

### Hi there

Parenting kids and dogs at the same time is hard. I'm a mom too, so I get it.

I'm Michelle, founder of Pooch
Parenting. I'm a Certified
Professional Dog Trainer (CPDTKA) and Family Dog Mediator,
mom and educator with 16 years
of experience. You don't have to
do this alone. I've been there, and
I get what you are going through.

I am thrilled to be a Royal Dynasty Approved Partner. Together, we will set your family up for a lifetime of happiness.











#### B E C A U S E Y O U D E S E R V E P E A C E O F M I N D

## Safety Checklist

Must have safety & management equipment for families with kids and dogs.



Moveable and convenient. Can be used as a pen or large barrier. Ideal for open floorplans

Top Picks:

Toddleroo 3 in 1 Metal Superyard

Amazon Basics Foldable metal pet
exercise and playpen

Evenflo Versatile Play Space

#### **Baby Gate**

Available in tension and hardware mounted versions. For use at the top and bottom of stairs, use hardware mounted only.

Top Picks:

<u>Regalo Easy Step</u> Extra Tall Walk Thru Baby Gate

<u>Toddleroo Swing & Lock</u> Baby Gate Baby Safety Gate: <u>Retractable</u>

#### **Food Enrichment Toys**

Help your dog to feel happy behind a barrier, in a crate or separate room.

Top Picks:

West Paw Zogoflex <u>Toppl</u> <u>Kong</u>

You can also use crates and doors to provide safe zones

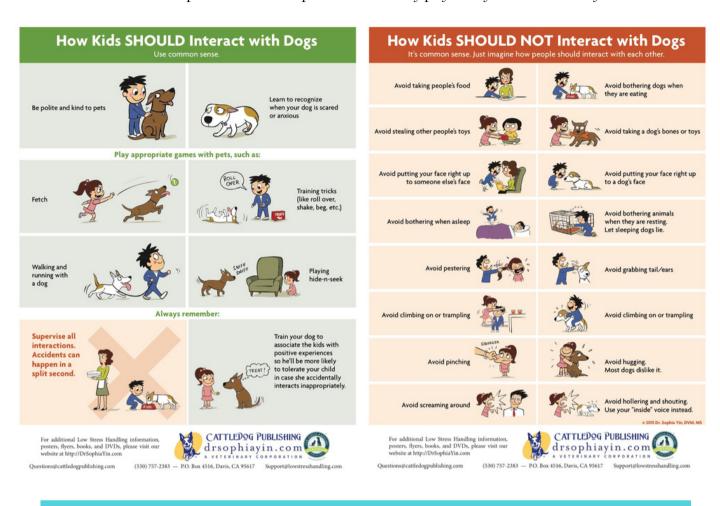






### Keeping the Peace

When parenting kids and dogs at the same time, the Golden Rule is your best friend. Everyone needs to be treated with respect. This will keep the whole family physically and emotionally safe.



#### SET UP YOUR WHOLE FAMILY FOR SUCCESS

	Use management, such as baby gates, pens and doors to provide some separation. Everyone needs a break sometimes.
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	Dogs are not toys, dress-up dolls or chairs. They need to consent to all interactions.
	Teach your kiddos to leave your dogs alone if they are sleeping, eating or chewing on a bone. Use barriers to prevent access if your kids are too young to follow directions.
	Become a dog body language expert. This will help you to intervene when your dog
	needs support or a break. This is a topic that I teach regularly to members of my
	<u>Thriving Parents of Kids and Dogs</u> program.



## How Does Your Dog Feel?

Many parents say it was a total surprise when their dog lunged at their child. But truth be told, dogs communicate in "whispers" before they begin to "shout." By understanding your dog's stress signals, you can intervene before the dog escalates to a growl, lunge or bite.



Dogs often yawn at times of stress. Look at the context are they being restrained? Is there a crying baby nearby or a new piece of baby equipment?



Tongue flicks can indicate discomfort when it's not associated with eating and drinking.



Not all licking is "kissing." This dog is asking for space. If the licking feels frantic, remove your child in a timely manner.



Ears back, tight jaw, paw lifted and tail down are all signs of a fearful dog.



The term "whale eye" is often used when the whites around the eyes are visible. It's a clear sign of stress. This dog is also cowering, asking for space.



Dogs who turn away are often trying to appease you or another threat. They are trying to say they mean no harm. Back away.

ANSWERS

Yes! This dog is not comfortable. By intervening, you can provide relief to the dog and avoid a growl or bite.

Notice how the toddler is crawling towards the dog? The yawn is a big giveaway that the dog is uncomfortable with the child's approach.

Gently approach your child and redirect them somewhere else away from the dog. By reacting calmly, you are not giving your dog something else to worry about.



ANSWERS

No, this dog is happy. But keep your eyes open for changes in body language or shifts in their interactions.

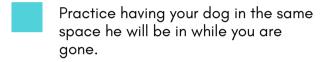
Great things about this interaction:

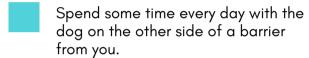
- The dog approached the child by choice.
- The dog is doing a trick and looks like it's interested in engaging with the girl.
- The dog's body language is "loose" and free from tension

Watch for sudden changes in the dog or child's behavior. Polite play can shift quickly into disrespectful interactions.

## Alone Time Tips & Checklist

It's natural for your dog to want to be with you or other family members. Our goal is to help your dog to relax while you are either out of the house or busy with the kids in another room. Daily practice makes this less stressful for your dog. Check off the boxes when you have tried these steps.









Help your dog learn to feel comfortable with you leaving. Mimic your normal departures, including picking up your keys and grabbing your purse. Take things slowly and don't be gone long. Try these ideas:

- Use the Do your bathtime routine
- Read bedtime Start a load of laundry

#### KEY CONCEPTS

When helping your dog learn to be alone, your goal is to return before your dog becomes overly stressed. Bring your children with you so that they are not unsupervised together. All of these tips are very useful for young dogs or new dogs in your household, so that they can learn that you always come back. If your dog panics, drools or is unusually destructive, you will need professional help.



# Parenting Kids and Dogs: Top Resources

Whether you are expecting, chasing toddlers, or living with teenage children, these popular blog posts will help to reduce your stress and improve how your dog feels and behaves, making your family happier and more harmonious, in the process.

- Ask Pooch Parenting
- Parenting Kids and Dogs 101 Podcast
- The ABC's of Growling What EVERY Parent with Dogs needs to know
- Kids and Dogs: Keeping the Peace
- <u>5 Essential Steps to Prepare Your Dog for New Baby</u>
- <u>5 Habits Every Toddler and Dog Parent Should Develop</u>
- Choosing a Dog for Your Special Needs Family
- Avoiding Dog Meltdowns

There is a LOT you can do on your own to make life living with kids and dogs easier and safer. But sometimes, you may feel like you could use a little extra support.

Book a consult or Join the Club for ongoing support

Because you deserve peace of mind, and so does your dog.

