

November's Q&A

Dog Training and Website Resources

Laura introduced her dog, Luna, who had issues with children, noises, allergies, and anxiety. Kirsty shared about her two dogs, Dare and Binky, with Binky being a rescue and having skittish behaviour, and Dare having toilet training issues. Rachel and Kirsty discussed the difficulties of training their dogs, considering the possibility of getting an indoor litter tray for their dogs. Rachel, Lynn, and Kirsty also discussed Jeff, a Black Labrador Cross with serious issues around other dogs, and were planning to attend a Reducing Reactivity session. Rachel advised Philippa on accessing the members area of the website and acknowledged the possibility of creating new resources for it. Rachel also mentioned she would be working over the weekend despite planning to spend time in Scotland. The team also welcomed Philippa, who had not been introduced before.

Black Lab Behaviour Discussion

Philippa and Rachel discussed the behaviours of their two black labs, Loki and Penny. Philippa described Loki as a "problem child" who was initially scared of everything, but they have since worked on building his confidence. Penny, the older one, is now on monthly injections for arthritis. Philippa also mentioned that Loki has started growling in the mornings and at night, an issue that has recently started within the past three weeks and they are unsure how to help him. Rachel encouraged Philippa to share more about their experiences with their dogs.

Dog Growling and Human Relationship Concerns

Philippa and Rachel discussed Philippa's concerns about her dog's growling behaviour, particularly when Duanne tries to get near the dog. Rachel suggested that the growling might be a form of resource guarding, where the dog doesn't want to be moved or disturbed. They also considered if the behaviour could be due to the dog's discomfort after being asleep for hours or the difficulty of moving upstairs. Rachel pointed out that dogs living in houses with stairs might experience more joint problems. Philippa mentioned that his dogs have their own bed upstairs and only come to this bedroom to jump on the bed, which is when the growling occurs. Rachel suggested that they might need a camera to observe what's happening between the 2 dogs at night to rule out if there is any inter-dog interaction causing the problem.

Rachel suggested altering the sequence of events and the routine in the morning. They considered swapping the nighttime person and changing the setup. Rachel also suggested that Loki might react to something specific about Philippa in the mornings. The issue might be related to the routine on weekdays but not on weekends. Rachel advised Philippa to keep a "dog diary" to track any changes

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and to try switching up the dog's routine. They planned to meet again to further discuss the issue. Rachel reminded Philippa not to forget Loki's progress in confidence around people.

Luna's Behavioural Issues Discussed

Rachel and Laura discussed Luna's recent behavioural issues, particularly her struggle to settle when Laura is working from home. They considered potential causes, including health problems, separation anxiety, and boredom due to reduced activity in the darker months. Laura mentioned that Luna's anxiety had improved with anti-anxiety supplements and that she was receiving more mental stimulation with games like hide-and-seek. Rachel suggested that Luna might be more easily frustrated when she's stressed or bored, leading to her restlessness and barking. They agreed to continue their efforts to occupy Luna mentally and physically.

Luna's Anxiety and Activity Management

Laura and Rachel discussed the challenges they are facing with Laura's dog, Luna. They noted that Luna has issues with anxiety and that her mind tends to wander when she's not occupied. Rachel suggested the need for helping Luna switch off and they discussed the use of natural supplements to aid in this. They also highlighted the importance of Luna's activity levels and the challenge of balancing it with her allergies. Rachel offered to provide a template for activity budgeting to help monitor Luna's occupational time.

Managing Laura's Dog Behaviour

Laura and Rachel discussed potential solutions to manage Laura's dog's behaviour. They considered changing the dog's routine, including setting alarms and changing the dog's location in the house. Laura even thought about turning one of the bedrooms into a study to accommodate her dog. Rachel suggested that Laura's expectations might be different from those of her husband, and other people in their household, which might affect the dog's behaviour. Rachel also recommended looking into the 'no interaction signal' and watching videos of other Q&A sessions for guidance. Finally, a new participant, Sandra, joined the meeting, and her dog, Narla, was introduced.

Dog Behaviour Management Strategies

Sandra shared her struggles with her dog's behaviour during its adolescence, particularly regarding its attitude and pulling on the leash. Rachel suggested that Sandra should use the resources in the members area to help manage the behaviour. They discussed the use of specific equipment and routines to deal with Narla's pulling, with Rachel suggesting that Sandra only walks Narla on the same gear she's practicing with, and Laura shared her success with a similar approach with her dog, Luna. Rachel emphasized the importance of enjoying walks with the dog and working on the behaviour if it's impacting the experience.

Dog Behaviour Control Discussion

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Sandra and Rachel discussed Sandra's difficulties in controlling her dog, during walks. Sandra shared the methods she had tried, including stopping, and waiting, taking a few steps back, and using treats. Rachel suggested looking into the Pre Mack principle and lead skills in the members' hub, as these could be beneficial in addressing Narla's behaviour. Rachel also encouraged Sandra to experiment with different rewards as food may lose its interest over time. The discussion ended with Rachel opening the floor for any other questions or topics to be discussed.

Quiet, Wait, Boundaries, Sleep: Dog Training Discussion

lynn explains the process of using a quiet queue to encourage the dog to settle down and settle for longer periods of time. Rachel suggests using a wait queue to reward the dog for settling down and waiting for a treat. They also discuss the importance of setting boundaries for the dog, such as not barking too much and not pushing him too far. Kirsty asks about the dog's sleep habits, and Rachel confirms that he sleeps a lot.

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