

DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"
look away/head turn



STRESSED
yawn



STRESSED
nose lick



"PEACE!"
sniff ground



"RESPECT!"
turn & walk away



"NEED SPACE"
whale eye



STALKING



STRESSED
scratching



STRESS RELEASE
shake off



RELAXED
soft ears, blinky eyes



"RESPECT!"
offer his back



FRIENDLY & POLITE
curved body



FRIENDLY



"PRETTY PLEASE"
round puppy face



"I'M YOUR LOVEBUG"
belly-rub pose



"HELLO I LOVE YOU!"
greeting stretch



"I'M FRIENDLY!"
play bow



"READY!"
prey bow



"YOU WILL FEED ME"



CURIOUS
head tilt



HAPPY
(or hot)



OVERJOYED
wiggly



"MMMM..."



"I LOVE YOU,
DON'T STOP"

The 5 f's

Fight - Flight - Freeze - Fiddle - Faint

Most of the F's are well-known and obvious behaviours that all creatures (including humans) display. The lesser-known, less noticed and misunderstood is the fourth F, and it is the most common behaviour that dogs display in the early stages of stress. Intervening for our dogs in the early stage can help alleviate their stress which can prevent them from escalating to flight, flight, freeze or faint. To do that we will look closer at the fourth F so that we can recognise the behaviours our dogs may display.

Early signs of stress – the fourth F: Displacement behaviours

Displacement behaviours, or 'fiddle' behaviours, are normal behaviours performed out of context due to the animal feeling conflicted, uncomfortable, or stressed. If we recognise these early signs of stress we can better understand the animal and what is stressful for them. We can also remove them from the trigger of the stress and prevent escalation to signs of severe stress such as fight, flight, freeze or faint.

Common displacement behaviours are:

- shaking off (when not wet)
- lip licking (when not just eaten)
- yawning (when not tired - such as in an arousing situation like a class)
- paw lifting
- sneezing
- scratching (when not itchy)
- sniffing the ground repeatedly or in a disordered manner
- staying close to person or companion animal
- humping
- checking - repeatedly going around the room or area sniffing at items, exit points, people and other dogs.

These are the most common displacement behaviours; however, they can be any behaviour that a dog performs which is out of context.

When the animal is feeling anxious, it may move around seeking information (fiddling) or it may freeze to allow the danger to identify itself. If the danger eventuates, the stress response increases to the animal attempting to escape the danger by fighting or running away (flight). Sometimes an animal will switch between the two strategies depending upon the situation. For example, a dog may growl and lunge to make an approaching person or dog stop which then allows the growling dog a chance to escape.

Which of the responses an animal displays is unconscious and out of the animal's control? The animal will have a very strong memory of what strategy was effective for surviving a frightening situation. It will use that same response if a similar situation occurs. So past behaviour can, to some degree, predict future responses when an individual is placed in a similar situation.

Socializing Your Dog

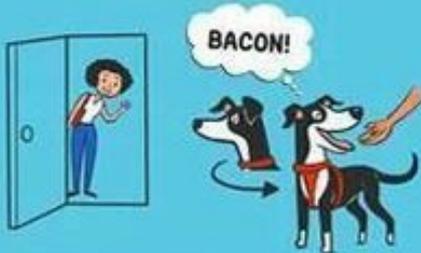
...refers to providing him with POSITIVE experiences with NEW THINGS. The best way to make sure your dog has great experiences is to include things he loves (like food or toys)

new people

Let your dog approach **at his own pace**, if and when he wants to.



Associate new people with **wonderful things**.



Make sure puppies are **gently & positively exposed** to different people.



other animals

Always check that the other animal is friendly & tolerant of dogs before you let your dog approach.



Teach your dog how to act **politely around other animals** by rewarding him for good behavior. Redirect him if he's pushy or overly excited.



If your adult dog doesn't want to play with unfamiliar dogs, that's okay. Adult people don't want to play with every other person we meet either!



new things & environments

To prevent **noise phobia** (eg, fear of thunder), feed your dog a tiny treat every time the noise happens.



Take rides in a boat, train car, or elevator.



Teach your dog to **enjoy wearing a muzzle** by making it into a "treat basket" (YUM!).



Visit parking lots and other busy places just to watch the people, animals, vehicles, etc. and feed your dog treats.



Remember: **EXPOSURE alone isn't socialization!**

If your dog isn't having a great time, you could do more harm than good. Dogs don't just "get over" issues by themselves, so if your dog is shy, worried, or overly excited, leave the situation and work with a professional who can help both of you. If your dog is having a blast and is happy and comfortable, you're doing a great job of socializing him!

LIFE EXPERIENCE CHECKLIST

PEOPLE

- Adults.....
- Babies
- Both Genders.....
- Children
- Different Ethnicities.....
- Noisy children
- Seniors
- Teenagers.....
- Toddlers.....

PEOPLE WITH

- Baby carriers.....
- Back packs
- Canes
- Crutches
- Erratic movements.....
- Guide dogs
- Legs in cast.....
- Limps.....
- Luggage.....
- Metal walkers.....
- Prams
- Shopping carts.....
- Wheelchairs

PEOPLE IN UNIFORM

- Couriers
- Meter readers
- Postal workers
- Veterinary staff.....

PEOPLE WEARING

- Beards
- Costumes
- Hats
- Helmets
- Raincoats
- Sunglasses
- Umbrellas
- Unusual hairdos.....
- Unusual headgear.....

ENVIRONMENT & NOISES

- Building demolition.....
- Crowds
- Fireworks.....
- Nail guns
- People yelling
- Sirens
- Thunder & lightning.....

MOVING THINGS

- Cyclists.....
- Flags
- Joggers.....
- Remote control toys.....
- Roller skaters.....
- Scooters
- Skateboarders
- Skipping ropes.....
- Streamers.....
- Swings.....

TRANSPORT

- Aeroplanes
- Buses
- Cars.....
- Garbage trucks.....
- Helicopters
- Hot Air Balloons.....
- Motorbikes.....
- Street cleaners
- Trains
- Trams
- Trucks

ANIMALS

- Birds.....
- Cats.....
- Friendly dogs.....
- Livestock
- Puppies
- Small pets.....

HOME ENVIRONMENT

- Brooms.....
- Dishwasher
- Doorbell.....
- Hair Dryer.....
- Kettle.....
- Loud music.....
- Loud TV
- Mops
- Telephone ringing.....
- Vacuum cleaner
- Washing machine.....

DIFFERENT SURFACES

- Cement
- Ceramic tiles
- Grass
- Grates
- Gravel
- Metal surfaces.....
- Sand
- Stairs (up & down).....
- Vinyl
- Wet grass.....
- Wood

DIFFERENT ENVIRONMENTS

- Automatic doors
- Beach.....
- Boarding kennels.....
- Bridge.....
- Busy intersection.....
- Car rides
- Friend's houses.....
- Groomers
- Outdoor café
- Park.....
- Schools
- Shopping centres.....
- Sporting events
- Vet clinic.....
- Walk after dark.....

What is Positive Reinforcement Dog Training?

- Teaching dogs desirable behaviors using SCIENCE-based & REWARD-based methods.
- Helping dogs learn and succeed step by step.
- Motivating dogs with fun exercises and games. No force! No pain!
- Encouraging dogs to think more for themselves.
- Valuing dogs' voluntary behaviors.
- Understanding dogs' feelings from their body language.
- Understanding how dogs learn, their needs and wants.
- Using methods that work humanely with ANY dog. Big dogs, small dogs, puppies, senior dogs, disabled dogs, fearful dogs, reactive dogs... can all learn and have fun!



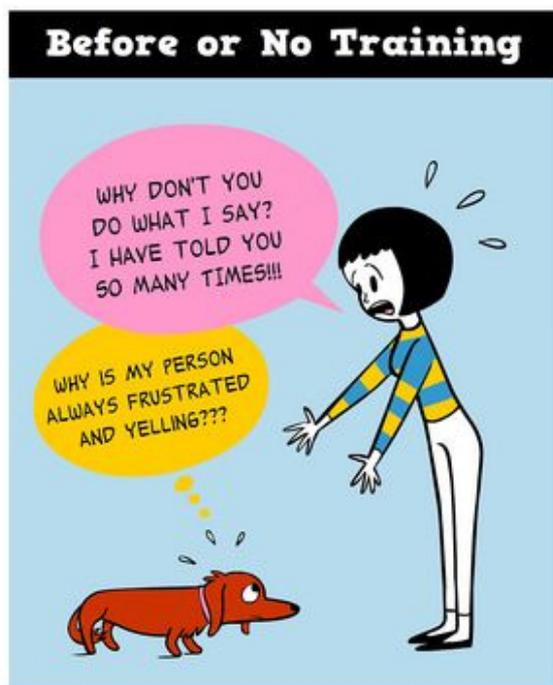
1. develop dog's self-control



2. develop a trust relationship



3. develop dog's self-confidence



Positive Reinforcement Training = HAPPY RELATIONSHIP



Using treats for training

Food is a primary motivator for dogs — which is why it can often be very effective for training. When we start training our puppies for the first time it can be a little bit confusing for them, as they have to understand a verbal or visual cue and then perform a desired behavior. By using the motivating power of something that is very primal to them — food — you can make learning the task much easier for them.

Our puppies are clever.. And a little bit cheeky. They will work out very quickly the value of treats, and can 'work the system' in their favour. Picture this: Your dog learns how to do a behaviour... but he'll only do it when he knows there's a treat waiting for him at the end of it. Our aim is to teach puppies different behaviours without becoming 'treat dependent'.

Initially we use a treat to help lure our puppy to do the intended behavior. Once our puppy is performing the cue well, we should start to reduce the frequency of using treats. Eventually, you'll want to only randomly provide the treat, and then reduce the amount of treats use you use as rewards. You can also give praise with your voice "Good dog! Yes! Well done! Clever pup!", give them a pat, play a game, or give your pup a toy as praise.

Remember, the behavior that precedes the treat is reinforced— including your dog's position. If you want to reward your dog for lying down, then only give it to your dog lying down, not after she pops up excitedly. If you want to reward your dog for sitting, then only give pup a treat when their bottom is on the ground, not pawing at you or jumping up.

Try to get into the habit of asking your pup to do what you want just ONCE. For example, "Fluffy, sit". If they sit, mark and reward with a treat or praise, if they don't sit just ignore them and ask again after a few seconds. This prevents you having to say "SIT, sit, puppy sit, siiiiiit, SIT, why aren't you sitting, SIT!". If we repeat ours cues often our puppies will learn to ignore the cue and not associate that word with the intended behaviour.

TIPS

- Reward a calm emotional state
Remember, you are reinforcing whatever behaviour preceded the treat, so don't unintentionally reward hyperactive or incorrect behaviour. Wait until your dog is doing the desired behaviour, then reward.
- Watch out for 'treat dependence'
Treats are great for initially getting your dog's attention, but eventually you should rely on them less and less. Instead, share reinforcement by giving your attention, affection or playing with a toy.
- Make it worthwhile
Use your pup's favourite treat and reserve this type of treat just for training.
- Do what works for you and your dog
If food doesn't capture your dog's attention, toys, games or your affection may work instead.

How to teach your puppy a new behaviour

1. Invite your puppy to train - Offer them a treat, and if they eat it then we can start our training session.

If our puppy isn't interested in the treat then assess emotional state (are they too excited, overwhelmed or worried to eat?) and environmental levels (Are there too many distractions that are capturing their attention instead?)

2. Teach or charge marker signal - "Yes!" or "Click" then reward
We will discuss the marker signal in an upcoming section.

3. Lure puppy into position using the treat only - avoid physically forcing them into position.

What position we lure them into depends on what our final behaviour will look like, we will teach the luring position for each behaviour.

4. Mark - "Yes!" or "Click" - and reward once they're in the correct position.

"Yes!" or "Click" as soon as they're in the correct position will capture this moment for our dogs to help them clearly understand that this position is what we after.

Give them the food reward as soon as possible after the "Yes!" or "Click".

5. Repeat this process 3-5 times.

Our dogs best learn a new behaviour in short training sessions.

6. Give your puppy a finish cue - "All done!" - this teaches our puppy that we have finished training for the moment and that there won't be further treats coming.

Advanced steps

7. Fade the lure- Repeat behaviour 2 times with lure, on 3rd time use the same hand position without lure in hand.

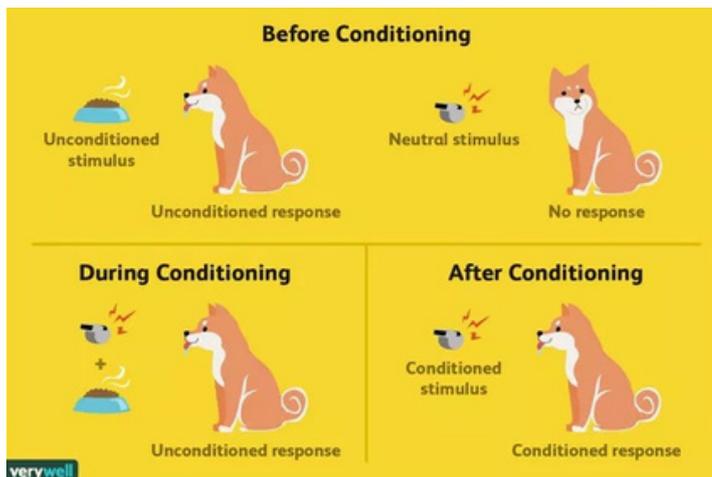
8. Associate cue ("Sit!") with body position - once they're in the correct position, say cue then "Yes!" or "Click" and reward.

9. Start to build duration on behaviours.

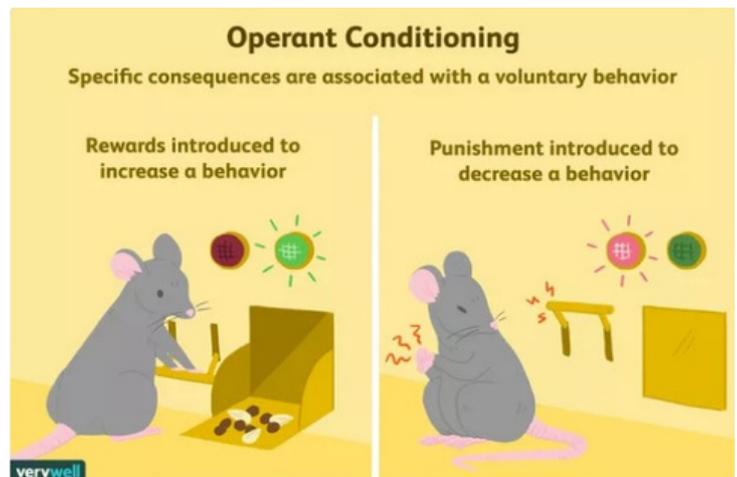
Cue behaviour and "Yes!" or "Click", then reward a few seconds after they are in position.

This teaches them to learn to stay in position for a few seconds at first, and then you can build the amount of time they stay in position. This is the start of teaching our puppies advanced behaviours like stay.

Classical conditioning



Operant conditioning



Tips

- If our puppies take a treat roughly or refuse a treat when they would normally eat it, this can indicate that they are currently in a heightened emotional state, anxious, stressed, or overwhelmed. Help reduce their negative feelings by removing stressors, working in a place that's comfortable for them to learn in (inside home instead of next to a busy road), or finish the training session for that moment and try again later. If you continue to have problems, please contact us for further advice.
- If our puppy is struggling to understand, look at changing the environment, luring technique, our body position, the treats we are using, give them a break, or we could need a break too!
- Always train when you have the right mindset - do it when you're calm, patient, and have the time to give them 100% of your attention.
- Only train for a max of 2-5 mins. Our pups have short attention spans and can run out of energy quickly.
- End on a positive note or a really good behaviour.
- Finish cue can be used at the end of any behaviour, like playing fetch, digging in the garden, at the end of a walk, playing with toys, tug of war, etc. It help to teach our dogs to switch off, relax and reducing the likelihood of them following us around for more treats.

Teaching your puppy Settle

Teaching your puppy to settle is a great skill to help them to be at ease in new situations, be calm before a nap, give them a mental break between training, and teach them to be calm and settled around the home.

Your puppy should be taught right from the beginning that it needs some quiet moments. This will ensure that they can settle throughout the day at home, and you can extend that behaviour so that they will learn to settle outside the home on their mat.

Working and high-energy dogs should be taught from a young age to "switch off" and settle, as they will work all day if given the chance. This will help ensure that they learn how to "switch off" and settle throughout the day instead of giving themselves "jobs" around the house.

Teaching your puppy to settle

There are a few ways we can teach our puppies to settle.

1 Stroke your puppy from its shoulder blades down its back in one long smooth motion. Say "Settle!" as you stroke.

This mimics what their mums did when they were small puppies to help them feel calm and settled.

2 Give your puppy a chew that will take them some time to work through. Roo flaps, sheep, venison, and beef ears are great choices for puppies. Once they are lying down and chewing, say "Settle!"

3 If your puppy is doing attention-seeking behaviour like barking at you or jumping up on you, please ignore them until they stop barking or have all 4 paws on the floor before you give them any attention.

The attention we give our dogs when they are doing these behaviours is reinforcing to our puppies and they will continue the behaviours. Sometimes we accidentally give attention without meaning to, this usually looks like this:

- Looking at them
- Speaking to them - Saying "Down" "Off" "Quiet" "Stop"
- Touching them - pushing them down, picking them up, patting them when they jump up, etc.

Once your puppy calms, please give them a settle cue and reward them with gentle praise, pats, a treat shower or chew to continue the settling behaviour.

TIPS

- Practice settling into every new environment that you go to with your puppy.
- Give your puppy some "me time" with a chew in the bed or crate to associate having settle time in those areas. Review crate training for more info.
- Review the jumping-up lesson for more help if this is something you're working on.

Teaching your puppy Swap

Teaching your puppy to swap is very important to ensure that we don't accidentally create or accelerate resource guarding. Teaching our puppy to swap items like a chew they're currently enjoying, socks or undies they've picked up, means that we can safely remove objects from our puppy's mouth without them guarding or running away with that item.

We want to ensure that our puppies are happy to give up the item because they anticipate us giving them another item of equal or greater value to them.

If I was to ask you to hold up a \$50 note, and I said thanks and took it from you and didn't give it back, the next time I asked you to hold up a \$50 note, you would be reluctant to do so. But if when you held up that note I gave you another one, you'd be happy to hold it up!

Teaching the swap

- 1 Give your puppy something to chew, e.g. an ear or toy.
- 2 Bring a treat to their nose and once they are sniffing or nibbling on the treat, lure their head away from the chew they currently have.
- 3 Once they have turned their head, say "Yes!" and give them the treat, at the same time as you remove the chew with your other hand.
- 4 Give them back their chew and practice again.
- 5 Once you have repeated this a few times, add in saying "Swap" as you remove the chew/ give them the treat.
- 6 Practice this with a variety of different items, e.g. sheep ears, pig ears, socks, undies, shoes, tissues, toys, etc.

TIPS

- Avoid chasing your puppy to retrieve items from them! This will turn it into a game as they will enjoy being chased, and may purposefully seek out 'forbidden' items to initiate a chase game.
- If your puppy is enjoying the chew so much that they're not giving it up, **try showering a handful of treats over the floor in front of them.** When they switch to eating the treats, then remove the chew and say "Swap"
- If you're having trouble removing an item, lower the item value, or up the reward.
- DO NOT ignore or punish a growl - review resource guarding.

Teaching your puppy the marker signal

The key to operant conditioning is to teach our puppies that when they perform a behavior that we like they get a reward that makes them feel good. This reward can either be in the form of food, a toy they like to play with, playing an enjoyable game with you, or receiving praise from you.

For our puppies to associate a behavior with a reward, the reward must come immediately after the behavior (within a 1/2 second of the behavior). If a reward comes 5 seconds after a behavior our pups have no idea why they are getting a reward.

In training it is not always possible to reward within a 1/2 second. In fact no matter how hard you try you cannot consistently reward a dog within 1/2 second. To get around this, we bridge (or connect) the time frame between the behavior and the reward that follows. This bridge allows us to extend the 1/2 second rule of consequences.

That bridge is a word - we will call it a Marker. I like to use the word "Yes!" or use a clicker, but you can choose another word, as long as it is short, consistent and not used often in conversation or by other people greeting your dog. For example, if we choose "Good boy/girl" as our marker, many people greet our dogs by saying "Good boy/girl!!". If our dogs are jumping up on them at that point, they are being rewarded for jumping up on a stranger. This is usually a habit we discourage our dogs from doing, or have to un-train our dogs to do.

A simple way to look at the marker as a bridge is that it is like telling your dog "Hold on a second - I like what you just did and I am going to get to you and give you a high value reward." Through repetition the dog learns that every time he hears the positive Marker ("Yes!" or "Click"), he gets a reward.

Teaching our dogs the marker signal

Teaching our dogs the marker signal is one of the easiest cues we will ever teach our dogs, and it has long term benefits!

1 Say "Yes!" or "Click" then immediately offer your puppy a food reward.

2 Repeat this 3-5 times, 1 treat for each time you say "Yes!" or "Click"

3 Practice or "charge up" your marker signal a few times a day.

When your dog looks at you expectantly when they hear "Yes!" or "Click" then you can be assured that they understand the connection between the two and have been conditioned to understand that "Yes!" or "Click" means they will be shortly receiving a reward.

Teaching your puppy their name

Teaching a puppy their name is useful in a variety of situations. Calling them by their name can be used to ask them for their attention, to come back to us from somewhere in the house, or to start a game of fetch or tug.

To begin with we always want to associate their name with some thing positive (food, play or attention from us, etc.), so be sure to reward them when they give their attention to you. Try to avoid calling their name (especially while they're still learning the value of their name) to start an activity that they don't like (e.g. bath time, clipping nails, etc.) otherwise we might find that they don't want to engage with us when they hear their name.

How to teach your puppy their name

1 Offer your puppy a treat and as they are eating say their name very clearly ONCE

2 Repeat this 3-5 times, 1 treat for each time you say their name.

3 Next, when your puppy is looking at you say their name, but wait 1 second before you mark and reward. We are teaching our puppy to look at us for a while longer before getting the reward. Once they're really good at looking at us for a second, increase the amount of time they need to focus on you before rewarding.

4 Repeat this step 3-5 times.

5 Next, when your puppy is looking a different direction call their name. Mark and reward immediately when they look at you.

6 Repeat this step 3-5 times.

7 You should gradually phase out giving food every time, however the puppy will still need intermittent food rewards throughout it's life. Please review the "How to train" page for more details on this step.

TIPS

- Only progress to the next step if you're puppy is doing well on the current step.
- Challenge you puppy by calling them from behind a wall or in another room.
- Increase the difficulty of getting their attention by saying their name in a place that there are more distractions, e.g. practice on you front lawn, then down the street, then in a quiet park, then in a busy park. If our puppies aren't responding well, reduce the distractions available.

Teaching your puppy to sit

Teaching a puppy to sit on cue is the foundation for many other training exercises like dropping, stay and settle down. It is a basic exercise that is easy, fun to teach and will help your puppy focus on you. Teaching a puppy to sit is usually one of the first behaviours we teach, and so our pups learn that a 'sit' is a bit like saying "please" in the human world, and they will often sit by our feet whenever they'd like something that we have!

How to teach your puppy to sit on cue

- 1** Have a puppy treat available. Treats should be very small – about ¼ of the size of a 5 cent coin is more than enough
- 2** With the puppy in a standing position, hold the treat in front of her nose allowing her to sniff it. Avoid holding the treat too high or she will jump up instead of sitting
- 3** In a slow, steady motion move the treat up and slowly back over the puppy's head. As the puppy's nose points up her rear end will ease down to the floor, taking her into the sitting position
- 4** Reward her immediately when she sits with the treat and quietly praise
- 5** Only add the word "sit" when the puppy is reliably responding to the visual hand cue
- 6** You should gradually phase out giving food every time, however the puppy will still need intermittent food rewards throughout it's life. Continue to use your marker signal "yes!" "Good dog!" when your puppy sits on cue
- 7** With practice the puppy should sit with a visual cue such as with a sweep of the hand in an upward movement, even without treats.

TIPS

- If your puppy raises its front paws you are raising the treat too high
- If your puppy consistently backs away go back to just rewarding the puppy for approaching you. If the puppy continues to back away assess your body language and the puppy for fear responses
- Even when your puppy is reliably sitting you should always reward intermittently, with praise and sometimes treats.

Mouthing

Puppies are like very young children who will often investigate everything they find by putting it in their mouth. This is a perfectly normal part of the learning process. Mouthing also helps puppies develop an understanding of their jaw strength.

Puppies need help to establish which objects are acceptable or unacceptable for mouthing.

If unacceptable mouthing turns into biting, ask your veterinary clinic for a referral to a veterinary behaviourist. Puppies do not 'grow out' of this behaviour.

TIPS

- Provide safe and suitable chew toys and change them regularly
- Do not use your hands to play with your puppy
- Do not punish your puppy for mouthing but instead distract her with safe and appropriate toys
- Regularly ask your puppy to "give" the toy and exchange it for something more desirable (from the dog's perspective) such as a treat. This rewards her for giving up the toy
- If your puppy becomes overly possessive of a particular toy, it might be best to throw it away or you may have trouble substituting this toy for anything else.

Puppy "Temper Tantrums"

Puppies sometimes have temper tantrums. Usually tantrums happen when you're making a puppy do something he doesn't like, when they get overexcited, overtired or overwhelmed. Something as benign as simply holding your puppy still or handling his body might upset him. Tantrums can also happen when play escalates. (Even human "puppies" can have tantrums during play when they get overexcited or overwhelmed).

A puppy temper tantrum is more serious than playful mouthing, but it isn't always easy to tell the difference between the two. In most cases, a playful puppy will have a relaxed body and face. His muzzle might look wrinkled, but you won't see a lot of tension in his facial muscles. If your puppy has a temper tantrum, his body might look very stiff or frozen. He might pull his lips back to expose his teeth or growl. Almost always, his bites will be much more painful than normal mouthing during play.

If you're holding or handling your puppy and he starts to throw a temper tantrum, avoid yelping like you're hurt. Doing that might actually cause your puppy to continue or intensify his aggressive behavior. Instead, be very calm and unemotional. Don't hurt your puppy, but continue to hold him firmly without constriction, if possible, until he stops struggling. After he's quieted down for just a second or two, let him go. Then make plans to contact a qualified professional for help. Repeated bouts of biting in frustration are not something that the puppy will simply grow out of, so your puppy's behavior should be assessed and resolved as soon as possible.

What to Do About Puppy Mouthing

It's important to help your puppy learn to curb his mouthy behaviour. There are various ways, some better than others, to teach this lesson. The ultimate goal is to train your puppy to stop mouthing and biting people altogether. However, the first and most important objective is to teach him that people have very sensitive skin, so he must be very gentle when using his mouth.

Bite Inhibition: Teach Your Puppy to Be Gentle

Bite inhibition refers to a dog's ability to control the force of his mouthing. A puppy or dog who hasn't learned bite inhibition with people doesn't recognize the sensitivity of human skin, and so he bites too hard, even in play. Some behaviourists and trainers believe that a dog who has learned to use his mouth gently when interacting with people will be less likely to bite hard and break skin if he ever bites someone in a situation apart from play—like when he's afraid or in pain.

Puppies usually learn bite inhibition during play with other puppies. If you watch a group of puppies playing, you'll see plenty of chasing, pouncing and wrestling. Puppies also bite each other all over. Every now and then, a pup will bite his playmate too hard. The victim of the painful bite yelps and usually stops playing. The offender is often taken aback by the yelp and also stops playing for a moment. However, pretty soon, both playmates are back in the game. Through this kind of interaction, puppies learn to control the intensity of their bites so that no one gets hurt and the play can continue without interruption.

When you play with your puppy, avoid letting them mouth on your hands. Use a toy when playing with your pup. However, if you're playing and they accidentally mouth your hand, immediately give a high-pitched yelp or "Ouch!", as if you're hurt and let your hand go limp. This indicates to your puppy that you have been hurt by their bite and cause him to stop mouthing you, at least momentarily. (If yelping seems to have no effect, you can say "Whoops", "Too bad!" or "You blew it!" .) Praise your puppy for stopping or for licking you. Resume whatever you were doing before. If your puppy bites you again, yelp again. Repeat these steps no more than three times within a play session. If you find that yelping alone doesn't work, you can switch to a time-out procedure. Time-outs are often very effective for curbing mouthing in puppies.

Either ignore him for 10 to 20 seconds or, if he starts mouthing on you again, get up and move away for 10 to 20 seconds. After the short time-out, return to your puppy and encourage him to play with you again. It's important to teach him that gentle play continues, but painful play stops. Play with your puppy until he hard bites again. When he does, repeat the sequence above. When your puppy isn't delivering really hard bites anymore, you can tighten up your rules a little. Require your puppy to be even gentler. Yelp and stop play in response to moderately hard bites. Persist with this process of yelping and then ignoring your puppy or giving him a time-out for his hardest bites. As those disappear, do the same for his next-hardest bites, and so on, until your puppy can play with your hands very gently, controlling the force of his mouthing so that you feel little or no pressure at all.

Tips

- Substitute a toy or chew bone when your puppy tries to gnaw on fingers or toes.
- Encourage noncontact forms of play, such as fetch and tug-of-war, rather than wrestling and rough play with your hands.
- Puppies often mouth on people's hands when stroked, patted and scratched (unless they're sleepy or distracted). If your puppy gets all riled up when you pet him, distract him by feeding him small treats from your other hand. This will help your puppy get used to being touched without mouthing.
- If your puppy bites at your feet and ankles, carry his favourite tug toy in your pocket. Whenever he ambushes you, instantly stop moving your feet. Take out the tug toy and wave it enticingly. When your puppy grabs the toy, start moving again. If you don't happen to have the toy available, just freeze and wait for your puppy to stop mouthing you. The second he stops, praise and get a toy to reward him. Repeat these steps until your puppy gets used to watching you move around without going after your feet or ankles.
- Avoid jerking your hands or feet away from your puppy when he mouths. This will encourage him to jump forward and grab at you. It's much more effective to let your hands or feet go limp so that they aren't much fun to play with.
- Avoid waving your fingers or toes in your puppy's face or slapping the sides of his face to entice him to play. Doing these things can actually encourage your puppy to bite your hands and feet.

Reference: <https://www.aspca.org/pet-care/dog-care/common-dog-behavior-issues/mouthing-nipping-and-biting-puppies>

Make it fun!

There are some fun games you can play with your puppy to teach them bite inhibition and to be gentle when taking treats and toys

- Car wash - Sit with your legs out in front of you and lure your puppy to walk over you legs. when they go past gently stroke along their back or touch them as they're moving. Reward once they're on the other side of you.
- Gentleness pays - Offer your pup a treat from your closed hand, if sniffing and licking hand release the treat. If any biting or over excitedness for treat, lift hand back to shoulder, wait a second then re-offer your hand. Repeats this until they are sniffing or licking only.
- Hand targeting - Teach your dog to touch you hand with their nose. "Yes" and reward when they do this.
- Fetch - Is a fun way to teach your dog multiple tricks (Chase, retrieve, recall, drop/ releasing the toy). This burns physical and mental energy.
- Tug-of-war with training breaks (sit-stay-play) - Also teaches our dogs multiple tricks, especially important to teach puppies to release or give us toys that they have in their mouth for those moments when they steal socks or other items that they shouldn't always have.

Jumping up

Jumping up is normal behaviour. Puppies jump for several reasons, one of which is to gain attention. It is up to you to decide whether or not you want your dog to jump up, such as "up".

If you want your puppy to jump up...

This is fine and can be an enjoyable way of engaging with your dog. It's best to train your dog to jump up 'on cue', i.e. give your puppy a verbal or visual cue to jump up. This minimises the risk of your puppy jumping up in situations or on people where it is inappropriate.

If you don't want your puppy to jump up...

Follow these guidelines to discourage your puppy from jumping up:

- Please do not shout at or push your puppy away when he jumps up. This is still giving the puppy the attention he is craving and therefore rewarding the behaviour
- It is best to ignore any jumping by avoiding eye contact and asking your puppy to do an alternative action, e.g. to sit
- Accept that sometimes your puppy will be so excited, e.g. when you first come home, he may still jump up. In this situation speak quietly to your puppy until he is calm enough to listen
- When your puppy has all four feet on the ground, ask him to sit and only give him attention, e.g. patting or offering a treat, when he is sitting
- You can leave treats at your door for visitors to use to avoid being jumped on - people entering the house should throw treats away from them so that the puppy moves away and doesn't have the opportunity to jump up.
- If your puppy persists in jumping, it is likely he is receiving occasional attention from someone for doing so. The problem will only cease if everyone he is in contact with consistently ignores this behaviour and refrains from interacting with him when he jumps up
- If your puppy continues to jump up you can ask your veterinary clinic for a referral to a veterinary behaviourist or trainer.

Turn it into a game!

Teach your dog the "On!" "Off!" game for hopping on furniture

1 Start with your puppy on the floor. Then calmly encourage your puppy calmly to jump up onto the couch.

2 Excitedly encourage your puppy off the couch. Throw a party once they're on the floor, "Yes!" and reward heavily.

3 Once they are following your lure and encouragement easily onto and off the couch, cue the behaviour by adding On/Up and Off/down

This teaches your dog that hopping off the couch when you ask is very rewarding.

TOXIC & HAZARDOUS

Food Guide for Pets

20

foods to avoid feeding dogs and cats

Prevent accidental exposure and potential health risks to your four-legged companions

Brought to you by Nationwide®

★ MAIN COURSE MENACES ★

Fatty foods & fat trimmings

Burgers, pizza, ribs, chicken wings, salmon, etc.
Upset stomach, nausea, vomiting, pancreatitis

Bones

Cooked, can splinter, causing internal lacerations, obstruction, choking

Vomiting, lethargy, diarrhea, abdominal discomfort, drooling

Raw meat & fish

Can contain salmonella and E. coli

Vomiting, fever, enlarged lymph nodes

Raw salmon

Most common in the Pacific Northwest, freshwater fish carrying infected parasites can poison pets if eaten raw.

Vomiting, fever, diarrhea, weakness, swollen lymph nodes

Raw eggs

May contain harmful bacteria and risk of salmonella toxicity. Long-term ingestion of raw egg whites can lead to biotin deficiency.

DAIRY DISCOMFORT

Milk & dairy

Pets lack lactase, the enzyme needed to digest lactose
Upset stomach, diarrhea

HARMFUL HARVEST

Apricots, peaches, plums, cherries

Stems, pits and leaves contain cyanide
Difficulty breathing, panting, shock

Grapes & raisins

Just a few can cause kidney failure in dogs
Vomiting, lethargy, diarrhea

Rhubarb

Leaves are toxic
Drooling, vomiting, weakness, tetany, seizures and kidney damage

PERILOUS PRODUCE

Onions, garlic, shallots, chives, leeks

Small amount can damage red blood cells.
Panting, weakness, drooling, pale gums

Mushrooms

Wild varieties can trigger numerous organ systems

Seizures, coma, vomiting

NO-NO MUNCHIES

Nuts

Almonds, pecans, walnuts, pistachios, macadamia nuts, hickory nuts
High fat causes upset stomach and pancreatitis

**Moldy walnuts can cause seizures, vomiting, tremors*

SHAKY STAPLES

Yeast dough

Expands in digestive system, releasing gas
Vomiting, nausea, diarrhea, stomach bloat

Homemade play dough

Salt toxicity can be fast acting and lethal
Vomiting, diarrhea, seizures, tremors

Homemade salt dough

Commonly used to make holiday ornaments
Salt consumption can be quick and lethal
Vomiting, diarrhea, seizures, tremors

NOXIOUS SWEETS

Xylitol

Sugar substitute in gum, candy, toothpaste, children's vitamins, some peanut butters
Vomiting, weakness, seizures, liver failure

Chocolate

The quantity and level of cocoa will vary toxicity
Vomiting, diarrhea, tremors, hyperactivity, seizures

DEADLY DRINKS

Alcohol (wine, liquor, beer)

Liquor-infused desserts can also be a culprit
Seizures, respiratory depression, altered activity, incoordination

Hops pellets

Highly concentrated, used to brew beer
Fever, restlessness, panting, vomiting

Caffeine

Coffee, tea, energy drinks and bars, diet pills
Hyperactivity, panting, seizures, muscle twitching, increased urination

Symptoms

Toxicity will vary based on breed, size and age of pet

- Fever
- Collapse
- Seizures
- Drooling
- Lethargy
- Vomiting
- Tremors
- Diarrhea
- Weakness
- Restlessness
- Hyperactivity
- Stomach bloat
- Muscle twitching
- Excessive panting
- Excessive urination

Nationwide pet insurance members can contact the **vethelpline™** at no cost. Contact info can be found on the Nationwide Pet Account Access page.*

URGENT:

Immediate veterinary care is recommended.

Nationwide® covers treatment costs relating to poisonings and more.
Get a quote at petinsurance.com

*In case of an emergency, pet owners who are not Nationwide pet insurance members can contact the Pet Poison Helpline at 855-289-0358. A \$49 per incident fee for their service will apply. This fee is not associated with Nationwide.



Nationwide®
is on your side

Contact Allergy Causing Plants



Zebrina
(Tradescantia zebrina)



Inch Plant
(Callisia fragrans)



Purple Heart
(Tradescantia pallida)



Turtle Vine
(Callisia repens)



Moses-in-a-cradle
(Tradescantia spatheca)



Scurvy Weed
(Commelina cyanea)

Toxic Flowers, Fruits and Nuts

Toxic Flowers

Lilies	Kalanchoe
Cyclamen	Yew
Sago Palm	Chrysanthemum
Tulips	Amaryllis
Azalea	Autumn Crocus
Oleander	English Ivy
Daffodils	Wandering Dew

Fruit & Nuts

- Fruit seeds
- Macadamia Nuts
- Wild Mushroom
- Chocolate
- Onions and Garlic
- Grapes & Raisins

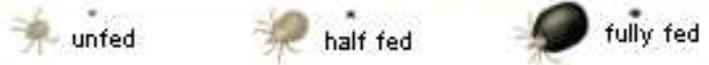
*Please note that there may be other allergy causing plants & toxic flowers, fruit & nuts that are not mentioned



Paralysis Tick

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

LARVA: SNOUT is very long
BODY is pale grey to very dark blue-grey



NYMPH: LEGS are light orange-brown
BODY is pear-shaped to round and light grey to very dark blue-black

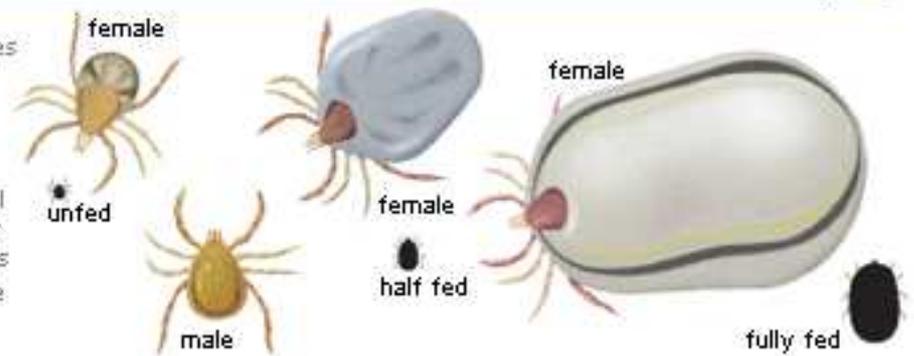


ADULT: LEGS form a v-shape line from the snout down the sides of the body; the first and last pair of legs are brown and the second and third pair are pale

BODY is pear-shaped to oval and yellow-grey to light grey with a dark band on the sides

FACE is oval but wider at the rear and brown

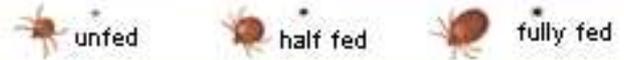
SNOUT is very long



Brown Dog Tick

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

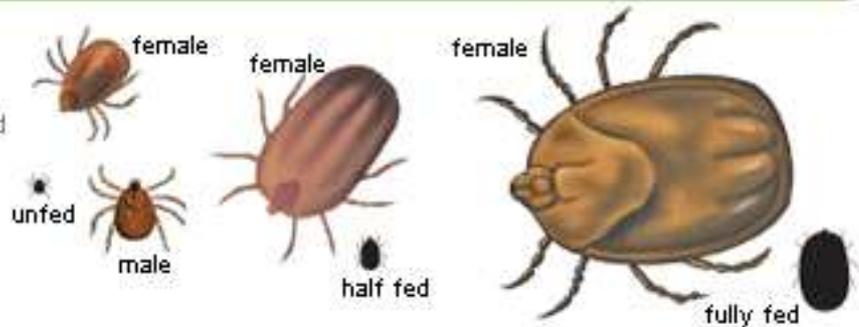
LARVA: SNOUT is short and stout, wider closer to body
BODY is red/brown to cream



NYMPH: LEGS are spread out along the body
BODY is oval in shape and light brown to red/brown



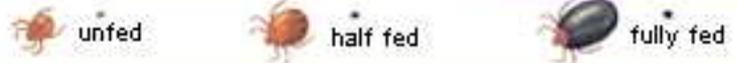
ADULT: LEGS are brown/tan and spread out along the body
BODY is small and tear shaped (male) to elongated and oval (female) Red/brown in colour Grooves along body of female
FACE has a distinctive hexagonal base
SNOUT is short



Bush Tick

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

LARVA: SNOUT is short and wider at the face
BODY is brown to dark blue-grey



NYMPH: LEGS are dark red-brown
BODY is oval and dark brown to dark blue-grey all over



ADULT: LEGS are dark red-brown and the first pair are close to the snout
BODY is oval-shaped and dark red-brown to dark blue-grey
FACE is oval and dark brown



The Danger of Paralysis Ticks

The Paralysis Tick and the Brown Dog Tick are the two most common ticks on dogs. However, it is the Paralysis Tick that is by far the most dangerous. It causes paralysis in a variety of forms but a 'typical' case starts with weakness of the hindquarters that progresses to total paralysis of all four legs. Other typical early signs include an altered bark or meow and vomiting. When the chest muscles and muscles of the throat become affected, the dog or cat is in serious trouble.

Preventing tick paralysis is a much safer and cheaper alternative than treating the condition once it has occurred.

Where and when does tick paralysis occur?

The Paralysis tick is found mostly along the eastern coast of Australia, but has been reported in Western Australia as well. It can also be found inland in suitable habitats. Ticks need humidity and mild weather to develop and will not survive and breed in cold climates. In northern parts of Australia paralysis ticks may be found all year round, while in southern areas the season goes from spring through to autumn.

Searching your pet for ticks

If you live in a tick-infested area, you should examine your dog or cat for ticks on a daily basis. If you have taken your pet for a walk through the bush or have been camping with your dog then examining it when you get back home is also a good idea. Don't try to look for ticks, try to feel for them instead. Ticks are a lot easier to find if you rub your fingertips through your pet's coat rather than if you try to look for them. In 70% of cases ticks are found in the head and neck region but it is important to search the entire dog (including inside ears, around eyes, under the collar, under lips, between toes, under the tail, chest, belly etc.)

The ticks are often grey in colour and all of the legs are bunched towards the front of the tick, not spread along the side of the body.

To remove a tick, grasp the tick as close to the skin as possible and pull firmly yet gently to remove the tick in one steady motion. Avoid squeezing the tick's body as this is where the salivary glands and toxins are located (not in the jaws or mouth). Dispose of the tick (or put into a jar with methylated spirits for identification). Check for more ticks. (If you are not comfortable with doing so, your pet is not co-operative or the tick is in a difficult place to access. Bring the dog into the clinic for us to remove it for you.)

The next step is to take your pet to your veterinarian. This is vital, as the residue of the tick's toxin under the skin can really cause a problem. Although the tick has been killed or removed, the animal can still become paralysed from this residue of poison. The poison is slowly absorbed and may cause paralysis hours or even a day or two later.

Signs of tick paralysis

Dogs and cats can often lose the control of the throat and voice box first, with regurgitation and vomiting common. Hind leg weakness/paralysis is next.

The weakness/paralysis rapidly ascends up the spine towards the head with total paralysis occurring last. Laboured breathing and grunting is common at this stage.

Preventing tick paralysis

Tick infestations can be prevented although tick control such as Nexgard, Nexgard Spectra, Bravecto and Seresto Collars. In tick prone areas, it is essential that your pets be searched daily for ticks. If this is done routinely, you can hopefully eliminate tick paralysis because the tick usually has to be on the animal's body for more than two days to cause paralysis.

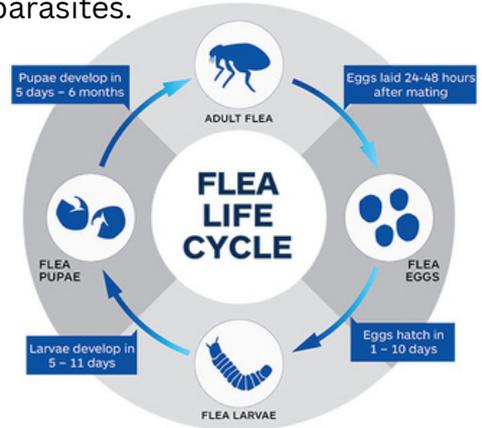
Don't take chances with ticks. They are the most dangerous of parasites that can infest your pet and they kill. See your veterinarian and ask his or her advice on a safe tick control program for your pet.

All about fleas!

Fleas on dogs and fleas on puppies can really make life unbearable for your furry friend. Thankfully, there is plenty you can do to deal with these pesky little parasites.

Understanding the flea life stages is integral to controlling them.

One of the main reasons why fleas are so hard to get rid of is the pupal stage. As pupae, fleas can lay dormant for many months. For this reason, these horrible parasites can suddenly appear in a house that has been clean and flea free for some time. The good news is that with proper flea control, it is possible to break the flea life cycle.



How can you tell if your dog has fleas?

If you see fleas or flea dirt on your dog or its bedding you have your answer, and if you see one flea you can be sure there are more. Fleas can sometimes be hard to spot so here is a list of signs you may see if your dog has fleas.

- **Scratching:** This is the obvious one. The presence of fleas and their bites irritates the skin, so if your dog is scratching and gnawing at its skin more than you might expect, it may have fleas. There are a range of causes of scratching in dogs, so be sure to speak to your vet if the condition persists.
- **Hair Loss:** Hair loss due to excessive scratching and grooming may be seen in some dogs, particularly around the back legs and tail base.
- **Irritated Skin:** Your dog's skin may be red and sore because of their flea infestation. Dogs with flea allergy dermatitis may also develop secondary skin infections.
- **Pale Gums:** The loss of blood from a severe infestation of fleas can cause anaemia, resulting in pale gums. Anaemia due to fleas is rare, typically only seen in young puppies with very heavy flea infestations.

To keep your home flea and tick free for the long term, we also suggest taking the following steps:

- Wash bedding in hot water and dry on high heat or in the sun. Periodically wash your pet's bed cover in hot water and dry on a high heat setting or direct sunlight to kill any flea eggs and larvae.
- Mow your grass and remove leaves. Make your yard more appealing on the eyes and less appealing to fleas and ticks by keeping grass short and eliminating piles of loose brush and sticks.
- Vacuum your carpets often. Regular vacuuming of carpets and rugs in your home is advisable, especially in areas where your pets tend to lounge.
- Cover crawl spaces and garbage bins. Deter wild animals that carry fleas and ticks from your home and surroundings, and block access to outdoor crawl spaces.

THE DOGGY PARASITE PREVENTION PLAN

Heartworm, Fleas, Ticks, Intestinal worming

OPTION 1 – This is the most convenient and offers the best protection against Heartworm.

- Heartworm injection – Annual injection that covers heartworm prevention for 12 months. Also has 3 month reach back effect. This product offers the best protection against heartworm
- Bravecto – Chews cover fleas and paralysis ticks for 3 months, Spot on covers for 6 months
- Dontral/Milpro/Milbemax – every 3 months to prevent intestinal worms including tapeworm.



OPTION 2 – Good option if able to give on a strict monthly schedule

- Nexguard Spectra/Simparica trio – covers heartworm, fleas, ticks and round intestinal worms for 1 month. Does not cover tapeworms. These products must strictly be given monthly for heartworm prevention, even 1 week late could risk heartworm infections being established.
- Tapewormer – given every 3 months to prevent tapeworms



Should you take your dog camping or to bush land, a Seresto collar is also recommended. Tick collars are the only products that repels ticks, whereas other products require the tick to bite to ingest the medication

