

## ~ Dog Training vs. Dog Behaviour ~

Understanding the distinction between Dog Training and Dog Behaviour, as well as the role of instinctually fulfilling activities, can greatly enhance how you work with dogs. Here's a breakdown:

### **\*\*Dog Training\*\*:**

- **\*\*Focus\*\*:** Dog training primarily involves teaching dogs specific skills or commands. This can range from basic obedience commands like "sit" or "stay" to more advanced tasks such as agility or service work.
- **\*\*Method\*\*:** Training typically uses structured methods and techniques to shape a dog's behaviour. This may involve reward-based systems (positive reinforcement), clicker training, or other techniques to encourage desired behaviours and discourage unwanted ones.
- **\*\*Objective\*\*:** The goal of training is to improve communication between the dog and owner, address specific behavioural issues, or prepare the dog for certain tasks or roles.

### **\*\*Dog Behaviour\*\*:**

- **\*\*Focus\*\*:** Dog behaviour looks at the broader spectrum of how dogs naturally behave, including their instincts, emotions, and social interactions. It often involves understanding why a dog behaves a certain way, which can include natural drives, past experiences, and environmental influences.
- **\*\*Method\*\*:** Behaviour work may involve assessing and modifying underlying causes of behavioural issues, such as fear, anxiety, or aggression. It often requires a deeper understanding of canine psychology and may involve behaviour modification techniques.
- **\*\*Objective\*\*:** The aim is to address the root causes of behavioural problems and improve overall well-being by aligning interventions with the dog's natural instincts and needs.

## [ Providing Instinctually Fulfilling Activities ]

### **\*\*What Are Instinctually Fulfilling Activities?\*\***

Instinctually fulfilling activities are those that align with a dog's natural instincts and needs. These activities can vary depending on the breed and individual dog's characteristics but typically include:

- **\*\*Scent Work\*\*:** Dogs have a strong sense of smell and enjoy activities that involve tracking or searching for scents.
- **\*\*Chasing\*\*:** Many dogs have a natural prey drive that makes chasing games and activities like fetch and flirt poles particularly satisfying.
- **\*\*Digging\*\*:** Some breeds have a strong instinct to dig, which can be channelled into appropriate activities like digging pits or sandboxes.
- **\*\*Chewing\*\*:** Chewing is a natural and soothing behaviour for dogs, providing appropriate chew toys can satisfy this instinct.

**\*\*Benefits of Instinctually Fulfilling Activities\*\*:**

1. **\*\*Mental Stimulation\*\***: Engaging in activities that align with a dog's instincts helps stimulate their brain, reducing boredom and preventing destructive behaviours.
2. **\*\*Physical Exercise\*\***: Many instinctual activities also provide physical exercise, which is important for maintaining a healthy weight and overall physical health.
3. **\*\*Behavioural Balance\*\***: Satisfying natural instincts can help mitigate behavioural issues such as anxiety, aggression, or excessive barking. When dogs' instinctual needs are met, they are often more balanced and relaxed.
4. **\*\*Improved Bonding\*\***: Activities that engage a dog's natural instincts can also strengthen the bond between the dog and owner, as they provide opportunities for interactive and enjoyable experiences together.
5. **\*\*Enhanced Well-being\*\***: Overall, fulfilling a dog's instinctual needs contributes to their emotional and psychological well-being, making them happier and more content.

In summary, while Dog Training focuses on teaching specific commands and skills, Dog Behaviour addresses the underlying reasons for a dog's actions and reactions. Providing instinctually fulfilling activities is beneficial because it aligns with a dog's natural drives and needs, enhancing their overall quality of life and well-being.

Have fun discovering interests together,  
Aunty Jazz xx