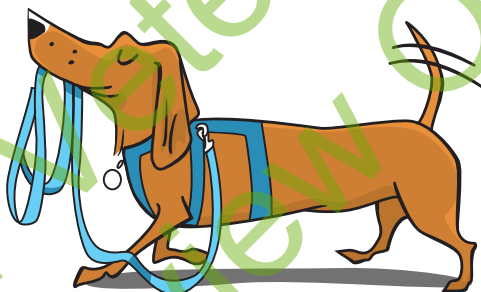




Preventive Vet

101 ESSENTIAL TIPS

Dog Behavior & Training



DR. JASON NICHOLAS

Illustrated by Chuck Gonzales

PREVENTIVE VET
Portland, OR

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INTRODUCTION

Ah, puppies ... the eyes, the puppy breath, the adorableness ... the energy. The boundless, boundless energy! Did I mention the energy? Yes, puppies are both adorable and energetic, and when they're young and small, that rambunctiousness—and even the jumping up, spinning, and begging—can be cute. But that's often not the case as they get older—and bigger. The jumping up on you and your guests, the begging for every little thing, the barking at the wrong times, the pulling you down the street on their leash—none of it is fun. Thankfully, it doesn't have to go that way.

The earlier you start socializing and training your new dog, the better your life will be *and* the better their life will be, too. Not only will a trained dog be less likely to knock you over, pull your arm out of the socket on a walk, or tear up your place while you're gone, they'll also be less likely to eat something poisonous, run into traffic, get into a fight with another dog, or even bite someone.

This book of tips is *not* a step-by-step guide to teach your dog all of the behaviors and tricks you want them to know. Rather, it's a guide that will help you begin to understand all that your dog will need to experience and learn to have the happiest, safest, most fulfilling life possible. I also share all the different training options and resources available to you, the stuff you'll need, the stuff you should avoid, and the “why” of it all. Lastly, your book comes with exclusive access to the “Book Extras” section on our website for videos and even more help with your dog's behavior and training.

As with the other titles in the *101 Essential Tips* series, this book will help you and your dog start off on the right paw for the best life possible ... together.

Enjoy and have fun!



Dr. Jason Nicholas

BONUS ONLINE CONTENT

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BOOK EXTRAS

Words cannot express my gratitude to Dr. Christopher Pachel, DVM, DACVB, CABC and Casey Newton, BS, CPDT-KA for sharing their extensive dog behavior and training knowledge with me and providing critical review and insight throughout the production of this book.

The world of dogs is a better place because you two are in it. THANK YOU!



Preventive Vet

CHAPTER 1

What Your Dog Needs From You



1 Keep calm and carry on ... and on ...

While having and loving a dog is a blast, there are times when training a new pup or adult dog might be tough and frustrating. And there may even be times where it'll seem that, whatever you do, they're just not "getting it." We've all been there! They're just a diamond in the "ruff." Every dog settles in and learns in their own way and in their own time. Don't give up on them—persist and be patient. Realizing your dog's true "brilliance" will be a journey, not a race. You'll get there, and the effort you put in now will be sooooo worth it!

2 Don't go changin'

Your dog will look to you for guidance and direction, so make both of your lives easier by not sending mixed signals. Once you pick a cue word (or words) for a desired behavior, e.g., "leave it" vs. "leave," use it consistently and don't go changing it up. A lack of consistency is an easy way of sabotaging your dog's training. And don't forget about your friends, other members of your family, pet-sitters, dog walkers, and anybody else who may be helping to train your dog, they need to consistently use the correct words (that you've chosen) every time, too.



3 Decide ‘weather’ or not you should train outside

Before you and your dog venture outside to train, consider the forecast. Heat and humidity can lead to serious problems! Puppies, in general, are more “temperature-sensitive” than adult dogs. This puts all puppies at increased risk of overheating (suffering heat exhaustion or heat stroke). Flat-faced puppies and their mixes are at even higher risk. And don’t forget about their paws! Be careful not to train on potentially hot surfaces (sidewalks, driveways, sand) to prevent painful burnt paw pads. Cold weather also poses risks, including dehydration, “pawsicles” (ice build-up between their toes), and even too low a body temperature (hypothermia). Keep the weather conditions in mind as there are plenty of training and play activities you can do indoors, too.

4 Short and sweet, then repeat

When it comes to your dog learning new behaviors or tricks, shorter, more frequent training sessions are better than fewer, longer ones. Nobody learns well when they’re tired or bored, and the same applies for puppies and adult dogs. The general rule of thumb for short, engaging sessions is no longer than 10–15 minutes. But some dogs, especially younger pups, can’t even hold their focus for that long. Additionally, if you’re training in an area where there are a lot of other dogs or distractions, plan on your pup’s mind wandering sooner. Pay attention to your dog’s engagement and fine-tune the duration of your training sessions accordingly.

Here are a couple of tips to help ensure the success of your training sessions, regardless of their length:

- 1) only focus on one behavior or trick per session, and
- 2) do “brain-circuit training,” where you do multiple short, 2- to 3-minute training periods, interspersed with brief, 1- to 2-minute play sessions in between.

5 Nobody likes a bully

While there are a few schools of thought regarding dog training, you should opt for the force-free, non-confrontational methods that are humane and grounded in solid behavioral science (e.g., clicker training and other “R+,” or positive reinforcement, methods). Dominance-based methods (those promoting techniques such as “alpha roll,” growling at a dog, or staring down a dog) and those depending on pain- and anxiety-inducing “aversives” (electric shock collars, choke chains, or prong collars) are no more reliable, and can actually be less effective. These archaic methods also undermine the bond and friendship you’re striving to form with your dog—and can increase bite risks, too.



Dogs Need a Dominant Pack Leader

FALSE: The idea that our dogs need a “pack situation” to thrive and an “alpha dog” to lead—or that we should establish ourselves as their “alpha” to get them to behave the way we want in our homes, lives, and society in general—simply isn’t true! Even Dr. L. David Mech, the world-renowned wildlife ecologist who published some of the original “pack theory” studies upon which much of the “alpha dog” and “dominance-based” dog training methods are based, has since called into question and renounced the conclusions that were drawn from the results of those studies. Of course, you do need to provide structure and guidance for your dog, but you absolutely, 100% do NOT need to force them into submission or dominate them to “lead.”

6 Watch your voice

Remember the saying: “*how* you say something is just as important as *what* you say”? Well, it’s true with dogs, too. The tone and inflection of your voice matters. Dogs are very intuitive—they pick up on the different emotions in our voice, like praise, anger, and frustration. When praising and rewarding your dog, try using an excited and positive tone. When cueing behaviors and tricks, do so with a calm, even voice. You’ll soon see your dog relax and better understand what you’re saying.

7 Your dog wants to love—not fear—their name

Your dog’s name isn’t a “four-letter word.” Well, OK, if their name is Nemo or Lucy, it is—but you know what I mean. You can ensure that your pup will learn their name and eagerly come when called by helping them associate it with positive interactions, rather than negative ones. Use an upbeat tone when calling your dog’s name and reward them when they look at and come to you. Scolding them or harshly yelling their name across the room or at the park is a surefire way to get a dog that won’t come ... and may cower at the sound of their name. If they love their name, they’ll also love responding to it. If you feel compelled to call your dog *something* when they’re naughty, pick another word—ideally one that doesn’t rhyme with their actual name. Might I suggest “Stinker” as a good PG-rated option?

8 Dogs don't understand why you're mad

Of course, potty-training accidents are no fun, and neither is coming home to find that your pup has chewed your favorite pair of shoes. In these situations, you may have the instinct to scold them or “rub their nose in it,” but please resist. Not only do these punishments instill fear and hurt your relationship with your dog, but science also proves that they miss the mark. A dog's short-term memory can be as little as two minutes, so they're not even associating the pee spot or the chewed shoes with the yelling or “nose rub.” Guess what they are associating your yelling and “nose rub” with though—the thing that *just* happened ... you walking into the room or coming home! Neither of these are things you should want your dog shying away from or being scared of. So, next time a mishap happens, reach for the paper towels and odor remover rather than reaching for your unsuspecting dog. And write off your shoes, *not* your dog. (P.S. This is even if they “look guilty” ... as that's actually not what that look is. Sadly, that “face of shame” is fear.)

9 Pick up everything your dog is putting down (not just their poop)

By their nature, dogs look to avoid conflict—both with other dogs, and with people. They do so by using “calming signals” to try to defuse tense situations before they ever get out of hand. Calming signals are a subset of canine body language signs that dogs show each other (and us) to signal that they aren't a threat and that there's no need to be stressed or aggressive. These signals are a “universal language” for (properly socialized) dogs. There are a multitude of calming signals that dogs use—from a subtle turn of their head or lick of their nose to a play bow or a complete turnaround. You'll want to learn this language, as your dog may be “talking” to you, and they'll be depending on you to pick up on their signals of what they're feeling.

10

Avoid the bite: Watch out for the subtle signs

Though news reports and people's recounting of stories might have you believing otherwise, very few dogs bite "out of nowhere." By their nature, most dogs prefer to avoid conflict. When there is a situation they perceive as threatening, they will either remove themselves (if they can), or they will show signs of stress and discomfort. The signs will escalate if they are not seen or listened to. Shying away ... growling ... lifting their lip ... snapping—this is an example of a typical progression of signs leading up to a dog bite. When you see these or other early signs, like "whale eye," take them for the warnings they are and improve the situation to prevent the final sign: the bite! Resist the instinct to scold or "correct" these early warning signs, as doing so may give your dog the wrong signal and actually make a bite more likely! Instead, ensure that everyone is on alert to recognize these signs for what they are—and make sure to give your dog the space they need ... and are asking for.

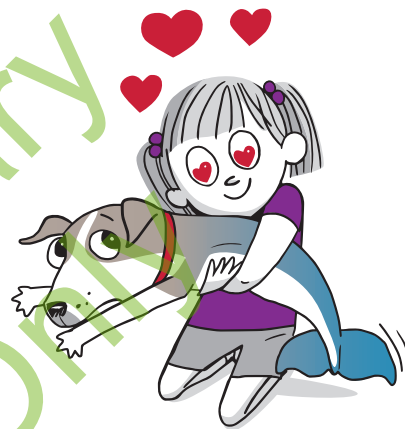


There Are Dangerous Dog Breeds

FALSE: Though many popular "Best Dogs For Kids" and "Most Aggressive Dog Breed" lists would have you believing otherwise, you can't predict how aggressive (or not) a dog will be based solely on their breed. There are many factors at play when it comes to aggression in dogs (and other animals, including people, for that matter). Dogs of any breed can—and do—bite. Breed does play a big role in "perceived bite risk" ... because bigger breeds can do more damage when they bite and more of those bites are to faces—and are therefore more likely to be reported. But in one study, of over 4,000 dog owners' perceptions of their own dog's aggressive tendencies, *Chihuahuas* were identified as the most aggressive breed ... and that's by their own people! More important factors influencing aggression include training (whether any was done and, if so, the methods used), early life socialization, where the dog was obtained, its overall genetics and medical conditions, the environment the dog is kept in, and the behavior of those who interact with them. But, of course, that's not as "fear inducing" and "clickable" a title for a blog post.

11 **Thar she blows! Watch out for 'whale eye'**

If you watch a stressed or nervous dog closely, you'll often notice that their eyes and nose are pointed in different directions. As a result, you wind up seeing a larger percentage of the "white" (sclera) of their eyes. This is called "whale eye," or "half-moon eye," and it means that the dog is stressed, frightened, or otherwise uncomfortable with something (or someone) in their environment. What are they uncomfortable with? Whatever their eyes are focused on! Avoid a bite and help minimize your dog's distress by looking out for this sign and understanding what your dog is "saying" with it.



12 **Stress: It's not just for people**

Dogs can experience stress and anxiety—even with something as wonderful as being brought into a new home and family! After all, there's often a lot of commotion and excitement, and they've just left their littermates or a shelter. Longer-term, events like the arrival of a new pet or baby, home renovations, family quarrels, or even a change in routine (back to school, holiday houseguests) can cause your dog stress. How will you know? Dogs can show signs of stress in many ways: destructive behaviors, changes in appetite or potty habits, even "retreating" and becoming less interactive with you. Pheromones (Tip #36), calming music (Tip #38), certain supplements, and interactive feeders or treat puzzles (Tip #84) can help lessen stress in dogs. But some dogs truly need medication prescribed by a veterinarian to best help them cope ... and that's OK!

13 Actions can speak louder than words

Your dog feeds off your actions—even subtle or unintentional ones. Pay close attention to what you're doing, as it can shape what your dog does. For example, pulling on your dog's leash to bring them closer to you whenever another person, dog, skateboard, or something else approaches. Even though you're likely doing it to be considerate, your dog is likely to interpret the tension on their leash as you being nervous or in need of protection. They then growl, lunge, or bark, because that's what they feel is needed and being asked of them. A better way is to stop walking, move aside, and call your dog to you using a calm tone. (And, of course, giving them praise and treats when they do so.) This will get them out of the way, without putting them "on alert." It also teaches them that good things happen when people, dogs, etc., pass by. Your dog is always tuned into you, so always be tuned into yourself, too.

14 It's all in the set-up

Your pup is far more likely to be successful in their training, and learn right from wrong, if you "set them up for success." Which also means not inadvertently "setting them up to fail." For example, leaving out your dog's chew toys may be OK, but definitely be sure to put away your "toys" (clothes, shoes, remotes, etc.). Your stuff may be more tempting than their own—after all, it smells like you! Similarly, when cueing your dog for a behavior, especially when first teaching it, make sure you've got their attention first and that they're not otherwise distracted. A quick "Lookie Here" (Tip #70) will help your pup see and hear you so they can get it right the first time. When set up to succeed and given clear guidance, dogs will most often do the right thing. After all, your pup loves to please you and get treats for what they've done right! It's far more fun and effective to focus on what to do (reinforce good behaviors) than it is to focus on and correct what not to do.

15 You don't have to go at it alone

Training your dog is as much about you learning “dog,” as it is about your dog learning “human.” And since every dog may learn and communicate differently, it’s helpful to have a “translator”—a trainer—even if you’ve had and trained a dog before. A good trainer can help you prevent problems and avoid having anything “lost in translation.” Whether you hire a trainer to teach you and your dog one-on-one, or attend a training class with other people and dogs, the time and money you’ll invest will produce huge rewards in the form of faster, less stressful training—for both of you. Wondering where to find a good trainer? Ask your vet and check out the resources in Book Extras, too.





#3

CHAPTER 1 BONUS ONLINE CONTENT

Enter **tip#** below at [PreventiveVet.com/Book-Extras](https://www.preventivetv.com/Book-Extras) to access this information.

TEMPLATE FOR CREATING YOUR 'CUES' LIST:

Print out this helpful resource to hang up in your home for the whole family to follow along. (#2)

HOW TO EXERCISE YOUR DOG INDOORS:

Game ideas and exercise tips to keep the fun going. (#3)

TRAINING TOOLS TO AVOID: Create a positive training experience for your pup. (#5)

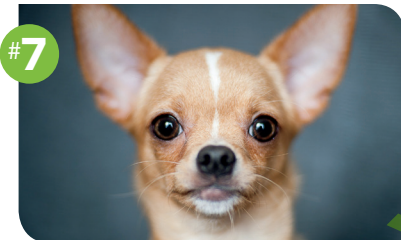
HOW TO USE YOUR DOG'S NAME IN TRAINING:

Including using their formal name and nicknames. (#7)

DOG DECODERS: Phone app, videos, and books about dog body language postures and signals. (#9)

DOG BITES A REPORTER: Watch a video that dissects the warning signs, and it's not graphic. (#10)

'WHALE EYE': See some photos and why dogs use this form of communication. (#11)



#7



#10

For Veterinary
Review Only



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CHAPTER 2

Introductions & Explorations



16 You can't hurry love

Whether they're coming from a breeder or shelter, every dog will have a period of adjustment when they first come home with you. For some, it'll take a few days to adjust, for others, it could take weeks, or even a few months. Be patient, go at their pace and don't take it personally if they don't warm up to you right away.

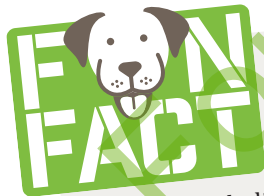
A lot has happened in their world and while getting to come home with you is a truly wonderful life event for them, there were likely a few recent events that weren't so joyous. Puppies will have just left their mom and littermates, and adopted dogs have experienced abandonment in one form or another—perhaps multiple times. Don't take their "distance" or "uncertainty" as a sign of rejection or that they don't love you. Just be there for them: sit quietly nearby, read to them, do a crossword, whatever relaxing activity you'd like. Give them some space and time, and they'll soon realize that they really have found their "forever home."

17 Meeting children

Even if you don't have children of your own, it's important to socialize your dog to kids early and safely. Doing so can greatly minimize the stress and anxiety your dog may feel around children, as well as reduce the risk of them ever biting a child. During the introduction, it's important to have your dog on a leash and that the child is gentle and moves slowly—they should not sneak up on your dog or approach them from behind. A second adult should be present, and everyone needs to be well aware of, and responsive to, dog body language (Tips #9–#12). Lastly, never force these introductions—either on the child or on your dog. Since there's just too much important info on this topic to pack into this one tip, please visit Book Extras to see great illustrations and additional tips to help any child approach and pet your dog safely.

18 Introducing your dog to their 'extended canine family'

Odds are good that you're not the only one in your family or circle of friends who has a dog. So you may be wondering, "When can my dog meet my family's/friends' dogs?" There isn't a simple answer to that question, but there are some things to consider and generalizations to help guide you. Is the other dog healthy and vaccinated? What is the other dog's temperament like? Where will the meeting take place, and will there be other dogs or people there? All early life introductions to new dogs should be done one-on-one, in a clean, low-distraction area, with healthy, vaccinated, well-mannered, and truly puppy-friendly dogs. They should always be done slowly and with close observation to ensure that your pup is comfortable and is not being bullied or intimidated—or at risk of a bite! (Not all mature dogs love hanging out with a puppy ... especially after the first five minutes.) If all of these "stars" are aligned, then you are likely OK to do some of these introductions shortly after your pup's 8-week-old vet visit and vaccinations. Interactions done wrong during this socialization period can cause serious, lifelong psychological and physical harm to your dog.

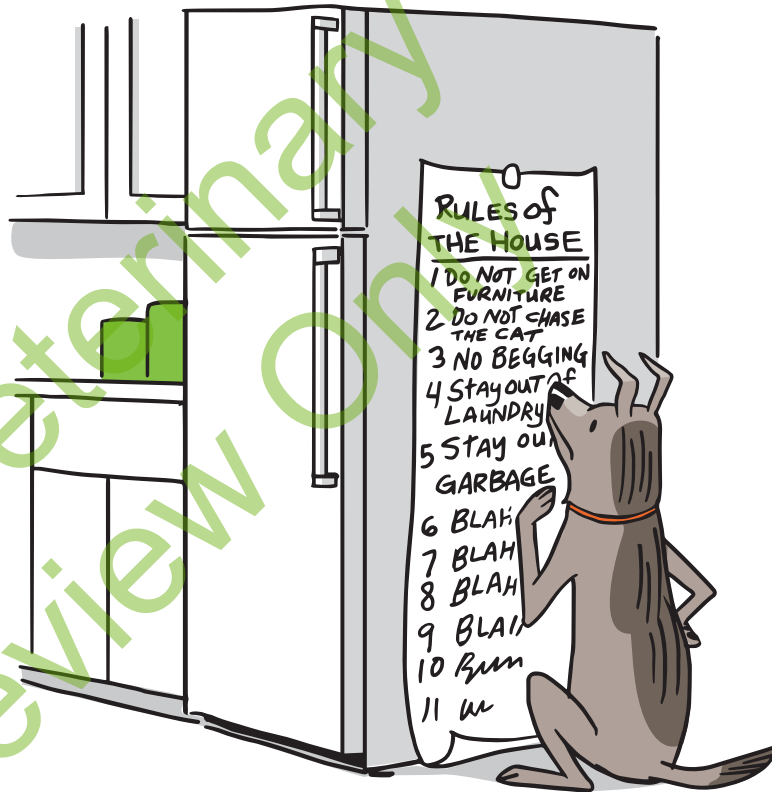


Do Dogs Get Jealous?

A 2014 study at the University of California, San Diego, concluded that dogs do exhibit signs of jealousy. Researchers had owners interact with a number of items, including a book, a jack-o-lantern and a stuffed dog while their dog was present. The most common reaction by the dogs was attention-seeking (trying to interrupt their owner's interactions with the other objects). The frequency of the dog's jealousy behaviors was highest, almost twice as high, with the stuffed dog. In fact, 86% of the dogs sniffed the butt area of the stuffed toy to see if it was a real dog. Isn't that cute?

19 Your house rules!

Ideally you will think about your “house rules” before your new pup comes home, or shortly thereafter. Having a set of house rules will get everyone in your home on the same page and will help the transition and training in those first several days and weeks. Decide, for example, if the kitchen will be off-limits at all times, or just when you’re cooking. Figure out what furniture, if any, will be off-limits (see Tip #68). Determine where they’ll eat and where they’ll sleep. (I suggest a crate, at least to start. See Chapter 4.) Having these rules set in advance is a simple step that can have a big impact and provide the consistent boundaries your pup needs to settle in, and to be happy and safe.

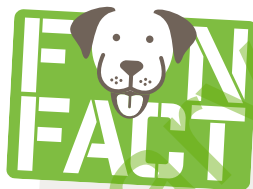


20 **Open house? Not so fast!**

You can avoid a lot of trouble by initially limiting your new dog's access within your home. Not only will it keep your furniture and floors from being (potentially) destroyed, but it can actually help your dog settle in and feel comfortable, too. Create a safe confinement area by using baby gates, or a sturdy exercise pen ("ex-pen") to keep your dog restricted to a specific room or area for longer periods of time when a crate isn't desirable or practical and you're not able to keep a direct eye on them. When they're out of their confinement area and exploring new rooms or areas for the first time, have them on-leash. You can consider the use of an "umbilical leash" (Tip #54) if you need to have your hands free as they explore. As their training progresses and you get more comfortable with their freedom, you can "cut the cord," open up other rooms and areas, and gradually expand their territory. Go slowly and let them earn the freedom to explore a progressively larger portion of your home.

21 Your furry crew, home alone

If you've got other pets, they'll likely have met by now. Leaving them alone together can be a whole different can of worms though! Plenty can happen between newly introduced pets when you're not around, so play it safe to avoid problems. When initially leaving your furry crew alone together, make sure that your dogs are reliably separated from each other (crates, baby gates, closed rooms) to allow them to gradually get used to it. It can also be a good idea to give each of your dogs their own food-stuffed toy (Tip #84) to keep them happily distracted while you're away and associate their new set up with something positive—food! Just be extra careful to ensure reliable separation of your dogs when leaving behind such tasty treats if any of your pups are “resource guarders” (Tip #100). Got cats too? Make sure that your cats have a safe place to escape to (where your dog can't follow), as well as an obstacle- and “trap”-free way to get in and out of those safe places. And so that your cat doesn't suffer, make sure their “safe place” has a clean litter box, too.



Sense of Time? The Nose Knows!

Ever wonder how it is that your dog just seems to know when you're due home from work? Or when the kids should be getting off the school bus? It's not like your pup has reminders set on their tiny doggy iPhone. (Or do they?!?) A Swedish experiment observed dogs' excitement response to their owner's return after being left alone for 30 minutes, 2 hours, and 4 hours. There was a significant increase in excitement at 2 hours, compared to 30 minutes, with less of a difference between 2 and 4 hours. So dogs do have a “sense” of time, and it may well be their sense of *smell*! It's thought that dogs use a declining strength of “odor” or scent to determine how long ago something was there. The stronger the scent, the more recently that thing was there, the weaker the scent, the longer that thing has been gone. If it's a regular absence—like you going to work, or the kids going to school—your dog will start to develop an uncannily accurate sense of when you should be returning. Cool, right? Just don't forget to text your dog (you know, on their tiny doggy iPhone) if you're going to be late. It's the considerate thing to do.

22

Don't snooze on socialization, the clock is ticking

Your pup has a lot to become “used to,” and not a whole lot of time. The first three to four months of your puppy's life are the most crucial for their social development. It's when they are most open and forming their initial view of their new world and how they fit into it—whether it's scary or safe, fun or intimidating. Ideally, you got your pup from someone who was responsible and already began your pup's initial socialization. It's now your turn to continue the process, and you should begin the day you bring your pup home. There's lots of socialization you can do in and around your home—and even quite a bit you can do away from your home—regardless of which vaccines your pup has had. In most cases, socialization with other puppies, *in a controlled and clean environment* (Tip #24: Puppy classes), can start shortly after their 8-week-old vet visit and vaccinations. When socialization involves places frequented by many other dogs, such as dog parks, groomers, or doggie daycare, your vet and your pup's vaccine schedule should guide the timing of it. Missed the initial 3–4 month socialization window? Don't give up! All hope is not lost, but it may take more time and patience on your part, and will likely be a little more challenging for your dog.



No Puppy classes Until Shots Are Done

FALSE: While your pup's initial series of vaccinations is extremely important (and it truly is!), you shouldn't wait until they're 16–17 weeks old (the time that most “puppy shots” series end) to begin puppy classes for socialization! Thankfully, given the frequency and effectiveness of modern vaccinations, the biggest risk to a dog's long-term health, safety, and quality of life are the behavioral problems that are likely to arise from a lack of early and appropriate socialization. So, the risk of waiting and missing out on your pup's critical initial socialization window is just too high. Talk to your veterinarian, and as long as they have given your pup their first set of shots (and deworming) in their puppy series, and so long as you choose your puppy class location wisely, your pup should be “good to go.”

23 100 new things in 100 days

Socializing your dog means helping them become comfortable with *everything* in their environment—not just other dogs. Ideally, your new dog should SAFELY experience (at least) 100 new things in their first 100 days, regardless of their age. All of these new experiences need to be positive and rewarding to achieve the desired effect, so make sure to do these exposures at your pup's pace and always with an eye on their safety and emotional comfort level. If an object or person is stressing your dog, or your pace is too fast, stop, reassess your plan, and talk with a trainer. The potential emotional trauma from "socialization done wrong" isn't worth it. The list of things to socialize your dog to ranges from the vacuum, doorbell, and stairs (or elevator) to umbrellas, skateboards, and even people wearing hats! There's also the wide variety of different flooring and surfaces (tile, wood, pavement, grass) your dog will be walking on. And don't forget about people of all different races, ages, and heights, too! Visit Book Extras for a "100" checklist you can use with your dog, as well as the steps and tips to help you do their socialization right.



24 When can pup attend puppy classes?

Yay!! What's better than a room full of puppies? Not much, but one sick or "out-of-control" pup can ruin it for everybody. Organized puppy socialization classes and playgroup sessions can be a huge benefit for your pup's social development—but they have to be done right. The facility where the class is held should be clean, calm, and organized. The trainer running the class should be experienced, and very attentive and observant. All pups participating should be age-/size-matched, should have had their first exam, deworming, and vaccinations administered by a veterinarian, and be free of any signs of disease. If all of these conditions are met, then your pup should be ready to start participating in these types of classes when they're around 9 weeks old.

25 When can your pup go to daycare and the dog park?

Doggie daycare and dog parks can be great outlets and social experiences for dogs. Unfortunately, they can also be places of severe physical and mental trauma, as well as cesspools of worms and infectious diseases. (Sounds good, right?) As such, your pup should not go to doggie daycare or visit a dog park until they are completely finished with their "puppy shots" series—at least 17 weeks old. And, regardless of their age, they also shouldn't visit a dog park or participate in doggie daycare until they are socialized to other dogs (Tips #22 & #23). Your pup's health, safety, and lifelong emotional well-being is at stake here. Don't rush them into these situations because they can remember—and be affected by—a traumatic experience for the rest of their life!



26 Minimize or avoid vet visit stress

We vets recognize that visiting us can sometimes be stressful or anxiety-inducing for pets (and people). We really do try to make the experience as pleasant and calming as possible, but you can help your pup as well. One way is with regular “social visits.” These are all about sniffs, snuggles, and treats, and can go a long way towards helping to prevent or reduce current and future visit stress. Many practices encourage them, ask your vet. Another way you can help your pup is by being aware of your own emotions and actions at the vet. A (very) common scenario we vets see in the exam room is when a pet owner gets anxious or nervous at the first sight of needles. Their (previously calm) dog quickly picks up on this change in emotion and energy and suddenly becomes hyper and anxious themselves. So, pay attention to the signals you’re sending your dog—they’re always tuned into you. There are many other tips and techniques to help your dog have a stress-free vet visit in Book Extras.



#17



CHAPTER 2 BONUS ONLINE CONTENT

Enter **tip#** below at [PreventiveVet.com/Book-Extras](https://www.preventivetvet.com/book-extras) to access this information.

LOVE (SAFELY) AT FIRST SIGHT: Videos showing how kids and dogs should—and shouldn't—meet. (#17)

RULES TO CONSIDER: List of suggested household rules to help your family and pooch start off on the right paw. (#19)

INTERACTIVE TOYS TO OCCUPY YOUR DOG:
And simple recipes for stuffing food toys. (#21)

100+ SOCIALIZATION IDEAS: Download a checklist of sights, sounds, and other stuff to introduce your new dog to. (#23)

WHAT YOUR PUP CAN EXPLORE & WHEN: See which vaccines open up new adventures for your pup. (#24)

HOW TO CHOOSE A DAYCARE OR BOARDING FACILITY: What to look for and questions to ask. (#25)

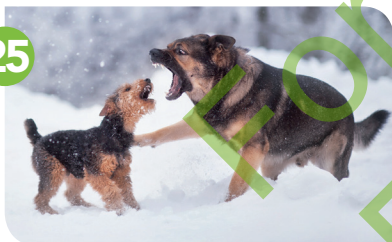
HOW TO BREAK UP A DOG FIGHT: Video tips on what to do if you find yourself in this situation. (#25)

MINIMIZE VET VISIT STRESS: Tips and tricks to make your vet visits smoother. (#26)

#23



#25



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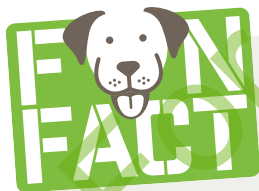
CHAPTER 3



What To Get
(And NOT Get)
For Training

27 **NEED: Collar**

What may seem like a trivial decision (choosing a collar), is actually far more important than you'd think. Got a greyhound or similarly slender-headed dog? You'll do best with a martingale collar. Got a pup who likes to play "ruff" or might play with a "mouthy" dog? Consider a "breakaway" collar to help keep them safe. Live in an area with lots of rain or have a dog that loves the water? Best to avoid leather and go with something that's more weatherproof and can easily be washed. As you can see, there are several factors that go into choosing the best collar for your new dog. For safety, effectiveness, and comfort, not too tight and not too loose is the name of the game for fit. If you can easily slip one or two fingers between your dog's collar and their neck, you've got it just right. For a few alternatives to neck collars, have a look at Tip #35. And check out Tip #39 for the types of collars you should definitely avoid. (Oh, and a note about washing dog collars: You should aim to wash your dog's collar about once a month. Be sure to dry it well before putting it back on your dog though, otherwise your dog could end up with a rash or infection on the skin under their collar.)



Now Those Are Some Old Collars!

The first dog collar is thought to have been invented in Sumer, a part of ancient Mesopotamia that is now in southern Iraq. And, in Egypt, there is a wall painting of a man walking his dog—using a leash and collar—that is from 3500 BCE!! Now that's an old collar! While your dog's collar isn't likely to last as long as the one painted on the wall in Egypt, regular care and cleaning of your dog's collar can certainly help extend its life ... and keep it from smelling like it's from ancient Egypt!

NEED: Leash

You'll likely be surprised to find the wide array of leash types, lengths, and materials when you start looking for this essential piece of dog gear. It can be quite overwhelming, but it doesn't need to be. Typically, your best bet for your dog's first leash is a fixed-length (6 feet long is most common) nylon, leather, or even hemp leash. Nylon leashes are less expensive than leather, but leather is typically sturdier for larger dogs. One drawback to leather is that it can become stiff and brittle when it gets wet, so keep that in mind. Hemp is strong, eco-friendly, and tends to resist mold and mildew formation. Depending on the type of training you'll be doing, when and where you'll be walking, and what other activities you'll be doing with your dog, you may eventually want to have a few different types and lengths of leashes. These might include traffic leads (shorter leads for walking larger dogs on city sidewalks and in other crowded spaces), long lines (for doing recall, nosework, and other distance training), hands-free leashes (for running with dogs that already have good leash walking skills), and even LED or reflective leashes (for safer low-visibility walking). There's definitely one type of leash that I would encourage you to stay away from—retractable leashes! See Tip #40 for why.



29 **NEED: Training treats**

With sooooo many different “training treats” available, how do you choose the right one? It’s actually easy if you use the “3-S test”: good training treats are typically Small, Soft, and Smelly. Ideally your dog shouldn’t have to stop and chew their treat. Then ask yourself, can the treat “keep” in your pocket (or a “treat pouch”—yeah, you should probably get one of those, too) for the duration of your day’s training sessions without making a mess or spoiling? And finally, does your dog like it? They judge a lot with their noses, so they often love really smelly treats. Of course, you needn’t necessarily buy specific “training treats” for your pup either. Plenty of dogs train perfectly well using their regular kibble as their reward (also see Tip #33: “high value” vs. regular rewards). Regardless of which treats you go with to reward your dog, keep in mind that all the treats they are getting throughout their day should generally equal no more than about 10% of their daily calories. So, as you can see, rationing a portion of their daily kibble to use as training treats throughout the day can be an easy way to help avoid the over-treating conundrum.



Dog Farts

Dogs fart for the same reason that people do—excessive gas in their bowels. (Hey, it’s gotta go somewhere!) Dogs can get “excessive gas” from a variety of causes. It could be the result of too much fiber in their diet and the activity of their gut bacteria and other microbes on that fiber. But even diets too rich in meat proteins can lead to excessive gas, as can any new food, if it’s not introduced gradually enough. Medical conditions that prevent normal gut function (such as inflammatory bowel disease, small intestinal bacterial overgrowth, and others) can contribute to frightening flatulence. And then there are the dogs who gobble up their food super quickly and those with smooshed faces (“brachycephalic” dogs like Frenchies, Bostons, and others) that will often toot more than you’d like because they tend to swallow a lot of air. If your dog has (or develops) a reputation for clearing a room, it’s time to visit your vet to talk about your dog’s farts.



30 **NEED: Crate**

Crates are great short-term confinement areas for potty training, keeping your dog (and your furniture) safe, and even for helping your new dog settle into your home. When choosing a crate, use the size/weight ranges listed by the crate manufacturer as your initial guide. You'll want to make sure that your dog can comfortably stand, turn around, and lie down in the crate. Too big and you're more likely to have problems with potty training; too small and your pup won't love it. Choosing a dog crate is a bit like *Goldilocks and the Three Bears*: "just right" is your goal. You can also find crates with dividers so you can adjust the size as your pup grows, which can be really helpful and also save you money. (See Chapter 4 for specific tips on crate training, and check out Book Extras for tips on helping your dog love their crate.)

31 **NEED: Safe and appropriate chew toys**

Your pup needs (and loves) to chew, and you certainly don't want them chewing on your stuff, right? You also shouldn't want them chewing on anything that's harder than their teeth—including hard plastic bones, real bones (whether cooked or raw), deer antlers, hard yak cheese, or even ice cubes. All of these can cause painful and expensive tooth fractures. So, what can you do? First, test the chew toy: if the toy doesn't "give" a little bit when you press it with your thumbnail, then it's likely too hard for your dog's teeth. Rawhides and compressed veggie chews can be good—just make sure you don't leave your dog unattended with them and ensure that they're being chewed thoroughly before being swallowed, as these can be a choking and digestive obstruction hazard. If your dog "inhales" their chews or bites off big pieces at a time, these are definitely not good chew choices. Your best bet is typically a semi-firm rubber toy with "give," a rope* chew toy, or a durable, cloth-stuffed chew toy. Some rubber chew toys can also be stuffed with treats, peanut butter, or even some of your pup's canned food for an extra enticing chew and mental stimulation toy.

**To soothe teething gums even more, try dampening a rope toy and cooling it in the fridge before giving it to your puppy. Some people and websites might recommend freezing these damp toys, but doing so could potentially break one of your dog's teeth. Cooling it in the fridge will be just as soothing, yet without the risk. Either way though, if your pup is pulling out and eating the strings when playing with a rope toy—don't use them. This can lead to a digestive obstruction.*

32 **NEED: Stain and odor remover**

Sadly, no puppy sails through their potty-training period “accident-free.” (If only!) So, to be prepared for mishaps, buy an *effective* combination pet-stain and odor remover. The best pet “accident cleaners” both neutralize (either with enzymes and/or beneficial bacteria) the odor-causing proteins in dog urine and dog poop and help lift off and remove the actual stain. The sooner and more completely you can neutralize the odor and remove the stain, the less likely your pup will be tempted to return to the “scene of the crime.” Taking care of these accidents as soon as they happen will greatly decrease your frustration and help shorten your pup’s potty training. Check out Book Extras for steps to clean up puppy accidents, including how a black light can help you out.

33 **CONSIDER: ‘High-value’ training treats**

Dogs love treats. That’s no secret, but all treats are not created equal. Figuring out which treats are your dog’s favorites can help when training the most important, or more challenging, behaviors. It’ll also help when training in high-distraction settings. So, when you’ve got something you really want or need your pup to learn—such as the “Big 6” (Tip #65), or loose-leash walking, break out the “high-value” rewards and see how much easier it gets! Higher value rewards might include small pieces of freeze-dried liver or boiled chicken breast (no onions or spices), frozen shredded cheese, diced bits of hotdog, or something else that your dog instantaneously responds to. Some dogs even love (plain) Cheerios®! Every dog is different, so what’s “high value” to one might be just “so-so” to another. Remember the calorie count and keep these treats small—no larger than the size of a pea. When it comes to training treats—of any “value”—bigger isn’t better.

34 CONSIDER: Clicker

Clicker training can be a GREAT way to help you train your dog. The clicker isn't used to call your dog to you, but rather to immediately and consistently "mark" the behaviors you want your dog doing. For instance, when teaching your dog "sit," the moment their "little butt" hits the ground you immediately click and then give them their treat. It's the click that tells your dog that the action they *just* did is good, and the treat is then the reward they get for having done it. While you don't *need* a clicker to "mark" your dog's good behaviors, it can be more consistent than using your voice. Your best bet though is to use both a clicker and a "marker word" to really help lock in your dog's desirable behaviors. To see clicker training in action, check out Book Extras online.

35 CONSIDER: Harness or head collar

A neck collar isn't necessarily right—or safe—for every dog. Sometimes a head collar or harness is a better option.

In "pulling situations," a neck collar can cause or worsen medical problems. Not only is a head collar or "no-pull" harness safer in these instances, but they often help decrease pulling behavior faster and better than a neck collar, too.

Head collars have the added benefit of helping you keep your inquisitive dog from eating something dangerous off the ground (spoiled food, rat poison, xylitol gum, and much more)!

Harnesses keep pressure off of your dog's neck and trachea (windpipe), providing control while minimizing problems. So they're essential for dogs with certain medical conditions, like collapsing trachea, laryngeal paralysis, or pinched nerves in their neck. They're also great for brachycephalic (smooshed-face) dogs! If you're unsure about your dog's particular needs (or medical conditions), have a chat with your vet; they're there to help and answer your questions.

36 **CONSIDER: Calming pheromones**

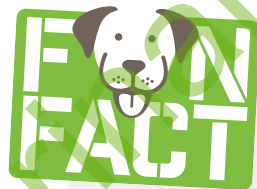
Pheromones are natural compounds that animals release into their environment to affect certain behaviors of other members of their species that are nearby. One such pheromone in dogs is the “appeasing pheromone” that the mother releases when her pups are nursing. It’s a calming and soothing pheromone—just what would you expect from Mom! There are plug-in diffusers, collars, and sprays containing this dog-appeasing pheromone and they are proven to help reduce a dog’s stress and anxiety. You can take advantage of this to help your dog when first bringing them home and also throughout their adjustment, socialization, and training periods. They can also be helpful in treating thunder and fireworks phobias (Tip #98), anxiety-causing car rides, and a variety of other potentially stressful situations.

37 **CONSIDER: Calming supplements and medications**

All hope is not lost if your dog seems too anxious or fearful, or just too “scatter-brained” for training. Dogs that are highly anxious, fearful, or easily distracted—even when training in comfortable, familiar, and seemingly calm surroundings—may just need a little “assistance.” Many of these dogs can often benefit from the appropriate use of certain anti-anxiety supplements and/or medications. Talking with your vet, and possibly a board-certified veterinary behaviorist, is your best bet to ensure that you’re choosing supplements and getting the medications that will best comfort—and not inadvertently harm—your dog. Some dogs just need a little “help” dealing with their daily life and what is being asked of them—and there’s nothing wrong with that.

38 CONSIDER: Music

They say that music soothes the savage beast; it also soothes stressed dogs. Many studies in shelters have shown that certain types of music can help calm dogs, as evidenced by decreased barking behavior, slower respiratory rates, decreased blood levels of cortisol (a stress hormone), and increased time spent sleeping. These are all indicators of improved comfort and decreased stress ... and who doesn't wish that for their dog? Reggae, soft rock, and classical music appear to be the most effective types. Of course, all music isn't created equal, even within the same genre. The most important qualities of the music appear to be the length of the notes, simplicity of the tones, regularity of the rhythms, and the overall tempo of the music. There's even music specifically composed for dogs! Check out Book Extras online, for this and other ways music might help your pup.



Shake, Shake, Shake

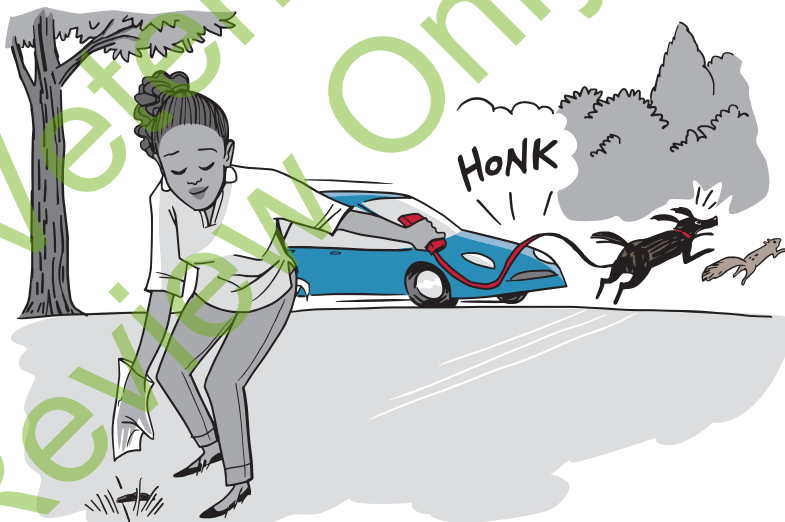
Why does your dog do a full-body shake for a few seconds every once in a while? Is it normal? Yup, it is. When a dog does its "shake" it's a sort of "re-boot" or reset—to start fresh. Perhaps their fur is out of place, they're wet, or *something* has caused them stress and they're "re-setting" and moving on. If your dog shakes frequently though, it could be a medical problem (e.g., an infection or other issue with their ears), so consult your veterinarian.

39 **AVOID: Choke chains, pinch and shock collars**

Ideally, these types of “aversive” tools should never be used—and they certainly shouldn’t be your first “go-to.” Honestly, they’re rarely (if ever) necessary to achieve good leash-walking skills (or even snake avoidance, Tip #82). They can cause or worsen certain neck and breathing problems for your dog, and they frequently cause pain, stress, and anxiety, too. If it’s control you need, work with a force-free trainer (Tip #15) and use more humane aids, such as head collars and no-pull harnesses. If you choose to use choke or pinch collars—and I truly hope you won’t—realize that they definitely shouldn’t be left on your dog around the clock or used as everyday neckwear. They can cause serious injuries to your dog, other dogs your dog plays with, and even you! And please don’t use an electric shock collar (a.k.a. “remote training collar”)—they’re not humane and there are better alternatives. Hence, the reason they’ve been banned in certain regions and countries.

40 **AVOID: Retractable leash**

Though retractable leashes may seem like a good idea, and you may see other dogs having fun on them, what you likely won't see (until it's too late) are the many drawbacks and dangers of using retractable leashes—both to you and your dog. People have suffered serious cuts and rope burns from these types of leashes, as well as eye injuries and a host of other problems. Dogs have suffered severe neck and tracheal injuries from retractable leashes, along with serious cuts on their legs and other parts of their body. And, should you ever drop the hard plastic handle, your dog is likely to spook and bolt, running into traffic or disappearing. It's not just physical (and psychological) dangers that make retractable leashes a bad choice, it's also the fact that they can actually *encourage pulling*!



CHAPTER 3 BONUS ONLINE CONTENT

Enter **tip#** below at PreventiveVet.com/Book-Extras to access this information.

#30



CALCULATOR: To see how many treats your dog can have a day. (#29)

HOW TO CHOOSE A CRATE YOUR DOG WILL LOVE:

What to look for, what to avoid, and where to put it once you've got it. (#30)

#35



ALL RAWHIDES ARE NOT THE SAME: Find out more about the safety of these popular chews and many others. (#31)

THERE'S A WRONG WAY TO CLEAN: Tips, tricks, and how to prevent more potty accidents. (#32)

11 STEPS TO USING A CLICKER: Tips, tricks, and how-tos for this must-have training tool (#34)

HOW TO CHOOSE THE RIGHT WALKING GEAR:

Including how to improvise a harness in a pinch. (#35)

PREVENT TRAVEL ANXIETY AND CARSICKNESS:

Tips, tricks, and what you'll need. (#36)

#38



A CALMING PIECE OF MUSIC: A lovely video story and the music that calmed Daisy down. You can try it on your dog. (#38)

For Veterinary
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CHAPTER 4

Crate Expectations



41 Don't hate the crate

Crate training is about keeping your pup—and your “stuff”—safe when you're not at home or able to give your dog your undivided attention. It's also an excellent tool to help with potty training (see Chapter 5 for more on that), and when done right, it can also help your dog feel comfortable and “settled into” their new home. Dogs will often grow to LOVE their crate (Tip #45) and will go there to hang out and feel more secure when they're tired or stressed (during thunderstorms, get-togethers and parties where children may be running around). Crate training can also help your pup travel better and adapt more easily to a wide variety of settings and scenarios when not at home (such as the vet's office, boarding kennels, hotel rooms). For best results, start early, be consistent, and—whatever you do—don't rush it or use their crate for punishment (Tip #46).

42 Prime crate real estate

There are a few things to consider when determining the best place to put your dog's crate. Some of the things that people frequently don't think about are the common household items that are often put near or on top of the crate that can actually be dangerous for dogs. These items include things like electrical cords, poisonous plants (sago and other cycad palms), and even curtains. You also don't want to put their crate where there's a draft or too much temperature variation (so not near heating and A/C vents, radiators, or by a window that gets direct sun). And while some “family activity” in the area can be nice—I mean, you don't want to stick your dog away in the basement—you don't want an area where there can be too much commotion. Another common question many new dog owners have is, “Can I put it in my bedroom?” Well, that's kinda your call. Before you make that call though, consider how sound (or not) of a sleeper you are, whether there are other pets in the home, and what other crate locations are available to you.

43 What to put (and not put) in your dog's crate

You may be wondering, "Is it OK to have a bed, toys, chews, water bowl, etc., in my pup's crate?" The answer very much depends on your dog—their age, how "destructive" they are, whether they're potty trained, etc. For young pups, it's advisable to go with bedding that's waterproof and "indestructible," whereas with mature dogs that are (typically) less destructive, you might not have to worry so much, and senior dogs may not need the indestructible part, but may very well need the waterproof part. Similarly, for water bowls there are many factors to consider. For young puppies still working on their potty training, it may be best not to include a water bowl in their crate (especially since they won't be spending too many hours in there anyway). Whenever including a water bowl though, it's often a good idea to go with "spill-proof" bowls or a bowl or water bottle that attaches to the side of the crate. (Added bonus: less water spillage can also help you know if your pup has had an accident in their crate.) When it comes to toys, only safe ones should be left for your dog to play with (Tip #31).

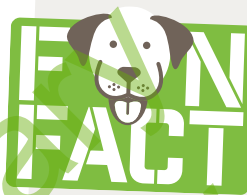
44 'Go naked': No collars in crates

Let your dog "go naked" when in their crate. It's just too easy for dangling ID tags, or a part of their collar to get caught on or between the bars of the crate. This can send your dog into a panic, twisting and tightening their collar in the process. Dogs have strangled and died this way.* Of course, identification is important, even when "naked" and indoors, so make sure that your dog is microchipped. If "naked" is not a good option, choose a breakaway-type collar and "lay flat" ID tags instead.

**It's not just in a crate where a dog can be strangled by their own collar, they've also done it while laying on a slatted deck and while playing with other dogs.*

45 **Crate = Love**

Many dogs absolutely adore their crate—voluntarily spending time there, day and night. You can help your pup grow to love their crate by making it a comforting and wonderfully positive place. The trick is to do their crate training gradually and in a fun manner. Start by feeding meals in the crate, leave the door open and (initially) hang out while they're eating. Also, when they're not in their crate, randomly walk by and throw some treats, or a favorite toy in for them to get. Praise them and play with them when they go in. Now, it's time for the door to be closed. Start with short periods and stay in the room with them, praising them and giving them treats for remaining calm (don't reward whimpering, but don't punish it either). Gradually extend the amount of time the door stays closed, as well as increasing your distance from the crate (eventually you will be out of the room). As you extend their time in the crate, and your distance from it, don't forget to leave some safe distraction toys, and other "creature comforts" (Tip #43) in there with them. Eventually, you'll probably notice they'll go in on their own when the door is open to get some "me" time. Do crate training right and their crate will become one of their favorite things ... aside from you, of course!



We're
Going In
Circles!

It's perfectly normal for your dog to repeatedly circle and/or scratch/dig at their intended sleeping area. These pre-sleep rituals are actually hardwired into their DNA (dating back over 12,000 years) and were developed living in the wild. When they dig, their paws have scent glands in them—so they're actually saying to others "this is my spot." When they circle, they're stamping out any critters that might be in the spot that they're about to plunk themselves on. One behavioral study performed on 62 dogs showed that they were more likely to circle when they were on an uneven surface (their plush bed or a shag rug) than they were on an even surface. So, perhaps the real reason is a combination of both schools of thought, fluff up a perfect "nest," and stamp out spiders!

46 **Crate ≠ Punishment**

While there will no doubt be times that your pup will do something “naughty” or frustrate you, it’s important to note that all of your hard work with crate training will be lost if you use their crate as a punishment space or scold them when they’re in there. For you and your dog to get the most benefit out of the crate, you need to ensure that it becomes their happy place, their “sanctuary,” and not their prison. You can use their crate as a calm sanctuary for them to “settle down” when they’ve gotten overexcited. But if you’re going to use “timeouts” with your puppy when they’ve done something wrong, the crate really isn’t the place to do them, as doing so can undermine your crate training and confuse your dog.

Although timeouts are a form of what’s called “negative punishment,” ironically the better type of punishment, they’re still a punishment and you don’t want the crate to be associated with any type of punishment.

A note about punishment: Negative punishment involves briefly taking away or depriving your dog of something they really value or enjoy—like your attention, an expected treat, or even being with others. “Positive punishment,” on the other hand, involves yelling, hitting, shocking, etc. That’s the scary one! Check out Book Extras online for video examples of how to use “negative punishment” to humanely teach or redirect your dog.

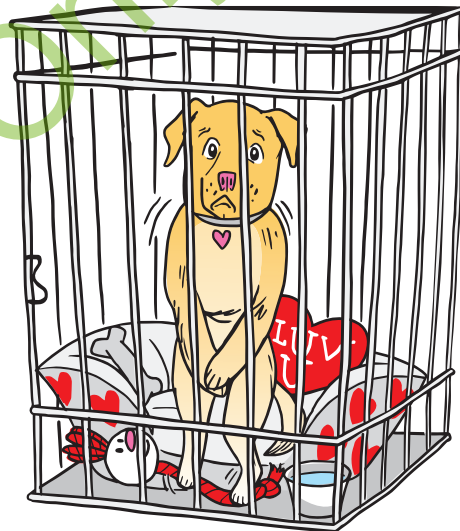
47 Daytime crating—how long is too long?

Dog crates are meant to be short-term confinement tools. To avoid behavioral problems and ensure that your dog will love their crate, ideally no dog should be confined to a crate for more than 6 consecutive hours during the day (you may be able to get more consecutive hours overnight). Puppies can handle even fewer consecutive hours, as they're more easily bored and have less control over their bladder and bowels. See the chart (below) for an age-based guideline of the number of consecutive hours your puppy will likely be able to "hold it" in their crate during the day. If a longer period of daytime confinement is necessary (due to work schedule, etc.), ask a neighbor, friend, or dog walker to stop by and provide your dog with an out-of-crate opportunity for some play, exercise, and potty time. Alternatively, consider placing your dog's crate inside of a longer-term confinement space (an exercise pen or a closed-off room) with the door to their crate open.

How Long Can You Leave Your Puppy In Their Crate?

AGE	MAX TIME
9-10 weeks	30-60 minutes
11-14 weeks	1-3 hours
15-16 weeks	3-4 hours
17+ weeks	4-6 hours

Use this chart as an age-based guide for how long your pup can "hold it" and stay in their crate. Note that these are consecutive minutes/hours, not total time during the day or night.



#44



CHAPTER 4 BONUS ONLINE CONTENT

Enter **tip#** below at [PreventiveVet.com/Book-Extras](https://www.preventivetvet.com/book-extras) to access this information.

STEP-BY-STEP GUIDE ON SETTING UP A CRATE:

How to choose one, the proper set-up, and safety tips. (#42)

SAGO PALM: Find out what this common houseplant looks like, as well as other dog-dangerous plants to avoid. (#42)

UPDATING YOUR DOG'S MICROCHIP:

For when you move or your phone number changes. (#44)

HOW TO HELP YOUR PUPPY SLEEP THROUGH THE NIGHT: Tips and tricks for a good night's sleep. (#45)

HOW TO DO TIMEOUTS CORRECTLY: Including how long should they be and when not to use them. (#46)

POSITIVE VERSUS NEGATIVE PUNISHMENT:

It's actually "negative punishment" that you would choose to use. Check out the video examples to see it in action. (#46)

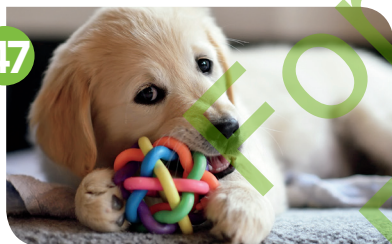
BRINGING YOUR DOG TO WORK: How to do it safely. (#47)

APPROPRIATE TOYS TO LEAVE IN YOUR PUP'S CRATE: Tips and ideas for making safe choices. (#47)

#45



#47



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CHAPTER 5

Potty Training



48 Grazing is for cows

Aside from the fact that “free-feeding” (leaving an unmeasured bowl of food out for your pup) can lead to overeating and obesity, it can also really mess up your potty-training efforts. Most young pups need to go out to potty within about 10–20 minutes after eating, so if they’re eating throughout the day ... guess what else they’re doing throughout the day? Establish regular meal times and ensure that you will have time to take pup out for a potty break soon thereafter.



49 **'Business' before pleasure**

It's important to get your pup realizing that, at least during the potty-training period, the primary purpose of a trip outside is to do their business. You can accomplish this by going immediately to their "potty spot" first (Tip #53), ensuring that you've got treats readily available, and by heading right back inside with your pup if they haven't gone potty within 1–2 minutes (yes, that short!). Don't stay outside to play or socialize if they haven't gone to the bathroom ... without the "business" there is no "pleasure." Once they've gone potty though, praise, treat, and celebrate like you just won the lottery ... because you sort of just did! Now that the business part is over, it's time for the fun. Take your dog for a walk or enjoy some playtime with them. Not only will this help reinforce the whole "business before pleasure" idea for them, but it'll also help to ensure that your pup has gotten "it all out" before heading back inside!

50 **Take frequent 'business trips'**

To give your dog the best chance of success in potty training, take them out regularly, every hour or so (or even more frequently if your pup is very young or if they're in a new environment). Do this even if your dog hasn't just eaten, and even if they aren't showing signs of needing to go to the bathroom. Frequent and regular "business trips" will decrease the chances that your pup will have an accident in your home, and will provide you with more opportunities to treat, praise, and reinforce this desired outdoor potty behavior. Of course, these regular potty trips are *in addition* to the potty trips that need to happen immediately upon waking, just before heading to bed, after eating and play sessions, after getting nervous and excited, and before spending any time in their crate. Frequent potty trips will help build your dog's confidence, and make potty training quicker and less frustrating. And they're a great excuse to get some fresh air and stretch your legs!

51 Go to the *bathroom* together

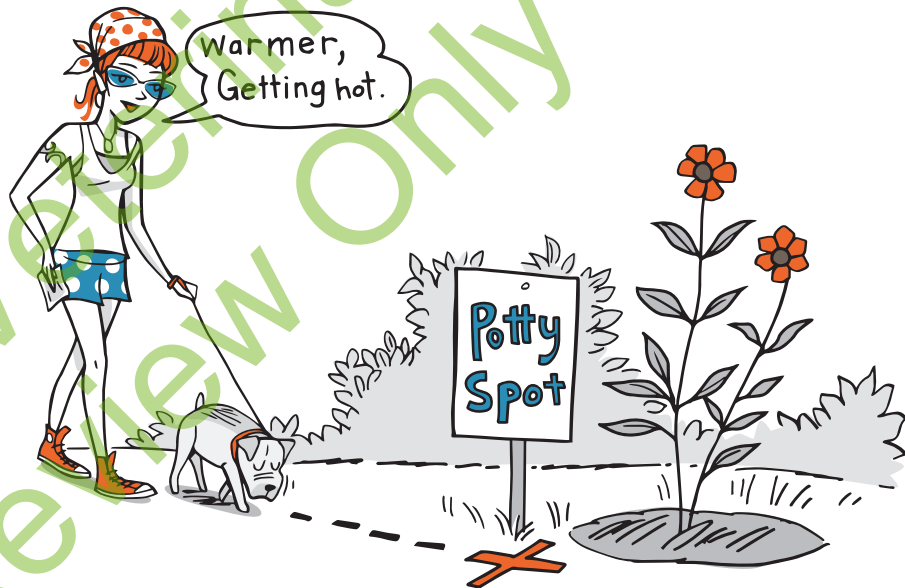
Potty training needs to be an active process if you want it to be a success and “over with” sooner. Don’t send your pup out into the yard, on their own, to figure it out. Go with them, and take them on leash—even in a fenced yard—as this can *really* help them make the connection that it’s a “business trip,” not a “play trip.” Since dogs live in the moment, rewarding their “going” with praise and treats immediately after they go is a critical part of reinforcing the desired behavior of going outside—and that’s just not possible if you’re not right there with them. A lack of participation and observation on your part won’t only doom your potty-training efforts to failure, but it also deprives you of the opportunity to monitor your pup’s pees and poos for signs of problems (diarrhea, worms, blood, straining). Being aware of any problems earlier is super important for your dog’s health and wellness during potty training and beyond.

52 Choose a ‘potty word’

When it comes to potty training, and all training for that matter, dogs like and benefit from consistency. Choose and routinely use a short, cue word every time you bring your pup out to do their thing. Then repeat it just as they start to “go.” They’ll soon associate that word with relieving themselves, and act more quickly on it when you say it. You’ll be really happy you did this when rain, cold, snow, or darkness makes standing outside waiting for your dog to “go” that much less exciting. This word recognition will also come in handy when you’re out and about, away from your dog’s usual potty spot. Some common potty cues include “go potty,” “go piddles,” “go poop,” or just “potty.” But feel free to get creative, just maybe not *too* creative!

53 Pick and stick with a potty spot

To help your pup's potty training along, choose one area in your yard or close to where you live where you want your dog to "go potty." Then be sure to head there first, every time, when taking your pup outside for their "business trips." Bringing them to the same spot each time, and the smells they "pick up" from having gone there multiple times, can help speed up the whole potty training process, as well as each individual "trip." Both of which are great things—especially when you're already sleep-deprived and when it's rainy or cold outside! Speaking about less-than-desirable weather ... be sure to choose a potty spot that's both easily accessible from your home—not 100 yards away—and also at least somewhat protected from the elements. You and your dog will both be happy you did when the weather takes a turn for the worse!



54 'Umbilical cord' training

The "umbilical cord" method (sometimes called tethering) can be a helpful aid when potty training. It's particularly useful for when your pup's training has come far enough along that they're ready for a little more freedom, but not "full run" of your home yet. What you do is, attach a six-foot leash to your dog, and then hold onto or attach the other end of the leash to you. This way your dog will be closer to you, so you'll more likely pick up on their signs that they've "gotta go."

This will make it easier for you to help them avoid "accidents" and keep their potty training on track. Some things to be aware of when doing "umbilical cord" training: 1) you need to be very careful with a dog that could easily pull you over when they get startled or excited (e.g., doorbell ringing, mail coming through the slot), and 2) there's a chance of you tripping over them, so mind your step! Lastly, some people feel that this training may lead to the development of separation anxiety when used for longer periods of time. The likelihood is low, especially if you balance it with ample alone time, and time with people other than you.



55 **'Paper' training: To pee, or not to pee pad?**

If your long-term plan is to have your dog do their business outside, introducing paper training can potentially confuse the issue for them and possibly prolong their potty training. That said, paper and pee pad training can be useful in some situations and for some puppies, especially if you live in an apartment or have a small dog in a very cold climate, or if mobility or other problems make getting outside difficult for you. To get your pup paper-trained, start by lining the entire flooring area of their long-term confinement space (i.e., NOT their crate, that's their short-term confinement space!) with paper/pee pads, so that they get accustomed to (and rewarded for) going potty on the pad. Then gradually (every 2–3 days) reduce the amount of floor space that is covered by the paper/pads, continuing to reward their successes, until you're down to a space equal to one pee pad. Voila! Your pup is paper-trained. If you want to now move their bathroom breaks outside, gradually move the pad closer and closer to the door, and then finally outside. Note that paper and "traditional" pee pads aren't the only options for indoor potty training; there are also "fake grass" boxes for indoor (or balcony) use, and even dog litter boxes! Either of these two pee pad alternatives may be a better choice. Unlike pee pads, neither of these options looks (or feels) anything like other household items ... like your towels, newspaper, or even carpets.

56 **Jingle, jingle, jingle ...**

Not always sure when your dog needs to go out to go potty? Help them help you! Train your dog to jingle a bell to signal when they need to go out. It's a nifty (and quite useful) trick to teach them. Just note that you'll have to have their regular potty training pretty well along before adding this additional level of difficulty. And also make sure your dog isn't tempted to eat the bell, as that will certainly complicate things ... many things. Check out Book Extras to see this in action and learn how to do it.

57 Accidents happen

Potty accidents are no fun, especially if you “find” one with your foot. But all puppies have them, and they’re typically due to a change in routine, missed potty trips, or stress. Accidents don’t happen out of spite. Scolding your pup, or “rubbing their nose in it,” isn’t just ineffective, it’ll also create fear and damage the relationship you’re building with them. If you catch your pup “in the act,” you can pick them up and try to move them outside where they can finish their business (and get their reward). However, if it’s too late to interrupt them or you never even saw it happening, just clean up the mess properly (see Tip #32, pet stain and odor removers) and move on. Don’t worry, their potty training will click ... we’ve all been there.

Note: It’s not uncommon for newly adopted adult or senior dogs to have accidents when they first come home. There are many possible reasons for this—both behavioral and medical (Tip #58). One of the most common reasons, though, is that they’re in their “adjustment period” so it will likely be a short-term problem (Tip #16). Don’t give up; you didn’t get a “bad dog.”



Dogs Kick Up Dirt to Cover Their Poo

FALSE: Kicking the ground (repeatedly) after “going potty” serves a purpose for your dog ... but, unlike the case with cats, it’s not to cover up their poo. Dogs kick the ground after going to the bathroom to mark their territory; it’s another form of communication for them! A dog’s paws have scent glands that release pheromones when they kick the ground after peeing or pooping. This pheromone scent they leave behind is in addition to the scent they release from their anal glands with each bowel movement. Now that’s a text thread I definitely don’t want to be a part of!

58 Potty accident or medical problem?

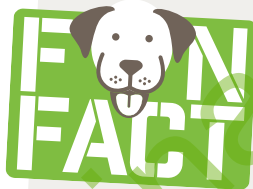
Is potty training going slow? Is your pup starting to have, or still having (frequent) accidents inside? It may not be a function of your training skills (or their learning skills)! There are some medical conditions that can ruin even the best potty-training efforts. Such conditions include a urinary tract infection (UTI), bladder stones, a patent urachus (an incomplete closure of the umbilical cord), and others. Similarly, in older dogs, a failure to potty train—or a loss of previous control—could be an indication of canine cognitive dysfunction (“doggy dementia”), Cushing’s disease, diabetes, or several other conditions. If your dog is having frequent accidents, in spite of you “doing everything right,” it’s time for a visit to your vet to see if there’s a medical reason.

59 Full steam ahead ... not so fast!

When using a steam cleaner to clean up potty accidents make sure you’re not using it too soon! Using steam *before* you neutralize the odor and do the initial stain removal can “set” the stain and odor by permanently bonding the proteins contained in the urine (or feces) to the fibers of your carpet or upholstery. The “set” stain and odor will now be a permanent reminder to your dog that they “were there,” which will likely tempt them to “be there” again (and again, and again ...). Since steam cleaning will also disinfect your floor surface, it can be a great thing—especially if you’ve got young children or you spend lots of time laying on your floors. Just be sure to use an effective, enzymatic or bacteria-based pet stain and odor remover **FIRST!**

Be your own CSI

Sometimes, despite your best efforts, your dog's potty training may not be going exactly to plan. While there could be many possible reasons for this, one is that there's a urine accident stain that you haven't yet found and neutralized. To help you find dried urine stains on your carpets or furniture (that are not visible to the naked eye), put science to work for you and use a black light. (Yeah, just like the ones you see on TV crime shows or in nightclubs!) The wavelength of black light will cause the phosphorous and proteins of urine to glow, making it easier for you to find old stains. You can pick up a black light flashlight for under \$20. It's also helpful to use if you move into a home that previously had pets, as their stains could be a trigger for your dog.



All That Glows Isn't (Liquid) Gold

When exposed to the ultraviolet beams of a black light, lots of things will glow white, blue, green, orange or even red. Urine glows under this type of light, making it easier to detect and clean up, but so do other bodily fluids, like saliva. And there are other liquids and "liquid-like" substances that'll light up when exposed to a black light as well, including: some laundry detergents, canola and olive oil, milk, honey, ketchup, tonic water, and antifreeze. Black light is also used to detect some molds and fungi, including some of the fungi species that cause "ringworm," which can affect both pets and people. Want to experiment with a black light on a few fun things around your home? Try lighting these up: newer US bills (\$5 and higher, have florescent bands that glow to prove they're not counterfeit), cotton balls, some flowers, your B-vitamins, and the brown spots on banana peels. And here's a not-so-fun thing you can use a black light to look for ... scorpions! Hopefully *those* aren't anywhere in or around your home ... yikes!

CHAPTER 5 BONUS ONLINE CONTENT

Enter **tip#** below at PreventiveVet.com/Book-Extras to access this information.

#55



POTTY TRAINING IN AN APARTMENT:

Tips and tools that'll help. (#50)

WHAT YOUR DOG'S POO 'SAYS': Green poo? Black poo? Slimy poo? Find out what it means. (#51)

DOG PARKS AS POTTY SPOTS:

Why they're not great... especially for puppies. (#53)

PEE PAD HOW-TO: Step-by-step guide and ways to ween pup off of using them. (#55)

POTTY BELL TRAINING: How-to video. (#56)

POTTY TRAINING PROBLEMS:

Find out what the problem could be. (#58)

CLEANING POTTY ACCIDENTS PROPERLY:

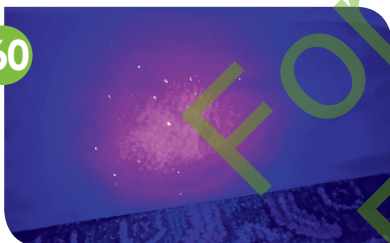
How to do it and what products are the most effective. (#59)

USING A BLACK LIGHT: Tips, tricks, and pics! (#60)

#56



#60



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CHAPTER 6



Basic Training: Where To Start

61 Never too old to learn

Not only can old dogs definitely learn new tricks—and learn to stop undesirable behaviors—it's actually very important that they do so. Training dogs—regardless of their age—is a great way to keep them both physically active and mentally engaged. The physical activity can help to prevent obesity and pain from arthritis, as well as a host of other problems. The mental engagement can help prevent boredom-related destructive behaviors (chewing, barking) and may also stave off the development of canine cognitive dysfunction (“doggie dementia”) in their senior years. Oh, and one more bonus of training an adult dog: they're often less “easily distracted” than a young pup, which can make training even easier.



62 Train on an empty stomach (theirs, not yours)

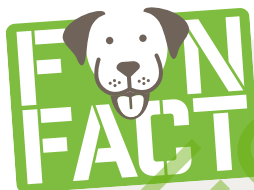
Training prior to feeding can make your pup more eager to work for their treats, making their training go more smoothly. Of course, you don't want them completely famished ... "hungry" is definitely not good for focus and training! If you can, do their training midday, between meals, and use a portion of their daily kibble for their training treats. If training on a full stomach is unavoidable because of your schedule, feed your pup a smaller portion of their regular meal, so they're still a little hungry, and then use "high value" treats for the training session (Tip #33)—kinda like dessert ... and who doesn't have room for dessert! (Oh wait, is that just me?)

63 Location. Location. Location.

When you first start training your dog, it's important to find a calm and quiet environment. You'll be more likely to get (and keep) your pup's undivided attention if you aren't having to compete with other people, noises, or "doggie distractors" (cats, squirrels, everything else). This is especially important with young puppies who are very curious and easily distracted. At some point, you'll need (and want) to graduate to training in more hectic environments—like around busy intersections, with other dogs, in parks, etc. By taking full advantage of your early "calm and quiet" training sessions and especially locking in your dog's "lookie here" (Tip #70), "leave it," and recall skills you'll have much greater success when you move on to their distraction training.

64 Strength in numbers ... maybe

If your new dog isn't the only dog in your home, you may be wondering how this might affect training for your new addition. Will the other dog(s) be a distraction? Will having them around make training more difficult or easier? Dogs naturally take their behavioral and social cues from other dogs, which could be good or bad, depending on your situation. It'll hinge on how well-trained and behaved your "established" dog(s) are. If they're unruly, don't have all their own skills down pat, or have any behavioral issues (resource guarding, aggression), they'll be a bad and potentially dangerous role model for your new dog. If their training and behavior are solid though, they could prove to be quite an asset in bringing your new dog along. Either way, you'll want to spend the majority of your initial training time with your new dog one-on-one; this will help them really get your cues and the behaviors you're asking of them. It'll also help them form a strong bond with you, which is important not just for the training process, but also for their social development and their overall happiness in life.



one to Sink your Teeth Into

Did you know that all dogs, regardless of their breed or length of their muzzle, have 42 adult teeth? That's right, an adult pug has the same number of teeth as an adult collie (unless, of course, they've lost some due to injury or dental disease). When they're puppies though, all dogs only have 28 baby teeth. And those baby teeth typically start to fall out and begin to give way to adult teeth around 4 months of age, with the last of their baby teeth (usually the canines, the "fang-looking" teeth) falling out by 6 months. Which is a good thing, 'cause puppy teeth are sharp!! Ouch.

65 The 'Big 6'

There are lots of tricks and behaviors for dogs to learn—so where to start? Here are the “Big 6” behaviors that are among the most important to prioritize: sit, stay, down, come, leave it, and drop it. These will form the foundation for much of your dog’s future training, and they’ll help keep your pup healthier and safer, too. The first three will help ensure that your pup has good manners and is a pleasure to be around, while the last three will help keep them out of trouble (including eating something they shouldn’t)! The Big 6 can easily be incorporated into your daily routine at home, at mealtime, and on walks ... anywhere really. Check out Book Extras for how to get started.

66 Don't repeat cues. One and done!

Avoid repeating cues when asking for behaviors from your dog. For instance, want your dog to sit? Say your cue once, in a calm tone and inflection. Don't vary it and don't repeat it, as doing either will cause confusion for your pup. You don't want them thinking that the “sit” cue is actually “sit... Sit... SIT!”—yet, that's what you're teaching them when you repeat cues. If your dog doesn't “get it” the first time, wait a little longer for them to offer it on their own or gently “lure” them into their “sit” by passing a treat just over their head so that they naturally sit as they look up to get the treat. When their butt hits the ground, mark the behavior (clicker-Tip#34—or say your marker word, like “good”) and then *immediately* give them the treat and some praise. The simplicity of your cue and not repeating it will help your dog “get it.” PS: It's not just verbal cues that you shouldn't repeat, the same holds true for hand signals (Tip #71).

67 'Go to place' gives you your space

Picture this: the doorbell rings and your dog runs to the door, ready to jump on and “greet” whomever is there. Or you’re in the kitchen and your dog decides to plop themselves in the middle of the floor, right in your way. In both scenarios (as well as many others), wouldn’t it be nice if you had a way to easily get your dog to go settle in another area? With “go to place” (or “go to mat,” or whatever you want to call it), you’ve got such a way—and it’ll make your life 1,000 times easier! All you need to train this behavior is a mat (a yoga mat, dog bed, area rug, towel!), a quiet place that’s not going to be “underfoot,” a little patience, and a whole bunch of treats. There are lots of ways to train “go to place,” and too many details to go into here, so head on over to Book Extras for how-tos and videos, and you’ll never have to worry about tripping over your dog again. PS: This is a great behavior to have when visiting other people’s homes and traveling with your dog, too, just don’t forget their “mat”!



68 Furniture privileges: Yay or nay?

Whether you allow your dog on the couch (or any piece of furniture) is a personal decision. Contrary to what some people say, doing so *usually* doesn't indicate to a dog that they are "equals" or cause dominance struggles—however, it can be problematic if your dog *already* has resource-guarding issues. Whichever decision you make, consistency is key—everybody in your home needs to be on the same page. You can't be saying "No" when your children, spouse, or roommates are saying "Yes." If you do decide to allow your dog on the furniture, they should always have to be invited up, not given "come and go as you please" privileges. In the end, you may want to wait until your new dog has been with you for at least 6–12 months before granting these privileges. This way you'll know their personality and behavioral tendencies a bit better and the decision (and training) will likely come more easily, too.



**Important consideration: If there are, or will be, young children in your home, I recommend that you do NOT allow your dog on the couch (or the bed, or any other furniture for that matter). Doing so introduces an otherwise avoidable risk of bites and other injuries. If a child rolls over onto your dog resting on the couch, or if a toddler toddles over and falls head first onto your dog resting on the couch, there's a chance it will result in a bite (and that bite will be on the face!). There's also the risk of a dog jumping up on the couch or bed when a baby is lying there already. None of these are good scenarios, so best to avoid the practice and minimize the risk.*

69 'Check-ins'—not just for Facebook

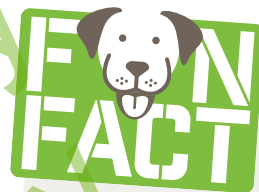
A “check-in” is when your dog looks back towards you, without you having to ask. (Unlike the “Lookie here” in the next tip, where you’re *asking* them to do so.) Unprompted “check-ins” are *great* things! When your dog “checks-in” with you it’s a sign that they are looking to you for guidance and to make sure they know where you are. Check-ins can happen when your dog is on- or off-leash. You can encourage your dog to do regular check-ins by “marking” (using a clicker or marker word) and then immediately rewarding any unprompted glances towards you. Your dog will soon learn that they can get your praise and treats simply by looking at you. And in exchange, you’ll get a dog that’ll be safer and easier to communicate with!

70 'Lookie here'

While your dog loves you, they may not always want to give you their full attention. So, for their safety—and your sanity—train a good “pay attention” response in your dog. Grab some yummy treats and settle into a peaceful area in your home, or a quiet place outside. Wait for your dog to get distracted and look away from you on their own, or encourage them to look away by throwing a treat or toy behind them, or having someone create a distraction away from you. Once your dog looks away, wait for them to “check in” (prior tip) or “lure” them to “check in” by whistling, making a kissy noise, or squeaking a toy (*don’t* call their name or use your “look” or “watch” cue yet). When they make eye contact with you, immediately mark it (clicker or marker word) and then reward it with praise and a treat. Once they’re doing this behavior reliably, introduce your cue word (“look” or “watch”) just as they’re *beginning* to look at you and then immediately mark and treat it once they’ve made eye contact. Practice this on a regular basis, working up to getting your dog’s attention in progressively more distracting scenarios. You’ll soon be the envy of all your dog-owning friends!

71 Use hand signals

Not only do dogs have the ability to read our body language, but studies have shown that they actually tend to respond better to what we “say” with our body than what we say with our voice. This can come in especially handy when training in loud environments or if your dog’s hearing starts to go (particularly as they age). It’s also useful when other people need to give your dog training cues, as they’re not likely to have the same voice inflection and tone as you, yet their hand signals can easily mirror yours. You can teach your dog just about any behavior using hand signals, and you can even teach fun tricks (shake hands, roll over, play dead) with them, too!



Listen
to Me?

In one study, researchers compared the compliance rate of voice commands to that of hand gestures. Dogs were compliant 99% of the time with hand gestures versus 82% for vocal commands. Next, they thought “what if we give the dogs conflicting commands with both methods, which would they obey?” To do this they said “Sit” verbally and they signaled “Lie Down” with their hand. They said, “Come” verbally while they signaled “Stay” with their hand. Which method do you think the dogs obeyed? In 70% of the trials the dogs obeyed the non-verbal, hand command. ****Clap** **Clap****
****Clap** Good pooches!**

72 School's out, time to play

Dogs draw conclusions and make associations—like when you put your shoes on, your dog might think they're going for a walk—so creating positive reactions in everything you do is important. To help ensure that your dog will be eager for future training sessions, always follow their training with a fun little *play* session. Ideally, these post-training play sessions should be relatively loose and easy, not too high energy. They don't need to be overly structured, but also shouldn't be a free-for-all or roughhousing with other dogs. You don't want your pup getting over stimulated and forgetting the training you just worked on. A short game of fetch in your yard, a nice hike, or even a good "sniff walk" around the neighborhood are all great options.

73 You don't *have* to end training sessions on a positive note

At some point along the way you may have heard that you need to end all of your dog's training sessions on a "positive note." While it is nice to try and do so, it certainly isn't a must. In fact, by making that your goal, you may actually be doing more harm than good—either by training your dog to exhaustion (when they just can't "get it"), or by lowering your standards just to end positively. Avoid the problem by striving to end naturally on a high note. What does this mean? Pay attention to and learn to notice your dog's signs that they're reaching their limit—both in terms of time spent training (Tip #4) and also in terms of difficulty of what you're asking of them. Then "quit" while they're ahead. Because the whole "pain equaling gain" thing? Yeah, that definitely doesn't apply to dog training. Missed your window of opportunity to end naturally on a high note? Just pack it in, have a little play session, and live to try another day. It's OK.

#67



CHAPTER 6 BONUS ONLINE CONTENT

Enter **tip#** below at [PreventiveVet.com/Book-Extras](https://www.preventivetv.com/Book-Extras) to access this information.

TRAINING WITH DISTRACTIONS: How-to video. (#63)

TEACH MORE THAN ONE DOG AT A TIME:

How-to video on “wait your turn.” (#64)

TEACH SIT & STAY IN MINUTES: Video with super simple how-to steps. (#65)

HOW MANY TREATS ARE TOO MANY: Calculator to help you figure it out. (#65)

GO TO PLACE: How-to videos for teaching go-to-place indoors and outside. (#67)

UNPROMPTED CHECK-INS: What they are and how to get your dog to do them. (#69)

HOW TO GET YOUR DOG TO LOOK YOU IN THE EYE: Even when there’s chicken on the ground. (#70)

‘DANCING’ WITH DOGS: Fun videos showing how hand signals can make communication effortless. (#71)

#69



#70



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CHAPTER 7

Health & Safety Training



74 Create a 'safe space'

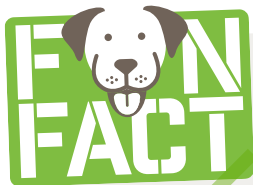
Every dog needs (at least) one place within their home where they can feel extra comfortable and secure—a “safe space.” Providing and training for this can help keep your dog’s stress levels down during commonly stressful times like fireworks, thunder, new baby in the home, and the holidays. Having a safe space for your dog can also prevent poisonings, cases of vomiting and diarrhea, and a host of other problems. Help your dog choose and fall in love with their safe space early on, and don’t use this space for punishment or do anything else in their safe space that might cause them stress. When crate training has been done right (Chapter 4), your dog’s crate will often become their “safe space.” But it doesn’t have to be their crate, it can also be any quiet room or area that’s off limits to houseguests and children—just so long as it’s always accessible to your dog and they can be comfortably confined there, if necessary. And your dog can always have more than one safe space!



75 Making 'spaw' day a treat

Bathing and grooming dogs provides many health and comfort benefits for them. You're likely to spot ear infections sooner or find (potentially concerning) lumps and bumps or even prevent torn toenails. While not all dogs immediately love to be bathed or groomed, most can learn to! A couple important, and often overlooked, aspects of home bathing of dogs are the temperature of the water used, and the slipperiness of the surface they're standing on. So, be sure to make their water warm, but not too hot, and place a non-slip bathmat or towel into the tub during bathtime (and on the surface where you're grooming them). Doing so can improve your dog's comfort, feeling of security, and love of bathing and grooming, too. Oh, and then there's the praise and treats during bathing and grooming ... yeah, don't forget those!

Note: When bathing your dog, be extra careful not to get water in their ears. Don't pour a cup of water or run the shower nozzle over their head—this is a VERY common way that dogs get ear inflammation and infections. Use a damp washcloth to wipe your dog's head instead.



Why your dog is doing the Humpty Dance

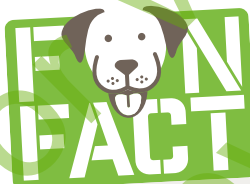
Ever wonder why dogs hump people's legs, other dogs, or even couch pillows? There are actually multiple possible reasons. It can be sexual (mating) behavior, dominance behavior, lack of socialization, or even a form of playing. Humping is done by both males and females and it's also seen in dogs that have been spayed or neutered. Many dogs will grow out of this natural behavior and it doesn't always have to be stopped. However, if it's leading to fights or you just don't want them doing it, the best way to prevent it—or even stop it “mid-act”—is to give your dog a “more attractive” distraction to focus their affections on. Try asking them to do a trick or throw a favorite toy or yummy treat for them to chase. Of course, they may just redirect and hump the toy you throw! But it's still better than your mother-in-law's leg!

Much ado about toothbrushing

Believe it or not, you can actually train your dog to like (and even love!) getting their teeth brushed. Brushing your pup's teeth will spare them dental pain and infections, and save you money. It'll also help you pick up on broken teeth, mouth ulcers or masses, and other problems sooner. The time you spend brushing your dog's teeth can be great bonding and quality time as well. And then there are the kisses your dog gives you ... they'll be even sweeter! Begin soon after getting your dog and work gently and gradually. Start with just rubbing your finger along your pup's gums and teeth daily, then add in a small amount of dog toothpaste* to the routine. Finally introduce an appropriately-sized (and soft) toothbrush or fingertip brush. Use gentle pressure, provide lots of praise during, and then give a few treats and have a big celebratory play session (or cuddle time) after.



**Don't use toothpaste made for people! Xylitol is extremely dangerous for dogs, and fluoride and foaming agents aren't good for them either when swallowed.*



Dogs Can Have Dominant Paws

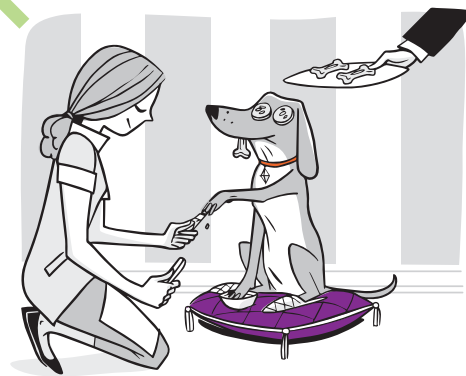
It might surprise you to know that, like people, dogs can be left- or right-handed ... well, left- or right-"pawed," I guess. It's true. Dogs can have dominant paws. Want to figure out if your dog has a dominant paw? See which paw they offer you first when you ask for "shake" or "high five." Put their favorite toy under the couch ... which paw do they use first to try and retrieve their toy? Stuff a food puzzle with peanut butter and see which paw your dog uses mostly to hold the toy while they cram their tongue into it. Do these tests a bunch of times and see which paw is preferred, if any, as dogs can also be ambidextrous.

77 Cleaning ears can be fun

Since ear infections are among the most common reasons why dogs are brought to the vet, it's important to get into the habit of checking and cleaning your dog's ears regularly. Of course, this will be far easier for you (and them) if they're not fighting you each time. First, get them used to having their ears touched and handled early on in life. Go slow, be gentle, and give them lots of rewards to make it a positive experience. Once they're comfortable with having their ears handled, introduce cleanings. Not sure about how to choose a cleaner or how to clean dog ears? Check out Book Extras. It's easier than you might think, but there are definitely some cautions and considerations to be aware of.

78 Mani-pawdis

Regular nail trims are important for your dog's health and comfort. Long nails don't just damage your floors and scratch you; they can also cause your dog pain when walking. Unkempt nails are also at risk of growing into paw pads or even getting torn (which is painful and bloody). If your dog's nails are trimmed regularly and properly you shouldn't hear them "clicking" when they walk. Any dog can learn to love nail-trimming time! The first step is to desensitize and condition them just to having their paws and nails handled, as well as seeing and being touched by the nail clippers or grinder. Only once they're comfortable with the handling and seeing/being touched by your nail-care tools should you start the actual cutting (or sanding). Book Extras has some great articles and videos both on getting your dog to love the experience and the "how-tos" of nail trimming.



79 The many benefits of slowing mealtime down

Fast eating can increase your dog's chances of choking or even of suffering from "bloat" (a.k.a. Gastric Dilatation and Volvulus or GDV)—so it's a behavior you'll want to nip in the bud. While some might suggest putting a large rock, brick, or ball in your dog's bowl to slow their eating, there are far more effective (and safer) options to prevent fast eating. There are lots of different "food puzzles" and "slow feeders" to choose from. And the added benefit is that they don't just slow down your dog's eating, they also provide them with some great mental exercise and stimulation by making them work for their food. They can help prevent boredom and potential destructive behaviors, too!

Note: If your dog is eating fast to protect their food from another dog in your home, try separating the dogs into different rooms during mealtimes (Tip #100: Resource guarding).

80 Door-darting ...

Door-darting, -dashing or -bolting—whatever you call it—is a dangerous activity. Even though you know that opening a door is never an "open" invitation for your dog to sprint out, your dog likely doesn't. If your dog runs out an open door—be it the front door, a car door, or any other—there is a real risk that they will be hit by a car, suffer some other form of (potentially life-threatening) trauma, or cause injury to others. Having a solid "sit" and "stay," and a reliable "go to place" (Tip #67), can go a long way toward keeping your dog safe. Strategic use of baby gates can help, too. And, when getting out of the car, always make sure you've got a good grip on your dog's leash or collar before unbuckling them and letting them out.

Intersection etiquette

Why is it important to train your dog to automatically sit, and to sit a couple feet back from the curb's edge at intersections? Ever notice the tire marks on some curbs? Those are from cars and trucks cutting their turns too tight. Now imagine if your dog had been in that intersection, or even standing right at the edge of the curb! Train a solid "sit" in your dog, and then stop a couple of feet back from the intersection and ask for their sit every time before crossing (even if the light is green). They should learn that every intersection is a place to stop and sit. After they've "planted it" and you've treated them, then release them from their sit with an "OK" (or "cross," or even a quick whistle) and go on your way. Pretty soon your dog will have a great intersection "auto sit" and their "street smarts" will make you both the envy of the neighborhood!



Dangerous wildlife needn't be a shocker

If you live in or routinely hike with your dog in areas where venomous snakes, skunks, Bufo toads, porcupines, or other dog-dangerous critters are common, it's a good idea to train your dog to recognize and avoid these animals. Yes, it can be done! Unfortunately, many of the "rattlesnake avoidance" classes rely upon the use of shock collars to create a negative association (electric shock and pain) with encountering a snake. While some dogs might need this type of training for snake avoidance, most don't. There are far more humane, reward-based methods for training dogs in snake and other wildlife avoidance. And the added bonus of these methods, along with not inflicting pain on and damaging your bond with your dog, is that they build upon some of the behaviors that you're already teaching. They can also help your dog make good choices to avoid not just snakes and critters, but a whole range of dangerous plants and other threats they may encounter while out and about (even a dropped piece of gum or pizza on the sidewalk can cause harm). If your dog has a reliable "leave it" behavior, you're a good chunk of the way there, but that requires you to see the snake or other hazard, too. Since that won't always be possible, check out Book Extras online to see how to teach your dog a good "auto-look" and help them learn how to make safer decisions even without your input. How awesome would that be?!! And you can do it!!



#75



CHAPTER 7 BONUS ONLINE CONTENT

Enter **tip#** below at [PreventiveVet.com/Book-Extras](https://www.PreventiveVet.com/Book-Extras) to access this information.

BATHING WITH CHEESE: Tips for turning bathtime from barely tolerable to fun and easy! (#75)

EASY TEETH BRUSHING: See if you can get your dog to be as cooperative for toothbrushing as the adorable dog in the video. (#76)

HOW TO CLEAN EARS: So your pup enjoys it. (#77)

TRIMMING NAILS WITH PEANUT BUTTER:
How to use PB for a pawisitive experience. (#78)

WHAT IS BLOAT (GDV)?: See an important video of signs of this rapidly-fatal condition that can affect all dogs (don't worry, it's not graphic). (#79)

DOOR-DARTING: Watch a video that shows how to teach this super important behavior. (#80)

LEASH-PULLING: Videos to help improve your walks. (#81)

EMERGENCY RECALL: How to get your dog to come to you in an unsafe situation. (#82)

#76



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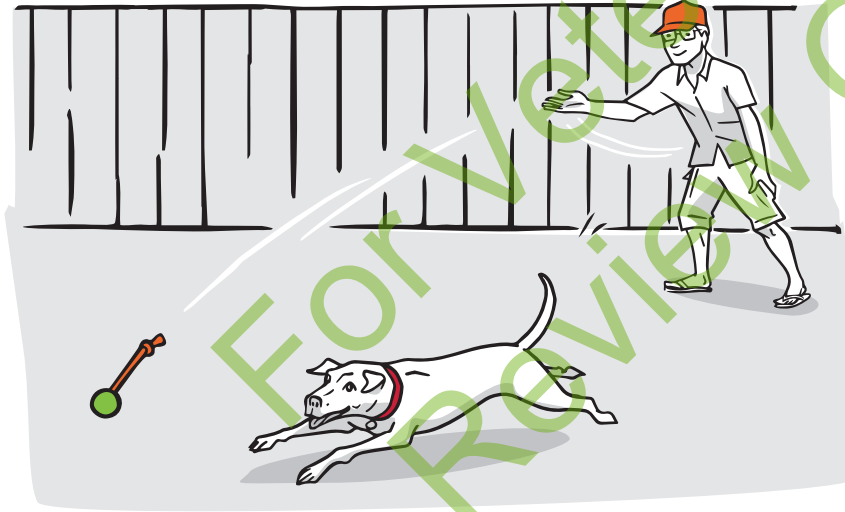
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CHAPTER 8

It's All Fun
& Games



83 Your dog will find this quite fetching

Lots of dogs love to play fetch, and it's a great way to get them the exercise they need! But not all dogs start out loving—or even knowing how to—fetch. To teach your pup, follow the steps below, starting indoors or in a fenced yard.

STEP 1—Introduce the fetch toy: Hold it up for them and as soon as they touch it with their nose, click (Tip #34), treat, and praise.

STEP 2—Move the fetch toy around: Don't throw it yet but hold it at arm's length and encourage them to touch it. Click, treat, and praise.

STEP 3—Getting them to grab the fetch toy: Now put the toy on the ground at arm's length. If your dog approaches and uses their mouth, click, treat, and praise.

STEP 4—Time to fetch: At this point, your dog should know that placing the toy in their mouth means they'll get a treat. Toss the toy a few feet away. When they pick it up, click, treat, and praise. Encourage them to bring it to you. When they do, reward again. This last step will probably be the hardest to teach, so be patient.

STEP 5—Throw the toy farther: They know they'll get treats, so throw the toy progressively farther. Reward them when they bring it back.

STEP 6—Add words: This part is optional, but you can add “fetch” or some other cue just before you throw the toy.

STEP 7—Take the game outside: If you started indoors, your dog should now be ready to play outdoors. Play in a fenced-in area or teach your pup to be off-leash first. More on teaching that skill and fun fetch toys are online in Book Extras.

84 Give your pup a mental workout

When people want to tire a dog out, many automatically assume that means a long walk or some other exhaustive *physical* exercise. While physical exercise is great, *mental* exercise can be equally exhausting for dogs. So, when you want (need?) a tired pup but don't have time for a 5-mile run, just spend 15–20 minutes playing some "brain games" with them. This can include working through a "food puzzle," playing hide-and-seek, or even working on training behavior or a new trick. They'll all engage and exhaust your dog's brain, providing just the level of "tired" you're after.



Dogs Are Color Blind

FALSE: Dogs don't only see in black and white. In 1937, William Judy, a notable dog writer and owner of *Dog World* magazine wrote, "It's likely that all the external world appears to them as varying highlights of black and gray." So, it's likely that this is what started the notion that "all dogs are color blind." However, we now know that a dog can discern some colors—but the spectrum that they see is different from ours. Dogs mostly see blues and yellows, and can't really see reds or greens. So, if your favorite sports team has the colors blue, yellow or gold, your dog is certain to be a super fan, too!

85 How much exercise does a dog need?

All dogs benefit from daily physical exercise, but the amount a particular dog needs and can handle depends on, among other things, their age, size, breed, and overall health. And then there's the fact that not all exercise is created equal—a walk around the block is significantly different than a run in the park or a swim in the lake. Generally speaking, dogs should receive a minimum of 30 minutes of physical exercise daily. Not only does exercise help keep excess pounds off, it can also help prevent or correct some undesirable behaviors, like excessive chewing or barking. But you can overdo it! Especially if your dog has certain medical conditions, has a “smooshed face” (brachycephalic), or is a large- or giant-breed puppy. So be sure to talk to your vet about any specific exercise restrictions your dog may have. And regardless, always make sure to take regular breaks during longer exercise and play sessions. Breaks help prevent over-arousal and exhaustion, both of which can lead to behavioral or health problems.

86 Dogs benefit from having a ‘job’

Most dogs want, and need, something to “do.” Fail to give your dog a “job” and they’ll find one themselves. When bored, some dogs will happily help you “redecorate your living room,” or “redesign your shoes.” Others might lick their skin raw, bark excessively, or binge eat. Activities like herding, flyball, agility, dock diving, and nosework are all great ways to provide mental and physical exercise for your dog, and they can help build life-enhancing confidence for them, too. If your schedule (or finances) don’t allow for such activities, give your pup a more “entry level” job: teach ‘em to clean up their own toys, bring in the paper, or even help carry in the groceries.



87 Jogging with your dog

Jogging can be great physical exercise for dogs, and all of the sights and scents along the way can really enrich their brain, too. However, jogging isn't for every dog, and it can even be unhealthy or unsafe for some. It's always a good idea to have your dog looked over by your vet before starting them on a running program. Even for a puppy,* you'll want to make sure that there aren't any heart, breathing, or bone/joint problems, as these can increase your dog's risk of suffering from heat stroke, collapse, arthritis pain, and other concerns. When you start bringing your dog jogging with you be sure to ease them into it gradually—if you make them go from “couch to 5k” you're likely to wind up with one hurting dog! Start off with 15 minutes (or less) at an easy pace, gradually increasing the duration and pace of your runs to allow your dog to adapt and avoid injury. And respect the fact that your dog may tire before you do—give them rest, shade, and water when they need it. Don't force them to “power through,” or you'll both pay.

**To avoid the development (or worsening) of joint and bone problems, large- and giant-breed puppies typically shouldn't do serious jogging until they're about 12–15 months old (when all their bone “growth plates” should be closed). This typically isn't as big a concern for medium- and smaller-breed pups, but even they should be given a chance for their growth plates to fully close (typically by 12 months old) before doing any seriously rigorous running with you. Want to know for sure when your pup's particular growth plates are closed? Your vet can confirm closure with X-rays.*

Make tug, not war

Playing “tug”—it really shouldn’t be a “war”—with your dog is a fun way to give them exercise, allow them to express their natural urge to use their mouth, and it provides a great opportunity to teach rules and boundaries (see Myth Buster below). Before ever playing tug though, your dog needs to have a solid “drop it” behavior. When you cue your dog to “drop it,” your dog needs to do so, and do so without you having to pry open their mouth or wrestle the object from them. Until they can reliably do this, don’t play tug games with them. Lastly, a big rule of tug games is that the game must end *immediately* if your dog touches your skin with their teeth—whether it was intentional or not. As for who gets to win these tug games? It’s up to you, but a good mix of “victors” will more likely keep it fun and fresh for your pup.

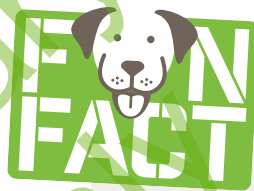


Tug-of-War Will Make Your Dog Aggressive or Possessive

FALSE: You may have heard, or read, that playing tug with your dog, or allowing them to play it with another dog, will *make* your dog aggressive or will *turn them into* a resource guarder. Truth be told, it will do neither! So long as the game is introduced and played correctly, tug can be a great outlet for your dog and it can help tire them out, too! It’s even OK for two dogs to play tug together, and it’s OK (and to be expected) that some play growling will occur. Now, if your dog is *already* aggressive or resource-guards their toys, then yes, tug is indeed a very bad game to play with them. In these situations, it can definitely make these existing issues worse. And when it comes to two dogs playing, it should not be allowed if *either* dog is already aggressive or protective of their toys. Again, too much opportunity for trouble.

89 The difference between 'play fighting' and actual fighting

Playing with other dogs is important for your dog's social development and their mental health. Yet, some play can look scary, especially if you're unsure of the signs to look for that may indicate that the dogs are taking it "too far." Dogs don't really have a "safe word" with each other, but that doesn't mean they aren't giving off signals. When dogs are *play fighting*, they will typically be relaxed and "fluid" and display submissive behaviors throughout. These submissive behaviors can include "play bowing," voluntarily rolling to their back, slowing down on their run so as to "get caught," and even sneezing (which can be a "calming signal," Tip #9). If these signs are not present, or if they disappear, or if either dog becomes stiff or less engaged with the play, then the play may have moved in a potentially dangerous direction. When you notice these signs, it's time to intervene and create a break in the activity immediately. For tips and video on reliably "creating a break" in play sessions, as well as for safely breaking up dog fights, check out Book Extras online.



Role Playing and Reversals

Two dogs playing together is a normal and healthy activity. Does the "play" need to be fair? Should they take turns being the "dominant one"? Research suggests that play need not be "fair" to be fun for both participants. Role reversal can happen—when the more dominant dog becomes the submissive dog—but it's not necessary for healthy playing. Some dogs will always be the "top dog," others will always be the submissive dog, and others still will be somewhere in between. There's no right or wrong role for a dog to be, as long as everybody is having fun and being safe.

90 **Doing dog parks right**

Not every dog is a good candidate for visiting the dog park. For example, an unsocialized dog or one that resource-guards (Tip #100) should never be taken to a dog park. And, because it's difficult to control a dog-park environment, dogs that are fearful of other dogs should never be brought to dog parks to "get used to" other dogs—it's a very bad idea and is more likely to set the fearful dog back even further, and possibly get them (or another dog) seriously injured. Similarly, no dog should go to the dog park until they've completed their "puppy shots" series (Tip #25) and have mastered (at least) their "pay attention" and "come" behaviors. Very importantly, you've got to always be aware of your dog, as well as those they're interacting with. Especially keep an eye out for any bullying or overly aggressive "play"—whether your dog is the bully or the victim. The importance of "dog-parking" correctly, and only once your dog is ready, can't be overstated. One bad experience can scar your dog for life (both physically and emotionally).

91 **Will your doggie paddle?**

Swimming is fantastic exercise for dogs! But not all dogs like the water or know how to swim. Thankfully, many can learn to love both. Even if you don't live near the ocean, a river, or a lake, you don't need your own pool for your dog to swim. "Canine swim centers" are springing up all over, and for good reason. As a "low impact" exercise, swimming isn't just great for regular exercise—it's also wonderful for helping arthritic dogs stay happy and active, and for helping overweight dogs safely and comfortably shed their excessive pounds. Of course, there are some health and safety concerns to be aware of for dogs that swim—such as rip currents, blue-green algae, ear infections, and other issues. You can learn more about all of these online in Book Extras.

CHAPTER 8 BONUS ONLINE CONTENT

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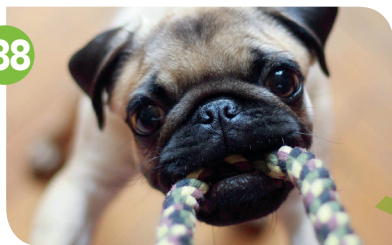
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FETCH TOYS: Check out which are great, and which are dangerous. (#83)

DIY SNUFFLE MAT: How-to video for making a cool "rug feeder" for your dog. (#84)

#88

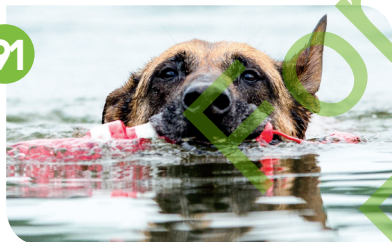


NOSEWORK AT HOME: Inexpensive way to mentally tire out your pup indoors. (#86)

TEACH DROP IT: How-to video to get your dog to let go of anything. (#88)

HOW TO BREAK UP A DOG FIGHT: Step-by-step on how to do this safely. (#89)

#91



DOG BODY LANGUAGE: Apps and other resources for figuring out what your dog is "saying." (#90)

WHERE YOUR DOG SHOULDN'T SWIM: Top safety hazards to look out for when swimming in rivers and lakes. (#91)

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CHAPTER 9



Phobias, Anxieties & Other Training Challenges

92 Preventing separation anxiety

Separation anxiety is extremely distressing for a dog, and it can be dangerous, too! (Dogs with separation anxiety have jumped through windows and glass doors!!). It can also mean destruction of your home and barking and vocalizing that's likely to upset your neighbors. So, to help your new dog avoid separation anxiety in the first place, 1) start crate training early (Chapter 4); 2) set aside time each day for your pup to have some "alone time," even when you're home; 3) don't make a big deal out of your comings and goings and don't have too much of a "departure routine"—mix it up; 4) make sure your pup has been exercised enough for their age and energy level before leaving them; and 5) leave them with a safe, tasty, and entertaining distraction (safe chew, food-stuffed toy, food puzzle).

93 Home-alone barking

If you've got neighbors, odds are good that your relationship with them will sour if your dog becomes an incessant barker when left alone. Separation anxiety is a cause of "home-alone barking," but it's not the only one. Boredom can do it, too. And any dog can have or develop "triggers" that can set a "bark storm" in motion. Avoid barking at "visual triggers," like a person, dog, or squirrel outside your window, by closing curtains or blinds, and keeping furniture away from windows. For "sound triggers," like people walking in the hallway of your building, trucks driving by, or sirens, consider adding weather stripping around your door or windows, and leaving the TV or radio on. To avoid both sight and sound triggers, set your dog up in an interior room, away from windows and doors. And since a sleeping or well-occupied dog is less likely to bark, give your pup ample exercise and leave out plenty of safe chew toys (Tip #31) before you go.

Note: Please see Book Extras for cautions and guidance on "no-bark" collars. They're not the "quick fixes" they're said to be!

94 When 'knock, knock' is no joke

Many dogs (unfortunately) bark at the sound of a doorbell or knock at the door—some so much so that they'll even do it when it's a sound coming from the TV or radio! Your dog wants to protect you and your home, and you may want them to, but don't let them get carried away. Let them have their one bark, thank them for doing their "job," and then give them a treat for stopping. If they have a reliable "go to place" (Tip #67), add that step and then treat them again for doing so. This will help your dog know that their "duty" is done and they can let their guard down. This type of training can be used early to prevent a problem from developing, as well as to help correct a door-barking problem if one is already present.

95 Chew on this, not that!

Chewing is a perfectly normal (and even healthy) behavior for dogs of all ages. Of course, for their own health and safety, and for the sake of your fingers and "stuff," this chewing needs to be done on safe and appropriate objects (Tip #31). You can keep your pup interested in their chew toys by rotating the types you give them each day. You can also "refresh" a chew toy your dog is familiar with by stuffing it with treats or their food. If your dog is still more inclined to chew inappropriate objects, rather than the chew toys you're giving them, then it might be time to use bittering sprays and restrict their access to those inappropriate objects by using strategically placed baby gates, closed doors, or their crate or exercise pen. Having a reliable "leave it" behavior in place will help, too.

96 OW! What to do when your dog loves using their mouth

Puppies naturally “explore” and nibble with their mouths; it’s how they interacted with their mom and littermates before coming to live with you. While this was a normal and healthy part of their early social development in their “natural” environment, it’s neither normal for them—nor safe for you—now that their family is made up predominately of people. Use your playtime to teach your dog to use their mouth (including teeth) gently. They need to know the threshold between playful and painful. When your pup crosses the line just say “oops”—or something else “neutral,” nothing too loud or “emotionally charged,” like “ouch” or “yip,” and don’t be too “animated”—then immediately move away from and ignore them (even leaving the room). This is basically what their littermates would have been doing with each other. With this “negative form” of punishment* you’ve correctly let your pup know two important things: 1) what they’ve done was not how you want them behaving, and 2) the “punishment” for using their mouth too hard is that you and their play goes away. Be consistent and patient, no tapping on their nose or shoving your hand into their mouth. Your pup is learning how to function and interact in their new world—your world. They just need your help and guidance.

**Although it sounds scary or cruel, “negative punishment” is actually the kinder and more effective type of punishment. “Negative” just means that you’re taking away or subtracting something they like, such as your attention or treats. As opposed to “positive punishment,” which involves adding something they don’t like, such as hitting, yelling, etc. “Positive” punishments are unnecessary and inhumane, they create stress and pain for your dog, undermine their confidence and your relationship with them, and they don’t work in the long run.*

97 When 'jumping for joy' isn't joyful

Jumping up on people is one of the most common undesirable dog behaviors for which people seek training help. You can avoid it or start to correct it by teaching your dog to sit for all greetings and initial interactions. When you (or others) first come into your home and are met by your dog (or when you first let your dog out of their

crate), ask them to "sit" before you greet or interact with them. Only once they sit do they get a tasty treat and your greeting. If your dog is quick to jump when you first walk in the door, you can keep their paws on the ground by immediately dropping a treat on the floor so that they focus on that, instead of you. But they don't get your praise or greeting, or another treat, until you're through the door and they've sat. Practice this routine frequently to make it a habit and really "nail" the behavior. It can also be helpful to have some friends or family role-play visiting you, so your dog can practice with other people, too. To make this easier to do, keep a jar of training treats by the front door. And as an alternative to "sit" you can train them to "go to place" (Tip #67).



98 Don't let their sky 'fall'

Unfortunately, many dogs suffer from thunder, fireworks, and other noise phobias. Fortunately, regardless of what time of year you get your dog, or how old they are, you can proactively help them become more comfortable with the thunder and fireworks that will regularly light up their sky. There are special noise desensitization CDs and digital downloads that can help your dog become more comfortable with these noises. When playing them you should adjust the volume from lower to louder and back, all the while giving treats and pets. These rewards will help your pup form early, positive associations with these sounds, making it less likely that they will be stressed or anxious when they hear them "for real." There are also calming dog pheromones, supplements, and anxiety-reducing jackets that can help to decrease or prevent their noise-related stress. For dogs that *already* suffer from these types of anxieties, talk to your vet or trainer about the specific desensitization and counterconditioning techniques you can use to help your already anxious dog. Your vet can also prescribe anti-anxiety medications, which can often help. No dog should be forced to just "deal with it," as it's not humane and it will often cause their noise phobia to get worse over time, and possibly cause other phobias or behavior disorders to develop.



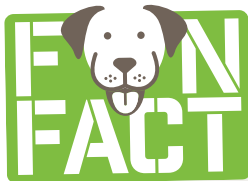
99 Life is a highway

Lots of dogs have or develop stress and anxiety during car travel. By being proactive and getting them comfortable with the car early, you can help your pup avoid being one of them. Create positive associations by playing games with them or feeding them treats or meals in the car. Take frequent, short, fun trips to the park, a friend's house, or for a hike. Be careful about the way you drive—not too fast and be gentle on the brakes and on the turns. And for added comfort, you can always give them a little “of you” by letting them lay on a shirt, towel, or blanket that has your scent on it. Many dogs also feel more secure and less stressed when they're properly restrained (“buckled in”) during travel—and it has the added bonus of keeping them (and you) safer, too. There's more about doing pet travel restraint right online in Book Extras.



Resource guarding—when your dog doesn't want to share

Resource guarding is when a dog gets protective of their stuff. That stuff can be their food, their toys, their favorite chair, anything. It's a dangerous behavior, for all involved. To prevent or turn around resource guarding, the key is to do it slowly—both in terms of your speed of movement and in terms of the time it takes you to accomplish this—teach your dog that when you take their things away, or they happily give them up, good things happen and they get something better. For example, “ask” for their favorite toy and trade it for a “high value” treat, like freeze-dried liver. Once they learn that their world doesn't end when they don't guard these objects, everyone will be happier and safer (especially when a child is involved). It's not a matter of “wills,” staredowns, or dominance; it's a matter of understanding and working together, safely. Slow and steady, and repeating the training over and over again, are the keys to preventing or reversing this behavior. Note that because this is a behavior that can result in serious injury to other people and pets in your home, you shouldn't wait too long before seeking the help of a trainer or behaviorist if your initial DIY efforts aren't working. And, depending on your dog and your home situation, you may just want to skip any DIY attempts and go straight to a trainer or behaviorist.



Why Do Dogs Eat Grass?

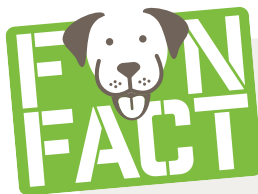
This is the \$1-million-dollar question ... in that if you can figure it out and create a product that replaces grass for dogs, you'll likely make (at least) \$1 million! The main theories are: 1) that dogs who are feeling nauseous will eat grass to help them vomit and feel better, 2) it's a behavior “left over” from

their wild days that helps them deal with intestinal parasites and other digestive ailments, or 3) that they just like the taste. The short answer, though, is that nobody really knows for sure. Thankfully it doesn't usually cause a problem for a dog, so long as the grass hasn't recently been fertilized or sprayed (which can cause digestive upset or even toxicity) and they're not grazing it down in copious quantities (in excess quantities, grass can cause a digestive obstruction).

When your yard looks like the surface of the moon!

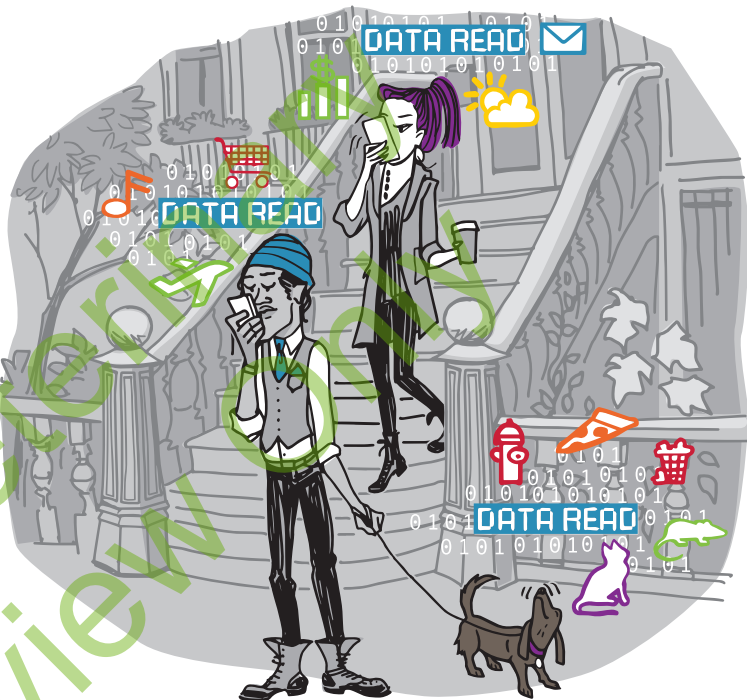
There are as many reasons for a dog to dig, as there are dogs that dig. From boredom or habit, to attempts to hunt critters, cool off, or escape their yard, the list of potential “motivations” is long. To stop your dog’s digging; first figure out why they’re digging. Then you can take specific steps to stop the behavior. Is it gophers or rats your pup is angling for? Work with an exterminator to rid yourself of your rodent problem. (Just make sure to do it safely, as rodent poisons can also kill dogs!) Are they digging to cool off? Add some reliable shade, a kiddie pool, or a cooling mat to your yard. Boredom? Add more play sessions and fun toys to the yard. If it’s a matter of where your dog is digging, rather than that they’re digging, redirect their digging to a place that’s more acceptable to you, like a corner of the yard or your dog’s very own sandbox. The process for redirecting digging behavior is similar to teaching your dog their “potty spot” (Tip #53).





Reading the 'News'

The first thing many dogs will do when they go outside in the morning, after their morning stretch, is to stick their nose high up in the air and sniff around. This is a dog's way of reading the morning newspaper (or perhaps, these days, checking Facebook or Twitter). They're getting a sense of who's been in their area, and what's been going on. You, on the other hand, are going to have to stick with your social feed—or even a newspaper (yup, they still print those!)—as your sense of smell isn't nearly as strong as your dog's. After all, they've got about 40 TIMES more scent (olfactory) receptors than you—with about 220 million receptors in your dog's schnoz and only about 5 million in yours!



Have fun, train smart, play hard, and may you enjoy many happy, healthy, stress-free years together!

CHAPTER 9 BONUS ONLINE CONTENT

Enter **tip#** below at [PreventiveVet.com/Book-Extras](https://www.preventivetv.com/Book-Extras) to access this information.

#97



QUIET ON COMMAND: How-to video to teach your dog to stop barking on command, by first teaching them to bark on command. (#94)

TEACH 'LEAVE IT': Your dog can learn to leave the steak that dropped to the floor. (#95)

#98

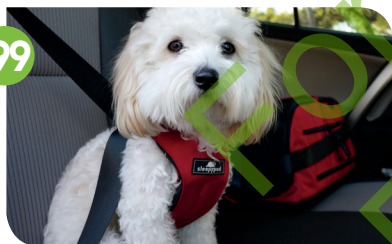


TAKING TREATS GENTLY: See how to teach this behavior without losing your fingers. (#96)

DEALING WITH PUPPY NIPPING: How to teach bite force inhibition (a.k.a. "soft mouth"). (#96)

ENJOY YOUR GUESTS' ARRIVALS: How to make sure your guests don't get bowled over. (#97)

#99



FIREWORKS NOISES: Sounds of fireworks to help you desensitize your dog and prevent fireworks noise fears. (#98)

TRAVEL, CRATES, AND CAR RESTRAINTS: Tips and safe products for traveling by car and plane. (#99)

PREVENT RESOURCE GUARDING: How to teach a pup so that this behavior doesn't start in the future. (#100)

ABOUT THE AUTHOR

Dr. Jason Nicholas—“Dr. J”—is The Preventive Vet. Providing pet owners with awareness and knowledge that can help them keep their pets happy, healthy and safe is his passion and his calling. He created Preventive Vet in 2011 to ensure that pet owners everywhere would have reliable information, advice, and the tools they need to enjoy the best lives together with their pets.

As one of the foremost experts and public speakers on health and safety for cats and dogs, Dr. J travels far and wide to raise awareness about pet illness and emergency prevention. He is an author, media resource, and a general practice and emergency veterinarian who is happiest when helping pets and their people.

Dr. J graduated with honors from The Royal Veterinary College in London, England; and completed his Internship at the Animal Medical Center in New York City. He and his family (both two-legged and four) are now lucky enough to call the beautiful Pacific Northwest their home.

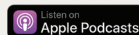


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