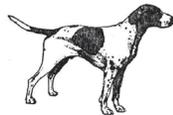




## ✦ Highlights ✦



### LIVING WITH DOGS

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#### Family Activity Ideas

The kid-and-dog combo can be a winner, but often presents a number of challenges—for example keeping everyone happily occupied at the same time. One way to pull that off is to arrange games and activities that kids and dogs can enjoy together. Here are some ideas to get the fun started:



**Make a play date.** Get together with other parents and their kids, two- and four-legged. Depending on the age and temperament of both kids and dogs, this could mean interspecies play or an opportunity for kids to play while dogs romp with each other. Team up with fellow parents to share supervisory duties.

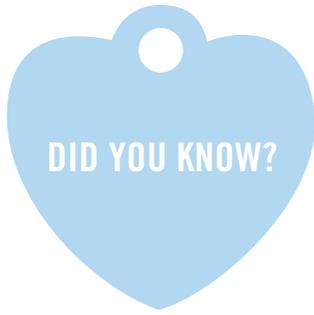
**Go on an outdoor adventure.** Both dogs and kids are natural explorers, so why not arrange an expedition? A hike on a nature trail or through a city park can be equally fun if you pretend to be intrepid explorers. Find and study plants, insects, or pond life, feed birds (where it's allowed, of course), create nature art, or arrange a picnic in the open.

**Build a homemade mini agility course** in the backyard using hula-hoops, kids' play tunnels, mini pools, poles, and whatever else you can think of. Get the kids involved and stage little competitions. Your dog and your kids will love it, and you get to enjoy how nice and tired everyone gets from all that fun.

**Smaller kids? Opt for parallel activities.** With younger children, you have to supervise at all times (for your dog's safety as much as for your kid's), but you can still have fun together. Make your dog a yummy Kong and challenge your kid to draw your dog or practice reading skills by reading a book to the pooch while she eats. Or have your child blow dog-friendly bubbles; your dog will love trying to catch them, especially if they're bacon flavored.

*continued on page 2*

**"My fashion philosophy is,  
if you're not covered in dog hair,  
your life is empty."  
- Elayne Boosler**



DID YOU KNOW?

### These Doggie Travel Essentials?

**Pet first aid kit.** Don't leave for a road trip without a doggie first aid kit. Tweezers, saline solution, blood clotting powder, bandages, and cold packs can ease your dog's pain until you get to a vet.

**Car safety equipment.** Don't hit the road without a stress-tested travel harness or a thoroughly secured dog carrier or booster seat. You'll keep your dog safer—and yourself distraction free.

**Life preservers.** Are water adventures on the agenda? Remember to bring a life jacket for your dog. Look for high buoyancy, sturdy material, easy-lift handles, and a comfortable fit.

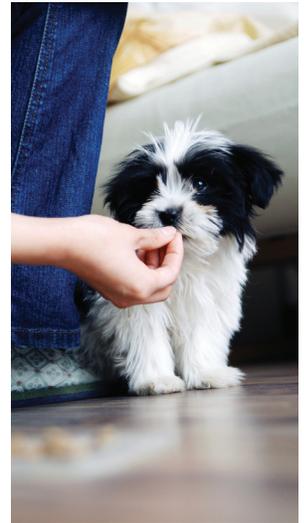
**Portable dog crates.** Easy and light to transport, these folding-frame crates with removable fleece pads provide a snug bed away from home. Great for camping and overnight stays at pet-friendly hotels or friends' houses.



## A WORLD OF DOGS

### How Puppy Training Has Changed—And Why

Formal dog training as we know it originated during World War II. Before that, dogs had been working household members and their behavior was largely shaped through organic learning from older dogs. Only when soldiers needed to train large numbers of dogs to assist in warfare did compulsion training arise and, when the war ended, was developed into a recognized field by discharged military personnel. Back then, society as a whole accepted punishment as a valid teaching method. Typical training approaches involved physical corrections, leash jerks, and loudly yelling at the dog. This was difficult for puppies to endure, so the prevailing wisdom was to hold off on proper training until the puppy was seven months old (house-training was the exception).



In some places, these outdated methods are still used. But from the 60s and 70s and on—through the work of pioneers like Bob Bailey, Karen Pryor, and Dr. Ian Dunbar—positive reinforcement training has gained ground. Informed by behavioral science, this approach promotes force-free motivational techniques to teach dogs what we do and don't want. The motivators can be anything the dog wants: Treats, praise, toys, a leash walk, or a ball thrown. Behaviors we don't like result in no reward, the removal of a reward, or no attention, but never in punishment or coercion. Reward-based training principles soon won through in puppy training too, notably with Dr. Ian Dunbar's puppy kindergarten classes.

We now know puppies learn every day of their lives, whether we teach them deliberately or by accident. We also know that positive methods encourage fast learning. Studies in both people and animals show that knowledge acquisition centers in the brain slow down or shut off completely when pain or fear is present. Positive training also strengthens the bond between you and your puppy. To a puppy trained with rewards, training is a game and you're the quizmaster. The last frontier is expectations. Like human children who need years to learn to play the violin, puppies don't retain all they need to know in life from a six-week puppy class. The lesson? Start early—and keep going!

*(continued from page 1)*



## DOGS IN ACTION

### Rally-O (Rally Obedience)

You don't have to be into competitive obedience to fall in love with Rally-O. A fun, energizing, less formal version of traditional obedience trials, Rally-O is one of the fastest growing dog sports in the world—and the benefits reach well beyond the exercise field. Lavishing attention on your dog and working on improved communication while doing something creative pays off in a happier, more focused, better-behaved dog. Often that means a dog that's easier to take out and about; it's an investment of time and energy that pays dividends.



The concept of Rally-O sprung from the practice of doing a variety of interesting freestyle exercises as warm-up before an obedience competition, and the name derives from rally-style auto racing, another sport that encourages creativity. In Rally-O, the handler and her dog navigate a course of 10 to 20 stations (depending on the level), each marking an exercise like heel, stand, turn, sit, and back up. The handler is allowed to talk to and encourage her dog along the way, use hand signals, and go through the course along a designated route on her own without a judge calling out the exercises.

If you're curious and want to know more before you jump in, search for Rally-O online. You'll find articles, books, YouTube videos, and listings of trials near you.



## HEALTHY DOG

### Cavities in Dogs

Teeth are important. Both when it comes to functioning well on a daily basis and for long-term health, dental hygiene is as crucial to dogs as it is to humans. Yet many dogs show signs of tooth decay by the age of four. Good mouth care can't start too early and when it comes to preventing cavities, that means feeding your dog a healthy diet, providing tooth-strengthening chew toys and treats, and brushing your dog's teeth regularly. Also check your dog's mouth for lesions, loose teeth, or inflamed gums weekly. If your dog is prone to plaque or tartar—and chew toys aren't alleviating the problem sufficiently—ask your veterinarian for advice on preventing buildup.

Finally, be sure to get a tooth brushing kit made for dogs as human toothpaste can irritate a dog's stomach. Then look up brushing techniques online to ensure this ritual becomes an enjoyable one for both of you.

## DOG IN THE SPOTLIGHT

### The Basenji

This dapper little hunting dog traces her general ancestry back to ancient Africa; carvings of dogs resembling Basenjis decorate the tombs of Egyptian pharaohs. Of the many charming distinguishing characteristics a Basenji possesses, the most well known are her "barroo," a yodel-like sound, and her habit of standing on hind legs to see better, the way Meerkats do. Another fun trait is her almost feline obsession with grooming—a pastime she can spend hours on. Despite (or perhaps because of) her acute intelligence, the Basenji is not the easiest to train, but with patience and gentle, positive methods she can be a polite and attentive family companion. In addition to gracing royal tombs and paintings throughout history, this dog's imperial good looks and curious and independent nature has inspired movies (*Good-bye My Lady*) and novels (*Heart of Savannah* and *The Basenji Revelation*).

To give a Basenji a home, search online for nearby rescues.



## OUR SERVICES

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### Nutrients Your Dog Needs

In addition to water, the key nutrients your dog needs to thrive are:

**Proteins.** The building blocks of cells, organs, enzymes and more, proteins contain the all-important essential amino acids. Chicken, turkey, lamb, pork, beef, fish, and eggs are good protein sources.

**Carbohydrates.** Provide much of your dog's energy (think glucose) and intestinal health (think fiber). Great carbs for dogs include anything moderately fermentable, such as yams and rice.

**Fats.** The most concentrated source of energy and home to essential fatty acids, healthy fats are a must in every dog diet. Get them through a diet that contains omega-3-rich foods.

**Vitamins & minerals.** Important to enzyme and bone health, these two nutrient groups are usually amply supplied in a varied, healthy diet. Provide that and you can skip the supplements.



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