

CHANNELING YOUR DOG'S ENERGY



Fun Dawgs
Human & Dog

*Friendly Training &
Behavior Modification*

**WANT YOUR DOG TO KNOW HOW?
CALL TONI BOW WOW!**

IMPORTANCE OF MENTAL & PHYSICAL EXERCISE

A dog's developmental stages are: Neonatal – 0 to 14 days, Transitional – 14 to 21 days, Socialization – 3 to 16 weeks, Juvenile – 4 to 6 months, Adolescence – 6 to 18 months, and Adult.

Both physical and mental stimulation is very important throughout your dog's life. If you don't give your dog legitimate outlets for their energy they will find inappropriate ways to physically and mentally stimulate themselves. Such as chewing on the furniture, barking non-stop, or digging up the yard.

Walks will get you a physically fit dog, but it's not enough. We must stimulate our dogs mentally as well. There are many activities that will "wear your dog out", both physically and mentally. Here are a few suggestions to help you give your dog a happy and full life.

Place your dog's meals in Kongs and let her work for supper. (In a bowl, it's gone in 3 minutes.) Your dog spend time figuring out how to get at her supper, and extracting the food provides much needed chewing exercise.



NOTE: Please supervise your dog before you leave them alone with chews, toys etc. to be sure they use the object appropriately.

The following suggestions are for households with only one dog or dogs that are separated when you are not home. Leaving multiple dogs unsupervised with high value food items could generate a fight.

If your dog spends several hours alone on a regular basis, consider purchasing a Kong Time, which releases Kongs at variable intervals. Sterilized bones can also be stuffed with favorite treats.



Kong Time

Sterilized Bone



In addition to Kongs provide plenty of other chew toys, such as bully sticks, Nylabones, and Deer Antlers. Chewing naturally calms a dog. As always supervise your dog with anything new to make sure she is using it appropriately.



There are many treat dispensing toys, such as Tricky Treat balls and Buster Cubes that will entertain your dog.



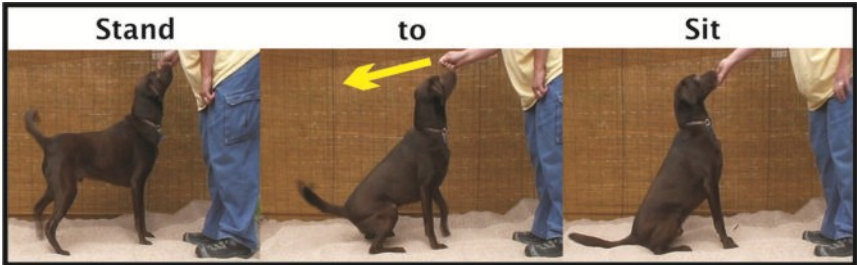
There are also many interactive toys for dogs, such as Egg Babies and the Hide-a-Squirrel. Egg Babies have squeaky eggs in a velcroed enclosure, which they must work to extract. The Squirrel Hut is similar in that stuffed squirrels are pulled from their tree.



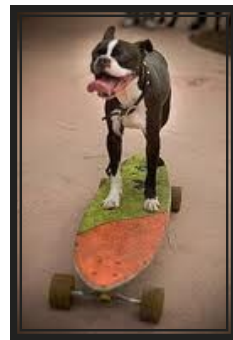
Nina Ottosson Dog Activity Toys are also great interactive toys. (There's a simpler do-it-yourself version at the end of this booklet made with a cupcake tin.)



Training is another way of channeling your dog's energy. The mental exercise your pup gets from training is just as important as the physical exercise. Learning is hard work! A 10 minute session of obedience training is as good as a two mile walk.



Don't forget about teaching tricks. They're as much fun to teach as they are to learn.



While obedience classes are always a good idea, there are many more activities available that provide physical and mental exercise. These activities can be done for fun or competition.

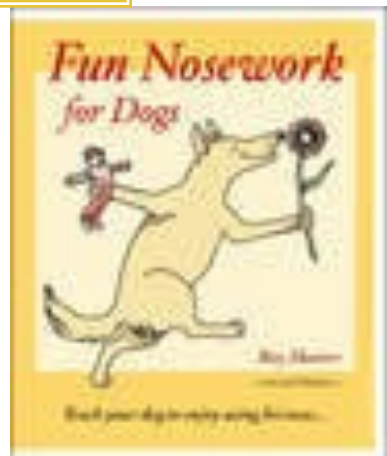
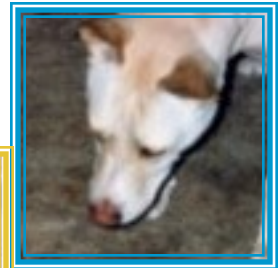


Agility is a sport that uses an obstacle course. With direction from their humans, dogs jump hurdles, scale ramps, burst through tunnels, traverse a see-saw and weave through a line of poles.

Rally Obedience is a combination of obedience exercises performed on a course. Rally-O emphasizes fun and excitement, while building your skills as a handler and increasing your dog's repertoire of behaviors.

Canine Freestyle is a choreographed performance. Musical freestyle artistically displays the dog and handler in an original dance, using intricate movements to showcase teamwork. Heelwork-to-Music incorporates traditional obedience and the art of dressage with the inclusion of musical interpretation and dance elements.

Another training activity that is becoming very popular is called Nosework and it is exactly what bit sounds like. Your dog learns to track objects, etc. with their nose.



FOOD ACTIVITIES

There are a variety of ways to feed your dog that will stimulate them both physically and mentally. Feeding out of a bowl is not very stimulating or time consuming. It only takes a few minutes to finish off their dinner and then they're looking for something else to do. So why not give them something more interesting to do with that food? Below are some ideas on how to use food to help your dog burn off some of their energy.

Kong stuffing

A Kong is a great way to feed your dog. They must work to get their food, which gives the dog something to do for an extended period of time – stimulating them both physically (chewing) and mentally (figuring out how to get what they want).



Stage One

Start out easy by stuffing the Kong with loose kibble. If your dog likes such foods as carrots you can also add chunks of these to the mixture.

Seal the small hole with something yummy, like cheese or freeze-dried liver. Fill the Kong with loose kibble and seal the larger hole with cottage cheese, peanut butter, or canned dog food. When your dog gets the idea start making it harder to extract the food.

Stage Two

- Wet the kibble with water or broth until it's slightly mushy before placing it in the Kong. Seal the holes as above.
- Mix the kibble with a little peanut butter, cottage cheese, or canned dog food before placing it in the Kong. Seal the holes as above.

Stage Three

- Wet the kibble with water or broth until it's slightly mushy before placing it in the Kong. Freeze the Kong to make it even harder. A Kong fits nicely in a coffee cup, which is easily placed in the freezer. Seal the holes as above.
- Mix the kibble with a little peanut butter, cottage cheese, or canned dog food before placing it in the Kong. Freeze the Kong to make it even harder. A Kong fits nicely in a coffee cup, which is easily placed in the freezer.

Sterilized Bones

A similar method to Kong stuffing is to stuff treats in bone for your dog to extract.



Kibble Hide & Seek

Take some of your dog's kibble and throw it out on the lawn in your backyard. Your dog will then have to "hunt" for their food.



Dunk for Goodies

This one's for a hot day. Fill an ice cube tray with broth and freeze it. You can also add a bit of cookie or chunk of carrot in each cube to give it a surprise center. You can also use baby carrots, apple slices or anything else that your dog likes and won't dissolve in water.

Ideally, use a small wading pool (buckets or large pans can also be used) filled with water and throw goodies into the water. Not only will your dog have fun trying to get the goodies, they'll enjoy a cooling off.



Find the Treat

Buy a twelve hole cupcake tin and twelve tennis balls. At first place treats in all the holes and cover them with tennis balls. Let your dog find them. You might have to help by taking out a ball to get your pup started. After your dog gets the idea and is readily removing the balls, place treats in just a few holes while still covering all the holes with tennis balls.

Questions?

*Not sure what's right
for you and your dog?*

Contact me!

I'm always happy to talk dog!

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