



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

[When Baby Makes Four:] *Would My Dog Be Better Off With Someone Else?*

By Julia Provonchee

As any new parent can attest, finding your way through the fog of early parenthood (little sleep, constant problem-solving, attending to day-to-day tasks) and into a place where daily life starts to feel normal again takes a great deal of emotional and physical stamina. The joy and stress that comes with new parenthood often pushes less immediate concerns onto the back burner, and sometimes these include the needs of the family dog. For a time, new parents may find themselves wondering if their dog would be better off in another home.

This time of adjustment and questioning has been labeled the "Impulsive Re-homing Phase" by trainer Jen Shryock, founder and creator of Family Paws Parent Education (FPPE). Jen provides helpful information about this phase, as well as many other aspects of living with dogs and children, at www.familypaws.com.

As a certified FPPE presenter, I am often called upon to help clients tackle the challenges associated with the Impulsive Re-Homing Phase. In most cases, people aren't considering re-homing because of their dog's behavioral problems, even though this may be a concern for some. They are more likely to be worried that their dog's needs are being neglected, and hopeful that they might find a happier, more enriched home life for their beloved companion.

My work with parents often involves reminding parents that as a species, dogs are highly adaptable and sociable. Although they do well with dependable routines and attention, they are often well able to handle shifts in daily structure, environmental circumstances, and human moods and behavior. Some dogs have behavioral issues that make them unsuitable to live with a baby or young child, but many more simply have owners who need a non-judgmental ear and some tools to help them move through the Impulsive Re-Homing Phase.

In my experience, helping new families figure out safe and healthy ways to incorporate their dog(s) into life with an infant is deeply rewarding, creative and fun! There are many ways to foster appropriate and enjoyable dog-baby interactions, even with dogs who suffer from anxiety, stress, or fear. *Here are some very simple, relaxing exercises that new parents have found helpful for reconnecting with their dogs in a safe way:*

1. Sit-Stay-Find It – Ask your dog to 'Sit-Stay.' Then release her as you toss a treat for her to hunt out. When she finds it, give her lots of happy, low-key praise and repeat.

2. Settle – Calmly praise and treat your dog (every few seconds or minutes) for lying down and relaxing at your feet while you sit with your baby.

3. One-on-one time – While your baby is napping, spend some time with your dog cuddling and relaxing on the couch, your bed – or your dog's bed! Do some deep breathing exercises and calmly praise and pet your dog for relaxing with you.

Recognition of the Impulsive Rehoming Phase is important for new parents, families with young children, their friends, family, and co-workers, as well as trainers and behavior consultants. If you or someone you know might benefit from talking with a specialist in this area, please contact us or pass on City Dog Country Dog's information.

Touching base with new parents, Amber and James Bielman, on family life, infant son Michael, and making it all work with their lively little reactive dog, Coda:

1. Why did you seek professional help with your dog Coda?

Coda barked...and barked and barked. At everything – people in the house, imaginary noises, the TV. We would try to walk her around the neighborhood to help her burn off some steam and if she even thought she heard a dog collar she would lose her mind barking. We worked with other trainers and tried everything we could think of. With a baby on the way we were worried we'd have to get rid of her. I didn't know how we would have people over to visit or even go for a walk with the stroller.

2. How did working with City Dog Country Dog help you prepare for your baby's arrival?

Julia gave us so many options. She seemed unfazed by Coda's behavior and confident that she could help us. She gave us so many different tools. We kept trying things and if it didn't work, she gave us something new. Her confidence in her abilities made us feel so much better; she took the stress away. Every time she left our house we both sighed in relief. We weren't bad dog owners, we just didn't have all of the tools we needed.

3. What would you want to share with expectant families or those with infants?

If you're stressed out, everyone in the house is stressed out. Removing the angst is so easy, without removing the dog. We relaxed about walking Coda (playing with her in the backyard instead) and moved her crate to a quiet corner of the house.

Coda is doing a lot better every day. She still has her moments of course; she wouldn't be Coda if she didn't! We had some new people over the other night and after barking at them for a minute, she was able to focus her attention on a frozen dog treat. By the end of the night she was snuggling with them!

Amber, James and baby Michael live in NE Portland with their entertaining, forever feisty Miniature Pinscher, Coda.



James holds Michael securely on his lap while practicing 'Down-Stay' with Coda

[Did You Know?]

How to Say Dog in These Languages?

Albanian: Qen
Arabic: Calb
Belarusian: Sabaka
Bengali: Kukur
Blackfoot: Imitáá
Catalan: Gos
Danish: Hund
Dutch: Hond
Eskimo: Kringmerk
French: Chien/ne
Greek: Skylos
Hebrew: Kelev
Italian: Cane
Lithuanian: šuo
Maori: Kuri
Mongolian: Noqai
Polish: Pies
Samoan: Maile
Sepedi: Mpaa
Spanish: Perro
Tagalog: Áso
Urdu: Kutta
Welsh: Ci
Yiddish: Hunt or kelef
Zulu: Inja

[A World of Dogs]

The Dogness of Everything

There's a good likelihood you think of your dog as part of the family. More of us than ever tell researchers we do. For that reason it's easy to assume the human-dog bond is stronger now than it's ever been—but is it? Before we had goats and cows to herd, before we had homes to protect, before we domesticated animals of any other species, dogs were our friends and allies. Archeological finds suggest we often relied on them for our lives. With their superior senses, dogs were our hunting partners, our guards against predators, and our companions on journeys into the proverbial woods of the unknown. So deep and strong was the bond between early humans and early canids that dogs play a major part in every world mythology. The powerful symbolism of dogs—and dogness—suffuses our collective conscious.

In many mythologies, dogs are guides between the worlds of life and death—and symbolically between the conscious mind and the wilderness of the unconscious psyche—as well as co-hunters, able to track and catch human souls. In Greek mythology, the three-headed dog Cerberus (of Harry Potter fame) is the original watchdog of Hades. The virgin-huntress Artemis has seven dogs as her eternal companions. In Norse mythology, Odin's wife Frigga, goddess of marriage, traveled in a chariot drawn by dogs, symbols of fidelity and true-heartedness. Native American folklore includes dogs in both creation stories and end-of-the-world stories. Mostly, dogs appear in legends that reveal human character—kindness to dogs is rewarded and abuse harshly punished.

We may have (mostly) left the myths behind, but dogs are still part of our culture, roaming our thoughts and our language. They still help us navigate the unknown, express our dreams, and make sense of the world—arguably as much as in prehistoric times. We have simply moved them from cave paintings and heavenly constellations into art, film, cartoons, books, and music, not to mention into our homes and onto our couches. And if we sometimes can't tell where we end and dogs begin, who says we have to? Our ancestors never did.



[Tips & Tools]

Spotting Signs of Pain In Your Dog

Masking pain or illness is an evolutionary survival mechanism in dogs, which makes it hard to tell at times whether Fido is unwell. Here are some signs of trouble to look out for (when in doubt, always consult your vet):

Activity level changes: Lethargy, restlessness, or a less cheerful dog can mean something is wrong.

Mood swings: Happy one day, grouchy the next? Pain could be at the root. The same goes for a pup who's happy in the morning, but cranky at night.

Sudden aggression: If an otherwise friendly dog, especially an adult, shows aggression, be sure to include pain as one of the chief suspects.

Loss of appetite: Could be pain, illness, or something less alarming, but a lack of appetite always warrants a trip to the vet.



[Living with Dogs] Dog Meets Dog

New dog in the household? The key to success is to plan ahead and be patient. Don't assume the dogs will take an instant liking to each other or that they will work things out themselves. If your dogs get off on the wrong paw, the relationship might not recover. Taking a little extra time is well worth the effort.

Before you get in the house:

- Arrange an on-leash meeting on neutral ground. That means not in your house or yard, and with plenty of space around. Keep the leashes loose and let the dogs approach calmly. (Is your dog more comfortable off leash? Leave the leash off and keep tasty treats ready in case you need to call him away.)
- After a 2-second greet-and-sniff, call each dog away with a cheerful voice. Praise and treat.
- Now take a short walk with both dogs. Begin on separate sides of the street. As the dogs relax, gradually move closer together until side by side.

In the house:

- The first time the dogs are inside the house together, keep them on leash and keep the introduction brief, around 5 minutes. Then confine the newcomer to a comfortable space like a dog-proofed spare room or crate where he can start to get used to his new home.
- Over the next day or two, repeat the brief introductions. Keep them to 5-10 minutes and keep the dogs on leash.
- Make the time the dogs spend together as pleasant as possible. Reward friendly and playful behavior with food treats, praise, and toys.
- Don't be tempted to try longer periods of time if the early introductions go well. Slowly work your way to longer periods of dog-dog time.

With this approach, your new dog should be fully accepted as a family member within a week or two. If things are still not warming up after two weeks, call us for help.



DOG IN THE SPOTLIGHT *Great Dane*

Like Danish pastry, the Great Dane is not from Denmark at all. The breed originated in Germany, but has roots in ancient cultures like China and Egypt. Great Danes are often called the Apollos of the dog world because of their regal appearance, but fanciers will tell you "the world's biggest lapdogs" don't stand on ceremony. Great Danes are legendary leaners who enjoy nothing more than to rest their impressive bulk against the legs of their favorite people.

Playful and trainable, Great Danes are popular family dogs, but their strength- and guard instincts—shouldn't be underestimated. While not the fastest ball-retrievers, Great Danes still need plenty of exercise. They thrive on the stimulation of fun dog sports like agility, tracking, weight pull, and musical free style. Easy-going Great Danes often make wonderful therapy dogs, too.

To give a Great Dane a home, search online for your local rescue organization.

[Healthy Dog] Dry Eye



Keratoconjunctivitis sicca (KCS), better known as "dry eye," is a common eye condition in dogs. Any dog can develop dry eye, but dogs with big, buggy eyes, such as Pugs, Lhasa Apsos, Pekingese, Boston Terriers, Cocker Spaniels, and English Bulldogs, are extra susceptible. Symptoms include irritation, goopy discharge, excessive blinking, swollen eyelids, and corneal color changes. The condition, which can have numerous causes, results in an inability to produce enough tears to provide nutrients and oxygen to the precorneal tear film. The good news is that most of these causes can be treated on an outpatient basis, often with a topical antibiotic or corticosteroid. The less-good news is that there's no cure for most causes of dry eye, so your dog will need ongoing treatment.

Remember, the first thing to do about any eye-related problem in your dog is to call the vet. Eyes are too sensitive and vulnerable for a wait-and-see approach—better a wasted trip than a blind dog.



[Dogs in Action]

Cycling With Your Dog

Think cycling and dogs don't mix? That depends. Yes, just holding a leash while riding a bike is a bad idea—one sudden dog move and you're down. But if you love to ride and would like to share the road with your dog, you have other options. One is a specialized bike leash with a shock-absorbing spring device. A steel clamp attaches to the seat or frame of your bike, with a spring arm for the leash that reduces the impact of a dog's sudden movements by as much as 90%. To find one, just search online for "bicycle leash."

For longer trips—or smaller, less athletic dogs—a better option is one of the many carriers or trailers on the market. Essentially a dog-ified take on the child trailer, these contraptions have reinforced bases that increase stability and safety. Just do your homework and make sure you pick the best model for your dog's size and weight, and the amount of use and type of terrain you expect.



Lastly, there's bikejoring, a version of dryland mushing in which your dog is harnessed to your bike. All you need for that is a padded harness for your dog, a padded belt for you, a gangline—and a dog who loves to pull. First step is to teach your dog to pull—and if you have carefully taught your dog not to pull on leash, don't worry. You can train him to pull only when wearing the harness. For practice, have your dog pull something small like a log before trying small trips with you on a bike.

[Our Services]

We provide a range of services to suit the needs of dogs and their families: **Board & Train, Day Training, or Vacation Retreat Packages** jump start your dog's education and lift some of the training burden off your shoulders. **Private behavior consultations** bring an experienced trainer to your home to solve behavior problems. We offer practical help, friendly and efficient support – and new options just when think you have nothing left to try! All our services reflect our core philosophy: training can be a positive experience for dogs and people!

For more details, please visit our website: www.citydogcountrydogtraining.com

[Our Amazing Team]

Caroline Spark, PhD, owns and operates City Dog Country Dog. She has a background in counseling and adult education, and multiple certifications in dog training and behavior consulting. Her special interests include canine psychology, behavior modification, and outdoor adventure events for dogs and people.

Heather Ohmart, BA, is a CCPDT certified dog trainer who runs our City Board & Train program, and specializes in raising and training puppies to be great family companions, therapy dogs, and service dogs.

Julia Provonchee, MSc, is an Animal Behavior College certified dog trainer, and specializes in working with dog reactivity and dog bite prevention in the Portland area.

Karolin Klinck is currently completing studies at the Academy for Dog Trainers, and offers private and group training on the Oregon Coast. She specializes in rehabilitating reactive and fearful dogs.

Mary Williams, MA, is City Dog Country Dog's Office Manager. She is passionate about databases and Office Dog, Suzi.

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