

UnLeashed



HeRo Canine Consulting LLC – Unleash the HeRo in Your Dog!

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✦ Highlights ✦



LIVING WITH DOGS

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Assess Your Puppy Readiness

Puppies are great. They spread joy, provide endless entertainment, and most could win cuteness contests all day long. But puppies are also fast-growing, potentially havoc-wreaking little learning machines. Nature packs as much information intake as possible into those first few months and if you're not prepared? Your puppy may learn all the wrong things.



Are you equipped? Food, bowls, a leash, and a few toys won't be enough. At a minimum, you will need:

A puppy crate. An X-pen or baby gate. Kongs and treat balls. An ID tag, a flat collar, and a harness for walks. Long and short leashes. A canine toothbrush and toothpaste, nail clippers, dog shampoo, brushes, and a variety of toys.

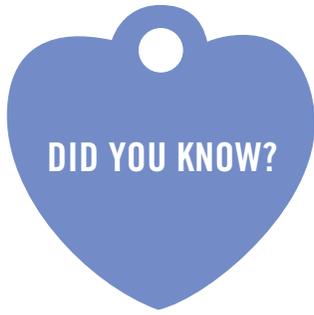
Is your home puppy-proof? Set up a confinement area (despite the name this is a cozy den for your puppy) for alone time and potty training. The area should be easy to clean and easy to close off with a baby gate. Think kitchen, laundry room, or bathroom. Furnish the area with a bed or crate, a water bowl, and several toys.

Are the house rules clear? Decide on set routines and procedures for consistency before you bring your puppy home. If more than one person is responsible for puppy raising, who will be in charge of the house-training routine? Where will the puppy be allowed—on the bed? The couch? Who will walk the puppy? Take the puppy to classes? Practice homework?

Do you have good dog professionals lined up? E.g. veterinarian, groomer, daycare facility, dog walker, pet sitter, and, of course, a top-notch dog trainer and puppy class. We can help you with your puppy or refer you to other certified, positive-reinforcement trainers, depending on your situation and location. The key is to plan well ahead for your puppy's first year of socialization and learning. Beyond the wonderful Instagram fodder, puppy time is a one-off opportunity to shape the dog you will live with for many years to come.

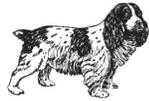
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**"Everything I know,
I learned from dogs."
- Nora Roberts**



These Doggie Temperature Facts?

- Dogs are more sensitive to high temperatures than humans because they rely on breathing out hot air and breathing in cold air to regulate their body temperature. If the air is hot, particularly if it's close to body temperature, they overheat.
- Short dogs and dogs with squat faces have an ever-harder time than other dogs regulating their body temperature. They overheat faster in hot weather, enclosed spaces, or during vigorous exercise.
- Dogs sweat only through their noses and the pads of their feet. Having such a limited area to sweat from also contributes to rapid overheating and potentially fatal heat strokes in hot or humid weather.



A WORLD OF DOGS

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Animal Assisted Therapy

These days, the concept and merit of animal assisted therapy is well known and accepted, even if large-scale research studies on the emotional aspects of the topic are still relatively scarce. It's hard to pinpoint when the therapeutic potential of animals was first recognized, but many credit Florence Nightingale, an influential figure in the development of modern nursing, with discovering the significant anxiety-reducing effects of small pet animals on children and adults living in psychiatric institutions.



In the 1930s, Sigmund Freud nudged the field forward when he began using his Chow, Jofi, during psychotherapy sessions. His findings in turn lent legitimacy to a paper on animal assisted therapy submitted by child psychologist Boris Levinson at an American Psychological Association meeting in the early 1960s.

Decades later, AAT programs can be found in nursing homes, hospitals, prisons, residential treatment facilities, as well as some libraries and schools. And we know for a fact that animals are good for our physical health. By their mere company, they reduce our blood pressure, slow our heart rates, facilitate faster healing, and improve our life expectancy (e.g. the American Heart Association's 2013 scientific statement saying that owning a dog lowers the risk of heart disease). But there are strong indications that the positive effect of canine company extends to emotional and mental trauma, too. Dogs seem able to connect with autistic children and patients with Alzheimer's. Petting a dog is cited by many mental health professionals as a catalyst that can help people otherwise silenced by grief and shock to open up.

But why? The precise biological process behind the effect eludes researchers, but a number of theories exist. One component is a dog's complete absence of judgment. Calm, well-trained dogs (and other pets) provide gentle physical affection and quiet presence, which allows patients to focus their attention away from internal trauma and external environments—like hospital rooms or psychiatric institutions—that can exacerbate fear and loneliness. Some describe it as a "healing space" accompanying the dog, in which AAT recipients can feel safe and secure, and therefore better able to express themselves and connect with healthcare providers. The takeaway? As research into AAT continues, dogs seem destined for greater recognition as therapeutic partners.

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DOGS IN ACTION

Flyball

Flyball is a team sport for dogs; the canine equivalent of a relay race. Dogs sprint over a series of hurdles, trigger a spring pad to release a tennis ball, catch the ball, and dash back. It's a spectator-friendly sport, as popular with hobbyists as with serious competitors.



Flyball is the perfect energy outlet for high-drive dogs like Border Collies and Terriers, but dogs of any type can participate, including mixed-breed. Small dogs are particularly sought-after, because hurdle height is based on the height of the smallest dog on the team. (The snag is, the dog needs to be heavy enough to release the ball.)

The idea behind flyball is to have a great time with your dog and other dog-loving people, an attitude reflected in team names like the Birmingham Bandits and Canine Conspiracy. But many are also serious athletes—the best teams run all four dogs through the 51ft course in less than 20 seconds. The current world record is 14.433 seconds, held by Caledonia-based flyball team Border Patrol, which set the record on June 5th, 2016 in Rockton, ON, Canada.

For more information, visit the North American Flyball Association at www.flyball.org.



HEALTHY DOG

Picking Healthy Dog Treats

Treats are an essential part of doggie life—ask any dog. Not only great for every teachable moment and training session, treats can help you build a positive reaction in your dog to something new or scary. But by definition, treats are delicious and desirable, and treat makers often achieve this with extra fat, salt, and sugar. Here's how to avoid undermining your dog's healthy diet:

First, only buy dog treats that contain named meats (e.g. "chicken" or "chicken meal," not simply "meat" or "meal") and vegetables. If grains appear on the ingredients panel, make sure they're whole. Look for whole-food ingredients such as carrots, blueberries, beef, and whole wheat. Some preservatives are necessary, especially in chewy treats, so opt for natural ones like vitamins C and E and avoid BHA, BHT, ethoxyquin, sodium nitrate, and other chemicals. Finally, don't forget that many dogs consider a cube of cheddar or a bit of leftover chicken a big treat.

DOG IN THE SPOTLIGHT

German Wirehaired Pointer

Olympic-class athlete, best friend through thickets and thistles, hunter extraordinaire—the German Wirehaired Pointer is a dog of many distinctions. This exercise junkie needs vigorous daily mental and physical stimulation to thrive, and when he gets it, the GWP is mellow at home with his human(s), happy to snuggle up and watch reruns. An all-weather, off-road, multipurpose pooch, he can hunt, point, track, retrieve, swim, jump—you name it, he's got the skills, and he's never happier than when he has a job to do. You can tell the GWP by his coarse wire coat, webbed feet, and signature shaggy beard and eyebrows. His quizzical, worldly expression is hard to resist, and the GWP, along with his close relative the German Shorthaired Pointer, can be found in hunting artwork throughout Europe from the late 1800s and on.

To re-home a GWP, visit your local shelter or rescue group.



OUR SERVICES



4 Tips For Office Etiquette

If you are among the fortunate who get to bring your furry sidekick to work, preserve the privilege by turning your dog into Canine Employee of the Month:

Mind the manners. Beef up on those manners cues, so Sit, Stay, and Quiet are nice and reliable.

Come prepared. Your doggy daypack should include food, treats, a leash, poop bags, a favorite chew toy, a dog bed or blanket, and pet-odor remover in case of accidents.

Be mindful of others. Not everyone is a dog lover and it's your responsibility to keep Fido away from anyone who might not appreciate dog kisses, paw prints, and a hair shower.

Take breaks together. Schedule at least two breaks for your pooch to stretch his legs and go potty. If possible, spend your lunchtime together, perhaps with a nice walk.

For tips on bringing a Dog @ Work program to your company, see <http://thecorporatecanine.com/>

Unleash the **HeRo** in Your Dog!
Canine Consulting 
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