



We put a twinkle in your eye, a smile on your face, a song in your heart, skills in your hands, so that the time with your family dog will be some of the best times of your life.

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Issue 59

Living With Dogs: Up With the Dog

When it comes to overnight pee time in the morning, some dogs don't appreciate a good lie-in – or know the difference between workdays and weekends. Young puppies and senior dogs can't be expected to hold their pee all night, and should be legitimately excused; adult dogs when managed properly should be able to let you sleep. If your dog has taken it upon himself to be your personal alarm clock for his morning pee, or wakes you up in the middle of the night on a regular basis, here are some tips:

Visit the vet. The first step is always to rule out a urinary tract infection or other medical conditions that might be causing bladder discomfort.

Increase activity. A dog with adequate enrichment would be able to enjoy a full-night's sleep. More time

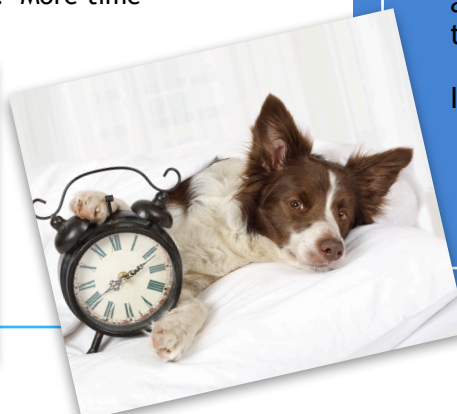
Did You Know: These Separation Anxiety Facts

- SA is a genuine phobia of being left alone, in which dogs experience mild anxiety to deep terror.
- Upwards of 50% of dogs worldwide suffer from a separation-related problem.
- That number is on the rise due to the pandemic.
- Common signs of SA include frantic behaviour before you leave and when you return, barking, house soiling, and destruction while alone.
- SA is not a phase and sadly does not resolve on its own; it typically worsens over time when not addressed properly.
- For most dogs, the company of another dog does not ease SA – It's their people they want.

If you and your dog are suffering the effects of SA, contact a Certified Separation Anxiety Trainer (CSAT) for help.



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cont.

...up with the dog

spent with you hiking the trails, chasing a ball, and playing with enrichment toys will help everyone enjoy a full night's sleep.

Delay evening toilet. Make your dog's last toilet trip as late as you can. Get into the habit of taking your dog out just before bedtime so you can be reasonably sure he isn't desperate to go in the morning.

Reschedule breakfast. If your dog knows that one of the first things you attend to in the morning is his breakfast, you have provided powerful motivation for him to get you out of bed. Don't set this trap for yourself and if you already have, change it.

Push the snooze button. When the pawing or whining begins, turn onto the other side (provided, as per the previous tip, you're fairly certain it isn't a bathroom emergency). Whatever you do, don't reinforce your dog's behaviour by acknowledging it with eye contact, soothing noises, a groan of exasperation, a scratch on the head, or by getting up.

Dog In the Spotlight: Bernese Mountain Dog

These large beauties have their roots in the Roman mastiffs and were originally bred in the Swiss Alps as farm dogs. Their traditional jobs included herding and protecting dairy cattle, guarding property, and pulling carts of milk and cheese. In fact, locals called them "Cheese Dogs."

Berners (as some aficionados call them) have easy-going temperaments. While generally on the calmer side of the canine spectrum, like all dogs Berners need regular activity and exercise to be at their best physically and behaviourally.

Berners have gained a reputation for their rescue instincts. In 2015 an adopted Bernese named Nico was proclaimed a hero after he saved the lives of two swimmers caught in a California rip current. And Berners Bella, Oakley, and Ben became famous for saving their respective owners from house fires.



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