



# Keeping Your Dog Happy Without Worry



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## About the authors

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Dale uses non aversive, positive reinforcement dog training methods to provide effective and practical behavioural advice. The statement “train with the brain not with pain” is one that particularly sums up her ethos. Her philosophy is all about you having fun with your dog.

Lisa Hird is a practicing canine behaviourist and runs her own business, [Dog Behaviour Clinic](#) in Lincolnshire, working closely with local vets. She is an INTODogs Certified Canine Behaviourist and Dog Trainer, a full member of Pet Professional Guild, and an accredited Fear Free Dog Training Professional.

Lisa believes in relationship centred training and consideration for the individual dog.



## Introduction

“The bond with a true dog is as lasting as the ties of this earth will ever be.”

Konrad Lorenz

Symbiotic relationships between dogs and humans are thought to date back at least 18,000 years. Dogs have evolved alongside humans for many thousands of years and their brains are hard wired to look for ways in which they can understand us.

Dogs, just like humans, are highly social and this similarity in their overall behavioural pattern accounts for their trainability, playfulness, and ability to fit into human households and social situations.

Dogs can be good for us; stroking a dog lowers our blood pressure and there are no doubts that dogs can ease the feeling of isolation that some people experience. Research suggests that our connections with dogs increase our own social interactions, evidenced by more openness to others, initiating conversations, focusing toward other people, being more positive, increased physical activity and play, and more laughing, (Guéguen, 2008).



But what do dogs need to be “happy” and what is happiness? How do we know whether our dog is happy?

The Oxford English Dictionary's definition of "happiness" is a simple one: "*The state of being happy*". Happiness is equated with feeling pleasure or contentment, meaning that happiness is not to be confused with joy, ecstasy, bliss, or other more intense feelings.

Psychology researcher Sonja Lyubomirsky says that it is important to note that social and cultural factors also influence how we think about happiness. We need to think about what happiness looks like for dogs and how we can ensure that our dogs are happy.

We can look at their body language and communications for signs of happiness, but this over simplifies the matter.

One website states that a happy dog will have the following body language and behaviours:

- Soft eyes
- Relaxed floppy ears.
- Mouth slightly open with a relaxed muzzle
- A gently waving tail
- Relaxed body posture and a wiggle. Zero body tension.
- Enjoys playtime and walks with you without getting over-excited.
- Has a good appetite
- Sleeps well with or without you.
- Happy, inquisitive, and gentle, your dog will take life in their stride.
- Great behaviour in general with social skills

If we asked at a pet shop or veterinary clinic what dogs need, we may be answered with a list of items such as

- ID tag and microchip
- bed
- collar and lead
- a good diet
- food and water bowls
- exercise
- regular veterinary care and health checks

But can we really just look for those signs and know our dogs are happy and have all that they need? We need to consider their mental and physical wellbeing.

Caring for dogs brings a great deal of responsibility to provide for emotional and physical needs as well. A dog has the same basic needs as any other animal. Their basic needs are set out in the Animal Welfare Act 2006 and are known as the 5 freedoms.

- A. They need to have food and water.
- B. They need to have shelter so they can keep warm, safe, and comfortable.
- C. They need to be able to express their behaviour.
- D. They need to be kept from feeling pain, being injured and disease.
- E. They need to be kept from distressing situations and fear.

In 1994, Professor David Mellor and Dr Cam Reid proposed a new model as a means of identifying and grading the severity of different forms of welfare compromise by reformulating the Five Freedoms into 'Five Domains' of nutrition, environment, health, behaviour, and mental state. The Five Freedoms and Five Domains frameworks contain essentially the same five elements, but the Five Domains explore the mental state of an animal in more detail and acknowledge that for every physical aspect that is affected.

Five Freedoms	Five Domains
1. From hunger and thirst	1. Nutrition
2. From discomfort	2. Environment
3. From pain, injury and disease	3. Health
4. To express normal behaviour	4. Behaviour
5. From fear and distress	5. Mental state

Of course, just because we tick off each of these boxes doesn't mean our dogs will be happy.

# Chapter One

## Physiological needs

### Water

A dog's body is made up of approximately 70% water, and water supports every bodily function. Adequate water maintains hydration levels which are lost through urination and defecation.

Water is needed to control body temperature, to hydrate the internal organs, carry the water-soluble vitamins (vitamin B group, vitamin C, Folic acid), hydrolyse protein and fat for digestion, maintain electrolyte balance, and flush out toxins from the body. Dogs fed a raw or wet food will drink far less than a dog who eats dry food.

It is important to keep the dog's drinking bowl clean, as bacteria can quickly build up and form a layer of slime inside the bowl.

Water bowls or containers should not be left outside overnight where wildlife, and particularly slugs and snails, can have access to the water, as there is a risk of the dog becoming infected with a disease such as lungworm.



Stainless steel bowls are an ideal choice as they can be scrubbed clean with very hot soapy water, and they should be cleaned every day. Any remaining water should be tipped away and replaced rather than just topping up the bowl to avoid staleness and traces of saliva.



## Nutrition

In 1860, James Spratt introduced the first commercially pet food in England. After seeing dogs being fed leftover biscuits from a ship, Spratt formulated the first dog biscuit: a mix of wheat meals, vegetables, beetroot, and beef blood. In those days, accurate ingredient labels were not required until 1968.

In the early 1920's Chappel Brothers started their canned food manufacture. 1922 saw the release of the first canned foods on the market. The food was made predominantly from horse meat. In 1934 the Chappel Brothers sold their business to Mars and went on to manufacture the Chappie brand which is still sold today.

The biggest competitor to these foods was that people had begun to feed leftovers and scraps to their dogs, so in the early 1960s a huge marketing campaign was launched to “ban the scraps” from dog bowls and not to feed “people food.” At the same time, commercial food brands began manufacturing kibble and started using green and orange colouring to resemble peas and carrots. To appeal to dog guardians, words such as “rich gravy” were used.

The dogs we choose to live with us are our responsibility. Just as a zoo animal is captive and the priority is to provide enrichment, a suitable habitat and diet, we should approach our companion dogs in the same way.

Dogs must accept the food they are given; they have no voice to discuss preference. With each bowl of food, we should be aiming to promote good health, vitality, and longevity to their lives.



Ideally dogs should have at least two meals per day. Understanding the labels on dogs food is a real challenge and many people will choose a well-known brand based on tv adverts alone. Cost is also a factor, but the best advice is to look at the ingredients and choose the food carefully. When possible, including fresh food in the diet will help to maintain health.

The choice of diet must be what suits the individual dog and the guardian. Money, understanding, education, time, storage etc are all factors.

When choosing a particular food for our dogs it is worth considering whether it meets the following criteria:

- Does it provide them with nutrition that is appropriate for a dog to eat?
- Do they eagerly anticipate their meal times and thoroughly enjoy the experience of licking the bowls clean?
- Does it stimulate their senses and keep them interested in a variety of tastes, smells, and textures?
- Is it easy to digest?



Dogs need a balanced diet that contains

- Protein
- Carbohydrates
- Fats
- Vitamins
- Minerals
- Water

Diet is fundamentally important to maintain a dog's wellness and optimise his health. In fact, diet is important for the health of all of us.

Science shows that 80% of a mammal's immune system is located in the digestive system, meaning a healthy gut is vital to a dog's wellness and maintaining strong immunity.

The gut is often described as "the second brain" and more and more researchers are focusing on why diet can play a pivotal role in wellness or disease. Mounting evidence suggests that gut microbes help shape normal neural development, brain biochemistry and behaviour.

The idea that the gut influences the brain, and therefore also behaviour, is widely understood and accepted.

## **Sleep**

Studies show that just as in humans, sleep helps a dog's brain development, memory, and learning capacity, as well as their immune system. Sleep-deprived animals and people are more prone to infections.

Rest and relaxation are important for the management of biological and emotional stress as it allows the body to recover from releases of 'stress' hormones such as adrenaline and cortisol. Whilst the release of these and other substances in response to stress is normal, the levels can build up and become abnormal if the body is denied sufficient time to rest and recover.

Dogs suffering from long-term stress often display exaggerated behaviour and are more prone to aggress because stress lowers emotional and impulse thresholds.



## Exercise

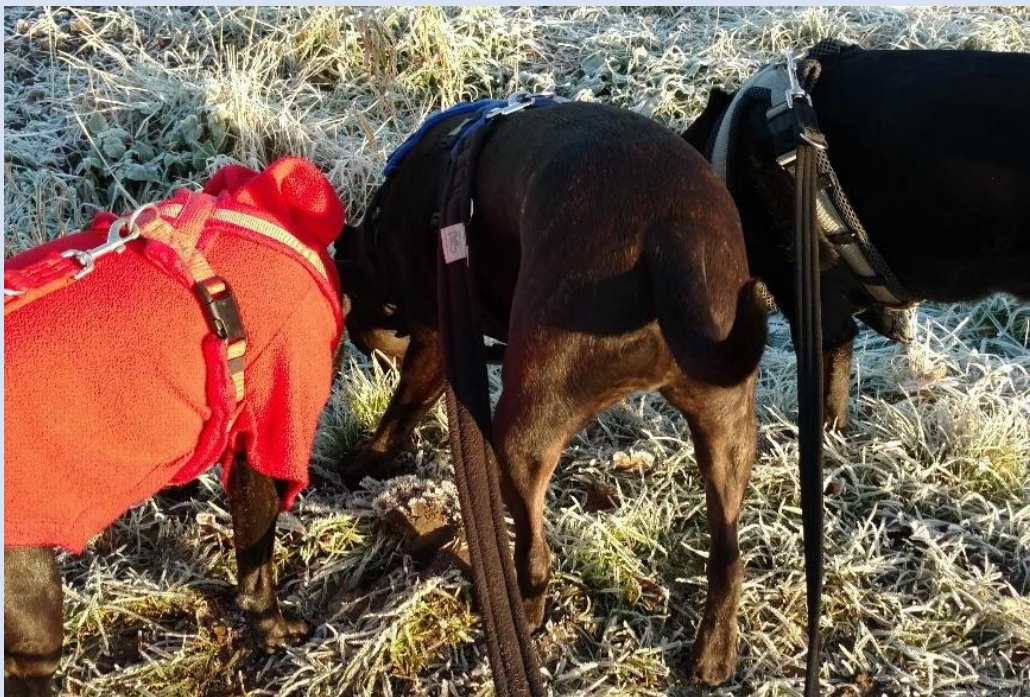
Dogs need physical exercise each day, and if we do not provide this and meet their needs, problems may develop. The quality of the exercise is more important than the quantity.

It has long been believed that dogs must have at least one walk, if not two each day. This is true for some breeds, but we must also consider the individual dog.

Taking a dog for long brisk walks two or three times per day may actually cause behaviour problems if they are over stimulated.

We need to consider the type of walks we provide. A walk round the local streets, using the same route every single walk may be insufficient for some breeds. For other dogs who are a little anxious or worried about new places, using the same route each walk is ideal. We must always consider dogs as an individual and consider their individual needs.

Above all, let them sniff on their walk.



# Chapter Two

## Safety

Dogs need to feel safe and know that we are trustworthy.

Some dogs enjoy a covered crate (door open) or protected area where they can go to sleep, rest or be alone. Providing an area like this can help all dogs feel safe when they have the choice to take themselves away.



Bonding in animal behaviour is a biological process in which individuals of the same or different species develop a connection. The function of bonding is to facilitate co-operation. Parents and offspring develop powerful bonds so that the former take care of the latter and the latter accept the teachings of the former. This works well for both parties because of filial bonding, offspring and parents or foster parents develop an attachment. The attachment may cease to be important during adolescence but will have long-term effects on subsequent social behaviour.

In dogs as with many animals, there is a sensitive period from the third to the tenth week of age, during which normal contacts develop. If a puppy grows up in isolation beyond around fourteen weeks of age, they will find it difficult to develop normal relationships.

Grooming, playing, mutual feeding, all have a relevant role in bonding. Bonding behaviour such as grooming and feeding seems to release neurotransmitters (e.g., oxytocin), which lowers innate defensiveness, increasing the chances of bonding.

An attachment bond is a close, emotional relationship between two individuals. Studies have found similarities of attachment bonds such as seen in human/infant relationships also in dogs and humans, (Serpell, 1996).

One similarity to human attachments is proximity seeking, where a dog seeks out their attachment figure as a means of coping with stress, just as human infants will.

Dogs also demonstrate the secure base effect where the presence of an attachment figure means that dogs will freely investigate novel objects.

A number of studies have shown that when dogs and humans interact with each other in a positive way (for example cuddling) both partners exhibit a surge in oxytocin, a hormone which has been linked to positive emotional states.

There is a great deal of scientific evidence that guardians form a close emotional bond to their dogs. Stoeckl et.al., (2014) used functional magnetic resonance imaging (fMRI) studies that demonstrated when both human and dog family members looked at their family members' faces, the same brain region was activated. Even more interestingly, these particular brain regions interact with oxytocin.

Dogs do feel emotions, and there has been considerable research devoted to measuring which emotions they feel. As long ago as 1998, Jaak Panskepp carried out a definitive study that determined that dogs probably do feel the primary emotions of fear and happiness, but that they are unlikely to feel the secondary emotions of jealousy, pride and guilt. And yet, typically, the most commonly misunderstood expression that dogs use is that of 'guilt'.

Learning to understand what dogs are trying to say to us and to the world around them improves communication between us, helps them navigate their world and increases the bond between dog and guardian. Our blended programme [Conversations With Dogs Without Worry](#) may be of interest to you if you want to learn more about how our canines communicate with us.

Dogs are sentient beings who cannot thrive or succeed without having their physical and emotional needs met. In short, they need to feel safe.

Trust needs to be earned. We must show our dogs that we are worthy of their trust, and this is even more vital if a dog has experienced any form of fear, shock, or trauma in the past.

Dogs are experts at picking up on our emotions, so by showing our dogs that we also trust them in return, they can feel more relaxed with us.

Whether your dog is a puppy, adolescent, middle aged, senior, rescue, bought from a breeder, or adopted from a friend, laying some solid foundations in the dog's life is crucial. Dogs share our lives with us, and these foundations can help them feel at ease and comfortable in our human-centred world.

Contrary to what is often suggested, building foundations in a dog is not about obedience or needing to be "the boss". It should be all about a trusting relationship.

When considering how we can train a dog (or any other animal), we should ensure the following:

- Training should be fun for the animal and the trainer
- Use reward-based training
- Training should never involve punishment or physical force

The RSPCA says

*“All training should be reward based. Giving a dog something they really like such as food, toys or praise when they show a particular behaviour means that they are more likely to do it again.”*

Negative reinforcement and positive punishment methods are outdated and against welfare.

Studies show that:

- The known side effects of punishment-based procedures include increased aggression, generalised fear, apathy, anxiety, stress, and escape/avoidance behaviours, all of which are frequently observed in companion animals
- Punishment does not teach a dog what to do instead of the problem behaviour
- Punishment does not teach guardians how to teach alternative behaviours





# Chapter Three

## Social contact and companionship

Dogs need companionship, human or other dogs. Just like people, dogs are individuals. They have their own personalities and preferences. Some dogs prefer the company of human beings instead of other dogs. Research shows that as dogs became more domesticated, they may have bonded more with humans than with other dogs.

Dogs are social creatures. They need to spend most of their time in the company of others, whether of their own kind or of different species. Dogs don't have a say in choosing their caregiver but the person(s) they end up with will have a profound influence on their life.

A study, conducted by Michael Hennessey of Wright State University, along with some scientists from Ohio State University (David Tuber, Suzanne Sanders and Julia Miller) shows just how domesticated dogs have become and how their orientation seems to have shifted more towards humans than to other dogs. The study involved eight dogs subjected to situations where they had to choose between a human mate and a litter mate. The conclusion drawn from this experiment, determined the human companion was the clear winner.

Before bringing a dog home, ensure that he will not be left alone for long periods of time. Some dogs may cope with being home alone all day with a dog walker or neighbour calling round for breaks and walks. Others may not cope so a great deal of thought and planning should take place prior to bringing a dog home.

### Play

Dogs, especially puppies, are thought to learn the consequences of their behaviours through repeated behaviour expressions in play. These repetitions can safely come about due to the lack of serious intent of behaviours in play e.g., play biting.

In social play a dog learns that they can influence the behaviour of others and others can influence their behaviour. Whilst puppies are born with the basics of communicative signals, through play they learn correct use of them. Communication between dogs is practiced as well as boundaries/rules (e.g., bite inhibition).

Play also promotes social cohesion and builds on social relationships. Bekoff coined the phrase “play together – stay together”. Play can be considered a social glue in adult dogs. Dogs who know each other will behave in play as informed by their previous experiences with each other. They will have learned what makes their partner want to continue playing and what doesn't, what play behaviour the partner reacts to and so on. Play will look different between two dogs who know each other, and those individual parties with another partner.



Play is about trust and play can build on trust between a dog and a human. As in dog-dog play, human-dog play is about a conversation – constantly checking in on each other's wishes and intentions, mirroring, eye contact and balanced participation.

Dogs have emotional intelligence, which they use to keep themselves safe. They are able to sense the emotions that we are feeling – even if we try to keep these hidden. Our bodies release chemical messengers when we feel loving, or scared, or angry, and our dogs can smell these subtle changes in our body chemistry.

### **Be calm**

Think how you feel in the presence of a calm person. Even if you've had a stressful day, you'll start to feel calmer and more relaxed yourself. Conversely, even if you've had a good day, coming home and being around an anxious, nervous, or uptight person will soon have you feeling tense and wanting to remove yourself from the discomfort this causes. It's the same for dogs.

### **Be consistent**

Consistency is vital in gaining trust. You are likely to have certain house rules, and your dog will become confused and mistrustful if these rules frequently change. Example: If the dog is not allowed on the sofa, but someone else in the family calls the dog up, he will then assume that from now on he's allowed on the sofa and will be surprised and confused if you refuse to let him go back on there.

### **Respect**

Mutual respect is an important component of a harmonious relationship. When you take steps to understand your dog's needs, and to fulfil these, and when you treat him fairly and with consistency, he will respect you as well as trust you. In turn, there are a lot of qualities in dogs that are worthy of our respect, too. He is above all else – a dog! Dogs need to be able to express some of their natural behaviours.

Human factors can contribute to dog behaviour and training outcomes. These factors are likely to influence dogs' affective, or emotional state and thereby influence their behaviour. Training methods matter. Using positive reinforcement and affiliative interactions are likely to produce a positive affective state in a dog, leading to more favourable behavioural responses.



# Chapter Four

## Fear, stress, and anxiety

Dogs can suffer with low confidence, be anxious or fearful and afraid to try new things.

For dogs, the world is made up of numerous smells, and a dog's umwelt is determined by what he can perceive, by his history/experiences and by what matters in the world to him.

Exploring and understanding our dog's umwelt or inner world means taking the dog's perspective.

According to Grandin, when a dog sniffs a tree, he is receiving a wealth of important information. If we can begin to understand what dogs think about, what they can see and smell and experience, we will have a better understanding of what it is like to be a dog and be able to empathise with them and advocate for them.

We can then ask ourselves what might be causing the dog to perform a certain behaviour.

What is this dog experiencing from this event?

What could this dog be seeing, smelling, and feeling at this moment?

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A common situation many dog guardians face, on a daily basis, is walking their dog on lead only to be harassed or frightened by off lead dogs running over, followed by owners shouting, "It's OK, my dog is friendly" or another dog owner and their dog coming right up close so they can say "Hello" because their dog is sociable and "just wants to say hi".

Many sociable dogs just want to play and when they can't, they may pull or whine or begin to lunge towards the other dog. Quite apart from being sore and unpleasant for the handler, it can often set the greeting off on the wrong foot.

Imagine someone you don't know, coming over to you, screaming HELLO in a loud voice, running at you with arms outstretched... worse still, you are tied up....



Having a sociable dog is great but it doesn't mean that just because they are sociable, they should be in other dogs faces, especially if the other dog is nervous or even reactive.

If your dog struggles on walks have a look at our Walks Without Worry programme, eBook and pre-recorded webinar [here](#).

As humans, we tend to focus on what could go wrong and what did go wrong. There is a reason for this - the human brain has a faster response to negative things, quickly transferring to our long-term memory much faster than positives. How often do we remember one negative comment about us and quickly forget a number of positive comments? By changing our response to our dog's reactivity, we can help our dogs change their behaviour. While we may not be the cause of our dogs emotional state, very often we do contribute to it.

We can build a dog's confidence through praise, positive reinforcement, play, affection, and slow exposure to novel things. We must always be mindful of their body language and if they appear stressed or anxious we should quietly remove them from that experience.

Patience and consistency are key. We should never shout or punish a dog physically or verbally – this alone can create fear and anxiety. Exposure to new things must be planned and carefully carried out to avoid anxiety and fear.

Companion dogs do not have the same level of choice as their early ancestors, or the free ranging dogs found across the world. As they became members of our households, choice and control of their environment passed to humans. This has resulted in almost all aspects of a dog's life being controlled by their guardians. Choices are essential.

The more control a dog feels he has over his own environment and the ability to be able to communicate his needs, the easier he will find it to make good decisions and the more resilient he will be. However, as with all things, we do need to think about the individual dog. Too many choices for a dog that is not used to choices could be overwhelming so start small. A choice between two items for example might be a good way to introduce the concept of choice.

Encouraging decision-making and problem-solving skills through “choice-based” enrichment (for example, natural behaviour including sniffing and exploration), aids resilience building. There is limited qualitative research into free choice, but the study by Duranton & Horowitz (2018) indicates that free choice (in the form of sniffing) encourages a more positive cognitive bias, aiding resilience.



We often talk about building resilience in our dogs but what is it and how can we do it?

The dictionary description is that resilience is the ability to adjust or recover from adversity, major life changes or to recover from illness or a crisis. Resilience can prevent trauma; help overcome it or create healing from psychological or physical trauma.

It is not just about early experiences although we can try to give our puppies the very best start in life. The amount of resilience a dog has is influenced by his genetic makeup, early exposures, and the current situation. Resilience can be damaged by life experiences. All dogs need resilience to cope with life but dogs who have experienced trauma need it even more. Resilience comes from the inside.

Resilience requires:

- a dog to feel safe – avoid dogs being overwhelmed in situations. If they become overwhelmed, remove them from the situation. Find out what the triggers are and try to avoid as many of them as you can while we build confidence. Try to walk in quieter places if your dog is worried by other dogs or people
- a dog to have social support – this can be a human or another dog. This doesn't mean simply hugging and reassuring a dog when he is fearful. It means being there and responding to his needs, being trustworthy, predictable, and fun
- a dog to be able to make choices – use positive reinforcement and find ways to give your dog choices in their life. If a dog does not want to engage in training or an activity and walks away, let him! Dogs need to be able to say no. Use the consent test to see if he wants physical touch and affection
- a dog to feel more confident – activities such as scentwork

The more control a dog feels he has over his own environment and the ability to be able to communicate his needs, the easier he will find it to make better decisions and the more resilient he will be. Every single dog has the ability to become resilient.

If a dog already has low confidence, we can slowly and carefully build this up through reward-based training and behaviour modification.

You can get more advice and support by joining our Living With Your Dog Without Worry programme. For more details please follow this [link](#).

## Chapter Five

### Instincts

Dogs need to fulfil their instincts where possible. The 5 freedoms talk about the need to behave normally but what does that mean? Should we encourage our dogs to bark or chase for example if these are breed traits?

While dogs will have their own unique personalities, there are some traits and behaviours that they all have in common. These traits come from long before dogs were domesticated to be a part of our families. In addition to various traits dog breeds have been selected for, dogs have other natural instincts.

We often talk about breed specific behaviours and the need to ensure dogs have their behavioural, physical, cognitive, and emotional needs met. Breed specific behaviours are instinctual and dogs need to be able to express their natural behaviours to be happy and healthy. But what does that mean? We need to think of safe and manageable ways to allow our dogs to use their natural breed instincts.

Dogs howl alone or together for a variety of reasons. For example, to notify other dogs of their whereabouts such as when they wish to attract a mate, or to call the family together when distressed, or during or after playing and other social interactions.

Vocalisation is a normal and natural instinct but one that is not usually conducive to urban living. Excessive barking can lead to problems with neighbours and the local authority.

Dogs predominantly perceive the world through their sense of smell. Dogs often greet other dogs by sniffing each other's rear ends. Some dogs will try to greet humans in the same way. Sniffing rear ends is a natural behaviour and sniffing items that humans would find disgusting is normal and natural.

Digging is another trait that humans find annoying but for some breeds, it is a natural instinct.





Dogs also mount other dogs and even humans and some dogs enjoy chasing, which can lead to an unhealthy attraction to chase cars or bicycles. If your dog is struggling around various triggers when out on a walk, have a look at our Walks Without Worry programme and eBook. There is also a free webinar you can watch on our website [here](#).

We can provide various opportunities for dogs to practice some of their instincts in a safe way. We can set out scent trails for dogs to practice their scenting ability or hide toys/treats around the house or garden for them to find.



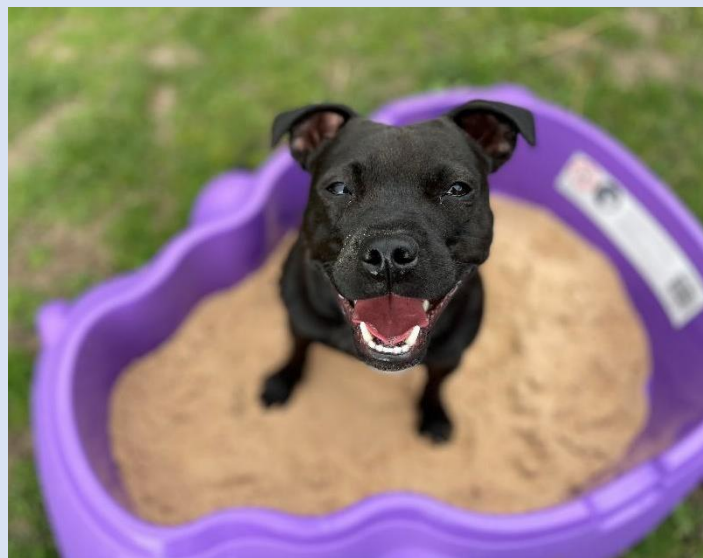
Confinement is a serious issue for some dogs. Dogs left home alone for hours on end, with a barren or boring environment will try to find their own amusement, chewing or destroying various items in the house. If you need to leave your dog for a long period of time, consider a responsible dog walker or day care or enlist the help of neighbours and friends.

Dogs need to chew – this is an essential activity, particularly for puppies. Puppies explore the world using their teeth and care must be taken to direct this activity but not completely stop it. We should help puppies and dogs learn what they are allowed to chew.



Dogs have various natural behaviours and preventing them from displaying these goes directly against welfare. Does this mean we should just let dogs do what they want? Not at all. Instead, we must look for alternative ways to direct these natural behaviours.

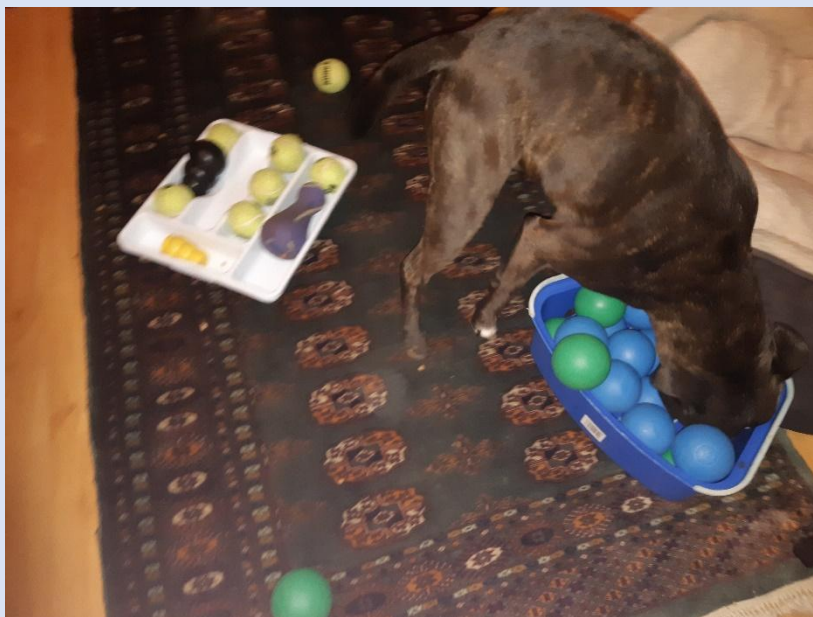
A dog that digs up flower beds - could have a sandpit or a specific area where he is allowed to dig



A dog that enjoys ripping up toys - could have a cardboard box to be shredded or a selection of safe stuffed toys purchased from a charity shop



A dog that scavenges and raids the bin - could have his dinner scattered, hidden around the garden or given in interactive food toys



It is our responsibility as their owners to understand their needs and their natural behaviours and provide opportunities that are acceptable to us, while meeting those needs. Every dog is an individual and every dog has a unique set of circumstances related to genetics, environment, learning, how long they have been performing the unwanted behaviour and so on. We need to ensure dogs have coping strategies, feel emotionally secure and safe.

Things to consider when trying to provide activities for dogs:

**How we introduce the puzzle** - for nervous dogs it is a good idea to prepare the activity first to avoid making lots of noise while setting it up. Quietly place on the floor and encourage the dog to engage - and then let the dog explore. Choose something really easy such as a treat underneath an old towel or treats in a cutlery draw organiser, along with some toys.

**The difficulty level** - if the puzzle is too difficult, dogs will not engage, and it can have the opposite effect. Instead of building confidence it can decrease it. Start with easy puzzles so the dog enjoys finding the food and gradually increase the difficulty level. Set them up to succeed.

**The food we use** - if the dog is not motivated by the food he is unlikely to bother working to find it. Using a portion of their dinner might work later on, but we need to use something tasty, at least to begin with. Moist, soft treats tend to work best.

**Where we use it** - if you have a multi dog household we need to be careful not to cause problems between dogs. Some dogs will be reluctant to interact if there is another dog around. Stair gates between dogs or dogs in other rooms often provide a feeling of security and allow the dogs to explore. In multi dog households a little 1:1 time with each dog is a good thing to do anyway.

**Which puzzles we use** - A Kong Wobbler for example would not be a good idea for a noise phobic or nervous dog. These are designed to roll around - have you heard one when it hits a radiator?

If your dog does not seem interested in using puzzle toys, scattering treats in the garden or hiding them behind pots/seats/sheds etc can often encourage them to engage.

We have considered some of the things that dogs need and many of these will help ensure good welfare and prevent unwanted behaviour. Dogs need sleep, a good diet, access to fresh water, exercise appropriate to their age and breed and stimulation. They need access to Veterinary care, shelter, and warmth as well as love, a sense of belonging, safety, and trust.

We develop stronger bonds with our dogs by doing things together rather than by just sitting and petting them. Observing together, walking or playing together can all be positive ways to increase the bond.

We hope you have enjoyed this free mini eBook. If you would like to learn more about living with your dog without worry or how to manage unwanted behaviour, have a look at our website [www.withoutworrycanineeducation.co.uk](http://www.withoutworrycanineeducation.co.uk). There are a number of blended programmes available or Kindle/eBooks that you may be interested in.

We are available for webinars and talks at reduced rates for rescues.

If you want to get in touch with us email [withoutworryce@gmail.com](mailto:withoutworryce@gmail.com).

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