



Building a Brighter Tomorrow for Today's Pets

Dogs 4 Life is an educational source, based on the whole dog training, structured around the mind, body and spirit of the animal.



Up and Coming:

http://www.dogs4life.com/Classes and Location.html		
January	🐾 Family Dog Training	1/13 TU 7-8 pm 1/13 TU 8-9pm
February	☯ Canine Acupressure and Massage for General Wellness – Crystal Lake	2/5 Th 7-9 pm
	👤 People Training for Dogs	2/12 TH 7-9pm
	✚ Pet First Aid and CPR – Bartlett	2/26 Th 6-9 pm
March	✚ Pet First Aid and CPR- Crystal Lake	3/7 Sat 10-1: 30
	☯ Canine Acupressure and Massage for General Wellness-Han Over Park	3/12 Th 7-9
April	☯ Canine Acupressure and Massage for General Wellness- Batavia	4/9 Th 7-9
	☯ Canine Acupressure and Massage for General Wellness-Schaumburg	4/30 Th 7-9

January Specials:

Ends Feb 15 2009

🐾 \$80.00 Value
1 Free In Home training session
with the purchase package of 4 or more sessions

☯ 10% off
First time home wellness visits
canine acupressure massage

An Act of Kindness: Lisa Kruss, founder and photographer of Pet Photos Family and Pet Portrait Studio Lombard, IL www.petphotos.com



In the Spring of 2003, I adopted my best friend. He was a rescued Dalmatian named Sparky, who had been abandoned by his original family and was living in a volunteer's home in doggie foster care. After I adopted Sparky, I quickly realized how significant the phrase "one man's trash is another man's treasure" was to this situation. This was one gem of a dog!

He was truly the sweetest, most loyal, calm, patient and reliable canine I ever could have wished for. I felt so lucky to have found Sparky, and so thankful to Sara, his foster care Mom, for saving his life.

Two years later, during the summer of 2005, I decided to repay that act of kindness with one of my own. I received a call that a handsome Dalmatian named Sammy had been brought to the local animal control and faced likely euthanasia unless someone stepped forward to provide temporary foster care. I stepped up, and Sammy came to live with me for a few months.

It was one of the most difficult and most rewarding experiences of my life, and when Sammy finally did go to his new home - I cried tears of sadness and joy that I was able to be a part of this special boy's journey.

Although I am not able to provide a foster home right now, I have found other ways to provide volunteer services to Dalmatian Rescue of Illinois, including taking photographs of the dogs brought into the rescue. I capture photographs which highlight the beauty of their spirits, show off their best qualities, and attract attention from potential adopters.

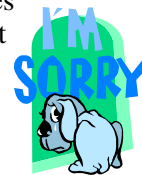
It is always exciting to hear when one of the dogs in foster care is adopted. In October of this year, I was thrilled to learn that a photo I captured of 9-year old Dalmatian, Remo, helped to get this cuddly, senior dog adopted into a loving home within just a few days after his profile and image were posted.

Even with our busy schedules, it's important to remember that sometimes even the smallest act of kindness can have a tremendous impact on the lives of others. What will be your "act of kindness" today?

The holidays are over so we can all take a moment to breath. However for some, a new Christmas puppy will keep you on the go. And to add, the winter months can be a difficult time to train. First, it is too frigid for long exposures out doors to romp, play and burn off excess energy. Second, potty training accidents at this time are more frequent. Think for a moment, when you step outside in fidget temperatures your body automatically contracts and tightens. Cold puppies contract their muscles too and may not fully eliminate, so when they come indoors their muscle relax..... you got it, potty accidents.



Mind/Mental: Often a new puppy can be stressful, particularly after the holiday when all you want to do is chill.... But like children, pups needs to be mental stimulated and without, their quest for entertainment may not be the same as yours. Under stimulated puppies can be rambunctious and they tend to find themselves getting into trouble. This leads to owner frustration, which can lead to raising your voice and scolding. It is best to keep in mind, how you interact with your dog at this age will shape their future. Be proactive, it is never too early to begin training and now is a perfect opportunity for you and you puppy to learn fun and inventive ways to interact.



Training does not need to be robotic; you can make it fun by playing games. This can also help to burn off excess energy and it is a wonderful way to educate your puppy without stressing or traumatizing their future development. They are also useful in the development of your puppies' confidence and can prevent undesirable habits, alleviate boredom and can acquire useful skills.



- **Game of Fetch** – Throwing a ball or object, you teach your puppy to follow and retrieve the toy back to you. Allow puppy to exercise, develop enthusiasm and their general retriever instincts.
- **Game of Tug-of-War** – As the name suggest a tug-of-war for the blanket or rubber toy – this develops your dog physical strength and confidence (if you let them win most of the time). It is also be very good training when your puppy starts teething between 12 - 16 weeks old. Some people disagree and say that playing tug of war cause dominance. That is silliness as you can use this game to strengthen obedience commands such as drop, release, or the leave.
- **Game of Hide and Seek** – Hiding an object (favorite toy) and asking your puppy to search for it. At first make it easy, increasing the difficulty as your puppy becomes familiar with the game. It encourages the use of your dog's natural curiosity in constructive explorations and helps create familiarization around his/her surroundings.
- **Game of Socialization** – Spending time with other dogs or people. This game develops the social skills of the puppy and its connection with other animals and even people.
- **Game of Exchange** – Teach and encourage your puppy to come back to you by saying his name in exchange for a reward like a pat or treat. Repeat many times a day. After several days of reinforcing this exercise, your dog will be able to recognize their name and even without any rewards, your dog will come back towards you.

Puppy training games also involve other useful advantages:

- Your puppy will discover the world without fear, through the fun and games, and will grow up to be an obedient dog.
- The games develop agility, responsiveness, attentiveness, vitality, and manners of your puppy.
- The playing time also develop a great reliable relationship between your dog and you.
- Puppy training games help the puppy to cope and adapt to the changes in its.
- Through games you convey your expectations so that the education process wouldn't be so stressful for you or your dog.



Body/Physical: January and February is the deep freeze of our winter. Irregardless of the breed caution must be taken as there is a huge misconception. Just because your dog has fur does not mean the can tolerate the cold. Other than some of the northern breeds (which exclude all puppies and geriatric of any and all breeds as their immune systems may become easily compromised), dogs get cold and can suffer from hypothermia and get frost bite. Frostbite is caused by the freezing of either exposed skin or a body part. The most susceptible areas include the tail, tip of ears, and the pads of the feet. Signs of Frostbite will include the discoloration of the frozen area, initial turning either a pale ore blue in color, and in the later stages the skin will look black and dead. Should your dog be suffering from Frostbite there may be a lack of sensation to the affected area or more likely *very* painful particularly when the area begins to warm. Should your dog experience Frostbite, things you can do.





Take your dog out of the cold and spray warm water to the affected area. You may lightly apply a warm compress, NOT HOT Warm. DO NOT apply pressure or rub the area, this can worsen the damage. It is recommended that you take your dog to your vet. In addition to Frostbite, your dog can experience Hypothermia in these bitter cold winter conditions....

Very young or old dogs (regardless of the breed) or dogs with short hair should wear a coat or sweater and mittens for feet on walks during the cold months, to keep their organs and extremities warm.

Hypothermia is the extreme lowering of the body temperature, below 95 degrees. Be careful with you youngsters and senior pets keeping in mind that they may not be able to regulate their body temperature. Hypothermia can lead to neurological problems, heart problems, kidney failure and slow or no breathing. Signs of Hypothermia will be a waken pulse, dilated pupils, shivering, mucous membranes (gums) are pale or blue, low body temperature and coma.

Remove your dog from the cold, check for pulse and breathing, check for signs of shock; (*learn more on emergency care for your pet by registering for a first aid class through Dogs 4 Life*), take a rectal temperature, wrap in blanket, then transport immediately to you veterinarian.



Spirit/Emotional: 'Tis the season for new puppies' fa la la la la... la la la la. You must watch and play and teach them fl la la la la la la.

Puppies are inquisitive and like infants everything goes in their mouth and everything is a chew toy including your shoe, to them, it's all the same. How would they know any thing different? In addition, they bite, they nip, they grab, they pull, they chew and bark and when it's this dang cold, the piddle on the floor of the house. It is at the point many people begin to seek help. Owner frustration sets in, the dog fails to respond, and you can't seem to get your dog to listen. So, you begin to solicit advice from everyone you know; unfortunately you learn that not all dogs respond the same and what worked for your friends dog, may not work for yours.



Your dog is neither defective nor untrainable and he is not purposely causing you grief. **STOP** Before you take your cute wonderful Christmas puppy off to the shelter seek professional help from a qualified experienced trainer; it will save you time, frustration, money **and** will not rob you from a wonderful life of enjoyment with your dog...



How you interact with your puppy during these months to follow will influence the emotional stability of your dog from here on out. Puppy hood is wearisome, stressful, and were most puppies meet Dr Jekyll and then Mr. Hyde.

Training Tips: Dogs learn through their instinct and thorough their environment, at this age words have very little meaning and to them we often sound like Charlie Browns teacher, Wa wa wa wa wa. We assume that at birth a dog understands the English language and 'SHOULD' know what were saying. Then when the dog fails to response, we begin specking loudly because somewhere we have learned that confusion and deafness are related. I assure you, this is not the case and is where most dogs meet Dr Jackal and Mr. Hyde. From this you have taught your puppy you are unpredictable, as they interpret you as unsafe. They do not understand when and why the switch happens, however it begins the deterioration of both trust and respect. How we communicate directly has an effect on the emotional stability and how our dogs bond, develop and interpret life. We directly influence the spirits of our animals. And to learn more on how your interactions shape your dogs' personality and training ability, attend our low cost seminar *People Training for Dogs*.

- 1.) Start training your puppy early on. While old dogs can be taught new tricks, what's learned earliest, is often learned quickest and easiest. Moreover, the older the dogs, the more bad habits will likely need to be "un-learned"
- 2) Train your dog gently and humanely, and whenever possible, teach him using positive, motivational methods. Keep obedience sessions upbeat so that the training process is enjoyable for all parties involved. If training your pooch is drudgery, rev things up a bit, and try the "play training" approach: incorporate constructive, non-adversarial games into your training sessions.
- 3) Avoid giving your dog commands that you know you cannot enforce. Every time you give a command that is neither complied with nor enforced your dog learns that commands are optional.
- 4) One command should equal one response, so give your dog only one command (twice max!), then gently enforce it. Repeating commands tunes your dog out and teaches your dog that the first several commands are a "bluff". Simply give your dog a single "Sit" command and gently place or lure your dog into the sit position, then praise/reward.

5) Avoid giving your dog combined commands which are incompatible. Combined commands such as "sit-down" can confuse your dog. Using this example, say either "sit" or "down". The command "sit-down" simply doesn't exist.

6) When giving your dog a command, avoid using a loud voice. Even if your dog is especially independent/ unresponsive, your tone of voice when issuing an obedience command should be calm and authoritative, rather than harsh or loud.

7) Whenever possible, use your dog's name positively, rather than using it in conjunction to reprimands, warnings or punishment. Your dog should trust that when it hears its name or is called to you, good things happen. His name should always be a word he responds to with enthusiasm, never hesitancy or fear.

8) Correct or, better yet, prevent the (mis)behavior, don't punish the dog. Teaching and communication is what it's all about, not getting even with your dog. If you're taking an "whip 'em into shape" approach, you'll undermine your relationship, while missing out on all the fun that a motivational training approach can offer.

9) When training one's dog, whether praising or correcting, good timing is essential. Take the following example: You've prepared a platter of hors d'oeuvres for a small dinner party, which you've left on your kitchen counter. Your dog walks into the room and smells the hors d'oeuvres. He air-sniffs, then eyes the food, and is poised to jump up. This is the best, easiest and most effective time to correct your dog: before he's misbehaved, while he's thinking about jumping up to get the food.

10) Often, dog owners inadvertently reinforce their dogs' misbehavior, by giving their dogs lots of attention (albeit negative attention) when they misbehave. If your dog receives lots of attention and handling, that behavior is being reinforced, and is likely to be repeated.

11) Keep a lid on your anger. Never train your dog when you're feeling grouchy or impatient. Earning your dog's respect is never accomplished by yelling, hitting, or handling your dog in a harsh manner. Studies have shown that fear and stress inhibit the learning process.



Dogs 4 Life was established for caregivers in need of education. Our programs are based on whole dog training and are structured around the mind, body and ability of the animal.

We specialize in home behavior and obedience training with an emphasis on health care, nutrition, massage and acupressure. Training begins with the owner who teaches their dog using fair and consistent techniques. This sets the foundation for a happy home, it contributes to your pets emotional, physiological and mental health and it is your commitment to your Dogs 4 Life.

To learn how to better understand your dog's personality, how they interpret life, and how breed traits and instincts affect your dogs personality. Order *People Training for Dogs*. http://www.dogs4life.com/Products_and_Links.html

Or take advantage of our January in home training specials, classes or other seminars being offered.

Dogs 4 Life

© All rights reserved

Christine@dogs4life.com
<http://www.dogs4life.com/>

630 901-4597

Information in this newsletter is not based on veterinary recommendation or as a replacement of medical care. We recommend that the readers seek expert veterinary advice about the health and well-being of their animals.

All products names identified are registered trade marks or brand names belong to their respective companies. They are in no way endorsing or affiliated with Dogs 4 Life.