



TRAINING SOLUTIONS FOR BUSY LIVES

A quarterly newsletter bringing you informative treats from the dog world, and keeping you up-to-date with our services

[Training Dogs]

Avery's Socialization Adventure

By: Caroline Spark

Years ago I attended a seminar led by John Rogerson, a master dog trainer from the UK www.johnrogerson.com/aboutjohn.html. The seminar was on raising and training puppies, and something John said stayed in my mind without having the chance to try it out. John suggested that, ideally, young puppies would live in several homes during their first few impressionable months.

That seemed a radical idea! What? My darling baby dog would go and live with other people? Wouldn't that make my pup all insecure and miserable? Actually, Rogerson suggested, quite the opposite. It might make me miserable, but my puppy? Not so much! In their early months, puppies are learning sponges. If each new home meets all of the puppy's needs, such as safety, company, contact, warmth, food, water, play, opportunities to experience new things, a puppy will have a better chance of learning that the world is a good place and maturing into a secure adult.

Of course, that's all very well in theory, but not so easy in practice. How many people have access to several puppy-savvy households, eager to host a small furry student of life? That's where a Board and Train service (or two!) can come in!

Recently a 10-week old puppy named Avery had the chance to test out Rogerson's advice. Her "puppy parents," Kristen and Jacqueline, realized that family obligations would make it difficult for them to give Avery sufficient attention over the Christmas-New Year break. Referred by Happy Go Lucky, they contacted City Dog Country Dog looking for solutions. We didn't have a Board and



Train opening for the whole week, but we were able to come up with a creative plan: Sit Stay Fit would take Avery for the first few days, staying in a trainer's home in Portland. Then City Dog Country Dog would take her for the rest of the time, boarding her in two more trainers' homes on the Central Oregon Coast.

By the time Avery went home to her family, she had adjusted to three homes (in city, ocean, and country settings) and had a wonderful time in each one. During her stay, she met lots of friendly people, dropped in on a New Year's Eve party, had a puppy play date, and hung out with various nice dogs who helped her with her puppy manners. She made good progress in her basic training and in problem areas such as housetraining, getting over-stimulated, puppy-biting, and barking in her crate.

Of course, puppies are dynamic little beings who quickly revert to instinctual behavior if left to their own devices. So Board and Train progress must be maintained once the puppy goes home. Kristen and Jacqueline are great puppy parents, continuing Avery's socialization and training at home and through training classes at Happy Go Lucky, and giving their beautiful, smart puppy every opportunity to reach her full potential when she is all grown up!

[Living with Dogs]

Motivating Your Dog



Does your dog's response to cues seem lackluster? You may not have found the right motivation. Like humans, dogs work harder with strong motivation. Here's how to turbocharge your dog's drive—whether to come when called or break her agility speed record.

FIND WHAT DRIVES YOUR DOG

We are all motivated to action by different things. But the wrong reward would leave us cold. What does your dog most want? If in doubt, parade different treats past your dog to see what really gets her attention. Most dogs go nuts for meaty, greasy, and smelly. A few dogs prefer bread-based items. Some dogs, particularly working breeds like Border Collies and some terriers, find toys like tennis balls, squeakers, tug ropes) highly motivating.

PRACTICE SCARCITY

Whatever your dog loves, make that thing scarce. If your dog adores her rope toy, anytime-access

diminishes its training power, so put it away whenever you're not actively training. If your dog's top motivator is a treat, you have to make sure she's hungry for it. Pick up your dog's food bowl between meals, check with your vet that you are not overfeeding, and if you're really finding motivation a challenge, try feeding your dog from your hands only. This teaches her that all good things come from you—a great reason to pay attention to you!

USE YOUR MOTIVATOR IN TRAINING AND REAL LIFE

Ask your dog to earn access to her favorite things. She can earn it by practicing sit or weaving through agility poles a bit faster. Use real-life situations throughout the day, too. For example, rather than only working on sit during training sessions, ask your dog to sit for leashing and unleashing, before going in or outside, and before jumping onto the couch to hang with you, etc.

[Did You Know?]

The Shelter Pet Project?

Who? An initiative formed by The Humane Society of the United States, Maddie's Fund, and The Ad Council (top producer of PSA campaigns).

Why? To make shelters the first place people look when they're thinking about adding a dog to their family.

What? By challenging negative myths about shelter dogs (and cats) and promoting their credo: "A person is the best thing to happen to a shelter pet. Be that person. Adopt."

Where? Find them at www.theshelterpetproject.org

[A World of Dogs] Tripods Don't Stop

A common reaction when people see a three-legged dog is sympathy. ("Poor thing...") Another is admiration. ("What a brave pooch!") Both are entirely understandable. For humans, amputation can involve complex psychological and emotional issues. For dogs? Less so. Dogs have no notion of body image, no mental image of what they are supposed to look like. What they care about falls into two major categories: One, whether they are in pain. Two, whether they can do things they love: go for walks, play with toys, eat yummy food, get belly rubs, snuggle on the couch, etc. Nature is kind to animals in this way. A pain-free, well-fed dog with a loving home doesn't give a hoot that her daily walk happens in the characteristic tripod hop instead of a lope.



Amputee dogs, often called tripods, generally lose a limb either as a result of an accident or as a means to prevent cancer from spreading. In rarer cases, a congenital deformity makes the leg nonfunctional. The number one cause is canine osteosarcoma, or bone cancer, an aggressive disease that can rapidly spread into other parts of the dog's body. Treatment for this kind of tumor is limited to surgical removal and chemotherapy, and the prognosis is often dire. Radical as it may sound, amputation is usually the best option. Many tripods go on to live normal lifespans after surgery. Because dogs carry about 60 percent of their weight up front, losing a hind leg is easier than losing a front leg. But front-leg amputees adapt too. Even dogs with moderate arthritis can do well on three legs.

Also, guardians of amputee dogs can do a lot to make the transition easier. A tripod-friendly home has nonslip surfacing on stairs and smooth floors, and ramps for climbing up on sofas and into cars. A harness with a handle allows for helping the dog navigate difficult stairs, uneven ground, etc. And a whole range of fitness gear has been developed to help tripods strengthen their remaining limbs and improve their balance. For the rest of us, encountering tripods out and about? Love them up like nothing has changed, because, to them, nothing that really matters has.



[A World of Dogs] Water Rescue

Water rescue is the umbrella term for the lifesaving feats of dogs like Newfoundlands and Portuguese Water Dogs (PWDs). Newfies are legendary in this area, crowding the history books with acts of courage in aid of humans. PWDs were primarily bred to work alongside fishermen retrieving nets and even herding schools of fish, but have in modern times also been highly successful partners in lifesaving teams at beaches and watersports destinations. Both breeds are strong working dogs with extraordinary lung capacity and swim-stroke propulsion, webbed feet, muscled tails that act as rudders, and waterproof coats that protect them in icy water.



A healthy, fully trained Newfie can swim over two miles and can keep a drowning victim afloat for more than an hour. He can bring a lifeline or rescue tube to a victim or tow an inflatable rescue boat with 10 people to shore. Where a human lifeguard must stay back from close-to-freezing water because of the danger of hypothermia, a Newfie can keep going. PWDs, in addition to performing lifeguard duties in many places around the globe, were handpicked and trained to retrieve baseballs batted into the sea for the San Francisco Giants, whose stadium sits on the Bay. Learn more at waterrescuedogs.com, website of the one-of-a-kind Italian School of Water Rescue Dogs.



[Healthy Dog] When Pooches Get Pudgy

Studies* show we are notoriously poor at assessing our pets' weight (My dog isn't fat; he's just furry!). Our affectionate blindness does little to alleviate the growing—pun intended—problem of canine obesity. Some breeds are prone to overweight and likely need their guardians to be extra vigilant about helping them fend off the pounds. But no dog is immune, and the list of possible consequences is long and chilling. Arthritis, hip dysplasia, diabetes, kidney stones, cancer, heat intolerance, hypertension, and a decreased lifespan, to name but a few.

If your pooch is flabby, take action. The first item on your list should be to consult your vet about the appropriate amount of food and measure carefully at mealtimes. Switch to low-cal cookies or treat with carrots. Then amp up the exercise. If time is in short supply, consider hiring a dog walker or enrolling in a doggie day care.

*2012 National Pet Obesity Survey



[Tips & Tools] 4 Dog Food Storage Tips

Food-borne illnesses can affect dogs as severely as humans. Here are four tips for keeping your dog—and his dinner—safe:

Use sealed containers. Clean, sealed containers are essential. Store dry food in a cool, dry place and wet food in the refrigerator. Wash and dry containers between uses.

Wash your hands. Before you prepare your dog's food, wash your hands in warm soapy water, just as you would before handling food for your family.

Wash his bowls. Would you reuse your plate tomorrow without giving it a wash? Probably not and neither should your dog. Wash his food and water bowls daily.

Mind the expiration date. Don't risk feeding your dog expired food. Even if it's safe, the nutritional value is likely to be greatly diminished.

The The Bichon Frise

This cheerful and companionable powder puff hails from the Mediterranean area; bichons traveled widely as companions for sailors, minstrels, and circus groups. Beginning in the Middle Ages and into the Renaissance, they found favor with one royal European family after another, from Spain to Italy to France (King Henry III of France reputedly carried his bichon in a basket hanging from his neck). Bichons are the star performers of the dog world. Consummate entertainers, they love attention and can play and clown around for hours. The well-socialized bichon is friendly, resilient, and quick to learn. This, combined with a sturdy build, makes him an equally great buddy whether traveling or lounging at home. Despite his classification as a nonsporting dog, the bichon is a terrific little athlete that, with training, can excel at agility, K9 Nose Work, and Rally obedience.

To give a bichon frise a home, search online for a rescue organization near you.



[Upcoming Programs]

The Wild Is Getting Wilder!

Dogs get us off our couches, away from our screens, and outside into the world of nature. In 2016, we're introducing **The Wild is Calling!** – an exciting program of workshops, classes and other events that will connect us with wild places in ourselves, teach us who our dogs really are, and give us a deeper appreciation of the natural world.



Check out what's new in 2016 at www.CityDogCountryDogTraining.com



Jacqui Dowsett



Brittany Magallanes

[Our Amazing Team]

Caroline Spark, PhD, CDBC, CPDT-KA, owns and operates City Dog Country Dog. She specializes in behavior modification, service dog training, and outdoor adventures for dogs and people.

Heather Ohmart, BA, CPDT-KA, runs our City Dog Board & Train program, and specializes in raising and training puppies to be great family companions, therapy dogs, and service dogs.

Meredith Haynes, MSc, CPDT-KA, specializes in dog behavior counseling and has a passion for helping to achieve harmony in multi-dog situations.

Theresa Ciskowski, BSc, provides one-on-one boarding for reactive dogs through our Safe & Sound program or reactive dogs.

Jacqui Dowsett, BSc, CPDT-KA, specializes in assisting people to train their own service dogs. Jacqui also works with reactive dogs, and provides Call of the Urban Wild adventure opportunities in Portland.

Brittany Magallanes, CPDT-KA, provides in-home training assistance for family dogs and is an instructor in our Call of the Urban Wild adventure program.

Julie Callow, BSc, has almost completed her studies to become a certified dog trainer, and assists with private training sessions, classes, retreats and camps on the Oregon Coast.

Debbie Golob, BSc has extensive wilderness experience and is a guide-instructor in our new Wild is Calling program. Debbie and her Irish Wolfhound mix, The Moose, are also Call of the Wild Dog Camp Rangers.

Julia Provonchee, MSc, ABCDT, is our friendly intake coordinator. She provides information, connects clients with the trainer or program that best fits their interests, and refers to other services as needed.

Mary Williams, MA, is our Office Manager. Mary's eye for detail and passion for organization are at the heart of our day-to-day business operations.

City Dog Country Dog



City: (503) 740-4886 • Portland
Country: (541) 547-3793 • Yachats
info@CityDogCountryDogTraining.com

www.CityDogCountryDogTraining.com

 Follow us on Instagram @citycountrydog

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