



We continually update our skills and knowledge so that we stay current with the best practices that can help you and your dog.

cheerfuldogs chronicles

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Issue 53

Living With Dogs: Oh How I Miss You!

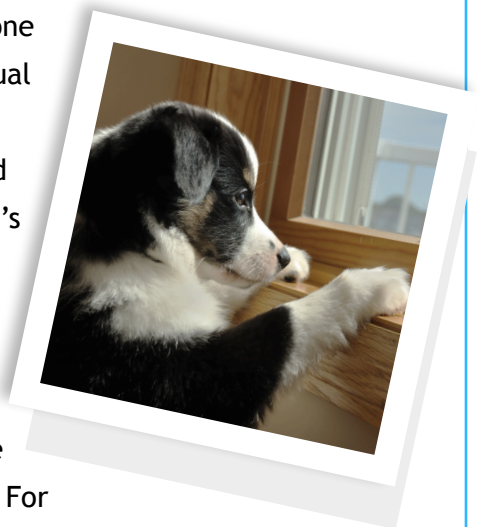
Dogs are intensely social creatures that find it hard to spend hours alone each day. Many dogs are finding alone time more challenging than usual after having their humans at home during the pandemic. Often, problematic dog behaviours can be directly attributed to boredom and loneliness: Chewing, digging, barking, and separation anxiety. If that's your dog, here are some ways you can help:

Physical exercise. Passing the day is easier if you're napping.

Exercise makes your dog healthier, happier, and much calmer. Throw a ball, play tug, anything your dog enjoys as exercise each day, and he would be able to handle absences of a few hours to half a day better. For

absences of more than four hours, consider getting a pet sitter or dog walker. If your dog is

social and enjoys the company of other dogs, enrol your dog in a Fear-free doggie daycare which runs appropriate programmes.



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Dog quotes

“Expect your dog to act like a dog. He’s not being bad. He’s just being a dog.”

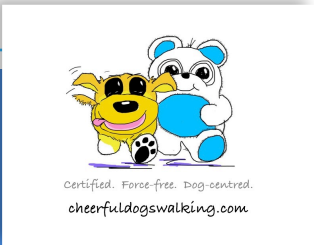
- Jean Donaldson

cont.

... miss you!

Mental exercise. Mental stimulation provides outlets for natural canine energy. It will promote mental wellbeing, and also help to keep your dog out of mischief. Interactive toys come in the brain-puzzle variety (hide-and-seek boxes), chew- or dissect-variety (plush toys with squeakers, Nylabones), and food puzzles (stuffed Kongs, treat balls). If you have only one dog, another good option is the The Pet Tutor from Smart Animal Training Systems.

When to get help: Separation anxiety requires expert assistance. Call a force-free dog behaviour consultant for advice if you see any of the following: Excessive barking, urination or defaecation within minutes of your departure, excessive anxiety when you're getting ready to leave, frantic greetings when you return, digging or chewing at exit points (doors, window frames), self-mutilation, and escape attempts. Read our cheerfuldogs.com blog at <https://tinyurl.com/u9kh9bmu> to learn about what can be done.



Did You Know: These Puppy Facts?

- Puppies are born blind, deaf, and toothless, but able to smell.
- Puppies begin developing permanent teeth around the 12-week mark.
- Puppies' eyes and ears begin to open at 10 to 16 days of age.
- Puppies spend on average 14 hours of every day sleeping.
- The growth rate of puppies varies widely, depending on the size of the dog. Birth weights can multiply more than tenfold within the first 7 to 8 weeks.
- Puppies go through several developmental stages early in life: neonatal (0-2 weeks), transitional (2-4 weeks), and sensitive fear periods during socialisation (3-12 weeks) as well as during adolescence (6-18 months).



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