

# PICK IT UP!



DOG DROPPINGS ARE A NUISANCE AND A HEALTH HAZARD. THEY ATTRACT FLIES AND SPREAD DISEASE. MANY CITIES HAVE LAWS REQUIRING DOG OWNERS TO PICK UP AFTER THEIR PETS, BOTH AT HOME AND IN PUBLIC PLACES.

WHEN WALKING YOUR DOG, CARRY A SUPPLY OF PLASTIC BAGS (SANDWICH SIZE FOR SMALL DOGS, LARGER FOR LARGER BREEDS). TO CLEAN UP AFTER YOUR DOG, SLIP A BAG OVER YOUR HAND AND COLLECT THE DROPPINGS. THEN PULL THE BAG OFF OF YOUR HAND SO THAT THE DROPPINGS ARE INSIDE (LIKE PULLING OFF A SOCK CUFF FIRST). TIE THE BAG SHUT AND DISPOSE OF IT IN A TRASH CAN.

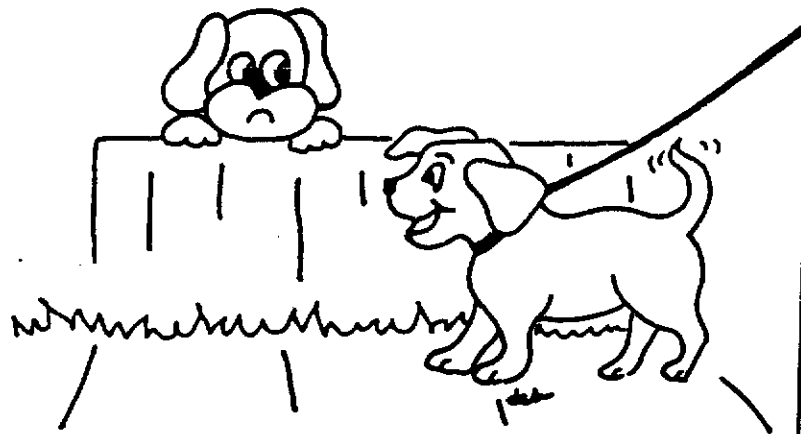


**The Calgary Humane Society**

# Have You Walked Your Dog Today?

Is your fenced yard a haven for your dog, or a prison? Every dog should have a fenced yard as a safe and handy place to play, to relax in, and to defend. Fenced yards relieve owners of the necessity of walking their pet 3 or 4 times a day. Unfortunately, a lot of dog owners sentence their pets to "life" inside the chain links. They never take the dog for a walk, and deprive themselves of many of the pleasures of pet ownership. Every dog deserves one walk a day (or *at least* one a week) and every owner will benefit from providing it. Here's why:

1. **Time together, especially active time together, provides an opportunity for dog and owner to interact and establish mutual communication and a strong bond of affection.** Dogs on a walk also get to socialize with other dogs. This is especially beneficial for puppies, who learn the rules of canine social interaction from meeting older dogs.
2. **Most dogs won't run around a fenced yard enough to get the exercise they need.** Your dog may run up and down the fence line barking at a passing stranger two or three times a day, but unless your yard is the size of a football field, that isn't much exercise. If you and your dog walk a mile or more a day, you'll both benefit by building strength and endurance, burning off calories, breathing fresh air, and discovering what's new in the neighborhood.
3. **Yard bound dogs get bored.** Walk past a fenced yard and watch the resident dog race along the fence line, press its face through the links, bark, pant, whimper, and practically turn somersaults to get your attention. Imagine being able to see a park, alley, or vacant lot from your yard but never getting the chance to explore it. No wonder dogs get frustrated. They deserve some variety in their lives, which regular walks can give.



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Provided by The American Humane Association



## Exercising Your Dog

Sustained vigorous outdoor exercise is a necessity for dogs of every breed and size. In addition to helping to maintain your dog's good health, regular exercise can prevent many of the common behavior problems that plague owners such as chewing, digging, excessive barking and separation anxiety. A dog that is exercised regularly (in this case, regularly means every day, not just on weekends!) will not be as likely to be hyper, nervous and destructive in the house.

The amount of exercise your dog requires will vary according to breed, size, age and individual differences in dogs. In general, younger dogs will require more exercise, as will larger breeds such as Labs and Golden Retrievers. Sporting breeds (Labs, Goldens, Springers, Pointers, etc), working breeds (Dobes, Rotties, Huskies, etc) and herding breeds (Collies, Shepherds, Shelties, etc) require lots of exercise because they were all bred to do a job. Geriatric dogs still require regular exercise, but in more moderate amounts introduced gradually.

Ideally, a dog should be allowed to run flat out (in a safe place of course) until he tires on his own, twice a day. Since everyone cannot accomplish this with their dog, there are several other options:

1. Play retrieving or fetching games. Add variety by changing the retrieve object occasionally. Try plastic or canvas field training dummies, Frisbees, tennis balls and Kong toys. Remember: Do not throw the toy into the air so that the dog must jump for it. This could cause injury. If your dog will run away or does not want to come back with the toy, keep him on a fifty foot length of line. Clothesline with a blot snap on the end is handy and inexpensive.
2. Swimming is a great exercise for both dog and owner. Either swim with your dog or throw training dummies or floating toys into the water for him to retrieve.
3. Jogging is beneficial for dogs and owners. If your dog has more stamina than you do, teach him to trot alongside your bike while you pedal.
4. Long walks are a good way to spend relaxation time with your dog. If walking is to have benefit as exercise, you must walk at least a mile, preferably two.
5. Obedience training exercises such as heeling and coming when called can be good exercise. The more reliably obedience trained your dog is, the more options you have to exercise with him safely. Consider enrolling in a basic obedience course.

Do not make the mistake of thinking that your dog will exercise himself simply because you put him in the backyard. He needs your attention and socialization and will probably simply stand there asking to come in the house if you do not interact with him.

Exercising your dog should be fun for both of you. Experiment with ways that all family members can participate in enjoying and exercising the dog. Be innovative.

Regular exercise will alleviate many behavior problems, keep your dog mentally and physically healthy and fit, help keep his weight down and give you a beneficial way to spend quality time with your pet.

# ASPCA ASPCA

## Cold Weather Tips



*Please follow these guidelines to protect your companion animal when the temperature drops.*

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- Keep your cat inside. Outdoors, cats can freeze, become lost or be stolen, injured or killed. Cats who are allowed to stray are exposed to fatal infectious diseases, including rabies. Also, cats prey on wildlife.
- During the winter, outdoor cats sometimes choose to sleep under the hoods of cars, where it is warmer. When the motor is started, the cat can be injured or killed in the fan belt. Before starting the engine, bang loudly on the car hood for a few seconds to give a cat a chance to escape.
- Never let your dog off the leash on snow or ice, especially during a snowstorm. Dogs frequently lose their scent in snow and ice and easily become lost. They may panic in a snowstorm and run away. More dogs are lost during the winter than during any other season.
- Thoroughly wipe off your dog's legs and stomach when she comes in out of the rain, snow or ice. Salt, antifreeze or other chemicals could hurt your dog if she ingests them while licking her paw. Also her sensitive paw pads may bleed from snow or ice encrusted on them.
- If you own a short-haired breed, consider getting a warm coat or sweater with a high collar or turtleneck for your dog. Look for one that covers the dog from the base of her tail on top to the belly underneath. While this may seem like a luxury, it is a necessity for many dogs.
- Never leave your dog or cat alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold. The animal could freeze to death.
- If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only long enough to relieve himself.
- Puppies do not tolerate the cold as well as adult dogs and may be difficult to house-break during the winter. If necessary, paper-train your puppy inside if he appears to be sensitive to the weather.
- If your dog spends a lot of time engaged in outdoor activities, increase his supply of food, particularly protein, to keep his fur thick and healthy.
- Antifreeze, even in very tiny doses, is a lethal poison for dogs and cats. Unfortunately, because of its sweet taste, animals are attracted to it. Be sure to thoroughly clean up any spills from your vehicle. To prevent accidental poisonings, more and more people are using animal-friendly products that contain propylene glycol rather than traditional products containing ethylene glycol. Call your veterinarian or The ASPCA National Animal Poison Control Center (ASPCA/NAPCC) if you suspect that your companion animal has been poisoned.
- Never shave your dog down to the skin in winter. Leave the coat in a longer style, for more warmth. Remember that such a style will require more frequent brushing due to dry winter air and static electricity. When you bathe your dog, completely dry her before taking her out for a walk.
- Make sure your companion animal has a warm place to sleep far away from all drafts and off the floor, such as in a dog or cat bed with a warm blanket or pillow in it.

## Hot Weather Tips



*Please follow these guidelines to protect your companion animal when the mercury rises.*

- Overheating (heat prostration) can kill an animal. Never leave an animal alone in a vehicle, since even with the windows open, a parked car, truck or van quickly can become a furnace. Parking in shade offers little protection, as the sun shifts during the day. When traveling, carry a gallon thermos filled with fresh, cold water.
- Don't force your animal to exercise after a meal in hot, humid weather. Always exercise him in the early morning or in the evening.
- In extremely hot weather, don't leave your dog standing on the street, and keep walks to a minimum. He is much closer than you to the hot asphalt and his body can heat up quickly. His paws can burn since they are not protected by shoes.
- Never take an animal to the beach unless you can provide a shaded spot and plenty of fresh water for her to drink. Rinse her off after she has been in salt water.
- Always provide plenty of shade for an animal staying outside. A properly constructed dog house serves best. Bring your dog inside during the hot time of the day and let her rest in a cool part of the house. Provide plenty of cool water. Keep cats indoors.
- Be sensitive to old and overweight animals in hot weather. Brachycephalic (snub-nosed) dogs (especially bulldogs, Pekingese, Boston terriers, Lhasa apsos and shih tzus) and those with heart or lung diseases should be kept in air-conditioned rooms as much as possible.
- Keep a current license and identification (ID) tag on your animal and consider tattooing or microchipping as permanent identification.
- Avoid walking your dog in areas that you suspect have been sprayed with insecticides or other chemicals, as poisonings increase during the summer when gardens, lawns and trees are sprayed. These chemicals can sicken or kill an animal. Call your veterinarian or The ASPCA National Animal Poison Control Center (ASPCA/NAPCC) if you suspect that your animal has been poisoned.
- Be alert for coolant leaking from your vehicle. Animals are attracted to the sweet taste of coolant and ingesting just a small amount can cause an animal's death. Try animal-friendly products that use propylene glycol rather than those containing ethylene glycol.
- A clean coat can help prevent summer skin problems; keep your animal well-groomed. Shaving heavy-coated dog hair to a 1-inch length helps prevent overheating. Don't shave the hair down to the skin; this robs the dog of protection from the sun. A cat should be brushed often for a tangle-free coat.
- Take your companion animal to the veterinarian for a spring or early summer check-up, including a test for heartworm if your dog isn't on year-round preventative medication. Have the doctor recommend a safe, effective flea and tick control program.
- Never tie an animal outside on a correction collar. He can choke to death. If you must tether him, use a buckle collar with ID tags instead (in all seasons).
- Never let your animal loose outside. An animal can contract a fatal disease, or be injured, killed or stolen. Be sure there are no open, unscreened windows or doors through which your animal can fall or jump.

# How to Find a Good Dog Trainer

from the American Humane Society and reprinted courtesy of the Greenbelt Dog Park Assoc.

**L**ook for trainers who use **POSITIVE** reinforcement for **GOOD** behavior instead of punishment for unacceptable behavior.

**O**bserve an obedience class without your pet. Are the **ANIMALS** and **PEOPLE** having a **GOOD TIME**? If someone **WON'T** let you **SIT IN** on a class, **DON'T ENROLL**.

**A**SK AROUND ABOUT THE TRAINER. Maybe he or she is okay with certain dogs or certain breeds of dogs, but if you believe you have a dog, or a breed, that will be difficult to train, **FIND** other **OWNERS** with **SIMILAR DOGS** who have **taken the class**. Ask them to be **specific about** their experiences with the trainer and what they've seen the trainer do.

**D**ON'T ALLOW TRAINERS TO WORK YOUR DOG unless they tell you beforehand **EXACTLY** what they plan to do.

**TELL A TRAINER TO STOP IF HE OR SHE IS DOING SOMETHING TO YOUR DOG THAT YOU DON'T FEEL COMFORTABLE WITH !!!!!!!!!!!!!!!**

If a trainer tells you to do something that you don't feel good about, **DON'T DO IT**. **DON'T BE INTIMIDATED, BULLIED, or SHAMED** into doing something that you believe is not in your dog's best interest.

Avoid trainers that offer guarantees. That trainer is either ignoring or doesn't understand the complexity of animal behavior.

Avoid trainers who object to using food as a training reward. Food is an acceptable positive reinforcement training tool.

Avoid trainers who won't let you use any training collar other than a choke chain. Head collars are humane alternatives to choke and pinch collars.

**If you believe that your dog has been subjected to cruel treatment by a trainer, get the names and phone numbers of witnesses. Take your dog to a veterinarian immediately for a complete physical. Tell them that the results of the exam may be used as evidence in a court case so they will document the procedures with that in mind.**

If you witness cruelty, don't be afraid to file charges. Talk to your local humane officer or animal control officer about what you saw. They can help determine if abuse has occurred and what next steps should be taken.

**-Contributed by Suzanne Hetts, PhD, certified applied animal behaviorist**