



# Dog Chat

Bought to you by  
Illawarra Dog Training Club



## February/ March 2020 Isolation Special



**DOGSNSW**  
Promoting Responsible Dog Ownership

### Dog (noun.)

*1. The best friend you will ever have. A loyal, loving companion that cares for you more than himself. A special creature whose time in your heart will far outnumber its days on earth.*



# **Executive Committee Members 2019/2020**

<b>President</b>	Linda Thomas
<b>Vice President</b>	Tony Gardiner
<b>Chief Instructor</b>	Mark Johnston
<b>Treasurer</b>	Carol Zietsch
<b>Secretary</b>	Danielle Zietsch

## **New 2019/2020 Committee Members**

George Bartolo OAM	Kyle Charnock	
Loreena Tate	Phil Rath	
Fiona Moulton	Lorraine Lipman	Kim P

## **Life Members**

<b>Ron Wilson</b>	<b>Kay Jefferys</b>	<b>Peter Franks</b>	<b>Carol Zietsch</b>
<b>June Franks</b>	<b>Phil Rath</b>	<b>Tony Gardiner</b>	<b>Bev Charnock (dec)</b>
<b>Kyle Charnock</b>	<b>George Bartolo OAM</b>		

## **Instructors**

<b>Mark Johnston</b>	<b>Linda Thomas</b>	<b>Tony Gardiner</b>	<b>Dave Cooper</b>
<b>Phil Rath</b>	<b>Lorraine Lipman</b>	<b>Geoff Taylor</b>	<b>John Hallett</b>
<b>Larissa Woods</b>	<b>Pam Townsend</b>	<b>Fiona Moulton</b>	<b>David Chester</b>
<b>Heather Kennedy</b>	<b>Kat McGuiggan</b>	<b>George Bartolo OAM</b>	

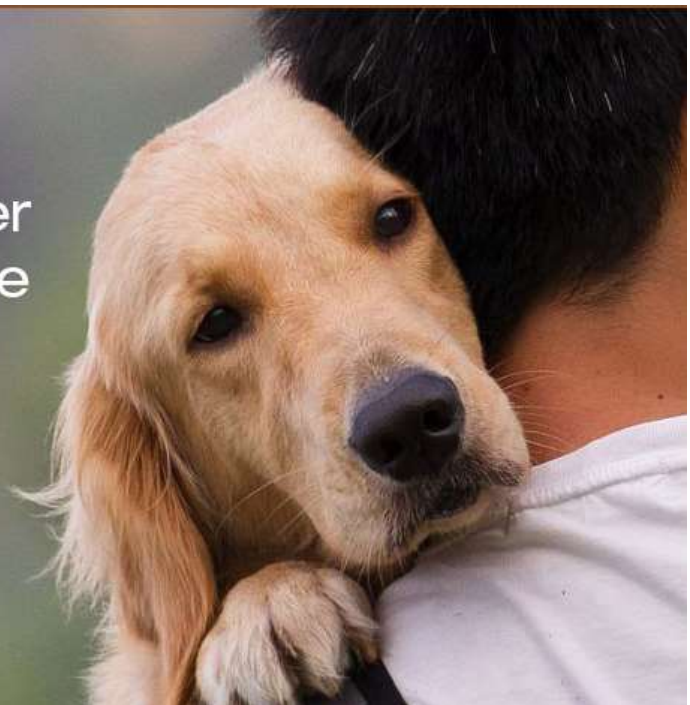
# Ground Rules

- Dogs are to be kept on leads at all times, unless in training class and under direct supervision of an instructor
- Dogs are not to be tied to the club house or trees
- Bitches in oestrus (season) shall not be permitted on the grounds while training is in progress
- Classes using club equipment will be responsible for returning this equipment to the correct storage place under the supervision of the class instructor
- Parking on ground is for instructors and workers on that day only. Cars are to be parked no closer to the club house than the southern boundary fence of the electrical sub station
- Pick up your dogs droppings if they foul the ground. Plastic bags are available to ensure responsible disposal
- Be on the alert for other instructors requiring assistance in training their own dogs
- Do not automatically use equipment set up on the ground. It may have just been set up by an instructor who is in the process of preparing to use it. They may also be in the process of using it, but not necessarily in the immediate vicinity
- Equipment such as jumps and obstacles, are not for general use without supervision
- Children are to be kept away from dogs pegged near volunteers' cars for both children and dogs safety
- Children are not permitted in class with parents
- Fully enclosed shoes must be worn at all times

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Did you know when a dog sees its owner its brain secretes the same substances as ours when we are in love?



# Chief Instructors Report

We had a very quiet month of training during February due firstly to extreme heat and then rain in Early Feb ( still averaging 51 dogs per week, despite having 2 weeks with < 20 on the grounds ) March was affected by rain and cut short by COVID19 , When the numbers were high we worked really hard to test members for promotion

Diggers - In February Larissa, Lisa and Kathy made the visit to Diggers, and March's visit was cancelled by both Diggers and IDTC due to COVID19

As instructors we need to have a clear understanding of the mechanics of each exercise and are and can demonstrate the exercise so that members understand exactly HOW to perform the exercise, If the exercise is performed consistently, with patience, and perseverance, the dog will eventually understand what is required. We need to remember that we are training PEOPLE, so they can improve their communication with their dogs.

Please also stress the importance of consistency to our members, dogs dont understand "sometimes", or "occasionally" or "on a Saturday at training".

The mechanical issues I encounter regularly on the grounds would be

Repeating of commands – 1 cue -> 1 action

Dogs name - if you say it in front of every command it becomes noise

Correcting the dog using its name – why would you want their name to associate with anything undesired.

Handlers tugging on the lead – this is nearly always used as an unconscious signal or correction for sit?

And a Few Reminders,

**Please stay as safe as possible during the COVID19 Pandemic**

**A number of rescue organisations are reporting that you can't get coronavirus from your dog**

As ALWAYS A BIG Thank You to all Instructors and Helpers who volunteer their time to help members improve their communication with their dogs, your assistance is much appreciated by both members and myself, especially on the hot and wet days we experiences early in the year

Thanks Mark

# Promotions

## **Class 1 Basic to Class 2 Stabilising:**

To be able to be promoted from class 1 to class 2 you and your dog must be able to complete the following exercises

1. Your dog is comfortably walking next to your left leg.
2. Your dog is able to sit next to your left leg on command.
3. Your dog is able to stand next to your left leg on command
4. You are able to call your dog back to you on lead and continue walking.
5. You are able to complete left and right turns successfully
6. You are able to complete left and right about turns successfully.
7. Your dog can sit and stay with you standing beside it, in position for 30 seconds.

Handling the lead with 2 hands on most of the time, and using the lead to position the dog.

At this stage it is much more important that the handlers mechanics are good – giving clear commands, guiding the dog as necessary, and praising the dog. If the dog makes a mistake and is effectively guided by the handler this is a positive.

## **Class 2 Stabilising to Class 3 Challenge:**

To be able to be promoted from class 2 to class 3 you and your dog must be able to complete the following exercises

1. Your dog is comfortably walking next to your left leg.
2. Your dog is able to sit next to your left leg on command.
3. Your dog is able to stand next to your left leg on command
4. You are able to complete left and right turns successfully.
5. You are able to complete left and right about turns successfully.
6. You are able to call your dog back to you and get them to place finish as one exercise.
7. Your dog can calmly work at fast pace with you.
8. Your dog can sit and stay with you standing in front, in position for 30 seconds.
9. Your dog can stand and stay with you standing beside it, in position for 30 seconds.

At this stage it is expected that to sit and stand, very little guiding is necessary (< 3 out of 5 times)

Still walking using the lead to position the dog, giving feedback to the dog when it is in position

### Class 3 Challenge to Class 4 Finishing:

To be able to be promoted from class 3 to class 4 you and your dog must be able to complete the following exercises

1. Your dog must be able to walk comfortably next to your left leg using a loose leash.
2. Your dog must be able to drop next to your left leg on command.
3. You are able to complete left and right turns successfully
4. You are able to complete left and right about turns successfully
5. You are able to call your dog back to you on lead and have them sit directly in front of you.
6. You are able to get your dog to do a place finish as a separate exercise
7. You are able to get your dog to successfully complete an off lead recall to front on command.
8. Your dog can calmly work with you at slow pace.
9. Your dog can sit and stay with you standing in front, in position for 30 seconds, returning around your dog
10. Your dog can stand and stay with you standing in front, in position for 30 seconds
11. Your dog can stay in the down with you standing beside it in position for 30 seconds.

At this stage it is expected that to sit and stand and drop come and place, very little guiding is necessary (< 3 out of 5 times )

Still walking on lead but with a loose leash the majority of the time



# Welcome to Our New Members!

LAUREN	FRANKIE	MINI SCHNAUZER
SUZIE	POLLY	VIZSLA
MEGAN	FOX	BORDER COLLIE X
SARA	BEAR	CAVOODLE
JULIE	BELLA	MIX
	NALA	SHEPHERD/LAB
CATHERINE	TANK	GERMAN SHEPHERD
BRUCE	LILY	WHIPPET
KAY		WALKER
PENNY	LUNA	BORDER COLLIE X
ADRIAN	PICKWILL	CAVOODLE
CHLOE	WILLIE NELSON	GOLDEN RETRIEVER
ANJUM	LEO	LABRADOR
ADIL		
BELLA	SPROUT	POODLE
KHALED		GOLDEN RETRIEVER
TAMARA		
YASMIN		
ALI & FATIMA 1405		
JAI	REGGIE	AMERICAN STAFFY
REBECCA		
CHRIS	WILLOW	MINI DACHSUND
KRISTY	ONDREY	GREAT DANE
MAX	INDY	KELPIE
MICHELLE	MUFFIN	GREAT DANE
BROOKE	MOLLY	SHEEPADOODE
EMMA	ZULA	LABRADOR
ANTHONY		
XIMENA	GUS	BLOODHOUND
SHELLY	MISHKA	GERMAN SHEPHERD
DAREN	MILA	BOXER
MICHELE	PEANUT	WOLFHOUND X
JOANNE	BRONCO	BORDER COLLIE
STEPHANIE	ROGER	MIXED
LISANNE	FRANKIE	MIXED
MARINELLA	ELLA	GERMAN SHEPHERD
JOSE LUIS		
ANNETTE	ZOE	MALTESE X SHITZU
PAULL		
LISA	FOX	LABRADOR
JANNY	BEAR	GOLDEN RETRIEVER
LAURA	YOGI	BORDER COLLIE X BEAGLE
THOMAS		
SUSIE	TILLY	MALTILAIR



JACKY	BILLY	GROODLE
NATALIE	HONEY	GOLDEN RETRIEVER
NIKKI	WINNIE	MALTESE X CAVALIER
MARYANNE	MILLIE	MALTESE X CAVALIER
LAUREN	LUNA	GERMAN SHEPHERD X
BREA		

DIANA	LEYSHON	GSPH
EMMA	WILSON	SPOODLE
BRIGITE	DELELLIS	SHOODLE
REBECCA	GODWIN	STAFFY X ROTWEILER
TOMAS	HENRY	
JAN	WALKER	LABRADOR
KERRY	HUNGERFORD	MIXED
SUE	FULWOOD	GROODLE
ASHLEIGH	EVANS	MALTESE X SHIH TZU



# Doggie Treat of The Month

## Peanut Butter and Banana Dog Biscuits

### Ingredients

1 egg  
½ cup mashed banana  
1/3 cup peanut butter  
1 tablespoon honey  
1 cup whole wheat flour  
½ cup wheatgerm  
1 egg white, lightly beaten, for brushing



### Directions

1. Preheat oven to 150 °c. Lightly grease a baking sheet
2. Stir together the egg, peanut butter, banana, and honey in a medium bowl, blend thoroughly. Stir in the flour and wheatgerm, mix well. Turn dough out onto a floured board and roll to ¼ inch thick. Cut into desired shapes with a cookie cutter, place on prepared baking sheet, and brush tops with egg white.
3. Bake biscuits in preheated oven until dried and golden brown, about 30 minutes, depending on size. Remove from oven and cool on a wire rack.

# Socialising Your Puppy While Social Distancing

With coronavirus requiring social distancing between humans, new puppy owners are finding it harder to make sure their puppy learns about the great big world. But it is possible to provide your puppy with much-needed experiences even while you're social distancing — and have fun while doing it!

During this coronavirus pandemic, you can take advantage of extra time at home and help your puppy grow into a well-adjusted and well-trained adult. Social distancing with your dog might actually mean better behaved dogs when life gets back to normal.

According to the CDC, there is no current evidence that our pets can spread the coronavirus to humans. However, it's important to not put yourself or others at risk while working on puppy socialization. Practice appropriate social distancing, wash your hands after interacting with pets, and sanitize often.

## Don't Wait Until It's Too Late to Socialize Your Puppy

Introducing your puppy to the world in a positive way while they're young is crucial for a happy, well-rounded dog in the future. Lack of socialization during the critical "imprint period" can lead to a higher chance of behavioural issues when the puppy becomes an adult, such as separation anxiety, noise phobia, or leash reactivity and fear aggression.

**The imprint period lasts from about 7 weeks to about 16 weeks of age**, so it's important to get lots of proactive exposure training done during this time.

For all socialization and proactive exposure training, take everything slow and follow your puppy's lead. Keep socialization practice short and sweet, and start new exposure low and slow.

While you won't be able to attend group puppy classes like usual, there are other things to focus on besides dog-dog interactions. Socialisation includes common experiences that your dog will have throughout their life, such as handling at the vet or groomer, getting their nails trimmed, the sound of thunderstorms or the vacuum, and different kinds of surfaces they'll need to walk on (like the bathtub). Luckily, you can practice most of these things from the comfort of your own home. Working on these things at home means less distractions, which will help your puppy learn better and faster!

## "Non-Social" Puppy Socialization Ideas

### Tactile experiences for your puppy

Introducing your puppy to different surfaces can be easy to do at home, on a walk, or in a yard. Here are some ideas:

- A flat baking sheet they can sniff at or walk over
- An empty plastic water bottle to chew on and toss around
- The bathtub (without the actual bath)
- Outside surfaces such as gravel, bark, dirt, garden steppingstones, grass or turf
- A kiddie pool filled with balls
- Different flooring such as wood, linoleum, and carpet

### Play different sounds in the background

If you live on a normally busy street, you want your puppy to be used to the sound of traffic or other car noises when life gets back to normal. Introduce audio recordings of different things at low volume to create neutral or positive associations with these things. You can find many free audio recordings on



our [socialization resources page](#), or download the [Sound Proof Puppy Training app](#) (also available for [Android users](#)).

### **Introduce different scents to your puppy**

Dogs brains dedicate a lot of space and energy to their sense of smell, so working your puppy's nose provides great enrichment and helps burn off energy. Studies have also shown that certain scents help calm dogs and reduce stress behaviours. Make sure any scents

you use aren't irritating or toxic to dogs.

- Dilute essential oil in water (such as lavender) and spray a small amount on a blanket or bedding
- Scatter kibble throughout the yard to encourage sniffing
- Use a snuffle mat for feeding meals
- Play nose work games to teach your puppy to find the "right" smell
- Introduce the smell of other types of animals (gently wipe other animals in your home, such as cats, hamsters, birds, horses etc. with a cloth and let your puppy smell it)
- Set up a scavenger hunt throughout your home by hiding treats and helping your dog sniff them out

Taking your pup on sniffari is a great way to let them explore and learn about new smells, surfaces, and sounds.

## **Play Dress Up!**

Since your puppy can't meet lots of different people right now, that doesn't mean you can't expose them to different types of clothing or various ways people move. You or a family member can dress up and practice your acting skills. Here are a few ideas to get you started:

- Wearing a hat or sunglasses (or both at the same time!)
- Walking with a cane or walker
- Wigs of different hair colours and styles
- Delivery person carrying a box or package
- Bundled up in rain or winter gear (rubber boots, umbrella, jacket with hood up)
- Riding a bicycle, scooter, or skateboard and wearing a helmet
- Carrying lots of grocery bags
- Wheeling around a suitcase
- Wearing last year's Halloween costume
- Socialize from a Distance



Getting outside is important, not just for your mental health, but also for your puppy to experience the great outdoors. For puppies younger than 16 weeks that shouldn't be exploring far and wide quite yet, I recommend just sitting in your driveway or on your porch with them to watch the world go by. Have your puppy on a leash for safety and set out a nice mat for them to settle on if they choose.

Any time they notice something new, like a loud truck driving by, a cat walking across the street, or your neighbour heading out for a walk, praise calmly and give them a treat. It's all about creating positive associations with different things.

It's also a fantastic opportunity to practice their [name recognition](#) and [come-when-called](#) cue!

If your puppy is old enough and [up-to-date](#) on their required vaccinations, you can start exploring on leashed Puppy Socialization Adventure Walks. Most regular dog leashes are at least six feet long, so that also gives you an easy way to make sure you're staying the recommended distance from other

people.

While on walks, create positive associations with people and other dogs as they walk by at a distance. If your puppy notices them, give them a treat. This doesn't require any actual interaction, just their distant presence. You'll get a big future training bonus by doing this — your puppy will be better able to focus on you around distractions like other dogs or people!

It's tempting to let other people greet your adorable puppy while out and about, but I recommend avoiding it right now. Even if you are technically staying six feet apart from other people with your puppy at the end of their leash, there is the risk that coronavirus can be transmitted through touching a contaminated surface, like a dog's collar, harness, or even fur. For safety's sake, just wave hello and keep enjoying your socially distanced walk with your puppy.

## **Outdoor Socialization for Young Puppies**

Puppies that haven't completed their puppy shot series are at higher risk for contracting illnesses such as parvo. If your puppy is still too young or unvaccinated, you can still provide much needed exposure to things outside your home.

### **Go for a Drive**

Taking your puppy for a field trip in the car is a great chance to introduce them to car rides and work on preventing travel anxiety. Take a short drive and park in a large parking lot outside of a grocery store or other business that's open right now. Sit and watch the world go by with your puppy, rewarding with praise, toy play, or treats when they notice things happening outside.

If possible, park on the outskirts of the parking lot so there's distance between your puppy and the activity. Then you can sit in the back of your car with the door open to let in more outside noise and scents. Make sure your puppy is on leash and secured so they can't hop out of the car. If the parking lot is small or too busy, keep your doors and windows closed to ensure social distancing.



## **Prepare Your Puppy for "Sudden Environmental Change"**

A big part of life is the ability to cope with sudden changes in the environment. To prevent anxiety and future reactive behaviour, it's important to help your puppy learn how to bounce back from startling and possibly scary experiences. It's normal for a dog to be startled by a loud noise or the sudden appearance of a person or dog — we humans often jump at an unexpected noise or if someone we didn't notice taps us on the shoulder. It's our ability to calm down quickly afterwards, and not generalize this fight-or-flight reaction to the rest of our day, that helps us stay healthy and happy.

You can foster your puppy's coping skills with sudden environmental change in a couple of ways:

- **Reward your puppy when things suddenly appear.** If you're out on a walk (or sitting in your yard watching the world go by) and a person or dog makes a sudden appearance, give your

puppy praise, a treat, or entice them to play with a toy. This is building a positive association with a sudden environmental change and redirecting their attention back to you.

- **Comfort, don't coddle.** There is nothing wrong with comforting your puppy if they get scared by something. Keep your own emotions calm, cool, and collected when you do so. Dogs are very attuned to their people's emotional state (they can smell the hormones and chemicals our body releases), and if they see that you're not worried about something, they'll most likely follow your lead. Say "it's okay!" in a happy voice and pet gently. Then add some distance between you and the person or thing that scared them. If they reacted to a sound, practice noise desensitization in future training sessions using free audio recordings on youtube or an app like the [Sound Proof Puppy Training](#) app.
- **Give them the opportunity to back away.** If something startles your dog, don't force them to interact with it up close. I once was walking a client's puppy and a balloon that was tied to a sign started blowing around in the wind. He was rather freaked out by this big red moving balloon and scampered behind me. We backed up to a distance where he was able to watch it without feeling threatened, and I rewarded him with praise and treat whenever he looked at or took a step towards it. After a few minutes of this positive reinforcement for curiosity, he was able to walk right up to the sign and balloon. Find a comfortable distance for your puppy to observe the thing that startled them, and reward them for showing any courage or curiosity.



## **Provide Lots of Puppy Brain Games**

Mental enrichment for your puppy is even more important now that we're spending more time at home. Not only do brain games like interactive toys and puzzles burn off some of that crazy puppy energy, they also build confidence! Confidence is essential for future resiliency of your dog's behaviour when they encounter new things.

Encourage your puppy to explore new puzzles and solve different problems. Start with easy puzzles and interactive toys so your puppy is successful and doesn't give up. Slowly increase the difficulty of their puzzle as they get the hang of problem solving. Frustration is part of the game — you want your puppy to learn some frustration tolerance, but not get so frustrated that they give up! Give them a helping hand if they need it and always praise them for their efforts.

Using a clicker to shape behaviour is a great confidence builder. While social distancing during this coronavirus pandemic is less than ideal, it doesn't mean that your puppy won't grow up to be a happy and confident adult dog. This predicament just requires some planning and continued commitment to a training and socialization plan. You've got this!



# Breed of The Month

## Airedale Terrier

The Airedale has the distinction of being the largest of the Terriers. The first attempt at creating the Airedale Terrier, although no one had a blueprint in mind at that time, was in 1853. A Rough-Coated Black and Tan Terrier was bred with an [Otterhound](#) in hopes of creating a well-rounded sporting dog that could hunt otters in the rivers and rats on land.

The first crossbreeding produced a dog that possessed the keenness of a terrier and was able to swim and scent game. The crosses were called Waterside or Bingley Terriers and within 12 years of the first crossbreeding, the dog had become a popular sporting terrier.

In 1864, the first dog show in the Aire Valley was held and the Waterside Terrier competed under the Broken-Haired Terriers class (the Waterside or Bingley Terrier name was not mentioned until 1879). Author Hugh Dalziel, after judging the dog at a show, went on to describe the Bingley Terrier as "par excellence... an exceedingly good one." His comments brought immediate interest in the breed and a cry of protest from its fans who decried the fact that Dalziel pinpointed Bingley as the breed's birthplace.

At this time, a group of fanciers joined together and decided that the Waterside or Bingley Terrier should be renamed the Airedale Terrier. It is believed that the actual name was first suggested by Dr. Gordon Stables, who had judged the dogs a year before Dalziel, but that fact is difficult to validate. In 1880, Dalziel again had the opportunity to judge the Airedale Terrier and referred to the dog as such in his report.

The name Airedale Terrier was not accepted or commonly used at first, which generated much confusion. At various shows, classes were made for either one or all three names for the breed and it wasn't until 1886, that the Kennel Club in England accepted Airedale Terrier as the official name of the breed.

The Airedale Terrier Club of America was founded in 1900 and, in 1910, the club started a perpetual trophy that is offered at parent club shows. This trophy is known as the Airedale Bowl and has the names of winners' engraved on the bowl and pedestal.

Airedale Terriers were used throughout World War I as messengers, sentries, carriers of food and ammunition, scouts, ambulance dogs, ratters, Red Cross casualty dogs, sled dogs, and guard dogs. The war brought stories of the Airedale Terrier's bravery and loyalty and sparked popularity in the breed. Presidents Theodore Roosevelt, Warren Harding, and Calvin Coolidge were among the many people who owned and fancied the breed.

In 1949, the Airedale Terrier was ranked 20th in popularity by the American Kennel Club, but has since dropped in rank. Part of this decline is due to the increased use of German Shepherds in roles traditionally filled by Airedales.

### Personality

The Airedale is a hard-working, independent, and athletic dog with a lot of drive, energy, and stamina. He is prone to [digging](#), [chasing](#), and [barking](#) — behaviours that come naturally to terrier breeds. These traits can be frustrating to owners unfamiliar with the Airedale personality.

If you are thinking about an Airedale, consider whether you are willing to live with his propensity toward potentially undesirable behaviours — and whether you want to take on the challenges that go along with his independent nature. If you decide you are, you will be delighted with the Airedale's active, fun-loving, even comical attitude.



The Airedale is a lively breed, and he needs plenty of activity. Don't leave him alone for long periods of time, or he is likely to become bored, which leads to the aforementioned [destructive behaviours](#). Keep training interesting and fresh — repetitive exercises will become a bore to the Airedale. He is best motivated by treats and other positive reinforcement methods; drill-and-jerk training methods should be avoided.

A reliable watchdog, the Airedale takes pride in protecting his family. He can be a fierce guardian, but is friendly with his family and friends.

Ultimately, temperament is affected by a number of factors, including heredity, [training](#), and socialization. Puppies with nice temperaments are curious and playful, willing to approach people and be held by them. Choose the middle-of-the-road puppy, not the one who's beating up his littermates or the one who's hiding in the corner.

Always meet at least one of the parents — usually the mother is the one who's available — to ensure that they have nice temperaments that you're comfortable with. Meeting siblings or other relatives of the parents is also helpful for evaluating what a puppy will be like when he grows up.

Like every dog, the Airedale needs [early socialization](#) — exposure to many different people, sights, sounds, and experiences — when they're young. Socialization helps ensure that your Airedale puppy grows up to be a well-rounded dog.

Enrolling him in a puppy kindergarten class is a great start. Inviting visitors over regularly, and taking him to busy parks, stores that allow dogs, and on leisurely strolls to meet neighbors will also help him polish his social skills.

## **Children and Other Pets**

The fun-loving Airedale makes a good family pet. In some cases, he may even become protective of the children in the home, but his large size and high activity level may prove too intense for extremely young kids.

As with every breed, you should always teach children how to approach and touch dogs, and always supervise any interactions between dogs and young children to prevent any biting or ear or tail pulling on the part of either party. Teach your child never to approach any dog while he's eating or sleeping or to try to take the dog's food away. No dog, no matter how friendly, should ever be left unsupervised with a child.

The Airedale gets along well with other dogs in his household, as long as he is [properly socialized](#) and trained. He can be aggressive, however, with strange dogs that he perceives as threatening. And given the Airedale's reputation as a hunter, he is very [likely to chase animals](#) he perceives as prey, including cats, rabbits, gerbils, and hamsters.



# How to Keep Your Dog Entertained Indoors During COVID-19

With our nation progressing through different stages of lock-down due to the unprecedented Coronavirus pandemic in a bid to flatten the curve, you might be wondering what fun indoor activities you can do to keep your dog entertained throughout the day. Thankfully, we're still able to take our puppies for a walk in the park or around the block, but when it comes time to fully self-isolate yourself at home, we've come up with a list of ideas to keep your pup's tail wagging and you from going stir-crazy.

6 Fun indoor activities for dogs

## Hide & Seek

An oldie but a goodie, who doesn't love a good game of hide and seek? The only catch is that your dog has to be willing to stay and give you enough time to dash off and find a good hiding spot. If not, you can try to get someone else to keep your pup sitting still while you find a place to hide. It's so simple and we have no doubt you'll enjoy endless amounts of fun as your dog tries to sniff you out.



## Easter Treat Hunt



Now we all know that chocolate Easter eggs aren't dog-friendly and should be well kept away to prevent your furry BFF from sneaking a few bites and avoiding an unnecessary trip to the vet. But with Easter just round the corner, you could consider planning a treat hunt just for your dog. All you need to do is to hide their favourite treats around the home, then sit back and relax while they hone in on their sniffing skills to hunt down the treat.

If your furbaby hasn't played this before, you might want to start off by placing the treats in plain sight to get them used to the game, and progressively start hiding the treats in

sneakier spots. Just limit the amount of treats you use each round, so you don't accidentally over-feed your dog.

## Frozen Treats

You'll be hard-pressed to find a dog that doesn't love peanut butter or yoghurt. By freezing their favourite mushy treat in a treat dispenser toy, such as a Kong, you can rest assured that your furry friend will be spending quite a while licking the toy obsessively, trying to get to all of the treats while it slowly melts. Another great way for fast eaters, this activity will help to slow them down and savour every minute.

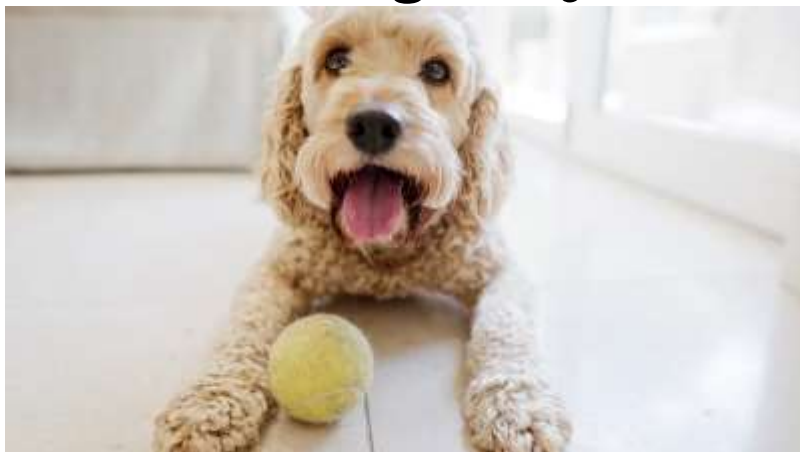


## Interactive Dog Toys & Puzzles

This is a great activity that will keep your dog's mind stimulated. There are many options to choose from including affordable choices from your local [Kmart pet section](#) through to popular cult favourites such as the range from [Nina Ottosson](#) which you can find online. These toys and puzzles are designed to challenge your dog to find creative ways to get a treat out, using their paws and their brain at the same time.



## Throwing a Toy Down the Hallway



Now this might be an obvious one but it does the trick. If you've got a hallway or a slightly bigger room in your house, you can use a soft ball or their favourite stuffed toy for a round of indoor fetch. Throw the toy and make them fetch it to bring it back, and simply repeat. A good few rounds of throw and fetch is bound to tire them out for a good nap afterwards. This

will keep them physically active even while indoors, if you can't go for your usual walk around the block or to the park.

## Where's the Treat?

A favourite amongst many pawrents, this is a game that will test your pup's patience and IQ. One that you've probably seen before, is the three cup game. All you need is to get out three cups and line them up in a row in front of your dog. Start by putting a treat under one of the cups and get your dog to show you which cup the treat is under. If he guesses correctly, you can reward him with the treat. Once your dog is getting the hang of it, you can change things up by moving the cups around after you've placed the treat.



**On behalf of the  
Executive  
Committee and  
Instructors we wish  
you and your loved  
ones well during  
these uncertain  
times and look  
forward to seeing  
your smiling face  
when we return to  
training. Stay safe  
everyone**



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Promoting Responsible Dog Ownership