



Animalstalk2me Training Tips

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Welcome to my training tips!!

I have compiled these tips as easy examples that have been tried and tested with my own dogs, and many others. I must confess that until I trained in dog behaviour I had no idea how much time and perseverance is required to train your dog - but it is well worth while when they become a well behaved, well mannered, well socialised member of your family. I have to say that we were extremely lucky to have such well behaved dogs with very little training!

But please remember that your dog is not a robot and although they will obey commands 90% of the time, sometimes a rabbit is much more interesting than you and you have to accept that. Our dogs make us laugh and we don't want to take all the fun out of their lives - imagine how awful if that was to happen to you!

How to Train your Dog

This document is full of tips of how to train your dog with POSITIVE and KIND techniques - do not punish your dog at any time as this could cause them to be fearful - aggression breeds aggression. Techniques like forcing your dog to submit or pulling, grabbing or hitting them are old hat now and should never be used under any circumstance. Your dog needs to be taught manners - just like you would teach a toddler. You want a happy, receptive and obedient dog.....

Remember that puppies have a very short attention span so you need to revisit the commands when they are awake and lively! Also when training dogs they may be tired or dehydrated so leave the training, praise them and go back to it at another time.

Calming Signals

Start to study your dog and look at their behaviour in certain situations. Dogs talk with calming signals and we need to recognise these for what they are - and anticipate what move your dog is going to make next! We do know some signals automatically - tail down, back end down, licking of the lips. This could mean they are fearful and if pushed they may lunge if pressed. There is a lot of information about these signals on the internet which I would suggest that you read so you can familiarise yourself.

Introducing the word

All new training techniques normally include giving a word to the dog for that particular behaviour. Some people say that the dog should be familiar with the behaviour before introducing the word but I prefer to introduce the word at the same time as the behaviour. This is simply personal choice.

The only once rule

When you are teaching your dog commands such as sit, don't keep repeating the commands as this confuses them and when you just say "sit" in the future they won't because they are waiting for "sit, sit, sit"! So the command is "sit"!

Clicker Training

Some people use a clicker to train their dog - it helps as the dog understands that when they hear the clicker they have completed the behaviour and a treat is on the way! This, again, is person choice but is ideal if you are going to do agility or fly ball with your dog.

Stopping stuffing your dogs face!

Training your dog normally involves giving your dog a treat to reward the learned behaviour. People ask when they can stop doing this as they are normally worried that their dog will put on weight! You must first ensure that your dog is fully familiar with the behaviour and performs it on request straight away every time. Try replacing the treat with a favourite toy if your dog is keen on toys (mine aren't - they much prefer the treat!). If they prefer the treat start by giving the treat every other time, then cut it down gradually until your dog is happy with the praise only as a reward. Some behaviour - like coming back in a wood where there are many other interesting distractions - may still require a treat a high value one at that!!

Leading the Way

A collar with tag giving telephone numbers in case of loss

A long training lead

A long retractable lead

A harness

I would recommend a harness for walking as pulling on collars can hurt the dog's neck and makes the dog more difficult to control. A harness can be bought so that a lead can be attached to the front as well as the back and this is handy to control a puller! Never buy a harness or a collar that tightens or restricts your dog in any way if they pull - these hurt and are cruel and may make your dog fearful.

Remember that a dog's walk should be there for him to be exercised off lead (or on a long lead) that allows him to sniff and smell and have fun! Walks shouldn't be always on short leads on roads - although this should form part of the training plan. So please enjoy it yourself - get off your mobile phone and unplug your ipod - talk to your dog, play with your dog - and the walks will benefit both of you! If your dog is hyperactive it most probably needs more walking! If you work organise a doggie day care centre or a dog walker.

*Amelia Kinkade, a famous American Animal Communicator says
If your dog is pulling you are not running fast enough!*

When introducing a collar, lead or muzzle remember to show your dog and always treat when they have looked at responded. From a puppy you should have been handling him all over (teeth, eyes, feet nails etc) and treating so it became a pleasurable experience. So by the time a collar and lead are introduced they should be quite happy and not fearful. If they are fearful at any time use EFT or Tellington Touch to calm them. Even a muzzle should be a pleasant experience so throw a treat inside before putting on.

Toys

Toys are part of training a dog and can also be used as stimulation when they are left alone. Klongs filled with treats or pate, balls filled with treats and stimulation toys - apart from the good old fashioned ones like raggars - are great fun

Treats

Finding treats that your dog loves and that are good for them is quite difficult! Sometimes high value treats like sausage, liver and cheese will need to be used - but make sure you cut them into very small pieces. The treats that I have found that hit the spot are:

Poppets - they contain oils, herbs and are low calorie but still taste great! Contact www.csjk9.com

Finest Fish complete dog food - the pieces are tiny but delicious!

Contact www.Fish4Dogs.com for more information

On the web there is a recipe for Liver treats but as a vegetarian myself I am not cooking (or smelling!) that!!

Food

How you feed your dog is normally person preference - you either prefer wet or dry food. Whatever type you chose I ask that you buy the best that you can afford. Please research and find out what is put in your dog's food - you really don't want lots of bulk or rendered down dog and cat (yes that does happen - yuch! If you buy dry food you really need it to be as organic as possible

There is a school of thought now about feeding your dog the food that he would eat in the wild (i.e. raw) and I do follow this to a certain extent. I feed my dogs on chicken and raw mince and lots of vegetables which I lightly blanch as they wont eat raw. They have eggs, some nuts and if they would eat it, fruit! Once again there is a lot of information about this on the net for you to make an informed decision

Grooming

When your dog is a puppy you should be handling him all over: mouth, teeth, feet, paws, etc so when he is groomed he is used to being touched. Once again always treat when handling as this encourages them to like what you are doing!

Make sure your dog's coat is well groomed and trimmed if necessary and that they like being brushed. My Norfolk Stanley asked to be brushed as he loves it so much and it scratches his back! Make sure their nails are trimmed (we do get the vet to do this!) as this can be uncomfortable. Make sure that their eyes, ears and orifices are kept spotless.

Cleaning their teeth

Try to clean your dog's teeth as this really does help and means that you don't have to have expensive operations and tooth loss in the future. However I know this is easier done than said!

Plaque off - for more information go to www.plaqueoff.com

Neem bark - rub this along the gum lines as it is an Indian herb that is antibacterial and antiviral. For more information go to www.neemgenie.co.uk

PetzLife Gel or spray with aromatherapy oils is brilliant for plaque. For more information go to www.petzlife.co.uk

Poisons

Please be aware of what is poisonous to your dog - there are full lists on the net but these are ones that you need to be aware of

- i. chocolate especially dark bitter chocolate
- ii. grapes and raisins
- iii. Macadamia nuts
- iv. Xylitol - a sweetener which is in chewing gum, mints and anywhere where a substitute to sugar is used. This will kill your dog almost instantly

Worms

Our Norfolk was very poorly with a cough and nobody diagnosed what was wrong with him. My husband just happened to be watching morning television and they were talking about Lung Worm which we get from eating snails or fox poo. He rushed down to the vets and bought a topical product and in two days Hardy was as right as ninepence! So I am warning everybody about Lung Worm

Please also watch out for ticks which seem to be more prevalent now. Please do not pull them out - you can buy a little device that you can extract them with or take your dog to the vets.

Although I am very pro alternatives, for these types of problems a product from your vet would be the best thing

Other Techniques I use

Animal Communication

This is the best technique of all to find out why your dog is behaving why they are - you just ask them!! And then you can talk about how their behaviour can improve and what you as an owner can do to help. Remember there are no bad dogs - only bad owners!!! So you must be prepared to change your behaviour as well!

Energy Techniques

The energy techniques I use are Eft (more commonly known as tapping!) and TAT. These techniques use acupuncture points to release unwanted behaviour such as fear and aggression. These techniques are done surrogately for the dog by myself and you can learn how to do it too! Paul McKenna has made them more main stream as he uses them for phobias, allergies and weight problems amongst other things. I use them on Human clients for all sorts of issues such as trauma, self confidence and food intolerances. These techniques are absolutely fantastic and should be used by everybody!

I passed them onto my aunt who cured her collie of fear of fireworks - and she was the biggest critic in the world - but she became my biggest fan!

Tellington Touch

Tellington Touch is a range of small movements all over your body and it is a good idea that you as an owner learn these as well. They are wonderful for calming down a fearful dog and also helps with lots of other behavioural problems - and they bring owner and dog closer together.

For further information go to www.ttoucheatteam.com

Bach Flower Remedies

These remedies are made from flower essences and target various emotions. I will dowse with a pendulum to recommend what remedy which is right for your dog but here are few examples:

Rock rose, Aspen and Mimulus are good for fear

Rescue remedy is a good all rounder, especially for shock

For further information go to <http://www.bachflower.com/Pets.htm>

Homeopathy

I am a great believer in homeopathy and it is brilliant for dogs as well - they are very receptive to the properties of the remedy. Homeopathy can be used for all types of symptoms such as eye problems, bladder and kidney problems - but should never replace a trip to the vets.

Car sickness cocculus 30c

Plaque Fragaria 30c also Plaque Off (from Proden)

Crystal Collars

Why not purchase a crystal collar? These have crystals that can be used for calming down, livening up and for fear.

For further information contact Trish@animaltalk.com.au