

# The Whole Dog Journal™



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*A monthly guide to natural dog care and training*

NOVEMBER 2014

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## EDITOR'S NOTE

# Synchronicity

*When the information we need arrives at just the right time.*

BY NANCY KERNS

Contained in the October issue is an article I wrote about internal parasites – worms. I needed art to accompany that article, and the best thing I could think of to depict a wormy dog was a photo of a typically round-bellied wormy puppy, the kind that is surrendered to shelters all too frequently. I called my local shelter and asked whether they had any wormy puppies with bloated tummies; it turned out that they had just received such a litter two days before, and I was invited to come down and take some pictures.

When I got there and saw the puppies, I was a bit shocked; it was obvious that they were too young to be separated from their mother. The person who had surrendered them said the puppies were eight weeks old, but it was clear that they were more like four and a half or (maybe) five weeks old. They were eating some of the canned food in front of them, but were still frantically searching for their mother's milk-bar. I took the pictures I needed, but was haunted by the vision of their little faces, incapable of comprehending the change in their circumstances. "What is with all the cold concrete? Why are we all covered in poo? This blanket is okay, but where is mom?" The next day I went back to the shelter and volunteered to foster them until they were old enough to be adopted.

The funny thing is, several weeks prior, two dog trainers who regularly contribute to WDJ, as well as a newer veterinarian contributor, all asked whether they could write puppy-related articles for the November issue. I said yes to all three, thinking we'd have a nice little "puppy development" package as a result, and I'm so happy I did! The timing couldn't have been better for me! Because their articles – which appear in this issue – arrived in my email about the same time as the litter of six puppies took over my

office, I've had ample opportunity to use the experienced trainers' advice for managing both the puppies themselves and the puppies' interactions with my two 7-year-old dogs.

I'm also keeping in mind the information from shelter-medicine expert Jessica Hekman, DVM, MS, regarding puppies whose mothers may have sustained prolonged and severe stress while pregnant (her article appears on page 14). Before reading the article, I hadn't ever considered that a dog's in-utero experience could have an effect on how the dog responds to the world months later. Given the poor condition of the puppies when I got them (parasite-infested, undernourished, surrendered too young to a shelter), I imagine their mom hadn't been having a great time lately, either, and I've been taking a precautionary "super socialization" approach suggested by Dr. Hekman's article. (By the way, if you're interested in hearing more about the pups, I've written a lot about this fostering experience on the WDJ blog page: [wholedogjournal.com/blog](http://wholedogjournal.com/blog).)

Final coincidence: I was due to write a wet-food review. I don't regularly feed it, so opening at least four cans of food a day for the puppies was a good refresher in "what to look for, and what to look out for" in canned food. Enjoy!

NK

**MISSION STATEMENT:** WDJ's mission is to provide dog guardians with in-depth information on effective holistic healthcare methods and successful nonviolent training. The methods we discuss will endeavor to do no harm to dogs; we do not advocate perpetrating even minor transgressions in the name of "greater good." We intend our articles to enable readers to immediately apply training and healthcare techniques to their own dogs with visible and enjoyable success. All topics should contribute to improving the dog's health and vitality, and deepening the canine/human bond. Above all, we wish to contribute information that will enable consumers to make kind, healthy, and informed decisions about caring for their own dogs.



🐾 NUTRITION 🐾

# Canned Answers

*Here's what to look for and what to look out for – but you have to pick which is best for your dog.*

BY NANCY KERNS

**H**ow do you choose a canned food for your dog? It probably depends on why you want to feed him a wet food – and it may even depend on how big he is or how old he is. Are you trying to build or rebuild a dog's health or help a starved dog gain weight? Tempt the appetite of a sick, depressed, (or just fussy) dog? Prevent further health problems in a dog with diabetes or kidney disease? Does your dog weigh two pounds, 20 pounds, or 120 pounds? Is she two months old, two years old, or 20 years old? The answers you give will undoubtedly affect your choice, because top-quality canned dog food is extremely expensive.

When you think about it, good foods *have* to be expensive. This is chiefly because top-quality ingredients like real, fresh meats from named species – one of the main draws of canned foods – cost more than lower-quality rendered meat meals, meat by-products, and plant proteins. Percentage-wise, top-quality wet foods also contain more meat than dry foods – and that's another reason to feed them, especially to dogs whose health is precarious.

Most pet food companies formulate their products according to the price they

regard as viable – what their experience has led them to believe is the most dog owners will pay. This is why the vast majority of canned dog foods on the market contain things like meat by-products, grains (or grain by-products), and/or any carbohydrate sources at all!

But the companies that make canned dog foods that are truly top-quality, with wholesome meats and precious few non-meat ingredients, are not making anything close to the majority of the foods on the market. They formulate and manufacture products for an elite, in-

**None of the foods in the bottom row meet our criteria for a top-quality canned dog food; all of the product on the top row are premium-quality products. You are the only person who can say which is best for your dog, however!**

formed minority of pet owners who will pay a premium price for the best canned foods available.

But when you start examining good canned dog foods on the market in order to sort and rank them according to quality, you will notice that there is a broad range of quality even within this very narrow segment of the pet food market. It's sort of like splitting molecules: as you discover smaller and smaller particles, the wider and wider the spaces between the particles appear. How do you compare products that contain far superior meat sources with products containing higher percentages of lower-quality meat? Is a product that contains whole organic chickpeas better or worse than one that contains a much smaller amount of a vegetable by-product, like tomato pomace?

## WHAT'S YOUR MOTIVATION?

Again, the answer is that it depends. The first task is to determine whether the product you are considering for your dog is properly qualified as a "top-quality" food. Then you have to look for the features that have motivated you to spend more than the average dog owner on canned food, and weigh them against the product's weaknesses. What is most important to you: the amount of animal

protein in the food? The type and quality of fat used in the formula? Organic or non-GMO ingredients? Domestically sourced ingredients? Are you looking for a grain-free, gluten-free, or carb-free food – and do you know the difference? (Many grain- and gluten-free foods do contain other carbohydrate sources, such as potatoes, sweet potatoes, pumpkin, peas, or chickpeas.)

What about the fat content? The less carbohydrate content in a canned food, the higher its fat content tends to be. Is your dog a slender agility superstar, apt to lose 10 percent of his body weight over

a weekend trial, who would benefit from a high-fat food? Or is he a senior couch potato with limited mobility, who needs a reduced-fat formula?

Same goes for protein. Depending on your dog, higher amounts of protein can be a good or a bad thing.

What about moisture? Are you looking for a stew-like product with 85 percent moisture, to increase your dog's hydration? Or is the average amount of moisture (78 percent) in a meatloaf-style food plenty for your dog?

Below is our list of selection criteria – hallmarks of quality – that you can use

to identify whether the product you are considering is in the “premium” strata of the market. We also list some deal-killers – traits that eliminate products from our consideration. And starting on the facing page is a list of companies (listed alphabetically, *not* ranked) that make canned foods that possess all the requisite hallmarks of quality and that have no disqualifying characteristics. Your priorities for your dog – and your budget! – will have to determine which of these WDJ-approved foods is “best” for you and your dog.

You can do this! Just read the labels!

## HALLMARKS OF QUALITY

The following is our selection criteria – the things a canned dog food must have to appear on our “approved” foods list:

- A whole, named animal protein in one of the first two positions on the ingredients list. “Whole” means no by-products. “Named” means a specific animal species – chicken, beef, pork, lamb – as opposed to “meat” or “poultry.” Because we are looking for products with the highest possible inclusion of top-quality animal proteins, we’d choose a product with meat first on the label over one that listed water (or broth) first and meat second.
- Named fat sources.
- If vegetables, grains, or other carb sources are used, we prefer to see them whole, rather than by-products (potatoes, rather than potato starch, for example).

## DISQUALIFIERS

There are actually far more traits that automatically disqualify a canned food from our consideration. **Quality canned dog foods should *not* contain:**

- An *unnamed* animal protein or fat source, such as “meat,” “poultry,” or “animal fat.”
- Any meat or poultry by-products.
- Wheat gluten, which may be used as a cheap source of plant protein, a thickener, and/or a binder, holding together artificially formed “chunks” of ground meat.
- Sugar, molasses, or other sweetener
- Artificial colors, flavors, or preservatives.

## GIVE IT A TRY; THERE ARE NO WRONG ANSWERS

Each of the chicken-based canned foods shown here qualify as “WDJ-approved.” We’ve listed a partial list of ingredients

for each product as well as the products’ protein, fat, and moisture content. Which would be best for your dog?

Contains: Chicken, chicken broth, chicken liver, peas, sweet potatoes, suncured alfalfa meal, salmon oil . . .

Protein: 9.5%  
Fat: 6.5%  
Moisture: 78%



Contains: Organic chicken, water, brown rice, organic turkey, organic potatoes, organic carrots, organic chicken liver, organic apples . . .

Protein: 7.5%  
Fat: 6.0%  
Moisture: 78%



Contains: Chicken, chicken broth, chicken liver, carrots, celery, zucchini, yellow squash, pasta . . .

Protein: 4.5%  
Fat: 2.5%  
Moisture: 85%



## ARTEMIS PET FOOD COMPANY

Carson, CA; (310) 315-4090; artemiscompany.com

Artemis has two different lines of foods: **Fresh Mix**, available in 3 varieties, all containing meat and vegetables; and **Osopure**, available in 3 varieties, containing only meat and a vitamin/mineral mix.

## BLUE BUFFALO COMPANY

Wilton, CT; (800) 919-2833; bluebuffalo.com

Blue Buffalo has perhaps the most SKUs (stock keeping units, i.e., unique product/size/package) of any pet food company. Its lines include: Basics (3 "limited ingredient" varieties); Blue's Stew (6 varieties); Chunky Stew (3 grain-free varieties); Divine Delights (5 varieties, each available in a pouch or plastic tub); Family Favorite Recipes (6 varieties); Freedom (10 grain-free varieties, four of which are dubbed "Freedom Grillers"); Healthy Starts (4 varieties), packed in plastic tubs and promoted as a "breakfast" for your dog (not kidding); Homestyle Recipes (11 varieties, including 3 for small dogs and 1 for large breeds); and Wilderness (15 grain-free varieties, 3 of which it are denoted as "dinners," 4 as "stews," and the remaining 8 are called "grills," whatever that means). The company discontinued its "Longevity" line, it said, due to poor sales.

## CANIDAE CORP.

San Luis Obispo, CA; (800) 398-1600; canidae.com

Canidae has two lines of foods: **Canidae Life Stages** (6 varieties); and **Pure** (5 grain-free varieties).

## CASTOR & POLLUX PET WORKS

Amarillo, TX; (800) 875-7518; castorpolluxpet.com

Castor & Pollux was bought by Merrick Pet Care a few years ago, but is branded and marketed completely independently of Merrick's other lines, so we list it separately, too. Castor & Pollux has two lines: **Organix** (13 varieties, 9 of which are grain-free and all featuring organic ingredients); and **Natural Ultramix** (14 varieties, 9 grain-free).



## CENTRAL GARDEN & PET

Walnut Creek, CA; (888) 500-6286; central.com

Central Garden & Pet has two lines: **AvoDerm** (8 varieties, including 2 grain-free); and **Pinnacle** (5 varieties, including 2 grain-free).

## CHICKEN SOUP FOR THE SOUL

Cos Cob, CT; (800) 658-0624; chickensoup.com

As recently as last year, this line of food was manufactured and sold by Diamond Pet Products, but the license to the "Chicken Soup" name seems to have been reclaimed by the "Chicken Soup" company, which now markets the three canned varieties of Chicken Soup for the Soul.

## DIAMOND PET PRODUCTS

Meta, MO; (800) 442-0402; tasteofthewildpetfood.com

Diamond makes a number of lines, including some that do not meet WDJ's selection criteria. The Diamond line that does meet our selection criteria is **Taste of the Wild** (5 grain-free varieties).

## DOGSWELL

Los Angeles, CA; (888) 559-8833; dogswell.com

Dogswell has four lines: **Happy Hips** (3 grain-free varieties; sweet potato is used as a carb source); **Live Free** (4 grain-free varieties; pumpkin is used as a carb source); **Nutrisca** (3 grain-free varieties; peas and chickpeas are used as carb sources); and **Vitality** (3 grain-free varieties; sweet potato is used as a carb source).



## DRS. FOSTER & SMITH

Rhineland, WI; (800) 381-7179; drsfostersmith.com

Drs. Foster & Smith has three varieties.

### EVANGER'S DOG & CAT FOOD COMPANY

Wheeling, IL; (847) 537-0102; evangersdogfood.com

Evangers is another company that frequently tinkers with its offerings. It currently has six lines: **Classic** (10); **Game Meats** (12 grain-free varieties); **Hand-Packed** (7 grain-free varieties); **Organics** (2); **Signature Series** (4); **Super Premium** (9). Some of the varieties are intended for "supplemental or intermittent feeding only."

### FROMM FAMILY FOODS

Mequon, WI; (262) 242-2200; frommfamily.com

Fromm has two lines: Fromm Four Star (3 varieties); Fromm Gold (3 varieties).

### HALO, PURELY FOR PETS

Tampa, FL; (800) 426-4256; halopets.com

Halo offers: **Halo Senior** (with 2 varieties); **Spot's Choice "Shredded Recipes"** (4 grain-free varieties, which use chickpeas as a carb source); **Spot's Stew** (6, including two new "small breed" varieties); a vegan food; and a new line, **Vigor** (3), which uses quinoa as a carb source.

### HILLS PET NUTRITION

Topeka, KS; (800) 445-5277; hillspet.com

Hills has several lines that do not meet our selection criteria, but has one line with products that do: **Ideal Balance** (10 varieties, including 3 grain-free).

### HOUND & GATOS

Manhattan, NY; (212) 618-1917  
houndgatos.com

Hound & Gatos has 8 limited-ingredient (mostly meat) varieties.



### KENT NUTRITION GROUP

Muscataine, IA; (877) 367-9225; bynaturepetfoods.com

Kent has two lines: **By Nature** (with 4 grain-free "entrees" and 4 "95%" formulas that are 95% meat); and **By Nature Organics** (8 organic varieties).

### LOTUS NATURAL FOOD

Torrance, CA; (888) 995-6887; lotuspetsfoods.com

Lotus now offers two lines: **Lotus Canned Stews** (3 grain-free varieties, each containing a mix of meat, vegetables, fruit, and other food ingredients); and a new limited-ingredient line, **Lotus Just Juicy** (with 2 grain-free varieties).

### MERRICK PET CARE

Amarillo, TX (800) 664-7387; merrickpetcare.com

Merrick has three lines of canned dog foods: Castor & Pollux (see above), Whole Earth Farms (see below), and Merrick's main, eponymous **Merrick** line, with 39 grain-free varieties. Six are "96%" products (contain 96% meat).

### MULLIGAN STEW PET FOOD

Jackson, WY; (888) 364-7839; mulliganstewpetfood.com

Mulligan Stew offers six varieties.

### NATURA PET PRODUCTS

Fremont, NE; (800) 532-7261; naturapet.com

Natura was purchased by Procter & Gamble in 2010, but the Natura lines were made and marketed separately from P&G's other pet foods. In April 2014, P&G sold all of its pet food companies (including the Natura foods plus Eukanuba and Iams) to Mars Petcare, although the change in ownership has not yet been reflected in any changes on the product websites or product labels. Natura has four lines: **California Natural** (3 varieties); **Evo** (6 grain-free varieties); **Innova** (7 varieties); and new **Innova Farmhouse Stew** (4 varieties, packaged in tubs).

### NATURAL BALANCE

Burbank, CA; (800) 829-4493; naturalbalanceinc.com

Natural Balance was purchased by Del Monte Foods in May 2013. Natural Balance has two lines: **LID Limited Ingredient Diet** (6 varieties); and **Ultra Premium** (6).

### NATURE'S VARIETY

St. Louis, MO; (888) 519-7387; naturesvariety.com

Nature's Variety has two major lines: **Instinct** (13 grain-free, including 3 "limited ingredient" varieties); and **Prairie** (11, including 7 "Homestyle by Prairie" stews).

### NEWMAN'S OWN ORGANICS

Aptos, CA; (800) 865-2866; newmansownorganics.com

Newman's Own offers 11 varieties that contain organic meats, including 7 grain-free.

### PARTY ANIMAL

West Hollywood, CA; (855) 727-8926  
partyanimalpetfood.com

Party Animal has two lines: **Cocolicious** (6 grain-free varieties, each containing organic coconut oil, including 3 that contain organic meats); and **Party Animal** (10 varieties, including 6 organic and 8 grain-free).

### PETCUREAN PET NUTRITION

Abbotsford, BC, Canada; (866) 864-6112; petcurean.com

Petcurean has one line of canned food: **Go!** (7 varieties, including 2 grain-free)

### PETGUARD

Green Cove Springs, FL; (800) 874-3221; petguard.com

Petguard offers 13 varieties, including 2 organic.

### PET - TAO

Fairview, TN; (615) 934-3832; pettao.com

Pet-Tao offers 4 varieties.

### PETROPICS

Sequim, WA; (360) 797-1421; petropics.com

Petropics has one line, **Tiki Dog**, with 10 varieties.

### SOLID GOLD HEALTH PRODUCTS FOR PETS

El Cajon, CA; (800) 364-4863; solidgoldhealth.com

Solid Gold offers 5 varieties, including 2 grain- and gluten-free.

### SPRING NATURALS

Mitchell, SD; (866) 868-0874; springnaturals.com

Spring Naturals offers 11 products, 4 with whole grains and 7 grain-free varieties.

### THREE DOG BAKERY

Kansas City, MO; (800) 487-3287  
threedog.com

Three Dog Bakery has 4 varieties of "Gracie's Gourmet" food (in pouches).



### VERUS PET FOODS

Abingdon, MD; (888) 828-3787; veruspetfoods.com

Verus has 11 varieties, including 4 new varieties utilizing Green Lipped Mussel.

### VET'S CHOICE

Melville, NY; (800) 992-9738; vetschoice.com

Vet's Choice has 5 Holistic Health Extension varieties, including 2 grain-free; 2 are for supplemental feeding only.

### WELLPET

Tewksbury, MA; (800) 225-0904; wellpet.com

Wellpet has three lines: Wellness, Eagle Pack, and Holistic Select. The **Wellness** line itself is large, comprised of 8 "Complete Health" varieties; 6 "chunks and gravy" stews; 6 grain-free "Core" varieties; 4 "Simple" (limited ingredient) varieties (including 2 grain-free); 8 new grain-free "Petite Entrees" (for small dogs, packed in small plastic tubs); and 5 "mixers and toppers," 95%-meat products meant for supplemental or intermittent feeding.

Wellpet's **Eagle Pack** line has 4 varieties; the **Holistic Select** line was recently reformulated, and offers 6 grain-free varieties.

### WERUVA

Natick, MA; (800) 776-5262; weruva.com

Weruva has 17 varieties of grain-free "stews." These products are made in Thailand.

### WHOLE EARTH FARMS

Amarillo, TX; (800) 323-3353; feelgoodness.com

Merrick Pet Care's third line, Whole Earth Farms, is positioned as its "affordable" line; even so, the company says its products contain no ingredients from China. The line has 7 grain-free varieties.

# Order! Labrador in the Court

*Trained to provide inconspicuous support.*

BY LISA RODIER

**H**is real name is Blake, but his nickname is Batman – a handsome gentleman, ready to swoop in on a moment’s notice to fight crime in his own special way. Blake is a gorgeous, three-year-old Labrador Retriever employed as a courthouse dog for the Pima County Attorney’s Office in Tucson, Arizona. Trained by Assistance Dogs of the West (ADW), and partnered with victim advocate Colleen Phelan, Blake provides support to victims and witnesses of crime as they navigate the vagaries of the judicial process.

Courthouse dogs are professionally trained facility dogs who provide emotional support to people throughout the criminal-justice system. They may begin working with clients upon reception into a safe house or child-advocacy center, or during the process of conducting forensic and medical interviews, or when the case gets to court. While a courthouse dog is not a service dog, per se – the dog does not assist a person with a disability, nor

does the dog have public-access rights as would a service dog – courthouse dogs are nonetheless “graduates” of accredited service-dog organizations, and are paired with handlers who are working professionals in the criminal-justice field.

## BLAKE’S JOB

At age two, Blake was selected to work in the Pima County Superior and Justice Courts, as well as the Southern Arizona Children’s Advocacy Center. His han-

dlar primarily focuses on cases in the Pima County Attorney’s Office Special Victims’ Unit, which prosecutes sexually based offenses with adults and physical/sexually based offenses with children. Phelan and Blake assist individuals from infants to older adults in cases including child molestation, adults who have been sexually assaulted, and babies with injuries caused by traumatic abuse.

According to Phelan, in a very broad sense, Blake provides a basic level of comfort to his charges. When Phelan works with a child (in her role, she’s active during the prosecution phase), the child is more inclined to feel comfortable with her because she has an amazing dog alongside who trusts her. Typically, she says, as children pet the dog, the interaction calms them, and they begin to talk about the trauma they’ve suffered, revealing accounts of sexual or physical abuse. “We help kids get their voices – to feel like somebody’s going to listen. There’s a lot of sitting on the floor and petting the dog while talking to the attorney, whereas typically, pre-Blake, we’d be sitting at a desk more formally,” Phelan notes.

In the courtroom environment – and what is allowed in one courtroom may differ from what is allowed in another – Phelan and Blake may sit quietly at the back of the courtroom, but within a clear line of the child’s sight, while a child is on the stand testifying. Because of the child’s prior interaction with and trust of the team, the child feels a sense of comfort and empowerment while in a potentially terrifying situation.

“While that might look like ‘just a dog sleeping,’ a dog who’s sleeping inately tells us that the environment is okay,” says Jill Felice, ADW’s founder and program director. “Because humans have lived with dogs for the past 20,000 years, when we see a dog who’s relaxed, we know it’s safe. For that child, in that moment, seeing a dog lying there in the courtroom sleeping . . . they know that they’re safe. The way that the dog moves



**Blake works with children who have suffered physical and sexual abuse; his presence can help children “find their voices.” Photo courtesy of the Pima (Arizona) County Attorney’s Office.**



so easily through the process gives people a model to mimic. Everybody is just a little bit calmer, and a little more relaxed, in a situation that is never easy.”

Phelan, who takes Blake home at night, echoes that sentiment. “He teaches me about slowing down and taking my time. Blake is my balance. He helps me to get grounded again, both at home and at work.”

While Phelan is the first to say that her overall wellness has increased (emotionally, spiritually, and physically) because of Blake, she also points out that being responsible for a courthouse dog is an incredible amount of work. While she wouldn’t trade Blake for anything, she explains that her job went from an 8 a.m. to 5 p.m. work day to 24/7.

“Some days I feel a little like Kevin Costner in ‘The Bodyguard’ and Blake is Whitney Houston. He is noticed wherever we go and we are constantly ‘on.’ That took some getting used to, especially when one of us is tired or I am in a hurry.” But she’s quick to add that people are generally a lot nicer when she has Blake, which may seem silly, but is very noticeable!

## TEMPERAMENT AND TRAINING

Blake was tapped for this special job as a puppy, in part due to his extremely calm and patient demeanor. His ability to remain focused and “still” during court is critical to his success. Another aspect of his personality is his emotional confidence, or his ability to approach and “take care of” an individual who is crying or upset, while not taking on any of that emotion himself.

Phelan also appreciates Blake’s ability to weave through a courtroom. “While he’s interested in what’s happening, he’s not too interested; he won’t necessarily approach people freely, but if somebody’s interested in him, he likes to be talked to. His personality is like that of an English gentleman,” she says with a smile.

ADW dogs begin training at eight weeks of age, and are trained up until 18 months to two years of age, using positive methods including clicker training. Although the dogs live with professional trainers, the ADW approach is unique in that children help train the dogs in programs that take place in school, after



At night, Blake goes home with his handler, and lives like any other normal dog. He’s seen here enjoying holiday treats with other family dogs at “Grandma’s house.” PHOTO COURTESY C. PHELAN.

## THERAPY DOG?

When I first learned about courthouse dogs a few years ago, I wondered why therapy dogs couldn’t do the job; why a specially trained courthouse dog?

The Courthouse Dogs Foundation, a non-profit organization that promotes, educates, and advocates for the use of courthouse dogs in the criminal-justice system by criminal-justice professionals, stands firmly against the practice of using therapy dogs in court. They

believe that courthouse dogs should be trained and placed only by accredited service-dog organizations, and handled by professionals in the legal field, since these individuals have an in-depth knowledge of the law and victims’ rights, and understand the confidentiality requirements of the judicial system.

“I love therapy dogs and all the work that they do,” explains Linda Milanese, Executive Director of ADW. “The courtroom, however, is an environment that is very emotional, much heightened, potentially adversarial and, in a lot of cases, sad and demanding. If an individual doesn’t have the knowledge of the daily activities and workings of the judicial system, they could unknowingly, as a handler and her dog, get a case thrown out of court because of their behavior. It’s a scary place to be if you don’t know what you’re allowed and not allowed to do.” Case closed. 🐾

*Lisa Rodier lives in Georgia with her husband and Atle the Bouvier, and volunteers with the American Bouvier Rescue League.*

## FOR MORE INFORMATION:

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# Waterworks

## Tips and techniques for bathing your dog.

BY DENISE FLAIM

**G**iving your dog a bath is sort of like mixing a cocktail, or hitting a golf ball: It seems deceptively straightforward, but you need a lot of background knowledge to really master it. From what kind of shampoo to use to how frequently your dog should be sudsing up, there are all kinds of technical questions to consider before grabbing that spray hose and going to town. But there are also deeper issues at play: Nothing quite lays bare the state of your relationship with your dog like trying to negotiate that slippery expanse of porcelain together. Here are some tips for smooth sailing, at bathtime and beyond.

### MYTHIC PROPORTIONS

Groomer Anna Stromberg of Vista, New York, hears a lot of misinformation about canine cosmetology from new clients. One of the whoppers? That bathing your dog is not good for his skin.

Stromberg's reply is always the same: "I ask them, 'How would you feel if you didn't wash your hair for three months?'" In response, her clients usually shift around and smile wanly: Itchy, uncomfortable, and out of sorts is the unspoken answer.

But how often to wash a dog is something that varies, depending on the dog's coat and her activity level. Dogs who spend most of their time snoozing indoors might only need bathing once a month; those who like rolling in the dirt and mud might need weekly soaks. Stromberg says that, again, contrary to popular belief, "Washing your dog's hair once a week with a good shampoo and conditioner won't do her any harm."

In fact, not bathing can have negative consequences, and not just for the dog.

"The cleaner the dog, the fewer problems for you and your family in terms of allergies," Stromberg says.

Smooth-coated dogs, she adds, often trigger more allergies in people – not because they necessarily produce more dander, but because they usually are not washed as frequently as their long-haired counterparts, if at all. "Approach the owner of a Boxer in a park, and ask

when was the last time that the dog had a bath; chances are his owners will say, 'Oh, we never wash him; we only have his nails cut.'"

At the other end of the spectrum are owners who are overzealous with their bathing techniques. "Some people think the more, the better," Stromberg says, adding that using copious amounts of shampoo might very well irritate your dog's skin – not the goal at all.

### PARTY IN THE TUB

Unless warm weather prevails and they can move the waterworks outside, most do-it-yourselfers wash their dogs right where they do their own daily ablutions – in the bathtub or shower stall.

Before she became a professional groomer, Mary Oquendo of Pawsitively Pretty Mobile Grooming in Danbury, Connecticut, did just that. And she has some tips for rub-a-dub-dubbers.

"With my larger dogs, I would put on a bathing suit, and I got in the tub with them," she says. This tag-along approach not only lowered her dogs' stress level – they thought of it more as play time than a grooming session – but it also likely spared Oquendo a trip to the chiropractor. "If you're bathing a long-coated dog like a Golden Retriever, that's




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**What do professional groomers do that we tend not to do when we wash our dogs? For starters, they always dilute whatever shampoo they use with water, and they sudz the dog thoroughly twice.**

a half-hour bent over the tub,” she says. “Your back is going to kill you.”

When it comes to rinsing their dogs, some owners use a small container to repeatedly fill and pour, fill and pour. “Shower attachments are a whole lot easier,” Oquendo advises, adding that portable sprayers that attach to the tub spout are an inexpensive alternative.

Because tubs can be slippery, Oquendo recommends laying down a towel so the dog has better footing. And if you decide not to wade in yourself, she suggests putting another towel on the rim of the tub so you don’t slip on the porcelain surface as you lean on it.

If you don’t like the idea of turning your bathroom into a doggie spa, some stores sell portable “booster” tubs that can be set up anywhere there is a hose connection, such as your garage or basement. But Oquendo reminds that while the elevated tub will save your back, getting your dog up that high can take some effort, especially if he doesn’t think it’s such a great idea.

(If money is no object, pop over to Pinterest and type in “dog bathtub.” There are plenty of photos of custom-made grooming stations in laundry rooms, including ones with cabinet doors that pull out to reveal built-in stairs.)

As for toy and similarly sized dogs, you already have a handy, appropriately raised bathing receptacle: It’s called the kitchen sink. That’s where Oquendo’s two “Chi-wees” get their baths, even though she has a fully equipped grooming van parked outside.

## SOURCE YOUR STUFF

Kirstine Reynolds of Groom with a View in Draper, Utah, runs a page on Facebook for groomers. And one of the most hotly discussed subjects these days is the labeling of ingredients – or, more precisely, the lack of it – on shampoos and other grooming products.

“Pet shampoo is not regulated, so manufacturers don’t have to list ingredients,” says Reynolds, who maintains a list of companies that disclose all of the ingredients in their products. Some shampoos contain ingredients that sensitize skin and can cause irritation; others use problematic preservatives such as DMDM hydantoin, which controls microorganisms by releasing formaldehyde, a neurotoxin and carcinogen.

Reynolds uses brands such as Isle of

Dog and Chris Christensen, though she notes that they have preservatives in them, too. “Shampoos have to contain preservatives,” she explains. “Otherwise, they grow mold and bacteria.”

Oquendo also pays close attention to ingredient lists. She avoids products that take what she calls a “dodgeball” approach, using amorphous terms such as “shampoo-based” or “proprietary mix of essential oils” without more specific information. Oquendo wants to know what ingredients are in her shampoos, and where those ingredients are sourced. “I personally can have a reaction to melaleuca, or tea tree oil,” she says. “I need to know if a product has tea tree in it. My next question is, ‘Where did you get it?’ Because there is some tea tree oil I can use, and it comes down to the manufacturer.”

If you find yourself in a pinch, without any kind of dog-formulated shampoo whatsoever, don’t use your own, which likely contains perfumes that can irritate a dog’s skin. Provided the dog is in good health, bathed regularly, his skin accustomed to being shampooed, and you do an extremely thorough job rinsing his coat, “whatever you use on your children is fine for your dog,” Stromberg says. “You can use Dawn dish soap, too – it’s used on seabirds to get oil from spills off them.”

## DILUTE! DILUTE! OK!

According to Oquendo, one of the biggest mistakes people make when bathing their dog is “oversoaping.” Across the board, professional groomers stress that diluting shampoo before applying is the unqualified key to success. Because of its thickness, full-strength shampoo tends to cling to the top of the coat, resisting even distribution and not penetrating to the undercoat and skin beneath.

Oquendo pre-mixes her shampoo in an empty two-liter soda bottle: She adds about a half-inch of shampoo and then fills the rest with water.

Making sure the dog is totally saturated before applying the shampoo is another must. “The wetter the dog, the more the shampoo will mix into the coat,” she says, adding that she starts at the top, with the dog’s back, and then works her way down the sides.



**Look for products with the ingredients listed on the label. This is not a legal requirement for shampoos, but it’s a requirement nevertheless for people who want the best, safest products for their dogs.**

With most dogs, once it not enough: Reynolds says when groomers hand-wash their charges, they shampoo them twice. “Lots of times, on the first shampoo, you won’t get the coat as wet, and it won’t get wet through.”

And don’t forget a good-quality conditioner. “A lot of people think their dogs have allergies when actually the skin is dried out from washing,” Reynolds says. “I condition every dog I bathe – even the short-haired ones.”

Dilute the conditioner just as you do the shampoo, and let it sit on the coat for a minute before rinsing.

## RINSE CYCLE

That brings us to another important part of the bathing routine that many owners bungle. Residual soap in the coat can irritate the skin, leading to itchiness, flaking, hotspots, and other skin problems.

“Rinse, rinse, rinse,” says Stromberg in the dog groomer’s version of that old “How do you get to Carnegie Hall?” joke. “You need to rinse until you don’t see any more suds.” Then, after you think you’re done, “rinse for another three minutes.” Just to be sure.

## FACE TIME

Many owners avoid washing their dogs’ faces, and that’s understandable: Shampoo that inadvertently gets into a dog’s eyes creates just as painful and burning a sensation as it does for we humans. “And you can actually cause ulcers to the eyes if you get shampoo in them and don’t rinse it out,” Reynolds says.

But the solution isn’t avoidance: It’s using the right technique and product.

“I put my hand over the dog’s face and cover the eyes,” whenever washing or rinsing in that area, Oquendo says. “And I tilt the head downward so any soap will run down rather than sitting on top of the head.”

There are a variety of face washes that are specially developed for cleaning this part of a dog’s body. Reynolds recommends South Bark’s Blueberry Facial (southbark.com), which can also be used as a full-body shampoo.

**High-velocity dryers help groomers dry dogs quickly, even dogs who have dense double coats. These powerful tools should never be used on or near the dog's head.**

## BRUSHING UP

With a long-coated dog, the best time to brush and comb the hair is while it is still wet, not dry. "If you have a longer-coated dog that has more hair, like a Shih Tzu or a Goldendoodle, the best time to comb them out is when the hair is damp," Reynolds says. "That's when hair is flexible, and it's easier to see where the tangles are."

But if you haven't been regularly brushing and combing your dog, don't expect a bath to miraculously leave her looking like a Breck Girl. In fact, if you bathe a longhaired dog whose grooming has been neglected – Oquendo's rule of thumb is that a dog with a coat more than an inch long should be groomed every day – you will be doing more harm than good. "It's like washing a wool sweater," Reynolds says. "It just causes the tangles to get even tighter."

If your dog has an unkempt and possibly matted coat, immediately head to a professional groomer to have it taken care of. Do not attempt to yank or cut out the mats yourself: The aftermath just might land your dog at the vet's office.

Oquendo reminds that brushing and combing have different functions: The brush is the advance man, loosening up the coat to make it ready for the more narrowly spaced tines of the comb. If the comb begins to meet resistance, don't try to force it through. Instead, return to the brush until you've made enough headway to start combing again. (Note that the tines on either end of the comb are spaced differently. At the start of your combing session, start with the wider end. As the coat gets smoother, switch to the narrower side.)

"Combing is really important," Oquendo says. "And that means getting that comb right down to the skin. Otherwise, it's just surface brushing, and if you part the coat, there are mats beneath."

Not surprisingly, the quality of the brushes and combs you use is very important. "Basically, the more you spend, the better the quality," says Oquendo, who has paid as much as \$85 for a comb. Cheap-quality brushes have tines that are simply cut, as opposed to rounded, and will scratch the skin.



## MANAGE YOUR OWN EXPECTATIONS

Get a bunch of dog groomers together for coffee, and chances are the talk invariably turns to the "Doodle" explosion among their clients. Their gripe isn't with the dogs themselves: It's with the owners who have selected a particular type of dog without understanding the grooming – and, often, temperament – issues that come with it.

"Doodles are one of the hardest dogs to wash because their coats are so dense," Stromberg explains. Thanks to the designer dog's mixed heritage – a Poodle typically crossed to a Labrador or Golden retriever – "you're dealing with double, curly coats with undercoat. And with hyper dogs – a dog who has lost his patience by the time you've wetted him down."

The kind of coat your dog has will help you determine how much bathing and grooming she needs, and what products will work best for her. And while there are general rules of thumb ("Nine times out of 10, a German Shepherd will shed more than an Afghan Hound, and a German Shorthaired Pointer will shed less than a Lab," Stromberg says) there can be big variations among dogs of the same breed or type.

Bathing does cut down on shedding,

but "some dogs will never stop shedding, even if you bathe them once a week," Stromberg says.

Of course, you love the dog you love. But if you decide to buy a purpose-bred dog, seek out a reputable breeder who pays attention to coat quality, especially in breeds with long or distinctive coats, such as terriers. Dogs with poorly textured coats are much more difficult to keep clean, bathe, groom, and maintain.

## HOW DRY I AM

Once a dog is properly bathed, getting him dry is the next step. As you might expect, towels are a must – lots and lots of towels. "Absorb as much as you can after you've rinsed your dog well," Reynolds advises. "The more moisture you absorb with the towel, the faster they dry."

Consider investing in a drying towel, which has an absorbent, deep-pile surface that wicks water away from your dog's coat, like a shammy cloth.

A good toweling and brisk romp through the backyard (weather permitting, of course) is likely all a short-coated dog needs to get dry. But dogs with double coats, such as Akitas or Samoyeds, require extra help.

"Undercoat is designed to insulate, and when that insulation is not needed,

it comes out – all over your house,” Reynolds explains. When professional groomers dry double-coated dogs, they use dog-specific dryers that blast room-temperature air at such high velocity that the downy undercoat is loosened and pushed out. That, in turn, significantly reduces the amount of shedding – those tumbleweed-like tufts that can turn your living room into a convincing approximation of an Arizona ghost town.

Drying a dog with a hand-held blow dryer takes a lot of time (especially if you use the lowest possible setting to prevent unintentionally burning or overheating the dog), and it does nothing to remove the undercoat. While high-velocity dryers are available to non-professionals, they require skill and experience to operate safely.

“They can be really dangerous in the wrong hands,” Reynolds warns. “You could literally blow a Yorkie across the room with one.” If not placed properly, high-velocity dryers “can pop an eardrum or even a lung,” she adds. “They are great equipment, if someone takes the time to learn how to use them properly.” You should never use a high-velocity dryer around the head, and using a product like a Happy Hoodie (see [happyhoodie.com](http://happyhoodie.com)) is a good idea: It not only safely covers the ears, but it also applies calming pressure, because force-drying is very often a stressful experience for a dog, especially one who is new to it.

Some owners might decide that all this bother isn’t worth it, and so they opt to shave a dog like a Golden Retriever to eliminate the problem. But this has its quandaries as well.

“The mechanics of a double coat are that the undercoat keeps the dog cooler in summer and warmer in winter,” Reynolds explains. “When you shave off that double coat, you’re also removing the dog’s means of regulating his body temperature. Shaved dogs are more susceptible to bug bites and sunburn, and shaving off the top coat will make the undercoat shed more.” As a result, Reynolds rarely recommends shaving, except in cases where the dog is severely matted.

## NERVOUS NELLIES

More than having a super-clean dog, Stromberg stresses that the goal is having one who is safe, too.

For instance, dogs can break legs from jumping out of tubs and sinks.

While you can try to foil escape artists by keeping your dog restrained while bathing – Reynolds suggests investing in a detachable grooming loop that suction-cups to the side of tub – just as important is making sure that your dog is comfortable with the whole process to begin with.

Because prevention is worth a pound of cure, start teaching your dog from puppyhood that the bathtub is a fun place where extraordinarily good things happen. Periodically leave treats on the edge of the tub; once your puppy is big enough to hop over the sides, place the goodies inside the empty tub. The idea is to program your dog to want to investigate the tub, and then get comfortable with the idea of jumping into it, which is often the biggest hurdle to bathing. If you get really ambitious, you can practice stand-stays in the tub whenever you are passing by.

When it’s bath time for real, have lots of treats at the ready. “I go really slowly,” Reynolds says, adding that some dogs find the sound of the spray nozzle to be very disconcerting. If that’s the case, she switches to a small bucket to hand-pour the water.

Bath water should be warm to the touch, about 85 to 90 degrees for a dog with normal, healthy skin. If a dog has allergies or any type of skin irritation, the temperature should be a bit cooler.

## THE ONCE-OVER

Use bath time as an opportunity to check your dog over carefully and notice minute changes that might not be readily apparent from just looking.

Oquendo greets her regular four-legged customers by rubbing her hands all over the dog’s body, checking for anything out of the ordinary.

“I’m feeling for lumps, bumps, cysts that may have popped, injuries, and huge matted spots,” she says. “I’m also checking for body language. If as I’m coming down the back leg I feel the dog stiffen, it might mean that the dog is dealing with arthritis or an injury.”

Oquendo also lifts the dog’s lips to make sure the gums are rosy and healthy-looking; she has sent dogs to the vet because she found gums that were pale, a sure sign of illness.

## ROCK ON

Because grooming can be stressful for even the most well-adjusted dog, Oquendo uses crystals to help center her canine clients’ emotions.

“I have a big hunk of rose quartz that sits in my tub,” she says. “It has very calming, gentle energies.” Cleansing stones of accumulated energy is important, and because Oquendo’s rose quartz is constantly being showered with water, that does the job nicely.

She also will use clear quartz, an “amplifying” stone that is often helpful with elderly dogs who need an immune boost. (But she tucks it away when she’s grooming naughty or headstrong dogs, who definitely do not need those qualities amplified!) Another favorite grooming stone is amethyst, an “all-purpose stone that’s really good for animals and children.”

Oquendo suggests that owners do as much as possible to the bathing environment to reduce stress and make it pleasant for the dog. In her grooming van, she plays chakra-balancing music. And while she is a Reiki practitioner, she usually prefers to keep Reiki treatments separate from bathing and grooming, unless a dog is grieving or very arthritic.

Oquendo believes in making grooming time the best it can be for the individual dog, and she promotes this philosophy through an organization she is helping found called the Society of Holistic Pet Stylists. “It’s about being mindful of the animal,” she says, which includes making the experience as low-stress as possible, and using products best suited for each dog, whether it’s a mineral-salt or essential-oil shampoo, or a medically formulated one to address a specific skin condition.

It’s not only the dog who benefits from this sort of approach. “A nicer experience for the dog becomes a nicer experience for me,” Oquendo says. Bath time doesn’t just have to be a chore; if you approach it correctly, it can be a rich time for connecting and bonding with your cherished companion. 🐾

*Denise Flaim of Revodana Ridgebacks in Long Island, New York, shares her home with three Ridgebacks, 10-year-old triplets, and a very patient husband.*



# Stressed-Out Even Before Birth?

*A highly stressed mother dog may influence her unborn puppies and affect their adult behavior.*

BY JESSICA HEKMAN, DVM, MS

**C**an a highly stressful environment during pregnancy affect how puppies turn out? Imagine this: A young dog goes stray and lives on urban streets for two months, in almost constant fear. Kids chase her down a street, throwing rocks at her; she is attacked by another dog; and she struggles every day to scavenge enough to eat. At last she is apprehended by an animal control officer and brought to a shelter. Here she finally gets enough to eat, but she's still not able to relax; the shelter is full of strange smells and loud noises, her run is small, and the floor is hard. After she's been at the shelter for a few weeks, a shelter staff member realizes that she is pregnant and due very soon. The shelter puts her on the waiting list for a foster home, knowing that puppies don't do well when they grow up in shelters.

A few days before her puppies are born she gets into a foster home with an experienced dog owner, and her life suddenly improves tremendously. Her puppies are born small but healthy, and her new foster mom does everything right for them, exposing them to lots of positive experiences. When they are two months old, they are put up for adoption and are quickly adopted into new homes.

But a few months later, reports come back to the shelter that the puppies are all skittish and easily alarmed by new situations. The shelter staffers conclude that the problem must be with the puppies' genetics, because their early environment was superlative. But the puppies' tiny brains were already developing *before* birth, and their hormonal systems were being tuned to make them ready to face the world that their mother had been experiencing.

Such hormonal tuning may be an important survival tactic. For animals born into harsh environments full of threats, where fearfulness is justified, a highly reactive stress response is critical

and may make the difference between life or death. But a highly reactive stress response is also energetically very expensive, so for animals born to gentler environments with less to fear, energy is better spent on other systems, like growth or reproduction. In such environments, extreme fearfulness may actually be a bad strategy, resulting in the loss of opportunities to find food or mates. Mammal mothers pass information to their offspring about what sort of world to expect – and they do so as early as possible, to provide maximum time for appropriate development.

When our shelter dog was harassed and hungry

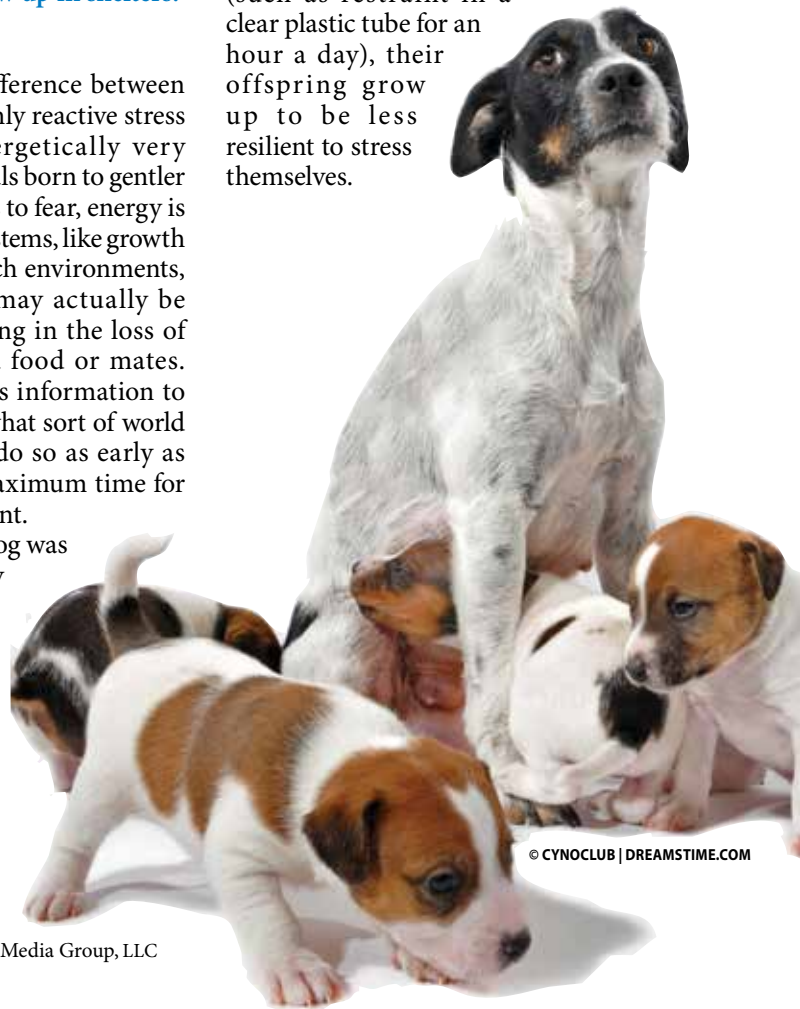
**If a mother dog is subjected to extremely stressful events when she was pregnant, her puppies may be affected – even if their post-birth lives are without hardship or scary experiences.**

on the street, her stress system would have activated strongly, increasing her cortisol level. This hormone tells the different tissues in her body to prepare to deal with a threat, tamping down luxury systems like digestion and reproduction and pulling extra energy from storage.

Normally, an enzyme inactivates cortisol at the placenta, protecting the fetuses from the level of cortisol that the mother is experiencing. But when the cortisol level is *extremely* high, some passes through the placenta to the developing puppies. They receive the extra cortisol as information: The world is scary. We should be prepared. This message is thought to inform the puppies' bodies about what to expect from life, and allows them to develop an appropriately tuned stress system and metabolism.

## DOG STUDIES LACKING

The effects on babies who were born to mothers who experienced psychological stress have been well studied in laboratory rodents. When pregnant rats are subjected to acute stressors (such as restraint in a clear plastic tube for an hour a day), their offspring grow up to be less resilient to stress themselves.



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Rats normally avoid open areas where predators can find them, and this preference is even more pronounced in rats who were stressed prenatally.

Moreover, the rats who were born to the stressed mothers possess stress systems that are more reactive than average; their cortisol levels increase more in response to stress and take longer to decrease than do the cortisol levels of rats born to mothers who were not deliberately stressed. Essentially, these fearful rats have a stress system that is tuned higher, as if they are prepared for stressful events that never come.

This effect has been observed in humans as well, most famously in the Netherlands after a winter of famine at the end of World War II.

The effect of the intra-uterine environment hasn't been studied in dogs, but there is no reason to think that it works any differently in dogs than in humans or rodents. We have to assume that canine mothers also pass along information about their environment to their pups in utero. And sometimes that information is wrong, predicting a life of stress and hardship when the puppy instead ends up loved and coddled. Such a puppy would be tuned to react strongly to stressors. This programming could save an animal's life if she lived on the streets, but it's less appropriate for life as a pet – and it could result in an anxious or fearful dog.

How often does this happen? We don't yet understand all the things that affect a dog's adult behavior, and research studies to piece out the different mechanisms are hard to do without subjecting dogs to aversive situations. So it's impossible to say, but I don't think it's that unusual.

## PREVENTION WHEN POSSIBLE

We *can* take preventive measures, though; we can do our best to make sure that mom's environment while she's pregnant predicts the environment in which her puppies will be raised. So, avoiding extreme stressors in pregnant dogs is a good idea.

Normal life stressors, including going to the veterinarian for checkups, are probably just fine; after all, this is the sort of thing the puppies are going to encounter in their own lives. A shelter situation, however, is probably something to avoid for a pregnant dog. Many shelters do an excellent job of getting moms and



## THE EFFECTS OF MALE WOMB-MATES

If a mother dog's hormones can affect her fetuses in utero, what about the hormones of their siblings? The effects of in-utero testosterone on females with all male siblings are well documented in rodents and cattle, and debatably exist in humans. These females undergo physical and behavioral masculinizing effects.

This effect is not believed to extend to dogs. The likely explanation?

There are three types of mammalian placentas:

- In primates (including humans) and rodents, blood exchange occurs directly from sibling to mom to the next sibling, allowing the indirect transfer of blood-borne testosterone between siblings.
- In ruminants (including cows), there is no direct blood exchange between mom and fetus, but blood vessels within an inner membrane can connect siblings to each other, allowing direct exchange of blood-borne testosterone.
- In carnivores (including dogs and cats), there is neither direct blood exchange between mom and fetus nor directly between two fetuses.

Therefore, there is no known mechanism for hormone exchange between fetuses in dogs. However, anecdotal reports exist of masculinized female puppies in otherwise all-male litters. Is there some other mechanism we haven't discovered? Or is this due to the post-natal environment of growing up with a bunch of brothers? We don't know!

newborn puppies into foster care, and could extend that protocol to pregnant dogs before they give birth. It may also be a bad idea to transport pregnant dogs long distances, such as shipping pregnant females overseas.

We don't know how strong the effect of the intra-uterine environment is, but if we are going to work so hard to properly socialize puppies after birth, why not *before* birth as well?

### TOO LATE?

What if you don't know anything about the environment that was experienced by the mother of the puppy you are thinking about adopting? Should you pass on that pup? No! That would rule out far too many (if not most) adoptions. Go ahead and adopt – but make a point to provide the growing youngster with as many positive social interactions and as much low-stress, safe exposure to the world as you can. Keep in mind that your pup *may* have this unseen impediment to developing normal confidence, and take it upon yourself to “super-socialize” him, just in case.

By the time most people adopt puppies, there are only a few weeks left

in the ideal period in which to socialize them, so you may not be able to entirely make up for any deficits. You can, however, be alert to signs that your pup is going through a “fear period” (which can happen multiple times throughout his puppyhood). Make extra efforts to protect him from overwhelmingly scary experiences and address his fears with behavior modification during those times. And seek the assistance of a qualified positive behavior professional sooner rather than later if you notice unusual fear or reactivity in your adoptee.

Finally, keep in mind that shelters are always looking for competent foster homes. Fostering a pregnant dog allows you to help contribute to building the solid temperaments of her puppies! 🐾

*Jessica Hekman, DVM, MS, completed her shelter-medicine internship at the University of Florida's Maddie's Shelter Medicine Program in 2013. She now studies the genetics of dog behavior in Illinois, where she lives with her husband and three dogs. Check out Dr. Hekman's blog, [dogzombie.blogspot.com](http://dogzombie.blogspot.com), a blog about dog brains and behavior (and sometimes shelter medicine), or follow her on Twitter @dogzombieblog.*

# Make Week One a Strong One

*A step-by-step primer on the first weeks with a new puppy.*

BY PAT MILLER, CBCC-KA, CPDT-KA

It's one of the best feelings in the whole world – those first few hours with your new puppy when everything is perfect and anything is possible. It doesn't take long, however, for that bubble to burst. It could be the very first day, when you step in that pile of puppy poo on your Persian carpet, or find deep puppy tooth gouges in your treasured pair of Jimmy Choo shoes. It might be that first night, when you pop your pup into his crate for the first time and crawl into your bed, only to be treated to a few pitiful whimpers, then a chorus of cries, and finally a non-stop serenade of screaming as your pup broadcasts to the world how lost and lonely he is.

The better prepared you are to do things right from the start, the fewer “What have I done?” moments you'll have, and the more possibilities you and your dog will be able to realize as you travel together through life. Here's

a guide to getting off to the right start with your new pup.

## PRE-PUPPY PREP

If you would like to prolong that initial warm, fuzzy, oxytocin-rich, “anything is

possible” period, set the stage *before* your puppy's arrival so you are setting up him, and yourself, for success. One of the basic tenets of positive reinforcement training is that you put in place management measures so your dog can't find reinforcement for unwanted behaviors. That goes triple for puppies. Put the following management measures in place before you bring your puppy home, and you'll be miles ahead of the game.

✓ **CRATE.** This will be your puppy's bedroom. I recommend crating him in your own bedroom so he has the comfort of your presence; it will help to ease the pangs of loneliness he's likely to feel upon separation from his mom and littermates. (See “Crate Training Your Puppy,” page 18.) Although you will both be sleeping (I hope), it still gives you valuable time together. It also enables you to hear him so you can take him outside when he wakes up and cries at 4:00 a.m. because he has to potty, until he's able to hold it all night.

Your pup's crate should be just large enough for him to comfortably stand up, turn around, and lie down. Some wire crates come with a divider that you can move as the pup grows, to give him only as much space as he needs. Otherwise, plan on getting a series of increasingly larger crates as your pup grows.

**If you have to leave your puppy alone for more than a couple of hours, he'll need a safe enclosure to keep him out of any danger (such as chewing electrical cords) and to keep him from practicing unwanted behaviors (like pottying on the rug or chewing the sofa).**





✓ **EXERCISE PEN.** Like a playpen for a young child, an exercise pen gives your puppy more room than a crate but still keeps him safely confined and out of trouble. You will use the exercise pen if you have to be gone longer during the day than your pup can be expected to “hold it,” as well as times when you are home and can’t supervise him as closely as you would like. Use pee pads or newspapers to create a potty corner in the exercise pen so your pup has a “legal” place to go to the bathroom.

✓ **SUPERVISION.** Plan on lots of “eyeballs on the pup” time – direct supervision – so you can reinforce desirable behaviors and prevent reinforcement for undesirable ones. You can use the “umbilical-cord approach,” in which you leash the puppy to your person to prevent him from wandering off and getting into trouble, or you can close doors to keep him in the room with you and make sure you keep a very close eye on him so you can intervene as needed.

✓ **TETHER.** Another way to keep your pup close and out of trouble is to tether him in the room with you, so he can share your company without being directly under your feet.

An excellent resource for cable tethers is BADDogsinc Family Dog Training and Behavior ([pettethers.com](http://pettethers.com) or 951-283-2101). Their cables come in 2-, 3-, 4-, and 6-foot lengths with snaps at both ends for easy securing around the leg of a heavy piece of furniture or clipping to an eye-bolt screwed into the wall. They also have lighter-weight tethers for very small dogs, and tethers with a PVC cap attached to one end that you can slide under a door to hold the dog.

✓ **PUPPY-PROOFING.** Having a puppy in your home is a lot like having a toddler. He may not be able to stick his fingers into electrical outlets, but he can and will get into everything within reach of his teeth. Puppy-proofing keeps him safe from things like chewing on electrical cords and keeps your valuable possessions safe (like shoes or prescription glasses).

Puppy-proofing also prevents your pup from having the opportunity to learn that undesirable behaviors are fun (reinforcing). You never want him to have the chance to learn, for example, that if he chews up a sofa cushion, he will

## VETERINARY BEHAVIORISTS AGREE: GET THAT PUPPY INTO A CLASS

The American Veterinary Society of Animal Behaviorists (AVSAB) has a position statement on puppy socialization. It reads in part:

“The primary and most important time for puppy socialization is the first three months of life. During this time puppies should be exposed to as many new people, animals, stimuli, and environments as can be achieved safely without causing overstimulation manifested as excessive fear, withdrawal, or avoidance behavior. For this reason the American Veterinary Society of Animal Behavior believes that it should be the standard of care for puppies to receive such socialization before they are fully vaccinated...”

“...Enrolling in puppy classes prior to three months of age can be an excellent means of improving training, strengthening the human-animal bond, and socializing puppies in an environment where risk of illness can be minimized.”

The entire position statement can be found at: [avsabonline.org/uploads/position\\_statements/puppy\\_socialization1-25-13.pdf](http://avsabonline.org/uploads/position_statements/puppy_socialization1-25-13.pdf).

get to play with the stuffing. Put all your possessions up and away. Keep closet doors closed. Put electrical cords out of reach or, alternatively, run them through PVC pipe. Put baby latches on cupboard doors. Don’t leave food on surfaces that he can reach, lest he learn to counter surf. And supervise, supervise, supervise.

✓ **HOUSE RULES.** Consistency is a linchpin of successful puppy raising. If one family member invites your pup to share the sofa while another yells at him for getting on that piece of furniture, your puppy will be stressed and confused. Sit the family down and agree on house rules before those first puppy paws hit your kitchen floor. It’s fine to let your dog on the furniture if everyone in the household is comfortable with that. Sleeping on someone’s bed is fine if everyone approves. Resolve differences before your pup arrives so he doesn’t suffer from family conflict.

✓ **PROFESSIONAL SERVICE PROVIDERS.** Research and select your pup’s veterinarian, groomer, pet sitter/walker, and training professional well in advance. If you’re scrambling at the last minute, you’re likely to settle for someone who doesn’t necessarily share your philosophies of dog care and handling. If you want to feed raw and take a holistic approach to your dog’s veterinary care, find a veterinarian who will support you

in that. If you are committed to positive-based training, find a trainer who not only claims to be positive, but also can define “positive” to your satisfaction. (Some trainers who claim to be positive use shock collars!) Your groomer and veterinarian should allow you to be a full participant in your dog’s procedures, and not insist on whisking him away to a back room. Don’t settle; find the best for your pup.

### FIRST WEEKS WITH PUPPY

The stage is set. You’re ready for the exciting event. You’re headed to the shelter or rescue facility to pick out a puppy, or to the breeder to pick up the pup you selected long ago. Your first days and weeks with your new pup will greatly influence the next 10 to 15-plus years you share with your new family member. Your goal is to make those the best years possible. Here are some very important pieces of the foundation to make that happen.

✓ **SOCIALIZATION.** Let’s assume you’re adopting an 8-week-old puppy. Five of the dozen or so weeks of his prime socialization period (three weeks to fourteen weeks) are already water under the bridge, so your first assignment is to take full advantage of the remaining six to eight weeks.

In the best of possible worlds, whom-ever he was with for the first eight weeks took the time to begin the socialization

## HOW TO CRATE-TRAIN YOUR PUPPY

Most puppies are crate-trained with relative ease. Remember that the crate should be just large enough for your pup to stand up, turn around, and lie down comfortably. If you want to get one large enough for your puppy to grow into, block off the back so he has just enough room, and increase the space as he grows. Cover the floor of the crate with a rug or soft pad to make it comfortable and inviting, and you're ready to begin training.

Start with the crate door open, and toss some irresistibly yummy treats inside. If your pup hesitates to go in, toss them close enough to the doorway that he can stand outside and poke his nose into the crate to eat them. Each time your pup eats a treat, click your clicker (or say "Yes!" if you are using a verbal marker).

Gradually toss the treats farther into the crate until he's stepping inside to get them. Continue to click each time he eats a treat. When your pup enters the crate easily to get the treats, click and offer him a treat while he is still inside. If he's willing to stay inside, keep clicking and treating. If he comes out that's okay too, just toss another treat inside and wait for him to re-enter. Don't force him to stay in the crate.

When he's entering the crate to get the treat without hesitation, start using a verbal cue such as "Go to bed!" as your pup goes in, so that you'll eventually be able to send him into his crate on just a verbal cue.

When he's happily staying in the crate in anticipation of a click and treat, gently swing the door closed. Don't latch it! Click and treat, then open the door. Repeat this step, gradually increasing the length of time the door stays closed before you click. Sometimes click and reward without opening the door right away.

When your pup stays in the crate with the door closed for at least 10 seconds without any signs of anxiety, close the door, latch it, and take one step away from the crate. Click! Return to the crate, reward, and open the door. Repeat this step, varying the time and distance you leave the crate. Don't always make it longer and farther; intersperse long ones with shorter ones, so it doesn't always get harder and harder for him. Start increasing the number of times you click and treat without opening the door, but remember that a click or a "Yes!" always gets a treat.

Leave the crate open when you aren't actively training. Toss treats and favorite toys in the crate when your pup's not looking, so he never knows what wonderful surprises he might find there. You can even feed him his meals in the crate – with the door open – to help him realize that his crate is a truly wonderful place.

Many puppies can do the whole crate-training program in one day. Some will take several days, and a few will take weeks or more. If at any time during the program your pup whines or fusses about being in the crate, don't let him out until he stops crying! This is one of the biggest mistakes owners make when crate training. If you let him out when he fusses, you will teach him that fussing gets him free. (The exception to this is if you think your pup is *panicking* in the crate. If that's the case, do let him out and seek the assistance of a qualified positive-behavior professional.)

Instead, wait for a few seconds of quiet, then click and reward, and let him out. Then back up a step or two in the training program. When your pup is doing well at that level again, increase the difficulty in smaller increments, and vary the times rather than making each repetition more difficult.



**"I'm in here . . . Where's my treat?" If the crate is a reliable source of comfort, toys, chewies, and delicious treats, your puppy will enter and hang out in there on his own in no time at all. Just don't use it as a "punishment place" and ruin all the good associations!**

Once your pup is crate-trained, you have a valuable behavior-management tool for life. Respect it. If you abuse it by keeping him confined too much, for too long a period of time, or by using it as punishment, he may learn to dislike it. Even though he goes to bed willingly and on cue, reward him often enough to keep the response happy and quick. Keep your verbal "Go to bed!" cue light and happy. Don't ever let anyone tease or punish him in his crate. (Kids can be especially guilty of this. Watch them!)

**Scrupulous puppy-proofing:** Okay, so maybe you don't have any Jimmy Choo shoes for the puppy to chew. But is losing a Choo any worse than having a favorite pair of running shoes ruined?

process. If the pup you choose is happy, friendly, and outgoing, you're on the right road, and you just need to continue normal socialization efforts.

Here's a pro tip: specifically look for a puppy like this to adopt. If your heart gets the better of you and you fall for the shy puppy hiding in the back of his kennel, you will need to begin work immediately to help your timid puppy learn to be brave. It won't happen just because you love him, and it won't be easy. Adopt this puppy only if you are prepared to invest a *lot* of time and possibly money into doing behavior modification with your pup. (See "Trials of the Timid," WDJ August 2008.)

The term "socialization" means exposing your puppy to a lot of people, places, and things, and making sure he has *good* experiences with them. All too often, puppy owners miss the "good experiences" part and end up creating fearful puppies. To avoid this critical mistake, control the environment around your puppy. For example, don't let your son's entire soccer team rush up and overwhelm him; do calm, one-at-a-time greetings. Make a commitment to give your puppy at least one new away-from-home positive socialization experience every day.

✓ **HOUSETRAINING.** Notice we are not "breaking" anything; we are *training* our puppy to eliminate where we would like him to. To have that happen, you must prevent him from eliminating where you *don't* want him to go. This means taking him outside to his designated potty spot more often than he has to go (start with every hour on the hour, then increase the time between potty sessions when he shows you he can hold it longer); waiting with him until he does go; reinforcing the behavior with a click (or "Yes!") and treat; and then spending some fun time together outside so he doesn't think eliminating gets punished by going back inside immediately after.

If he doesn't go potty when you take him out, don't play; take him back inside and keep him under tight supervision (for example, leashed to you or in his crate) until his next potty break, so he



can't wander off and soil the carpet. (For more information about potty training, see "Potty Time," June 2013.)

A general rule of thumb is that a puppy can hold it (crated, for example) for about one hour longer than his age in months, so, for example, your two-month-old puppy can possibly be crated for up to three hours at a time. That means at least two trips outside while you are gone during a normal workday. If you can't arrange for someone to get him outside during the day, keep him in an exercise pen with a bathroom in the corner.

Be prepared to get up at least one time at night, at least for a few weeks. Some pups can hold it longer overnight sooner, because they aren't as active as they are during the day.

**Important note:** Do not punish your pup for accidents in the house. If you find one after the fact, it's far too late to do anything, and you will only frighten your pup if you drag him back to the spot and yell at him. If you throw a fit when you "catch him in the act," you will teach him to go eliminate where you can't see him. Simply interrupt him with a gentle "Oops, outside!" and take him out to the proper spot to potty. Reward him if he resumes his "business" in the right place.

✓ **TRAINING.** You will have already located the positive-training professional with whom you would like to work. Get your pup into a puppy training and socialization class *as soon as possible*.

Some veterinarians unfortunately still advise owners to wait until their pup

is fully immunized to attend class, but those vets are far behind the times. (See "Veterinary Behaviorists Agree: Get That Puppy into a Class," page 17.)

A good puppy-class instructor can help guide you through the challenges of housetraining, puppy chewing, mouthing, and other baby-dog issues, as well as offer a well-managed venue for socialization with other puppies and humans. Additionally, she will help you teach your pup his basic good-manners behaviors, such as sit, down, walk politely on leash, come when called, and much more. This is the foundation of your pup's education, and will open the door to a fascinating array of training options that could include rally, agility, scent work, herding, dock diving, Treibball, and much, much more.

Whether you train with a clicker or not, make a commitment to use force-free training and handling methods with your dog throughout his life. If any training professional tries to convince you that pain and coercion are necessary components of training, or that "electronic" (shock) collars don't hurt, run away fast. You are your dog's advocate and protector; don't let him down. He will thank you for it. 🐾

*Pat Miller, CBCC-KA, CPDT-KA, is WDJ's Training Editor. She lives in Fairplay, Maryland, site of her Peaceable Paws training center, where she offers dog-training classes and courses for trainers. See page 24 for contact information and information about Pat's classes, books, and courses for trainers.*

# Teen Angel?

*Your dog's adolescence can be trying – to you!  
Here is how to get through this stage with grace.*

BY MARDI RICHMOND, MA, CPDT-KA

**I**s your once cute, cuddly, and well-behaved pup suddenly acting out? Is your dog ignoring you, taking off if he sees something interesting, and chewing on everything in sight? Did his once perfect “sit,” “down,” “stay,” and “come” seemingly disappear overnight? Are his friendly, social ways being replaced with rowdy, over-the-top greetings? Is he sometimes cautious or even suspicious? Does he occasionally look at you as if he hardly knows you?

If your dog is between six and 18 months old, he is in the adolescent phase of life – where his body looks full-grown but his brain is still developing. Many of the so-called problem behaviors seen at the age, such as chewing, overexcitement, and distractibility, are a result of normal physical and developmental changes. Along with the brain maturing, the adolescent body is also going through growth spurts, secondary teething, surging hormones, and fear periods.

The teenage months are often a dreaded stage in a dog's development; many dogs are given up to shelters or rescues during this phase because they are destructive or out of control. But adolescence doesn't have to be terrible. In fact, it can be an exciting and fun time. As with their human teenage counterparts, adolescent dogs can be energetic, playful, full of curiosity, enthusiastic about learning, and ready for just about anything.

These following tips will help you not only survive your dog's adolescence, but also help you both thrive as you travel through this challenging age.

## ■ EXERCISE, EXERCISE, EXERCISE.

Adolescent dogs seem to have unending energy and stamina. Even an hour-long on-leash walk may fail to make a dent in your dog's energy. Leashed walks often need to be supplemented with dog/dog play, high-energy games of chase, swimming, and opportunities to run and

explore new areas. The more physical and mental exercise you can give an adolescent dog, the better.

However, adolescent dogs need down time, too. Quiet rest for a portion of the day can help keep his stress hormones from soaring too high (which can contribute to overexcitement). Balancing rest, physical activity, and mental activity will help your dog behave his best.

Also, keep in mind that adolescent bodies are still growing and that joints are not fully developed. To reduce the risk of injury, wait until your dog is more than a year old before you start repetitive, joint-straining activities such as agility, Frisbee, or long-distance running.

■ **CREATE POSITIVE SOCIAL OUTLETS.** During adolescence, it is imperative that you continue to provide positive social experiences with humans and other dogs. To keep up your dog's social skills with humans, take regular walks in your neighborhood or other areas where you will see people. Invite friends to your home so your dog will continue to understand that people are welcome in your house. Practice “four on the floor” or “sit to greet.” When people come over, use a leash if needed to prevent your dog's jumping – and of course, use treats, attention, and/or petting to reward appropriate interactions.

For socializing with other canines, identify your dog's favorite playmates and arrange times for romps and rowdy play. Walk in areas where your dog will see other dogs. For on-leash walks, be sure your youngster learns how to pass by other dogs politely, *without* saying hello.

For the opportunity to meet and greet new dogs, try beaches and hiking paths where dogs are allowed off-leash. Help your young dog learn to greet briefly and move on by reinforcing him with especially high-value rewards (whether super yummy treats or your dog's favorite toy) for continuing with you on your walk.

■ **TRAIN!** Previous training often flies out the window when a dog reaches adolescence. When you say “sit,” your dog may sniff the ground. When you say “come,” he may act as if he doesn't hear you. His attention may be everywhere but on you. Try not to take it personally! Developmentally, adolescent dogs (like human teenagers) are learning about the world, their place in it, and their own



Adolescent dogs, those from about six to about 18 months old, are playful, energetic, and full of curiosity. Try to enjoy this phase while it lasts!



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limits. They may be less interested in you and more interested in friends and the environment. They are learning to think for themselves.

Continue to train – or get started training if you haven't already. Make training fun, and mix play and training time to keep your young dog engaged. Practice in the real world, but in situations that are not *too* challenging for your dog, so that he can get a lot of *successful* practice. *Gradually* work toward more distracting environments.

In addition, balance “impulse control” behaviors such as sit, down, and stay, with fun and expressive activities such as tricks. Reward your dog generously when he makes good choices on his own, as well as when he appropriately responds to your cues. Use not only treats and food as reinforcement, but also attention, running together, games (like tugging), and the opportunity to explore.

Your adolescent dog's reliability may be hit and miss. Keep working with him, but remember that he is still growing, developing, and learning.

■ **MANAGE THE ENVIRONMENT.** One of the most important pieces of surviving adolescence is managing your

dog's environment in such a way that he simply *cannot* get into a lot of trouble. For example:

- Limit your young dog's ability to be destructive when he is not actively supervised by confining him in a crate or puppy-proof area, with plenty of exciting “legal” chew items.
- If your dog is still learning to come, always use a leash or long line when you are out in the world, allowing him to be off-leash only in areas where he cannot get into trouble and where you can easily capture his attention (or capture him physically!) when play time is over.

Your young dog will not know how to handle the world! Help him make the best choices; use leashes, long lines, crates, and baby gates to help prevent him from practicing unwanted behavior. Remember that adolescent dogs often forget what they are supposed to do, or get too overexcited to do what was asked. Be ready to help them in those moments.

■ **ENJOY YOUR DOG'S YOUTH.** Your dog's adolescent energy, enthusiasm, and excitement can be contagious. Take

the time to appreciate what your dog is experiencing and learning. And keep in mind that everything is not always easy for the adolescent dog. Other dogs and people are often annoyed with them. The world is sometimes overwhelming or even scary. Adolescent dogs don't always know how to behave and that is stressful for them, too.

Celebrate your dog's adolescent antics – his frequent invitations to play, zoomies through the garden, and his delight over the smallest things. Consider looking at the world through your adolescent dog's eyes – explore with him, and try to enjoy where he may lead you.

Adolescence is the time your dog is becoming an adult. It is also the time your relationship is growing, developing, cementing. Think past *surviving* your dog's adolescence to *thriving* with him through and beyond this developmental period. 🐾

*Writer and trainer Mardi Richmond lives in Santa Cruz, CA, with her wife and her Cattle Dog-mix. She is the owner of Good Dog Santa Cruz where she teaches group classes and provides in-home training. She enjoys working with adolescent dogs because they are so much fun!*

# When Pup Is a Pest

*Five things to do when your puppy or adolescent dog harasses your more senior citizen.*

BY PAT MILLER, CBCC-KA, CPDT-KA

**Y**ou thought you were doing a good thing for your mature dog when you adopted a new puppy. “She’ll love him!” you assured yourself. “It will keep her young and active.” Rather than loving him, however, your senior girl has let you know in no uncertain terms that this young upstart is a pain in her tail. What do you do when your pesky puppy or active adolescent is making life miserable for your sedate senior? Here are five things that can help:

## 1 PROTECT YOUR MATURE DOG.

To some degree, adult dogs can be allowed to appropriately let youngsters know when they are being obnoxious. If your dog thoughtfully reprimands your pup when he’s using her ears or tail as a chew toy, let her. If the pup fails to back off, however, or in general is just too

wild and crazy for your mature girl, she is likely to escalate to an inappropriate level of aggression just to defend herself. This can frighten or injure the pup, and create a lifelong tension-filled relationship between the two. Always actively supervise when the two are together, and when the younger dog’s energy is too much, protect your senior dog by intervening so she doesn’t have to. Give the pup a five-minute timeout in his crate or exercise pen, and if he calms sufficiently, let him rejoin the fun. If he’s still too aroused, keep him away from her until he settles.

## 2 MANAGE THE YOUNGSTER.

Your adult dog may long for the days when she could laze around the house, stretched out in a sunbeam, without worrying about a 25-pound missile landing on her ribcage. Give that back to her by providing plenty of time when the two dogs are physically separated. They can have separate halves of the house (baby gates are a must-have for multi-dog management), or the youngster can be crated or corralled in an exercise pen if he’s not yet ready for house freedom. Even

if you are home, keep them separated for your older dog’s peace of mind except when you are actively supervising.

## 3 EXERCISE THE YOUNGER DOG.

Your young dog will be easier to live with for you as well as for your adult girl if you keep him well exercised (i.e., tired). Well-matched canine playmates can do a superb job of keeping each other suitably tired. However, don’t expect your senior girl to be your young dog’s workout coach; she’s already telling you she’s had more than enough of his energy. Find another dog closer to your pup’s age and energy level, and arrange frequent playdates. Both households will be calmer and happier for it, and your mature dog will thank you.

## 4 TRAIN HIM, TOO!

Of course your youngster needs training for his own sake, but teaching him good manners behaviors will also make life easier for your adult dog. You’ll be able to direct him to leave her alone with a cheerful “Go to your mat!” cue, and a good series of training classes will help your pup learn better impulse control and be calmer and better behaved all around.

## 5 SPEND ONE-ON-ONE TIME WITH EACH DOG.

One of the motives for getting a second dog is often to provide companionship for the first. While that’s all well and good, it still shouldn’t take the place of your attention, especially for your original dog, who may be accustomed to – and cherish – her alone time with you. If you thought you were saving time by getting a second dog, think again. You now need to carve out one-on-one time for each dog – the first so she isn’t deprived of the special relationship you created in your years together, and the second so you can create an equally special relationship with him that you will cherish for many years to come. 🐾

Pat Miller is WDJ’s Training Editor.



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- ❖ WDJ Training Editor Pat Miller is author of *Positive Perspectives; Positive Perspectives 2; Power of Positive Dog Training; Play With Your Dog; Do Over Dogs: Give Your Dog a Second Chance at a First Class Life*; and her newest book, *How to Foster Dogs: From Homeless to Homeward Bound*. Available from [dogwise.com](http://dogwise.com) and [wholedogjournal.com](http://wholedogjournal.com)

**HOLISTIC VETERINARIANS**

**American Holistic Veterinary Medical Association** (AHVMA). PO Box 630, Abingdon, MD 21009. Send a self-addressed, stamped envelope for a list of holistic veterinarians in your area, or search [ahvma.org](http://ahvma.org)

**TRAINING AND INSTRUCTION**

- ❖ **Pat Miller**, CBCC-KA, CPDT-KA, Peaceable Paws Dog and Puppy Training, Fairplay, MD. Group and private training, rally, behavior modification, workshops, intern and apprentice programs. Trainers can become "Pat Miller Certified Trainers" (PMCT) by successfully completing Pat's Level 1 (Basic Dog Training and Behavior) and both Level 2 Academies (Behavior Modification and Instructors Course). (301) 582-9420; [peaceablepaws.com](http://peaceablepaws.com)
- ❖ **Mardi Richmond**, MA, CPDT-KA, Good Dog Santa Cruz, Santa Cruz, CA. Puppy, beginning, intermediate, and advanced group classes, out and about classes, and in-home training. (831) 431-0161; [gooddogsantacruz.com](http://gooddogsantacruz.com)

**WHAT'S AHEAD ...**

❖ **TOP MANAGEMENT**

*When training is NOT the answer to your dog's problem behavior.*

❖ **DON'T PULL THOSE TEETH**

*In some circumstances, and with very proactive care, loose teeth can be saved. Here's how.*

❖ **CRASH TESTED**

*Seat belts that can help (not hurt) your dog in a car accident.*

❖ **TRYING TURMERIC**

*An anti-inflammatory spice for dogs?*

❖ **NEED SPACE?**

*Teach your dog to respect other dogs' and humans' personal space.*

❖ **HEARTWORM TREATMENT**

*The goal is to prevent heartworm, not have to treat it. But here's how to treat it if you must.*

