



Winter 2017 Newsletter

Exercising Your Dog in Winter:

We've turned back the clocks and the rainy season is coming. How do you keep your dog busy (and your sanity intact) when it's cold and wet out? Here are my top tips for exercising your dog without having to brave the winter storms.

1. **Food Toys:** You can use your dog's kibble or yummy treats. There are a number of food-dispensing toys on the market, such as the Kong (fill with treats plus peanut butter or canned dog food), the Omega Paw Tricky Treat Ball (your dog rolls it around so treats fall out), or the Busy Buddy Kibble Nibble (a more difficult egg-shaped dispenser). Rather than gobbling down his treats and begging for more, your dog will use his brain and body to work for his meal.
2. **Scavenger Hunt:** Scatter your dog's kibble in the backyard and let him hunt for it. Or if it's too muddy, scatter the food on a towel or blanket, then bunch it up so he has to nose through the crevices for his prize.
3. **Tricks Training:** Mental exercise is just as useful as physical exercise. Sign up for a group class or private lessons, or if you're a DIY type, search for "dog trick tutorial" on YouTube.
4. **Flirt Pole:** It looks like a fishing pole – a sturdy stick, a rope at one end, and a toy tied to the rope. You can stand in the middle of your living room and have your dog chase after the toy as you move the pole back and forth. Make your own or purchase one from www.SquishyFaceStudio.com.
5. **Chews:** A long chewing session can do wonders for relaxing and exercising your pup. Some popular chews are raw beef marrow bones, bully sticks, cow hooves, Himalayan/yak milk chews, and antlers or horns. Experiment to see what your dog enjoys most. You can also stuff empty marrow bones and hooves with food and freeze them to get double the use.
6. **Visit a dog-friendly store:** If your dog is really suffering from cabin fever, pack him into the car and take a field trip! Besides pet stores, Lowe's and many other hardware stores are dog friendly, and are my favorite training destinations. All the new smells and people will give his brain a workout.

A tired dog is a good dog! Use these strategies to satisfy your dog's mental and physical exercise needs, letting you all relax under a blanket at the end of the day.

Going on a trip? Need help getting your dog's manners under control?

I am scheduling Board & Trains for 2018. Find more information at www.RuffTranslation.com/board-train or email rufftranslation@gmail.com. In-home private lessons also available.

About:

Ruff Translation is owned by Juniper Zen, a Certified Professional Dog Trainer-Knowledge Assessed. Juniper provides training for everything from basic manners to fear/aggression issues. She specializes in setting a good foundation for puppies and resolving handling/grooming issues. She uses positive, force-free training methods, particularly clicker training. Find more information at www.RuffTranslation.com.