



### LIVING WITH DOGS

#### UNDERSTANDING MOTIVATION

*Motivation is what makes your dog tick. It's what drives him to do things, like respond to your cues and find doing so worthwhile—even the second and third times you ask. Common canine motivators include: Car rides, a ball tossed, a walk, a leash clipped on or off, playing with toys, access to other dogs, access to smells, and—the biggie—food.*

Why should you know what motivates your dog? Because you can give him reason to pay attention to you. It's the equivalent of saying to your dog, "I'll tell you what: If you sit, I'll throw your ball" or "If you stop pulling on the leash, I'll let you go smell that fire hydrant." You use what naturally motivates your dog to get the behaviors you want most. So how do you go about it?

First, limit your dog's access to the things he finds most motivating. Have a ball-crazy dog? Instead of leaving balls around the house at all times, carry them with you so you can whip one out as a way to reward your dog when he is getting something right.

Second, make an item more exciting by bringing it to life for your dog. Simply handing him a toy isn't nearly as fun for a dog as shaking it about, playing peek-a-boo with it, and then, at the height of excitement, asking for a behavior and rewarding it with a toss of the toy. Food sitting around in a bowl can't equal the fun of kibble dished out during a lively training session.

Have trouble getting your dog's attention? Be sure you're using the right motivators for the challenge. Dry cookies can't compete with a treed squirrel. Always have an ultimate trump card—something your dog just can't resist.



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## DID YOU KNOW

### HOW MANY PUPPIES PER LITTER?

In statistical averages, these dogs have:

Australian terrier	5.0
Basenji	7.6
Boxer	5.0
Bulldog	5.9
Cocker spaniel	4.8
Collie	7.9
Dachshund:	8.7
French bulldog	5.8
German shepherd	8.0
Golden retriever	8.1
Labrador retriever	7.8
Mastiff	7.7
Miniature poodle	6.4
Pekingese	10.0
Saint Bernard	8.5
Welsh corgi	5.5

## A WORLD OF DOGS

### DOGS, DOGS EVERYWHERE

Imagine a Bedouin hunting in the desert. The temperature is close to 120 degrees, too hot for horses to move beyond a plod. The desert hare, or dinner, is out of shooting range. Enter the Saluki. Light-boned and sharp-eyed, with the lung capacity of a cheetah. An expert hunter, specialized for this harsh environment, this dog is a partner the Bedouin depends on for his survival.

Now consider a pack of huskies in the Arctic. They do more than pull the sled. They alert the Inuit to weaknesses in the ice surface. Locate air holes that give away the presence of seals. Warn of approaching polar bears. The huskies are born on the ice and live their entire lives without seeing the inside of a house.

Such scenarios, common in our recent past, are moving into the pages of history books. The main occupation for the modern dog? Companion. Twenty years ago, 51 million dogs shared our homes; today, 78 million do. Meanwhile, we have moved into cities and suburbs in unprecedented numbers. A dog's life now takes place in houses and apartments, in parks, in suburban backyards, and on sidewalks thronged with people and other dogs. Dogs have become family members. We buy them toys, we have their teeth cleaned, we take them to classes. They accompany us on vacation and to the office.

But amid this loving assimilation of dogs into the inner sanctum of the family universe, we tend to forget that dogs are, well, dogs. Our tolerance for natural canine behavior shrinks year by year. We frown on barking. We dislike scuffles among dogs. Biting, naturally, is abhorred.

The Saluki in the desert and the huskies on the ice, then, are reminders of a time when dogs had vast spaces around them, physically taxing jobs, and license to bark, jump, pull, dig, and bite if threatened. We radically altered the environment of dogs in what amounts to an evolutionary blink of an eye. It's up to us to help them be successful in our world by providing plenty of training, exercise, and stimulation. In return, they'll follow us wherever we go.





## *DOGS IN ACTION*

### **HERDING**

The majority of today's herding dogs and herding dog breed mixes never come across a flock of geese or sheep or goats. But that doesn't mean their herding instinct is dormant. People who share their lives with these energetic and intelligent dogs know how easy it is to trigger a round of (often annoying) heel nipping and other classic herding behaviors.

They also report that no amount of exercise can induce the blissful tiredness they see in their dogs after a couple of rounds on the field with the sheep (or ducks, etc.). Given the number of herding dog breeds—there are more than 70 worldwide—and their popularity as companions, it's not surprising many people take up herding recreationally.

A typical sheepdog trial commonly involves using whistles and calls to direct your dog to move three sheep through an obstacle course into a pen. But there are many different herding events and different courses. Also, plenty of enthusiasts never compete, but simply go once a week to have fun with their dogs. Interested in herding with your dog? Google the term plus your locale—or check out herding breed associations' websites for info on sheepdog or cattledog trials.

## *HEALTHY DOG*

### **HEALTHY TRAVELS WITH YOUR DOG**

Doing your homework is key to making traveling with your dog a healthy and stress-free experience. First, research the area(s) you'll be visiting: Are there weather advisories in place, or disease outbreaks or risks you're unfamiliar with (water parasites, ticks, rabies)? Are there permissions or vaccinations your dog will need to travel there?

Next, be sure to know where you can find vets along the way, just in case. Check that ID tags have up-to-date information, most importantly your cell phone number. Also bring a picture of your dog in case she gets away from you. Finally, pack a pet First Aid kit, try to keep your dog's mealtime routines consistent, provide plenty of breaks and exercise, and be prepared to slow down or vary your plans slightly to allow for canine comfort. It's supposed to be a good time for everyone!





## DOG IN THE SPOTLIGHT THE BASSET HOUND

This sweet-looking, floppy-eared, low-to-the-ground hound boasts scenting abilities bested only by the Bloodhound. Known as a patient and affectionate family dog, the Basset hides her impressive talents behind a somewhat plodding pace and less-than-athletic exterior. But don't be fooled. When well trained, the Basset can distinguish herself in Rally-O, tracking, field trialing, and pack hunting. Exercise is essential to keep her fit and slim, and training (or new learning) throughout her life will keep her happy and polite. The popularity of the Basset in popular culture makes her ubiquitous. You'll find Bassets in cartoons (Droopy), brand logos (Hush Puppies), music shows (Elvis singing Hound Dog to a Basset on The Steve Allen Show in 1956), TV series (Columbo, EastEnders), and movies (Smokey and the Bandit, The Lost Treasure of Sawtooth Island, Nanny McPhee, The Smurfs).

*To give a Basset a home, search online for nearby rescues.*

### TIPS & TOOLS

#### 4 TIPS FOR FEEDING A SENIOR DOG

1

##### **Prevent weight gain.**

The pounds tend to sneak on as your dog ages, even if you maintain the same level of exercise. Your vet can advise on the ideal quantity for your dog.

2

##### **Avoid low-protein diets.**

Foods labeled "senior" often contain reduced protein levels, but studies show senior dogs need normal protein levels to maintain muscle mass—even as they need to eat less overall.

3

##### **Consider supplements.**

Gamma-linolenic acid (GLA) can help maintain healthy skin and coat. Fructooligosaccharides (FOS) promote beneficial gut bacteria, and antioxidants such as vitamin E and beta-carotene boost the immune system. Ask your vet what makes sense for your dog.

4

##### **Keep steady.**

Older dogs get stressed more easily and struggle to adjust. Stick to your dog's diet routines and if you make changes, do so gradually.



834-293-3033 | [jean@FirstFriendCanineConsulting.com](mailto:jean@FirstFriendCanineConsulting.com) | [FirstFriendCanineConsulting.com](http://FirstFriendCanineConsulting.com)



I am Jean Kolor, owner and trainer of First Friend Canine Consulting. I am a Karen Pryor Academy Certified Training Partner as well as a licensed Family Paws Parent Educator. I offer private in home training where I train your dog for you or coach you in how to train your dog. I offer group training classes for puppies, adolescents and adult dogs. I also work with expecting and new families to help them through the unique challenges presented by relationships between baby and dog and toddler and dog.

**Contact me today for more information on how I can help you reach your goals with your dog in a positive, respectful way.**