



To walk with a dog... is to share his world. What sights and sounds he encounters. What past and present smells he reads. To stretch his legs, to bask in the sun, to discover and wind his way through this brave new human world.

cheerfuldogs chronicles

Certified. Force-free. Dog-centred

Issue 54

Dogs In Action: Indoor Games to Play With Your Dog

The health and behavioural benefits of a well-exercised dog are legion. Quick summary: Regular exercise means our best friends live longer and are easier to live with. Sometimes life conspires to keep us inside, however, requiring creativity to keep our canine companions gainfully active.

There are the obvious go-to's, like a rousing game of hallway fetch or catch-me-if-you-can around the dining room table. But if you're looking for something different for



Certified. Force-free. Dog-centred.
cheerfuldogswalking.com

Dog In the Spotlight: Finnish Spitz

This little powerhouse of a dog was bred to hunt all types of game, from small (squirrels and other rodents) to impressively large (elk!). Remains of the breed date from 8,000 years ago, and it was named their national dog in 1979.

The breed is known to be quite friendly and well-suited to domestic life. There's just one thing you should know before falling in love with their perky ears and fluffy curled tail – they love to bark. They are “bark pointers”, bred to “point” out game during a hunt by barking. In fact, Scandinavia hosts a “King of the Barkers” competition and The Finnish Spitz has been clocked for as many as 160 barks per minute!





... indoor games

for both you and your dog, you might try picking up a new dog sport. Options for indoors include Rally-O (great for basic manners), Fun Scent Games or Nosework (putting your dog's sniffer to work), and Canine Fitness Training (games-based fitness training that's fun for any dog and a great confidence booster for anxious canines).

You can get started at home with books, YouTube videos, or websites (such as <https://cheerfuldogs.com/canine-fitness-training/>). If you and your dog find something that looks like a good fit, look for classes with a local certified trainer to guide you through the specifics and work out a bespoke programme for your dog!



Tips & Tools: Stress-free Nail Trimming

If you can, arrange to have a certified Fear-Free trainer, veterinarian, vet nurse, or groomer show you how to trim your dog's nails, or watch a video: it's much easier to replicate if you see it done first.

The prep. Have delicious treats on hand to dish out with every snip of the trimmers. If your dog has already had a bad experience or is nervous, go slow. Better to get less done but have a good experience that builds a lifetime of easy nail trimming.

The strategy. Aim to cut a little bit at a time to make sure you don't hit the painful pink part. Cut conservatively first and then use a nail file from there.

The trimming. Hold your dog's paw and gently push out a nail. Avoid the pink (live) part of the nail. When you cut, be quick, smooth, and decisive. After each snip, give your dog a yummy treat.

The alternatives. If nail trimming is just too stressful for you or your dog, consider filing down your dog's nails with a dremel made for that purpose, or teach your dog to use a scratch board.



cheerfuldogs.com

Your go-to trainer for enlightened dog lovers

cheerfuldogswalking.com

Professional dog walking you can trust

Website: cheerfuldogswalking.com

Tel: 9630 3884

Email: cheerfuldogswalking@gmail.com

Follow us



Supported by



Save the environment, access our e-newsletters on our websites