



Tips, advice and some fun facts about our best little friends who mean so much to us!

It is a bit challenging to imagine what dogs do all day when everyone is away from home, but with new, low-cost video monitoring systems available for the home it is easy to find out. These systems, which use wireless technology, can be accessed from any internet connected computer through a secure login system. They are also easy to view on a smartphone or tablet with most models.

You may be surprised if you do set up one of these systems just what goes on in your home. Many owners are surprised to find that their dogs are generally inactive when the family is away, and tend to spend most of the day asleep or gazing out the window or the door. Perhaps this explains why they always have so much energy when you get home in the evening.

A romp in the garden, a brisk walk or a short or longer jog or walk are much appreciated by the dog, and they are a great stress reliever for you as well.

Finding exercise intensive types of activities for high energy dogs, especially when you are getting home from a long day at work, running errands, or at school, can be a challenge for some dog owners. Training your dog based on his or her natural interests to complete different activities can be a great way to expand on your dog's obedience while also allowing that energy to be expended in a healthy and beneficial way.

Fetch is still one of the best games to teach a high energy dog. With different options to fetch from balls to flying discs, you should be able to find something appealing to your pet. Not all dogs enjoy fetch, even those that are bred to retrieve or to hunt. On the other hand, some breeds or mixed breed dogs just love playing the game even though they may not have any hunting or retrieving breeds in their lineage.

A good way to get a dog excited about fetching, or playing with any type of toy or ball, is to make it part of your interactions with the dog. Encourage the dog to hold it in their mouth, providing lots of praise and attention. It is also a good idea to play with the dog with the toy or ball without turning it into a training session.

In the next article there are some great ideas for helping your dog with exercise through the use of specific types of equipment. There are so many more options today to help your dog stay active.

Joan

Best Friends Dog Grooming

Tel: 01928 898399

Email: joan@bestfriends-doggrooming.co.uk

www.bestfriends-doggrooming.co.uk

Dogs and Facial Recognition

You'll know that your pet recognises you instantly. It has been common belief that sense of smell had a significant component in your dog immediately "recognising" you, but science has now proven that to be false.

In a recent study dogs were placed in fMRI (Functional Magnetic Resonance Imaging) machines and then shown movies of various things including inanimate objects, other dog's heads and human faces.

When brain activity in the temporal lobes was monitored, the response was significant when dogs saw movies of the faces of other dogs or humans. The researchers also pointed out this is different than the reward center of the brain, so the dogs were not making a link to food or treats.

Previous to this study it was believed that only humans and some primates have this response to faces of their own species.

Quiz

Bella Mia, a dog with her own trust fund of over a million dollars, receives an annual allowance of how much?

- A. \$100,000
- B. \$ 20,000
- C. \$ 60,000
- D. \$120,000

Join Us on:



I'm a fully qualified dog groomer having achieved my City & Guilds, level 3 qualifications. I'm also an approved member of the Pet Care Trust, and British Dog Groomers Association. So you can have peace of mind knowing that while your dog is in my care it will be groomed to the highest standard and will be given the greatest level of care at all times.

"Blessed is the person who has earned the love of an old dog."

~Sydney Jeanne Seward

Fruits, Vegetables and Dogs

Dogs are true omnivores, which means they can eat a wide range of different types of foods. Of course they thrive on meat and fish, but many dogs are also very fond of different types of fruits and vegetables.

It is important, as a pet owner, to feed your dog a healthy diet, and providing small amounts of fruit and vegetables as treats, snacks, rewards or as part of a healthy, balanced homemade diet is a good option.

Not all fruits and vegetables are good for dogs, and contrary to popular myth, dogs will eat things that are not good for them. As a dog owner you have probably had this experienced, so staying with healthy fruits and veggies while avoiding potentially problematic options is essential.

Fruits

Just like humans, dogs seem to have their favourites when it comes to fruits as well as vegetables. Some of the most popular fruits for many dogs include:

- Cantaloupe – don't feed the rind
- Apples – avoid feeding seeds
- Pears – just like apples, avoid feeding the seeds
- Pumpkin – all parts are edible and safe including seeds and rind
- Bananas – most dogs don't like the skin and it can cause digestive blockages
- Blueberries – freeze a few for a fun summer treat
- Cranberries – raw or cooked
- Oranges – remove the rind and seeds
- Strawberries
- Watermelon – remove seeds and rind

Vegetables

There is actually a long list of vegetables your dog can eat and may find very tasty. Like fruits, dogs will often pick and choose their own favourites. Raw options include:

- Carrots
- Broccoli
- Cucumbers – peeled
- Peas

Cooked vegetables can include:

- White potatoes
- Sweet potatoes and yams
- Cauliflower
- Asparagus
- Green beans
- Edamame

Start with just small amounts of any fruit and vegetable, these are not to be a large portion of the daily ration. Wash everything thoroughly to remove any chemical residue, or even better, try to buy from an organic grower. You can also try your hand a gardening as well, giving you a supply of your pets favourite healthy snacks.

Crate Training Benefits

There are many benefits to crate training a dog. In the summer months when the family is planning trips for the day or longer drives, having the dog in a crate makes everything much easier and much safer.

However, even in the house, when visiting others or when your dog needs help or assistance, crate training can be very helpful.

Natural for the Dog

While a human may think of a crate as confining and restricting, a dog crate trained correctly and with patience will see the crate as his or her comfort zone.

Dogs and their wild relatives all see denning as a natural behaviour. In your home, the crate simply replaces the den and provides a shelter, sanctuary and place to get away from whatever may be upsetting to the dog.

A Home Away from Home

If you have to go out of town on a trip or are visiting a friend or family member or even when staying in a hotel, your dog's crate is his or her home.

This allows them to simply snuggle into the crate and relax in safe and familiar environment. In the event a dog ever wanders away, placing the crate out will often allow you to find the dog as he or she will seek out that comfort and wait for you to return.

Safety

Unfortunately, not all people are dog people, and sometimes you may need to put a dog in a safe place to avoid problems with visitors. When your dog is crate trained this won't seem like a punishment, instead it is just a place to rest and relax until they can have free run of their home again.

Help for Car Sick Dogs

Traveling with a car sick dog is never a fun experience. Some dogs are more prone to car sickness than others, and for some dogs with more travel the situation will resolve itself.

Your vet can prescribe medication to help with car sickness, but you can also:

- Exercise your dog before a car ride, helping your dog to remain calm
- Avoid feeding your pet for at least 4 to 6 hours before the trip, and then only a light feeding
- Take short car trips with a positive ending, such as going to a doggy park or somewhere the dog enjoys
- Bring your dog's favourite toy and bedding and place them in the crate with the dog
- Try opening a window slightly to allow fresh cool air and lots of scents to keep your dog distracted.

Exercise Equipment for Dogs

It is not surprising to find that the pet industry has paid attention to the demands of vets, pet owners, and dog lovers all over the world with an increasing range of exercise equipment for dogs. With more dogs living indoors in city flats or in residences without outdoor spaces to run, having specialised dog exercise equipment only makes sense.

There is a wide range of different options from low tech, high fun types of equipment through to upscale types of systems with some very advanced technology. Dog owners can choose the equipment based on their dog's preference and their own physical ability levels.

Low Tech

Low tech equipment that is great for exercising any type of dog can be made at home or purchased pre-made. These include the obstacles and jumps used in agility training, including adjustable jumps, A-frame obstacles, dog walk ramps, teeter totters and weave posts.

These are owner-involved types of exercise equipment options that will challenge your dog as well as allow you both to work together on obedience, agility and physical fitness. There are lots of online videos showing how to construct these obstacles at home with simple, low-cost and safe materials.

Always choose materials that are durable and heavy enough to support the weight of your dog. Some equipment, such as weave posts or adjustable jumps are used for any dog, you can just set the height and the distance apart to match your dog's size and ability.

Several companies also make exercise balls for dogs, which are very similar to exercise balls for humans. They provide core strength training and balance training for dogs, and are often used for recovery after an injury.

High Tech

A higher tech option and one that is less exercise intensive for owners is a specially designed motorized treadmill for dogs. It is critical not to attempt to exercise a dog on a treadmill designed for humans as there is a high risk of injury.

Treadmills for dogs are sold based on the weight of the dog and will require the owner train the dog to use the treadmill as well as provide constant supervision when in use.

There are also treadmills for dogs that operate with puppy power. The dog's movement when walking on the treadmill generates the power to move the belt and create the movement.

These treadmills are not the same as a good outdoor romp where the dog gets to explore the world around him or her and get some much needed outdoor time. However, they are a great option for exercise in cold or wet weather or for those dogs with more energy that you know what to do with.

Dogs and Technology

In addition to advances in exercise equipment design and technology for dogs, there is a whole new market in providing fitness monitoring devices and GPS trackers.

Fitness monitoring devices, which are sold under several different brand names, are designed very much like those used by humans. They are not worn on the legs but rather on the collar, and they typically include both GPS as well as fitness monitoring options.

The Design and Features

There are slightly different designs and features to any of the dog activity monitors, but they are all basically a small device that fits on the collar and provides a wireless signal. There are some systems that are a complete collar as well, so there is variety in the styles.

For the best systems there is the ability to synch the dog fitness monitor with your computer, smartphone or tablet. This is a great way to keep track of where your dog is and what he or she is doing at any time during the day or evening.

In addition, some systems allow you to set daily activity goals for the pet and to even track food consumption, health issues, medications or other important issues from any internet connected device.

Safety

There are also some systems that allow you to designate a "zone" for your pet. This could be your home, your fenced area or even a kennel run. Should the monitor cross the zone the system will send a text or an alert, notifying you of the dog's actions.

While not all dog fitness trackers have GPS, this also provides a simple way to track down a missing or lost dog, adding another benefit to these high tech devices.

Using Puppy Pads

Puppy pads are an ideal housetraining idea for those times you can't be present with a puppy. However, they are also a good option for a senior dog or even an adult dog that may have difficulties in holding their bladder when left alone.

When using puppy pads there are some simple tips to keep in mind to make life easier for both you and your dog. These include:

- Always choose a location where leaks from the pad won't cause damage to carpet or other flooring.
- Change pads as soon as the dog has used the pad to prevent tracking waste throughout the home.
- Always reward the dog for using the pad.
- Use the pads in the same area of the home at each use.

Adult Dogs and Obedience Classes

Attending an obedience class with an adult dog is a simple way to refresh your training routine and boost your confidence in working with your dog.

It is important to carefully select the trainer and the program to meet your needs. All top trainers now use only positive reinforcement training, and avoid any trainer recommending anything else.

Take the time to learn about the trainer, and if you have a specific concern about the dog's behavior to talk to the trainer in advance. This is particularly true if the dog may be aggressive or extremely difficult to control as this can be overwhelming for the rest of the people and pets in the class.

There are some terrific training programs offered by community based organisations such as rescues and shelters, as well as some dog organisations and breeder groups. Most are very reasonably priced and are generally held in the evenings to allow everyone to attend.

Most classes will require that an adult be present, even if a child is going to be actually participating as the dog handler in the class. This is another situation where talking to the trainer in advance can help to prevent a problem on the first day of the class. Some trainers may offer classes for younger dog owners, which can be a perfect match for both the child or teen and the pet.

A New Use for Therapy Dogs

Therapy dogs have been used in nursing homes, schools, in therapy settings, and even in hospital and clinical settings, but now they are being used in one more venue.

In several funeral homes therapy dogs, or dogs that are pets of the funeral home directors or staff, are also doing their best to comfort mourners.

While this is not a research based practice, those funeral homes utilizing the well-trained and very gentle dogs are seeing a change in the experiences of the mourners. The dogs are there to provide a loving connection and a sounding board for those experiencing extreme grief and bereavement.

Children in a particular are drawn to spending time with the dogs, often talking to them about the deceased or about their sadness and feelings of loss. The dogs in turn seem to realize their role and are there to share unconditional love with those around them.

Senior Dog Coat Care

It is no surprise to anyone that is getting a bit older to recognise some of the same changes they are experiencing in their dogs. Almost all dogs will begin to get a bit white to gray around the muzzle and through the face, and they may also begin to have an increase in year-round hair loss.

For many breeds and mixed breed dogs after they reach their senior years, or at about seven years of age, the coat may become thinner and sparser over the body and it may also have less shine. This is often because of the changes in the metabolic system, and supplements with Omega 3-fatty acids may help to retain the natural shine. Feeding a top quality food that is balanced and formulated for older dogs, or feeding natural diets, can also be helpful with coat quality as the dog ages.

Another common change with senior dogs is less elastic and more easily damaged skin. This can result in a greater risk of scratches, scrapes and wounds over the body. With some dogs there may be an increasing risk of secondary infections in these open areas, so carefully washing and disinfecting the scrapes and scratches or using an antibacterial healing cream can be very helpful.

With all dogs, but with senior dogs in particular, use only gentle and natural shampoos and conditioners. Limit bathing to as necessary to avoid adding to the dry skin and dry coat conditions in our aging pets.

Quiz Key

This pampered pooch lives in New York. She has an annual allowance of A). \$100,000

Please Pass This Newsletter Around!

If you know of anyone that you think could benefit from my services or who may like to read this newsletter then please pass this copy on to them.

Maybe when you've finished reading it you could leave it in a place where others might get to read and enjoy it as well. What about in your hairdressers, dentist or doctors' reception. Or could you take it to your work so that your colleagues could benefit from it as well.

It's always good to reuse and recycle so by passing this newsletter on or leaving it where others could get to read it really would be benefiting everyone.

To make an appointment or if you just want to ask a question please contact me at:

Best Friends Dog Grooming

Tel: 01928 898399

Email: joan@bestfriends-doggrooming.co.uk

www.bestfriends-doggrooming.co.uk

The information provided in this newsletter and on any additional documents herein is for guidance purposes only. It must not be construed as veterinary or legal advice. Always seek fully trained veterinary advice if you have a health issue with your pet. As far as is reasonably practical the publisher endeavors to ensure that this information is accurate and correct. However the publisher cannot be held responsible for inaccuracies, omissions or mistakes. Neither can we be held liable for any damages, howsoever caused, resulting from the information contained in this document.

If you no longer wish to receive this newsletter please let us know.