



Boredom Busters for Cooped Up Canines

These are strange times facing us and our dogs will pick up on our fears and feel our cabin fever. Don't fret if you are in isolation or prefer not to go far from home there are plenty of other things you can do to exercise your dog's body and mind at home apart from throwing a ball in the garden. **Try these boredom buster ideas.....**

The Kong Toy

These are fun and perfect to keep your dog occupied. The Kong toy is hollow and can be stuffed with such things as kibble, cheese and peanut butter. Your dog will play and lick the end of the toy to get the food out.



The Muffin Tin Game

For this game you will need a muffin tin and twelve tennis balls. Cut the treats into tiny pieces and place one in each muffin



cup with a tennis ball on top. You may have to show your dog at first how to play the game by lifting up a ball to show the treat.

This game stimulates your dog's brain. They have to lift up the ball to get the treat and remember where the treats they have already found were if the balls roll back into the cup. As well there is the fun of the chase after any balls that roll away.

The "Go Find Treats" Game

Hide tiny treats around the house or garden. You will have to show your dog how to play the game by saying "Go Find Treats" then leading them to each treat. They will very quickly understand the game and remember different hiding place and run around checking each spot where they have ever found a treat when they hear you call out "Go Find Treats".

The Sandpit

Let's face it most dogs like to dig at some time but some breeds such as terriers live to dig.

So if you have a dog that loves to dig make a sandpit.

Children's shell pits are the easiest way if you don't want to build one and obviously it is an outdoor game, if you get one with a lid one half can be used as a doggy bathing pool in summer.

Fill with clean sand and hide toys in the sand for your dog to find.



The Snuffle Mat



These are great for all types and ages of dogs as they capitalise on your dog's natural urge to sniff and burrow.

Scatter a cup of kibble over the mat and your dog will happily snuffle until every last piece has been found. Snuffling stimulates the mind and also has a tiring effect.

They are also great for slowing down fast eaters.

Use a Snuffle Mat in place of a bowl to feed a dry meal. Even the fussiest dogs love to snuffle.

Puzzle Toys

These are toys where the dog has to push a button or lever to find a treat.

You will be surprised how smart your four legged friend is when it comes to finding treat



Why Not Teach Your Dog Some Tricks?

Figure of 8 - Hold a treat in each hand, dog standing in front of you. With your right hand close to your leg lure dog around your right leg then bring left hand between your legs and lure your dog forward and around left leg then using right hand lure forward between your legs and back around right leg to repeat figure of 8.

Go Around - Use a cone or similar size object and place in front of you. Lure your dog around it, "Yes" and reward. Once your dog learns to go around position yourself progressively further away then send your dog out and around.

Ring a Bell - Hang a bell from a door handle at nose height. When your dog touches the bell "Yes" and treat then once your dog gets the idea add a voice cue such as "Ring Bell". Can also be taught using a desk bell.



Name That Toy - arrange your dog's favourite toys in a semicircle around you. Give the toy's name cue e.g. "Get Rabbit". When your dog brings the right toy back to you "Yes" and treat.

Three Cup Game - place three plastic cups in a row and hide a treat under one. Start by showing your dog where the treat is then once they get the hang of it start mixing the cups around.



Tug for Tricks - hold a tug toy behind your back then cue your dog to sit in front of you, hold eye contact for ten seconds then "Yes" and play tug. Repeat with other cues, drop, shake paw, spin: always reward with yes and a play tug.



Exercising your dog's mind is as important as exercising their body. We will be sending out more training tips and tricks for you and your dog soon.

Training Treats and Tips to Use at Home.....

Whilst we always recommend high value treats such as roast chicken or cheese to use when training at the Club at home it can be different.

With less distractions around your dog will focus on you more easily so it is quite permissible to train using kibble or dry treats. Having said that it's a really good idea to have those high value treats available to jackpot great behaviour.

Short training sessions are good, your dog won't get bored and neither will you. Training in the kitchen is ideal if you have space. Make the most of every opportunity to ask for a behaviour and reward the good and don't forget your marker word "Yes" or perhaps try home training using a clicker.

Try ditching the dog bowl for some meals and use the food as the rewards. Especially if you have a young dog repetition is the key.

A New Training Treat to Try

This is great for home training as you can break it into whatever size pieces you want.

Tuna & Cheese Training Treats

- 1 x Cup of Wholemeal Flour
- 1 x Egg
- 1/4 x Cup of Grated Cheese
- 1 x 185g Tin of Tuna in Springwater



Empty tin of Tuna (un-drained) into a bowl and mash. Add a beaten egg, cheese and flour and combine well together. Place mixture into a lined baking tray and press out flat with the back of a spoon to around 5mm thick. Bake at 180° for 20 minutes. Turn over and bake at 140° for a further 45 minutes. When cool break into pieces and store in a container in refrigerator. Small pieces can then be broken off as you train.



Keep Up Your Training

It is so important, especially for our members with young dogs, to keep up a training regime

Beginners....

Focus: Used to get your dog focusing on you.

"Touch" - Hold treat under thumb, palm flat fingers extended. Hold hand out to the side, wait for dog's nose to touch your palm (dog must come to you) then give treat. Cue word "Touch" when nose touches palm "Yes" and treat.

"Spin" - With dog in front hold treat at dog's nose level then move hand slowly out and round in a circle either to the right or left. Cue word "Spin" on completion of circle "Yes" and treat. (Can differentiate between right and left spins e.g. "Spin" and "Twist".)

Watch: Used to get your dog's attention and teach and hold gentle eye contact.

Hold treat between thumb and fore finger to your nose, slowly lower treat to dog's nose the slowly back to your nose then slowly down a second time. Cue word "Watch" (could use "Watching", "Looking" or "Eyes" if you prefer). If dog maintains eye contact "Yes" and treat.

Training Word: Used to tell your dog that you want to train exercises.

Tell your dog "Training" to indicate that you expect their attention as you are about to commence a training exercise. (Could use "Working", "School" or "Attention"). When exercise is finish choose a release word such as "Free", "Release" or "Relax" to indicate that the exercise is over and they are now free to relax next to you but not to pull, play with the next dog or jump up. If any of these occur repeat training word and ask for a behaviour such as a sit or a drop.

Marker Word: Used to mark correct performance of a cue.

The marker word is "Yes" uttered in a positive upbeat manner and must be said the exact moment the correct behaviour is performed. e.g. "Sit" say "Yes" the second the bottom hits the ground and give a treat. "Yes" marks the behaviour and means a treat is coming, it is the bridge between the performance and the treat being given.

Holding the Lead:

Lead is held in your right hand to the front of your right hip close to the body; practise keeping your hand in that position. Your left hand does **NOT** touch the lead.

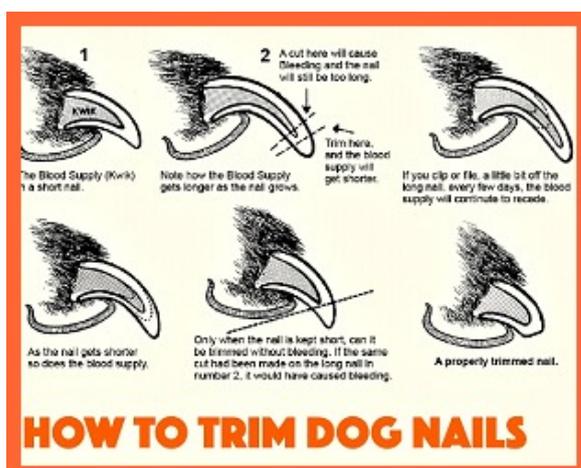
Treating:

Treats, cut into tiny pieces should be in a training pouch on your front right side. Treats are then passed to your left hand and given in line with your side seam. Hand must be kept close to your leg and not moved forward or out. Remember, where you hold your hand is where your dog's nose will be!!

Practise these exercises for ten minutes once or twice a day

GROOMING YOUR DOG

1. Always use a good quality pet shampoo and conditioner – NEVER use human shampoo or conditioner
2. Dogs can be washed as often as you like or they need, providing you're using a good shampoo and conditioner
3. When washing your dog start at the head and work back towards the tail.
4. Use a good quality ear cleaner (you can put the cleaner in their ears before you start washing, allowing time for the solution to dissolve the wax, etc) then after the bath use a baby wipe to clean the ears – never stick anything INTO your dogs ears to clean them.
5. Do not pluck the hair in your dog's ears – as this can cause infections. If you suspect your dog has an ear irritation see your vet.
6. All dogs need to be brushed regularly, they all release their coats (i.e. shed/drop hair) short haired breeds tend to drop their hair, where as those with fleece or wool, e.g. Poodles, Poodle crosses etc. the wool/fleece stays within the coat.
7. For long coated dogs a slicker brush needs to be used in conjunction with a comb to ensure you are getting down to the dogs' skin. The slicker brush only works on the top layer
8. Also, for longer haired breeds make sure that the hair between the toes is kept short, also around the eyes to stop irritation
9. Check your dog's nails regularly, especially the dew claw – either clip the nails yourself or get a professional to do it
10. Make sure your dog is comfortable having their feet held and played with, as this makes nail clipping easier for you, or whomever is clipping the nails and is far less stressful for your dog.





Training Your Dog at Home

Being faced with weeks of isolation is no fun for either you or your dog. It's important to keep up with your training, so aim to be top of your class when life gets back to normal.

Continuing training is good for both of you, it keeps your dog focused and you on point. It's exercise for both of you as well as being great interaction between you and your dog.

So Let's Do Circuit Training.....

Set up a course in your garden, if you don't have cones you could use plant pots, saucers or similar objects.

Write a sign to put at each station, or have your partner call out as you go round.

You can make the distance between stations as long as you like depending upon the space you have.

Try timing your circuit, then try and beat it.

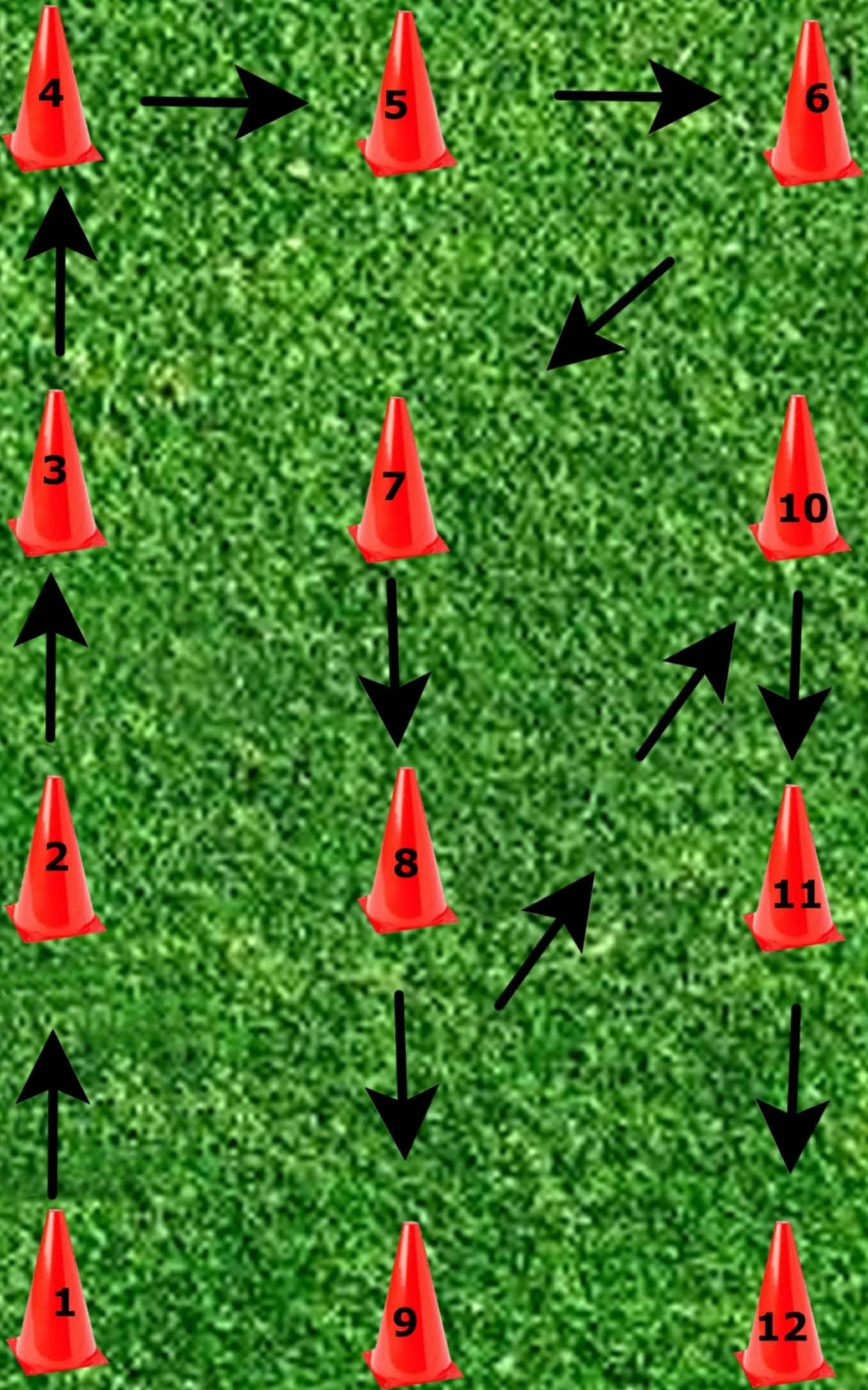
Have a competition with your partner to see who can go round the fastest.

Do the circuit at fast pace.

Have your dog stay at each station whilst you do some star jumps, run around your dog or do push ups.

Have fun, laugh your way around.





12 Station Circuit

(On or Off Lead, Done in Heel Position)

1. The start. Walk up to first station and have your dog sit.
2. Drop Your Dog.
3. Stand Your Dog.
4. 270° Left About Turn. ($\frac{3}{4}$ of circle turn on spot)
5. Halt, tell your dog to wait, leave your dog and proceed to station 6.
6. Call your dog and send your dog to heel.
7. Halt, walk around your dog.
8. 360° right about turn. (Turn circle on spot)
9. Middle, have your dog sit or drop in middle.
10. Halt, drop your dog, sit your dog, stand your dog.
11. 360° left about turn.
12. Halt, shake paw.

Remember...

No tugging on lead.
Use treats to position your dog.
Always use your marker word.
Reward at each station.
Talk to your dog as you go round.



The Right Cues & Hand Signals are so Important

Hand signals should be made with a flat hand, fingers close together so as to give the dog the greatest surface area of vision. Give the voice cue **once** only at the same time as the hand signal.

Heel

Verbal cue "Heel"

Lead is in your **right** hand with your **left** hand resting on the side of your left thigh, elbow slightly bent. Make a smooth forward movement with your left hand, fingertips leading, parallel to and between your leg and the dog's face, stepping off with your left foot.

Drop

Verbal cue "Drop" or "Down"

Change lead to your **left** hand. Move your **right** hand, palm facing and parallel to your body, across to a position in front of the dog's face and then move your hand downwards to point to the ground slightly to the left of your left foot and in line with your body.

Stand

Verbal cue "Stand"

Pass your **left hand** in front of the dog's face with the palm facing towards the dog, fingers pointing downward keeping your arm straight.

Once your hand has passed the dog's face bend your elbow and return your hand to the starting position in front of your left hip. By bending your elbow your hand is now above the dog's head as you bring it back in, thus avoiding giving the dog a double signal.

Stay

Verbal cue "Stay"

Change lead to your **left** hand. Bring your **right hand** around and in towards the dog's face, fingers pointing left so that the palm is facing the dog's nose, but not touching it. Give the verbal cue then return your hand to the starting position. To leave your dog step off with the **right** foot. "Wait" is normally used when doing a recall, "Stay" if you are leaving then returning to the dog.

Recalls

Verbal cue "Stay" or "Wait"

Dog sitting on you left, bring **right hand** around flat palm facing dog's nose. Give verbal cue, leave on right foot, arms straight with hands together in front of you, do not look back. At distance turn on spot to face dog, Raise arms in V above head at the same time call "Come" then bring arms back down to same position. Dog to come and sit in front, do not bend forward as dog approaches.