



## Keep Up with Your Dogs Training while Self Isolating

Stuck indoors? That doesn't mean all of the great training momentum you and your pup have built up over the past months has to come to a screeching halt.

Even though you may be confined, your dog still needs the physical and mental stimulation that comes from learning new skills. Here are some ideas for keeping up with training and exercise when you're unable to go outside.

### 1. Teach a Skill Indoors

Teach your dog a new skill your dog doesn't have (or needs to get better at) and set up a daily training time indoors. You can work on sit, down, come, and stay in a small space. Start to teach your dog to heel.

You can move furniture such as small tables or chairs so that you have obstacles that can be used to refine your pup's heeling skills.

### 2. Tease Their Brains

Hide treats or toys and have your dog find them. Or, if your dog has a reliable stay, you can play a fun game of hide and seek. Put the dog in a stay, and then go and hide somewhere in the house or Unit.

Have a family member tell the dog, "Go find her." I taught my dogs to play hide and seek by hiding nearby in the beginning (300cm away behind a lounge as a family member kept Raffi & Lily from peeking).

Both quickly got good enough at this game that I could go about the house, walk in and out of rooms, and eventually hide behind a door, before Raffi & Lily were sent to "go find Mum." It was never clear which one of us was having more fun with this game.

### 3. Provide Indoor Exercise

Small dogs can be easily exercised indoors by having them chase a ball (you can teach retrieving) in a hallway. Both Raffi & Lily love this game as soon as you say ball they go fetch a ball and bring and drop it at my feet.

And, there is a certain amount of exercise your dog can get when doing your drills—sit, down, come, run with me (in a small area), stop, down, let's go..." You get the



idea.. Crank up the music and do some dancing with your dog they absolutely go nuts!..In a nice way

#### 4. Get Creative

Now is a great time to try out new recipes and crafts. There are lots of dog-friendly treat recipes you can make from items in your pantry such as Xylitol-free peanut butter, broth, and plain oats.

There are loads of recipes on the internet, get your creative juices flowing. Try dehydrating your own dog treats.

A lady I work with makes Pina Colada Chicken, Raspberry Roo, Blackberry & Pear Jerky to name a few and my 2 absolutely love them all and they are very fussy eaters, so they must be good. Also the yummiest birthday cakes the fur babies love them!

They are on Facebook & Instagram **Dribble St Treats**, look them up you won't be disappointed. [www.dribblestreats.com.au](http://www.dribblestreats.com.au)..

Create your own toys and games to keep your dog alert and stimulated. Cardboard containers make great destructible treat dispensers. Empty toilet paper tubes or paper towel rolls can be stuffed with soft treats for an easy homemade toy.

