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Forward

First of all I would like to thank you for choosing this comprehensive ebook, covering all aspects and several solutions for properly training your dog or puppy. I hope you find the contents very enlightening and helpful.

Brought to you by SpeedyDogTraining.com

Preparing for your Dog Training

When you bring a new puppy or dog into your home there will be a period of adjustment. Your goals are to help your puppy to quickly bond to his new family, and to minimize the stress associated with leaving his mother, littermates, or former home. If there are already dogs in the new home the transition may be a little easier as the dog or puppy is able to identify with their own kind. Obtaining two puppies would be another option. Most puppies, especially those obtained before 12 weeks of age, will form attachments almost immediately to the people and any other pets in the new home, provided that there are no unpleasant consequences associated with each new person and experience. Please keep in mind before you begin any of the training techniques below that your puppy/dog will require you to be extra patient, only train while in a good mood and to remain calm but assertive before training sessions.

Keeping these things in mind will greatly improve your success and speed up the process. It's recommended to at least scan over this entire ebook before jumping into a specific behavioral or obedience problem.

Below are just a few reminders, and then let the training begin.

Spay or Neuter Your Dog

Responsible owners always spay and neuter their dogs. There are far more dogs waiting for adoption than there are owners to adopt them.

Provide Medical Care

Aside from the annual physical examination and vaccinations, protect your dog from heartworm, ticks and fleas. Talk with your vet about the many options available today. Contact your vet at the first sign that something is wrong with your dog. Read the quick guide that came with this course to help determine if your dog is sick.

Provide Exercise and Recreation

Provide ample space, dog toys and an opportunity for your pet to exercise. A tired dog is a good dog and in most cases easier to train!

Protect Your Dog from Abuse

Animal cruelty is serious business, and in some states, it's a felony. Even the FBI acknowledged that animal cruelty is a known marker (future indicator) of violence against humans. If anyone in your home intentionally mistreats your dog, seek help immediately.

Training Your Dog/Puppy

What you'll learn is several methods in most cases for correcting bad behavior; Dogs have different personalities just like humans and what works for one dog may not work for another.

First you must become the alpha dog and then you can move on to housetraining, sit, stay, down, heel, come, stopping aggression, and biting, controlling barking, knocking you down, jumping up on you or visitors, or stealing dinner off the counter.

First up is learning to become the Alpha Dog.

Becoming Alpha Dog

If you ever want to have a peaceful and happy relationship with your dog, you need to learn how to become top dog.

It's not just a silly phrase. Dogs have a ranking system. In simple reality, the only two ranks you need to know of are top dog, and not top dog; In other words, "The Ruler and the Rule Follower". Naturally you don't want to be caught in the trap of being ruled by your dog.

Make Your Dog Respect You

You want your dog to respect you and obey you. Don't confuse the two. A dog may obey you out of fear, but not respect you. That is a dangerous situation to be in.

Most dogs are receptive to attitudes that are as basic and primal as fighting, but are much less violent. For example, simply giving commands and being consistent goes a long way.

If your dog is always made aware of what is and what is not acceptable, you will have a greater chance of success.

Remember that if you want to be the top dog, you have to take control. Leadership is essential in a dog's life. You are the one who gets to choose who that leader is. This also keeps the dog happy; they naturally want to please you.

What does “pack mentality” mean?

Dogs are born into packs – in the wild, packs are the essential social order. Unlike humans, who use a variety of political processes to determine leadership and rank, dogs sort out their social order by dominance and power? In a wolf pack, there is a Top Dog – a clear leader who is the dominant, Alpha dog. He’s the Big Dog, with pride of place at the dinner table (well, if wolves had a dinner table!), first in mating, first in decision making for the pack.

Whether you realize it or not, your dog views your household as his own personal wolf pack. The pack mentality is so ingrained in your dog’s psyche that he will either view you as a leader - or a follower - depending on your actions. If you are to have a well-trained dog, you must establish that you are the leader, and he is the follower.

Your dog has to know in his heart that you are the Alpha Dog, the Head Honcho, the Big Dog, the Top Dog – call it whatever you want, but your dog needs to know you’re in charge.

Dogs are a little bit like children in one respect – they’re looking for someone else to be the leader – they want rules and regulations because that makes their role in the pack more clear-cut and understandable. It’s scary being the leader – if you’re not up to it, your dog may assume the role – because someone has to be in charge! If that’s what’s happened at your house, you need to re-establish your position as the Top Dog, or “Leader of the Pack.” But here’s an important note: being the leader of the pack has absolutely nothing to do with harsh punishment. It has everything to do with consistency and setting limits.

A simple rule to remember (and one people have great difficulty keeping in mind) is that you are the leader, not your dog.

Dominant Dog

You go through the Door First Even something as straightforward as who walks through the door first can reinforce your position as “dominant dog.” Leaders lead. Followers follow. If you allow your dog to charge through the door ahead of you, he perceives that as asserting his dominance over you. Put your dog on the leash, and make sure you’re the first one through the door.

Who eats first?

In a wolf pack, the leader eats first, and when he is done, the rest of the pack can dine. Do you feed your dog first because he pesters you when you're cooking your dinner, and it's simply more convenient to have him quiet and out of the way when you're eating? Food is a powerful motivator; it can be used to clearly demonstrate who the ruler of the roost is at your house. I'm not suggesting that you withhold food from your dog – that's cruel and unusual punishment any way you look at it. What I am suggesting is that you control the timing of the food – you should eat first, your dog second, after you're done with your meal. Never feed scraps from the table, most human spices will cause your dog at the least an upset tummy and sometimes an allergic reaction that may be difficult to diagnose.

Don't Walk Around Your Dog

Does your dog lie on the floor and expect you to walk around him? In the wild, dominant dogs lie wherever they want, and dogs lower in the social order go around so they don't disturb the Big Dog. If you walk around your dog, he will assume this to be an act of submission on your part; therefore he must be the leader, not you. If your dog is lying in the middle of the hallway, or right in front of your easy chair, make him move. If he's on the couch and you want to lie or sit down, make him move. Don't step over him. Just gently nudge him and make him get out of your way.

You Determine When Your Dog Gets Attention

Even asking for attention or affection can be seen as an act of dominance from your dog's point of view. Dogs that demand attention, are asserting dominance, so if your dog gets pushy, ignore him. When you're ready to give him attention or affection or pet or play with him, ask him to sit first (this will be taught first below). Don't run after him just so you can pet him. Make him come to you when you're ready to give him attention, or play with him. And when you play with a toy, make sure that you end up with possession of the toy, and then put the toy away when you're done.

(Note: I'm not talking about his favorite toys that you may leave in his crate, if you decide to crate train. (See more below) I'm talking about play toys that the two of you use for games.)

Don't Let Your Dog Sleep in Your Bed

This is a tough one for a lot of people, but when you let your dog share your bed, at best you're making him an equal to you. He should have his own bed, either a dog pad or his crate that he feels comfortable in – you can even put the dog pad next to your bed if that makes both of you happier – but don't let him take over the sleeping arrangements. Before you know it, he'll be trying to make you sleep on the floor!

Again, reinforcing or retraining your dog to recognize you, as the Head Honcho has absolutely nothing to do with harsh discipline. These are changes you can make that will change the way your dog thinks about you. And making even small changes like these can have an

enormous impact on the way your dog views the social hierarchy in your home – all without a harsh word being spoken!

When new puppies enter our homes the family or owner becomes the new pack. Puppies adapt well to this artificial pack as long as the members of the family take on the role of leader. A pushy puppy receiving insufficient guidance and discipline and allowed to get his own way, may eventually emerge as pack leader in the home.

New Dog/Puppy Training

When is the best time to begin training a puppy?

Formal dog training has traditionally been delayed until 6 months of age. Actually, this juvenile stage is a poor time to begin training. The dog is beginning to solidify adult behavioral patterns, dominance behavior is emerging, and behaviors that they have learned in puppy hood may need to be changed. It is best to begin teaching puppies from the time they are obtained. One important task is to begin early, to establish you as the leader. This can be done by control and the use of appropriate discipline and body handling techniques.

Are physical exercises necessary for gaining control?

Although there are many physical techniques that have been advocated for gaining control, it is the owners attitudes, actions, and responses to the new puppy (along with the puppy's genetics) that are most important in the puppy becoming either well-mannered and responsive, or stubborn and disobedient. Dog training literature has often discussed using scruff shakes and rollover techniques to discipline puppies. While these may change behavior, they are harsh and could lead to fear, anxiety and retaliation. It is much easier to teach what you want, rather than discipline what you don't want. This makes a positive, learning environment for the puppy to grow up in. There are advantages to teaching your puppy to assume subordinate postures and this can be accomplished with training the dog to obey commands for rewards. In addition to basic training, there are a number of physical exercises that can help to establish owner leadership. (See body handling below).

How can I gain control without physical exercises?

The best way to show the dog/puppy from the outset that each family member is in control is to teach your dog/puppy that each reward must be earned. The dog/puppy should learn to display subordinate postures through reward training, rather than forcing the dog/puppy to perform.

Begin with some basic obedience training, teaching the dog/puppy to sit, stay and lie down for rewards. Practice short sessions, multiple times each day. Whenever the dog/puppy is

to receive anything of value (affection, attention, food, play and walks) the dog/puppy should first be taught to earn his reward by performing a simple obedience task such as Sit or Stay. Teach the dog/puppy that rewards of any sort will never be given on demand. Also known as "nothing in life is free" the dog/puppy must be taught that barking, nipping, mouthing, overly rambunctious, or demanding behaviors of any sort will never earn rewards. In fact, these behaviors should be met by inattention or by confining the dog/puppy for a few minutes until he settles down. Another option is to immediately control and calm the dog/puppy with a head collar. Only when the dog/puppy is performing appropriate responses should rewards be given. You can also hold your dog/puppy in submissive postures, and give rewards for compliance. Do this when the dog/puppy is calm, such as after a nap. Avoid fear and struggling. Be gentle, and only make the dog/puppy be still for a few seconds in the beginning. A submissive posture may be gently holding your dog/puppy on his side in a down position. Once their down give a gentle tummy rub and say good dog. Gradually you can increase the time you make your dog/puppy submit. These sessions also have the added benefit of teaching your dog/puppy to be still for later activities like grooming, teeth brushing and other maintenance tasks.

Set limits on the dog/puppy so that he can learn that you are in control. Having the dog/puppy sleep in his own bed or own cage rather than on your bed or sofa, helps to keep it in a subordinate position. When the dog/puppy is taken for walks he should be taught to follow. This should begin at the front door where the dog/puppy should be taught to sit, wait, and follow, and never allowed to lead or pull you through the doorway

What should I do if my dog/puppy misbehaves?

Undesirable misbehavior must be prevented, or corrected in the act. Allowing the dog/puppy, even once to perform an undesirable behavior such as entering a restricted room, jumping up, mounting or jumping onto the sofa will serve to reward and encourage the repetition of the behavior. There will be times when your new dog/puppy misbehaves. How you reprimand your dog/puppy will often influence later interactions. Young puppies are very impressionable and easily intimidated. Keep this in mind as you discipline your dog/puppy. Harsh physical reprimands often backfire. They only serve to frighten the dog/puppy and perhaps make them hand shy. Unfortunately, animals can learn in one trial if something is to harsh. You want your young dog/puppy to look toward a human hand as something pleasant that brings comfort, food and affection. Puppies are easily disciplined with vocal tones and loud noises. What is equally important is to redirect the dog/puppy to the correct behavior after you interrupt what you do not like. Remember that punishment must take place while the behavior is occurring, not after.

If you catch your dog/puppy misbehaving, try a loud noise such as clapping your hands or a loud NO. Reprimands need to occur while the behavior is happening, preferably just as it begins, and never after. Often puppies will be startled when they hear these noises and temporarily stop the behavior. At that time you need to tell the dog/puppy "Good dog" and quickly redirect the dog/puppy to a more appropriate task.

Another way to interrupt your dog/puppy is with various types of noise devices. One such device is a shaker can. This is an empty soda can that has a few pennies or pebbles inside and then is taped shut. When given a vigorous shake it makes a loud noise, which will interrupt the dog/puppy's behavior. Another device that makes a loud noise is the so-called rape alarm. When activated they make a shrill, loud, piercing noise, which will startle the dog/puppy. Ultrasonic and sonic dog training devices are also available.

The most important thing that you can do to avoid undesirable behavior is to supervise your dog/puppy. Unsupervised puppies will chew and destroy objects as part of their natural curiosity and play. Rather than finding yourself with the need to reprimand your dog/puppy, keep your dog/puppy on a leash to avoid bad behaviors.

Always provide suitable play objects designed to entertain your dog/puppy so that it will not want to destroy your possessions. Most importantly, if you find something that your dog/puppy has destroyed but you did not catch him in the act, just clean it up and vow to supervise your dog/puppy better in the future. Do not go get your dog/puppy and bring him over to the mess and yell and physically discipline him. You must punish the behavior you wish to change at the time it occurs. If you did not see your dog/puppy chew up the object, all you are doing is disciplining your dog/puppy for being present at a mess on the floor. Since that makes no sense to your dog/puppy, your reprimands could create fear and anxiety, which could lead to aggression and owner avoidance.

What can be done for the particularly stubborn, disobedient, or headstrong dog/puppy?

Puppies that are particularly headstrong and stubborn might need some fairly stringent rules. Tug-of-war games should only be allowed if the owner initiates the game, and can successfully call an end to the game, with an Out or Give command when it is time to call it quits. Rough play must not escalate to uncontrollable play biting that cannot be controlled by the owner.

One of the best management tools for gaining safe and effective control at all times is a head collar. (See training tools at the end of this book) The dog/puppy can be supervised and controlled from a distance by leaving a long line or leash attached to the head halter. The principle of halter training is to gain control over the dog with as much natural communication as possible and without the use of punishment. Positive reinforcement is used to encourage proper behavior. A pull on the leash is used to disrupt misbehavior. Since the halter is attached to the dog's muzzle, common behavior problems (nipping, barking, jumping up, pulling, stealing food, etc.) can immediately be interrupted without fear or pain by pulling on the leash. The halter places pressure around the muzzle and behind the neck. This simulates the muzzle and neck restraint that a leader or mother dog might apply to a subordinate, and therefore is a highly effective and natural form of control.

What types of handling should I begin with when I start to train my dog/puppy?

Body Handling

You will do yourself and your new dog a favor by teaching them to allow you to handle their body. Throughout the life of your dog there will be times that you need to handle various parts of the dog's body. You may need to wipe his feet, clean his ears, clip his nails, give medication or bandage a paw. Yet if you have never handled your dog these simple tasks could become impossible. Handling also serves to simulate the physical communication that is exhibited by a mother dog controlling her puppies or a leader dog over a subordinate member. You should gently handle your dog daily. Pick a time when you and your dog are calm, like just after a nap. Do not try to start a body handling exercise when your dog/puppy is excited, rambunctious or in the mood for play. Place the dog/puppy in your lap and touch the feet, open the mouth, look in the ears and under the tail. All the while, praise your dog/puppy for being good, even offer a few tasty food treats. Be sure to keep initial sessions very short, since you want your dog/puppy to succeed and not struggle. If the session is too long you run the risk of the dog/puppy struggling and getting free. This could send a message to your dog/puppy that he can win. Always set up the dog/puppy to succeed, but on your terms. Gradually increase the amount of time you control your dog/puppy so that no struggle ensues. Soon the dog/puppy will allow and perhaps anticipate these handling sessions. Then when you need to, you can treat your dog. All family members should participate in this exercise. An adult should supervise young children. If you see any hesitance or reluctance on the part of the dog/puppy, you will want to repeat the exercise, until you can accomplish the handling without resistance. Do the same exercise a little more gently or in a slightly different location, and give some tasty treats for compliance, and progress gradually to more difficult situations. Never force the dog/puppy to the point that he exhibits fear or attempts escape. On the other hand, if you do not gradually overcome the resistance the dog/puppy may never allow the handling as an adult. Over time your dog/puppy should allow you to place pressure on the back of his neck while he is in a down position, to roll him onto his side, to grasp his muzzle and to be lifted (if he is small enough). These forms of handling should never be used for punishment.

Food and Toy Guarding

Another exercise that is so important is to get your dog/puppy used to having his food and possessions touched by humans. Dogs in the wild will guard their food to prevent its loss but that is not necessary in the home. You are not going to take away your dog's food and not give it back. Handle the food bowl while your dog/puppy eats, pet the dog/puppy and perhaps lift the bowl, place in a special treat, and return it. When walking past the dog/puppy while he is eating you can place a treat in his food bowl, or reach down, pat the dog/puppy and give a treat. This way the dog/puppy learns to tolerate intrusions and disturbance while he eats and will not be startled and react aggressively should something unexpected happen while eating. If the treat you add is tasty enough, the dog/puppy may even look forward to your approaches during feeding. If any growling should emerge you should seek professional guidance immediately.

You should also practice gently taking toys from the dog/puppy. Quietly and calmly place your hand on the toy and tell your dog/puppy GIVE as you remove it from his mouth. Then say THANK YOU and return the object as you tell your dog/puppy to TAKE IT. Repeat this training task multiple times daily in multiple locations. At times take the object and offer a treat instead; this will let your dog/puppy know that sometimes something better comes from relinquishing the object. You should be able to handle any toy that your dog/puppy has. This sends the message to the dog/puppy that it is okay for you to handle their possessions, and that you will give them back. The dog/puppy will trust you and then when you need to remove something from the mouth, your dog should accept your interference.

House Safety: Confinement and Crate Training

Why do dogs need to be confined?

Dogs are highly social animals that make wonderful pets. They can be effective as watchdogs, are excellent companions for play and exercise, and are sources of affection and comfort. With the lifestyle and schedule of the majority of families, dogs must learn to spend a portion of the day at home, while their human family is away at school, work, shopping, or recreational activities. During those times when you are away and unavailable to supervise, the dog may still feel the need to chew, play, explore, eat, or eliminate.

How can this misbehavior be prevented?

Preventing such inappropriate behaviors when you are absent involves both scheduling and prevention. Scheduling means insuring that the dog has had the opportunity to play, eat, and eliminate before you leave him in his confinement area or crate. Prevention involves keeping the dog in a confined area where he is secure, safe, and can do no damage to himself or your possessions.

What are my options for confinement?

Depending on the structure of your home, it may be possible to dog-proof the house by closing a few doors, or putting up some child gates or barricades. The dog can then be allowed access to the remaining areas of the house. If this dog-proofing is not possible when you have to leave, confine the dog to a single room, pen, or crate. This smaller confinement area not only provides safety for the dog and protection of the home from damage, but also provides a means of teaching the dog what he is supposed to chew, and where he is supposed to eliminate.

Isn't crate training cruel?

Crate training is neither cruel nor unfair. On the contrary, leaving the dog unsupervised to wander, investigate, destroy, and perhaps injure himself is far more inhumane than

confinement. Ensure that the crate is large enough that the dog gets sufficient food, play, exercise and attention before he is confined, and you return before the dog needs to urinate or defecate.

What are the benefits of crate training?

The two most important benefits are the safety it affords the dog, and the damage that is prevented. The cage also provides a place of security; comfortable retreats where the dog can relax, sleep, or chew on a favorite toy. By confining the dog to a crate or room, when the owner is not available to supervise, behavior problems can be immediately prevented. When you are at home, supervision and rewards can be used to prevent undesirable behavior, and to teach the dog where to eliminate, what to chew, and what rooms and areas are out of bounds.

Will confinement help with house-training?

Yes. Crate training is one of the quickest and most effective ways to house train a dog. Since most dogs instinctively avoid eliminating in their sleeping and eating areas, dogs that use their crate as a bed or den will seldom eliminate inside unless they have been left in the crate for too long. Crate training can also help teach the dog to develop control over his elimination. As soon as your dog is released from his crate, take him to the designated area and reward elimination at acceptable locations. Since the crate prevents chewing, digging, and elimination on the owners home and property, owners of crate trained puppies have fewer behavior concerns, the dog/puppy receives far less discipline and punishment, and the overall relationship between dog and owner can be dramatically improved.

Will the crate provoke barking?

No. The crate can also be a useful way to reduce or eliminate distress barking. Rather than locking the dog/puppy away from his owners at night time or during meal time, the dog/puppy can be housed in his crate in the bedroom or kitchen. In this way the dog/puppy cannot get into mischief, and is less likely to cry out or vocalize if the owners are in the room. If the dog/puppy is locked away in a laundry room or basement with no access to the owners, distress vocalization is far more likely. If the owner then goes to the dog/puppy to quiet him down or check him out, the crying behavior is rewarded.

What about crate travel?

Of course, throughout his life, whether traveling, boarding or visit the vet, the dog may require crate confinement. Those dogs that are familiar and comfortable with crating are more likely to feel secure, and far less stressed, should caging be required.

Dog/puppy Crate Training

What type of crate or confinement area works best?

A metal, collapsible crate with a tray floor works well, as long as the crate is large enough for the dog to stand, turn, and stretch out. Some dogs feel more secure if a blanket is draped over the crate. A plastic traveling crate or a homemade crate can also be used. Playpens or barricades may also be successful as long as they are indestructible and escape proof.

Where should the cage be located?

Because dogs are social animals, an ideal location for the crate is a room where the family spends time such as a kitchen, den, or bedroom rather than an isolated laundry or furnace room.

How can crating or confinement become a positive experience?

Most dogs quickly choose a small area, such as a corner of a room, in a dog bed, or on or under a sofa where they go to relax. The key to making the crate the dog's favorite retreat and sleeping area, is to associate the crate with as many positive and relaxing experiences and stimuli as possible (food, treats, chew toys, bedding) and to place the dog in his cage only at scheduled rest and sleep periods. You must be aware of the dog's schedule, including his needs for exploration, play, food, and elimination, so that the dog is only placed in his cage when each of these needs is fulfilled. You must then return to the dog to release him from his cage before the next exercise, feeding or elimination period is due.

A radio or television playing in the background may help to calm the dog when he is alone in his cage, especially during the daytime. These may also help to mask environmental noises which can stimulate the dog to vocalize. The crate should never be used as punishment.

How do I crate train my new dog/puppy?

1) Introduce the dog/puppy to the crate as soon as he is brought home and as early in the day as possible. Place a variety of treats in the cage throughout the day so that the dog/puppy is encouraged to enter voluntarily. Food, water, toys and bedding could also be offered to the dog/puppy in the open cage.

2) Choose a location outdoors for the dog/puppy to eliminate. Take the dog/puppy to the location, wait until the dog/puppy eliminates, and reward the dog/puppy lavishly with praise or food. After some additional play and exercise, place the dog/puppy in his crate with water, a toy and a treat and close the door.

3) If the dog/puppy is tired and calm, he may take a nap shortly after being placed in his crate.

4) Leave the room but remain close enough to hear the dog/puppy. Escape behavior and vocalization are to be expected when a dog is first placed into his crate. If the complaints are short or mild, ignore the dog until the crying stops. Never release the dog/puppy unless he is

quiet. This teaches that quiet behavior, and not crying, will be rewarded. Release the dog/puppy after a few minutes of quiet or a short nap.

5) Punishment may be useful to deter crying if he does not subside on his own. A shaker can (a sealed can with coins or pebbles) can be tossed at the crate when the pup barks. Other methods include water sprayers or alarms (audible or ultrasonic). The owner should remain out of sight. By plugging in an alarm, tape recorder, water pik, or hair dryer beside the crate and turning it on with a remote control switch each time the dog barks, the dog can be taught that barking leads to punishment whether the owner is present or not. When the barking ceases, the punishment is stopped. Punishment must always be used with caution, since it can make the vocalization problem a very anxious dog.

6) Repeat the cage and release procedure a few more times during the day before bedtime. Place the dog/puppy in his crate a few times before the end of the day. Each time, increase the time that the dog must stay in the crate before letting him out. Always give the dog/puppy exercise and a chance to eliminate before locking him in the crate.

7) At bedtime, the dog should be exercised, locked in his crate, and left for the night. Do not go to the dog if he cries. Remote punishment can be used to deter crying. Alternately, the crate can be kept in the bedroom.

8) If the pup sleeps in one end of his crate and eliminates in the other, a divider can be installed to keep the dog/puppy in a smaller area.

9) Never leave the dog/puppy in his crate for longer than he can control himself or he may be forced to eliminate in the crate.

10) If the pup must be left for long periods during which he might eliminate, he should be confined to a larger area such as a dog-proof room or pen, with paper left down for elimination. As the dog/puppy gets older, his control increases and he can be left longer in his crate.

11) Although there is a great deal of individual variability, many puppies can control themselves through the night by 3 months of age. During the daytime, once the puppy has relieved himself, a 2-month old puppy may have up to 3 hours control, a 3-month puppy up to 4 hours, and a 4 month old puppy up to 5 hours.

12) A crate is not an excuse to ignore the dog!

Crate Training Adult Dogs

What is the best technique for crate training older dogs and adult dogs?

1) For adult dogs or older puppies that have not been crate trained previously, set up the crate in the dog's feeding area with the door open for a few days. Place food, treats, and water in the crate so that the dog enters the crate on their own. Another alternative is to place the crate in the dog's sleeping area with his bedding. Once the dog is entering the crate freely, it is time to close the door.

2) Using the same training techniques as for "sit and stay" training, have the dog enter his crate for short periods of time to obtain food, treats, or chew toys. Once the dog expects treats each time he enters the crate, train the dog to enter the crate on command (e.g. "Kennel!"), and have the dog remain in the kennel for progressively longer periods of time, before the dog is allowed to exit. Give small rewards each time the dog enters the cage at first, and give the dog a favored chew toy or some food to help make the stay more enjoyable. At first, the door can remain opened during these training sessions.

3) When the dog is capable of staying comfortably and quietly in the crate begin to lock the dog in the crate at nighttime. Once the dog sleeps in the crate through the night, try leaving the dog in the crate during the daytime. Try short departures first, and gradually make them longer.

Is crate training practical for all dogs?

An occasional dog may not tolerate crate training, and may continue to show anxiety, or even eliminate when confined. These dogs may adapt better to other types of confinement such as a pen, dog run, small room, or barricaded area. Of course, if the dog is being left alone for longer than he can control (hold in) his elimination, it will be necessary to provide an area much larger than a cage, so that the dog has a location on which to eliminate, away from his food and bedding. Continued anxiety, destruction or vocalization when placed in the crate may indicate separation anxiety. The intervention of a behaviorist may be needed.

Aggression: Diagnosing and Treating

Aggression is the most serious and dangerous behavior problem that dog owners may deal with. Since there are many different types of aggression, making a diagnosis, determining the prognosis (the chances of safe and effective correction) and developing an appropriate treatment plan are usually best handled with a veterinary or applied animal behaviorist. In some cases medical conditions can contribute to aggression; therefore, before a behavior consultation it is essential that your dog have a complete physical examination and a set of blood tests to rule out organ dysfunction. In order to treat the problem effectively, it will first be necessary to determine which type of aggression your dog displays: *dominance-related, fear, possessive, protective and territorial, parental, play, redirected, pain induced, physiological or medical and learned*. In many cases more than one form of aggression may be exhibited.

Dominance aggression, how to diagnose?

One of the most common types of aggression seen by veterinary behaviorists is dominance-related aggression. In order to achieve security and cohesiveness within a group or pack, a hierarchy develops. Once a dog develops a position of leadership with a family member, or other dog, any challenge to that dog's leadership may lead to aggression. Dogs use facial expressions and body postures as signals to display dominance, such as standing tall, a high wagging tail, eye contact, or snarling. Aggression towards family members in one or more of the following circumstances along with dominant signaling may indicate dominance aggression:

- A. Protecting resting areas or resources (food, toys)**
- B. Restraint, pulling, pushing, discipline, punishment**
- C. Staring, eye contact**
- D. Handling by the owner (lifting, petting, hugging, rolling over onto back or side)**
- E. Overprotection of a family member**

Fear aggression, how to diagnose?

Fear aggression arises when a dog is exposed to people or other animals that the dog is unfamiliar with or those that have been previously associated with an unpleasant or fearful experience. Although some dogs may retreat when fearful, those that are on their own territory and those that are prevented from retreating because they are cornered or restrained, are more likely to fight. If the person or animal retreats, acts overly fearful or the dog is harmed or further frightened in any way (e.g. a fight, punishment), the fear is likely to be further aggravated. Fear aggression toward family members might arise out of punishment or some other unpleasant experience associated with the owners. Many cases of fear aggression are seen as combinations or complicating factors of other forms of aggression (dominance, maternal, possessive, etc.). Fearful body postures in conjunction with aggression are diagnostic of fear aggression. *Behavior training, perhaps in combination with drug training, can be used to treat most cases of fear aggression.*

Play aggression, how to diagnose?

Play aggression is commonly seen in young dogs toward people or other dogs in the family. Overly rambunctious, play along with grabbing, nipping or biting of people or their clothing, are some of the common signs of play aggression. Although it is a normal behavior, it can lead to injuries and, *if handled incorrectly could lead to more serious forms of aggression as your dog matures.*

Possessive aggression, how to treat?

Possessive aggression may be directed to humans or other dogs that approach the dog when it is in possession of something that is highly desirable such as a favorite chew toy, food, or treat. While protecting possessions may be necessary if an animal is to survive and thrive in the wild, it is unacceptable when directed toward people or other dogs in a household. What can be confusing for some owners is that it is not always food that brings out the most protective displays. Novel and highly desirable objects such as a tissue that has been stolen from a garbage can, a favored toy, human food, or a piece of rawhide are some of the items that dogs may aggressively protect

Treatment must first be directed at preventing possible injury. At first it may be best to confine your dog so that it cannot gain access to any items that it might pick up and protect. Dogs that protect their food can be given a less palatable diet, and fed in a separate room away from family members. Dogs that protect their treats or toys should have them taken away, and only allowed access to them when alone in the crate or confinement room. When you are available to supervise, a long leash and head collar can be kept attached so that your dog can be prevented from wandering off, and immediately interrupted if he attempts to raid a garbage can or pick up inappropriate objects. Booby traps (shock mats, Snappy Trainers™, motion detectors, unpleasant tastes) can also be used to teach your dog to stay away from selected objects. Although prevention can help to ensure safety, if the problem is to be corrected your dog will need to be taught to accept approaches and give up objects on command. The goal is to train the dog that he will receive a favored treat or reward that is even more appealing than the object in his possession. The key to success is to have good control and a well trained dog. If your dog will not sit and stay, come, or allow approach when he has no object in his possession, then there is little chance of correcting a possessive problem.

Territorial aggression and treatment?

Protective aggression may be exhibited toward people or other animals that approach the dog's property (territorial aggression). Generally people and other animals that are least familiar to the dog, or most unlike the members of the household are the most likely targets of territorial aggression. While most forms of territorial aggression are likely to occur on the property, some dogs may protect family members regardless of the location. Territorial aggression can be prevented or minimized with early socialization and good control. Young dogs should be taught to sit and receive a reward as each new person comes to the door. To reduce potential fear and anxiety toward visitors, you should ensure that a wide variety of visitors come over to visit the dog/puppy, while the dog/puppy is young and sociable. In time, most dogs will begin to alert the family by barking when strangers come to the home. The dog that has been well socialized and under good control can be trained to quickly settle down and relax. For dogs exhibiting territorial aggression, you will need to gain enough control to have your dog sit, stay and when calmed down, take a reward at the front door. Generally a leash

and head collar will give the fastest and most effective control. Using behavioral training and counter-conditioning programs you can begin retraining with low levels of stimuli (such as people arriving in a car, walking past the front of the house, or perhaps even a family member knocking on the door or ringing the bell). The idea is that each time someone arrives at the house or rings the bell, the dog will come to expect a favored reward (toy, cheese, hot dog slice, or play session) as soon as he stops barking. Once the dog can be controlled and receives rewards in this environment, gradually more intense stimuli can be used. Sometimes, an anti-bark collar, shake can, or air horn, can be used to disrupt the initial barking, so that the dog can be directed to perform the appropriate behavior and get his reward.

Predatory aggression and how to treat?

Predation is the instinctive desire to chase and hunt prey. Predatory behaviors include stalking, chasing, attacking, and ingestion of prey animals, but may occasionally be directed at people or other dogs. Some dogs that have never shown chase or predation, may display the behavior when running together with a group of dogs. *Although the desire to chase can be reduced by using a head collar and desensitizing and counter-conditioning in the presence of passing stimuli, this is a very dangerous form of aggression which must be prevented.*

Whenever the dog is outdoors he should be confined to an escape proof pen or run, or controlled securely by the owners. A leash and head collar or a leash and muzzle, can help to ensure safety when out for walks.

Pain-induced aggression and how to treat?

Pain-induced aggression is usually elicited by some form of handling or contact that elicits pain or discomfort. However, even if your dog is not exhibiting pain, certain medical conditions (endocrine imbalances, organ disease, etc.) may make the dog more irritable and perhaps more prone to aggression. Fear and anxiety further compound many of these cases. Once your dog learns that aggression is successful at removing the stimulus, aggression may recur when similar situations arise in the future, whether or not the pain is still present. Treatment first requires that the medical or painful condition is resolved. Next, you will need to identify the types of handling and situations that have led to aggression in the past. With behavioral training and counter-conditioning, your dog can slowly and gradually be accustomed to accept and enjoy these situations. Once the dog learns that there is no more discomfort associated with the handling, but that there may be rewards, the problem should be resolved. A muzzle or leash and head collar may be the safest way to begin the retraining.

Maternal aggression and how to treat?

Maternal aggression is directed toward people or other animals that approach the bitch with her puppies. When bitches go through false pregnancy they may also become aggressive and begin to protect nesting areas or stuffed toys at the approximate time when the puppies would have been born. Once the puppies are weaned and the dog is spayed the problem is unlikely to recur. In the interim, the owner can use a leash or leash and head collar, along with the come command and rewards to teach the dog to leave the litter, at which time the puppies can then be handled. With behavioral training, counter-conditioning, good control and highly motivating rewards, it may be possible to train your dog to accept approach and handling of the puppies.

Redirected aggression and how to treat?

Aggression that is directed toward a person or dog that did not initially evoke the aggression is classified as redirected. This is likely to happen when the dog is aroused and a person or other dog intervenes or approaches. Dogs that are highly aroused must be avoided. In some cases a water rifle, air horn, or long leash can be used to safely remove the dog from the situation. If the aggression and arousal does not immediately subside, consider locking your dog in a dark, quiet room, until he settles down and will come out for food or play. Since redirected aggression arises out of other forms of aggression, it is important to identify and treat the initial cause of aggression (e.g. fear, territorial, etc.), or to prevent the problem. This can be accomplished by avoiding exposure to the stimulus for aggression or by keeping a leash and head collar or leash and muzzle on your dog when exposure is possible.

Other causes of aggression?

Aggression associated with medical disorders may arise at any age, may have a relatively sudden onset and may not fit any canine species typical behavior. Some medical conditions can, on their own, cause aggression, but in many cases a combination of behavioral factors and medical problems cause the dog to pass a certain threshold at which aggression is displayed. Infectious agents such as rabies, hormonal imbalances such as hypothyroidism, psychomotor epilepsy, hyperkinesia, neoplasia, and a variety of genetic and metabolic disorders can cause or predispose a dog to aggression. Painful conditions such as dental disease, or arthritis, and medical conditions causing fever, fatigue or sensory loss might increase the dog's irritability.

In rare circumstances, aggression has no identifiable reason and no particular stimuli that initiate the aggressive displays. There may be a genetic propensity to aggression in some lines of some breeds, but many of the cases previously labeled as idiopathic, rage or mental lapse aggression have been disputed and in some cases subsequently reclassified. Only when

there is no identifiable stimulus or cause for the behavior, or when an abnormal EEG is documented, should the diagnosis of idiopathic aggression be considered.

Learned aggression and how to treat?

Although learned aggression can refer to dogs that are intentionally attack trained and act aggressively on command (or in particular situations), learning is also an important component of most other types of aggression. Whenever a dog learns that aggression is successful at removing the stimulus, the behavior is further reinforced.

Some forms of aggression are inadvertently rewarded by owners who, in an attempt to calm the dog and reduce aggression, actually encourage the behavior with patting or verbal reassurances. Dogs that are threatened or punished for aggressive displays may become even more aggressive each time the situation recurs. To teach the dog that the stimulus is not associated with any harm and that aggression will not successfully remove the stimulus. With behavioral training and counter-conditioning, the dog is not only taught that the stimulus is safe, but that it is associated with a reward.

Social Aggression to Unfamiliar Dogs

Why is my dog aggressive to other dogs?

Aggression between dogs can result in injury to dogs and/or to the people trying to separate them. The behavior can consist of growling, snarling, barking, lunging, snapping and biting.

Why would my dog fight with dogs he has never met?

Aggression between unfamiliar dogs can be due to dominance, fear, or protective behavior over territory or owner.

Dominance motivated aggression

This aggression can be elicited by dominant gestures or postures from either dog. These can include placing head, or feet on the back of the other dog, dominant body postures such as eye contact, high tail and stiff legged approach. Owners may inadvertently reinforce the behavior by leash tightening and vocal cues. These may signal to the dog that the impending approach is problematic. Unfortunately, leash restriction does not allow the dog to react with a complete rate and range of responses including body postures, approach and withdrawal.

Additionally, this behavior can be elicited by smaller dogs that repeatedly attack larger dogs who are attempting to avoid interaction. Dogs of near equal dominance and those of the same sex are most likely to compete for dominance. Some extremely bold or assertive dogs will fight rather than back down when challenged. Although dominance challenges may be a source of aggression when two dogs are meeting each other for the first time, most dominance hierarchies are established with posturing and no fights. It is likely that fear, territorial behavior and learned components, would contribute to an attack. Dominant aggressive dogs may be overassertive and/or overprotective if the owners do not have good control or have taken a subordinate position in relationship to the dog.

Territorial aggression toward other dogs

This aggression is primarily exhibited when unfamiliar dogs are on the resident dog's property, or what the aggressor considers his territory. Some dogs get highly aroused at the sight of other dogs on their territory and may jump fences, or go through windows or doors to get to the intruder.

Fear based aggression toward unfamiliar dogs

This aggression is very common in aggressive encounters with other dogs. The diagnosis is made based on the body postures and reaction of the dog when faced with another dog. *The fearful dog will often have the tail tucked, ears back and may lean against the owner or attempt to get behind them. They may be barking at the approaching dog and backing up at the same time. Often the dog is avoiding eye contact.* This behavior can be precipitated by previous aggressive attacks from which the dog could not escape and sustained injury. Owners that try and calm their aggressive dog may serve to reinforce the aggression, while those that try and punish the dog will only serve to heighten the dog's fear and anxiety in relationship to the stimulus. Good control can help to calm the dog, while owners who have their dogs restrained on a leash (especially with a choke or pinch collar) and have poor control often have highly defensive dogs. Dogs that are restrained on a leash or tied up are more likely to display aggression when frightened, because they cannot escape.

Learned components of aggression

Learning and conditioning aggravate most forms of interdog aggression. Should threats or aggression result in the retreat (or removal by the owner) of the other dog, the behavior has been successful. If the owner tries to calm the aggressive dog or distract it with food treats, this may only serve to reward the aggressive behavior. One of the most common mistakes is to punish the dog that is aggressive toward other dogs. This usually serves to heighten the dog's arousal, and teaches the dog that the stimulus (other dog) is indeed associated with unpleasant consequences. *Many owners, in an attempt to gain more control, then increase the level or type of punishment (e.g. prong collars) which further heighten the dog's arousal and in some cases may lead to retaliation and defensive aggression toward the owners.*

And, if the dog to dog interaction results in pain or injury to one or both dogs, the dogs will quickly learn to become more fearful and aggressive at future meetings. In short, if the owners cannot successfully control the dog and resolve the situation without heightening the dog's anxiety or increasing its fear, the problem will progress with each subsequent exposure.

How can I prevent my dog from becoming aggressive with other dogs?

Prevention starts with dog/puppy training and socialization. Early and frequent association with other dogs will enable your dog to learn proper interactions and reactions to other dogs. This can be very helpful in prevention of aggression to other dogs.

You must have good control of your dog. This means that your dog will take contextual cues from you, and may be calmer and less anxious in the presence of new stimuli. Moreover, the dog should reliably respond to commands to sit, stay and quiet. If necessary, the dog may need a head halter to give you additional control. When in situations where the dog may encounter other dogs, a leash is necessary.

For territorial behaviors, what is most important is to prevent the dog from engaging in prolonged and out of control aggressive displays both in the home and yard. Aggressive displays include barking, lunging, fence running, jumping on doors, windows and fences. These types of behaviors should be discouraged and prevented. One important component is teaching your dog a "quiet" command for barking.

Treating already dog to dog aggression

First and foremost, you must have complete control over your dog. This not only serves to calm the dog and reduce its anxiety, but also allows you to successfully deal with each encounter with other dogs. Leashes are essential and the use of head collars and/or muzzles is strongly recommended for dogs that will be in situations with multiple dogs.

Begin by establishing reliable responses to basic obedience commands. If the dog cannot be taught to sit, stay, come and heel, in the absence of potential problems, then there is little chance that the dog will respond obediently in problematic situations. Reward selection can be critical in these cases, since the dog needs to be taught that obedient behavior in the presence of the stimulus (other dog) can earn the dog favored rewards. The goal is that the dog learn to associate the approach of other dogs with rewards.

Long term treatment consists of desensitization (gradual exposure) and counter conditioning the dog to accept the approach and greeting of other dogs with obedience and rewards. This must be done slowly, beginning with situations where the dog can be successfully controlled and rewarded and very slowly progressing to more difficult encounters and environments. The first step is to perform training for its favored rewards, in a situation where

there are no dogs present and the owner is guaranteed success. Food or toy prompts can be used at first, but soon the rewards should be hidden and the dog rewarded intermittently. The selection of favored food or toys is essential since the goal is that the dog will learn that receiving these favored rewards is contingent on meeting other dogs. Once the dog responds quickly and is receiving rewards on an intermittent basis, training should progress to low level exposure to other dogs. If the owner's training and the rewards are not sufficient to control the dog in the absence of the other dogs, then utilizing a leash and head collar, selection of more motivating rewards, and seeking the assistance and guidance of a behaviorist should be considered. The next steps in desensitization and counter conditioning rely on a stimulus gradient. In other words, your dog needs to be controlled, (preferably with leash and head halter) and respond to commands and rewards in the presence of gradually more intense stimuli.

Begin with a calm and well-controlled second dog in an environment where your dog is least anxious or threatened, and at a sufficient distance to get your dog to respond to your commands. Gradually the dog is exposed to dogs at closer distances and in more familiar locations. Using the head halter and a prompt (reward prompt, set of keys) it should be possible to keep the dog focused on the owner and sufficiently distracted. While dogs with fear aggression may improve dramatically, dogs with dominance-related aggression that are trained in this manner usually do not greet other dogs, but should walk calmly with their owners and not initiate fighting behavior.

Dogs that are exhibiting territorial aggression should be retrained in much the same manner, but the gradient of stimuli will need to be adjusted. Begin in the front hall or on the front porch with no other dogs around. Then with the dog controlled in the hall or on the porch, other dogs could be brought to the perimeter of the property. Over subsequent training sessions, the dogs could be brought closer to your dog, or your dog could be moved closer to the other dog.

Another way to disrupt the undesirable response and get the dog's attention is to use an air horn or shake can. Once the inappropriate behavior ceases, and you get your dog's attention, the dog should be redirected to an appropriate behavior such as play. The greeting should be repeated, until no threats or aggression is observed. Success can be achieved in a number of ways, but head halters are generally the most important tool. Head halters provide enough physical control that the desired behavior can be achieved (sit, heel) since pulling up and forward, turns the head toward the owner and causes the dog to retreat into a sit position.

With the dog's head oriented toward the owner and away from the other dog, lunging and aggression can be prevented, and the dog will usually settle down enough to see and respond to the prompt. Rewards can and should be given immediately for a proper response (sitting, heeling), by releasing tension on the leash. If the dog remains under control with the leash slack, the reward (toy, food, affection) should be given, but if the problem behavior recurs, the leash should be pulled and then released as many times as is necessary to get and maintain the desired response. The dog's anxiety quickly diminishes as it learns that the other

dog is not to be feared, that there is no opportunity to escape, that his responses will not chase away the other dog, that responding to the owner's commands will achieve rewards, and that the owner has sufficient control to achieve the desired behavior (which further calms the dog). Since there is no punishment or discomfort that might further aggravate the situation and rewards are not being given until the desired behavior appears, fear and anxiety will be further reduced.

Are there drugs that can help the treatment program?

Occasionally, for fear aggressive dogs in particular, anti-anxiety drugs may help to calm the dog enough so that the retraining session is successful. For situations where the problem has become highly conditioned and intense, antidepressants may be useful for regaining control. In most cases, the best calming influence is a head halter, good owner control, and some strong rewards.

Introducing an Infant to a Resident Dog

One of the most common questions asked by an expectant parents (or grandparents) is how to introduce a new infant to the resident dog, particularly if the dog has not been exposed to infants before. Most dogs readily accept infants after a period of curiosity. There have been unfortunate incidents where infants have been injured by family dogs. It is because of these incidents that the following information is written.

There are three types of dogs about which parents should be particularly concerned: those that have already manifested aggressive tendencies to babies, those that are, in general, also aggressive to adults, and those that have a history of predatory behavior, i.e., they chase and kill squirrels, birds, cats, goats, sheep or other mammals. If dogs with such histories are identified, it would be wise to consult an animal behavior therapist for advice on if and how they should manage future dog child interactions.

Fortunately, most dogs look upon a baby with curiosity and show no signs of aggression. However, some dogs perceive an infant as a strange mammal and a potential item of prey. Dogs that have never seen a baby probably do not view them as young human beings or even as small people. To help prevent accidents (sometimes fatal), some precautions should be taken. The following protocol is designed for people to follow when they wish to be especially careful in introducing a baby to a non-aggressive family dog. The procedures begin before the baby is born. Because the owner will want to keep the dog quiet and under control when the baby is in his vicinity, the dog should reliably sit or lie down on command, and remain that way unless permitted to get up, regardless of other activities. He should be taught to remain calm and in a sitting position, for pleasant rewards rather than to avoid punishment. Because the commands SIT and STAY will eventually be used in conjunction with the baby, they should not be associated with punishment.

Owners should begin by teaching their dog to sit and stay for delicious tidbits. The dog is initially required to remain only for a few seconds, and this time is very gradually increased. Simultaneously, the activity level around the dog is made progressively arousing. For example, while the dog is sitting, the person takes a step backward and then forward and then rewards the dog, if he is still sitting. Next, the owner takes two steps backward, returns to the dog, takes a step to the side, then two steps to the side, etc. Gradually the owner extends the range and speed of activities, moving across the room, sitting down, standing up, rattling door knobs, etc. The dog is rewarded for sitting and not accompanying the owner on these trips. After the dog has demonstrated he can remain seated while the owner performs numerous, rapid activities, the owner may then begin simulating activities that will occur with the baby. While the dog is in a sit/stay position, the owners can carry a doll wrapped in blankets, rock the doll in their arms, let the dog look at the doll while keeping the dog in a sit/stay position, pretend to diaper the doll, etc. The dog is rewarded for sitting and remaining calm as people engage in these activities. A firm NO is appropriate if the dog begins to get up when he should not. If the owner must repeatedly say NO, something is wrong with the training procedures. At no time should the owner berate the dog with threats or hit him for getting up. The idea is to avoid associating unpleasant events (punishment) with such words as NO or STAY because the parent will later use those words to restrain the dog in the presence of the baby. The owners should look at these practice sessions as games and not as discipline exercises.

Before the baby is brought into the house, items that have been associated with the infant, such as clothing, can be brought home and the dog allowed to become familiar with the baby's odor. Initially, the dog should be permitted to sniff and smell the items as much as he wishes. Later, the owners might have the dog sit and stay as they pick up and put down these items, carry them, etc.

When the mother returns from the hospital, the dog should be allowed to greet her without the baby present. Only after the dog has calmed down should the baby be presented to the dog. Sometimes it is a good idea to keep the dog and baby separate for several hours, while allowing the dog to sniff more items of clothing and become aware of the general presence of the baby. In this manner, the dog can begin to get used to the presence of the baby in the house without actually being close enough to investigate the child. The dog can adjust to the sounds and odors of the baby.

The appropriate time to introduce a baby to a dog is after the dog's excitement level has dissipated and the baby is in a quiet mood. Optimally, two people should help with the introduction, one to control and reward the dog and the other to hold the baby. The rapidity with which the procedures are carried out and the number of steps involved vary.

Depending upon the exuberance of the dog, the person holding the baby may be sitting or standing. The dog should be on a leash in a sit/stay position and is rewarded with petting or praise. By this time, food rewards should no longer be necessary. Gradually, dog and baby are brought closer together. The dog should be allowed to see the baby but remain in a sitting position. As long as the dog is quiet, he should be allowed to remain nearby until it is necessary to move the baby or the baby becomes restless. Such introductions should be repeated several

times during the first day. The dog may eventually be brought close enough so he can smell the baby, but not close as to be able to bite. The owner must use his or her own discretion as to when it is appropriate to let the dog sniff the baby closely. If after several introductions the dog is not unduly excited and can be verbally controlled, the procedures can be repeated without a leash.

The next step is to allow the dog to wander loose while the owner is with the baby. The dog should not have access to the baby in unsupervised situations. A screen door can be put on the baby's room or the dog confined to areas of the house where he does not have access to the baby in the absence of the owner. The dog should be allowed as much freedom in the house and interaction with the adults as possible. Initially, when the parents prepare to interact with the baby in the dog's presence, they should also interact with the dog in some manner. They might say "Let's go see the baby," or ask the dog to sit and dog him or give him a tidbit. Again, food rewards are not necessary every time the owner asks the dog to sit or stay, but intermittent food rewards keep his performance level high.

There are no definite guidelines as to when a dog actually accommodates to an infant and perhaps begins recognizing the child as a person. Most dogs probably adjust to the presence of the infant within a few days, while others may take several weeks. After the dog has been with the child for many hours and has become used to the child's sounds and movements (i.e., pays little attention to these activities and is not aroused by them), the parents can probably relax supervision of the dog in the presence of the child. This depends on the dog's history of aggression, particularly predatory behavior. While one cannot tell parents to relax and be totally unconcerned after the dog has had several weeks of supervised interaction with the baby, it is unlikely that an unfortunate incident would occur after that time if the dog is non-aggressive, relaxed and relatively uninterested in the baby in supervised circumstances. If the owners are concerned, they may put a latched screen door on their baby's bedroom door or put up gates to prevent access to the child when the owner is not there.

Most incidents of dogs killing babies a few days to a few months old occur within the first few hours of the infant's presence in the home, when the dog unexpectedly comes upon the new baby in an unsupervised situation. It is believed that predatory behavior is the motivation for attacks on infants.

To adjust to the presence of the infant, the dog must be gradually exposed to the infant. Initial exposures must be supervised and pleasant for the dog so he does not associate adverse events with the baby. To prevent an uncontrollable response during these exposures, the dog should have been previously trained to control himself in exciting situations.

Avoiding Attacks / Bites by Strange Dogs

According to the Centers for Disease Control and Prevention and the American

Veterinary Medical Association:

- Every 40 seconds someone in the United States seeks medical attention for a dog bite-related injury.
- Dog attacks cause 4.5 million injuries annually, 800,000 of which require medical attention.
- At least 25 different breeds of dogs have been involved in dog bite-related fatalities in the United States.

Pit bulls and rottweilers account for over half of these deaths.

- 24% of human deaths involve unrestrained dogs off of their owners' property.
- 58% of human deaths involved unrestrained dogs on their owners' property.

Dogs can be a danger to children! What parents should know:

- Children under 15 years of age are the most common victims, making up approximately 70% of all dog bite victims.
- Dog bites are a greater health problem for children than measles, mumps, and whooping cough combined.
- Young boys between the ages of five and nine are the most frequent victims.

Breed-Specific Legislation:

These alarming statistics have caused many communities across the country to enact breed-specific legislation that prohibits people from owning some breeds of dogs, such as pit bulls. American Humane Association understands that any breed of dog can bite, and as such, believes that breed-specific legislation does not effectively protect the community from dangerous animals.

Legislation banning particular breeds can unnecessarily discriminate against dogs that are not dangerous, and does little to protect the community from dog bite incidents. Such legislation can often have unintended consequences, such as black market interest, indiscriminant breeding practices, and subsequent overpopulation issues. Additionally, there can be confusion when dealing with "mixed-breed" dogs, which can make legislation difficult to enforce. Therefore, American Humane supports local legislation to protect communities from dangerous animals, but does not advocate laws that target specific breeds of dogs. The pit bull is a type of dog bred for fighting, not a specific breed. Responsibly bred and owned, the American Staffordshire Terrier and the Staffordshire Bull Terrier - often referred to as pit bulls - are not fighting dogs.

Avoid Being Bitten:

There are steps individuals can take to protect themselves against being bit by a

dog:

- Never approach a dog you don't know or a dog that is alone without its owner, especially if the dog is behind a fence, tied with a rope or chain, or in a parked car.
- Never approach a dog that is eating, sleeping, or guarding something. Dogs naturally guard their babies, food, bones, and toys.
- Never chase or tease dogs. Don't poke, hit, pull, or pinch a dog.
- Never approach a dog (or any animal) that is injured.
- Always ask the owner's permission before petting a dog.
- NEVER leave a baby or small child alone with a dog.

When Approached by a Strange Dog:

1. Do not run away. Dogs have a natural instinct to chase and catch things.
2. Do not make eye contact with the dog.
3. Stand very still like a statue with your arms at your sides, or back away slowly and quietly.
4. In a loud, commanding voice, tell the dog to "Go away."
5. If you are attacked, give the dog an object, such as a jacket or backpack to bite or chew on.

If You Fall or Are Knocked to the Ground:

1. Curl into a ball.
2. Protect your face by covering your head and neck.
3. Put your hands over your ears.

Prevent Dog Attacks: What Can Dog Owners Do?

Choose your dog carefully. Select a breed or type of dog that is appropriate for your family and home.

Socialize your dog. Be sure your dog interacts with all members of the family, as well as people outside the family and with other animals.

License your dog, obey leash laws, and take care to properly fence yards. Dogs that are allowed to roam loose outside the yard expand their "territory," and will often defend it aggressively.

Neuter your dog. Neutering reduces aggression, especially in males. Un-neutered dogs are more than 2.6 times more likely to bite than neutered dogs.

Maintain your dog's health. Not only is it the right thing for the dog, but it also reduces bite responses caused by pain or irritability.

Be sure your dog is vaccinated for rabies and other diseases.

Provide your dog with adequate food, shelter, exercise, and affection. Tethering or chaining dogs makes them feel vulnerable and increases their aggression.

Don't play aggressive games with your dog.

The blame could be the dogs, the owner's, or the victim's. But the one, who invariably pays, is the owner. The owner of the dog becomes responsible for paying for the medical bills, time lost from work as well as pain and suffering. The one, who suffers most, is the dog that is abandoned in a shelter or disposed of.

Dog owners should assume more than their share of the responsibility for protecting people and other animals from their dogs, and also assume the responsibility to protect their dogs from people. Kids will run up to a dog screaming in delight and frighten the dog. A dog in his excitement to greet someone may jump up and scratch him or her. A passer-by may approach a dog aggressively or provoke him.

Neighborhood kids may let the dogs out just to have some fun.

There is no way to guarantee that your dog will never bite someone. But you can significantly reduce the risk:

- Spay or neuter your dog.
- This important and routine procedure will reduce your dog's desire to roam and fight with other dogs, making safe confinement an easier task. Spayed or neutered dogs are much less likely to bite.
- Socialize your dog. Introduce your dog to many different types of people and situations so that he or she is not nervous or frightened under normal social circumstances. You must remain calm and try to let other people know to remain calm. A dog can sense fear!
- Be alert with your dog around children. Rambunctious play may startle your dog, and he may react by snapping or biting. Neighborhood children may be attracted to your dog,

so make sure you have a childproof lock on your gate and there is no way for little hands to get through the fence.

- Teach your dog appropriate behavior. Never teach your dog to chase after or attack others, even in fun. Your dog can't always understand the difference between play and real-life situations. Set appropriate limits for your dog's behavior.
- Don't wait for an accident. The first time he exhibits dangerous behavior toward any person, seek professional help from your veterinarian, an animal behaviorist, or a qualified dog trainer.
- Dangerous behavior toward other animals may eventually lead to dangerous behavior toward people, and is also a reason to seek professional help.
- Stay on the safe side. If you don't know how your dog will react to a new situation, be cautious. If your dog may panic in crowds, leave him at home. If your dog overreacts to visitors or delivery or service personnel, keep him in another room. Work with professionals to help your dog become accustomed to these and other situations. Until you are confident of his behavior avoid stressful settings.

Seriously, if your dog bites someone, act responsibly; take these steps to control the harm:

- Confine your dog immediately and check on the victim's condition. If necessary, seek medical help.
- Provide the victim with important information, such as the date of your dog's last rabies vaccination.
- You should cooperate fully with the animal control official responsible for acquiring information about your dog. If your dog must be quarantined for any length of time, ask whether he may be confined within your home or at your veterinarian's hospital.
- Strictly follow quarantine requirements for your dog.
- Seek professional help to prevent your dog from biting again. Consult with your veterinarian, who may refer you to an animal behaviorist or a dog trainer. Your community animal care and control agency or humane society may also offer helpful services.
- If you have to let your dog go, don't drop him off at a shelter, where he will only be given a few days to live. Take the time to find him a new family; there are many rescue resources available.

- If your dog's dangerous behavior cannot be controlled, and you have to make the painful decision to give him up, do not give him to someone else without carefully evaluating that person's ability to protect your dog and prevent him from biting. Because you know your dog is dangerous, you may be held liable for any damage he does even when he is given to someone else.
- Never give your dog to someone who wants a dangerous dog. "Mean" dogs are often forced to live miserable, isolated lives, and become even more likely to attack someone in the future. If you must give up your dog due to dangerous behavior, consult with your veterinarian and with your local animal care and control agency or humane society about your options. Be safe, be responsible and most importantly, teach your dog to be a good canine citizen.
- Your dog lives to make you happy. If they understand what you want them to do, they will make you proud.

Dog Crate Training Part II

The dog crate training method recognizes the fact that all dogs whether domesticated or untamed, share a common characteristic, they need their own safe haven – what we call a den. A dog crate then is the equivalent of the domesticated dog's den.

Why should you use the dog crate training method?

Is the dog crate training method humane?

You may look at a dog crate and find it doesn't inspire much confidence. Don't be too quick to judge, this dog training method is highly effective. Always allow your dog to get familiar with the crate and never force them into it, they will come to fear the crate and negate the benefits of crate training.

If your dog is trained to fetch toss his toy into the crate and have them enter on their own. Favorite food treats are also effective.

Stuff Required

You may find that the dog crate, one that consists of a rectangular shaped enclosure with a top, a floor, 3 sides, and a door, could just possibly be the best contraption for your dog. The dog crate training method is especially effective for puppies, although most other dogs can be trained this way too.

What do you need to implement the dog crate training method? Buy a sturdy dog crate. Make sure there's plenty of room to comfortably move around. These crates are usually constructed of wire, wood, metal, molded plastic or a combination of these materials. You can get a ready-made crate or have it customized, for a dog/puppy that belongs to a larger breed.

Rules

In order for your dog crate training to be a success, you must set rules.

Everyone in the family must remember that the crate is for the dog's sleeping comfort, put an old t-shirt and soft padding for the dog.

Another way to make the dog crate training effective is to establish a "crate routine" for your dog. Put the dog in his or her crate during certain hours in a day, a goodtime would be his or her nap time.

At night, place your dog's crate in a place where you can safely leave the door open so that they can relieve themselves outside of the crate. Once this routine has been firmly established, you can stop using the dog crate.

Effective dog crate training will prevent your dog from developing serious behavioral problems, which is a huge headache for plenty of dog owners.

As the dog owner, your part is to practice patience and consistency in carrying out the dog crate training method, so your dog/puppy becomes one disciplined dog. Just like children, dogs are comforted by structure and consistency. Help them to achieve this with crate training and you'll have a very happy, healthy dog!

Results

When you use the dog crate training method, here are some of the beneficial results your dog and you will gain from this training:

1. As a result of the dog crate training, you and your family can enjoy time away from your dog, knowing your dog is comfortably in its' den. Your furniture or possessions are not in danger of being soiled, or damaged or torn apart by your dog.
2. By nature, dogs do not do their business in the space they sleep in, and the crate dog training method reinforces this natural instinct.
3. With the dog crate training, your dog will be less disruptive and more pliable when you need to confine him or her to their own crate. Some of these occasions when your dog needs to be out of the way, is when preparations for dinner is underway or there is a big crowd of guests for dinner.

4. Because of the dog crate training method, your dog won't whine or bark incessantly when you put her or him in his or her own carry-all crate, when you travel. So the dog isn't underfoot.
5. Another safety benefit is when the driver abruptly hits the brake; the dog won't be thrown out.

Barking + Anti-Barking Device

Why do dogs bark?

Barking is one of the most common complaints of dog owners and their neighbors, but barking is natural. It serves as a territorial warning signal to other dogs and pack members. Dogs may vocalize when separated from their pack or family members. Barking also occurs during times of indecision, anxiety, or frustration. Medical problems can also contribute to vocalization, especially in the older dog.

How can barking problems be prevented?

Socialization and habituation — Get dogs or puppies used to as many new people, animals, noises, and situations as possible. This will minimize the amount or intensity of alarm barking. Barking should only be allowed to alert companion owners and then be controlled and stopped before the dog becomes agitated and out of control. Companion owner control, training and leadership are essential.

How can I stop my dog from barking when I leave?

Effective crate training techniques when your dog is first obtained should decrease the dog's anxiety when he is left alone in his crate. Your dog should gradually be taught to spend longer periods of time away from you. Obtaining two dogs will provide company for each other and reduce distress vocalization and departure anxiety. Soft calming music may also be helpful.

My dog constantly barks. What does he want?

Attention getting barking can be problematic and is often reinforced by owners giving in to their dog's demands. Allowing a barking dog indoors, or feeding, patting, praising, playing with, giving a toy, or even just going to a barking dog to try and quiet it down, are just a few examples of how an owner may unknowingly reinforce barking. Never reward barking with any type of attention, even occasionally.

How can I train my dog to be quiet?

Training the dog to a "quiet" command is an invaluable aid for controlling undesirable barking. You must find an effective means of quieting the dog, which should be preceded with a command such as "Quiet." Just loudly telling your dog to "Be quiet," will not be understood. One of the most practical techniques for teaching a dog to cease barking on command is to first, be able to command the dog to begin barking on cue. Use a stimulus that will cause the dog to bark and pair it with a "bark" command.

Numerous repetitions allow the dog to associate the word "bark" or "speak" with the action. Dogs that bark on command can then be taught to turn off the barking by removing the cue or stimulus, and giving a "hush"; or "quiet" command just before the barking subsides. As soon as your dog is quiet, give a favored treat or reward. It can be difficult or impractical to teach a dog to be "quiet" on command if the barking cannot be predicted or "turned on" or if it is too intense.

Another method to teach a quiet command is to wait until your dog is barking, say to a doorbell or knocking on your door and while he is barking place a very tasty food treat by his nose. Most dogs will stop barking to sniff the treat. At the same time you must say the word you will use for quiet, such as "Silent", "Hush", etc. When the dog is quiet (as they will be because dogs cannot sniff and bark at the same time) you can praise him, say "Good, quiet" and give the treat. Again, as with all new tasks, numerous repetitions are necessary for lasting learning.

Alternately, distraction or remote punishment devices (see below) can be used to disrupt the barking. One means of interrupting barking and ensuring quiet is a leash and head halter. << The link is to the Gentle Leader Head Collar, pulling on the leash disrupts the dog and closes the mouth. Quiet behavior can then be reinforced first by releasing and then giving a re-enforcer such as praise or food if the dog remains quiet. This head halter will also speed up training for sit and stay, control jumping, pulling, barking, and chewing. It's NOT a muzzle - When fitted properly, your dog is free to open his mouth to eat, drink, pant, fetch, bark and even bite - except when you close his mouth by pulling on the leash. Size Fits Petite under 5 lbs. Small 6-25 lbs. Medium 26-60 lbs. Large 60-130 lbs.

What are my chances of correcting my dog's barking problem?

Chances are good for most barking problems. But the household situation in which the dog resides may make it extremely difficult to correct completely. Even a small amount of barking could disturb a sleeping baby, or upset neighbors, (particularly in apartments or townhouses). When trying to resolve barking problems, the motivation for the barking behavior is an important component. Some stimuli are so strong that it will be difficult to stop the barking behavior. You need sufficient time to implement the correction training.

What can I do to correct my dog's barking problem?

The treatment program must be based on the type of problem, your household, the immediacy of the situation, and the type and level of control that you require. A good behavioral history is important to determine cause, motivation and potential reinforcing stimuli for the barking behavior. Treatment plans need to consider the following:

1. Ensure that your dog is not being rewarded inadvertently. Some owners in an attempt to calm their dog down, will actually encourage the barking by giving attention, play, food or affection.
2. Sometimes the home environment can be modified so that the dog is kept away from the stimuli (sounds and sights) that cause barking. Exposure might be minimized by confining the dog to a crate, or room away from doors and windows, or covering windows so that the dog cannot look outside. Additionally, privacy fencing may be helpful for dogs outdoors. Dogs that bark when left alone outdoors, may have to be kept indoors except when the owner is available to supervise. Trigger sounds such as doorbells or telephones that might have become conditioned stimuli for barking should be altered to change their sound.
3. Until effective control and leadership is established, training programs are unlikely to be successful. Increasing interactive play periods and exercise, crate and confinement training, halter training and obedience classes may need to be implemented before bark control training can begin.
4. Once you have sufficient control and the dog responds to obedience commands and handling, it should be possible to train your dog to cease barking on command. Training the dog to cease barking on command can be accomplished with food reward techniques, distraction techniques, or halter and leash training. Regardless of the technique, rewards should be given as soon as the barking stops, so that the dog learns that quiet behavior earns rewards. It is most important to associate SILENCE with the command used. Over time the behavior should be shaped so that the dog is required to stay quiet for progressively longer times, before a reward is given.
5. Once the owner has sufficient control with training and the quiet command, it may then be possible to begin a retraining program in the presence of the stimuli (people, other dogs) that lead to barking. Training with a head halter and leash often provides a tool for implementing the techniques safely and effectively especially indoors or when the owner is nearby. The stimulus should first be presented to the dog from a distance (e.g. children riding bicycles on the street while the dog stands on his porch), and the dog given a quiet or sit-stay command. Although the halter and leash is generally all that is required to control the dog and achieve the appropriate response, the dog could also be disrupted using a device such as an ultrasonic trainer or shake can. Training sessions are then repeated with progressively more intense stimuli. This type of training can be effective, but progress can be slow and time consuming.

6. Dogs that are barking for other reasons (fear, separation anxiety, or compulsive disorders) will require veterinary treatment for the underlying problem.

Should I punish my dog when he keeps barking?

Punishment is seldom effective in the control and correction of barking problems. Excessive levels of punishment can increase anxiety and further aggravate many forms of barking, while mild punishment merely rewards the behavior by providing attention.

What anti-barking devices are there and are they effective?

Bark-Activated Products: When barking occurs in the owner's absence, bark activated products (in conjunction with environmental modification and retraining) are often the most practical means of deterring inappropriate barking. Bark-activated products may also be a better choice than owner-activated devices, since they ensure immediate and accurate timing.

Bark-activated collars are useful when barking does not occur in a predictable location. Audible and ultrasonic training collars are rarely effective because they are neither sufficiently unpleasant nor consistent enough to be a reliable deterrent. Twice as effective is the **ANTI-BARK COLLAR SPRAYER 2.4OZ** it emits a harmless painless, no side-effects spray of citronella each time the dog barks and is sufficiently unpleasant to deter most dogs. Current Sale Price: **\$40.00 You Save: \$35.00 (47%)** This device may be effective in the owner's absence, however they have their most lasting effects when the owner is present to supervise and retrain.

As soon as the barking ceases, the owner should redirect and encourage the dog to perform an enjoyable alternative behavior (treat, play, tummy rub) as long as the dog remains quiet. *Products that use electronic stimulation (**shock collars**) are cruel and inhumane.* Even shock may not deter a dog that is highly motivated to bark. Since there is the potential for injury with any shock device, these shouldn't be considered. Most importantly, bark collars only work when they are on the dog. Most dogs will learn to distinguish when the collar is on and when it is off. When they are not wearing the collar, most dogs will bark.

Is debarking surgery effective?

Surgical debarking is drastic, cruel, barbaric, and inhumane. All attempts at behavior modification should be continued to address the underlying motivation for barking and affect a permanent solution.

Destructive Behavior: Chewing

Why do dogs chew?

Dogs, especially puppies are extremely playful and investigative. While play with people and other dogs is an important part of socialization and social development, exploration and object play are important ways for dogs to learn about their environment. It is a normal behavior for puppies and dogs to investigate their environment by sniffing, tasting and perhaps chewing on objects throughout the home. Dogs that chew may also be scavenging for food (as in garbage raiding), playing (as in the dog that chews apart a book or couch), teething (dogs 3 to 6 months of age that chew on household objects), or satisfying a natural urge to chew and gnaw (which may serve to help keep teeth and gums healthy). Some dogs may chew because they receive attention (even if it is negative) or treats from their owners each time they chew, and the owners are inadvertently rewarding the behavior. Chewing and destructive behaviors may also be a response to anxiety. Dogs that are confined in areas where they are insecure may dig and chew in an attempt to escape. Dogs that are in a state of conflict, arousal or anxiety, such as separation anxiety may turn to chewing and other forms of destructiveness as an outlet.

How can chewing be treated?

First, determine why the dog is chewing. If the dog is a dog/puppy or young adult dog that is chewing at a variety of objects in the household, it is likely that play and investigation (and perhaps teething) is the motive. Dogs that raid garbage and steal food off counters are obviously motivated by the presence and odor of food. Some dogs are attempting to escape confinement while in others chewing may be an outlet for anxiety. Determining the cause and motivation for chewing is essential in developing a treatment strategy. Directing the chewing into appealing alternatives, sufficient play and exercise, and prevention of inappropriate chewing are needed for the exploratory dog. You must ensure that you are not inadvertently rewarding the behavior. Inattention or disruption devices may be useful for these dogs. If the dog is a dog/puppy this behavior may decrease in time, provided you direct the chewing to proper outlets. Dogs that are garbage raiding or food stealing need to be treated by supervision, prevention and booby traps, since the behavior itself is self rewarding.

Dogs that are destructive to escape confinement must learn to become comfortable and secure with the cage or room where they are to be confined. Alternatively a new confinement area may have to be chosen. Dogs that are destructive as an outlet for anxiety will need to have the cause of the anxiety diagnosed, and the problem appropriately treated.

How can proper chewing be encouraged?

Before considering how inappropriate chewing might be discouraged the real key is to provide some appropriate outlets for your dog's chewing needs. Begin with a few toys with a variety of tastes, odors, and textures to determine what appeals most to the dog. Although plastic, nylon or rubber toys may be the most durable, products that can be torn apart such as rawhide or pig ears may be more like the natural prey and wood products that attract most dogs. Coating toys with liver or cheese spread or peanut butter may also increase their desirability. The Kong™ is a durable chew toy, but its appeal can be greatly enhanced by placing a piece of cheese or liver

inside and then filling it tight with biscuits. Placing soup items or food into the Kong and freezing it, or freezing food items in Popsicle makers and placing them in the dogs food bowl may provide a little longer durability to the treats.

Numerous other play toys are also available that provide a means for stuffing food or treats inside, so that the dog has to work to get his reward. To ensure that your dog/puppy or dog is encouraged and rewarded for chewing on his toys, and discouraged from chewing on all other objects, he must be supervised at all times. Whenever supervision is not possible, you must prevent access to any object or area that might be chewed. Although play periods and chew toys may be sufficient for most dogs, additional activities such as self-feeders, other dogs, interactive toys, and even videos may help to keep dogs occupied.

How else can my dog's activity be reduced?

The needs of most working dogs are usually satisfied with daily work sessions (retrieving, herding, sledding, etc), while non-working house-dogs will require alternative forms of activity to meet their requirements for work and play. Games such as tug-of-war, retrieving, catching a ball or Frisbee, jogging, or even long walks are often an acceptable alternative to work, allow the dog an opportunity to expend unused energy, and provide regular attention periods. Obedience training, agility classes and simply teaching your dog a few tricks are not only pleasant interactive activities for you and your dog, but they also provide some stimulation and work to the dog's daily schedule.

How can I stop the chewing on household objects?

Access to all areas that the dog might chew must be prevented unless the owner is present to supervise, or the area is effectively booby-trapped. Your dog can only be punished for chewing if he is caught in the act. Even then, punishment must be humane, immediate and effective. A shake can, verbal reprimand, or alarm (audible or ultrasonic) can deter the dog in your presence, but the behavior will continue in your absence. Remote punishment (where the owner is out of sight while administering punishment) may teach the dog that the behavior itself is inappropriate. A head halter and long remote leash pulled each time the dog chews, a water rifle, or one of the audible or ultrasonic alarms, may be effective. None of these products are practical when the owner is absent or cannot supervise. Arriving home and punishing a dog for an act that is already completed will only serve to increase the dog's anxiety.

The only way that chewing might be deterred when your dog cannot be supervised, is to booby-trap the areas where the dog might chew. To be successful the punishment must be strong enough to immediately deter the dog. Taste or odor aversion is often the simplest and most practical type of booby trap, but many dogs will have to be conditioned in advance to detest the smell or taste by squirting anti-chew spray (Bitter Apple, Ropel™) into the dog's mouth or across its nose. A small amount of cayenne pepper mixed with water, oil of citronella or commercial anti-chew sprays may also be successful as deterrents. Alternatively the spray could be placed on any object that the dog might chew and a fishing line can be attached from

the object to a stack of empty cans on a nearby table or counter. At the instant chewing begins the stack will come crashing down. Most dogs are then conditioned after a few events to avoid the particular taste or odor for fear of another "can attack." Other tools are audible alarm mats, mousetrap trainers indoor invisible fencing, motion detectors and cap devices are a few other examples of environmental training.

What if the dog continues to chew household objects?

Whenever you cannot supervise or monitor your dog's behavior, he should be confined to a cage, crate, or dog-proof room with any potential chewing sites effectively booby trapped. Alternatively, a basket type muzzle can be used for short departures.

Digging

Reasons for Digging

Digging occurs for many reasons. Dogs dig to bury and recover bones; they dig cooling pits when it's hot and warming pits when it's cold; they dig up prey and they dig dens. Digging is a highly enjoyable and natural canine activity. Lack of exercise, prolonged confinement and boredom can also cause digging. Once digging starts, it can quickly become a habit.

Preventing Digging

If you provide your dog with regular walks, runs, play-time and training, the chances are you will not have a digging problem. But until your dog has been taught that digging up your garden is unacceptable, he should not be given free access to these areas when you are not there to supervise him. Temporarily confine your dog indoors or to a dog run. Confinement is not the solution; it is only a temporary measure until your dog can be trusted not to destroy your garden and yard.

The Digging Pits

If your dog loves digging, provide him with his own digging pit just as parents would provide their child with a sand box. Make sure the pit is neither directly in the summer sun nor unprotected against the winter winds. A 3 x 6 foot area about 2 feet deep is sufficient. Dig it up to loosen the dirt and mix in a little sand to help it drain in the rainy season. Let your dog watch the preparations and if he joins in to help, lavish him with praise. Once the pit is ready, it is easy to get your dog digging in it.

Take some of his favorite toys and treats and let him watch you make a fuss over burying them. Call your dog over and help him dig things up. Once he gets the idea and is digging without your help, enthusiastically praise him and repeat, 'Dig it.' When he digs up a

treat, he is immediately rewarded by getting to eat it. If it's a ball or toy you've buried then you can immediately play a short game of fetch, then bury it again. Repeat this over and over, always repeating the command, 'Dig it.' Your dog will quickly learn what the command means. You can test this by putting your dog inside the house, burying a dozen or so treats and exciting chew toys, and then letting him out. Say 'Dig it' and praise him if he goes to the pit. This training can usually be accomplished in one afternoon.

Continual Reward for Digging

Once your dog has learned that digging in his pit is fun; you must still encourage and praise him whenever he shows any interest in the pit and especially for digging there without any encouragement from you. Now, every morning before you leave for work, you can hide all kinds of fun things in the pit, which will keep your dog busy digging for hours. Even if he has found all the goodies, he will keep digging and looking to see if anything else is buried there.

Discouraging Bad Digging Habits

Once your dog understands that digging in his pit is an acceptable and enjoyable activity, and knows the meaning of the command, 'Dig it,' now you can teach him that digging elsewhere is forbidden. The first step is to teach your dog to stay completely off the flower and vegetable gardens and that he is only allowed on the grass or other parts of your yard. Clearly demarcate the forbidden areas with a short fence about a foot high. A few small sticks with a length of string attached along the top are fine. The fence is not intended as a physical barrier but as a means of marking a boundary. Spend the day outside and watch your dog. Each time he gets close to the boundary, quietly warn him by saying 'Off.' If one paw goes over the line, scold him firmly until all four paws are on the correct side of the boundary and then immediately praise him. If you invest some time, your dog will learn to keep out of the garden.

Command Training for Sit, Down, Stand, and Stay

How to give treats or affection effectively

All dogs have their favorite treats and preferred ways of physical affection. Some dogs will do back flips for a dried liver treat; other dogs just aren't 'chow hounds' (big eaters) and prefer to be rewarded through a game with a cherished toy, or through some physical affection from you.

You'll probably already have a fair idea of how much they enjoy being touched and played with – each dog has a distinct level of energy just like humans do. The best ways to stroke your dog: most dogs really like having the base of the tail (the lowest part of their back, just before the tail starts) scratched gently; having their chests rubbed or scratched (right between the forelegs) is usually a winner, too. You can also target the ears: gently rub the ear flap between your thumb and finger, or scratch gently at the base.

How to correct your dog

The great thing about positive reinforcement training is that it doesn't require you to do anything that might go against the grain. You won't be called upon to put any complex, correctional theories into practice, or be required to undertake any harsh measures. When it comes to positive reinforcement training, all you have to do is ignore the behavior that you don't wish to see repeated. Not getting any attention (because you're deliberately ignoring her) is enough to make just about any dog pretty miserable, and thus is a powerful correction tool. Contemporary belief in dog training states that we should simply ignore incorrect responses to a training command - that, with no reinforcement from us (yes, even negative attention - like verbal corrections - counts as reinforcement: to some dogs, negative attention is better than no attention at all), the dog will stop the behavior on their own. The bigger the fuss you make over them when they get it right, the clearer the connection will be between a particular behavior(s) getting no response at all, and other behaviors (the right response) gets massive amounts of positive attention from you.

How do I teach my dog to sit on command?

Using a food treat, hold the food over the dog's nose and slowly move it up and back over the dog's head. As the dog follows the food with his head he will sit down. Now, couple the word, "SIT" with the action. The upward motion of the hand as you hold the food treat also serves as a visual command for the dog. If the dog lifts his front legs you are holding the food treat too high. As soon as the dog sits, say "Good sit" and give the treat. Many repetitions will be necessary for the dog to learn the association properly. Gradually, as the dog understands what you want, only give the treats intermittently. You should practice sit in many places throughout your home. It is especially important to teach your dog to sit by the front door. A dog who readily sits by the front door will be less of a problem greeting guests.

How do I teach my dog to lie down on command?

Start with your dog in a sit position. To get the dog to lie down, take a treat and lower it between the dog's front paws and say down. Usually the dog will follow the treat and go down. If the dog does not lie all the way down, slowly push the treat between the paws and if the dog lies down give him/her the treat and, of course, add "Good dog."

For some dogs, teaching the down command can be very difficult. An alternative method is instead of pushing the food treat backwards, slowly pull the treat forward. If that does not work, sit on the floor with your legs straight out in front of you and slightly bent at the knees. Take a hand with a treat in it and push it out under your knee from between your legs. As the dog tries to get the food treat, slowly bring it back under your knee. As the dog tries to follow, he will usually lie down.

Once the dog understands the down command, make sure that you vary the starting position. You should try to get your dog to down from both a stand and a sit.

How can I teach my dog to stay on command?

Dogs can be taught to stay for short periods of time at a young age. Once they sit on command each and every time they are asked, without the need for food inducements, training can proceed to more difficult concepts such as Stay.

First the dog is taught to stay without moving as you stand in front for 1-2 seconds.

Initially give the dog the sit command, say STAY (using a hand as a stop sign can be a good visual cue), take one step away, and then return to the dog and reward him for not moving. Be very careful that the dog does not stand up or move as you present the reward because then you will have rewarded him for getting up. Gradually increase the distance by a step at a time and the length of the stay by a few seconds at a time, until the dog can stay for a minute or more with you standing at least 10 feet away. It is important to set up the dog to succeed. Proceeding very slowly and keeping a long lead attached to the dog so that he can not run away can help ensure success. Be patient. It may take a week or more of daily training to get a dog to sit and stay for 1-2 minutes. Over a few months it should be possible to increase the stay to 15 minutes or more, and to be able to leave the room and return without the dog rising from his stay. For these longer stays it may be better to use a down-stay (lying down and staying in place) combination, and to train the dog in a favored resting or sleeping area.

Once extended sit-stays are accomplished, the command can be used to prevent many potential behavior problems. For example, if you practice sit and stay by the front door, this command can then be used to prevent running out the door and jumping on company. Have your dog sit and stay while you place the food on the floor and then give him an OK or release command. This will help establish your leadership and control.

How can I teach my dog to stand on command?

Place your dog in a sit position. Take the food treat with the palm of your hand facing up and move it forward and away from the dog as you say STAND. Your dog should again follow his nose and stand up. Don't pull your hand so far away that the dog follows you, but just until he stands up.

What else can I teach my dog?

Using the concepts above a dog can be trained to perform anything that he is physically capable of. A down or sit can be extended from several seconds to many minutes as long as you progress gradually, or shape the dog's behavior. In shaping, determine your ultimate goal, such as a 20 minute stay, and reward successive increments of the behavior until you reach that goal. For example, once the dog will sit for 3 seconds before the reward is given, you can repeat the command and when the dog sits, wait for 4 seconds before the reward is given. Proceed

very slowly, ensuring that the dog is performing the behavior properly a few times in a row before proceeding to the next step.

Training for Come, Wait, and Follow

How can I get my dog/puppy or dog to come when called?

Teaching a dog/puppy or dog to come on command is a very difficult but important task. Start early because a dog/puppy that will come when called is safer. In addition, most young puppies do not like to stray too far from their owners. So all it takes is a kneeling owner and a happy come command and your dog/puppy may willingly approach (without the need for any food or toy prompt). Similarly, most young puppies will automatically come and follow as you walk away. However, puppies 3 to 4 months of age or older dogs, are more independent or set in their ways, more appealing rewards may be needed. The two most important rules about teaching your dog/puppy to come to you is to set up them up for success (so that you never fail) and that each training session is simple, fun and pleasurable.

NEVER CALL YOUR DOG/PUPPY OR DOG TO YOU FOR DISCIPLINE.

Start by backing away from your dog/puppy or dog 1-3 feet and wiggle a food treat or a favored toy (prompt) in front of his nose. At the same time say the dog or dog/puppy's name and COME. Use a happy inviting tone of voice. When your dog or dog/puppy comes to you, praise lavishly and give the treat. Then repeat. Start by only moving short distances. Then, gradually have your dog come further to reach you. Reinforce this task by calling your dog over multiple times daily, giving a pat or a food treat and sending him on his way. Try to avoid only calling the dog to you to bring him inside, to put him in his crate, or otherwise end something fun. Be sure to spend time calling the dog over and then releasing him. This will help the dog learn that by coming to you, good things happen. Remember it is critical to succeed with every training session. Stay close, make certain that there are no distractions and proceed slowly.

Over time, the dog should be very slowly taught to come from progressively farther distances and in environments with a greater number of distractions. If there is any chance that the dog might escape or disobey, have the dog wear a long remote leash (which can be left dangling as the dog wanders and investigates). Then if the dog does not immediately obey the come command, a gentle tug of the leash can be used to get the dog's attention, and a repeated command in an upbeat, happy voice (along with a food or toy prompt) should be able to ensure that the come command is successful and rewarding.

How can I teach my new dog to wait or follow?

Teaching a dog to wait or follow are extensions of the other tasks you should have already taught. To teach your dog to follow at your side (heel), use a food treat, place it by your

thigh and entice the dog both vocally and with the food to heel. As the dog follows his nose to stay near the treat, he will also be learning to heel.

For dogs that constantly walk ahead or pull, teaching your dog to follow should begin where there are few distractions, such as in your backyard. To ensure success you should keep a leash or leash and head collar on your dog. Begin with a sit/stay command and give a reward. Start to walk forward and encourage your dog to follow or heel as above, using a food reward held by your thigh. Be certain to allow only a few inches of slack on the leash so that if your dog tries to run past you, you can pull up and forward on the leash so that the dog returns to your side. Once back in the proper position (by your side for heel or behind you for follow), provide a little slack in the leash and begin to walk forward again. Continue walking with verbal reinforcement and occasional food rewards given as the dog follows. Each time the dog begins to pass you or pull ahead, pull up and forward on the leash and release as the dog backs up. Although the dog could be made to sit each time he pulls forward, the goal is to have the dog return to your side. If the dog puts on the brakes and will not follow, all you need to do is release the tension and verbally encourage the dog to follow, sometimes for stubborn dogs a touch on their back and a light push or scratch will encourage them. Once you have the dog successfully heeling in the yard with no distractions, you can proceed to the front yard and the street, at first with no distractions, until good control is achieved.

How can I teach the dog to wait?

Although much the same as stay, this command is important for the dog that might otherwise bound out the front door, lunge forward to greet people and other dogs, or run across a busy street. Begin with sit/stay training, until the dog responds well in situations where there are few distractions such as indoors or in your backyard.

Next, find a situation where the dog might try to pull ahead, such as at the front door, so that you can begin to teach the wait command. Training sessions should begin when there are no external stimuli outdoors (other dogs, people) that might increase your dog's motivation to run out the door. Use a leash or leash and head collar to ensure control. Begin with a sit/stay by the front door. While standing between your dog and the door, and with only a few inches of slack on the leash, give the wait command and open the door. If the dog remains in place for a few seconds, begin to walk out the door and allow your dog to follow. Then repeat, with longer waits at each training session. If however, when you open the door or begin to walk out, your dog runs ahead of you, you should pull up on the leash, have your dog sit, release, give the wait command and repeat until successful. Once your dog will successfully wait for a few seconds and follow you out the door, gradually increase the waiting time, and then try with distractions (dogs or people on the front walk). This training should also be tried as you walk across the street, or before your dog is allowed to greet new people or dogs he meets.

Controlling Pulling, Chasing, and Jumping Up

Why do dogs tend to pull, chase and forge ahead?

Dogs tend to pull ahead and lunge forward for a number of reasons. Dogs that are particularly exploratory, playful, or investigative pull the owners down the street as they investigate their environment or are attracted to appealing stimuli (e.g. children, other dogs). As you pull backwards in an attempt to restrain your dog, he/she resists further by pulling forward even harder, since most dogs tend to pull against pressure. Dogs that are aggressive to stimuli (e.g. children, other dogs), and those that have the urge to chase or heel (e.g. joggers, cyclists) are likely to pull ahead in an attempt to chase. In addition, dogs that are restricted or restrained by a leash may be more likely to exhibit defensive aggression. Those dogs that are fearful or otherwise reluctant to leave home may be pulling and forge ahead on their way back home.

How can pulling and forging ahead be controlled?

It is a shame when owners are unable to engage in the simple joy of walking their dog due to extreme leash pulling. The dog should be taught through obedience training, lures and rewards to respond to the heel command. Training should begin in an environment where success can be ensured. Using a control mechanism (leash and collar, leash and head halter), and highly motivating rewards, the dog should first be taught to walk at the owner's side. During the first few training sessions distractions should be avoided so that the rewards and motivation keep the dog's interest and attention. If the dog begins to pull ahead, pulling backwards on the leash and a neck collar, leads to resistance from the dog, causing the dog to lunge forward more intensely. It is best to take 1-2 steps at a time and keep your dog in the correct position, rather than trying to accomplish a long walk. As the dog learns where to be in relation to the owner, gradually walk a few more steps. Set the dog up to succeed. This can often be accomplished using a food reward held at thigh level to keep the dog's nose in position.

The head halter is one of the best means of gaining immediate control. When the dog is wearing a head halter and pulls ahead, a pull on the leash will cause your dog's head to turn toward you. Then by pulling upwards and forward, the dog will pull backwards into a sit. Quickly release tension and reward. Remain calm but assertive, the dog will sense it if you're not. In order to teach the dog to walk by your side, it is generally most successful if the dog is first taught to follow. First, teach the dog to follow you out the door. Have the dog sit and stay and then open the front door. If the dog begins to run out pull up and forward so that the dog returns to the sit, and release. Walk slowly forward so that you are between the dog and the door, slowly lengthening the leash while the dog remains in place but leaving no more than an inch or two of slack. Provided the dog does not forge ahead, step through the door and then allow the dog to follow up to (but not past) you. Proceed onto the porch and down onto the yard with the dog following. Any time the dog begins to step or forge past, the leash can be pulled up and forward so that the dog backs up, and released immediately when the dog is in place. Although the dog could be made to sit each time it pulls forward, the goal is to have the dog back up just far enough that it remains at your side. The tension on the leash is then

released and the dog is encouraged to walk forward. In short, pulling tends to lead to tension, while walking at your side earns release (i.e. a slack leash). If the dog puts on the brakes and will not follow, a tendency is to pull ahead, but, as mentioned, dogs tend to resist by pulling in the opposite direction. To get the dog up and following, loosen the slack on the lead and encourage the dog to follow verbally or with food prompts.

Once you have the dog successfully heeling in the yard with no distractions, you can proceed to the front yard and the street while there are still no distractions. With practice, strong motivators and the use of the head halter, the dog can then gradually be walked in the presence of stimuli that might otherwise cause lunging and forging, such as other dogs, cyclists, or children playing.

Another solution is to use a no pull harness. These devices fit around the dog's body and around the forelegs so that when the dog forges ahead the forelegs and body can be controlled. Although these harnesses do not provide the level of control afforded by the head halter, compared to head halters, they require little or no training and do provide immediate control of pulling.

My dog chases and I am worried he will get hurt. What can I do?

Chasing and running after prey, nipping at heels and herding are normal dog behaviors. These behaviors are more strongly motivated in some breeds of dogs than others. In addition, some dogs may be motivated to chase intruders (people, other dogs) from their property and, when the intruders leave, the behavior may appear to the dog to have been successful. This usually results in the dog continuing in the chase behaviors. In order to control chase behaviors, it is necessary to train the dog to do something different than it was doing before. It is not enough to yell NO and punish the dog. This alone will not stop a behavior that has a strong motivation, but may cause the dog to be more anxious or fearful about the stimulus which would INCREASE the problem.

First, let's talk about prevention of chasing behaviors. Once you have witnessed the dog engaging in an inappropriate chase, now is the time to start training. Get a leash on the dog and have it sit and stay. Then present the dog with the distraction that it would normally chase and reward the dog for good behavior. Remember, when off the leash the dog may revert to its old habits. Therefore, try to avoid those situations until you feel confident that the dog will behave.

Once the dog has been engaging in chase behaviors for some time, it will be more difficult to stop the behavior. The very fact that the object the dog chases runs is reinforcement enough. A program of desensitization and counter-conditioning is needed to correct the problem. This consists of teaching the dog to sit and stay for rewards while gradually introducing objects that the dog chases. It will be necessary to first start with objects the dog is unlikely to chase and progress to more tempting items. If the problem is severe, a consultation with a behaviorist may be necessary.

Control with a head halter and leash often is the most practical and most successful at ensuring that the dog will sit and stay in the presence of the stimulus. The use of highly motivating rewards (favored food treats, favored toys) can also be used to lure the dog into a sit and given as a reward for staying.

My dog charges the door and jumps on people who enter my home. What can I do?

Another behavior that causes problems for owners is door charging. Door charging is the behavior of the dog speeding to the door whenever anyone knocks or rings the bell. To deal with this problem, start by teaching the dog to sit and stay for a food reward in the entry area. Gradually phase out food treats when the behavior is learned and can be reliably repeated.

Next you may need to practice with family members entering the home. Finally, when the dog has mastered the task with people he knows, practice with visitors, keeping the dog on a leash and making it sit and stay. Again, a leash and head halter is an excellent way to control the dog and train it not to chase or jump up when people come to the door. Always require your dog to sit before it gets excited and you can go a long way to eliminating jumping behavior. If the dog has never even practiced the task without distractions, how can you expect the dog to perform the task when visitors come over? If door charging behavior is coupled with aggression, you should seek the help of a behaviorist.

How can I prevent my dog from jumping up on others and me?

For many dogs, jumping up on people is part of their greeting routine. Often, owners have tried to discourage this behavior using methods such as squeezing the front feet, stepping on the dog's toes, or kneeling the dog in the chest. Yet the behavior continues. If that is the case with your dog, then it is important to think about what might be motivating the dog to jump up and what is the reinforcement for the behavior continuing.

Usually the motivation for the jumping up behavior is to greet people. Many dogs like to greet face to face, like they do with their canine counterparts. People, however find this objectionable. Correction must not be directed at punishing the problem, but rather finding a means of teaching the dog an appropriate greeting posture. This usually is a sit/stay, which can then be rewarded with food and attention. Once the dog has perfected this without people there and practiced it with family members, the dog is ready to try with visitors. Make the dog sit and stay while people come and hand the dog a treat. If the dog gets up, then put him back in the sit and try again. Often placing a treat jar by the front door with a bell on it will help. Once the dog associates the bell on the jar with a treat, and a treat with a sit/stay, the dog will be more likely to perform the task.

Another way to train this behavior is to set up visitors to come to your home. Have the first person come to the door and instruct your dog to sit and stay. Then, let them in. Hopefully with some effort you will get your dog to continue to sit. Have the person enter, give a treat and sit down. After 5 minutes, have them leave out the back door, come to the front and enter again. This second entry should go easier as your dog will have just seen the person. If you can

repeat this 4-6 times for each visitor, the dog will have plenty of opportunity to learn the new task.

Once you understand the motivation, and have trained a new task, you need to be sure you have identified all the reinforcement for the behavior. If the dog succeeds in getting any attention for the jumping behavior, then the dog will continue to jump. This is getting attention in the eyes of a dog, pushing away (which resembles play behavior), and even mild reprimands can be reinforcing for a dog who really wants attention. To change this behavior you need to remove ALL reinforcement. This may mean that you do not look, speak, touch or interact with the dog IN ANY WAY when he jumps on you. Walk by the dog, give a command such as sit, but do not interact with the dog. Alternately, you could try punishment to see if you can disrupt the behavior just as it begins.

To use punishment for jumping up, you need to be able to QUICKLY AND HUMANELY interrupt the behavior. This is often best done with some type of device that makes a loud noise. Shake cans, rape alarms, and air horns, all make loud noises that will often startle the dog. As soon as the dog hesitates, you need to give the dog an alternative command so that the dog can do the proper thing and then reward the dog with praise. So, as you administer the noise, you say SIT and when the dog sits you reward him with praise and food treats if available. Many dogs soon learn that to avoid the noise, they need to sit and will do so to greet you. Then have the person leave, and reenter the home, using the device and command if the dog does not immediately sit, and a good sit and reward as soon as the dog does sit. Continue to have the person leave and reenter until the dog sits for him, reward without hesitating.

Another method that is consistently successful at deterring and preventing the jumping up is to leave a leash and head halter on the dog during greeting. All it takes is stepping on the leash or a quick sharp pull to prevent or disrupt the jumping up. Again, be certain to reward non-jumping behavior. Some people like to allow the dog to jump up on them at certain times. You must never allow the dog to choose the time. Ideally you should teach your dog to jump up on command such as "Give me a hug" or "Come up here." This way, you have the behavior under verbal control and you decide when the dog will be allowed to jump up.

Controlling Stealing and Teaching the Give Command

What is the best way to deal with stealing?

Most dogs and puppies love to explore and chew, so it's no surprise when a dog or young dog steals household objects. When you try to get these items back from your dog, a chase ensues. Pups may raid garbage, steal food off counters and enter cupboards or refrigerators, where they help themselves to snacks. Despite the owner's attempts at punishment, these behaviors continue. Why? When dealing with an unwanted behavior look for the motivation. Food items are appealing on their own. Some dogs and puppies steal

objects when they are left unsupervised, because they have not been directed to an acceptable activity. Dogs and puppies may continue to steal because the game of chase is so much fun. Each of these motivations has a different treatment.

If left to their own devices, dogs and puppies will get into trouble. It is important to supervise your dog at all times. Keep the dog with you and in sight. Be sure that you schedule adequate play times daily so that you are helping your dog engage in the proper behavior. Arrange the environment so that the dog cannot get to items. For example, close doors, use barrier gates, crate training or motion sensor devices to monitor where your dog can go. It can be helpful to booby trap objects with other tasty treats or motion detector alarms to teach the dog to stay away. At the same time, non booby-trapped items should be located nearby so that the dog learns the safe and acceptable alternatives that they are allowed to chew and play with.

If your dog continues to steal in your presence, the best means of monitoring and prevention is to leave a long leash attached, preferably to a head halter. Then as the dog begins to wander, or puts his nose into out of bounds areas, a quick pull on the leash will teach him to stay away. If your dog is stealing things because the game is so much fun, then don't play.

Instead of chasing your dog all over the house, try crouching down and in a happy voice, with open arms call your dog to you. When the dog looks toward you, say "Good dog, come show me!" Keep up the praise as the dog approaches. With a treat, entice the dog to come, show the treat and when the dog drops the stolen object, say "Good dog." Make him come closer, sit, and then give the reward. Most importantly, never reach for your dog in anger after he has taken something.

Remember, the behavior you want to change is the stealing, not the cowering under the table. When you threaten your dog in that way, you risk fear and later aggressive behavior. For some dogs, if you ignore them when they steal things and try to engage them in something else instead, they may give up the object voluntarily.

How can I stop food stealing in my absence?

This usually requires preventing access to problem areas or using booby traps. Booby traps give punishment from the object while the act is occurring and are more helpful in correcting problem behavior. Examples of these devices are shaker cans, Snappy Trainers, and motion sensors. Shaker cans are empty soda cans that have pennies in them. By rigging them to fall easily, they will startle a dog when disturbed. Snappy Trainer is a mousetrap that has a large red flap on the end. This flap not only prevents the dog from being injured when the trap is sprung, it also sends a visual message to the dog. Motion sensors are available at many electronic and hardware stores. Some sense vibration, while others sense movement. When disturbed, they emit a noise that scares away the dog. Sometimes taste averting products (dog repellents) are effective. If the dog is stealing food items, they must be made inaccessible. No

amount of punishment will be sufficient to deter a dog who has access to a highly motivating food item.

How do I teach the Give It command?

It is very useful if you can teach your dog how to give up items with a command. This is not easy to do. First, you need to have the dog take something in his mouth. Remember, if it is something very desirable, you may have a difficult time getting the dog to let it go. You may need to entice your dog to give up an item by using another item. This can be another toy, a chew bone or even a food treat. The purpose of this exercise is to get the dog to open his mouth and release the item. At the same time you need to say "Give it" so that the action becomes associated with the phrase. By repeated pairing of the words "Give it" with the release of objects, the dog will learn the meaning of the words.

Whenever you train a new command, repetition and patience are extremely important. It is not enough to try and teach "Give it" for 1-2 minutes one day and expect your dog to know it the next. It is only through repetition and practice that the behavior will become solidified.

How can I stop my dog from getting on the furniture?

This is another owner absent behavior. In order to control it, you need to be able to punish the dog immediately when he begins to get on the furniture. Once again, supervision and remote control punishment devices are helpful. If you cannot supervise, prevent access by closing doors or baby gates, or deter the dog from entering a room or jumping onto a table using motion detectors, Snappy Trainers, or alarm mats.

House Soiling: Elimination Problems in Dogs

Why is my dog soiling the house?

There are numerous reasons that a dog might soil the house with urine and/or stools. Determining the specific reason is essential for developing a treatment program. Dogs that soil the home continuously or intermittently from the time they were first obtained may not have been properly house-trained.

Dogs that have been previously house-trained may begin to soil the home for medical reasons or behavioral reasons. Assuming medical causes can be ruled out, some of the behavioral causes can be a change in the owners schedule, a change in housing or any change in the dog's home that might lead to anxiety. For example, if you leave the dog alone for longer than the dog is accustomed, or significantly change the daily schedule or routine, your dog may begin to house-soil. Dogs that are exhibiting an increase in anxiety may begin to eliminate in

the home, due primarily to a loss of control when anxious and not due to spite. Dogs that exhibit separation anxiety may soil the home, and require an intensive retraining program.

Why am I finding urination on upright objects?

Marking is urination on upright objects. It is most likely to occur on or near the odors, especially the urine, left by other dogs. The volume of urine is usually small. The problem is much more common in intact males, but some neutered males and spayed females will mark. Dogs may mark territory for a number of reasons including male hormonal influences, other dogs entering the property, moving to a new household or getting new furniture, or as a response to increased stress or anxiety.

Why does my dog urinate when he meets new people or I come home?

Two specific types of house-soiling, submissive and excitement urination differ from most other forms of house-soiling in that the dog has little control over their elimination. Submissive urination occurs when a person approaches, reaches out, stands over or attempts to physically punish them. The dog not only urinates but may show other signs of submission such as ears back, retraction of lips, avoidance of eye contact, and cowering. Although this problem can be seen in dogs of any age, submissive urination is most commonly seen in puppies and young female dogs.

Owner intervention in the form of verbal reprimands or punishment, only serve to aggravate the problem by making the dog act more submissive which leads to further urination. Excitement urination is similar to submissive urination except the stimuli that lead to elimination are those that lead to excitement, particularly greeting and giving affection to the dog. These dogs may also be overly submissive, but not necessarily.

What medical problems could cause my dog to house-soil?

There are numerous medical problems that could cause or contribute to housesoiling, and these become increasingly more common as the dog ages. Medical problems that cause an increased frequency of urination such as bladder infections, bladder stones or crystals, or bladder tumors, those that cause a decrease in control or mobility such as neurological deterioration or arthritis, and those that cause an increase in urine volume (amount) such as kidney disease, liver disease, diabetes, or Cushing's disease could all contribute to indoor elimination. Certain drugs such as steroids may also cause a dog to drink more and urinate more. For dogs that defecate in the house, any condition that leads to more frequent defecation such as colitis, those that cause an increased volume of stool such as problems with absorption or lack of digestive enzymes, and those that affect the dog's mobility or control such as arthritis or neurological deterioration must be ruled out. As dogs age, cognitive brain function decline, could also contribute to indoor elimination.

How can the cause of house-soiling be determined?

For dogs that are house-soiling a physical examination and medical history are first required. For most cases a urinalysis and general blood profile will also be needed, and additional tests such as radiographs and contrast studies, may be indicated based on the results. If there is any abnormality in elimination frequency or amount, stool color or consistency or urine odor, more comprehensive laboratory tests may be necessary. Once medical problems have been ruled out, it will then be necessary to determine if your dog was ever completely house-trained, whether there were changes in the dog's household or schedule at the time the problem started, whether the dog is marking or eliminating on horizontal surfaces, whether or not the dog is exhibiting anxiety when the owners leave or when he is locked in his confinement area, and whether there is any evidence of submissive or excitement urination.

How can house-soiling be treated?

Training techniques for house-soiling dogs are virtually identical to those needed to housetrain a new dog. Even if house-soiling dogs are retrained to eliminate outdoors, indoor sites may continue to be used, since the odor, substrate, and learned habit may continue to attract the dog back to the location. In addition, dogs that eliminate indoors are in essence, performing a self rewarding behavior since they relieve themselves and do not perceive that the area they have used is inappropriate.

The key to effective housetraining is constant supervision. Prevent access to indoor elimination sites. Mildly correct the dog if he is eliminating in an inappropriate location. Redirect the dog to appropriate areas at times when elimination is necessary. Reinforce the acceptable behavior with lavish praise or food rewards when the dog eliminates in the designated area. If a word cue is used prior to each elimination-reward sequence, the dog may soon learn to eliminate on command. If you have trouble keeping the dog in sight leave a remote indoor leash attached to the dog. This leash can also be used to deter any elimination or pre-elimination behaviors (such as sniffing, circling or squatting) in the act and to direct the dog to the appropriate area without delay. Whenever you are not available to supervise, the dog should be housed in either a confinement area where he does not eliminate (such as a bedroom, crate, or pen), or in an area where elimination is allowed (such as a dog run, papered pen or room, or outdoors). Your dog must never be allowed access to indoor sites where he has previously eliminated unless you are there to supervise. Access to these areas can be denied by closing doors, putting up barricades or booby trapping the areas. Odors that might attract the dog back to the area can be reduced or removed with commercial odor eliminators. Be certain to use a sufficient amount of the odor eliminator to reach everywhere that the urine has soaked into. The appeal of the substrate can be reduced by changing the surface covering (a plastic runner with nubs up, taking up the car dog, or electronic mats).

Feeding schedules can be regulated to improve owner control over the situation. After a dog eats, he will usually need to eliminate in 15-30 minutes. Dogs that eat free-choice (anytime they want) often need to relieve themselves at a variety of times throughout the day. Dogs that

eat one or two scheduled meals each day often void in a more predictable manner. Feeding a low-residue diet may also be of benefit because the dog often has less urgency to defecate and produces fewer stools.

The dog that eliminates in his crate poses special problems. In these cases, crates and cages may not be the ideal training aid. Since the purpose of the crate is to provide a safe, comfortable area for the dog to curl up and relax, it is not appropriate for dogs that are anxious about entering or staying in their cage. While this can be overcome with training techniques, it may be better to confine these dogs to a small room such as a laundry room or kitchen where the dog is fed, or a bedroom where the dog sleeps.

If the dog has reduced control due to his physical health, scheduling changes may need to be made. Some owners may be able to arrange their schedules so that more frequent trips to the elimination area can be provided. Alternatively a dog walker or doggy day care may need to be considered. If the owner cannot accommodate the dog's decreased control, installing a doggy door, or providing a papered area may be necessary.

When age related cognitive decline is suspected, a drug trial with l-deprenyl may be useful in conjunction with retraining techniques.

How can separation anxiety be treated?

To try and differentiate house-soiling from separation anxiety, it may be necessary for the owner to keep records of when the elimination occurs. If the elimination takes place when the owner is gone, or the dog is prevented from being near the owner, separation anxiety should be considered. If the house-soiling dog exhibits separation anxiety, treatment should be directed not only at re-establishing proper elimination habits, but also at the underlying separation anxiety. Drug therapy may be useful in those cases where anxiety is a contributing factor. It should be noted that punishment at homecoming is not only useless for correcting a problem that has occurred during the owner's absence, but also serves to add to the dog's anxiety during future departures and homecomings.

How can submissive and excitement urination be treated?

For submissive urination, it is important that the owners and all visitors interact with the dog in a less dominant or threatening manner. The dog should be allowed to approach the owner. Kneeling down and speaking softly, rather than standing over the dog and petting the chest instead of the head, may help reduce submissive responses. Physical punishment and even the mildest verbal reprimands must be avoided. In fact, owners who attempt to punish the dog for urinating submissively will make things worse, since this intensifies fearful and submissive behavior. When greeting a very submissive dog, the owner may initially need to completely ignore him at greeting, even to the extent of avoiding eye contact. Counter-conditioning can be very helpful in controlling submissive urination. The dog is taught to perform a behavior that is not compatible with urinating, such as sitting for food or retrieving a

toy when he greets someone. If the dog anticipates food or ball playing at each greeting, he is less likely to eliminate.

For excitement urination, those stimuli that initiate the behavior should be avoided. During greetings, owners and guests should refrain from eye contact and verbal or physical contact until the dog calms down. Greetings should be very low key and words spoken in a low, calm tone. Counter-conditioning, distraction techniques and drug therapy might be useful. Caution must be taken to only reward appropriate behaviors (e.g. sit up and beg, go lie on your mat, retrieving a ball). Inappropriate use or timing of rewards might further excite the dog and serve as a reward for the excitement urination.

The use of drugs to increase bladder sphincter tone might also be considered as an adjunct to behavior therapy, for stubborn cases.

Another important aspect of treating over-excitement to visitors is repeated presentations of the stimulus so that the dog learns the correct response. If visitors come only infrequently, the dog does not have the opportunity to learn a new behavior. By scheduling visitors to come, visit briefly, then leave by another door and re-enter, the dog may learn to be less excited and/or submissive with each entrance. Each time the person returns they are more familiar and less likely to stimulate the urination behavior. This allows the dog to practice the good behavior and reinforce the appropriate response.

How can marking be treated?

Neutering will eliminate male marking behavior in over 50% of dogs and is also recommended for female dogs that mark during estrus. Confining the dog so that he is unable to watch other dogs through windows in the home may be helpful. Urine residue must be removed from around doors, windows or other areas where stray dogs have been marking. The owner should give rewards to reinforce marking at outdoor sites where marking is permitted and marking should not be permitted anywhere else. New upright objects that are brought into the home should not be placed on the floor until the dog is familiar with them. During retraining, the owner must closely supervise the dog and when he cannot be supervised, he should be confined to his crate or bedroom area, away from areas that have been previously marked. It might also be possible to booby trap those areas that the dog might mark. If anxiety is an underlying factor in the marking behavior, then treatment of the anxiety with desensitization and counter-conditioning may also be helpful.

Play and Exercise in Dogs

Why are play and exercise important?

Play with owners and with other dogs, not only provides the dog with some of its exercise requirements, but also helps to meet social needs. Insufficient exercise can contribute to problem behaviors including destructiveness (chewing and digging), investigative behavior (garbage raiding), hyperactivity, unruliness, excitability, attention-getting behaviors, and even some forms of barking. It is especially important to ensure that a dog's need for exercise has been met prior to leaving the dog alone at home and prior to lengthy crating or confinement sessions.

What are good ways to play with and exercise my dog?

Taking your dog for a walk is a good way to accomplish exercise and can be enjoyable and healthy for you as well. From an early age you should acclimate your dog/puppy to a collar and leash. A flat nylon or leather collar is fine. Keep your dog/puppy away from stray dogs and neighborhood parks until all vaccinations are finished. Practice your walking skills in your own yard first. Put your dog/puppy on leash, and with your voice and a small tug, or perhaps a food or toy reward as a prompt, encourage it to follow you. Reward the good behavior with praise. Keep initial walks short to encourage compliance.

Playing with your dog is an enjoyable activity for both of you. Not only does the dog get exercise, but positive interactions take place. Training sessions are also an excellent way to gain owner leadership and control, while providing interaction between you and your dog.

How much exercise and play is appropriate?

Selecting the type and appropriate amount of play and exercise, will depend firstly on the type of dog. Puppies and even adult dogs from breeds that have been bred for their stamina or to do "work" often have higher exercise requirements. For purebred dogs, consider their traditional work when deciding the type and amount of play to provide. For example, the retrieving breeds do best with lengthy games of fetch or Frisbee, while the sledding breeds might prefer pulling carts, or running or jogging with an active owner.

The length and type of play and exercise for your dog will depend on his behavioral requirements and health limitations. While some dogs may still be ready for more after a 5 mile jog and a game of fetch, others may be tired and satisfied after a short walk around the block.

How can I keep my dog occupied when I am away?

When you are out, or you are busy at home with other activities and responsibilities, it would be ideal for your dog to be relaxed and sleeping, but this will not always be the case. Exploring the environment, stealing food items, raiding garbage cans, chewing or digging, are just a few of the ways that dogs will find to keep themselves occupied. When you are certain that you have provided your dog with sufficient play and interactive exercise, and you must leave your dog alone, provide sufficient toys and distractions to keep your dog occupied and confine your dog to a safe, dog-proofed area. Some dogs do best when housed with another

dog for play and companionship. Others prefer objects to chew, areas to dig, self feeding toys, or even a video to keep them occupied and busy while you are unavailable.

What type of play should be avoided?

Try to avoid games that pit your strength against your puppies or dogs. Tug-of-war games seem to be an enjoyable diversion for many puppies and they do help to direct chewing and biting toward an acceptable play object, rather than an owner's hands or clothing. On the other hand, some puppies get very excited, overly stimulated and become far too aggressive during tug-of-war games. A general rule of thumb for tug-of-war (or any other game for that matter) is to avoid it, unless you are the one to initiate the game, and can stop it as soon as the need arises. Teaching the dog to drop on command can help to ensure that you remain in control of object play sessions such as fetch and tug -of -war.

Although games like chase are good exercise, they can often result in wild exuberant play that gets out of control. Again, a good rule of thumb is to only play these games, if you are the one to initiate the game, and are capable of stopping the game immediately should it get out of control. Many dogs can be taught to play Hide and Seek without becoming too excited. Other dogs like to search for their toys and bring them to you.

How can I teach my dog to play fetch?

Most young puppies, even those that do not have an inherent instinct to retrieve, can be taught how to play fetch from an early age. You will need to train your dog/puppy to do three things; go get the toy, bring it back, and relinquish it to you so that you can throw it again. First, make the toy enticing. Try a squeaky toy or a ball. Toss the toy a short distance, 1-2 feet, and encourage your dog/puppy to go to it. When he gets there, praise him. If he picks it up in his mouth, tell him "Good dog." Then move backwards a short way, clap your hands and entice your dog/puppy to come towards you. All the while you should be encouraging verbally with a happy tone of voice and lots of praise. When your dog/puppy returns to you, say "Give It" or "Release" and show another toy or even a small food treat. Most puppies will gladly give the toy to get the new toy or treat and at the same time will quickly learn the give or release command. By repeating the entire sequence of events again, the game of fetch itself, should soon be enough of a reward that food and toys will no longer be necessary to entice the dog/puppy to give the toy. At the end of each fetch play session, have the dog/puppy return the toy and give a toy or chew treat for the dog/puppy to play with as a final reward for releasing the toy.

Teach your dog some NEW tricks

Let's face it: with commands like "sit" and "come" under your dog's belt, you can take him out in public, but dog food commercial directors aren't pounding down your door. You

want a dog that raises eyebrows, attracts comely (human) members of the opposite sex, and pays your bills. While all of these things may not actually happen, we can help you teach your dog a few more fun little tricks.

Shake

1. Get your dog to sit first and hold his attention with a treat.
2. Then pick up one of his front paws and hold it very loosely in your hand as you say, "SHAKE."
3. Don't grab his paw or he'll get freaked out by the pressure and withdraw.
4. Reward him immediately and repeat the exercise several times before giving him a chance to place his paw onto your open palm by himself.
5. If he doesn't do it after a couple of seconds, pick up his paw for him, while saying, "SHAKE," and guide it into your hand.
6. Eventually, he'll get the idea.

Advanced Dog Tricks

This section covers advanced dog tricks that you can train when your dog has mastered the basics. Note that PATIENCE is the key to successful dog tricks.

Repetition with rewards will reap the right actions/behavior.

Most of the actions you see dogs doing in movies are just a bunch of simple tricks. If you learn these tricks, maybe you can be in a movie too.

By teaching your dog to do each trick, you can have him/her capable of being a movie dog (or just a fun pet).

Some of these tricks help the dog in other sports such as agility and in obedience.

Likewise, agility work can be incorporated into movie work. For example, dogs that can jump obstacles can be taught to jump in and out of moving cars, leap over people or other dogs, or jump in and out of windows. A-frame work can be used to teach the dog to go over fences or other high obstacles and dog walk training can be used to teach dog to walk along narrow walls, etc. The circle obstacle with the hole covered with saran wrap can be used to teach the dogs to jump through a window. This list doesn't include tricks such as retrievals which are used often in movies or bite work. Bite work should only be done by a trained handler as you must do it properly to be effective. None of these tricks require special equipment. They are meant to be

fun for you and your dog. This list includes some instructions on how to do them but there are many ways to teach the same trick. Use the one that works for you and your dog.

PLAY DEAD/BANG

Agility Use: to get dog to down on table if you are having problems with this obstacle

How: With dog in sit or stand stay, point finger and pull hand up while saying bang. This action is similar to the down hand signal. Dog must lie down on side with head down. You may have to do in stages - down and side.

CIRCLE

Agility Use: to improve corners and turns and weaving - helps increase flexibility

How: With dog in stand stay in front of you, give "circle" command and entice dog with food treat or toy to turn in circle. Don't encourage to "chase tail". Give reward when dog turns fully. Gradually give command from greater distances. For distance, it helps to put reward on end of pole and use to get dog to turn in circle.

BOW

Agility Use: before doing agility, this is a good stretching exercise. Can also help on down contacts

How: With dog in stand stay, handler in front of dog, with reward (food treat) in hand. Move both hands in towards dogs front paws (above paws) while saying "bow". As dog extends head down for treat in a bow position, reward. This trick is eventually down at a distance and can be down from the side with a single hand command.

CRAWL

Agility Use: Helps dogs who will not go through tunnel

How: Dog in down stay. Hold treat in right hand with left hand on dog's withers (farther back on large dogs). Move hand with treat up and down (short movements) while saying crawl. As dog moves forward, hold him/her down with hand on back. Move treat hand away from dog so dog has to follow to get treat. Reward initially after any movement and then require longer distances. If dog has trouble crawling, this can be down under someone's legs or under a solid chair or low agility table.

BACK UP

Agility Use: positioning dog at start, repositioning if dog slightly overruns weave poles, general control

How: Handler in front of dog. Step into the dog, move hands towards dog in a pushing motion (palms up facing dog). Dog will have to move backwards as you move into it. Reward with "good back" as soon as dog takes one step. Best way to reward is to toss the treat into the dog's mouth. If you let him take it from your hand it is hard to get distance on this one. Leash can be used to move dog back if he has trouble. Wall keeps dog straight. Gradually stop moving towards dog as you give the verbal command and hand signal. When learned properly, the dog will back away from you in a straight line for extensive distance (depending on comfort zone of your dog).

TOUCH/TARGET

Agility use: use to send your dog to an obstacle or to encourage touching contact

How: Train this one by first having dog touch a piece of paper stuck to the wall. Take dog to wall, command "touch" or "target" and touch the paper. When dog jumps up and touches the paper, reward her. Then place an object on floor and send dog to "touch or target. Reward, when dog moves to object and touches it.

TURN OUT LIGHT

Agility Use: same as target - a fun trick to do that helps dog learn to go away from handler and touch or manipulate an object

How: Hold treat at light switch (make sure dog can reach the switch when on back legs. For short dogs, place on sturdy table at light switch). Give command "turn out light" or "light off". When dog jumps up to get treat make sure her paws hit the switch. Reward with "good light off/out", or whatever your command was. Gradually start to stand away from switch and send dog. Toss treat when dog jumps up and paws at light. You can also teach this by placing the treat on the switch so dog has to knock it off. This method may, however cause the dog to use the mouth to hit the switch more than the paw so it is preferable to hold the treat in the hand.

JUMP OVER DOGS

Agility use: Practicing jumping obstacles, socializing with other dogs, being handled on obstacles from both sides

How: This is an interesting trick to do once you have a group of dogs that meet certain qualifications:

- Get along (i.e., non aggressive with each other)
- Keep a still down stay
- Good at jumping low obstacles

If you have this combination, this trick can look very impressive. First, start with pairs. Have one dog in a down stay position with the handler holding the leash short and a treat in hand if required. The other handler gives the "over" command and while on leash has the dog jump the one who is down. Repeat in opposite direction to get dog used to jumping on both sides of handler. Then switch dogs. When the pairs are reliable, put up to 6 dogs in down stays about 3 feet apart (depending on size of jumper). One dog (on leash to begin) jumps all of the other dogs. This is repeated several times for each dog and then they change places until all dogs have had a turn jumping.

WALK UNDER

Agility Use: apart from teaching a long stretch exercise which is good for warming up, there isn't too much related to agility in this one but it's fun and looks good.

How: Same qualifications for dogs as Jumping Dogs. Once all of the dogs can bow and hold it, line up dogs very close together and give the "bow" command at same time. Tell dogs to "stay" - handler holds treat close to keep attention. You need to use a very small dog such as a terrier for the next part. While the larger dogs are in bow position, the small one starts at one end and walks under their rear legs. Trick is to keep the large dogs from lying down. This takes great concentration and muscle control by the large dogs.

SPEAK

Agility use: none

How: This is usually a simple one to teach if your dog likes to bark at you. Trick is to get her to do it on command and from distances. First decide on a hand signal that is not similar to any other. You can use a motion of opening and closing thumb and fingers (facing the dog). Some handlers think this looks more like a mouth opening and closing. Other handlers use a closed fist, twisting motion. Tell your dog to "speak" at the same time. When she does, reward with a treat immediately and say "good speak". If your dog doesn't bark readily, continue to give command until she gets really fed up with you and barks. Then quickly reward. She won't know why but if done enough, she'll get the message. Gradually give the command verbally only and then hand signal only. Increase distance to the maximum comfort zone.

WEAVE HEELING

Agility use: improves flexibility

How: Start heeling off leash. Have a treat in both hands. As you step with right foot exaggerate the step and bait dog under your leg while saying "weave". Dog is to walk under your leg to your right side. Then as you take the left foot step, repeat to left side. Continue as you move forward. This trick takes time to learn and if you have a large dog it can be more difficult. The

trick is to keep the dog weaving in and out under your legs. Once you have this one, you can combine it with the next trick (circle me) into a complete heeling pattern.

CIRCLE ME

Agility use: circles improve turns and keeps dog focused on handler. May help in direction changes

How: Start heeling with treat in hand. Bait dog while saying "circle me" and draw the dog around your body so dog is completing a circle around you. Remember to continue to move forward while doing this. Make it lots of fun and get dog to skip around you. This is a fun trick - not an obedience exercise. Change direction until dog can circle you in both directions. When you've got this down to a fine art, do two circle me's, 2 weaves, repeat, repeat. Then make up different combinations. For example: circle me, circle me, weave, weave, circle me, circle me, bow (and then reward). Note that this can take several weeks to get or your dog may pick it up very fast.

WAVE

Agility use: none

How: Place dog in sit stay. Decide on a hand signal. It can be a circular movement of your hand like a wave or hold hand palm up and wave fingers in and out (as in making a fist). It is not recommended doing a real wave with palm facing down. It looks too much like the speak command and can confuse the dog. Sitting close to your dog give the command and hand signal. If dog doesn't do anything nudge her paw until she lifts it up. Reward her. Eventually require her to lift paw higher. Always reward every time she does it. Eventually start to give command from farther back.

HIDE YOUR EYES

Agility use: none

How: The dog can be in a sit or down for this one. The idea is to get her to cover her eyes with one paw on command. It will take some practice to find out the best method for your dog as we find they all respond to different signals. You may prefer to do it in a down. Then with treat in hand, tell the dog to "cover your eyes". Physically lift her paw over her muzzle and reward. If you blow gently on her nose, she may be inclined to swipe at her face. When she does this, reward her. You have to just repeat the command and movement until the dog realizes what is needed to get the treat.

BOOK ON HEAD

Agility use: balance

How: Find a book that is suitable to the size of your dog. Balance book either on head between ears, on withers or on muzzle. This depends on your dog's body shape. Hold the dog still with left hand and place book with right. Hold book while saying "stay". Eventually remove both hands (slowly) until dog is balancing book. Count to 3 and remove and release and reward. Idea is to increase time the dog holds the book. The ultimate is to have the dog come while balancing the book. This is a hard one so don't expect instant success.

COOKIE ON NOSE

Agility use: none

How: Hold dogs muzzle and give "stay" or "leave it" command. Place a cookie on top of nose and continue to say "stay" or "leave it". Let go of muzzle. Dog must hold the cookie until you give a release command - "take it". Then she must catch the cookie in her mouth. This is a fun way to give treats and looks cute.

FIND IT

Agility use: none

How: The idea is to have the dog use her nose to find a hidden object. This is good practice for tracking or utility work. First, start with simple exercises. Show the dog a treat (strong smelling ones work best). Then let the dog see you place it under the edge of a towel about 6 feet away. Let the dog smell the scent of the treat on your hand. Send dog and say "find it". Reward with praise when she finds the treat. The reward is the treat. Start to move farther back from the hiding place and move the location of the treat - put it further under the towel so it is harder to get out. Then leaving towel in same place put the treat a few feet away from the towel and send the dog. The dog will have to sniff out the location. Eventually, you will place the dog with her back to the location and have someone make sure she can't see where you put the treat. Then when that level has been achieved, move the dog to another room, hide the treat, let dog sniff your hand and send to "find it". Give lots of praise. You can eventually move from food to solid obstacles such as keys, toys, etc. This makes the exercise into retrieval.

SNEEZE

Agility use: none

How: The object is to make your dog sneeze on command. The signal will be the handler cupping her hands around her nose and mouth and saying "sneeze". With the handler seated in a chair, have your dog in a sit/stay in front of you. Cup your hands around her muzzle, say sneeze and blow gently into her nostrils. Continue until she either snuffles, sneezes or makes any such motion. Reward "good sneeze" and treat. Repeat. This may take a long time

depending on the dog. Some will sneeze immediately, and others will take a lot of work to respond.

GO THAT WAY

Agility use: sending dog to a location

How: The object is to tell the dog to go in a certain direction and she will move wherever you point. First use bait (can be food or toy). Place three baits – one directly in front of you about 10 feet away, one along the same line (10 feet away) to the right and one to the left. Dog is in sit or stand beside you on long line (or flexi). On command "go that way", point to the treat you want the dog to go to. If dog has trouble, toss a treat in that direction to get her started. Reward when she moves correctly. If the dog goes wrong way, stop her with the long line and direct again. Continue to give the command until there is success. Once dog picks up first treat point to the next one and say "go that way", and so on. The dog must pay attention and move in the direction you are pointing to. Eventually you will start to give commands when the dog is in a position away from you. For example, send your dog to the left (may have to toss a treat.) When she gets there tell her to "down" or "sit". If she does it, walk in and reward. Alternate commands until your dog will obey from longer distances.

SAY PRAYERS

Agility use: none

How: The object is to have your dog put his head down between his paws on the command "say prayers" and to end the exercise on the command "amen". Start with handler seated on a chair, dog in sit/stay in front. Put a treat on chair between your legs. Tell dog to "say prayers" and encourage or lift both front paws on to the chair (NOTE: dog must remain seated). The action is similar to a beg with the paws resting on the chair. Tell dog to "leave it" so he doesn't eat treat and repeat "say prayers". Dog should stick nose down to the treat between paws. Then give release "amen" and reward with the treat. You may find this easier to do on a low table. While standing behind dog, guide paws on to table and encourage him to lower muzzle between paws towards the treat.

SHUT DOORS

This is a great trick to teach your dog how to shut doors on his own:

1. Situate your dog and yourself in a room where the door closes when pushed towards the doorjamb. (Make sure it isn't a swinging door.)
2. Position the door to be only three inches open.
3. Hold a treat up against the door, at the height of your dog's nose.

4. Tell your dog to come.
5. As he rushes over to claim his reward, lift the treat up and away just before he reaches it, so his nose bumps against the door and it gets pushed forward a little.
6. As he comes in contact with the door, say, "DOOR," then praise him.
7. If he doesn't touch the door, don't reward him; just repeat the exercise until he accidentally does.
8. Have him push the door further and further, until it actually shuts. With consistent practice and patience, he'll soon be slamming doors shut right and left.

Dog Health Insurance

Should you seriously consider buying a dog health insurance policy? Yes, you should. Here's why health insurance for dogs is a good idea:

Dog health insurance saves you money. As with just about all other costs, veterinary expenses have increased rapidly in recent years. Without dog medical insurance (or more accurately, veterinary insurance), you are responsible for paying for everything: routine checkups, preventive procedures, and emergency care and disease treatments. That will run into hundreds or maybe thousands of dollars. Why not get some help?

Dog Health Insurance: Quick Cost Facts

Health insurance for your dog, like health insurance for yourself, has annual premiums and deductibles. Dog insurance premiums depend on the breed of your dog and the type of policy you decide upon. If you have more than one dog, there is usually a reduced rate after the first policy. Dog health insurance deductibles can vary as well. The average annual deductible is about \$100. You may choose among different coverage plans which are based on your dog's age, breed, and pre-existing medical conditions. Some policies even consider the dog's lifestyle; for instance, whether your dog is purely a dog or a watchdog, too.

Health Insurance for Dogs: Quick Coverage Facts

Dog insurance healthcare plans can vary greatly. Some canine health plans are quite comprehensive, covering annual checkups, routine care, vaccinations and other preventive medications, and spaying/neutering, as well as illnesses and accidents. Others only cover unexpected sickness or injuries. Dog insurance coverage for emergencies begins immediately on most new dog health plans, with a 30-day waiting period for illness and other claims.

Your dog's age can affect your dog's health insurance coverage. Typically, policies begin veterinary healthcare coverage when the dog is 6 to 8 weeks old, although some will start when the dog is younger. Similarly, some dog health insurance companies will only cover dogs under 8 years old unless they were already insured with them before turning 8.

Many dog health insurers will not cover your dog if she has a preexisting condition or a terminal illness. Some will insure the dog only if the condition is controlled or stable, usually for 6 months.

With all these options, it is important you check out the various dog health insurance companies, their dog insurance policies and corresponding dog healthcare plans. In short, if you care about your dog, you should care about their health. If you care about your wallet, you should care about your dog's health insurance coverage, too.

Female Dog Care

As there are certain health issues that affect only the female dog, care should be taken to ensure that these are fully understood before deciding whether or not to buy a female dog. The most important dog health care concern is that of spaying. Only those who are fully educated in all aspects of a specific breed and who have the time and energy to put into making sure that bloodlines are kept strong and healthy should ever consider breeding. With that in mind, most owners of female dogs will not be thinking of breeding and should therefore seriously consider having their dog spayed.

If the necessary surgery is carried out before your dog has her first heat cycle, the likelihood of her ever developing breast cancer will become almost zero percent. That alone is a very good reason to have your dog spayed as breast cancer is otherwise relatively common in older bitches. The chances of your dog developing pyometra, a disease of the uterus that can be fatal, are also greatly reduced. Having your dog spayed will also relieve her of the twice yearly 'season' and the anxiety that often becomes part of it. She'll no longer want to roam in order to find male dogs to mate with and you'll no longer have to put up with the crowds of dogs who follow you during walks or who gather outside your home, and most important of all, unwanted dogs that can become a problem. If your female dog starts collecting her toys and treating them as if they were puppies, she's almost certainly experiencing a false pregnancy. Fortunately, this rarely lasts more than a week and although the dog will become very protective of her imaginary offspring, treat her as normal and she'll soon forget them.

If you've opted to not have your dog spayed, it's important to understand how her heat cycle works. The first 10-14 days is the period BEFORE ovulation and this is the time during which she will bleed. Ovulation occurs as the bleeding stops so it's important to understand that it's during the 10-14 days following bleeding that she's actually most likely to become

pregnant. Far too many owners make the mistake of believing that their female dog is safe once the bleeding stops and over-filled dog shelters are the sad result.

Doggie diapers are available in most dog stores and come in a range of sizes to fit different breeds. These are designed to stop the dog leaving blood on your furniture and rugs but unfortunately, unless the dog has been taught to accept wearing them from a very young age, most will soon chew them off

Female dog owners who choose not to have their dog spayed **MUST** monitor their dog regularly for any lumps in the breasts and remember that unless you're serious about breeding, you have a duty to ensure that your dog doesn't produce unwanted puppies who will eventually find themselves sitting in a shelter waiting for their death sentence to be passed.

How to tell if your dog is sick.

Owners who observe and handle their healthy dogs have a head start on recognizing early signs of illness in their pets. That who know what a healthy pet acts, feels, and smells like, can spot differences in behavior and bodies and determine whether a trip to the veterinarian is necessary. Healthy dogs have a temperature of 101-102° F, a respiratory rate of 15-20 breaths per minute, and a heart rate of 80-120 beats per minute. They have pink mucous membranes (gums, inside of lips, tongue, inside of eyelids) and rapid capillary refill action in these areas. They have clean-smelling ears and skin and a full coat of hair. Their skin is pliant, an indication of proper hydration, and their eyes are clear and bright.

If your puppy or dog shows any of the following signs, be prepared to call your veterinarian.

- Eyes: swelling, discharge, redness, etc.
- Nose: running, crusting, discharge, etc.
- Ears: discharge, debris, odor, twitching, scratching, shaking, etc.
- Coughing, gagging, sneezing, retching, or vomiting.
- Irregular breathing, shortness of breath, prolonged or heavy panting, etc.

Intestinal activity

- Color and consistency of bowel movement
- Frequency of defecation
- Bloody stool
- Evidence of parasites, etc

Change in amount of food intake

Change in body weight

Change in water intake

Urine

- Color
- Frequency
- Amount
- Straining
- Dribbling, etc.

Odor

- Mouth?
- Skin?
- Ears?
- Other?

Coat & skin

- Wounds
- Tumors
- Hair loss
- Dander
- Color change
- Biting
- Scratching
- Bite marks
- Evidence of parasites
- Licking, etc.

Behavior

- Depression
- Anxiety,
- Fatigue
- Lethargy
- Sleepiness
- Trembling
- Stumbling
- Falling, etc.



Noticing signs is half the battle; keeping a record helps the veterinarian make a diagnosis. Be sure to note when the symptom first appeared, and whether it has been intermittent, continuous, increasing in frequency, getting better, or getting worse before calling the veterinarian.

Hazardous and/or Dangerous Items to Dogs

Having a pet is similar to having a small child. They do not know what they can and cannot put in their mouths. It is up to us as responsible pet owners to be aware of things that are dangerous to our pets.

Here is a list of items that are hazardous to our pets.

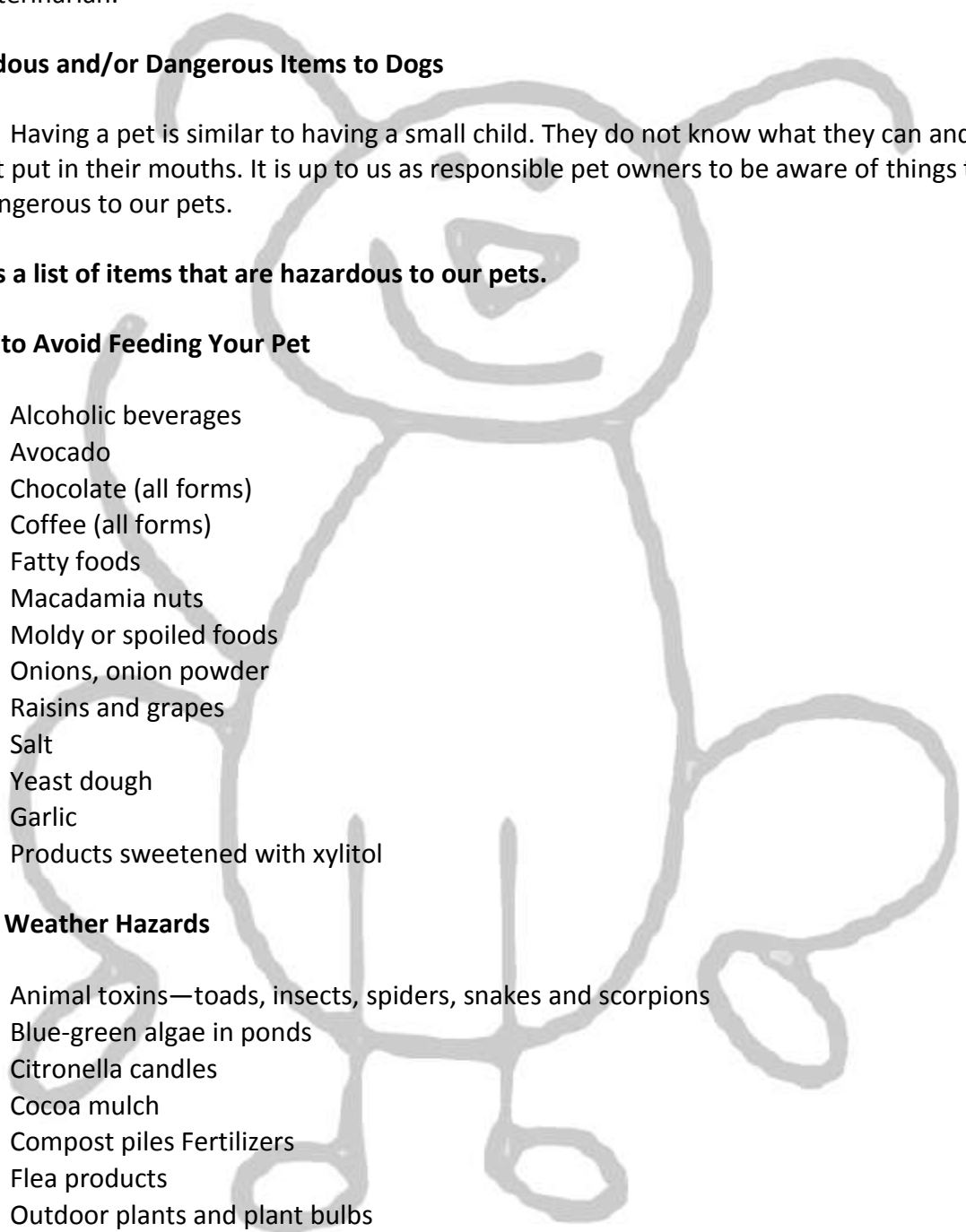
Foods to Avoid Feeding Your Pet

- Alcoholic beverages
- Avocado
- Chocolate (all forms)
- Coffee (all forms)
- Fatty foods
- Macadamia nuts
- Moldy or spoiled foods
- Onions, onion powder
- Raisins and grapes
- Salt
- Yeast dough
- Garlic
- Products sweetened with xylitol

Warm Weather Hazards

- Animal toxins—toads, insects, spiders, snakes and scorpions
- Blue-green algae in ponds
- Citronella candles
- Cocoa mulch
- Compost piles Fertilizers
- Flea products
- Outdoor plants and plant bulbs
- Swimming-pool treatment supplies
- Fly baits containing methomyl
- Slug and snail baits containing metaldehyde

Medication



Common examples of human medications that can be potentially lethal to pets, even in small doses, include:

- Pain killers
- Cold medicines
- Anti-cancer drugs
- Antidepressants
- Vitamins
- Diet Pills

Cold Weather Hazards

- Antifreeze
- Liquid potpourri
- Ice melting products
- Rat and mouse bait

Common Household Hazards

- Fabric softener sheets
- Mothballs
- Post-1982 pennies (due to high concentration of zinc)

Holiday Hazards

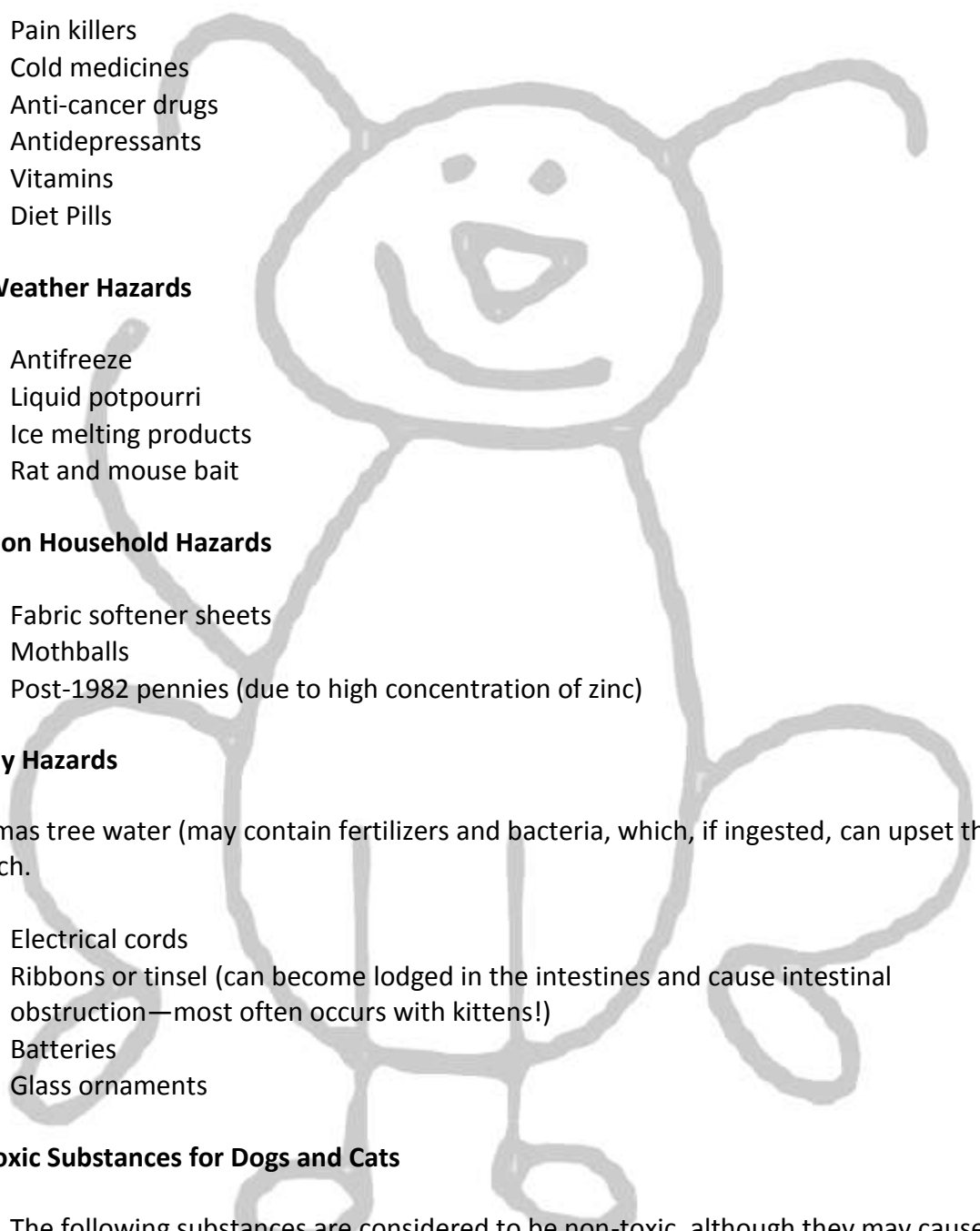
Christmas tree water (may contain fertilizers and bacteria, which, if ingested, can upset the stomach.

- Electrical cords
- Ribbons or tinsel (can become lodged in the intestines and cause intestinal obstruction—most often occurs with kittens!)
- Batteries
- Glass ornaments

Non-toxic Substances for Dogs and Cats

The following substances are considered to be non-toxic, although they may cause mild gastrointestinal upset in some animals:

- Water-based paints
- Toilet bowl water
- Silica gel



- Poinsettia
- Cat litter
- Glue traps
- Glow jewelry

If You Think Your Animal Has Been Poisoned...

In spite of your best efforts, your animal may accidentally become poisoned. Being prepared can save your pet's life. Know your vet's procedures for emergency situations, especially ones that occur after business hours. Keep phone numbers for your veterinarian, the ASPCA Animal Poison Control Center, and a local emergency veterinary service in a convenient location.

Keep a pet poison safety kit on hand for emergencies.

Your kit should contain:

(Some are also listed in the home first aid kit below)

- A fresh bottle of hydrogen peroxide 3% (USP)
- Can of your pet's favorite wet food
- Turkey baster, bulb syringe or large medical syringe
- Saline eye solution to flush out eye contaminants
- Artificial tear gel to lubricate eyes after flushing
- Mild grease-cutting dishwashing liquid for the animal after skin contamination.
- Rubber gloves
- Forceps to remove stingers
- Muzzle (Remember, an excited animal may harm you.)
- Pet carrier

Call the ASPCA Animal Poison Control Center's 24-hour emergency hotline at (888) 426-4435.

A consultation fee may apply. When you call the center, please be ready to provide:

- Your name, address and telephone number
- If you know what substance your pet has ingested, have the product container/packaging available for reference. You'll also need to provide information, if you know it, about the amount ingested and the time since exposure.
- Your pet's species, breed, age, sex and weight
- All symptoms your pet is experiencing

A Basic Home Dog First Aid Kit

- Activated Charcoal (available at drug stores) for absorbing poisons
- Adhesive tape to secure bandages
- Antibacterial ointment or powder for cleaning wounds
- Artificial tears for flushing eyes
- Benadryl, for allergic reactions, as directed by the vet (usually children's Benadryl at half a teaspoon)
- Blunt-tipped scissors to trim hair from wounds and cut bandaging material
- Chlorhexidine for cleaning wounds
- Cloths or sanitary napkins to help stem blood flow
- Cotton balls
- Cotton swabs
- Disinfectant solution
- Eye dropper, turkey baster, or syringe to flush wounds
- Gauze pads and rolls to make bandages and a muzzle
- Hydrogen peroxide (3 percent) to induce vomiting as instructed (Do so only on the vet's instruction. Do not induce vomiting unless the vet advises you to; in some cases of poisoning, throwing up can make the situation worse.)
- Kaopectate (ask your vet what amount is appropriate to control your dog's diarrhea)
- K-Y Brand Jelly or petroleum jelly to lubricate the thermometer
- Needleless syringe for giving liquid medications
- Plaster splint for broken limbs
- Rectal thermometer
- Towels
- Tweezers

Some pet stores will sell already made up first aid kits for your dogs, however, they may not include all of the items listed above. These items are good to have around so you can be ready for just about any situation your dog can get into. Having a well supplied first aid kit around the house for your dog will help to control the situation before it gets out of hand and help the vet out as well.

Treats that can Poison DO NOT Feed!

Anyone who has ever owned a dog will know that they are not particularly fussy eaters, to put it mildly! Anything and everything that can be consumed will pass through a pooch's digestive system at some point, and by no means will all of it be food as we know it! Your dog also has a very well developed sense of smell, so that what he or she considers to be "foodstuffs" (yesterdays chicken bones in the kitchen trash can, for example), stuff that you

may believe is hidden (i.e. out of sight) is as evident to your dog as the nose on his face. Rest assured that your dog will find anything that can be eaten, wherever it is! Ninety-nine percent of the time, this will not be a major problem. An inconvenience maybe when tonight's dinner that was cooling in the kitchen miraculously disappears, but not a major drama.

The problem is that dogs (obviously) have little or no knowledge of whether what they eat is good or bad for them, nor do they care. Reverting to the previous example, every human probably knows that, whilst beef or lamb bones are a delectable treat for Fido, chicken bones are a definite no-go, owing to their tendency to splinter and stick in the dogs throat. However, not every dog owner is aware that some of the everyday foodstuffs that we consume and take for granted, and are happy to give to our families, could be very dangerous, even potentially lethal, if given to your dog.

For example, were you aware that the ***Simple Chocolate Bar*** that is stashed at the back of your fridge might actually constitute a potentially deadly hazard for your best friend? This is potentially a major problem, as the majority of dogs seem especially partial to chocolate, in my experience. Whilst it has been recently reported that it may be high in human-friendly antioxidants, the problem for your dog is that chocolate contains various chemicals, which can be highly dangerous, if not lethal.

Sadly, consumption of relatively minor traces of these chemicals can cause your dog such serious medical problems as increased heart rate, palpitations and so on. Large amounts could even lead to total cardiac failure, seizures, coma and eventually death. Of course, we have to keep this in perspective and it is extremely unlikely that one small piece of chocolate given as a "treat" every now and then will harm your dog in any way. However, be aware that different breeds of dogs show different levels of resistance to the chemicals in chocolate, and that the dogs size and weight would also be a factor to consider. Whilst a pound of the wrong kind of chocolate might kill a smaller dog, it may merely cause a Bull Mastiff or a Doberman to have a day or two of digestive discomfort, and no doubt one or two unpleasant "accidents" along the way!

The simple answer is the obvious one, so don't give the family pet huge amounts of chocolate! At the same time, take precautions to minimize the risks, by making sure that any chocolate in the house is stored above the dogs "forage level" and that your family members, especially young children, know not to give their chocolate away! There are a few other goods that we consider to be food that, again, may not be too good for the family dog. Some strains of mushroom, for example, can cause your dog problems (liver and kidney damage, abdominal pain) and, whilst garlic is extremely good for humans, it can cause vomiting and diarrhea in dogs.

Other Common Household Toxins

1. Sugarless Sweeteners

Xylitol, a sugar substitute, can cause a SEVERE sudden drop in your pet's blood glucose- this will lead to signs of insulin overdose and low blood sugar: staggering, weakness, seizures and even coma. This sweetener is in Sugar free gum, some baked products and toothpaste-

2. Fabric Softeners

Both dogs and cats react SERIOUSLY to these. These are the chemicals that keep clothes from clinging. Just a small part of a piece of fabric softener can cause vomiting, muscle twitches, and excessive drooling.

3. Grapes and Raisins

As few as 6 grapes (or equivalent raisins) can cause some Horrible Side Effects in your Dog. The BIG PROBLEM is that this can lead to Kidney Failure- but it is indiscriminate and we yet DON'T KNOW what causes this. It may be from some unknown substance in the skin or it may be from some chemical spray residue on the grapes.

4. Lilies

A pretty popular flower that many of us have in our homes and in the garden. There are toxic Easter Lilies, but also Tiger Lily, Japanese Show Lily, Stargazer, and Rubrum.

LILY=TOXIN

It can lead to kidney failure, vomiting, diarrhea, and heart complications The bottom line is, do not assume that just because you can eat it, so can your dog. Whilst he will regularly devour a host of things that you would never go near, understand that there are a few things that your digestive system handles without problems that your dog just cannot cope with!

Choking Object Removal / Learning CPR

If your dog was choking, NOW WHAT would you do FIRST?

SIGNS

The signs of choking are much the same as a person. Your dog or cat is struggling to breathe, with their mouth open. They may be pawing at their mouth. They may be attempting to vomit. You may hear an unusual sound as they attempt to breathe and pull air through a foreign object lodged in their throat.

CAUSES

The causes of choking are with anything that can lodge in the throat. An example would be a dog fetching a ball, and having it lodge in their throat. A variety of food objects can lodge in the airway.

SOLUTIONS

CALL YOUR VET IF NEEDED. Dogs are notorious for trying to swallow things that are a little too big. The result can be choking where an object lodges in the airway.

REMOVE THE OBJECT

When time is of the essence, you must act quickly.

Open your dog's mouth:

- Grasp the upper jaw with one hand over the muzzle.
- Press the lips over the upper teeth with your fingers on one side and the thumb on the other so that the dog's lips are between its teeth. Firm pressure may be required. The dog then can't close its mouth without biting itself and is less able to bite you. Pull his tongue out of the way.
- Reach deeply into the back of your dog's throat and try to grasp the object. If it is a ball, and you are unable to move it, try using some type of instrument; tweezers, pliers or even a spoon shaped tong. If this method does not work for extracting the object from your dog's throat, try this technique. Lay your dog on its side. For small dogs, place your palms behind the last rib on both sides of your dog's abdomen and press your palms together quickly 2 - 3 times. Repeat if necessary. For larger dogs, place both hands behind the last rib and push down and slightly forward sharply. Repeat rapidly until the object is dislodged. If you still can't remove the object and if your dog can breathe, transport him to your veterinarian if nearby. However, if your dog still can't breathe you must continue to try to dislodge the object either by compression or by using the
- Heimlich, as your dog is unlikely to survive the delay in reaching veterinary aid.

COMPRESSIONS

Gentle compressions on both sides of the widest point of the chest may help dislodge a ball or other object. Place both hands at the back of your dog over the widest point of the chest while he is standing, and give 5 firm compressions to dislodge the ball.

HEIMLICH

If after trying to manually remove the object and after gentle compressions it won't move, and your dog is still not breathing, then proceed with the Heimlich.

- **TURN** your dog upside down, with his back against your chest.

- WITH both arms, give sharp thrusts to the abdomen.
- AFTER 5 thrusts, stop and check to see if the object is visible in the airway. If so remove it and give 2 mouth-to-nose rescue breaths. If the breaths do not go in, repeat HEIMLICH.
- In some cases, your dog is too large to pick up. You can lay him on his side, and make a fist. Put your fist into the hollow beneath the rib cage, then push firmly inward and upward. Repeat 5 times, and then check to see if the object has been dislodged.
- If after a few attempts it is still lodged, but you can still hear wheezing and some noise when your dog is breathing, then you have time to rush to your vet.

Giving CPR (Revised)

Step 1: A for Airway

Gently open the dog's mouth, pull the tongue out, and try to determine if the dog is breathing. If possible gently straighten out the dog's head and neck, but do not extend the neck out or you can cause further injury. Look at the dog's chest for any sign of respiration, or hold your hand to the dog's mouth to see if you can feel any signs of breathing or respiration.

Once you are sure the dog is not breathing, perform mouth-to-snout. Hold the dog's mouth closed, cup your hand around the dog's nose, and try breathing two breaths directly into the dog's snout. If the breaths go in proceed to Step 2.

If the breaths are obstructed open the dog's mouth again, and check for any visible object that is stuck in the dog's throat. If an object is visible press gently on the dog's throat in an upward motion while you try to remove the object. If no object is visible, perform the canine Heimlich maneuver. Do not proceed to Step 2 until the dog's airway has been cleared.

Step 2: B for Breathing

If the breaths in Step 1 go into the dog's lungs, continue the mouth-to-snout procedure. The ideal number of breaths is one breath for every 3 seconds with an average of 20 breaths per minute. If you are performing CPR on a large dog use your full lung capacity for the breath. If you are performing CPR on a small dog use shorter breaths.

During this process, make sure that your hand is snug around the dog's nose and your mouth and try to blow the air directly into the dog's mouth. Always keep the dog's mouth closed with your other hand. Never force air into the dog's nose. Instead, breathe into the dog's nose at a rate of time, and pressure, that you would normally exhale.

Step 3: C for Circulation

Once the A and B's have been established, check the dog's femoral artery for a pulse, or lay your hand on the upper left side of the dog's chest to see if you can feel a heartbeat. If no heartbeat or pulse is present begin chest compressions.

First lay the dog on its right side, and then locate the middle of the dog's chest which is approximately where the left elbow touches the ribcage. This location is where the compressions should take place.

For small dogs 16 pounds or less, the thumb and forefinger can be used to compress both sides of the chest. For larger dogs, use a palm over hand method for compressions. The chest should be compressed about 1.5 inches down on each compression.

The speed of compressions and breathing is important for the CPR to work properly. Compressions should be done at a rate of 3 compressions every 2 seconds. After 15 quick compressions two breaths should be performed.

If no abdominal injury is possible, another person can gently press on the dog's abdomen as the chest compression is released. This extra CPR, step known as interposed abdominal compression, can help return blood flow to the heart.

Repeat the CPR as necessary and periodically check for any signs of breathing or pulse from the dog. Only stop compressions when you feel a pulse or heartbeat, and do not stop breaths until the dog starts breathing on its own. If possible it is best to have someone continue the CPR in a vehicle while the dog is being transported to an emergency veterinarian clinic.

Easy Home Remedies for Dogs

Any kind of experiment or incomplete knowledge cannot be used on your dog. In fact it is better to consult your vet if you have the slightest doubt regarding any treatment. As with any kind of remedy, home remedies for your dog should not be just a verbal treatment. So you need to possess the right knowledge regarding the quality and dosage of the medicine before giving it to your dog. Also, you should know that any medicine that works for you may not be right for your dog.

Some easy home remedies you can safely use for your dog:

Ticks or fleas

Make a paste of the orange rinds and apply it evenly on the fur of the dog. Let it remain there for five hours. And then wash it gently. This is one easy and safe home remedy for helping your dogs get rid of ticks and fleas.

Dry, cracked paws

You will find the irritation in the behavior of the dog, due to cracked and dry paws. Use extra caution in winter due to ice melting salts. Take Vaseline or petroleum jelly and apply it to the paws for four to five days. You will find the expected improvement and the paws will heal.

Odor problem

As part of the overall cleanliness drive, add a few drops of vinegar in the dog's bath water. Bad smell and unhygienic odor will be a thing of the past now. But to implement the same scheme for bath during winters would be difficult as the dog is reluctant to take the bath. It gets dirty day by day and could be the source of infection for your family. You can use soda bicarbonate as a dry shampoo. Rub it vigorously and evenly. This is as effective as if you have had given a good bath to the dog.

Chewing furniture

Your dog/puppy has the habit of chewing furniture legs. Take clove oil and give a thin coating, on the table legs. You will soon find that your puppy is looking for alternative places for its adventures.

Insects and bites

Insect stings and bites are another common problem with dogs. As soon as you notice this, put an adequate solution of baking soda and water on the sting area, as if you are giving a bath. If swelling occurs then apply ice packs to counter this. Do it a number of times in a day for 5 minutes at a time. If it is a serious sting, watch the behavior of the dog for 24 hours and if you find any abnormality, take him to the vet.

Dog Boarding: What to Look for in a Kennel

Inevitably for many of us, a time will come when we and our pooch must part ways for a few days. If we are old hands at this, we may be satisfied with our current dog boarding situation, but might ask ourselves whether we really know what goes on behind the kennel door. Keep in mind that many kennels are heavily booked during the summer and holiday seasons, sometimes as much as a year in advance. Give yourself time well in advance to visit the boarding facility. Bear in mind that larger kennels, despite telling you otherwise, often do not have the staffing and time to furnish the level of human care and contact you would like. Smaller kennels, where the owner takes part, are often better at delivering one on one attention. Having no more than about 20 runs is a good indication that individualized care is being given, all other things being equal.

Ask Questions:

Some kennels overbook, in which case you may find that some of the dogs are simply crated to accommodate the overflow. You need to inquire about this. Naturally, you will want to know about exercise and feeding schedules, vaccination requirements and staffing at night.

Will your pet have a separate run? How are emergencies handled? Is there an on call veterinarian? Will the kennel's policy allow you to bring your dog's favorite food and a few toys? What are the daily charges? Are there services for which there are additional charges? Remember, you may think its better for your sweetie to have nice furniture and plush surroundings, but those are just there for you to pay more. Your little Millie could really care less. Rates vary widely depending on theme and location. Ask about drop off and pickup times. Many kennels are closed on Saturday afternoons through Sunday. If you cannot retrieve your pet beforehand, you'll be charged for the extra time.

Take a Tour:

Obviously, if a dog boarding kennel will not make an appointment for you to look it over, don't even consider it. Try to go midweek, since kennels are busiest on Mondays and Fridays. When you go, most importantly, sniff the air. An unclean kennel will smell of lingering feces and urine. Look for cleanliness in the outdoor runs. Is the surface concrete? Indoors, is the flooring something other than cold concrete such as wood? Look at the kitchen. Is it clean and is food put away? Are food and water bowls clean? Is the yard clear of debris and hazards? Use you common sense. Overall, is the facility shopworn, in need of repairs? Pay attention to your first impressions. Engage the staff in conversation and pay attention to your intuition. Do they seem caring? Be sure to mention any of your dog's behavior problems or special dietary and medical needs and measure their reaction? Also, once you decide on a kennel, you should let them know how to contact your vet. Don't hold back. Allow yourself to become fully informed and you'll stand a much better likelihood of choosing the right kennel for boarding your dog.

Common Health Problems of Dogs

Arthritis

Did you know that arthritis affects one in five dogs over the age of seven? It is a painful condition that affects the joints and can occur in your dog's neck, hips, shoulders, elbows and back. However, there are many simple solutions that you can provide at home that will relieve the aches and pains in your dog's joints.

Change Your Dog's Diet

Easy enough and it worked for my dogs. Be sure you are providing a high-quality dog food with no added preservatives, food colorings, wheat, corn or soy products. It would be preferable to get a dog food that is low fat AND has low carbohydrates, but unfortunately there

is no such thing as a low-carb dog food. Just be aware that grains (which make up a large component of dry dog food) tend to increase inflammation and aggravate arthritis. A better alternative would be to switch to home-prepared meals with either cooked or raw meats or vegetables. However, if you don't want to prepare meals for your dog, then cut back on the dry food and start adding a cup of fresh veggie "salad" every day. Celery is excellent for the joints. I often chop up lettuce, celery, cucumber, some carrot, and any other fresh vegetables I have on hand. Just make sure to cut all vegetables into very small pieces for easy digestion (a food processor is perfect for this) and don't use onions or mushrooms as they may be toxic to your dog.

Provide Supplements That Reduce Arthritic Swelling and Pain

Give your dog a glucosamine tablet. Glucosamine helps the body manufacture glycosaminoglycans, which is designed to maintain cartilage structure. The recommended dosage is ¼ mg of a 500mg tablet per 10 pounds of body weight once a day. Preferably use a glucosamine tablet that also contains Chondroitin Sulfate. This supplement helps to attract water into the cartilage for added nutrition and lubrication. It also seems to inhibit excessive cartilage destroying enzymes. Methylsulfonylmethane (MSM) is a naturally occurring organic dietary sulphur that has been shown in studies to relieve arthritic pain, slow joint deterioration and reduce inflammation with no negative side effects.

Dogs don't usually get enough Omega 3 fatty acids in their diets. Omega 3 helps to regulate pressure in the joints, among many other things. A good source for this is fish oil capsules. Additional vitamin E will also be needed since adding more oil to the body increases the need for this vitamin.

Reduce Excess Weight

Extra weight on a dog puts extra pressure on the joints and causes more pain and swelling. Begin by reducing the amount of treats given, cut back a bit on food, and provide a lower fat diet for your dog. Exercising is also important. If possible, take your dog out for several shorter 10 to 15 minute walks each day rather than going for one long walk. Another great strategy is to take your dog swimming. They'll get the exercise without stressing the joints. A bathtub works well for very small dogs. However, if your dog is a landlubber and hates water don't push the issue.

Keep Your Dog Warm and Cozy on Cold, Damp Days

Set up a soft bed or some layers of fleece in the area where your dog normally sleeps. If your dog usually stays outside, then provide an insulated dog house with soft bedding on the floor. Be sure the doorway is somewhat sheltered and facing away from the wind. Better yet, bring them inside when it's cold and/or wet.

Apply Moist Heat

Apply a hot water bottle with warm water or use a towel soaked in warm water that's been wrung out to your dog's aching joints. Moist heat penetrates deeply and provides welcomed relief. Do not use a heating pad as it may get too hot for the dog and burn them especially if your dog has limited mobility - they may not be able to get up and move away from a pad that is too hot.

Raise Your Dog's Food and Water Dish

If your dog has arthritis in their neck or shoulders, consider raising their food and water bowls so they don't have to bend their head down to eat.

Give Your Dog a Massage

Don't we all love to have sore muscles rubbed? Gently rub around the affected joint and massage the surrounding muscles. This gentle kneading and the heat from your hands should ease some of the pain.

Use a Ramp for the Stairs

If your dog has a hard time going up and down stairs, think about buying or making a ramp that can be laid over the stairs so your dog can more easily maneuver them. This is especially useful for when they need to go outside to "do their thing" or are required to jump into a truck for a trip to the vet. Additional alternatives include herbal and homeopathic products, acupressure, acupuncture, and chiropractic care. Safer and often just as effective, these are just some of the things that you can do at home for your dog to give them relief from arthritic pain.

Bad Breath

While your friends and family are happy that you're raising such an amazing dog, you notice that they flinch when the dog gets too close. They may shrug away or not bend down to pet them as they once did. While they may not say so directly, it could be due to your dog's killer breath. While this situation is all too common, hopefully you've noticed your pooch's halitosis before anyone says or does anything to cause you (or your poor dog) embarrassment. As stated, your dog cannot tell you that he has a sticky, plaque taste in his mouth that won't stop. It's your job to understand that he, like you, needs his teeth brushed and his gums attended to regularly. Bad breath can make being around any dog a terrible experience. Sometimes the bad breath is so strong that it permeates an entire room. Bad breath can be blamed on a number of culprits. A couple of the most common are dental or periodontal disease. This can all be associated to your dog not properly chewing his food (i.e. not allowing saliva to do its job), having a broken tooth or dental plaque and tartar. Also, your dog could be

suffering an internal problem that is causing his bad breath. He could be having problems with kidney or liver function. The best thing to do in extreme cases is to consult with your vet. So, in order to keep everyone in awe at your amazing dog, you'll want to be sure to take care of three of the major components that will not only help your dog's overall health, but will help prevent and/or control his bad breath. These deal with regular home dental care, diet and professional cleanings. It is estimated that 80 percent of dogs over the age of three suffer from the periodontal disease — a serious deterioration of the gums and supporting bones of the teeth. Yes, it will give your dog bad breath, but left unchecked, the bacteria that cause this disease can enter the bloodstream, causing infection to vital organs. Research indicates that proper oral health may extend the life of your dog by two to five years! By the way, the exact same statistic holds true for adult humans. And 80% is a conservative estimate. Periodontal disease is painless, insidious, offensive (except to the offending party, who has no idea about their halitosis), and entirely preventable. At home, you'll need to brush your dog's teeth everyday. It will take a valiant effort until it becomes habitual for you and your dog. It's best to get your dog accustomed to this procedure when he's a dog/puppy. If not, older dogs will put up more of a fuss. Brush your dog's teeth for at least thirty seconds using special dogtooth brushes and dog toothpaste. **Never ever use human toothpaste.** If swallowed it could have dangerous side effects. Reward your dog/puppy or dog after each brushing. Every few days, after meals, you may want to give your dog a rawhide chew. Monitor your dog when giving such treats as choking can occur.

Next, you'll want to be sure that you are meeting your dog's nutritional needs. Do not feed your dog table scraps—ever. And, never feed your dog candy, especially chocolate. Give your dog the best food designed for his body type and breed.

Finally, you'll want to be sure to have your dog's teeth brushed and professionally treated by a veterinarian every six to twenty-four months. After your first consultation, ask your vet what schedule he believes is best. It can vary depending upon breed and lifestyle. Also, your dog may have to undergo a general anesthesia in the vet's office before the brushing. For older dogs, talk to your vet, especially if it's been awhile (up to a few years) since your dog's last cleaning. Some vets will not put older dogs under anesthesia for regular cleanings. Your dog's breath, if all the above mentioned elements are combined, should be just fine. If your dog's bad breath continues after one or two months of regular monitoring, then consult your veterinarian. It could be something else. Once the problem is solved, your awe-inspiring dog will be able to give you and anyone else all the doggie-kisses that he truly wants to share!

For quick reference print out the problem areas you wish to correct the most and continue to be patient. Always remain calm but assertive for the best results and remember you need to become the leader first to overcome almost any behavioral goal, not the follower.

The contents of this training guide are provided as informational reference only. Any consequences that arise from use of the information provided within this dog behavior training guide are strictly the responsibility of the reader. Please speak with your vet, or an expert

trainer near you if you have any questions, **especially concerning aggressive behavior**. We will not be held liable for use of the information contained within this guide.

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A word from the owner of [SpeedyDogTraining.com](http://www.SpeedyDogTraining.com)

I took on this internet entrepreneurship venture in hopes to create something valuable and if needed, improve its content and make a better and more acceptable product. During my venture upon discovering the “turn key” website of [SpeedyDogTraining.com](http://www.SpeedyDogTraining.com), I found that the information could be found all over the internet. Furthermore, when I first received the contents of this “ebook”, it was in this same “.pdf” format. I noticed it too contained information available free all over the net, though compiled nicely in one convenient location. Since I was given full book resale rights and website content control, I have taken that same ebook and re-organized its contents to provide a better read. I also decided that an electronic version of this book, ie. for the nook, would be appropriate. (Coming soon! Not free however, Refer to www.SpeedyDogTraining.com for updates if interested) Prior to making these changes, this site was geared to promote the sale of this book at a “retail value of \$39.95 but get it now for \$19.95”. (The same as other cookie cutter sites) After tossing around my own promotional ideas similar to; donating a portion of the proceeds to a dog shelter for promotional purposes, I decided to make the book available for free with no obligation. All I ask is that if you do find the compilation of the information useful and are satisfied with the contents, is to first send the link and your recommendation to all your friends and family. Secondly, consider a simple optional contribution to info@speedydogtraining.com via <http://www.Paypal.com> of any denominations would be greatly appreciated. In return, you get the book and I will also donate 25% of the contribution to a local dog shelter. And the other 75% will go towards maintaining and enhancing www.speedydogtraining.com.

Enjoy the journey of having a well trained companion!
Thank you again,
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