treats**

Dog treats also will contain additives and preservatives as well as colours and flavours. There are a number of recipes for home made dog treats and these are much healthier for your dog, especially if they are non-fattening. Some puppies brought up on apple and carrot as a treat will accept those just as well as processed doggie treats.

### **How Much to Feed**

This will depend upon the breed, size, age and amount of exercise that your dog gets. Common sense should prevail and if you are not sure then your vet will be able to give advice on the amount that should be fed. If you find your dog is getting overweight then cut back and increase exercise.

Obesity can trigger several diseases and health conditions. It can be a factor in the onset of arthritis, diabetes, liver problems, skin troubles and heart disorders, particularly in middle-aged to older dogs. A dog is better to be slightly underweight than overweight and if you feel your dog is overweight then your vet will help with a dietary plan for weight reduction.

If you are feeding treats and titbits, especially in training, remember to take these into account when you come to giving the dog its meal.

Food and nutrition is pretty standard however every dog has individual requirements according to its age, size and activity level. A working dog will have different requirements to a dog which gets a walk on lead every day just as a young puppy has different nutritional requirements to an elderly dog.

And remember –

**ALWAYS HAVE PLENTY OF FRESH, CLEAN WATER AVAILABLE**

## SUPPLEMENTS

If you feed your dog a well balanced and nutritious diet then supplementation should not be necessary. However dietary supplements can assist where either there is a deficiency in the diet or to help overcome a health problem or disease. Pregnant bitches and older dogs may need supplements for their special needs.

Commercial dog foods, even those with added vitamins and minerals, may lose some of their nutrition during processing and storage.

Some of the main supplements are:

### **Kelp**

This is a powder which is produced from seaweed and is rich in minerals, particularly iodine. The minerals in kelp assist the body to maintain proper functioning of many processes, including red blood cell production and hormonal and metabolic reactions. It seems to complement vitamin rich brewer's yeast to provide an all round natural multi-vitamin and mineral combination.

### **Glucosamine**

As in humans this is a supplement perfectly safe to give your dog, especially as it gets older. Glucosamine helps the joints function and is given to help with symptoms of arthritis.

### **Vitamin C**

Vitamin C is well-known for maintaining health in the immune and circulatory systems, keeping bones and joints strong and assists in healing damaged tissue. It may also help to minimise the risk of cancer.

### **Vitamin E**

Vitamin E is an antioxidant and assists in fighting infection, disease and effects of pollution. Wheat germ oil is a good source of this vitamin and helps promote a good, glossy coat. A natural Vitamin E is better than a synthetic form and from natural sources it is absorbed into the body better than synthetic ones.

### **Cod-liver Oil or Fish Oil**

Cod-liver oil can be used to treat many different conditions. It helps prevent and treat the symptoms of arthritis and promotes a healthy skin and coat. The Vitamins A and D in cod-liver oil are beneficial to eyesight, teeth, nervous tissue, bones and joints as well as assisting to help combat the effects of chemicals and pollutants.

Cod-liver oil must never be overused as excessive amounts of Vitamin A can cause damage to bones and joints.

Fish oil supplements can aid in the prevention dandruff or dry skin and coat or just maintain a healthy coat.

### **Chlorella**

This is green algae which is rich in vitamins as well as minerals. It can be used to increase energy, promote red blood cell production and helps with the healing of damaged tissue. It is also good for strengthening the immune system and can enhance the destruction of cancer cells.

## **Garlic**

Garlic is a powerful supplement for a number of ailments, including respiratory disease and the normal functioning of digestion. It also can help to reduce the level of parasites (internal and external). Fresh crushed garlic cloves or garlic powder/capsules can be added to food. Fresh garlic is better for keeping parasites, such as fleas, away.

## **Dried Yeast**

This is a good source of the Vitamin B complex as well as other vitamins and minerals so it is good for maintaining normal body functions as well as helping to fight disease. Brewers yeast is the best.

These are just a few of the more common supplements that you may need to give to your dog as it gets older. If more specific health issues appear then other supplements and alternative therapies may be able to help alleviate symptoms.

## COMMON DISEASES AND HEALTH PROBLEMS

Increasingly these days we are seeing dogs suffer from more and more health problems, many the same health issues as humans, such as cancer, diabetes, skin problems, heart problems, etc. Some breeds are more prone to certain diseases and health conditions more than others, for example, Golden Retrievers with hip dysplasia.



In order that you have some basic information to hand we have listed the more common diseases and health conditions. If you want to find out more about a certain condition or disease then you will need to do some more detailed research. If your dog displays any of the following symptoms for more than a day or two get veterinary advice. Some conditions can be treated using natural therapies (refer to the chapter on Alternative Therapies and Natural Remedies on page 90), and despite the fact that some conventional drugs may not be the preferred method of treatment, sometimes they are very necessary and can save the life of your dog.

Many health conditions on the surface can possibly be directly related to a thyroid autoimmune problem, although sometimes the link between the two can be difficult to diagnose. Bear this in mind if you see any kind of condition, or even behaviour, which is out of the norm and speak to your vet about getting a complete test done for autoimmune and underlying thyroid problems if there is no other obvious reason for the illness. We have listed conditions which can possibly be related to hypothyroidism under that heading.

### **Skin Problems**

The skin is the largest organ of the body and skin problems are becoming very common in dogs, especially in relation to allergies and skin eczema or dermatitis.

#### ***Acute Eczema***

There can be many causes of eczema, some of the main ones are:

- Parasites
- Bacterial or yeast infection
- Injuries (including contact with toxic chemicals)
- Allergies (which can include food, grass and/or plants, insect or flea bites)
- Auto-immune skin diseases

Look Out For: Acute inflammation, redness, scratching and itchiness, biting in painful areas, smelly sores and oozing of the skin.

#### ***Chronic Eczema***

Acute eczema (or dermatitis) becomes chronic over a longer period of time.

Look Out For: Persistent itchiness and soreness and is often accompanied by hair loss. The skin generally remains dry and flaky but in the case of seborrhoea it can be either greasy or dry.

#### ***Alopecia (Hair Loss)***

This condition may result from a hormonal imbalance, a poor diet, injury, allergies, immune system disease (including hypothyroidism), infections, parasites or ageing.

Look Out For: Hair loss may be generalised, or it may be in patches. If the hair loss is the same on either side then it could be caused through hypothyroidism or hormonal imbalance.

### ***Anal Gland Disorders***

The two anal glands are located one on either side of the anal opening. These glands should empty naturally each time the dog defecates. Sometimes they get blocked and therefore don't empty naturally which can lead to irritation and infection. The causes for this are unknown however too little fibre (roughage) may have an effect on the blockage. Blocked glands will need to be emptied by a vet.

Look Out For: The dog will be itchy around the anus and may shuffle its bottom along the ground. Another reaction can be the dog looking around suddenly as though feeling a shooting pain.

### ***Warts***

Warts are generally harmless however they can become infected or bleed if damaged. Causes can be through a viral infection or as a part of the ageing process.

Look Out For: Warts can range in size and shape from 'cauliflower' shape to flat.

### ***Abscesses***

Abscesses can be seen on the surface and completely visible or they may be hidden under the skin. They can be caused through bacterial infections from bites or wounds or a foreign body penetrating the skin and will generally discharge pus.

Look Out For: An abscess will be clearly visible from the swelling around it, with the possibility of pus oozing from it also.

## **Ear Problems**

Some breeds of dogs are more prone to eye and ear conditions than others. As dogs get into their twilight years they may gradually suffer from loss of eyesight and become deaf over a period of time. They generally cope well and develop a greater reliance on their sense of smell.

Younger dogs with long hanging ear flaps tend to have more ear problems due to the lack of ventilation in the ear canal.

### ***Otitis Externa***

This condition is exacerbated by poor ventilation in the long narrow ear canal which then causes inflammation and therefore is more commonly found in breeds with long ear flaps (such as spaniels) or hairy ears (such as poodles). Causes for this inflammation can be ear mites, foreign bodies such as grass seeds, polyps or tumours or it can be caused through a bacterial, fungal or yeast infection.

Look Out For: The dog shaking its head, scratching, coloured discharge or wax and odour at the ear hole.

### ***Otitis Media and Otitis Interna***

This is a problem with the middle and inner ear. If an infection starts from the outer ear canal it can then spread inwardly. Also, these infections can travel from the throat to the ear via the Eustachian tube. Generally these infections will be a result of bacterial, fungal or yeast infections.

Look Out For: A dog may shake his head often and scratch. If severely affected then the dog may also walk in circles or fall over as the condition can affect the sense of balance.

### ***Haematoma***

This is a haemorrhage which occurs when the blood vessels burst inside the ear flap and swell. The haematoma can be caused through banging the ear against a hard object or any trauma to the ear. Surgery will drain the ear flap out and suturing can help prevent further haemorrhaging.

Look Out For: Violent head shaking or head rubbing and a swollen ear flap.

For more information see the chapter Cleaning the Ears on page 103.

## **Eye Problems**

### ***Conjunctivitis***

This inflammation affects the pink mucous membrane surrounding the 'white' of the eye which can be a fairly common problem. The causes of conjunctivitis can be from viral or bacterial infection, a foreign body, an allergic reaction or entropion.

Look Out For: The signs of conjunctivitis are red and sore looking eyes with some discharge. The dog may paw or rub its face to try and relieve the irritation.

### ***Dry Eye (Kerato Conjunctivitis Sicca)***

This is caused through a deficiency in tear production which results in the surface of the eye to dry out. Some smaller breeds are more prone to this than others. Causes include immune system deficiencies, eye injury and some drugs. Bathing the eye with cold tea three times per day can help soothe and cleanse the eye. Cod liver oil will help lubricate and aid healing.

Look Out For: The eyes will be reddened and sore with a thick sticky discharge. The nose will also be dry.

### ***Corneal Ulceration***

The very delicate transparent centre of the eye is called the cornea. With no direct blood supply any damage or tiny scratches to it may ulcerate quickly however the healing will be slow. Ulcers in the cornea can be caused through injury, infection, foreign bodies, entropion or lack of tear production.

Look Out For: The eye will show redness and soreness with discharge and the dog may rub its face along the ground. The dog may also try to avoid bright light.

### ***Entropion***

Entropion is usually a congenital condition where one or more eyelids are curled inwards causing rubbing on the eye. This irritation can result in conjunctivitis or corneal ulceration. Surgery may be required to alleviate the condition.

Look Out For: The same symptoms will apply as those for conjunctivitis and corneal ulceration.

### ***Ectropion***

This is where the eyelid turns out too much and causes an irritation on the surface of the eye.

Look Out For: The same symptoms will apply as those for conjunctivitis and corneal ulceration.

### ***Distichiasis***

Distichiasis is a condition of having extra inward growing eyelashes which leads to conjunctivitis and corneal ulceration.

Look Out For: The same symptoms will apply as those for conjunctivitis and corneal ulceration.

### ***Cataract***

A cataract or cataracts can be an inherent problem or they may develop as a dog ages. Cataracts restrict the transparency of the eyes and cause defective vision. If the cataracts progress the dog may eventually become blind. If the cataracts develop slowly the dog will adjust to the gradual loss of sight and will rely more on their sense of smell. Some breeds, such as Golden Retrievers, need to be tested for inherent eye problems before the dogs are bred from so check if the breed requires clear eye certificates from both parents before you purchase your puppy. Registered breeders will adhere to these rules. There is no way of telling with puppies purchased from backyard breeders or pet shops whether the parents have passed on this eye condition to their progeny.

Look Out For: Obvious visual difficulties with a blue or white opacity of the eye lens.

### ***Glaucoma***

The eye is filled with fluid which constantly is secreted and drained, however, if the balance is disturbed pressure builds up and results in risk of permanent damage and blindness. This increase in pressure in the eyeball is glaucoma. The problem may be caused by congenital abnormalities in drainage, or by infection, inflammation or a tumour.

Look Out For: Affected eyes which are extremely painful and possibly swollen.

### ***Epiphora***

This condition results in an overflow of tears. It can sometimes be attributed to conjunctivitis or corneal ulceration, although some dogs eyes water permanently. White dogs are particularly prone to epiphora. If there is no other eye disease then it is usually caused by a drainage deficiency through the tear duct.

Look Out For: Dark tears staining on the dog's face running from the inner corners of the eye down the muzzle, in which case the eyes will need to be wiped with a damp cloth daily to prevent build up. Do not use soaps or detergents, only water.

### **Respiratory Problems**

Dogs tend to be better adapted to cold climates and therefore don't suffer from respiratory problems as much as we humans. However, there are a few problems which can occur which are listed here.



## ***Coughs***

Coughing is the most common symptom of respiratory disease. There are several reasons why your dog may cough:-

- Kennel cough (for which your dog should be vaccinated against from a puppy) is a viral infection which is airborne and can be picked up anywhere. Vaccination will help prevent your dog from picking this up.
- Foreign body blocking the airway.
- Allergies or physical irritants (such as smoke).
- Lung congestion, tumours or airway parasites (lungworms).

Look Out For: Persistent or frequent coughing which may or may not be accompanied by mucus.

## ***Sinusitis and Nasal Discharge***

Dogs do not tend to suffer from this condition as much as humans however it can occur. Causes for this condition could be due to infection (either bacterial or fungal), the presence of a foreign body (such as a grass seed), or a tumour.

Look Out For: Sneezing, shaking the head, and discharge from one or both nostrils.

## ***Pneumonia***

Again, this condition is less common in dogs but if it does occur it is just as serious. Viral infections, bacterial or fungal infections, tumours or even the presence of a foreign body can cause pneumonia in dogs.

Look Out For: Rapid breathing, acute and persistent coughing as well as a high fever and chest pain.

## **Cardiovascular Problems**

### ***Heart Disease***

Like humans, dogs can sometimes be born with heart defects and some breeds of dogs are more prone to heart disease than others. The most common problem is congestive heart failure which can be due to congenital abnormalities of the heart, malfunctioning heart valve or infection. Any of these means that the heart cannot pump enough blood to the body tissues. If your dog suffers from this it is wise to reduce the salt intake and reduce or prevent weight loss as well as promote gentle exercise.

Look Out For: Lethargy (resulting in an unwillingness to exercise), breathlessness, coughing, oedema (see below), weight loss and liver disease.

### ***Congestion (Oedema)***

Congestion, otherwise known as oedema, is caused through a build up of fluid from problems in the heart and circulatory system. This may be evident by swelling in the feet and legs, or fluid on the lungs or abdomen (known as ascites or dropsy). A failing heart is a common cause of congestion. The heart is not able to maintain the circulation of blood and therefore excess fluid begins to build up in the tissues. Other contributory factors to congestion can be liver disease or the presence of tumours.

Look Out For: Swelling in the limbs, particularly, but also in other parts of the body. Stomach may become enlarged and tense as well as weight loss together with a general lack of energy and enthusiasm.

## ***Anaemia***

Anaemia, a lack of red blood cells, results from blood loss through injury or poisoning with warfarin. Rat and mouse poison stops blood from clotting so the dog bleeds to death. Other poisoning, such as lead, destroys red blood cells. Parasite infestation can also destroy red blood cells. Clotting and other blood defects can also be caused through auto-immune haemolytic disease where the body mistakenly attacks its own red blood cells.

Look Out For: Pale lips and gums plus general weakness.

## ***Lymphadenopathy***

The lymphatic system is not directly related to the cardiovascular system but it is linked with circulation in general. This is the drainage mechanism of the body and the lymph glands act as detoxifying points. Lymphadenopathy is a non-cancerous enlargement of the lymph glands generally caused through infection.

Look Out For: Either one or more hardened and enlarged lymph glands plus general malaise.

## **Endocrine Problems**

The endocrine system (a network of glands) produces hormones which control the metabolism and body processes. The most important of these glands are the adrenal, thyroid and pituitary glands. Also a part of this is the pancreas which produces insulin. When these glands become diseased they are difficult to cure or control and generally lifelong treatment is required.

### ***Diabetes Mellitus***

A deficiency of the hormone insulin results in diabetes. Insulin is required to transport glucose from the blood into the tissues so this deficiency means the tissues become starved of glucose. Diabetes can be caused through pancreatic disease and damage, plus by the misuse of drugs such as steroids and hormones. Dogs can be treated for diabetes in a similar way to humans.

Look Out For: Excessive thirst and hunger, weight loss, lethargy and cataracts.

### ***Hypothyroidism***

The thyroid glands are responsible for the body's metabolism. Hypothyroidism, which is underactivity of the thyroid gland, causes slowing down of the metabolism affecting almost every body process. The actual cause of the condition remains unknown, despite investigation, but is generally a form of inflammation of the thyroid gland (lymphocytic thyroiditis). Pituitary gland damage can also lead to hypothyroidism.

Look Out For: There are many signs of health problems where the underlying problem of hypothyroidism may not be visible. This list of health problems can be a clinical sign of the condition:-

- **Alterations in Cellular Metabolism** – lethargy; mental dullness; exercise intolerance; neurologic signs; seizures; polyneuropathy; weight gain; cold intolerance; mood swings; hyperexcitability; stunted growth; chronic infections.
- **Neuromuscular Problems** – weakness; knuckling or dragging feet; stiffness; laryngeal paralysis; facial paralysis; “tragic” expression; incontinence; muscle wasting; megaesophagus; head tilt; drooping eyelids; ruptured cruciate ligament.
- **Dermatologic Diseases** – dry, scaly skin and dandruff; course, dull coat; “rat tail” or “puppy coat”; hyperpigmentation; pyoderma or skin infections; chronic offensive skin odour; bilaterally symmetrical hair loss; seborrhoea with greasy skin; seborrhoea with dry skin; myxedema.

- **Reproductive Disorders** – infertility; lack of libido; testicular atrophy; hypospermia; aspermia; prolonged interestrus interval; absence of heat cycles; silent heats; pseudopregnancy; weak, dying or stillborn pups.
- **Cardiac Abnormalities** – slow heart rate (bradycardia); cardiac arrhythmias; cardiomyopathy.
- **Gastrointestinal Disorders** – constipation; diarrhoea; vomiting.
- **Hematologic Disorders** – bleeding; bone marrow failure - low red blood cells (anaemia), white blood cells, platelets.
- **Ocular Diseases** – corneal lipid deposits; uveitis; infections of eyelid glands; corneal ulceration; “dry eye”; Vogt-Koyanagi-Harada syndrome.
- **Other Associated Disorders** – IgA deficiency; loss of taste; other endocrinopathies such as adrenal, pancreatic, parathyroid; loss of smell (dysosmia); glycosuria; chronic active hepatitis.

### *Cushing’s Disease*

This disease is caused by overproduction of steroids by the adrenal gland. As yet the reason for this is unknown however tumours of the adrenal and pituitary glands could be a factor.

Look Out For: An increase in thirst and hunger, muscle stretching and weakness and alopecia (hair loss) can all be symptoms of this disease. Also the dog may show a predisposition to skin infections as well as lethargy and abdominal swelling.

### *Addison’s Disease*

This disease is the opposite of Cushing’s disease whereby there is an underactivity of the adrenal glands resulting in a deficiency of the body’s natural steroid production. This can become very serious and a dog can collapse, even die, if the steroid level falls. The cause of this disease is also unknown however adrenal tumours, inflammations or thrombosis may be contributing factors.

Look Out For: Muscle tremors, vomiting, diarrhoea, significant weight loss, increased thirst and eventual collapse can all be symptoms of this disease.

## **Muscle and Skeletal Problems**

The joints, bones, muscles, tendons and ligaments are the areas of the dog’s body which tend to suffer injury, wear and tear and inflammation. Once there is a problem they can be difficult to put right again. Here are some of the main problems affecting these areas.

### *Arthritis*

Arthritis is generally found in older dogs and is an inflammation of the joints. Arthritis in younger dogs can be triggered by injury, infection or immune system diseases.

Look Out For: Stiffness and pain in the affected joints which will result in lameness.

### *Sprains and Strains*

Inflamed tendons, stretched ligaments and pulled muscles are the main injuries of a whole range which can be classified under sprains and strains.

Look Out For: Lameness, pain and sometimes swelling which can all be signs of injury or inflammation of the muscles, tendons and ligaments.

### ***Joint Dislocation***

Dislocation of joints primarily occurs in the hips and shoulders, although small breeds are susceptible also to dislocation of the patella (kneecap). Physical replacement may be necessary, either by a vet or chiropractor.

Look Out For: Joint dislocation which can sometimes be visible however, if not, it will cause obvious lameness.

### ***Bone Fracture***

Bone fractures are generally caused through accident and injury, but can be exacerbated by brittle or thin bones. Fractures will require immediate treatment by a vet.

Look Out For: Bones may be visible in open fractures or they may be heard grating. The dog will be in instant and obvious pain and lameness.

### ***Hip Dysplasia***

Hip dysplasia is caused through a developmental defect of the hip joints. It is more common in some breeds such as Golden Retrievers, Labrador Retrievers and German Shepherds, for example, however other breeds may suffer from this also. One or both of the hip joints become deformed and can lead to arthritis and partial dislocation. The problem in severe cases may show up early in age or later in life. Poor diet may also cause aggravation as well as over-exercising a young puppy. Some breeds clubs require their members to test a dog's hip scores before breeding from their stock in order to reduce the prominence of this condition.

Look Out For: There is a range of severity with this condition; some dogs may show only mild symptoms such as a rolling gait while walking or stiffness in the hind legs, while more severe cases may incapacitate a dog and require surgery.

### ***Disc Protrusion***

This is also known as a 'slipped disc' and follows degeneration of a disc. The disc presses on the spinal cord and can cause severe or even permanent weakness and paralysis. Breeds more prone to this condition are the long backed breeds, such as the Dachshund. It also may appear unexpectedly or after injury.

Look Out For: General weakness or paralysis in the back or neck which is quite sudden.

## **Nervous System Problems**

### ***Convulsions***

Convulsions or fits can be caused by epilepsy, ingestion of poisons (such as anti-freeze), infection (such as distemper), metabolic disorders (such as diabetes), injury or brain tumour. If you see your dog fitting it should be kept as quiet as possible and ideally in a darkened room.

Look Out For: If the dog is not epileptic there will be muscle spasms and tremors, rigidity and loss of balance. An epileptic fit is similar but also there may be some confusion before and after the fit. Weakness, restlessness and a need to eat or drink are also typical.

## ***Neuritis***

This is inflammation of a nerve or group of nerves. Neuritis will cause discomfort in the area or tissue supplied by that nerve. For example, itchy skin may be caused through inflammation of the nerve which supplies that part of the skin. Causes can be through injuries, infections, pressure (as in 'trapped' nerve) or a tumour.

Look Out For: Persistent localised pain or irritation which can induce licking constantly, scratching or biting at the affected area.

## ***Chorea***

This is an involuntary twitching of the muscles which usually follows after a distemper infection. However, it can also be caused from poisoning or by a tumour in the brain.

Look Out For: Twitching uncontrollably particularly in the limbs and facial muscles.

## **Digestive System Problems**

The digestive system includes mouth, gum and dental disorders; stomach and intestines; salivary glands; liver and pancreas; lower bowel problems; constipation and diarrhoea. As dogs will scavenge and put all sorts of things into their mouths digestive problems are quite common. There are many different disorders with all these areas, the main ones being these listed below.

### ***Dental Disease***

Dental disease is not as common in dogs as in humans; however they can still suffer from gum and teeth problems through infections or damage from erosion.

Look Out For: Obvious pain when eating, damaged teeth, bad breath and drooling.

### ***Salivary Cyst***

Salivary cysts can look like an abscess as it is a swelling in the facial area. Causes for these cysts are unknown and they will need to be surgically drained.

Look Out For: Soft facial swelling which increases in size.

### ***Gingivitis and Stomatitis***

Gingivitis is gum inflammation and stomatitis is an inflammation of the mouth lining. These sometimes appear together. It could be associated with diseased teeth or possibly from infection, poisoning, kidney disease or immune system disease.

Look Out For: Gums will look red and inflamed, mouth ulcers, pain whilst eating; bad breath and drooling.

### ***Vomiting***

Dogs will occasionally vomit which could be a result from eating inappropriate things, infection, foreign bodies, intestinal abnormalities and either kidney, pancreatic or liver disease. If your dog has vomited you should withhold food for 24 hours and then give a bland diet.

Look Out For: It will be very apparent when your dog is vomiting. If vomiting up frequently and the vomiting include blood or if it occurs together with other acute symptoms then get immediate attention from your vet.

### ***Gastric Torsion (Bloat)***

Gastric Torsion or Bloat, as it is commonly called, is a life threatening condition. The stomach is filled with gas caused by fermentation and then twists around enclosing the gas inside the stomach. As the stomach continues to expand from more gas being produced it becomes increasingly painful and puts pressure on other organs. Urgent veterinary treatment will be required in order to save the animal. Some breeds are more prone to this condition than others.

Look Out For: Abdominal swelling and pain.

### ***Foreign Bodies***

Dogs will always chew and swallow objects. Some of these pass safely through their digestive system and come out the other end without any harm, while others can cause major damage to the inside organs. If something is obstructing the intestine then surgery may be required. Some objects may eventually be vomited up or pass through the system.

Look Out For: Vomiting, little or no passage of faeces, abdominal pain and lethargy.

### ***Colic***

Some small breeds of dogs can be prone to bouts of colic where gases build up in the intestines and the intestinal wall muscles can experience muscular spasms. This causes pain and discomfort. The condition may be caused by imbalanced diet or dietary allergy; sometimes there is no obvious cause.

Look Out For: An arched back with general uneasiness can indicate colic. The dog may whine in pain and make straining attempts to defecate.

### ***Liver Disease***

Liver disease can be caused by infections, poisoning, tumours, bile-duct obstruction and disease of the immune system and may be acute or chronic.

Look Out For: Vomiting, weight loss, lethargy and jaundice.

### ***Pancreatitis***

The three types of pancreatic diseases in dogs are:-

- Diabetes mellitus
- Pancreatic insufficiency (digestive enzymes are lacking enzyme supplementation and a low fat diet is normally necessary)
- Pancreatitis (an inflammatory condition that may follow steroid use – can be fatal)

Look Out For: Pain, fever, diarrhoea, lack of appetite and vomiting.

## ***Constipation***

This is not as common in dogs as in humans but occasionally it may become a problem. It could be caused from eating too many cooked bones or by insufficient fibre in the diet (rectified by adding raw vegetables and cereals to the diet). It can also be caused through a constricted or enlarged lower bowel or from polyps or tumours in the bowel.

Look Out For: Long periods between bowel movements and obvious straining to defecate, or the production of thin and flattened faeces or no faeces at all.

## ***Diarrhoea***

This can vary from loose or liquid faeces to acute colitis where the dog can be passing mucus and blood. There are many causes for diarrhoea which include a sudden change in the diet, infections, stress, liver malfunction, parasites and tumours. Withholding food for 24 hours may solve the problem, otherwise a bland diet including chicken and pasta should then be given for two days before gradually returning to the normal diet.

Look Out For: Abnormal consistency of the stools which range from semi-solid to watery. Possible excretion of blood, mucus or undigested food may also be apparent. The dog may strain to defecate and may need to defecate frequently.

## **Urinary System Problems**

This includes problems with the bladder and kidneys. Problems can be seen initially as changes in the urine whether it be the frequency of passing urine, the amount passed, the colour, the presence of blood, etc. If you suspect any problems take a sample collected in a sterile container and take it to the vet.

### ***Cystitis***

This problem occurs more in females than males and can often be a recurrent condition. Causes can be from bacterial infection, bladder stones, injury or tumours.

Look Out For: The dog will strain to pass urine frequently and blood will be visible.

### ***Kidney Disease***

Kidney disease comes in many forms some more serious than others and can end up being life threatening. Aging will wear the kidneys out eventually but other causes of kidney disease include bacterial or viral infections, poisoning and tumours.

Look Out For: Increased thirst, weight loss and lack of appetite. Acute kidney disease may also result in vomiting, dehydration and oedema (congestion – see Congestion).

### ***Urolithiasis***

This is a formation of ‘stones’ which may appear in the bladder or occasionally be found in the kidneys or urethra. They consist of minerals and some stones may be smooth while others are spiky and cause intense discomfort. Cause can be from an imbalance in body fluids due to urine alkalinity or to insufficient water intake.

Look Out For: Blood in the urine, abdominal pain and incontinence.

## ***Incontinence***

Incontinence is awkward to manage with the condition of dribbling urine. It can often arise as a dog gets into twilight years and loses control of the bladder. Some neutered bitches can also be prone to this. Other causes can be due to anatomical abnormalities, cystitis and bladder 'stones' or tumours.

Look Out For: Urine leakage may be occasional, frequent or, in severe cases, almost continuous.

## **Female Reproductive Problems**

### ***Mastitis***

Mastitis is inflammation of the mammary glands which are very uncomfortable for the bitch. This can also be accompanied by a high fever. The cause of this condition can either be mammary tumour or bacterial infection (especially after pregnancy or false pregnancy).

Look Out For: Affected mammary glands are hot, swollen and painful plus abscesses may also form.

### ***False Pregnancy***

This is a condition where all the signs of pregnancy appear however the bitch is not carrying any pups. The reason for this could be due to hormone imbalance.

Look Out For: There will be an increase in appetite together with an enlarged stomach and presence of milk in the mammary glands. The bitch may have trouble in settling and may make a 'nest', even going through mock labour.

## **Male Reproductive Problems**

### ***Prostatitis***

This is inflammation of the prostate gland which may be chronic enlargement which occurs with ageing, or it may be an acute problem which usually follows infection tracking up the urethra. Tumours can also be a cause of this condition.

Look Out For: Pain and difficulty in passing urine and faeces as well as blood being present in the urine.

## **Cancer**

Cancer appears to be an increasing illness in the dog population. Cancerous tissue can develop in any part of the body's organs, so there are many types of cancer and it can hit young or old dogs. Sometimes cancer may be more obvious, as in skin tumours, than other internal cancer which may not be discovered until it is well advanced.

One of the reasons for this increase in cancer can be the chemicals and pollution in the environment. These chemicals and pollutants damage the cells and immune system so the body has a reduced ability to fight off the cancer cells.

Supplements can be given to keep your dog in peak health and fitness.

All the above details are for information purposes only. If you suspect your pup or dog may be showing signs of any of the above health problems get professional advice from your vet. Your dog may need tests and examinations to determine what the exact problem is.



## HOW TO CHOOSE A VET



Choosing your vet is as important as you choosing your doctor or dentist. Vets generally choose their profession because they love animals but their services are not a charity. You are going to have to budget for veterinary bills whether they are normal check-up visits or whether something goes wrong unexpectedly and services and medicines are required. There are insurance policies now which cover animal veterinary costs so it is worth comparing a few different policies to see if it is worth taking out insurance on your dog's health.

So how do you find the best vet for your dog? Veterinary clinics come with different sizes and services. Below are some ways of determining the vet which will best suit your needs.

### Word of Mouth

Personal referral and word of mouth can be a good start. If you have friends, relatives or neighbours with pets speak to them about the vet they use. Another good place to start could be your breeder. Breeders are using vets all the time and may be able to assist with giving some recommendations. Make sure their pets' needs are similar to yours and find out how long they have been using their vet and whether they find the costs expensive. Also find out if the vet is local. It is no use asking your breeder who may not use a vet local to where you live.

### Location

It is important that you find a vet who is fairly local and accessible. Check whether their services and surgery times are convenient to when you are able to get to appointments. It is no point in going to the closest vet who is only open at times when you are at work. And also take into consideration that you don't want to have to drive too far if, in the case of emergency, you need to get there urgently.

### What to Look For

Write a list of the local vets you think will be suitable and then go visit them to get an idea of what they offer.

### Emergencies

Does the vet cater for emergencies after hours or do you have to ring a larger clinic which has 24 hour emergency service? If they do cater for emergencies are they able to monitor your dog overnight if necessary?

### Service

Find out about the services they offer and their attitude towards patients.

## Costs

You may find a difference in the cost range between vets for a particular procedure, for example to spay or neuter your dog. Cheapest is not necessarily best and consider pet insurance (see Pet Insurance on page 93) which can help in times of emergency.

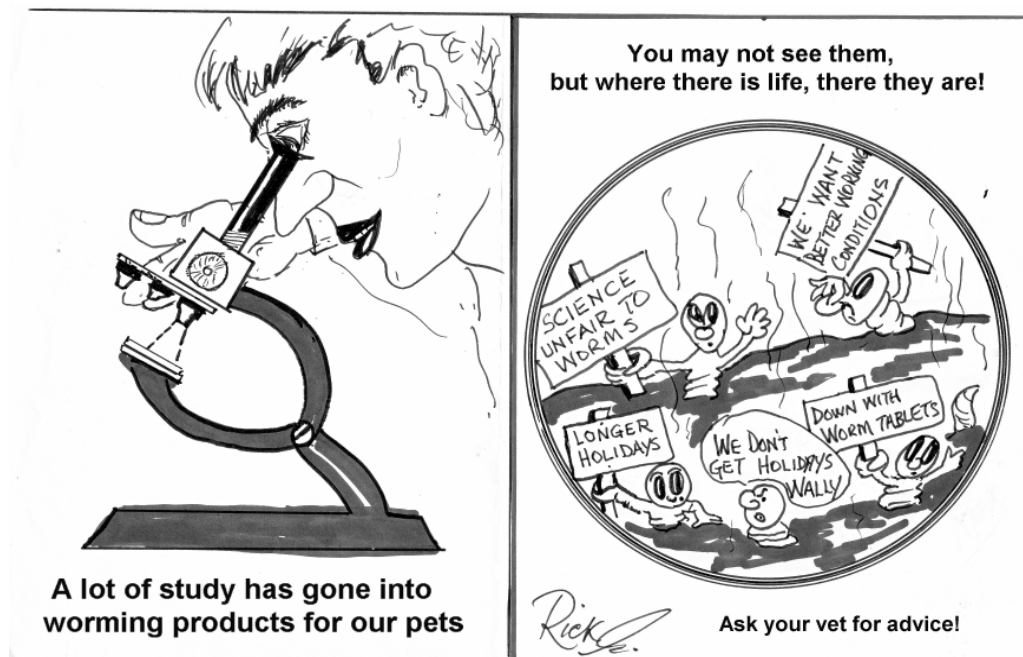
A good vet should discuss all costs involved in any type of treatment before the treatment is given. They should also give you an option if options are available and compare the price of those.

The cost should really be the last consideration on the list. If the veterinary clinic you like provides all the services and facilities and has staff that are caring and personable then it will be worth paying a little more than a cheaper vet down the road who only gives basic service facilities.

Start to build up a rapport with the vet when you take your dog in for its final puppy vaccination – hopefully this will be a fairly long term relationship. If you have any questions regarding your puppy's health, nutrition or behaviour then they will be more than happy to ask. They will also have more idea what to feed than the person on the counter in the pet shop.

*Refer to your free bonus Checklist download for some questions to ask and consider regarding the service, fees and costs and general things to look for.*

## VACCINATIONS AND WORMING



All dogs need some sort of vaccination which will protect them from the following:

- **Canine Parvovirus** – a viral gastroenteritis. Symptoms are loss of appetite, depression, severe vomiting and diarrhoea containing blood. If not treated immediately death can occur within 24 hours.
- **Canine Distemper** – is a highly contagious disease. Symptoms are conjunctivitis, nasal discharge, convulsive seizures and spinal cord damage. In severe cases death will occur. Treatment is often ineffective.
- **Canine Hepatitis** – this can cause sudden death in puppies and older dogs can experience weakness, fever, diarrhoea, loss of appetite, bleeding and acute abdominal pain due to enlargement of the liver. In severe cases death may occur within 24 to 36 hours of onset.
- **Canine Kennel Cough** – is a combination of bacterial and viral infection. Dogs that are affected by this have a hacking cough which persists for weeks. This is more prevalent in areas where large numbers of dogs congregate such as boarding kennels and dog shows or events.

Depending on which part of the world you live in vaccinations for the following may also be required:

- **Rabies** – is a virus which is transmitted through a bite from an infected animal via the saliva. It attacks the nervous system and eventually results in death. There is no treatment for this virus and dogs will be euthanized.
- **Canine Leptospirosis** – this is a bacterial infection which can have either of two effects: one affects the liver and causes jaundice, diarrhoea and vomiting while the other affects the kidneys and results in symptoms of excessive thirst, vomiting and mouth ulcers. Treatment is available however death can occur due to damage to vital organs.

- **Lyme Disease** – is a bacterial disease which is transferred by ticks. It affects the muscular skeletal system which results in lameness. Fever, lethargy and swelling in the joints are some of the common symptoms. Affected dogs may develop joint degeneration and arthritis. Lyme disease is very treatable with antibiotics.

Between the ages of 6 to 8 weeks is when the pups should have their first vaccination. This should have already been organised by the breeder or pet shop. You should receive a certificate to show this has been given and telling you when the next vaccination is due. Depending on whether your vet is using live or dead vaccine will depend on whether three vaccinations are required or two, subsequently being at 12 weeks and again, if necessary, at 16 weeks.

When the pup gets to 12 weeks of age it will require the follow-up vaccination and then your vet will tell you whether the pup is sufficiently protected to take it out into public areas or whether a third vaccination is required at 16 weeks.

All puppies do need these initial vaccinations however if your pup does show any signs of adverse reaction to the vaccination then careful consideration will need to be taken. One of these signs could be a tumour or lump appearing at the site of the vaccination, general lethargy or any of the following listed on the next page.

### **Annual Booster Vaccinations**

Most vets recommend an annual vaccination so that your dog stays immune to these above infections. The subject of vaccinations, though, is a controversial one and there are many different theories and opinions, not so much as whether to vaccinate, but how often are booster vaccinations required. There is some evidence that current vaccines can trigger immune and other chronic disorders (vaccinosis). So there is somewhat of a chance that a dog will react adversely to these vaccinations.

These reactions may be immediate, or they may occur 12 to 48 hours afterwards, or they may even take longer, anywhere between 10 to 45 days. Some typical signs of immediate adverse reactions include:

- Immediate hypersensitivity
- Anaphylactic reaction

Delayed reactions may include:

- Fever
- Stiffness
- Sore joints
- Abdominal tenderness
- Susceptibility to infections
- Nervous system disorders or inflammation
- Jaundice
- Generalised pinpoint haemorrhages or bruises
- Liver or kidney problems

One opinion is that to have a booster at 12 months of age and then again only every 2 to 3 years after that. In between it is possible to get your pet 'Titer' tested (see Titer Testing further down in this chapter on page 88). If a dog is titer tested and found to have sufficient antibodies in its system then a vaccination is not required. However, if the titer test shows that antibody levels are below that required then you will know it is time to get your pet vaccinated again.

Similarly when a dog reaches geriatric age then vaccination boosters are likely to be unnecessary and even may be unadvisable for those with aging or immunity related disorders.

This information is not to alarm or frighten or to influence your decision in any way but to make you aware that problems can exist with the normal protocol. If you are going to adopt alternative methods of vaccination then you need to help the immune system naturally by feeding a quality diet with all the nutrients your dog needs. Also make sure you have filtered, clean fresh water available at all times. Keep check on your dog's teeth and gums – immune problems can stem from infections in the mouth. Also do what you can to limit your dog's exposure to chemicals in the environment.

## **PARASITES**

Parasites can live internally or externally on your dog's body. Even healthy dogs can pick up some form of worm or parasitic infestation so it is advisable to be aware of them and recognise if and when they do exist.

### **Surface Dwelling Parasites**

These include fleas, lice, ticks and various forms of mites which live on the skin's surface. If you find signs of any of the following parasites then you will need to treat the dog and the environment until they have been eradicated.

#### ***Fleas***

Fleas are the most common problem and can be difficult to locate, especially if there is only one or two. They tend to congregate around the back end of the dog however bad infestation will show them all over the dog. Dogs quite often suffer from allergies caused by flea bites.

Look Out For: Fleas leave little black dots which is 'flea dirt'. This is really blood and if you wash your dog you will see the water turn a red/brown colour depending on the level of infestation. Fleas will result in a lot of scratching and biting in affected areas which can result in dermatitis or 'hotspots' on the skin.

#### ***Ticks***

Ticks look like smooth grey warts and lodge themselves into the skin by the mouth parts therefore being motionless. Some ticks are harmless however others can be deadly. Never pull these straight out of the dog's body or twist the tick as the head will still remain burrowed into the skin. It is best to see the vet immediately to rid your dog of the ticks, especially in the case of paralysis ticks where death can occur.

Look Out For: A small round lump, grey in colour may be seen on the skin. You may need to search through the fur to find them. Ticks can carry Lyme disease or cause paralysis so any signs of these get immediate veterinary attention.

#### ***Mites***

Mites that live on the surface of the dog's skin are cheyletiella mites and harvest mites.

Cheyletiella mites are only just visible to the human eye and cause scaling skin which is seen as dandruff. Looking closely the dandruff appears to move and this is because the mites move around underneath the scales of skin. Watch out for flaky, scaly skin on the coat especially over the back area and itchiness. Veterinary advice is recommended and treatment will be necessary for all animals in the household.

Harvest mites are visible as a red dot and can cause allergic reactions which result in reddening and crusting of the skin. It is recommended to get veterinary advice for the treatment of these.

## ***Burrowing Mites***

These are also known as mange mites and there are two types – sarcoptic and demodex.

*Sarcoptic Mites* are more commonly known as canine scabies. They burrow under the skin to lay eggs. Symptoms can be varied but generally include loss of hair and/or severe itching. The mites prefer to live in the areas with less hair so the elbows, armpits, hocks, ears, belly and chest are most affected. As the infection worsens it may spread over the whole body. Small red pustules often develop and with yellow crusts on the skin.

*Demodex Mites* are generally found in dogs that have an immune system deficiency. These mites live in the hair follicle and so hair loss is one of the signs. Also apparent is red, crusty skin and sometimes a greasy or moist appearance.

Treatments are available for both types of mites and it is best to seek veterinary advice.

## ***Ear Mites***

Ear mites are very contagious and live inside the dog's ears. Depending of the level of infestation the dog will scratch and shake its head accordingly. In severe cases, the ear canals can bleed and either fresh or dried blood will be apparent inside the ear canal. If you notice a build up of what looks like coffee grounds then it is possible that your dog has ear mites.

If you suspect your dog of having ear mites it is best to get a vet to examine the ears and advise on treatment.

## **WORMS**

Your dog can be infested with a number of different types of worms which can be easily prevented by administering a worming tablet regularly. These treatments prevent your dog from picking up the main types of worms such as Ringworm, Roundworm, Tapeworm, Hookworm and Whipworms and Heartworm.

### ***Ringworm***

Ringworm is actually not a worm but a fungus and most prevalent in hot, humid climates. It is a type of skin rash which can be transmitted to other animals and humans. Symptoms of ringworm are small, round, hairless lesion with the skin in the middle of this lesion becoming scaly. Small pustules form on the surface of the sore. They may or may not be itchy and may start out small but may continue to grow. Lesions are most common on the head however, they can also appear on the legs, feet and tail.

### ***Roundworm***

Roundworms look like short lengths of spaghetti curled up into a coil. The adults live in the intestine of the animal and feed off the contents which you feed your dog. If there are any symptoms these can be weight loss, lack of energy and dull coat however sometimes there will be no symptoms of this infestation. Sometimes the larvae will stay dormant in the body and form cysts in the muscles only to be activated in times of stress.

### ***Tapeworm***

Tapeworms are like flat, long ribbons which are divided up into segments. Tapeworms need an intermediary host, such as fleas, mice, rats and other small rodents. If the dog comes in contact with these hosts and ingests the larvae, the tapeworms will grow into adults in the body. The segments, which contain eggs, of the adult worm then break up and pass through the faeces and into the environment.

## ***Hookworm and Whipworms***

Hookworm larvae are picked up from ingesting other animals' faeces or walking through an infected area. If your dog ingests the larvae it travels through the body and hooks itself to the intestine wall. Symptoms include extreme weight loss, tar-like stools, dull coat and pale gums.

Whipworms are picked up in similar ways to hookworms. The eggs are able to survive in very extreme conditions for up to a year or more. Dogs can pick up the eggs on their paws and then ingest them. They also travel to the intestine where once hatched the larvae attach themselves to the intestine wall. Symptoms include diarrhoea, weight loss and anaemia.

## ***Heartworm***

Heartworm is transmitted through mosquito bites. It takes about 6 to 7 months from time of the bite for the heartworm to mature to adulthood. Early signs of heartworm include a cough and early exhaustion, especially after or during exercise and progress to severe weight loss, fainting, coughing up blood and finally congestive heart failure.

## **ALTERNATIVE PREVENTION REMEDIES**

Homeopathic 'nosodes' and natural remedies in the marketplace may be your preferable choice to giving normal vaccine, worming and parasitic treatments. Make sure you do your homework and research before making a decision to using these as an alternative as they may not be quite as effective. You might like to consider a combination of the two by using normal vaccinations for your pup, then a normal booster at 12 months of age and then using titer tests to determine if future vaccinations are required. If so, then you could use a homeopathic 'nosode' alternative if and when further immunity boosters are needed.

## **TITER TESTING**

The word 'titer' refers to the concentration or strength of a substance within a solution. Therefore with vaccine 'titers' a blood sample or test is taken of the dog's blood to check for the immunity strength and response to a particular viral disease. If the dog has a satisfactory level of vaccine titer then it is considered sufficiently immune to the disease and no additional booster or vaccine is required at that particular time.

A titer test does not distinguish between natural immunity gained from being exposed to a particular disease and that which has been artificially administered via vaccination. A dog may come into contact with a disease and its immune system naturally conquers the disease and is therefore naturally immune to that disease, or it may have a combination of natural immunity and vaccination which builds the immune system up to fight that disease if the dog is exposed to it. By testing your dog annually with a titer you will know what level of immunity is present in the dog's body at that particular time and whether it has fallen below adequate levels, in which case you will need to booster that either by normal vaccination or homeopathic nosodes.

Unfortunately, at this point in time, not all Canine Associations and Councils, dog boarding kennels and dog clubs accept a titer test as indication of full immunity. They will require a current vaccination certificate, which means a normal veterinary vaccination, to be produced as proof of your dog's up to date vaccination levels.

## SHOULD I SPAY OR NEUTER MY DOG

At some point as your puppy grows older you will need to consider whether to spay or neuter your bitch or dog. Once again, there are conflicting theories about whether there are any health benefits to this procedure and at what age the dog should have the operation. There are suggestions that puppies should be done at 7 to 8 weeks of age, however I personally feel that this is way too young, or they should be 6 months of age before they have the procedure done and there are other opinions that bitch puppies should have one season before getting done or in the case of dogs they should at least reach the age where the testosterone starts flowing. It is recommended that you speak to your vet for advice and do some research to determine what is best for your puppy.

The most compelling argument for spaying/neutering is that sterilisation will reduce the number of unwanted litters whereby unwanted puppies or dogs end up in rescue shelters or pounds and being euthanized. Other advantages are that council registrations are cheaper for sterilised dogs than non-sterilised dogs; dogs, particularly males, will be less likely to roam or try to get out if sterilised.

### Common Myths

#### *A sterilised dog will become fat*

Sterilisation does not affect the weight of your dog. It will only become fat and lazy through lack of exercise and overfeeding.

#### *Dogs lose their personality after sterilisation*

Your dog will retain its own personality after the operation. The only 'character' change is that it may calm down a little, particularly with hyperactive dogs.

#### *The operation is painful*

Dogs will experience some tenderness in the affected area immediately after the operation. Stitches will be in place for 10 days after the operation and your vet will advise on how to care for the dog during this time; however they do usually bounce back very quickly.

#### *Females should have a litter first*

There isn't any benefit to a bitch having a litter before she gets spayed. Think carefully before allowing your bitch to have a litter, and if you bought her from a breeder check to see if there is a 'no breeding' clause on the contract. It takes time and effort on your part if your bitch has a litter and you are completely responsible for those pups until you find responsible owners for them.

The following link to an interesting online article regarding the implications of spay/neutering your dog may give you further insight. We suggest you read this before making your decision.

<http://www.naiaonline.org/pdfs/LongTermHealthEffectsOfSpayNeuterInDogs.pdf>





## ALTERNATIVE THERAPIES AND NATURAL REMEDIES

Generally conventional medicine and veterinary advice is the way we treat animals which are not well or have health problems. However, there are alternative therapies which can also be effective in the treatment of ailments or just maintain your dog in peak condition. If you choose to use natural therapies for your dog it is wise to let your vet know, especially if the dog is also on medication as the drugs can interfere with effectiveness of natural medicines. Generally essential oils, herbal medicines and flower and gem essences work well alongside conventional drugs. Sometimes conventional drug treatment only suppresses a disease and it appears later in another form whereas natural therapies can push the problem out and allow permanent cure.

Before embarking on a natural remedy and therapy programme research the types of therapies you want to use to make sure they are compatible. Most therapies are compatible, however, homoeopathic remedies and biochemical tissue salts may be adversely affected by aromatic essential oils and strong-smelling herbs, particularly garlic, and similarly it would not be wise to follow a session of osteopathy too closely with physiotherapy treatment.

Always remember that if your dog is suffering from an acute problem which does not respond well to natural therapy treatment you must consult your vet as soon as possible.

Listed below is a rundown on the main alternative therapies available.

### Aromatherapy

Aromatherapy is the use of essential oils derived from plants which can be used for a variety of illnesses. A distillation process extracts the oils out of the plants which are then highly concentrated and with strong fragrance. Each of the oils has its own individual properties but in general is antiseptic and detoxifying and they also help strengthen the immune system and regulate the metabolism.

Oils can be administered in the following ways:

- **Orally** – This must be done with strict expert supervision. Essential oils can have a toxic affect because of their high concentration
- **Massage** – This is a more commonly used method whereby a drop of an essential oil is added to a ‘carrier’ oil for dilution and allows it to be massage into a less hairy part of the skin, usually the armpit, groin or inside thigh area
- **Diffusion** – This method is used to evaporate the oil which is then inhaled. The diffuser should be left in operation with the dog in the same room for about 30 minutes so that sufficient oil is absorbed.

Aromatherapy is a fast treatment, generally only a few days treatment is all that is required and the fragrant remedies are pleasant to use. The oils are easily available however you need to make sure that they are the true plant essence rather than synthetically produced as these are less effective.

### Homeopathy

In the late 18<sup>th</sup> century Hahnemann discovered that animal, mineral or plant substances which cause adverse symptoms in an individual could cure those same symptoms by administering a minute dose of that same substance in an ‘energised’ homeopathic form. So remedies are produced by diluting the original substances in several stages and then by shaking or ‘succussing’ the solution at each dilution to add energy to the product. This results in powerful healing agents that are so dilute as to be completely safe and free from side effects.

Remedies can be made from a number of minerals, including phosphorus, lead and arsenic which are extracted from plants such as Belladonna, Aconite and Arnica. Animal products can range from the honey bee to the venom of poisonous snakes. There are over 3,000 different homeopathic remedies in use.

They are available as tablets, powders, granules, liquids and ointments. If you are not familiar with homeopathic remedies then you will need to see a qualified homeopath before starting treatment.

### **Herbal Medicine**

Herbal medicine is one of the oldest forms of natural medicine which utilise the powerful healing properties of herbs and flowers. A lot of conventional drugs are derivatives of these but they are isolated extracts and synthetic compounds which are more likely to cause side effects. The natural herbal medicines are gentler on the body and safer.

Herbal medicines can be effective for chronic problems however if you are not familiar with treatment of these then it is best to see someone qualified in the field. Sometimes overdoses can be fatal and too little may not be effective.

### **Bach Flower Remedies**

Bach flower essences were developed by a process of 'energising' the healing potential of energy within flowers by Dr Edward Bach. He discovered that the action of sunlight on flower petals (or other parts) of certain plants that were floated in water transferred the healing energy from the plant into the water. A few drops of this energised water were added to brandy which, acted as a preservative, and the result was the Bach flower essence.

There are 38 different essences which have specific effects on mental, emotional or behavioural problems. For example, Aspen is beneficial for anxiety, vague fears and apprehensions while Impatience is used to treat feelings of irritability, impatience and over reaction.

As well as single essences to treat specific conditions a mixture of five of the original essences and components have a great effect for cases of shock, collapse and trauma. This is probably the best known of the Bach flower range and is called Rescue Remedy.

The remedies are available through some health shops. They can be given by mouth or by adding drops to the drinking water or to a small amount of food. For more information you can visit [www.bachflower.com](http://www.bachflower.com).

### **Acupuncture**

This is the ancient Chinese art of inserting needles at selected points in the body to unblock energy channels and create free energy flow. The Chinese believe that energy flows through the body freely along these channels, or meridians, and disease is caused through a blockage or imbalance in this energy flow. The insertion of these needles into the specific points can be balanced and unblocked to create a healing process.

This therapy can be used to treat almost any condition but is particularly helpful for musculo-skeletal problems such as arthritis, back pain, ligament and tendon injuries as well as the nervous system. It is best known for its ability to help relieve pain.

This must only be done by a qualified practitioner – never attempt to use these needles yourself. Weekly sessions may be required to start off with and then as improvement is seen reduced to less regular visits.

Dogs tend to accept this treatment relatively easily and may even drop off to sleep through relaxation.

### **T-Touch Massage**

This specific type of massage was developed by Linda Tellington-Jones and is a system of gentle, repeated massaging movements which are said to generate specific brainwave patterns in the patient. It is beneficial to dogs suffering from anxieties, especially following injuries or surgery. The massage assists in calming the dog down to enable healing to take place more rapidly so that the healing is both mental and physical.

### **Reiki Healing**

This is the laying of hands on the body to heal disease. It is also known as spiritual healing or faith healing. Healers who are 'attuned' act as a channel for the healing energy to flow through. A warm sensation is generally felt as the energy is transferred from healer to patient.

Healing can be effective with any illness or problem from which dogs suffer. These include behaviour, mental and physical problems. Healing needs to be done by a practitioner who is familiar with the practice. Dogs seem to feel better after healing sessions.

### **Physiotherapy**

Physiotherapy can help restore the use of damaged muscles, ligaments, tendons and bones and involves a range of techniques. Dogs can benefit from this just like humans.

### **Chiropractic Treatment**

Chiropractic treatment is used to treat muscular and joint disorders through manipulation. It can be just as successfully applied to dogs by qualified animal chiropractors.

### **Bowen Therapy**

Bowen Therapy is a hands-on, non-invasive technique of movement of muscles and tissues. The practitioner uses the fingers and thumbs to gently move the muscles which releases the body from stresses and allows energy to flow freely. It can be very beneficial for joint, muscle and tendon movement and to help the body rebalance its nervous system. It can help relieve pain and discomfort.

Bowen Therapy does not use manipulation, force or adjustment but is based on using gentle movement to allow the body to heal itself.

These are the main alternative natural therapies which can be applied to dogs equally as successfully as humans. If you decide to go down this track for treatment make sure you do your research and seek the advice from your vet and a qualified practitioner for the type of therapy you choose.



**Modern worming techniques  
No chemicals. Completely  
organic.**

## PET INSURANCE

In this day and age of insurance, most major insurance companies now have policies so you can insure your pets. As with all insurance every policy is different so the best way to choose is to compare and contrast. You may want to consider pet insurance as a part of your budget for your new puppy. There are many benefits to taking out insurance as you will never know what may happen in the future to your dog.

Veterinary costs and medications are continually increasing. Sometimes accidents can happen which means unexpected and costly veterinary costs. By paying an annual or monthly premium you can eliminate some of these unexpected bills which may occur at an inopportune time. The insurance policy will then cover for the bulk of the operation or treatment costs although you may need to pay an excess fee.

Most insurance policies will cover a wide range of procedures and medications. An all-inclusive policy may come in handy if your dog gets ill or requires surgery which will be expensive. Some policies will cover for such things as routine visits and operations such as having your dog spayed or neutered; x-rays; medications; operations and nursing care as well as optional extras such as if your dog causes an accident or injury to a person or damage property which you are legally liable for; boarding cancellation fees if your holiday is cancelled; advertising and reward if your dog becomes lost or gets stolen. You can also take out extra to cover higher veterinary costs, for example, treatment for cancer can be very expensive and home visits in the case of emergencies.

Pet insurance will give you peace of mind if anything does happen to your dog which requires a lot of medical attention. The policies will vary in cost depending on what level of cover you decide to take out and what extra options you choose. As the dog population is increasingly suffering similar types of diseases that humans suffer, insurance for your puppy may be well worth the cost involved.

## POISONOUS PLANTS

The following are some of the more common plants which can be harmful or deadly to dogs if swallowed or eaten.

<p>Aconite Aloe Amaryllis Andromeda Japonica Apple Arrowgrasses Asian Lily (Liliaceae) Asparagus Fern Atropa belladonna Australian Nut Autumn Crocus Avocado Azalea</p>	<p>Daffodil Daphne Day Lily Delphinium (Larkspur) Devil's Ivy Dumb Cane Deadly Nightshade</p>	<p>Geranium German Ivy Giant Dumb Cane Glacier Ivy Gladiolas Glory Lily Gold Dieffenbachia Gold Dust Dracaena Golden Pothos Green Gold Nephthysis</p>
<p>Baneberry Bird of Paradise American Bittersweet European Bittersweet Black locust Bloodroot Box Branching Ivy Buckeye Buddist Pine Buttercup</p>	<p>Easter Lily Elaine Elderberry Elephant Ears Emerald Feather (Emerald Fern) Emerald Fern (Emerald Feather) English Ivy</p>	<p>Hahn's self branching English Ivy Heartleaf Philodendron Heavenly Bamboo Holly Horsehead Philodendron Hurricane Plant Hyacinth Hydrangea</p>
<p>Caladium Calla Lily Carolina Jessamine Castor Bean Ceriman (Cutleaf Philodendron) Charming Diffebachia Chinaberry Tree Chinese Evergreen Chockcherries Christmas berry Christmas Rose Clematis Common privet Cordatum Corn Plant (Cornstalk Plant) Cornstalk Plant (Corn Plant) Cowslip Cutleaf Philodendron (Ceriman) Cycads Cyclamen</p>	<p>Fiddle-leaf Fig Florida Beauty Foxglove Fruit Salad Plant</p>	<p>Iris Indian Rubber Plant</p>

<p>Janet Craig Dracaena  Japanese Show Lily  Japanese Yew (Yew)  Jerusalem Cherry</p>	<p>Oleander  Onion  Orange Day Lily  Oriental Lily</p>	<p>Taro Vine  Tiger Lily  Tomato Plant  Tree Philodendron  Tropic Snow Dumbcane  Tulip</p>
<p>Kalanchoe</p>	<p>Panda  Peace Lily (Maana Loa  Peace Lily)  Peach  Pencil Cactus  Pertusum  Philodendron  Plumosa Fern  Poinsettia (low toxicity)  Poison Ivy  Poison Oak  Pothos  Precatory Bean  Primrose</p>	<p>Variable Dieffenbachia  Variegated Philodendron</p>
<p>Lace Fern  Lacy Tree Philodendron  Lily of the Valley</p>	<p>Queensland Nut</p>	<p>Warneckeii Dracaena  Weeping Fig  Wood Lily</p>
<p>Macadamia Nut  Madagascar Dragon Tree  Marble Queen  Marijuana  Mauna Loa Peace Lily (Peace  Lily)  Mexican Breadfruit  Mistletoe  Morning Glory  Mother-in-Law's Tongue</p>	<p>Red Emerald  Red Lily  Red-Margined Dracaena  (aka Straight-Margined  Dracaena)  Red Princess  Rhododendron  Ribbon Plant (Dracaena  sanderiana)  Rubrum Lily</p>	<p>Yew</p>
<p>Narcissus  Needlepoint Ivy  Nephthytis  Nightshade</p>	<p>Saddle Leaf Philodendron  Sago Palm  Satin Pothos  Silver Pothos  Schefflera  Spotted Dumb Cane  Stargazer Lily  String of Pearls  Striped Dracaena  Sweetheart Ivy  Swiss Cheese Plant</p>	

## FIRST AID



It is quite likely that at some point in time you are going to need some equipment to attend minor injuries and/or insect bites. A basic first aid kit is always handy to have on hand. When your dog does sustain a bite or injury of some sort it is best to get advice from your vet however having a first aid pack will enable you to deal with the situation immediately.

Some items which should be included are:-

- Cotton gauze bandage wrap
- Cotton gauze pads
- Cotton buds or Q-Tips
- First aid tape
- Small bandage scissors
- Regular Band Aids
- Tweezers
- Betadine Antiseptic Solution or some other brand of antiseptic solution
- Safety pins
- Vaseline or similar
- Rubbing alcohol
- Hydrocortisone ointment
- Ear cleaning solution
- Eye cleaning solution
- Pair of gloves
- Oral syringes
- Any medication which your vet has prescribed for your dog
- Electrolyte fluids
- Ipecac Syrup to induce vomiting

If you wish to include tablets and medications to include in your kit it is best to get the advice of your vet.

If you plan to go travelling with your dog then it will be very important to include these items as well as speaking to your vet about additional items which may need to be included. It may be that you won't have access to a vet if an emergency arises.

The above items are always helpful to have on hand in the home. Keep a check to make sure any medications are up to date and have the kit available at all times. Put a label on the box with not only your details but also the name and phone number of your vet so that you can at least contact them urgently if anything does happen.

## SECTION SIX

# A WELL GROOMED DOG IS A HAPPY DOG



An important part of your dog's health and happiness is keeping it well groomed. This section covers the basics of keeping your dog well groomed and free from knots, as well as checking and cleaning the ears, trimming the nails back and the importance of healthy teeth and gums. We also explain about different equipment requirements for different types of dogs.

*Related free bonus Checklist inclusions:*

- ▶ *Grooming Equipment Checklist*



## GROOMING AND EQUIPMENT



Grooming does not just include brushing – it includes bathing, trimming the nails, cleaning around the face, cleaning the teeth, clipping and/or trimming the fur,

Whatever breed of dog you get, grooming of some sort will be essential, regardless of whether the dog is short-coated or long-coated. Grooming not only keeps the dog looking nice but it is also critical to its wellbeing and overall health condition, not to mention that the dog will feel much better for it.

If you get a short-coated pup then grooming will be minimal. A thick, long-coated breed will need brushing if not daily then every couple of days. Some breeds, such as the Alaskan Malamute or Siberian Husky, will shed more hair at certain times of the year, generally when the change of season happens and they lose their winter coats. Brushing and raking for coats like this is going to be required daily at these times. Don't be fooled by some of the short-coated dogs either, such as the Labrador Retriever. Some will shed fur all year round so the more often they get a brush the better. The small designer dogs, such as the Shih Tzu, Maltese, Poodle and the majority of crosses, may need clipping every three to four months which will be an added expense, unless you are prepared to brush daily to prevent matting.

Brushing is essential to maintain peak condition of your dog's skin and coat as it stimulates circulation of natural oils and blood. Shiny coats exude vitality and wellness while dull coats with no lustre indicate the dog is not as healthy as it could be.

For longer coated dogs grooming will prevent matting which can, in turn, cause skin irritation which may require veterinary assistance to get back under control. If any burrs, grass seeds or any other bits of twigs, etc. get caught up in the coat then brushing will remove these. Grass seeds can cause major problems once they start to move into the skin and body. This usually happens around the paws so when you brush take a few minutes to check the paws for anything which may be stuck between the pads. Abnormalities on the dog, such as lumps, cuts, flea problems, etc. can be detected through regular brushing which you may not see under normal circumstances.

### Grooming Equipment

Grooming your pup properly requires the correct type of grooming equipment. You will need to acquire equipment determined by the length, texture and thickness of the dog's coat. Your type of equipment may change also as the pup grows into an adult and develops thicker texture of coat. Here is a list of the items you may need:

- **Slicker Brush** – is a fine wired brush with close prongs designed to prevent matting and reduce tangles. These types of brushes are necessary for long, thick coated dogs which are likely to get matted. These brushes come in different sizes so you need to choose one relevant to the size of your dog.
- **Bristle Brush** – is a coarser soft brush which is good for loosening dirt and finer matter off your dog's coat. This type of brush is more effective on a short-coated dog. They sometimes come as a double-sided brush with pins on one side and the soft bristles on the other.
- **Rubber Brush** – is made of rubber and is also only effective on short-coated dogs and is good for using on their hides.
- **Rakes** – are specially designed for very thick long-coated dogs, such as the Alaskan Malamute, Samoyed, Akita Inu. They are capable of pulling out the thick undercoats which tend to clump up, especially during the moulting season.

- **Combs** – can have close teeth or teeth which are wider apart. Combs can be designed for different purposes, such as a flea comb with very close teeth which will catch any fleas that might be running around on the dog. If you have a long or double-coated dog a comb will indicate whether your dog is matted or not. If the dog is mat-free then the comb should pull easily through the coat from the skin. If the comb gets stuck then you know the coat is matted and will need to be either clipped off or cut out with scissors.
- **Dematting Comb** – has blades which are curved and designed to dig out mats and thick undercoat and can make brushing with the slicker brush easier.
- **Clippers and Blades** – are necessary if you wish to shave the dog's coat off yourself or you can pay a dog groomer to do the job for you. If you choose to do the job yourself you will need to purchase special dog clippers and blades as the ones designed for humans do not work on dogs. You will be better off to get a quality pair of clippers and blades which will last longer rather than a cheap pair.
- **Scissors** – may be required if you have a dog which needs the fur trimming from underneath the paws and the tail trimmed, such as a Golden Retriever or Border Collie. A good quality stainless steel pair will last a lot longer than a cheap pair. Some dogs may need their feathering on the backend or legs thinned out so thinning scissors may also be required.
- **Table** – if you have a designer dog which will need haircuts and you plan to do this yourself you will find it easier to do if the dog is on a sturdy table with a non-slip surface. Proper grooming tables are available but they are expensive. Grooming arms designed to fit these grooming tables have a couple of restraints to hold the dog while you clip it.
- **Bathing Area** – depending on the size of your dog you may need to acquire a suitable sized bathtub. Small dogs can be washed in a laundry sink.
- **Dog Shampoo** – there are many different types of dog shampoo available, including specialised shampoos such as medicated shampoos and flea shampoos. You will need to find one suitable for your dog's skin and coat. NEVER use human shampoo on a dog as the pH balance is different and not suitable for a dog.
- **Towel and/or Hairdryer** – for a short-haired dog a towel will be sufficient however if your dog has a long or thick coat then you may need to use a hairdryer, especially in the colder months when it will take a lot longer to dry off.

These are the basics of what you may need. If you have a breed that needs specialist clipping and grooming, such as a stripping knife for a wiry-coated dog like a Schnauzer, then other equipment may be necessary.

For *smooth-haired dogs* you can just use a rubber brush to loosen dead hair and larger particles of dirt, then a bristle brush to remove finer particles of dirt or hair. Use the brushes in the opposite direction of the coat so you get right to the skin. Then use a chamois to polish and sheen the coat up a bit. Do this at least once a week and your dog will look and feel healthy!

For *long-coated dogs* use either of the following - a slicker brush, rake, wide tooth comb. These dogs will need brushing a few times per week to keep the coat in top condition. Firstly use the slicker brush all over, taking care over the sensitive parts like under the tummy and on the inside of the legs not to pull too hard or scratch. Then use the comb to determine if any matting is evident.

For *short-coated dogs* you may need a soft slicker brush or you may just use a bristle brush. These will require less maintenance than the others. Some short-haired dogs shed coat all year round so they may still need brushing at least once a week.

***Refer to your free bonus Checklist download for a list of grooming supplies you might need to purchase. Use the list to tick off what you need.***

## BATH TIME



Dogs will need regular baths in order to keep their skin and coat clean. Some dogs get smelly quite quickly while others can go for longer periods of time between baths. The thing to remember is that frequent bathing with shampoo can wash off the natural oils which are produced by the body which help to maintain its optimum condition. If bathed too often your dog can end up with dry skin and coat which results in skin and coat problems.

When choosing a shampoo for your dog make sure it is proper dog shampoo. Do not use human shampoo as the pH balance requirements are different for humans and dogs. There is such a large range of shampoos and conditioners plus all sorts of accessories for enhancing the coat that you will need to choose one which is suitable for your own dog. If your dog has allergies or fleas then you may need to use medicated shampoo or flea shampoo.

### Bathing Puppies

DO NOT bathe a puppy under 12 months of age too often as this can dry out the skin and coat while their bodies are growing. Up until the puppies are 12 months of age they are producing their own natural oils to keep the coat and skin in top condition. Washing in dog shampoo will strip the body of these natural oils. Puppies shouldn't really be bathed until they are 4/5 months of age and then only once or twice until they turn 12 months of age. If you do bath your young puppy use a very mild puppy shampoo which is not going to be too harsh.

### Bathing Your Older Dog

Once your dog has reached the age of 12 months you can start giving it a regular bath. A bath once a month is ideal although some dogs do get smelly and dirty quicker so a fortnightly bath may be required. It is not recommended to bath more than once a fortnight, though.

During hot weather dogs can be bathed outside under the hose however in colder months you will need somewhere you can bath the dog in warm water. Small dogs can be bathed in a laundry sink, however for a medium or large sized dog you will need either a bath tub or to wash it in the shower. You may need to put a non-slip mat into the bath or shower so the dog doesn't slip.

Brushing your dog before its bath will help loosen the coat and dirt. For dogs that moult brushing is a good way to get rid of that loose fur before it clogs up your drain or sink. If you notice your dog has some knots cut them out prior to washing – matted fur ends up more matted after a bath.

Place cotton wool balls gently inside the ears to prevent water from entering the ear canal. If water does get down the ear canal wipe the inside of the ear with a dry cloth or cotton ball. Water which doesn't dry out can sometimes cause ear infections.

Follow the bathing instructions on the shampoo bottle. Most will tell you to wet the dog's coat first and then rub in some shampoo. The best technique is to start at the neck and work down towards the tail. Wash around the neck and the ears and then use a cloth to wash the dog's face before the water gets too dirty. Be careful not to get shampoo in the dog's eyes. If the dog has fleas then keep an eye out for them around the face area as well as the body. By starting around the neck and head area first the fleas will run away from the shampoo and move to the back end of the dog. Then wash towards the back end of the dog. This is where the fleas usually congregate – around the tail and anal area and under the tummy. Wash thoroughly until you can't see any more fleas on the dog.

## **Training Your Dog To Enjoy A Bath**

If your dog is reluctant to have a bath use high value dog treats to reward the dog for putting up with it. You may need extra help with this. If the dog is treated during the bath it will help to make it a more pleasant experience. Also, you may need to start in small increments and build the experience up. For example, just get the dog used to being placed or lured into the bath with food treats. When the dog is comfortable with that then introduce the dog to the water and the washing procedure but starting with short washes to begin with and building up the tolerance gradually.

## **Drying Your Dog**

Particularly in cold weather your dog will need to be dried off so it doesn't get cold and especially if it has a thick coat. During hot summer months a natural dry off will help keep the dog cool.

For short-haired dogs a rub down with a towel will be sufficient but for long or thick coated dogs you will probably need to blow dry the dog. Expose your young puppy to the blow drier during its first weeks with you so it will get used to the noise and feel. Feed the pup treats while you are doing this as a reward for putting up with it. This is listed on the sheet for socialisation experiences.

Dogs quite often enjoy a roll on the grass or in the dirt after having a bath so in order to prevent your pup from getting dirty again have a few towels laid out on the ground so it can roll and rub on those instead.

## DOG CLIPPING



Some dogs will need regular clipping every few months to keep them tidy and free from knots. With other breeds it can be a personal choice to have the dog clipped off once or twice a year to keep them cool during the hot weather. Short, single coated dogs will never need clipping, only brushing. Some shorter coats may need a clip if the coat is thick and it helps keep them cool. It is entirely your choice as owner of the dog.

If you are getting a small breed such as a Poodle, Shih Tzu, Maltese or any other breed that is going to need a regular haircut you then need to make a decision on whether you will do

the job yourself or pay a groomer to do the job for you. Obviously, doing the job yourself will work out cheaper in the long run, although the initial start-up costs can be expensive if you get good quality equipment.

To do the job yourself you will need:

- **Dog Clippers** – getting a good pair of dog clippers will cost around the \$200 to \$300 mark however they will last a long time if looked after properly. Do not use the human ones or the cheap ones as they do not work as well on a dog. You may be able to save expenses by purchasing a second-hand pair of clippers.
- **Clipper Blades** – you will need at least one blade which will be anywhere between \$40 - \$60 for a good quality one and depending on the length of the cut of that blade. Once again, you may be able to save yourself some expense by purchasing second-hand blades.
- **Scissors** – you will need a normal pair of scissors to trim the fur across the eyes, trim around the feet and trim the tail. You may also want to get a pair of thinning scissors which have gaps between the teeth and just thin the coat out without leaving a scissored edge. These can be handy for trimming around the muzzle and thinning the fur on the side of the face and down either side of the nose, as well as thinning out thick feathering on the legs.
- **Slicker Brush** – a slicker brush will be needed to brush out the ears and tail if you plan to only give those a trim with the scissors and not shave them back. It will also be necessary to brush and tidy any scissored bits out.
- **Dematting Comb** – a dematting comb may be necessary if your dog does get a few knots. The comb has hooked sharp blades which cut through the mat which can then be brushed out.

If you plan to pay a dog groomer to clip the dog for you then there won't be any need to purchase the above items except a brush so you can maintain the coat between haircuts.

Some clippers come with instructions on how to clip a dog off or you can do a dog Groomers course where you can learn how to give a basic all over haircut.

## CLEANING THE EARS

Part of the grooming process is making sure your dog's ears stay clean. As we mentioned in the chapter on Training Your Puppy for Grooming (page 58) get your dog used to having his ears touched, massaged and looked into as early as possible. It is important that you keep regular checks on the inside of the ear especially as infection and mite or bacteria problems can occur. Some breeds such as the Cocker Spaniels, Labradors and dogs with either long floppy ears or designer dogs with a lot of ear fluff are more susceptible to ear infections and wax build up. Through cleaning the ears on a regular basis you will be aware of any ear infections or problems before they get too serious.

The sign that your dog's ears are clean and healthy is apparent by the mild pink or skin toned colour of the inside ear with no apparent inflammation. There may be a little reddish colour wax in the grooves and which will easily wipe out with some cleaning solution on a cotton ball, or ear wipes.

### Cleaning the Ears

You will need to tilt your dog's head to the side a little. Hold the earflap upwards in order to straighten the ear canal. Using a small piece of cloth with baby oil on it, or alternatively you can use special dog ear wipes, place it over your finger and wipe around gently inside the dog's ear. You may need to use two or three for each ear if there is a lot of dirt or wax inside.

NEVER use the same cloth for both ears – if there is infection in one then that can be transferred to the other.

NEVER push anything smaller than your little finger down your dog's ears, i.e. cotton buds. These can do a lot of damage if they are pushed too far down.

Your dog will give a yelp if you press too hard into the ear. Some dogs are more sensitive than others so just go with what your dog allows you to do.

By cleaning your dog's ears regularly you will help prevent ear infection and your dog will be much happier for it.

### Plucking the Ears

Ear fluff can be a problem especially in the small designer dogs. This ear fluff can prevent air flow into the ear canal. When a little moisture or yeast builds up and there is no air flow then the dog's ears can become infected. Plucking the ears regularly to keep the hair blocking the canal to a minimum can help prevent ear infections and moisture build-up.

You can either use your fingers with some ear powder which helps you to grip the fur or you can use a tweezer type instrument. Gripping a small amount of fur give it a sharp pluck with your fingers or the tweezers. It should come out fairly easily in bits. Keep plucking until the ear is clear from fur.

This does not hurt the dog. Most dogs don't mind having their ears plucked.

### Fly Bitten Ears

Some breeds of dogs are susceptible to having their ears bitten on the tips by flies and other insects. This causes the ear to bleed and you will notice a hard crusty surface on the edge of the outer ear.

The best remedy for this is to get an antiseptic and repellent solution specifically designed to keep flies away and put this on the dog according to the instructions.

## Ear Infections

The indication that your dog has an ear infection is an appearance of swelling, redness or inflammation. Dogs that have long floppy ears are more susceptible to ear infections than those with upright ears. Also, dogs that have a lot of ear fluff, mainly found in the small fluffy dogs like the Shih Tzu, Maltese, Lhasa Apso or their variations of cross breeding, are susceptible to ear infections.

There are several reasons why dogs get ear infections:

- **Allergies** – can be caused through fleas, food allergies, insects, pollen, grasses, etc.
- **Ear Mites** – live in the ear canal and can cause major infections if not treated
- **Skin Irritation** – an inner ear skin irritation can turn into infection if the dog keeps scratching the ear
- **Moisture** – if moisture gets into the ear and does not dry out then yeast and bacteria will start to breed and will result in infection
- **Foreign Bodies** – sometimes foreign objects such as grass seeds get stuck in the ear and if it doesn't get removed the dog will scratch and infection will set in
- **Hormonal Balance** – excesses or deficiencies of hormones can play a part in ear infections
- **Trauma** – such as excessive scratching can cause irritation and infection
- **Hereditary Diseases** – sometimes a dog inherits some sort of disease which causes it to suffer from repeated ear infections

If the presence of any of the above upsets the balance of the normal environment of the ear canal then bacteria and yeast can multiply causing an excess of ear wax. This can, in turn, result in the dog scratching excessively and further irritation to the skin will mean swelling and redness. If the ear is looking red and swollen plus there is a lot of ear wax lodged in the outer canal then you know you have a problem.

The best thing to do for your dog if you discover an ear infection is to take a trip to the vet. Your vet will be able to examine the ear and determine the exact cause of the infection. Unless your dog regularly suffers from infections and you know the cause of it then you should not treat it yourself.

Your vet may prescribe a special cleaning solution and antibiotics depending on whether this is an outer ear infection or whether the infection has gone deeper into the inner ear and ear drum.

## TRIMMING THE NAILS

When you get your new pup you'll probably find that its nails can get quite sharp. If you train your young pup (see Training Your Puppy for Grooming on page 58) to enjoy having his feet fiddled with, then trimming the nails is just an extension of that.

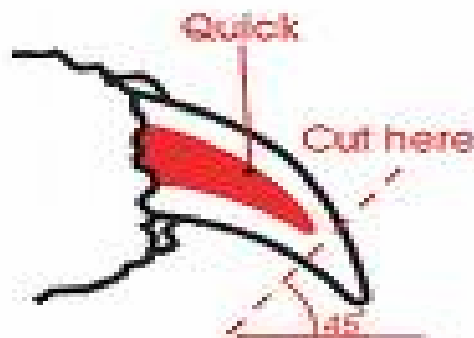
Making sure the nails are not too long is important for several reasons. If they are too long it can cause discomfort while walking and can actually cause damage to the dog's paw and leg which can lead to all sorts of problems. The dewclaws are the nails to look out for – they can be the forgotten ones. The dewclaw is the one further up the side of the leg. Some dogs have them on the front legs only, while some dogs have dewclaws on the back legs also and some breeds have them removed completely. Your pup may have had all dewclaws removed soon after birth so you won't need to worry. But you must be aware whether your dog has them and check whether they need trimming along with the main nails. If the dewclaws are left to grow they can grow into the side pad and cause infection plus soreness. The most obvious reason for trimming the nails is to keep them blunt so that your dog will be less likely to scratch people or furniture and to prevent them doing damage to themselves.

You may find that your dog does enough walking and running on hard surfaces that the nails wear down naturally themselves, in which case you just need to keep an eye on the dewclaws if there are any. Some dogs just never grow long nails and therefore trimming is not required.

So now you are ready to start. Hold the dog's leg and paw as steady as possible in one hand. If the nails are clear and you can see the pink vein running through the middle then just trim to below that pink bit. The general rule of thumb is that the nails should line up with the under-pad pretty much. If you look at where you have just cut you will see whether the middle is live vein or not. Some dogs have black nails which are difficult to judge where the vein finishes. With these dogs you can tell by looking from the underneath of the nail and you will see the excess nail protrudes from the thicker bit. In this case, trim the nail a little at a time until you will start to see the live bit in the centre of the nail where you have just cut. If by chance you do happen to cut too short and the nail starts to bleed styptic powder will stop the bleeding. If you don't have any styptic powder then cornflour should do the same trick so try that instead.

To trim the dewclaws you will need to hold the dog's paw so that you can ease the nail outwards a little with your finger to get a better angle. Trim as per the other nails. Clipping your dog's nails is not that difficult – training your pup to get used to it early on is the key and will save you a lot of money by having to take it to the vet.

### Nail cross section





Meet my new import,  
Phideaux of Sans Dentine



40, 41, 42.....



Dogs should have a complete set of teeth, called "full dentition" that is 20 in the upper, and 22 in the lower jaw. For show points this is very desirable.

## HEALTHY GUMS AND TEETH

Keeping your new pup free from gum disease and tooth decay over time is critical to its overall health. A number of other health problems can be instigated through unhealthy teeth and gums. It is not difficult or time consuming to check the teeth every now and then to make sure they look clean and healthy.

The gums should appear a healthy pink colour and there should be a clear delineation between gums and teeth. Normal teeth in dogs are shiny white all

the way to the line of the gum. As your dog gets older so the teeth will start to wear down and also get slightly yellowed. This is a natural process and doesn't mean that there are any dental problems. You can generally tell the difference between natural aging discolouration and dental disease.

Bad breath (halitosis) can be one of the first indications of disease in the mouth. Bacteria in the mouth and the development of calculus or tumours can produce foul-smelling breath in pets. Any deposits or build up of a dark, yellow or brown substance on the teeth, especially near the gum line, indicates a problem with calculus. Chewing on hard food generally cleanses the teeth of calculus, especially the tips of the teeth. However, be aware that the gum line is slightly indented and can harbour the calculus-causing bacteria for months on end without being affected by your pet's eating.

Tartar build-up can be the cause for infection, gum disease (gingivitis) and tooth loss. Infection can then get into the blood stream and be the cause of many other health problems. It is important to watch out for signs of tartar build-up. These can be:

- Pushing the gums away from the roots of the teeth. The teeth then can become loose and infection can set in. If not seen to, the teeth will eventually loosen and fall out or have to be pulled out.
- Infection caused through tartar build-up can cause gingivitis, tonsillitis and pharyngitis (sore throat).
- Infection can quickly spread through the bloodstream to the other parts of the body. Kidney and heart valve infections can start this way.

### Cleaning the Teeth

Cleaning the dog's teeth can be done in a couple of ways – by using a special dog toothbrush and toothpaste which is specifically for dogs, or by feeding your dog raw marrow bones on a regular basis.

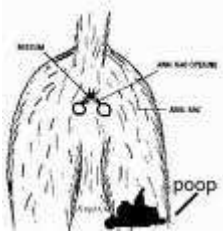
If you decide to clean them with a brush and paste make sure you NEVER use human toothpaste in your dog's mouth. Dogs cannot spit the toothpaste out of their mouths and human toothpaste has some harmful chemicals if swallowed. You may wish to use a nubbly-surfaced rubber cap instead of a toothbrush.

Lift your pup's muzzle and just rub the brush or your finger with the cap over his/her teeth. If you start training the pup at a very young age then you should have no problems doing it yourself as it gets older.

Dogs can naturally clean their teeth through chewing on raw marrow bones. So if the above seems too hard then give your dog a raw marrow bone every week or two and just keep checking in the mouth to make sure everything is looking healthy.

If your dog does show some signs of dental problems get your vet to clean the teeth properly and advice on how to prevent any future problems.

## ANAL GLANDS



This can be the unpleasant part of owning a dog - having to clean out the anal glands. Your dog has two small internal glands at either side of the rectal opening. These two glands, when working properly, empty out every time the dog defecates. This is their marker or individual scent for other dogs. That is why dogs greet each other by sniffing the anal area.

Each of the anal glands produces a smelly brownish fluid which is then secreted when the dog empties its bowels. Every dog's fluid has a unique odour which identifies them individually and allows them to mark their territory. Dogs recognise each other from the smell of their anal glands.

When the glands are working properly they receive enough pressure to release some of this fluid as the dog defecates. This motion allows the glands to be consistently expressing themselves and remaining healthy.

A lot of dogs, in particular smaller dogs, have problems with their anal glands being expressed. If they are not expressed properly the fluid inside the glands builds up and gets impacted which clogs the duct. If bacteria enter this area it can then cause infection. This can then lead to an abscess and be very uncomfortable for the dog.

There may be some indication that difficulty in expressing glands can be caused through a poor diet with too much vegetable protein or cereal fillers. This produces softer stools and these do not put the pressure required on the anal glands in order to assist them in expressing the fluid. Dogs fed a high quality diet will produce firmer stools which will in turn assist with the anal glands expressing properly.

Some of the signs which may indicate that your dog is having problems expressing the anal glands can be:

- **Scotting** - where the dog drags its backside along the ground with the tail in the air - this can cause damage to the anus
- **Chewing** - the dog starts chewing around his tail and anal area
- **Discomfort** - if the dog whimpers or cries while it is toileting
- **Smell** - a strong nasty smell coming his back end

The best treatment for anal glands is to have them checked regularly by the vet and, if necessary, have them squeezed out. It is a very smelly procedure and one that you would probably prefer not to do yourself. Also, if not done carefully you can damage the glands.

Changing your dog's diet to high fibre or adding supplements to the diet can also help to prevent this from happening.

# SECTION SEVEN

## OBEDIENCE TRAINING



This section gives you a run down on advanced obedience training and the Canine Good Citizens or Canine Good Companion programmes which are conducted throughout the world to help people train their dogs for everyday living.

***Related free bonus Workbook inclusions:***

- ▶ ***My Dog's Training Programme***

## CANINE GOOD CITIZENS PROGRAMMES



Canine Good Citizen or Companion programmes are run by Kennel Clubs and Canine Associations throughout the world. The programmes may vary slightly from country to country however they all have a certification programme which rewards dogs with good manners at home and in the community. If you decide to take this test it shows that you are committed to your dog and have taken time and effort into teaching it much needed skills to be a respected member of society.

This test gives the foundation for going on to further your training in other activities such as obedience, agility, tracking and performance events, or pet therapy and assistance work.

Different countries have different ways of setting the test. In America you work with your dog club and instructor to teach the dog the test exercises and when you are ready to sit the test you contact an approved evaluator in your area who will test your dog on all exercises required. A certificate is then given once you have passed the test. A dog club or private training instructor may decide to set up classes to train dogs specifically for this test only. These classes would generally be based on an eight week course.

In Western Australia, the Canine Good Companion programme is run jointly by the Canine Association of WA and a few of the local councils. The programme consists of nine weeks of classes and the tenth week being the test or assessment day. There are three of these ten week courses conducted throughout the year.

### **Test Exercises**

Here is a run down of the exercises you need to complete to pass the test.

#### ***Accepting a Friendly Stranger***

This demonstrates that your dog will allow a stranger to walk up to you and speak to you without reaction. The stranger approaches you and your dog and the dog sits or stands nicely at your side without moving to the stranger. There is no attention given to the dog in this exercise.

#### ***Sitting Politely for Petting***

In this exercise the stranger will approach and you stop with your dog seated nicely next to you. The dog must allow the stranger to pet and stroke it without displaying any signs of shyness or without jumping up.

#### ***Appearance and Grooming***

This test shows that the dog will allow someone to groom and examine it, such as when you take the dog to a vet or groomer. The dog must stand still and allow the evaluator to brush its coat and touch its paws without reaction, either shyness or jumping around.

### ***Walking on a Loose Leash***

This demonstrates that your dog will walk nicely at your side or slightly in front with the leash loose, not necessarily in correct heel position but walking so that it is not pulling at the end uncontrollably. This will include right and left turns and an about turn (turning and walking in the opposite direction).

### ***Sit, Down and Stand***

You will need to demonstrate that your dog is capable of obeying your commands to sit, drop and stand. This is sometimes incorporated in the Walking on a Loose Leash Exercise. More than one command can be given for these.

### ***Walking Through a Crowd***

For this test the dog needs to walk nicely through a crowd of people. There must be a minimum of three people to form the crowd who ignore the dog which must show confidence and not jump up at people or be a nuisance.

### ***Sit or Down Stay***

The dog is asked to sit or lie down and stay in its position. You then walk away and when the evaluator tells you to stop you turn and face the dog. The dog must stay in the position without moving. The evaluator will then tell you when to return and release the dog.

### ***Coming When Called***

This demonstrates that your dog will come when you call it from a distance of approximately ten feet.

### ***Reaction to Another Dog***

You and another person with their dog approach each other from a distance. Your dog must sit at your side nicely while you exchange pleasantries and shake hands. The dogs are not allowed to jump around to play or appear fearful.

### ***Reaction to a Distraction***

This is a test to see if your dog is confident when facing distracting situations. This could be someone moving a trolley, a radio blaring, a jogger running by, an umbrella being opened or closed or walking over an unfamiliar surface. The dog can approach the object in curiosity but it is not to show any fear or aggression towards it.

### ***Sit Quietly for an Emergency Stop***

The purpose of this exercise is to demonstrate that your dog is settled enough when tied to a post or having someone else hold your dog for you while you go out of sight for three minutes. This would be if you were at the shop and tied it up or asked someone to hold the dog outside while you go in to purchase something. It can move around while tied up but should not whine or bark or show any sign of distress at you leaving.

This is a brief run down of the exercises you will need to pass in order to achieve the certificate. You will need to check with your local Canine Council or Association to see if there is a programme or qualified evaluators in your area so you can complete the test.



## ADVANCED OBEDIENCE TRAINING

Up to now we have been talking about basic obedience skills which are the minimum requirement for you to have a well mannered companion who is not a nuisance to the community. You might find that obedience is really quite fun and by now you may be aware of all the different activities that are available for dogs which go on to a higher level of obedience training. These activities are covered under the section "Having Fun With My Dog" on page 118.

All dog obedience clubs will cater for beginners through to advanced classes for those interested in competing in trials. You may find that some private training facilities will also cater for all levels of obedience or they may just cater to a certain level at which point you will need to find another training centre or club which can take you further.

Whereas in basic obedience levels the criteria for positions are not that particular, the further you go up the more precisely your dog needs to work. For example, loose leash walking becomes precise heeling, if the dog sits crooked at your side you will need to retrain it to sit straight. So you will be expected to refine and shape your dog's ability to a higher level of correctness. This can be challenging but very rewarding, especially when you get to the stage your dog has the ability to compete in competitions.

Obedience is really the basis for any other activities and the most important part of doing obedience is holding your dog's attention to the exercises you are performing for that amount of time. It requires time and patience on your part as well as being consistent and training regularly. You can't expect your dog to quickly learn new things if you only train once a week.



***Some of the training moves are best practiced without the dog in the beginning!***



At the advanced level of training your dogs will be expected to perform on one voice command only, or possibly even on visual cue only with no voice to tell it what to do. With competition work the aim is to gain or not lose as many points as possible. In some activities you will find that you start off with the maximum point score and lose points along the way according to how well the dog goes. Others are based on time and speed, for example agility, and gaining points.

Whatever level you aspire to, training should include testing and proofing the dog for all commands and positions in different areas, with and without distractions and during different weather conditions. It may be that you

need someone to help you with distraction training, i.e. someone rolling a ball in front of your dog during a down stay exercise. As you go through the more advanced classes your instructors should be assisting you to test for steadiness.

By this level also you should have faded out food to the point where it is only given at random after a good piece of work. In competitions the dogs are expected to work without any sort of food reward until after all exercises are complete and you have finished your turn. Out of the ring you can feed your dog but not while competing in the ring. So as you progress with your training replace food with a smile or verbal praise or a pat.

Advanced obedience training with your dog does take commitment, patience (especially if you find you have something that needs correcting) and perseverance. Dogs are like people, they have their on days and off days and some days you will find they work beautifully and other days they won't work so well. Whatever happens, it doesn't really matter, as long as you and the dog are having fun. You will win some and you will lose some. Just go out and enjoy!





# SECTION EIGHT

## JOINING DOG CLUBS



This section covers the benefits and reasons for joining a dog club and/or Canine Council or Kennel Club.

If you wish to get involved in competition activities then this will be a necessity.

***Related free bonus Workbook inclusions:***

- ▶ ***Why Should I Join A Dog Club***

## WHY SHOULD I JOIN A DOG CLUB OR CANINE ASSOCIATION



There are many different types of dog clubs to choose from. Joining these dog clubs and becoming a member of the governing canine council offer many benefits to you as a new dog owner. Dog clubs are established because a group of people have a particular interest in the breed of dog or the sport and activity they wish to participate and compete in. Let's have a look at these different bodies.

### **The Governing Canine Association or Kennel Club**

The local Canine Councils or Kennel Clubs are governing bodies and oversee activities of all dog clubs. They promote responsible breeding of pure pedigree dogs through rules and regulations and a code of ethics by which members must adhere to. They keep records of all registered litters of puppies and if they find breeders breach the code of ethics they will take action upon that.

The Canine Association or Kennel Club is also there to work with the community to provide information and advice to all dog owners on the welfare and care of their puppy or dog. If you are looking for a particular breed of dog they have a breeders list and will give you names and contacts for these breeders. They will not recommend one breeder over another but just give you the information so you can find the breeder you like.

These bodies also lobby governments on dog welfare issues and have input into government legislation regarding dog laws and The Dangerous Dog Act.

They provide the grounds for which the majority of canine events can be held as well as holding non-sporting events such as social evenings and meetings, lectures etc. All dog clubs must be affiliated with the governing association or kennel club so they can run show or sporting events which all has to be approved and sanctioned through the Association or Club.

So the governing body promotes competition and fun activities for their members and in order to compete in these sanctioned events you need to be a member of this as well as being a member of the individual dog clubs. Regardless of whether you own a pedigree dog or non-pedigree dog you can still become a member and compete in the events that are not breed specific, such as agility, obedience or heelwork to music.

For those with pedigree dogs with papers you are entitled to full membership and to compete in any sanctioned event as long it is particular to the breed of dog you own. There are a variety of membership types such as associate membership, pensioner membership and special memberships for children. You must become a member of this governing body in order to become a member of any other club to compete in sanctioned events. However, if you don't compete in sanctioned events such as dog shows, obedience or agility trials then you can just be a member of a club without being a member of the Association or Kennel Club.

By becoming a member of the Canine Association or Kennel Club you are making a statement to the community that you are a responsible dog owner and interested in the care and welfare of dogs.

### **Breed Clubs**

Most breeds of dogs have their own breed clubs which you should be given information about when you buy a puppy through a Canine Association or Kennel Club registered breeder. Breed clubs are formed by

owners who have a common interest in the promotion of their particular breed. Some breed clubs are very active in organising events for their members and other small breed clubs for less popular breeds don't have membership or facility to much other than a point of contact for a group with a common interest.

The larger breed clubs will generally organise specialty breed shows and will select an overseas judge to judge their dogs. They also may run smaller shows to give local up and coming judges some judging experience. Every few years a breed club will hold a National Show and event which is quite planned well in advanced and quite prestigious with a well known specialty judge. These shows may run over a couple of days and may incorporate obedience and any other skills pertaining to that breed.

Some breed clubs also run their own obedience classes which are purely for their members. This is great for socialisation for the dogs and also to get to know people in the club. However, it is always good to join an open obedience dog club and attend classes with all breeds of dogs so your dog gets to also socialise and train with many different breeds.

If you purchase a pedigree puppy it is certainly well worth while looking at joining the local breed club. As you start out your journey with your new puppy you are bound to come across things you are not sure about, whether it is care and health or obedience and behaviour or anything else, if you are a member of the club there will always be someone to assist.

### **Obedience Dog Clubs**

Obedience dog clubs are open to anyone who owns a dog, whether it is pedigree or not. These clubs are purely interested in helping you train your dog to whatever level of obedience you wish to achieve. They start at a beginner's level for novice owners and go all the way through to conducting classes for those who wish to compete.

Here you will get your dog well socialised with all types of pedigree dogs and cross bred dogs. It is better that your dog gets used to as many different dogs as possible to reduce the likelihood of aggression problems as it gets older.

Some of these clubs will also offer training for other activities such as agility, jumping, rally-o and such like. Choose a club which can help you train for what you want participate in. Sometimes dogs find agility a much more enjoyable sport than, say, basic obedience. However, you need basic obedience to compete in anything.

### **Speciality Clubs for Sporting Dogs**

Specialty clubs are formed for people interested in particular sporting activities specific to their breeds of dogs. They are formed especially to run sporting events and are only open to for members with pedigree dogs who are eligible to compete in these sanctioned trials and competitions. For example, owners of pedigree gundogs are able to join retrieving clubs or field clubs where they can train and run their dogs in the sport of retrieving; sheep dog clubs will run herding trials only open to those with herding dogs; sledding clubs will run pulling and sledding events for eligible spitz breeds of dogs.

These events generally are not conducted on Canine or Kennel Club grounds but are held on private properties or public land where it is appropriate to conduct these types of trials.

These clubs not only organise trials but generally will hold classes to encourage new people to train their dogs for the particular sport.

These clubs simulate the trials as close to the original purpose for which the dog was originally bred for and provide owners with the opportunity to have the dogs participate in these events where they can perform out their natural abilities and instincts.

*Refer to your free bonus Workbook to make notes about the dog clubs you may be interested in joining. The questions will help you determine whether you like their methods of training or not and whether it will be suitable for your dog.*

**The Kennel Councils have a strong Code of Ethics in place, that regulate breeding practices in order to protect the dogs and bitches, and ensure their wellbeing.**



**Introducing  
Champion Prince of High Falutin**  
*He's allowed 60 studs a year,  
and he had them all yesterday!*

# SECTION NINE

## HAVING FUN WITH MY DOG



Dog activities can be great fun. This section covers the major sports, both breed specific and non-breed specific competitions you can get involved in.

*Related free bonus Workbook inclusions:*

- ▶ *Having Fun With My Dog*

## THE BENEFITS OF BEING INVOLVED WITH DOG SPORTS AND ACTIVITIES



Nowadays there is a quite a range of sanctioned sports and activities run by dog clubs that you can participate in or you might prefer take your dog hiking, walking, swimming, playing and running. Whatever your choice there are countless things you can do to exercise and keep your dog active. This section describes the sanctioned dog club events that are open to all dogs plus some events which are restricted to specific breeds of dogs.

Activities should always include some free running. This could include throwing a frisbee in the park, playing fetch and retrieve games with a ball, swimming in the river or ocean, bush walking or hiking. These outings keep your dog very fit and healthy and will help prevent it getting overweight and lazy. Some breeds need a lot more exercise than others so if you have an energy-hyped dog then this is a great way to releasing that energy into positive activities instead of being bored and destructive at home.

There are so many benefits to being involved in these activities, both for you and your dog. For a start, all sports and activities can be heaps of fun for the dog. Some dogs are extremely clever so teaching them new skills keeps them mentally stimulated and happy plus they help to prevent problematic and destructive behaviour through boredom.

Sanctioned canine events and trials provide the opportunity for you to work and bond better with your dog. If you join an obedience club it does not necessarily mean you have to compete. It could be fun to learn the different obstacles of an agility course without having the pressure of knowing you need to enter trials. However, as you see your dog progress in speed and competency you may decide to give competition a go.

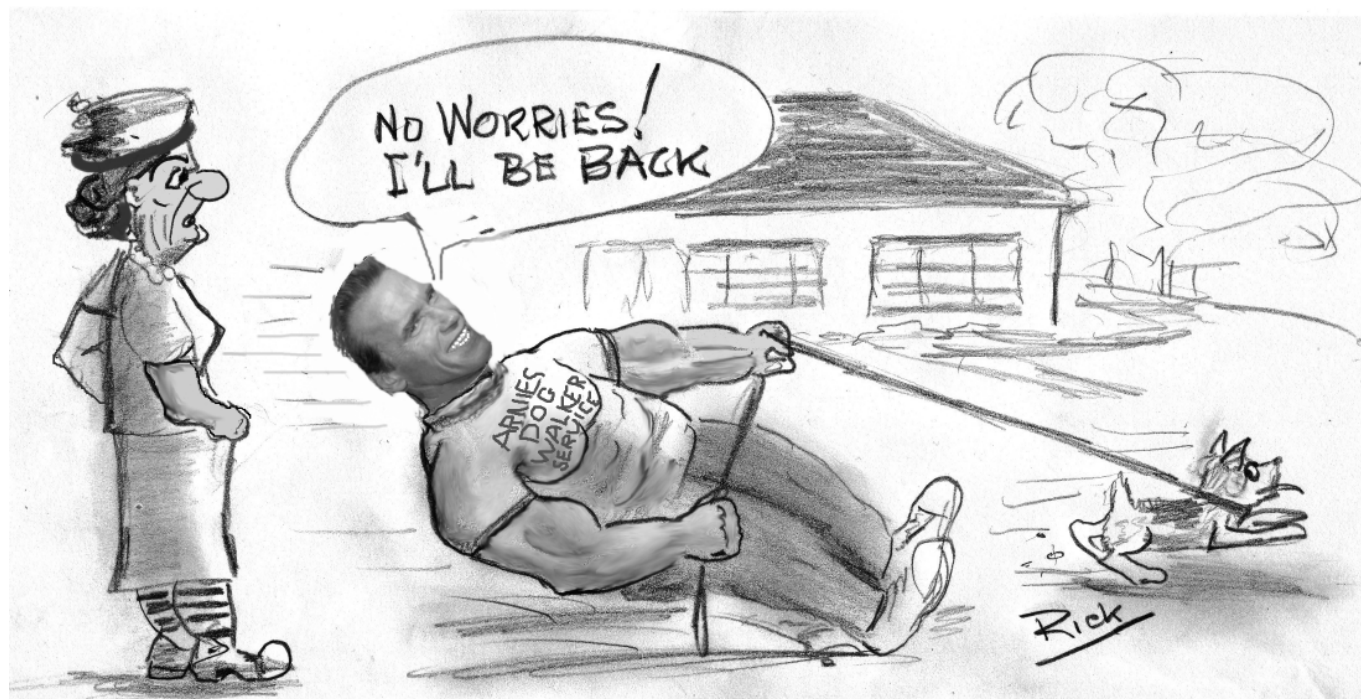
Some of the sport events require a reasonably high level of training before you will be ready to enter a competition. Generally most sports will have different levels of competition for beginners, intermediate and advanced – that is, you and the dog. So you work your way up through the ranks until you have your dog trained to be able to compete at advanced levels. This way you are not overloading your dog with too much at a time and gradually build up the level of competence. There is also a great sense of achievement when you pass the trials and gain the titles with your dog. Your dog will receive letters after its name once it has passed the test. He/she will love you for the times you work and spend together and you will get as much enjoyment out of the activity yourself.

Another huge benefit to you and the dog of doing these types of sporting events is that it helps you bond with your dog much better. There is a much higher level of respect on both parts and generally you will end up with a much more obedient and well-mannered dog because it is used to taking your commands and listening to you.

From your perspective also, being involved in dog sports and activities you get to meet new people who have a common interest – dogs. By joining dog clubs you will mix with people who have a lot more knowledge and can help if you are having any specific behaviour issues.

Dogs can be an ice-breaker if you are playing with it in the park or walking along the beach or even taking it with you on holidays. People will come up and admire a dog but they don't generally go up and chat to people they don't know.

So now ..... Go and have some fun!



*Refer to your free bonus Workbook to have all your dog's information handy that will be required for competition entry forms as well as to mark off what competition sports you might be interested, or are able, to train for.*

## DOG SHOWS



Show dogs are allocated a number and their owners then parade them around the ring.

Dog Shows are the best attended and popular of all canine sanctioned events. These shows are run by dog breed clubs and show clubs for breeders to promote their lines of breeding. They are open to anyone who owns a registered pedigree dog which is still entire, i.e. not spayed or sterilised.

If you are thinking about getting a pedigree dog from a breeder, the dog show, particularly the major shows, are a great place to speak to the different breeders without having to make numerous phone calls or visits. You will be able to view the dogs in the ring and see what dogs do well. Just remember, though, that different judges 'put up' dogs according to their personal taste as well as conformation so that one dog under a particular judge that

does well may get dumped by another judge. Some judges will favour different aspects of the dogs. For example, one judge may judge the breeds on movement and put up dogs that move well; another judge may put up dogs that have good fronts; other judges may go for head size, etc. So you can never really tell what a judge is looking at and when you speak to breeders bear this in mind that what wins at one show may not get anywhere at the next. At the end of the day the breeders overall breeding programme should be to better the breed, minimise the inherited health problems and to improve overall temperament.

Dog shows are pretty much the same worldwide although there might be a slight difference in breed group names and classifications. These are listed below:

America	Australia/New Zealand	UK/Europe
Sporting (Gundogs)	Toys	Hound
Hound	Terriers	Gundogs
Working	Gundogs	Terrier
Terrier	Hounds	Utility
Toy	Working Dogs	Working
Non Sporting	Utility	Pastoral
Herding	Non Sporting	Toy
Miscellaneous Class		

The breeds from each breed group will be judged in separate rings by different judges. The classes are started with the dogs and range from puppy through to adults in age group or sometimes in adult classes there is no age restriction. A first, second and third place is selected from each class. Then the bitches are judged in the same way.

After all dogs and bitches are judged there is a run off between all the first place getters – this is called General Specials. The first placed dogs are run back into the ring to compete for the Dog Challenge



Certificate. This certificate goes towards point scoring for the Championship Title. The first placed bitches are then run together for the Bitch Challenge Certificate.

When a dog and bitch have been selected for the Challenge Certificates, these two dogs then run against each other for the Best of Breed award. After this has been selected, the judge will go back to select each dog and bitch winner from all classes to determine the best for that category.

Once all dogs in that group have been judged the winners all compete for the Best in Group awards. The Best in Group winners are then required to go back in to run against all groups for each class to determine Best in Show and Best Class in Show.

## RALLY OBEDIENCE (RALLY-O)

Rally Obedience, or Rally-O for short, is a relatively new sport which started in the United States and Canada. It is just taking off in the United Kingdom. Dog obedience clubs in Australia have not yet taken Rally-O on board at this point in time. It is fully sanctioned in the United States, however, and competitions are being run by obedience clubs all over the country.

Rally-O is a combination of characteristics of car rally racing, dog agility courses and traditional obedience skills. This is a great way to start in competing with your dog. Your dog only needs basic obedience in order to compete in trials.

This discipline has three different levels:

- **Novice** - for the beginner, where on-leash exercises have to be demonstrated with basic obedience positions such as sit, down, stay and come as well as walking in heel position.
- **Advanced** – is the middle level where the dog must be able to work off-leash and perform at least one jump.
- **Excellent** – involves off-leash work which is more difficult than the Novice or Advanced and a more precise standard of co-operation is required between handler and dog. There is also at least one jump included at this level.

The course is set up with 12 to 20 numbered signs, depending on the level you are competing at, each having a different set of instructions which the dog and handler must complete. The courses are all different and set up by the judge on the day.

Each dog and handler is timed for the performance and the judge marks the scores according to speed and skill at which the exercises are performed at each station. You start with 100 points and the judge will deduct points for faults or exercises not performed correctly. The person with the highest score and least faults wins the class.

Prior to the start of the class the handlers are allowed to walk the course without their dogs to familiarise themselves with what will be required. Some of the exercises included will be walking faster and slowing down, doing recalls, doing circles and about turns, sit or down stay.

In traditional obedience you are not allowed to speak to your dog in the ring except for one command. Rally-O is a great alternative to the normal obedience ring as you can clap hands, talk, whistle, or even sing to your dog as you go through the course which makes it far more fun and much less stressful than competing in general obedience trials.

It's great for older veteran dogs to keep them active and also great for shy or anti-social dogs who do not like people touching them to get some ring experience as there is no 'hands on' examination of them by the judge.

Rally-O also gives you a basic idea of how an agility trial works as well, in that you 'walk the course' first before you do the test. It is also timed so you get the feel of working as fast as possible. It shows you the level of obedience that your dog is working at and therefore you can see what exercises need to be worked if you choose to do traditional obedience trials. If you have competed in enough Rally-O tests which are less stressful it will hopefully help you to be less nervous if you eventually go on to compete in other trials.

## OBEDIENCE

Traditional obedience trials have been in existence for many years. Obedience trials were originally started by early dog trainers who wanted to show their dog-human partnerships could be enhanced by performing exercises outside of the conformation ring and field trials. Obedience trials are predominantly run by dog training and obedience clubs and possibly a few breed clubs also who have an interest in the sport.

Obedience is different from dog shows in that any dog can participate whether it is a registered pedigree or cross breed, sterilised or unsterilised. Bitches are not able to compete while they are in season and all bitches entered in the trial are vetted before the trial starts. Every competitor must be a member of the Canine Association or Kennel Club.

Obedience has four (or five) different levels of class competition depending where you live. Some countries run two levels of Novice class as well as the Open and Utility plus Utility Excellent classes. To enter an obedience trial you and your dog need to be a lot more precise in the exercises. Each level of competition has a specific set of skills which need to be mastered, with Novice being the easiest set of exercises and Utility going up to quite difficult skills which take a lot longer to train, for example the scent discrimination exercise. In order to attain the titles you must pass three trials with the required scores under at least two different judges. The current requirements for the different tests are as follows:

	<b>America</b>	<b>Australia/New Zealand</b>
<b>Community Companion Dog Title (CCD)</b>	<i>Exercises required:</i> N/A	<i>Exercises required:</i> Heel on Lead (with different paces and turns) Stand for Examination on lead Recall 1 Minute Sit Stay 2 Minute Down Stay
<b>Companion Dog Title (Novice) (CD)</b>	Heel on Lead and off Lead (including different paces and turns) Stand for Examination Recall Group Sit Stay Group Down Stay	Heel Free (with different paces and turns) Stand Free for Examination Recall Either Retrieve on the Flat or Change of Position 1 Minute Group Sit Stay 3 Minute Group Down Stay
<b>Companion Dog Excellent (Open) (CDX)</b>	Heel Free (with different paces and turns) Stand Free for Examination Drop on Recall Retriever Dumbbell on Flat Retrieve Dumbbell over Solid Jump Broad Jump 3 Minute Group Sit Stay 5 Minute Group Down Stay (Handlers out of sight for stay exercises)	Heel Free (with different paces and turns) Stand Free for Examination Drop on Recall Retriever Dumbbell on Flat Retrieve Dumbbell over Solid Jump Broad Jump or Distance Control 3 Minute Group Sit Stay 5 Minute Group Down Stay (Handlers out of sight for stay exercises)

	<b>America</b>	<b>Australia/New Zealand</b>
<b>Utility Dog (UD)</b>	Seek Back Directed Jumping Scent Discrimination Silent Signal Exercises Stand for Examination Group Stay Exercise	Seek Back Directed Jumping Scent Discrimination Signal Exercise (a) Speak on Command or (b) Directed Retrieve or (c) Food Refusal Group Examination 7 Minute Group Down Stay with handlers out of sight
<b>Utility Dog Excellent (UDX)</b>	To qualify dogs must pass the above Open B and UD B in the same trial ten times.	Seek Back with Decoy Article Positions in Motion Scent Discrimination (Judge's Scent) Directed Send away and Recall Distance Control Multiple Retrieve Temperament Test

In the United Kingdom you only need to be a member of the Kennel Club if you wish to compete in Club Matches run by Kennel Club registered clubs; or if you wish to enter Limit or Open Shows, including rescue dogs and crossbreeds. If you are entering an Exemption Show or just participating in dog club in-house trials then you don't need to become a member of the Kennel Club.

Trials run by the Kennel Club in the UK are Limit, Open and Championship Shows. There are different levels of classes at these shows and you need to enter whichever is appropriate for your dog's level of ability. Classes are:- Pre-Beginner, Beginner, Novice, "A", "B" and "C", and Championship "C" (in ascending order of ability/experience), and the tests to be performed for each of these classes is pre-defined in the Kennel Club Rules. Generally, you have to win twice at a class in the lower level in order to progress on to the next level. In order to be selected for Crufts, a dog and handler must have won at Championship "C" level (which are Championship Shows only).

In America, Open and Utility classes are divided into A and B groups; A group being for dogs who have not yet attained that particular Title and B group is for dogs who have already achieved that level of title and are who want to continue to compete.

Except for the CCCD class all competitors start with a maximum score of 200 and the judge deducts points for faults and refusal to do exercises. To qualify for a pass you must achieve a minimum score of 170 points. CCCD class starts with a maximum number of points of 100 and you must achieve 75 in order to qualify for a pass. Each level requires three passes in order to receive the applicable title.

Obedience trials are a way to test you and your dog's ability to work together as a team. As you progress through the classes you need to teach the dog the new lessons so the dog is kept mentally alert and active. If you make your training fun for obedience your dog will love to do things for you. It also gives owners a great sense of achievement when they attain the title and the dog has letters after its name.

## AGILITY



Agility is another sport which is open to all dogs – pedigree or mixed breed, however you must be a member of the Canine Association or Kennel Club to be eligible to compete. This is at a much faster pace than obedience or rally-o exercises and very active dogs who love to jump will especially enjoy this sport. The idea is that the owner directs the dog through various obstacles on a course at the fastest time possible and with maximum precision. Border collies and working dogs do particularly well in this. There are also variation agility courses such as Jumpers, which requires more jumping.

In agility, dogs and handlers work as a team with the dog working completely off lead and must be able to take directions and commands from the handler for the different obstacles. Dogs need to have official height measurements taken to the shoulders and the jumps are lowered or made higher according to the dog's height. Dogs must be over 18 months of age to compete so their bones are fully developed for jumping over obstacles. You can start training your puppy at a young age for some of the obstacles which do not require jumping. You can do a lot of damage to a young dog by allowing it to jump too early. Agility can put a lot of stress on a dog's body so sometimes you will find they may suffer from leg, joint and back problems along the way if they compete all the time.

The judges set up the course which is applicable for every dog entering the class and work out the time speed in which it should be completed. Dogs need to run a 'Clear Round' in order to gain a Qualifying Certificate. There are three categories of faults – Course Faults, Time Faults and Penalty Faults. These are all taken into consideration at the end of the round.

Agility is competed at three different levels:

- **Novice** – where 14 – 16 obstacles make up one course.
- **Excellent** – where 16 – 20 obstacles are used in one course.
- **Masters** – where 20 – 24 obstacles are used in one course.



Before the dogs are judged handlers are allowed to 'walk the course' without their dogs so they know the order in which obstacles must be completed.

The types of obstacles are:

- **Broad Jump** – is constructed using two to four boards placed within the range of height for the dog so the dog has to jump over all boards.
- **Dog Walk** – is an elevated wood plank with two planks (one either side) angled from the ground to the official height of the obstacle. The dog walks up one side, across the elevated plank and down the other side.
- **Seesaw** – a seesaw is exactly that. The dog runs up one side and then down the other.
- **Tunnel** – there are two types of tunnel – a collapsible tunnel where the sides are not held up and a flexible tunnel which is a concertina type tunnel with solid sides. The flexible tunnel is mandatory for all trials whereas the collapsible tunnel is optional. The dog is required to run through the tunnel.
- **Weave Poles** – 12 weave poles are set up so that the dogs must weave in and out of each pole.
- **Hoop** – a hoop jump of standard size is raised off the ground according to the dog's height. The dogs must jump through this raised hoop.
- **Hurdles** – hurdles can be quite different, either solid, a bar or spread hurdle. The dogs are required to jump over these hurdles.

- **Table** – the dog is required to jump on the table and remain there for a short period of time before continuing with the next obstacle. The table is adjustable to the dog's height.
- **Scramble** – the scramble is an 'A' frame shape and the dog is required to run up the steep slope and down again.

Different countries may use different pieces of equipment and slightly different course settings however they all are along the same lines of ability for the dogs.

## HEELWORK TO MUSIC



Heelwork to Music (HTM), Freestyle Heeling, Doggy Dancing, Musical Freestyle, Canine Freestyle are all terms of a growing and popular sport which combines obedience skills and tricks performed to music. Heelwork to Music or Freestyle Heeling is slightly different to Dog Dancing, Musical Freestyle or Canine Freestyle in that the dog is working a heel routine close to the handler and does not incorporate any fancy tricks or manoeuvres. Doggy Dancing which is also known as Musical Freestyle or Canine Freestyle is a routine in which the dog may work close to the handler or further away and perform tricks and spectacular moves so is a lot more creative than Heelwork to Music routines.

Training for this is much more interesting than normal obedience because you add the music and move with the beat. All training needs to be motivational for this type sport whether you are teaching the dog tricks and fancy moves or the heelwork routines. It does help if you've had a little experience with training your dog in obedience or other disciplines. The great advantage with this sport is that nothing is compulsory so if there is a move that your dog is not keen on then you don't need to use it, you just focus on the moves the dog loves to do.

### Heelwork to Music or Freestyle Heeling

The competitions are divided into the two different styles so you can choose what you wish to enter. The Heelwork to Music routine would be the one to start with so you get used to doing obedience to music and putting a bit of 'swing' into it.

This is so much more flexible than normal obedience routines because you don't need to work the dog in the strict obedience positions. The dog is allowed to perform forward, backward and sideways movements, spins and circles, leg weaving and highs plus the dog can work on left and right sides of your body. You also can be seated on the ground for part of the routine and move according to the routine and music. Most of the work needs to be close to you and, of course, it is all off leash.

### Doggy Dancing or Musical Freestyle

With this style heelwork needs to be minimal. The variety of freestyle moves are more important however heelwork can be used to link the different moves so they flow together. It also helps the handler to make good use of the floor space.

Freestyle moves are not quite so difficult to train if you start thinking about capturing the tricks and behaviours of a young pup. These can come quite naturally so if this is something you might be interested in later then start to capture and reward your new pup with any cute behaviour it offers. This could be a play bow, or when the pup cocks its head to the side and looks cute, or when your pup puts one paw up. Really all that is required is to train for trick behaviours and then put it together with some obedience moves and a great song and you have the performance. This will take time, though. A clicker (see chapter on Dog Training Tools on page 55) is a great tool to capture the puppy behaviours you like and think you might be able to use. Once you have the pup performing those behaviours for treats you can then put words to them.

Once you have taught your dog some fancy tricks and behaviours you can then choreograph those into a routine to a piece of music and work with that. It will be fun and entertaining for your visitors and you get to show off how clever your dog is.

Whatever style you might like to try, if you compete you will need to make sure the routine you create complements the music as well as using props and costumes to enhance the whole performance.

## TRACKING



Tracking is a sport for all dogs which encourages dogs to make use of their strongest ability – their sense of smell. The dogs are trained to follow a scent for a certain distance depending on the level they are competing in. This is a team sport between handler and dog and therefore communication is very important. Obedience training is not required to do tracking and can be started with young puppies. There is no need to teach a dog to track – they already do that naturally – you just want the dog to learn to track a designated scent.

A tracking trial is a competition which simulates a lost person or an article in a natural outdoor environment where the dog can be assessed for its ability to follow the scent of the tracklayer and find discarded articles which may be left along the track.

Different organisations sometimes specify different rules however the basics of tracking trials remain the same. A track is laid, marked and mapped by the judge or steward the day before. They are laid so the track is easily identifiable to the judge and articles are placed even after marks, ribbons or flags have been removed. Then on the day of the trial the tracklayer follows the marked track and removes any marks which have been left on the track. Articles are left along the track instead and one must be placed at the end of the track as specified by the judge or steward. The dog and handler are directed to the track sometime later and the dog works in front about 10 metres and must follow the track, collecting the articles along the way and find the tracklayer at the end.

There are different levels of competition. In Australia, a dog must pass a qualification test before it is allowed to enter the tracking trials. The first level is the test for a Tracking Dog Title (TD) and different countries have different conditions under which to gain this title. The more advanced level is the Tracking Dog Excellent Title (TDX) which is a longer and more difficult test. In Australia, there is a further test which is called the Tracking Champion Test (TCH) and once passed the dog is now titled Tracking Champion. In the USA the dog must be awarded a Variable Surface Tracking Title (VST) in addition to the Tracking Dog Title and Tracking Dog Excellent Title before it can be awarded a Champion Tracker Title (CT).

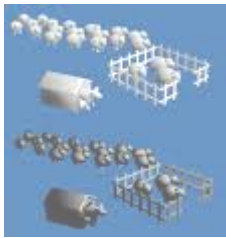
The tests can be held under a wide variety of conditions. The tracks themselves consist of turns and angles and the dog is expected to stay on these tracks and not deviate. Depending on the level of the test the dog will have an allotted time period in which to complete the track and find the articles along the way.

Before you start you will need to get a tracking harness plus long lead about 10 metres in length. Dogs will be more likely to enjoy their tracking if positive reinforcement methods are used with toys or treats - whatever motivates the dog best. Special tracking clubs run classes so you can teach the dog to scent these designated tracks.

Generally a dog must work continually as if looking for a lost person without assistance from the handler and will be assessed by the judge and graded according to the quality of the work.

If you wish to work and compete in Tracking Trials you need to be a member of the Canine Association or Kennel Club.





## SHEEPDOG HERDING

Dogs have been worked to round up sheep and cattle on farm properties for many, many years however it was only farmers that taught their dogs to work on whistle and command. Nowadays anyone who owns a herding dog, or crossed breed herding dog, can test their dog's ability through this sport of sheepdog herding.

All dogs have a natural inbred ability to herd. It comes from their ancestral background of having to herd their prey in the wild. If they did not have these instincts to round up their prey they would not eat and would therefore die. So this instinct is an instinct of survival. Some breeds display this more than others and, like in working sheepdogs, which are fast and agile, these traits have been strengthened through being used and bred to keep those working lines going in the dog's progeny.

So the purpose of herding trials is to preserve and develop the herding skills inherent in the herding breeds and demonstrate that the dogs can perform the useful function for which they were originally bred. These trials are artificial simulations of what work they would be doing on a farm or sheep station, they are standardised tests of the characteristics of herding breeds.

The breeds eligible for these tests are:

- **Herding Breeds** - Australian Cattle dog, Australian Kelpie, Australian Shepherd, Bearded Collie, Belgium Shepherds (all varieties), Border Collie, Bouvier des Flandres, Briard, Collie Rough and Smooth, German Shepherd Dog, Finnish Laphund, Norwegian Buhund, Old English Sheepdog, Polish Lowland Sheepdog, Puli, Pumi, Shetland Sheepdog, Stumpy Tail Cattle Dog, Swedish Vallhund, Welsh Corgi Cardigan, Welsh Corgi Pembroke.
- **Other Herding Breeds** - Bernese Mountain Dog, Canaan, Keeshond, Kerry Blue Terrier, Norwegian Elkhound, Soft Coated Wheaten Terrier, Tibetan Terrier.
- **Mixed Breeds** - mixed breeds may be accepted provided they are a mix or apparent mix of herding breeds and they must be Associate Registered dogs with the Canine Association or Kennel Club.

### Sheep / Cattle Trial

So the basic idea of the trial is that the dogs move sheep or cattle around a field, fences, gates or enclosures as directed by the handlers. The test is for a maximum of 15 minutes and the score maximum is 100. The dog must work with 3 sheep or cattle. The handler is only allowed to move at even pace between obstacles and is not allowed to assist the dog. The dog must not cross between the sheep/cattle or handler and it must not bite. The judge will assess the points lost for deviation of the lines required.

### Yard Trial

A yard trial is a test of dogs working in moving the sheep around in their enclosures or yards as instructed by the handlers.

The test is 10 minutes with a total of 16 sheep being used – 8 in a portable yard area and 8 in the arena where the dog must bring them back to the yard with the others and then all must go through a drenching race and once through that then into a drafting race where 4, 8, 4 sheep will be drafted off. The 8 sheep will then be returned to the 'let go' pen via a gate at the side of the arena. Points will go against the dog for various reasons such as barking, dog going before the bell, having to wear a muzzle and others.

If you have a herding breed dog this can be lots of fun for you and your dog although time, practise and patience will be required to get to trial standard.



## RETRIEVING AND FIELD TRIALS FOR GUNDOGS

Right!  
I've got the markers, radios, food, lead,  
got the coffee, beer, extra socks,  
some sweeties for the missus,  
Oh SHOOT #\* & ^!!  
I Forgot the DOG!



Retrieving and Field Trial Tests require gundogs to flush and retrieve game. In the United Kingdom the tests are conducted in a natural environment and are not set up or artificial simulations like in the USA and Australia.

There are different types of tests for retrieving dogs, pointing and flushing dogs. The trials are set up so the dogs compete against each other. Dogs must be pedigree and both dogs and owners must be registered with the Canine Association or Kennel Club in order to compete.

Breeds belonging to the Gundog Group are: Chesapeake Bay Retriever, Clumber Spaniel, Cocker Spaniel, American Cocker Spaniel, Curly Coated Retriever, English Setter, English Springer Spaniel, Epagneul Breton, Field Spaniel, Flat Coated Retriever, German Shorthaired Pointer, German Wirehaired Pointer, Golden Retriever, Gordon Setter, Hungarian Vizsla, Irish Red and White

Setter, Irish Setter, Irish Water Spaniel, Italian Spinone, Labrador Retriever, Large Munsterlander, Nova Scotia Duck Tolling Retriever, Pointer, Sussex Spaniel, Weimaraner, Welsh Springer Spaniel.

### Retrieving Trials

The sport of Retrieving requires time and commitment if you want to go on to compete. The trials need to be conducted in a natural bush setting with water available for swimming. In Perth, the clubs have access to a few private properties which are ideal settings for holding trials. It is becoming increasingly difficult to find the landscape required within local suburbia and so trials are often held out in the country areas. Introductory training classes commence in March and trials are held from April through to September. For other states of Australia and in New Zealand, retrieving trials are conducted pretty much all year round.

Retrieving trials are conducted for three different levels – Novice, Restricted and All Age. Trials are set up as close to ‘real’ conditions as possible, with each competing dog having the same type of pick up to give everyone an equal chance of success.

Dogs are tested on their game finding ability and the speed and directness of the retrieve. Judges look for quick pick ups and fast returns together with natural nose and marking ability, quietness in handling, control, drive and style.

Each trial has either three or four different pick up runs, depending on the level of competition. Novice and Restricted trials have three different pick up runs, one of which must include a retrieve into or across water. All Age trials have three or four runs, while the State Championship trial at the end of the season, held over a weekend, consists of five or six runs for these top competing dogs.

Novice – A Novice Trial consists of one pick up in each run. Once a dog has won three Novice trials it gains its Novice Title (NRD) and must move up to Restricted level.

Restricted – a Restricted Trial consists of up to three pick ups per run, testing all of the different skill variants such as double marks, walk up marks and blind finds, but kept relatively simple. A dog who wins three Restricted trials gets its Restricted Retrieving Dog title (RRD) and must go up to All Age level.

All Age – the All Age Trial test the highest level of ability, training and teamwork between dog and handler. Once a dog has won two All Age trials it earns the title of Retrieving Champion (RTCH title). Qualifying in 10 All Age trials (not necessarily winning) earns the All Age Retrieving Dog title (AARD title).

### **Field Trials**

In the UK the gundog field trials are not staged or set up so handlers never know in advance what the pick ups will be like. There are about six dogs and handlers walking in a line and one dog working while the others are sitting so dogs need to be very steady and obedient. This is the most crucial element for the UK test.

The dog should be sitting by the handlers side until it is called upon to do a retrieve at which point it needs to be obedient at heel, stopping when the handlers stops and walking when the handler walks. The dogs lose points for faults such as whining and barking and forging ahead.

### **Hunt Tests**

Hunt tests are specific tests for Pointing Breeds where the dogs are judged on their ability to quarter the ground in search of game. The dog must point, be steady to flush, shot and fall and retrieve the game tenderly to the handler on command.

The dogs are tested on their game finding abilities and retrieving skills and good directional control.

These sports are more of a commitment – it requires a lot of practise and experience and training is more time consuming. On the other hand it is great fun to watch the dogs working as they were bred to work.



## **SLEDDING AND WEIGHT PULLING**

Sled dogs are the Northern Spitz Breed dogs which bear most likeness to the wolf. They have thick coats which make them ideal for working in sub-zero temperatures and the snow. They were originally trained to work in teams to travel and pull long distances by traders and natives to transport goods from one place to another. The modern era, with the introduction of airplanes, roads and transport, later diminished the need for sled dogs and their general place in Northern Society.

Today sled dogs are used more in the sport of sled dog racing and mushing as the mushers wanted to keep their ties with these incredible dogs.

Breeds used in sled dog racing include: Alaskan Husky, Alaskan Malamute, Canadian Eskimo Dog, Chinook, Eurohound, Greenland Dog, Labrador Husky, Mackenzie River Husky, Northern Inuit Dog, Sakhalin Husky, Samoyed, Seppala Siberian Sleddog, Siberian Husky, Tamaskan Dog, Utonagan.

Sled dogs are expected to demonstrate not only their physical ability to pull the sled but also their endurance to running long distances, anywhere from 5 to 80 miles (8 to 130km) or more per day and the speed to cover the distance in a reasonable amount of time. Depending upon the distance they need to travel they will run an average of 20 (32.2km) miles per hour for distances up to 25 miles (40km). If they have longer distances to travel the speed will be around 10 to 14 (16 to 22km) per hour.

There are different types of sleds which are pulled by sled dogs and they range in weight from the small 25 pound (11kg) sprint-racing sleds to the larger plastic bottomed distance racing toboggan sleds, to traditional ash freighting sleds and the trapper's high fronted narrow toboggan.

A team of dogs may number anywhere from 3 to 24 dogs which are harnessed together in tandem and paired together in twos. These dogs are pulling on tug lines which are then connected to a central gang line.

The most famous of sled races is the annual Iditarod which runs in March every year. The mushers and dog teams travel from Anchorage in south central Alaska to the western Bering Sea Coast, over 1150 miles of the world's roughest and most beautiful terrain. Each team has 12 to 16 dogs and the musher and dogs cover the distance in 10 to 17 days.

### **Weight Pulling**

Weight pulling has evolved from sled dog racing over the last few years. These competitions test a dog's strength and stamina based on the dog's ability to pull a maximum amount of weight on a sled or cart over a prescribed distance and time. Scores are based on the weight pulled and the time taken to pull that weight. These competitions can be run on dirt, concrete or snow and are therefore able to be held in places which never have snowfalls.

Many other breeds such as Rottweilers, Bull Mastiffs, Pitbull Terriers and Bulldogs are entitled to enter these competitions, not just the ones listed above – the competitions are open to any large, strong dogs.

These competitions have specific rules and regulations and are strictly controlled and supervised so that no damage can be done to the dogs.

Dogs need to be trained from a fairly young age to pull on a harness however the dogs won't be able to compete until they are a couple of years old. Basic obedience commands such as sit, stay and come are also required. If you have a dog which likes to pull this can be a great way of channelling that energy and allow the dog to do what it does best.

# SECTION TEN

## SERVICING THE COMMUNITY WITH MY WONDERFUL COMPANION



This section covers things on a community level you can get involved with such as Pets for Therapy work which can be highly rewarding and something that the dog also enjoys.

## ASSISTANCE DOGS AND COMMUNITY SERVICES



As a pet owner you may wish to become involved with training your dog for community services such as Pets for Therapy. Or maybe you don't wish to own your own dog but you have the ability and facility to foster a puppy which will go on to be trained for assistance work. Service dogs, guide dogs and hearing dogs as well as pets who go through testing to become Pets for Therapy are such an integral and important part of the community these days and it is now common knowledge that dogs have many benefits to the elderly, sick and disabled.

### Service Dogs

The service dog is trained to assist people with disabilities other than visual or hearing and medical response. These dogs do not have to be pedigrees but they must have desirable character traits, good conformation and good health.

These dogs are trained to pick and retrieve things, open and close doors, carry things and do more physical tasks which the owner is unable to do on their own.

### Guide Dogs

Labrador Retrievers are the most popular breed of dog to be used as guide dogs. They are trained to be the eyes of the blind or partially sighted person and give greater mobility and independence to get out and about a lot more.

As a puppy a potential guide dog is placed in a foster home where socialisation and basic training begins. Pups are exposed to all sorts of sights and sounds to help prepare them for their work later on. At about 14 months of age the young dog then goes into the training facility at the Guide Dog Association for full time training which takes about 6 months. The dogs must pass the test before they can be released into the community for service. Once the facility training is complete the dog then undergoes two to four weeks of intense training with the new owner under supervision.

### Hearing Dogs

Hearing dogs are taught to respond to sounds and noises for people who are completely deaf or hard of hearing. Dogs can be any breed and sometimes may even come from rescue centres or shelters. They must have good temperament and be willing to work as well as being sound reactive. They are trained in basic obedience as well as socialised to different locations such as shopping centres. Once they have completed this they are then trained in sound alerting.

Dogs can take anywhere between three to twelve months to be professionally trained. They learn to identify a particular sound and then physically alert or lead their owner to the source, or in the case of fire alarms away from the source.

### Pets for Therapy

If you decide you would like to be involved with Pets for Therapy you must firstly assess that your dog's nature is suitably calm and steady to be amongst the elderly and sick. Your dog must be obedient and will have to go through a special test to be approved as a therapy dog.

Any dog can qualify as a therapy dog and the most important characteristic is a sound temperament. This means the dog will be friendly towards other dogs and people, patient, gentle, confident and at ease with all situations. The dog has to like being petted, sometimes roughly and clumsily.

Therapy dogs are generally taken to visit the elderly and sick in nursing homes and hospitals and children in hospital. Children like to hug dogs and your dog may need to be put up on a table or climb onto an invalid's bed or lap and lie there quietly. They will also need to be able to handle being around equipment such as wheelchairs, walking sticks, walking over strange surfaces, or be frightened by people with unusual ways of walking. They also need to be able to cope with loud noises and strange sounds. It is beneficial to teach your dog a few tricks to perform also.

## **Search and Rescue**

Dogs are a valuable part of search and rescue teams across the world to locate missing people, whether it is in the wilderness, disaster, cadaver, avalanche, drowning search and rescue or recovery. They are highly trained to detect human scent. They are generally worked with their handlers in small groups on foot or sometimes worked from horseback.

Dogs will detect human scent by either air-scenting or trailing and then they can be also classified by whether they are trained for scent discrimination or not.

Air-scenting dogs use the airborne human smells to detect the location of people. They work off-lead and are generally not scent discriminating which means they will pick up the scent of any human and not specific people. They are able to cover large areas of terrain and when they pick up human scent they alert the handlers and lead them to the subject.

Trailing dogs are given the scent of the particular person they are searching for and follow the ground path to locate that person. They may work either on-lead or off-lead.

Training dogs for search and rescue work starts when they are young puppies 8 to 12 weeks of age and continues for the rest of their career. Dogs are not generally ready to work until they are 12 to 18 months of age. These dogs undergo a lot of socialisation and play training as early as possible anywhere between 2 to 5 times per day in short sessions and then continue through serious training in agility and obedience which must occur several times per week. They need to be fit and focussed so a lot of the work is based on focus, attention and the ability of the handler to read the dog's slight changes in body language when the find has been made.

So dogs really are a necessary part of the community in many ways and are used to improve and assist the lives of humans in general as well as just being loved pets. The above are just some of the options you can get involved with if you wish to get involved with community service. The basis of all the above comes back to dogs being well socialised to all sorts of people and many objects and noises as well as having a minimum of basic obedience skills.

The organisations who run the above services are always screaming out for people to foster puppies until they can be fully trained up, so you may know or be able to contribute in that way also.

Whatever you choose to participate in you will need to contact the local association to find out what is required and involved in getting your dog to the standard they require.

# SECTION ELEVEN

## HOLIDAYS AND MOVING WITH MY DOG



Inevitably there will be times when you go on holidays or are moving house or even when natural disasters occur. This section covers how to deal with those situations and gives some guidelines of what to consider from your dog's perspective.

*Related free bonus Workbook inclusions:*

- ▶ *Kennelling My Dog*

*Related free bonus Checklist inclusions:*

- ▶ *Domestic Travelling Checklist*
- ▶ *Moving House Checklist*



## TRAVELLING WITH DOGS

If you plan to travel and take your dog with you it will need some advance planning. Travel could be just for a shorter or long term holiday or it could be a permanent move interstate or overseas. Firstly, you need to consider what is best for the dog and whether travel might be too stressful for it. If that is the case you may be better to leave the dog in a reputable kennel if you are going away short term. Longer term will be more expensive and it may be worthwhile finding a friend or relative who can adequately mind the dog for you while you are away.



So where to start? Answer the following questions to work out what is best for you and the dog.

### **Domestic or overseas**

Are you planning on travelling within your own country or are you planning to travel overseas? Travelling overseas will be a lot more complicated however if you are moving overseas permanently you may want the dog to go with you.

### **The dog's age**

Is your dog young or old? Is the dog capable of travelling for the time and distance that you plan to accomplish?

### **The health condition of the dog**

What is your dog's health like? This will also largely depend on the dog's age. If you plan to travel with your dog for any distance get a vet check done to make sure the dog is in good enough health to travel.

### **Social behaviour**

Is your dog sociable to strange people, other dogs and different environments? If not, then you are best to not stress the dog out by placing it in situations that it can't cope with. Some dogs are best left in familiar surroundings.

### **Length of time you will be away**

Whether you take the dog or not may depend upon the time you plan to be away.

### **Purpose of travel**

Your purpose for travel and what you want to do at the destination will be a big decider of whether you take your dog with you or not. If you are planning a short holiday it may be easier to leave the dog with someone or in kennels. If it is a long term camping or caravanning holiday then you may prefer to work in with the dog so it can accompany you comfortably.

### **Mode of transport**

What is the method of transport – car and/or caravan, plane, train, boat or ferry or by bus? Is this going to be conducive to having a dog with you?

### **Weather conditions**

Consider whether you will be travelling in extreme weather conditions and whether you will be able to accommodate a dog for those conditions.

### **Accommodation / Camping**

You will need to find out whether dogs are welcome at the places where you intend to stay and visit, including National Parks, historic sites and tourist trails.

So now that you have an idea of the details and plans for your travel arrangements you should be able to decide whether it is appropriate to take the dog with you.

## DOMESTIC TRAVEL



There are several ways you can travel with your dog within your own country – by car and caravan or camping, train, plane, boat or ferry, bus. In some countries bus, train or boat and ferry services will allow you to travel with your dog in an approved carrier. In other countries only service or assistance dogs are allowed to travel on public transport. So we will more specifically go through the things you need to be aware of for car and plane travel.

### Travelling by Car

#### *What Your Dog Will Need*

Travelling with your dog will need some thought on what to take for it. You will need bedding, toys, treats, food / water bowl, food and water, collar and lead, dog towel, brush, flea or tick treatment, and a first aid kit and pooper scooper or plastic bags. You may also consider taking a crate as its place to sleep at night or a stake to tie the dog up outside so it can't run away, booties if you are going to be hiking or walking on rough, heated or frozen terrain.

If you are travelling for a considerable amount of time get your dog vet checked before leaving to make certain there are no health problems. Consider taking out pet insurance if your dog is not already insured so you are covered in the event of emergency veterinary care or an accident or illness.

Keep a photograph of your dog somewhere handy so that you can easily describe it should it go missing. Whatever way you decide to travel ensure that your dog has a collar with its name and your contact number (preferably mobile phone number). Also have your dog micro-chipped and registered so if it does go missing you will be contactable if it is found.

When travelling by car your dog will need regular toilet stops and exercise time. Remember you are responsible for cleaning up after your dog in public areas.

#### *Preparation*

Before you decide to take your dog travelling by car you must make sure that your dog is accustomed to being in the car and does not get car sick. Take the dog for short journeys so it gets used to being in the car, and gradually increasing the distance you can go. You may need to start off with driving the dog around the block.

Some dogs suffer from car sickness. Ginger is supposed to be good for car sickness so try giving your dog a ginger supplement or fresh ginger in warm water. It's a good idea not to feed your dog six to eight hours before embarking on a road trip or just give it a small meal so the stomach is not completely empty. If you still have problems with the dog's car sickness then the kindest thing is to leave the dog home.

If your dog is a little nervous in the car try giving it treats as a reward for being in the car to begin with and then as you drive around. You want the dog to keep reasonably still and quiet while you are driving by using either a car harness or dog guard or crate. If you have trained your dog to be a chewtoy-a-holic then make sure you have some stuffed chew toys to keep it happy and occupied. Make sure the dog has plenty of space, though.

Dogs love to stick their heads out the window as you are driving; however it is safer not to allow them to do this. Always have fresh water to hand for the dog to drink and by stopping regularly to give the dog a toilet break plus exercise will help make it a much more pleasant experience.

Also consider the weather conditions – don't have the dog sitting in direct sunlight. Even if the car does have air conditioning the dog can get very hot if sitting in full sun for any length of time so make sure there is some shade available. Never leave the dog in the car alone, even if you do have plenty of water and the window is open. If you need to get out tie the dog up outside in the shade with fresh water, even if it is only for a few minutes. Likewise, if the weather conditions are very cold take precautions also to protect the dog.

Last but not least, have contingency plans in place in case of something going wrong, for example a breakdown or car crash. Check your breakdown insurance to make sure your dog can be carried by the relay service in the event of breakdown of your car.

Attempt to arrive at your destination during the day so your dog has time to familiarise with the surroundings and 'settle in'. Give the dog some play time and help it to adjust and feel comfortable. Having its own bedding and blankets as well as its favourite toys will help the dog settle at night.

### **Travelling by Air**

Air travel will be more complicated and you will have to comply with airline regulations for transporting pets. The majority of airlines will consider pets to be transported as excess baggage or as cargo. To find out airline rules and policies on pet travel you will need to contact the individual airlines themselves.

Travel by air, even in the best conditions, is quite stressful for a dog. Check with your vet about the health condition of the dog first to make sure that it is going to be able to cope with the stress of this type of transportation. Some pug-nosed breeds of dogs have difficulty breathing under normal circumstances and may have difficulties breathing when travelling by air. Most vets will advise against sedation as the effects of tranquilisers on animals are uncertain at high altitudes.

### ***What Your Dog Will Need***

To fly your dog by air you will need to either purchase or hire a special crate which complies with airline specifications according to the size of the dog. It must be well ventilated and sturdy. You may also need to provide your own water and food bowls and some of the dog's bedding or a familiar blanket or rug may help to make the dog feel more relaxed. You will need a collar and lead so you can walk the dog before check-in and after arrival.

### ***Preparation***

Your dog will need to be comfortable with being crated for the length of time of the flight. If you have started crating your dog as a pup then training will not be necessary as it will already be happy to be in its haven. If your dog is not used to being in a crate or kennel then you will need to gradually accustom the dog to being in this confined space. Use treats and stuffed chew toys to help occupy its time and start off by only leaving the dog in there for a short period of time gradually building the crated time up.

Check with the airline to make sure there are no age or health restriction policies pertaining to air travel. When you make your reservation you will need to advise the airline directly that you will be travelling with a pet as airlines only allow a limited number of pets per flight. Plan your booking so that the flights are direct and non-stop rather than have connecting flights if possible. It might be wise to consider travelling outside of peak or holiday periods and not during times of extreme temperatures. This helps to reduce stress for the dog.

Your will need to clearly identify your dog's belongings so have name tags and labels visible with your name, address and telephone number displayed.

Always re-confirm flights with the airline 24 to 48 hours prior to flight departure for you and the dog.

If your dog is travelling as freight or cargo you may need to check it in at a different section of the airport. Be sure to arrive with plenty of time available so you can walk the dog first and allow it a toilet break. Remember, you will also need to check-in at the main terminal in plenty of time. Upon arrival at your destination you may also need to collect the dog from a different part of the airport.

***Refer to your free bonus Checklist for a list of items you may need to take with you when travelling if you do plan to go away with your dog.***

## INTERNATIONAL TRAVEL



International air travel is a lot more complicated than domestic air travel. Unless you are moving permanently overseas and your dog is young, fit and healthy enough to travel then you are much better off leaving it at home with a dog minder, with friends or relatives, or in a dog boarding kennel. There is a lot of red tape and paperwork involved with the transportation of dogs overseas. If you own a pedigree dog with papers and are exporting it then paperwork needs to be made through the Canine Association or Kennel Club. For any dog travelling overseas vet and health checks need to be done and depending on the country of destination vaccinations for appropriate diseases and quarantine procedures are required. This means that once your dog arrives at the other end it may end up several weeks in quarantine before you can collect it.

You may find there are transportation companies who will organise your dog's travel arrangements entirely and take care of all the paperwork which will be less stress for you.

### Airline Procedures

The same procedures and requirements are required for international airlines as domestic airlines pretty much as far as reservations go. You need to check with the airline direct on the paperwork they require for the dog to be transported as cargo. You may need to speak with the Cargo Department of the airline to get specific information.

So the same equipment will be required for international travel as for domestic travel (refer to the previous chapter).

### Health Certificates

International Health Certificates may be required for the countries you are travelling to. These certificates will need to state such things as:

- Name of the pet
- Breed
- Colour
- Age
- Country of origin
- Owners name, address and contact details
- That the dog is free of parasites and is healthy
- Details of all current inoculations, including the type, manufacturer and batch number
- Details of rabies shot

If you are travelling to a country with a foreign language you may need the passport translated into that language. These certificates must be issued by your veterinarian as close to the date of travel as possible and not more than 14 days prior to travel.

### Quarantine

Most countries are very strict with their quarantine regulations. Countries are divided into three classifications: Rabies Free Countries; Third Countries (low incidence of rabies); High Incidence of Rabies Countries. Third Countries include all countries of the European Union (EU) except the United Kingdom (UK) which is rabies free. Canada, USA and Mexico are considered Third Countries.

Before your travel it is important you know the classification of the country you are travelling from and the rabies classification of the country you are travelling to. Also, if you are having any stopovers enroute and need to clear customs you need to be aware of the classification and quarantine requirements of those countries.

Requirements for dogs will depend upon the classification of the countries involved. Some of these requirements could be:

- Titer tests, which may need to be done at 120 to 180 days prior to departure
- Microchip
- Proper veterinary paperwork for the country or countries your dog will be entering
- Current rabies vaccinations
- Paperwork pertaining to each country
- Quarantine

### **Microchip**

In many countries, particularly the European Union, regulations state that a microchip is MANDATORY. This is so immigration officers can compare the dog's microchip details to the veterinary documents you have presented to make sure they match.

Make sure that the country where the microchip is inserted into the dog is readable and valid for the destination country. For example, some countries have a 9 digit microchip where as others have a 15 digit microchip and different scanning device is required. You may need to take your own scanner if this is the case.

Also be aware that the Microchip Identification Number must appear on all veterinary and vaccination certificates.

### **Temperature and Weather Conditions**

Some airlines have regulations and restrictions to ensure that animals are not exposed to extreme heat or cold in the animal holding facilities and terminal facilities when moving the animals between terminal and aircraft or on an aircraft awaiting departure.

You need to contact the individual airlines to check their policy on Temperature Restrictions.

### **Pet Passport**

Technically there is no such thing as a Pet Passport, except in the European Union where it is called a Blue Pet Passport. This can only be issued by veterinarians in the EU itself.

A Pet Passport is important as it allows you to group the dog's certificates and paperwork or vital information together in one place and makes it easy for officials at the border to verify all the information.

You can create a Pet Passport for your dog by putting together all relevant information into a folder – this might include such things as Titre Test results, Vaccination and Rabies certificates, Flea and Tick Treatment Forms, applicable entry forms. You can avoid delays with border checks and/or quarantine by having the passport accurate and up to date.

There is a lot to think about when travelling overseas with your dog. It will be much easier to put all the arrangements in the hands of the professionals who can take care of all the paperwork, reservations and will advise what you need as far as inoculations and vaccinations go.

## KENNELING MY DOG

Going away for a reasonably short term holiday without your dog will mean you will need someone to care for it while you are away. If you have someone to housesit and look after the dog, or friends or relatives who will take the dog in while you are away then that can save you a lot of money. Quite often that is not possible and the next best thing is to find a reputable boarding kennel where you can leave the dog knowing that it will be safe and well cared for.

If you've not had to board your dog before you may wonder where to start looking and how to determine the right one for your dog. Here are some tips:

- **Personal Recommendations** – personal recommendations, especially from people involved in the dog industry such as your veterinarian, dog trainer, groomer are always the best way to find a kennel with a good reputation.
- **Canine Association or Kennel Clubs** – should have a list of dog breeders and boarding kennels. Get a few names and phone numbers and ring around.
- **Telephone or Trade Directories** – can be a good way to get names and phone numbers.

Once you have a few names and phone numbers ring around and ask to view the kennels before you make a decision. Most reputable boarding kennel owners will be more than happy for you to view their facilities before you make a decision.

Choose the kennel that you feel most comfortable with and the one which will give your dog the best of care. You want to be able to go away without having to be worried or concerned about the dog's welfare.

### How to Prepare Your Dog for Kennelling

Your dog will need to be sociable towards people even if it's not that sociable with other dogs. As long as the dogs are kept separate then there should not be a problem. Basic obedience such as "come", and "sit" together with manners around food will make life much easier for the caretakers.

If your dog has never stayed in a kennel before you may wish to take the dog on a short weekend visit first to ascertain if there might be any problems and give you an opportunity to iron them out before you go on extended leave.

The boarding kennels are quite within their rights to ask to sight current vaccination certificates so ensure these are up to date. Give the caretakers your contact details of where you will be staying while away or the phone number of someone locally in case of an emergency. Also advise them of your veterinary clinic details so they can be contacted if necessary.

If you have a code word for the dog to eat, make sure you advise the kennels when dropping the dog off. If the dog is on special dietary food or medications make sure you advise the kennel staff and they are clear on what needs to be given.

Kennel staff will need to be aware of any behavioural or medical problems such as epilepsy or fear of thunder storms, etc.

When you leave the dog don't make a big fuss or emotional goodbyes as these may upset your dog even more. Hand the dog over and go. Finally, enjoy your trip and know that your dog will be very well cared for and very happy to see you when you return.

*Refer to your free bonus Workbook for a list of questions to ask before making your decision. There are spaces for you to compare 3 different boarding kennels.*

## EMERGENCIES AND DISASTERS

We all hope that we will never have to experience emergency and disaster evacuation from our homes, however, in the event that something may happen, such as fire, flood, earthquake, cyclones or tornados, if evacuation may be necessary then animals will need protection also. Or it could just be that something happens with your health and you need someone to look after the pets while you recover. Each type of disaster or emergency will require different measures to keep you and your pets safe. The thing is to be prepared and whatever decision you make for your safety will be the best decision for your pets as well.

Some things you might like to consider:

- Have a buddy system with a friend, family member or neighbour that if anything should happen you assist each other with animals as well as each other in the event where evacuation is necessary.
- If you are struck by sudden illness have someone in mind who will be happy to help care for the animals while you are recovering.

### Don't leave your pets behind!

Your pets will not be able to look after themselves. If you need to get out then they will too – otherwise they may die or escape in fear. Depending on how much time you have to get organised, the basic needs to take would be water and food and bowl, ensure your dog is wearing an identification tag just in case it gets stressed and goes missing. If you have the chance to take toys, blankets, copies of vaccination and medical records and extra medication.

You might want to have ready to hand a pet survival kit which might consist of any medications, first aid supplies and any relevant information.

### What to do during a disaster

1. Bring your pets inside immediately. Bringing animals inside will prevent them from escaping in fear. Animals are sensitive to severe weather changes and may isolate themselves. **NEVER** tie a dog up or leave a dog outside during a storm.
2. Have newspapers available for sanitary purposes. Feed them moist food so they will not need to drink so much.
3. Emergencies can stress pets and cause them to act irrationally so separate dogs, cats and other small animals.

### What to do after the disaster

1. When taking your dog out after the disaster always keep it on leash. Things may look and smell different which may cause confusion. There may be dangers about, such as downed powerlines.
2. Animals may be affected and react differently than normal. Normally quiet dogs may show aggression and defensive behaviour. Keep an eye on your dog closely for any changes in behaviour. Keep them fenced in a yard if possible with water and shelter.
3. If you have evacuated with your dog make sure it is with you at all times and on leash or have a dog shelter, boarding kennel or friend's / family home where you can leave the dog in safety.

The nature of the disaster will determine how you will need to react. In evacuation take as much as possible for yourself and your animals to ensure your comfort and safety.



## MOVING HOUSE

Moving house is not only a stressful time for humans but also a stressful time for dogs. There is much to do and organise and your dog may feel a little neglected while all this is going on. Dogs will pick up on your nerves and vibes so if you are stressed by the situation then the dog will pick up on that also. Here are some tips on what to do and look out for in your dog if you are planning to move house:



1. Keep the routine as normal as possible by ensuring that the dog gets exercised, fed at normal times and given attention.
2. Prior to moving make sure your dog is wearing a collar with a tag of your contact details and also get the dog micro-chipped in case the collar comes off and gets lost. Make sure the company with the microchip details has a current contact number.
3. Have a current photograph of your dog to hand just in case it gets lost. A photograph will help identify your dog.
4. If your dog is not used to riding in the car start taking it for little drives and build up its confidence to travelling by car, especially if you are moving long distances. If you are not moving far, take the dog to check out the new place and surrounding area before you actually move in.  
If your dog suffers from travel sickness and you are travelling a long distance speak to your vet about medication that can be given to help make the dog's journey more comfortable. If this is the case, do not feed the dog within 12 hours up to departure.
5. Leave packing your dog's possessions, eg. bedding, rugs, toys until the very last. Your dog will be less stressed with its familiar things around. When packing keep the dog safe and quiet in a confined area, could be a room or a crate, where you don't need to worry about it.
6. Check out the fencing and yard area in the new property and get everything safe and secure for the dog before the move.
7. On the day or days of the move you may want to see if someone can look after the dog until you have all your possessions moved. Alternatively, you could put the dog into boarding kennels during the days of the move.
8. When arriving at the new home walk around the house and yard with the dog on lead and allow it to check out the new territory. Have its toys, bedding and rugs to hand so there are some familiar possessions at hand.
9. If the dog is with you on arrival during the moving process, keep it secure in a confined room or crate with chew toys, fresh water and bedding. You don't want it to run away while furniture and boxes are being brought in.
10. Introduce your dog to the new neighbours as soon as possible after the move has taken place and start walking it on leash around the area so it becomes familiar with the smells and surroundings.
11. Always make sure the dog has its collar and tag on during those first weeks until it settles in so if the dog does go missing it is easily identifiable.
12. Once in the new home, try and stick to a similar routine as previously when it comes to feeding and walking times.
13. Initially don't leave the dog too long on its own in the new environment. Help the dog settle in by being around most of the time although don't overload it with attention that it hasn't normally received as this could then cause an overdependence or behavioural problems. Try to stick to the same routines as before.
14. Don't punish or scold the dog if any accidents happen inside the new home. You can go back to short-term and long-term confinement procedures if necessary which would only be for as long as it takes the dog to get back to a normal pattern of behaviour.

***Refer to your free bonus Checklist to contact the people who need to be aware of your new address and details.***

# SECTION TWELVE

## COUNCIL REGISTRATIONS AND REGULATIONS



This section explains about general requirements of local government councils and their Dog Acts. As a responsible dog owner you need to be aware of your responsibilities towards the community.

*Related free bonus Workbook inclusions:*

- ▶ *MyDogs Records*

## DOGS AND THE LOCAL COUNCIL

The majority of the population of pet owners have pets as companions and friends. When you acquire a new puppy you are basically entering into a commitment and statement to the community that you are prepared to care for and be totally responsible for this animal for the duration of its life. There will always be a minority of the community who do not care responsibly for their dogs and this means that local government councils have to put in place some sort of rules, regulations and licensing procedures for the whole of the community. Dogs that are not cared for responsibly generally end up in rescue shelters or being euthanized. Rules and registrations give authorities greater control of monitoring dogs in the community.



Rules and regulations will be different on a country basis as well as within different states, territories or counties. You need to be familiar what these rules and regulations are before making the decision to take on the responsibility of dog ownership and what breed of dog you will get.

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Generally worldwide, local councils require you to register your dog for a nominal fee. The fees are considerably cheaper for sterilised dogs and bitches than for unsterilised animals. This is to encourage people not to breed puppies in their backyards. There are excessive numbers of unwanted dogs which end up losing their lives because they can't find good homes so cheaper registrations encourage sterilisation and less backyard breeding.

### The Dog Act

Governments worldwide have put into place laws on how dogs should behave and your responsibilities with your dog in public places. These laws are known as "The Dog Act".

These laws will penalise you as a dog owner if your dog makes a mess in a public place and you are caught; if your dog is seen to be involved in an aggressive incident; roaming the streets or is a general nuisance to other people. Governments have fines, which can be hefty, for breaking these laws depending on the severity of the incident. Dogs which roam the streets or are uncontrollable are a potential risk to themselves and the rest of the community.

There are also penalties for people who treat their dogs cruelly, whether it is physical abuse or lack of proper care, and are reported as such to the local authorities who then determine the appropriate penalty.

### Dangerous Dogs and the Law

Wherever you live your local government authority will have in place certain procedures to be followed in the event of an aggressive incident with a dog. The "Dangerous Dog Act" which is implemented worldwide to protect humans and other animals is very stringent and carry harsh penalties, including death to the offending dog and heavy fines for the owner.

This legislation is different to the Restricted Breed Legislation as any breed of dog can be classified as 'dangerous'. A dangerous dog is determined and classified by its behaviour towards another person or animal regardless of what breed it is.

Some countries may classify a dangerous dog when the dog injures or causes death to either people or other animals. In other parts of the world, such as in Western Australia, a dog only has to approach or run towards or chase a person or animal in an aggressive manner to be reported as a dangerous dog, regardless of whether injury occurs or not.

Each dangerous dog act is dealt with on an individual basis, however as a dog owner you are responsible for finding out the acts or behaviours which classify a dog to be dangerous and the potential outcomes if such an incident happens. This information can be obtained from your local government or council.

### **Restricted Breed Legislation**

There are a few fighting breeds, such as the American Pitbull Terrier, Japanese Tosa, dogo Argentina (Argentinian Fighting Dog), filo Brasileiro (Brazilian Mastiff or Fighting Dog), which are governed by very specific regulations. These dogs are not prohibited however ownership has very strict requirements. Other countries may have different breeds listed in their Restricted Breed Legislation.

These breeds, although classified as 'dangerous' may never be involved in an aggressive incident. But, by their very nature, these dogs have very aggressive tendencies, were bred to fight and therefore are more potentially harmful than other breeds.

Some of the restrictions include dogs having to wear specified collars identifying it as a dangerous breed; display warning signs outside the premises where the dog lives; keep the dog on leash and muzzled when in public areas and handlers must be over 18 years of age plus other rules.

Make sure you familiarise yourself with the "Dog Act" and local council regulations regarding your responsibilities as a dog owner. It is so much easier to socialise and train a puppy at 8 weeks of age to acquire good bite inhibition and like people than go through the heartache and consequences of having your dog labelled as dangerous and wearing the costs involved.

### **Dog Attack Statistics**

Statistics show that studies of dog bite injuries report that:

- The median age of patients bitten is 15 years, with children, especially boys aged 5 to 9 years and children under 4 years, having the highest incidence rate
- The odds that a bite victim will be a child are 3.2 to 1.
- Children seen in emergency departments were more likely than older persons to be bitten on the face, neck, and head. 77% of injuries to children under 10 years old are facial.
- Severe injuries occur almost exclusively in children less than 10 years of age.
- The majority of dog attacks (61%) happen at home or in a familiar place.
- The vast majority of biting dogs (77%) belong to the victim's family or a friend.
- When a child less than 4 years old is the victim, the family dog was the attacker half the time (47%), and the attack almost always happened in the family home (90%).

The statistics show that human death by dog attack is very low in comparison to injury statistics, and these deaths were children or the very elderly. The highest percentage of attack is to the face, neck, head and trunk, the next being the limbs.

## MICROCHIPPING AND TAGGING

Identification is important in the event that your dog gets lost or stolen. Two methods of identification are by attaching a licence and name tag on the collar or, in the event that your dog doesn't have a collar on, having the dog micro-chipped. A name tag with the pet's name and phone number means that you can be contacted immediately if the dog escapes or gets lost. The dog can also be identified from the microchip but it requires taking the dog to a vet or dog pound where special scanners are kept to read the number of the chip and then match the number with the information on the database. So the tag is much more efficient for immediate contact.

### Microchips

A microchip is a small computer chip about the size of a grain of rice and has its own unique number permanently imprinted on it which can then be matched up with the registry which contains the dog's information. It is covered with a type of glass which is compatible with living tissue. The chip is injected into the surface of the dog's skin at the base of the neck with a needle and special syringe. This does not hurt the dog and is similar to getting a vaccination. This chip is registered with the microchip company and is then able to be read by special reading devices carried by vets and local pounds so in the event that the dog gets lost or stolen it can then be traced back to its rightful owner.

Microchips are designed to last for the life of a dog. There is a one off fee to register and have them inserted and they don't need charging or replacing. Sometimes the chips are known to migrate from where they are inserted to other areas of the body however vets and pounds are instructed to scan all over the dog's body for a reading.

This is an effective way of ensuring you will be reunited with your dog should it get lost or in the event of being stolen will identify who the real owner is. You will need to keep the company informed of any address changes so they can keep their register updated with the correct information.

Microchips are safe and not going to do any harm to your dog. There is a very minute chance of any reaction taking place from the insertion of the microchip but it is something like 0.009%. The benefits of micro-chipping far outweigh the risks.

### Identification Tags

Name tags which attach to the collar make for the easiest identification of the dog if it escapes from the yard or goes missing, especially if your phone number is also etched on the tag.

Anyone finding your dog will be able to contact you directly without having to ring a ranger and have the dog collected and put into the pound. This will save you an expense of having to get your dog out of the pound.

It also means that if the dog gets into an emergency situation while roaming the dog can be called by name. This could be quite reassuring to a dog which is confused and scared to have someone speak to it by name.

Whatever method you decide upon and you may choose to have both the microchip as well as a tag, identification is important.

# APPENDIX

## ACKNOWLEDGEMENTS AND RECOMMENDED RESOURCES

I would like to acknowledge the following resources for compilation of this manual:

- Dr Ian Dunbar:        Before You Get Your Puppy  
                               After You Get Your Puppy  
                               [www.dogstardaily.com](http://www.dogstardaily.com)
- Pamela Dennison:    The Complete Idiot’s Guide To Positive Dog Training
- Jean Donaldson:      The Culture Clash
- Richard Allport:     Heal Your Dog The Natural Way
- Roger Abrantes:     The Evolution of Canine Social Behaviour – Dog Language  
                               Canine Problem Behaviour
- Turid Rugaas:        Calming Signals
- Jennifer Messer:     Kinderpuppy Pack

### Cover Photo:

*Thanks to my friend, Lillian Robinson of Glenregal Golden Retrievers for the beautiful cover photo of Pumpkin and Clancy. This photo won first prize in a competition run by Art Vanderbilt on the Land of Pure Gold website.*

### **BOOKS**

What Is My Dog Thinking? The Essential Guide To Understanding Pet Behaviour	Gwen Bailey
The Complete Idiot’s Guide To Positive Dog Training	Pamela Dennison
The Culture Clash	Jean Donaldson
Mine! A Practical Guide To Resource Guarding In Dogs	Jean Donaldson
Before You Get Your Puppy	Dr Ian Dunbar
After You Get Your Puppy	Dr Ian Dunbar
Doctor Dunbar’s Good Little Dog Book	Dr Ian Dunbar
The Dog Listener: Learning The Language Of Your Best Friend	Jan Fennell
The Dog Listener: Learn How To Communicate With Your Dog For Willing Co-operation	Jan Fennell
The Other End Of The Leash	Patricia McConnell
How To Be The Leader Of The Pack....And Have Your Dog Love You For It	Patricia McConnell
Don’t Shoot The Dog	Karen Pryor
Calming Signals	Turid Rugaas
Raising Puppies & Kids Together: A Guide For Parents	Pia Silvani Lynn Eckhardt
101 Dog Tricks	Kyra Sundance

## DVD's

Dog Training For Children	Dr Ian Dunbar
Training Dogs With Ian Dunbar	Dr Ian Dunbar
The Dog Listener	Jan Fennell
Getting Started: Clicker Training For Dogs	Karen Pryor
Calming Signals	Turid Rugaas
The Dog Listener	Jan Fennell
Train Your Dog – The Positive Gentle Method	The Picture Company

## WEBSITES

### Dog Training and Behaviour

Go to [www.trainapuptime.com](http://www.trainapuptime.com) to find out more information about Train A Pup Time Puppy Pre-school classes.

### Health

Go to [www.naiaonline.org/pdfs/LongTermHealthEffectsOfSpayNeuterInDogs.pdf](http://www.naiaonline.org/pdfs/LongTermHealthEffectsOfSpayNeuterInDogs.pdf) for further information on Spay/Neutering your dog.

Go to <http://keep-your-dog-healthy.blogspot.com/2008/07/changing-vaccine-protocols.html> for information about vaccinations and titer testing.

### Dog Grooming

Go to [www.diydoggrooming.com](http://www.diydoggrooming.com) for information on grooming your dog.

### Dog Toys

Go to:

[www.kongcompany.com](http://www.kongcompany.com) for recipes to stuff a kong toy.

[www.premier.com](http://www.premier.com) to view the Busy Buddy range of interactive chew toys



**And finally, thank you to my wonderful Golden Retriever, Elliott (Westrova SS Elliott, CD, NRD), who is now resting in Rainbow Bridge – without him and the challenges we faced together we would never have embarked upon our journey and I would not be doing what I am doing today.**



## **DISCLAIMER**

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- *Are you at wit's end with your new puppy biting you?*
- *Is your puppy toileting everywhere and you don't know how to control it?*
- *Do you know how to stop your puppy chewing on the furniture, plants and other possessions?*
- *Would you like to know how to teach your puppy good manners from the start?*
- *What is the best way to get your puppy to behave the way you want?*
- *Did you know it is possible to communicate with your puppy?*
- *Why should I bother training my puppy?*
- *Puppies just grow out of bad behaviour, don't they?*



Puppies can be very frustrating with their behaviours, especially when you have not brought up a puppy before, or if you have, for a very long time. All the answers to the above questions are to be found in this comprehensive manual.

Carolyn has put together some ideas that you can work with to set up and plan for the arrival of your new puppy. From day one you need to start teaching your puppy the rules of your household if you want your puppy to grow into a dog who is not a nuisance to you or the community. By implementing the strategies suggested you will find that your training can actually be fun, for you and the puppy. Learning to understand and communicate effectively with your puppy can go a long way to building a happy and strong relationship.

You will also learn about grooming and keeping your dog healthy as it grows into adult years. There is also a review of activities that you can participate in with your dog – not only do dogs need physical activity but they also need mental stimulation and participating in these activities can go a long way towards preventing boredom. You will also be able to determine how to find a good vet and a good boarding kennel if you plan to go away.

Also included are things you need to consider regarding choosing a vet, boarding kennel, emergency situations and council laws and regulations.

All these questions are answered plus much more.....this manual is designed so that you can refer back to a particular section if and when the need arises.



*"This is the most comprehensive puppy book we have ever come across and certainly very informative. When we had an issue with our young puppy and after 10 minutes we found how comprehensive it is." Drew and Kaye Doran, Perth, Western Australia*

*"Now there is no excuse for being irresponsible dog owners! Carolyn Read's book has encompassed a wide variety of canine facts and information, essential for human reading when considering ownership and care for our beloved canines. A 'must have' bookshelf item for reference and guidance." Gwen Dasborough, Project Manager West Australian Assistance Dogs Inc, Perth, Western Australia*