



NewsLetter

Shop 1/135-137 Parramatta Rd Homebush
0406 910 381

Summer 23/24



Upcoming Holidays

Little Urban Wolves will be closed

22 December 5pm
reopening

Monday 8 January 2024

Friday 26 January 2024



Aroooooo!!

Happy December! It's absolutely crazy to think we are 3 short weeks away from Christmas. We'll be taking our annual **2 week break over the Christmas/New Year** period, but will be back for a bright new year from **Monday 8 January 2024**.

We've just celebrated our 2nd birthday, which is a massive achievement for a small business. I know I always say it, we could not be here doing what we love without the support of you, our valued clients. You're our community, your dogs are our reason for getting out of bed everyday, thank you for sharing this amazing journey with us, we adore you all.

I've been mentoring Kayla and Chels, over the past few months, to grow them into leadership roles, from next year they will start taking care of the day to day for you all. I will always be here, this move will allow me to continue growing the behaviour and nutrition sides of our business.

We have one final special event for the year coming up, our **Daycare Woofmas Party** will be held on **Wednesday 20 December**. Details can be found on **page 5**. We will be finishing the year with a HUGE celebration. Bookings will be available via the App on Sunday morning.

That's it from me for 2023. Thank you again for an incredible year.

See you all soon,

Ashka



LITTLE WOLF WELLNESS



Summer is the time of getting out with friends and exploring this gorgeous country we're lucky enough to call home. With the simple tips below, you can ensure your Little Wolf remains safe on your adventures together.

Car Safety - The safest place for your dog to travel is either in the back seat, or the wagon area of your car. Just like us, dog's need to wear a seat belt, so make sure your dog is restrained when in the car. Harnesses are great for car travel as they lessen the chances of choking in the case of an accident.

Ground Heat - If a surface is too hot for you to hold the back of your hand on for 7 seconds, it's too hot for your dog to walk on. Once the temperature reaches 25 degrees, many breeds will become affected by the heat. Humid days intensify heat, making dogs more prone to heat stress.

Shade - Dogs can't regulate their body temperature the way we can. Ensuring shade is available will help your dog keep cool and stop them developing heat stroke.

Dog friendly food - Keep your dog away from the following foods this Christmas season; Grapes, chocolate, artificial sweeteners, caraway seeds, onion, Christmas pudding, cured meats like ham and stuffing. To be safe, take some of your dog's food with you to avoid any tummy upsets due to a sudden change in diet.

Water - It goes without saying, make sure, your dog has a supply of clean drinking water.

First Aid Kit - It's always a good idea to have a first aid kit in your car. A human type kit will cover many canine emergencies.

Have a wonderful and safe Summer!





Little Wolf Nutrition

This month we're bringing you an easy, healthy recipe. You can make this in advance and store it frozen, to ensure your dog has their own special treats to enjoy over Christmas.

My Lip Smackin' Salmon cakes are a great source of essential nutrients for dogs, while being gentle on sensitive tummies. Salmon provides a more hypo allergenic protein, meaning you can feel a little safer sharing it with other dogs that may visit over the holiday period. They're also convenient to travel with, making eating on the run a breeze.

I love sharing these salmon cakes with dogs that visit my home. My dogs go nuts every time they see their little cakes of happiness being made. I find even the more fussier eaters will be enticed to try them.

Post your finished product on your socials. Don't forget to tag Little Urban Wolves, so we can share your canine culinary excellence :)

Lip Smackin' Salmon Cakes

Ingredients

- 415g can Pink Salmon (Sustainably fished)
- 1 Cup Diced Sweet Potato
- 1 Cup Diced Kent (Jap) Pumpkin
- 1 Free Range Egg, lightly beaten
- 1 tablespoon finely chopped fresh dill
- 1/2 teaspoon Olive Oil

- Chia seeds to sprinkle on top



1. Preheat oven to 180 (160 Fan Forced)
2. Dice Sweet potato and Pumpkin and steam until tender. Mash and set to the side.
3. Drain salmon and mash, with bones in.
4. In a large bowl, mix all ingredients until well combined.
5. Evenly divide mixture to make balls. Place on a tray lined with baking paper.
6. Flatten balls slightly and sprinkle with Chia seeds.
7. Bake for 15-20 minutes, or until slightly brown.

Cakes can be served as a meal on the go, or as a snack.
Feed a maximum of 1 salmon cake per 2kg of dog.



LITTLE WOLF BEHAVIOUR

If you ever feel like your social cup is overflowing during the festive season, spare a thought for your four legged companion.

Understanding your dog's needs

Dogs are incredibly sensitive to *space, sound and energy!*

Let's have a quick look at each area so we can better understand our dog's needs and what they may be silently asking for from us.

Space

Dogs need space. Dogs have adapted to living in suburban settings. However, it's not their preferred habitat. Providing space allows dogs a better opportunity to process a situation or environment.

In the prey drive process, dogs are silent observers, so allow them the space to step back and take in the big picture. Just as important is giving dogs limited, or den, space. This allows a dog to feel safe and secure in a private space where they can self regulate themselves. Den space can be provided in a crate, laying a towel over a chair, or simply allowing your dog to find a quiet corner to relax in.

Sound

Sound can have varying impacts on dogs. While some sounds are soothing, others can be quite distressing. Rooms full of chatter, the crack of bonbons and your Uncle's raucous laughter can be enough to set a dog on edge. If you notice your dog withdrawing, it may be worth taking some time out to give them space. Toilet breaks are a great escape from noise ;)

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Energy

Dogs are hugely sensitive to all types of energy. I often work with my behavioural clients to form the habit of doing self checkins when their dog is acting up, to see how the human is feeling. More often than not, a dog will respond to their guardian's emotional energy. Ever noticed when you're sad and your dog comes to comfort you, or when you're angry and your dog stays away? They're feeding off your energy.

This time of year can stir up a lot of feelings, and our dogs will react to that.

Keep yourself and your dog in as much of an active routine as you can. Take time out from your social calendar to reset and recharge. I guarantee if you're feeling out of sorts, your dog is too. So take time out and enjoy each other :)

Ensuring we're checking in with ourselves AND our dog's can make for a happier holiday season. ENJOY!

**YOU'RE INVITED
TO OUR**

**DAYCARE
WOOFMAS
PARTY**

**WEDNESDAY
20 DECEMBER**

**TICKETS \$70
ON SALE SUNDAY 3 DECEMBER**



SPACES ARE LIMITED!