

VOLUME 12  
NUMBER 2

# The Whole



# Dog Journal™

A monthly guide to natural dog care and training

February 2009

\$5.95

## FEATURES

### 3 Choosing Good Foods

*How to select superior dry dog foods (please note the plural: foods).*

### 6 2009 Approved Dry Dog Foods

*Some of the best foods, from some of the most open and honest dog food companies.*

### 10 Dog Training Is Child's Play

*Involve your kids in your dog's training program for best results – and best friends!*

### 16 Running With Your Dog

*A perfect way to improve the fitness and health of your dog – and work on your New Year's resolutions, too!*

### 20 What's Your Sign?

*How to cue your dog with hand or other body signals (especially useful for dogs who are deaf or just getting old and losing their hearing).*



Anyone can run . . .  
page 20



## ALSO IN THIS ISSUE

- 2 Editor's Note
- 23 Letters From Readers
- 24 Product and Expert Resources

# Good Dog TV

*It's a relief to see dog-friendly shows like these.*

BY NANCY KERNS

It's taken a number of years (and some significant missteps, in our opinion), but television producers are *finally* turning out programs that promote dog-friendly training and progressive dog care. For some time, I've been a fan of British trainer Victoria Stilwell's show on Animal Planet, "It's Me or the Dog!" In the course of each episode, Stilwell visits the home of some dog owner (or owners) who have a problem dog (or dogs). The dog/s are shown being unbelievably obnoxious and/or aggressive, and the owner/s are shown to be without a clue and at their wits' end. Stilwell then explains how the situation has developed, demonstrates positive solutions (as the owner/s gape), and teaches the owner/s how to carry out the methods themselves.

It's interesting to me to see the many ways that dog owners can inadvertently contribute to the development of serious and vexing behavior problems in their dogs; I also enjoy comparing Stilwell's advice and suggested solutions to my own much-less-experienced ideas about how to fix the problems. The fact that I don't always agree with her approaches doesn't in any way diminish my appreciation for her promotion of dog-friendly training techniques – methods that are based on behavioral science, not force or intimidation.

I just found another show that I admire (again, not without some minor quibbles). "Underdog to Wonderdog," also seen on the Animal Planet channel, had its debut in January. In the course of each episode, a team of dog lovers res-

cues and rehabilitates a needy, homeless dog. The dog's physical, emotional, and training needs are addressed through veterinary care, grooming, positive training, and even some environmental enhancement in the form of custom-built dog beds, play structures, and designer dog-wear. Best of all, the team of experts finds a home for the dog and prepares the dog for his new family, and the family for the new dog.

Despite what one of my dog expert friends accurately described as "a sickening amount of gushing over the dog" in the first episode, I was pleased to see a major television production focus on the value of rescuing homeless dogs. The fact that they also addressed, albeit briefly, many of the issues that should be addressed to make sure that the dog recovers from the neglect or abuse in his past is icing on the cake, for me.

Mainstream TV shows are often shallow, sensational, repetitive, and fuzzy about the facts, in their effort to be entertaining. However, if you are at all interested in the content, they can be all those things – *and* riveting, at the same time! Maybe it's just me; it's possible that I'm just so grateful to see positive training techniques shown to a wide audience that I'm overly forgiving of the shows' flaws. Nobody's perfect!

Consult your local listings to determine when these shows are broadcast; I'm willing to bet you'll get hooked, too.

*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.

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 Minimum order 1,000

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**WHOLE DOG JOURNAL  
 DOES NOT ACCEPT  
 COMMERCIAL ADVERTISING**

**THE WHOLE DOG JOURNAL** (ISSN #1097-5322) is published monthly by Belvoir Media Group, LLC, 800 Connecticut Avenue, Norwalk, CT 06854-1631. Robert Englander, Chairman and CEO; Timothy H. Cole, Executive Vice President, Editorial Director; Philip L. Penny, Chief Operating Officer; Greg King, Executive Vice President, Marketing Director; Marvin Cweibel, Senior Vice President, Marketing Operations; Ron Goldberg, Chief Financial Officer; Tom Canfield, Vice President, Circulation; Michael N. Pollet, Senior Vice President, General Counsel. Periodicals postage paid at Norwalk, CT and at additional mailing offices. Copyright ©2009, Belvoir Media Group, LLC. All rights reserved. Reproduction in whole or in part is strictly prohibited. Printed in U.S.A. Revenue Canada GST Account #128044658. Canada Publishing Agreement Number #40016479.

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**Subscriptions:** \$39 annually (12 issues). Bulk rate subscriptions for organizations and educational institutions available upon request.

**Postmaster:** Please send address changes to THE WHOLE DOG JOURNAL, PO Box 420234, Palm Coast, FL 32142

THE WHOLE DOG JOURNAL, PO Box 39, Norwich, ON, N0J 1P0

# Choosing Good Foods

*How to select superior dry dog foods (note the plural: foods).*

BY NANCY KERNS

**W**hat's the *best* food for your dog? It's a question that only you can answer – because you are the only one who is in a position to gauge, on a daily, monthly, and yearly basis, how your dog responds to what you feed him.

That said, we can give you some tips to guide you into the right section of your local pet supply store – that is, past the lowest-cost, lowest-quality foods; past the higher-cost but still low-quality posers; and into the area where the top-quality foods are found. Take note: They are expensive, perhaps prohibitively so, especially for families with several large dogs to feed. But you can't expect to pay hamburger prices for filet mignon, and it's the quality (and thus price) of the ingredients that set the top-quality foods apart.

Before we tell you what attributes to look for, though, we need to make a few

points about the quest for the world's best dog food:

■ **Dry food is not the healthiest diet for your dog.** If you want to provide the very best, most natural diet possible for your dog, you'd feed a well-researched, home-prepared diet comprised of fresh foods. Or, next best, a well-formulated, commercially made frozen raw or dehydrated diet. Next best would be a top-quality wet food; even poor quality wet foods usually contain a higher percentage of animal protein (and a much lower percentage of grain) than good dry foods.

Of all of these forms of dog food, kibble is probably the least natural for the dog. But its popularity is mainly based on three factors: It is relatively stable and therefore very convenient for the owner to buy, store, and feed. It's usually less expensive, calorie for calorie, than other forms of food with comparative ingredients. And *most* dogs do fine on a dry food diet.

Just keep it in the back of your head that if you want your dog to eat the ideal, evolutionary canine diet – because he's got persistent health problems? because he's a show or sports competitor and you want an edge? because you've lost your last three dogs to cancer and you want to know you did everything possible

to give *this* dog the very best? – you'll need to look to something other than kibble, even the highest-quality kibble available.

■ **No food is best *all* dogs.** There is no single diet that works best for *all* humans, or *every* individual of any other species, so why people think there might be a single ideal food for every dog is beyond us!

To find the best foods for *your* dog, you have to try a lot of foods, and make it a point to observe your dog for signs that his diet is or is not agreeing with him. If he has chronic signs of compromised health, such as persistently goopy or runny eyes; infected or smelly ears; inflamed, itchy skin; severe gas; or frequent diarrhea, and these conditions improve, well, hurray! If these things worsen, try another food.

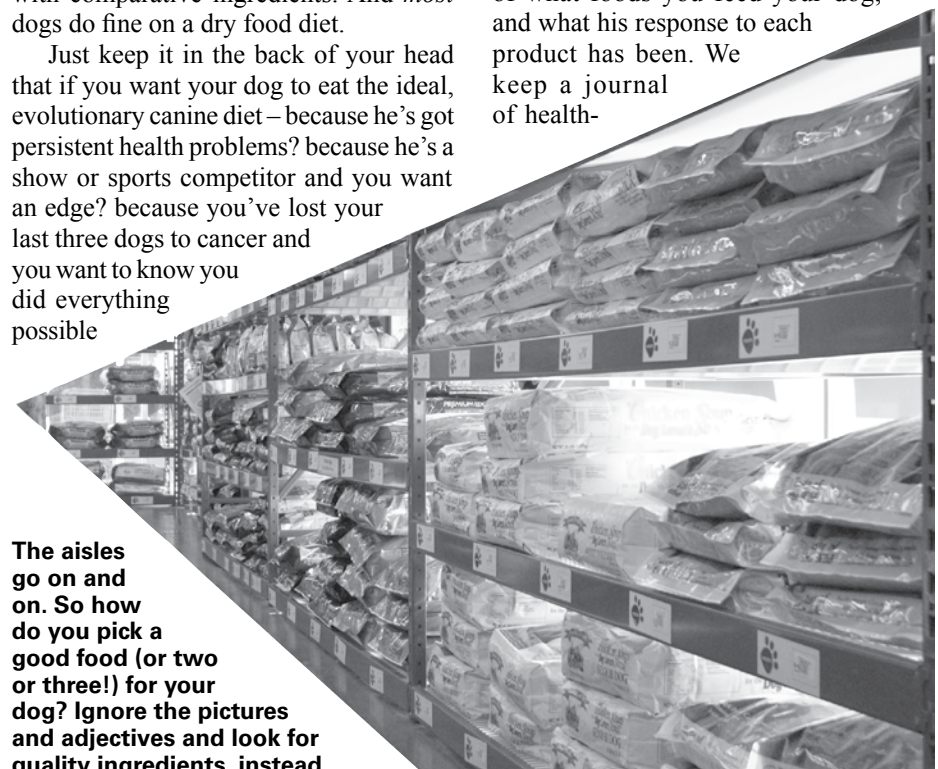
We strongly recommend that you keep some sort of diet journal – at a minimum, with notes on the calendar – to keep track of what foods you feed your dog, and what his response to each product has been. We keep a journal of health-

## What you can do . . .

- Read the fine print! You can't make a silk purse from a sow's ear; quality ingredients are needed to make top-quality foods.
- Buy products from companies that are easy to reach, and who have knowledgeable, helpful people who readily address your questions and concerns.
- Save the bag for at least a few days after your dog has consumed all the food in it, in case any health problem arises that could be traced to the food, and you need the date/code to confirm which batch of food the dog ate.



The Whole Dog Journal



**The aisles go on and on. So how do you pick a good food (or two or three!) for your dog? Ignore the pictures and adjectives and look for quality ingredients, instead.**

and training-related events in our dog's life, and note the date each time we open a new bag of food. We store dry food in its original bag until it's all consumed, but once it's empty, we cut out the ingredients list, "guaranteed analysis," and date/code from the bag and tape these bits of packaging into the dog's journal. This sort of journal can help you identify foods or even individual ingredients that are problematic for your dog; in case of a pet food disaster, it can also help prove what your dog ate, and when he ate it.

■ **Switch foods regularly.** We know; you heard that you shouldn't switch your dog's food, or his stomach will get upset. If you ate only one food every day for weeks and months, and then ate something else, *your* stomach would get upset, too. But very few people eat a diet that never varies from day to day. Human nutrition experts agree that a well-balanced, varied diet is critical for human health; so why do so many people believe that variety is bad for dogs?

Say your dog eats one food, day after day, year after year. And say that food contains a little more of this mineral than is ideal, or not quite enough of that vitamin, or an unhealthy ratio of this nutrient to that one . . . Over time, lacking any other foods to help correct the excesses, insufficiencies, or the imbalances, these problems can contribute to the development of disease.

When you switch your dog's food, do it gradually, over a couple of days. Start with 75 percent of the old food and 25 percent of the new food at one meal; slowly increase

the amount of new food (and decrease the amount of old food) over a few days, until he's eating only the new food. Try different varieties, as well as products from different companies. If you change foods often, your dog will adjust more and more smoothly.

One more thing: Don't feed foods comprised of exotic proteins (such as rabbit, kangaroo, bison, pheasant, etc.) if your dog does well on the more common proteins (such as beef, lamb, chicken, and turkey). It's extremely useful to have a few completely novel proteins held in reserve for use in an "elimination diet" (in which you feed him a diet comprised of, usually, a single novel protein and a single novel grain) in case your dog ever develops a food allergy.

### What to look for

Keeping the previous principles in mind (kibble is not the most ideal diet; no food works for all dogs; you should switch foods regularly), you are now ready to look for a few good foods for your dog. Top-quality dry dog foods can be identified by the following hallmarks of quality on their ingredients panels:

■ **Animal protein at the top of the ingredients list.** Animal proteins are more palatable and are of a higher biologic value to dogs than plant-sourced proteins. Ingredients are listed by weight, so ideally a food will have one or two animal proteins in the first few ingredients.

The animal protein source should be named – chicken, beef, lamb, and so on.

"Meat" and "animal protein" are examples of low-quality protein sources of dubious origin. Animal protein "meals" (i.e., "chicken meal," "beef meal," "lamb meal," etc.) should also be named; "meat meal" could be just about anything.

Whole meats do not contain enough protein to be used as the sole protein source in a dry dog food. Whole meats contain as much as 65 to 75 percent water and about 15 to 20 percent protein. When a whole meat appears high on the ingredients list, generally another source of protein is also present, in order to augment the total protein content of the finished food. We prefer to see animal protein meals, rather than plant proteins, fill this role.

An animal protein "meal" is essentially cooked and dried (rendered) muscle meat, although a certain amount of bone, skin, and connective tissue is included. Animal protein meals are dried to a moisture level of only about 10 percent, and contain about 65 percent protein.

■ **Whole vegetables, fruits, and grains.** Fresh, unprocessed food ingredients contain wholesome nutrients in all their naturally complex glory, with their fragile vitamins, enzymes, and antioxidants intact. They are also less likely to be adulterated with impurities of any kind.

That said, formulators often use a concentrated (processed) constituent of a grain or vegetable to accomplish a specific task in a dog food. For example, beet pulp is frequently used in dog food for its ability to concentrate the dog's solid waste (re-

## Compare Ingredients and Judge for Yourself

Practically anyone can determine the difference between an awful dog food (filled with low-cost ingredients) and a great food (made with high-quality ingredients). It's a lot more difficult to differentiate between shades of grey – to decide between products that have flaws *and* merits.

We'd settle "ties" by, first, ranking foods that appear to contain *more* animal protein higher than foods that seem to be largely comprised of plant-sourced proteins.

Then we'd look at the *quality* of the animal proteins and fats. We'd rank the products with whole, named animal proteins and fats and/or named animal protein meals (such as "chicken" or "chicken meal") higher than "generic" animal proteins (i.e., "meat" or "poultry") and by-products (such as "chicken by-products" or "beef by-product meal").

Then we'd look at the grains and other major constituents: Does the food contain *whole* grains and veggies? That's good! Or does it contain a lot of low-cost, processed food fragments? That's *not* good.

Finally, we'd consider the relative position of any artificial preservatives, colors, and palatability enhancers (such as sweeteners, salt, and artificial smoke flavors). If they appear on the ingredients label at all, we'd hope to see them low on the list.

INGREDIENTS: Chicken, Corn Meal, Ground Whole Grain Sorghum, Chicken By-Product Meal, Chicken Fat (preserved with mixed Tocopherols, a source of Vitamin E), Dried Beet Pulp, Chicken Flavor, Chicken Meal, Potassium Chloride, Dried Egg Product, Brewers Dried Yeast, Salt, Flax Meal, Fish Oil (preserved with mixed Tocopherols, a

INGREDIENTS: Ground yellow corn, poultry by-product meal, animal fat preserved with mixed-tocopherols (form of Vitamin E), corn gluten meal, brewers rice, soybean meal, meat and bone meal, animal digest, calcium carbonate, calcium phosphate, salt,

CHICKEN MEAL, CHICKEN, WHOLE OAT FLOUR, TOMATO POMACE, FRESH POTATO, CHICKEN FAT (PRESERVED WITH MIXED TOCOPHEROLS AND ASCORBIC ACID), QUINOA, DEHYDRATED MIXED VEGETABLES (CARROT FLAKES, RED AND GREEN BELL PEPPERS, BROCCOLI, PEAS

**Ingredients**  
Ground Yellow Corn, Wheat Mill Run, Meat and Bone Meal, Cooked Wheat, Soybean Meal, Animal Fat (preserved with mixed Tocopherols – a source of Vitamin E), Salt, Tomato Pomace, Calcium Carbonate, Digest of Poultry By-Products, Zinc Oxide,

**Test your skills! Rank the four foods above, based on their ingredients. We haven't shown you the entire panel; the top five to 10 or so ingredients are the most significant to consider.**

sulting in smaller and firmer poop). We'd rather see whole ingredients used for this purpose, but one or two food fragments won't make or break the quality of the food, especially if they are lower on the ingredients list. The more of them there are in the food, and/or the higher they appear on the ingredients list, the lower-quality the food.

■ **Organic ingredients; locally sourced ingredients.** Both of these things are better for our planet. Organic ingredients may be especially appropriate for dogs with cancer, chemical sensitivities, or other serious health problems, but holistic practitioners recommend them for all creatures.

### What to look out for

Here are some of the things a top-notch food should *not* contain:

■ **Meat by-products or poultry by-products.** Some non-muscle parts of food animals (i.e., the internal organs) are highly nutritious – in some cases, higher in protein and fat, as just two nutrient examples, than muscle meats. But there are many other parts of food animals that have much less nutritional value – and are worth so much less (in dollars) to the processor, that they are considerably less carefully harvested, handled, processed, and stored.

Poorly handled meats (which contain fat) and fat sources can quickly become rancid. Rancid fats not only smell noxious and taste bad, they also speed the destruction of vitamins and other nutrients in a

food. Worst, rancid fats are carcinogenic. 'Nuff said?

In contrast, whole meats are expensive – too valuable to be handled carelessly. Their cost doesn't *rule out* poor handling and resultant oxidation (rancidity), but it makes it less likely. So, for all these reasons, we suggest avoiding foods that contain by-products or by-product meal.

■ **Added sweeteners.** Dogs, like people, enjoy sweet foods. Sweeteners effectively persuade many dogs to eat foods comprised mainly of grain fragments (and containing little of the animal protein that would be healthier for them).

■ **Artificial preservatives, such as BHA, BHT, and ethoxyquin.** Natural preservatives, such as tocopherols (forms of vitamin E), vitamin C, and rosemary extract, can be used instead. Preservation is necessary to keep the fats in the food from oxidizing and turning rancid. Natural preservatives do not preserve the food as long as artificial preservatives, however, so owners should always check the "best by" date on the label and look for relatively fresh products.

■ **Artificial colors.** The color of the food makes no difference to the dog; these nutritionally useless chemicals are used in foods to make them look appealing to *you!*

### Representative "top foods"

Starting on the next page is our "top dry foods" list for 2009. All of these products

meet our selection criteria – including our newest criterion, that the company discloses the name and location of its manufacturers. There are *certainly* more products that both meet our criteria, as described above, and whose makers are willing to answer questions about their manufacturers. **Rest assured that any food that you find that meets our selection criteria is just as good as any of the foods on our list.**

What if your favorite dog foods don't meet our selection criteria? It's up to you. If you have been feeding what we would consider to be low-quality foods to your dog, and she looks and appears to feel great, good for you! She's one of those genetically lucky animals who can spin straw into gold, digestively speaking. But if she has allergies, chronic diarrhea, recurrent ear infections, or a poor coat, we'd recommend that you try some better foods.

Please note: **We've listed the foods alphabetically, by the name of their manufacturers.** Some companies make several lines of food. We've listed each line and each variety that we found that meets our selection criteria. We've highlighted *one* variety from each company as a representative product, to show what sort of ingredients and macro-nutrient levels (protein, fat, fiber, and moisture) are typically found in that maker's foods. Be aware that some companies offer dozens of different products with varying nutrient levels and ingredients. Check the company's website or call its toll-free phone number to get information about its other varieties.

#### WE'D RANK THEM IN THIS ORDER:

**BEST. Chicken and chicken meal appear first and second on list; these are the major sources of protein in this food. Also, these are both high-quality ingredients – not "generic" and not by-products. The next two ingredients are fragments . . . but the next four are all whole food ingredients.**

CHICKEN MEAL, CHICKEN, WHOLE OAT FLOUR, TOMATO POMACE, FRESH POTATO, CHICKEN FAT (PRESERVED WITH MIXED TOCOPHEROLS AND ASCORBIC ACID), QUINOA, DEHYDRATED MIXED VEGETABLES (CARROT FLAKES, RED AND

#### SECOND PLACE.

**High-quality chicken is first on the list –but because chicken contains a lot of water (and not much protein, relative to its weight), its significance as the only protein in the first three ingredients is reduced. Chicken meal appears on the list of ingredients, but as a minor contributor, in eighth place. Chicken by-product meal, in the fourth position, props up the protein content, but it's a lower-quality ingredient. "Corn meal" is a fragment; "whole ground corn" would be a higher-quality ingredient. Naturally preserved chicken fat is a fine fat source. BEST. Chicken and chicken**

INGREDIENTS: Chicken, Corn Meal, Ground Whole Grain Sorghum, Chicken By-Product Meal, Chicken Fat (preserved with mixed Tocopherols – a source of Vitamin E), Dried Beet Pulp, Chicken Flavor, Chicken Meal, Potassium Chloride, Dried Egg Product, Brewers' Acid, Yeast, Salt, Flax Meal, Flax Oil

**THIRD PLACE (DO NOT BUY). We wouldn't buy this food; it contains**

**few merits. It appears to contain more plant-sourced proteins (corn in the first position, corn gluten meal in the fourth) than the animal proteins dogs utilize best. The animal proteins and fats that are included (poultry by-product meal in the second position, animal fat, meat and bone meal) are very low quality.**

INGREDIENTS: Ground yellow corn, poultry by-product meal, animal fat preserved with mixed-tocopherols (form of Vitamin E), corn gluten meal, brewers rice, soybean meal, meat and bone meal, animal digest, calcium carbonate, calcium phosphate, salt.

**FOURTH PLACE (DO NOT BUY).**

**This is a very low-cost, bargain-basement food, made of very low-quality ingredients. Not one, but two grains appear on the ingredients list before the first animal protein, meat and bone meal. This unnamed animal protein source is about the least expensive animal protein available to pet food makers. The fat source comes from an unnamed animal source, too. It gives us the shivers to contemplate. Salt (a palatability enhancer) appears scarily high on the ingredients list.**

**Ingredients**  
Ground Yellow Corn, Wheat Mill Run, Meat and Bone Meal, Cooked Wheat, Soybean Meal, Animal Fat (preserved with mixed Tocopherols – a source of Vitamin E), Salt, Tomato Pomace, Calcium Carbonate, Digest of Poultry By-Products, Zinc Oxide.

# WDJ'S APPROVED DRY FOODS OF 2009

|   |  |
|---|--|
| <b>ADDICTION FOODS</b><br>Te Puke, New Zealand<br>(65) 6273-8981;<br>addictionfoods.com   | <b>MADE BY</b> Taplow Ventures,<br>Vancouver, British Columbia<br>(salmon variety) and Pied Piper<br>Pet & Wildlife, Inc., Hamlin, TX<br>(venison variety) |
| <b>LINES/TYPES AVAILABLE</b> – Viva La Venison; Salmon Bleu.  |  |
| <b>REPRESENTATIVE VARIETY</b> – Salmon Bleu formula contains: Salmon meal, potatoes, chicken fat, whole smoked salmon, dried blueberries, dried cranberries . . . 24% protein; 13% fat; 4% fiber; 10% moisture. |  |
| <b>MISC INFO</b> – Both dry foods are grain-free. Venison is free-range; salmon is wild-caught.   |  |

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|--|---|
| <b>BACK TO BASICS</b><br>Syracuse, NY<br>(800) 219-2558; backtobasicspetfood.com   | <b>MADE BY</b> CJ Foods, in<br>Pawnee City, NE. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Back to Basics Honesty</b> Chicken and Pork formulas.  |   |
| <b>REPRESENTATIVE VARIETY</b> – Back to Basics Honesty Chicken formula contains: Chicken meal, brown rice, pearled barley, oatmeal, chicken fat, salmon meal . . . 23% protein; 19% fat; 4% fiber; 10% moisture. |   |
| <b>MISC INFO</b> – Company says all ingredients are USA-sourced and manufactured, 100% all “human grade” ingredients.  |   |

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|--|---|
| <b>BREEDER'S CHOICE PET FOODS</b><br>Irwindale, CA<br>(800) 255-4286; breeders-choice.com  | <b>MADE BY</b> Breeder's Choice's<br>plant in Irwindale, CA |
| <b>LINES/TYPES AVAILABLE</b> – <b>ActiveCare</b> formulas are Lamb & Brown Rice; and Chicken & Brown Rice. <b>Advanced Pet Diets Select Choice</b> formulas are Chicken & Rice Puppy; Chicken & Rice Skin & Coat; Chicken & Rice Lite; Lamb & Rice Skin & Coat; Lamb & Rice Renew Skin & Coat; and Lamb & Rice Senior. <b>AvoDerm Natural</b> formulas are Chicken & Rice Puppy; Chicken & Rice Adult; Lamb & Rice Adult; Vegetarian Adult; Rice, Oatmeal, & Chicken Lite Adult; Chicken, Rice, & Oatmeal Senior; Chicken & Rice Large Breed Adult; Chicken & Rice Large Breed Puppy. <b>AvoDerm Natural Original Oven-Baked</b> formulas are Beef; Beef Small Bites; Lamb & Brown Rice; chicken & Brown Rice; and Trout & Wild Rice. <b>Health Food for Dogs</b> is available in only its original formula. <b>Pinnacle Holistic</b> formulas are Chicken & Oats; Trout & Sweet Potato; Duck & Potato; and “Peak Nutrition” (high protein). |   |
| <b>REPRESENTATIVE VARIETY</b> – Pinnacle Holistic Chicken & Oats contains: Chicken meal, chicken, whole oat flour, tomato pomace, fresh potato, chicken fat . . . 25% protein; 15% fat; 5% fiber; 10% moisture.  |   |
| <b>MISC INFO</b> – ActiveCare line contains “natural chicken cartilage with the highest levels of unprocessed chondroitin and glucosamine, to develop, maintain and repair the joints.” Company supports Delta Society Pet Partners Program and Susan G. Komen for the Cure.   |   |

|  |   |
|--|---|
| <b>BURNS PET NUTRITION</b><br>Valparaiso, IN<br>(877) 983-9651; bpn4u.com  | <b>MADE BY</b> By CJ Foods, in Bern, KS |
| <b>LINES/TYPES AVAILABLE</b> – Brown Rice & Chicken; Brown Rice & Chicken Mini Bites; and Brown Rice & Ocean Fish.   |   |
| <b>REPRESENTATIVE VARIETY</b> – <b>Brown Rice &amp; Chicken</b> contains: Whole brown rice, chicken meal, peas, oats, ocean fish meal, chicken fat . . . 22% protein; 11% fat; 2.2% fiber; 9% moisture.  |   |
| <b>MISC INFO</b> – Company offers direct sales and shipping of fresh product to your home. Company says its foods were “developed using a combination of macrobiotic principles and Traditional Chinese nutritional approaches to pet health.” |   |

|   |   |
|---|---|
| <b>ARTEMIS PET FOODS</b><br>North Hollywood, CA<br>(800) 282-5876;<br>artemiscompany.com  | <b>MADE BY</b> Diamond Pet Products,<br>Lathrop, CA (Fresh Mix and Osopure)<br>and Eagle Pack Pet Products in<br>Mishawaka, IN (Natural 6 Mix and<br>Power Formulas). |
| <b>LINES/TYPES AVAILABLE</b> – <b>Fresh Mix</b> formulas are Adult; Small Breed (Adult, Puppy, and Senior varieties); Weight Management; Medium/Large Breed (Adult, Puppy, and Senior varieties); and Maximal Dog. <b>Osopure</b> formulas are Small Breed Adult and Small Breed Puppy. Artemis also offers <b>Natural 6 Mix</b> ; and <b>Power Formula</b> . |   |
| <b>REPRESENTATIVE VARIETY</b> – <b>Fresh Mix Adult</b> contains: Chicken, chicken meal, turkey, cracked pearled barley, brown rice, oatmeal . . . 23% protein; 14% fat; 3% fiber; 10% moisture.   |   |

|   |   |
|---|---|
| <b>BENCH &amp; FIELD PET FOODS</b><br>Mishawaka, IN<br>(800) 525-4802; benchandfield.com  | <b>MADE BY</b> Eagle Pack Pet<br>Products in Mishawaka, IN. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Bench &amp; Field Holistic Natural Canine Formula</b> .   |   |
| <b>REPRESENTATIVE VARIETY</b> – Bench & Field Holistic Natural Canine Formula contains: Chicken meal, brown rice, white rice, oatmeal, chicken fat, pork meal . . . 24% protein; 15% fat; 4.9% fiber; 10% moisture. |   |
| <b>MISC INFO</b> – Company offers direct shipping to your home.   |   |

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| <b>BY NATURE</b><br>Londonderry, NH<br>(800) 367-2730;<br>bynaturepetfoods.com   | <b>MADE BY</b> Blue Seal's plant in Arcade, NY;<br>Organic dry dog foods are made by Chenango<br>Valley Pet Foods in Sherburne, NY. |
| <b>LINES/TYPES AVAILABLE</b> – <b>By Nature</b> formulas are Adult; Puppy; Active Dog; Pork & Sweet Potato; Salmon, Ocean Fish & Yogurt; Duck & Sweet Peas; and “BrightLife” (“antioxidation” formula). <b>By Nature Organics</b> is available in one variety: Chicken.  |   |
| <b>REPRESENTATIVE VARIETY</b> – By Nature Organics Chicken contains: Organic chicken, chicken meal, organic brown rice, organic oats, organic barley, lamb meal . . . 28% protein; 14% fat; 4% fiber; 10% moisture.  |   |
| <b>MISC INFO</b> – Company conducts nearly all product testing on pets in homes; when necessary, products are tested in research kennels using “only non-invasive methods that do not harm the animals.” Company also works closely with shelters and rescue associations; sponsors and feeds the dogs involved in a training program called NEADS (Dogs for Deaf and Disabled Americans), which trains hearing and service dogs for classroom, ministry, therapy, walking, and recently, assisting with the rehabilitation and on-going needs of combat veterans. |   |

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| <b>CANIDAE CORP.</b><br>San Luis Obispo, CA<br>(800) 398-1600; canidae.com   | <b>MADE BY</b> Diamond Pet Foods in<br>Lathrop, CA; Meta, MO; and<br>Gaston, SC. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Canidae All Life Stages</b> formulas are All Life Stage; Lamb & Rice; Chicken & Rice; Beef & Ocean Fish; Grain-Free (chicken, turkey, lamb, and fish); and Grain-Free Salmon. <b>Canidae Platinum</b> formula is intended for senior and overweight dogs.  |  |
| <b>REPRESENTATIVE VARIETY</b> – Canidae Grain-Free contains: Chicken meal, turkey meal, lamb, potatoes, peas, chicken fat . . . 34% protein; 18% fat; 4% fiber; 10% moisture.  |  |
| <b>MISC INFO</b> – Company awards veterinary scholarships and promotes “responsible pet ownership.” Company says it uses “humane, natural ingredients, grown and raised in the United States and manufactured with the strictest testing and quality control procedures in place” to “to produce a safer, higher quality product.” Also says it was the first to list viable microorganisms and the only company to list enzymatic activity in the guaranteed analysis on product packaging. |  |

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| <b>CANINE CAVIAR PET FOODS</b><br>Costa Mesa, CA<br>(800) 392-7898; caninecaviar.com   | <b>MADE BY</b> Pied Piper Pet Food in Hamlin, TX. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Canine Caviar</b> formulas Holistic Grain-Free Venison & Split Pea; Chicken & Pearl Millet (Adult and Puppy varieties); Lamb & Pearl Millet (Adult and Puppy varieties); “Special Needs” (lower protein, lower fat).   |   |
| <b>REPRESENTATIVE VARIETY</b> – Chicken & Pearl Millet Adult contains: Dehydrated chicken, pearl millet, brown rice, chicken fat, chicken, whitefish . . . 26% protein; 16% fat; 4% fiber; 8% moisture.  |   |
| <b>MISC INFO</b> – Company says its products are the “only raw dehydrated meat diet available in a dry kibble form” and that it uses all “human-grade or human-edible” ingredients sourced from the US (with the exception of lamb and venison, which come from New Zealand and Australia). Supports canine cancer research. |   |

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| <b>DELLA NATURA COMMODITIES</b><br>Bayside, NY<br>(866) 936-2393; dellanaturapet.com   | <b>MADE BY</b> Erro S.A. in Uruguay. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Wenaewe</b> formulas are Puppy; Adult; Senior; and Vegetarian.   |                                      |
| <b>REPRESENTATIVE VARIETY</b> – Wenaewe Adult formula contains: Organic beef, organic brown rice, organic canola seed, organic flaxseed meal, organic sunflower seed, organic buckwheat. . . 20% protein; 12% fat; 5% fiber; 10% moisture. |                                      |

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| <b>DIAMOND PET PRODUCTS</b><br>Meta, MO<br>(800) 658-0624;<br>chickensoupforthepetloverssoul.com<br>premiumedgepetfood.com<br>professionalpetfood.com<br>tasteofthewildpetfood.com   | <b>MADE BY</b> Diamond’s own manufacturing facilities in Lathrop, CA; Meta, MO; and Gaston, SC. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Chicken Soup for the Pet Lover’s Soul</b> formulas are Puppy; Adult; Adult Lite; Large Breed Puppy; Large Breed Adult; and Senior. <b>Premium Edge</b> formulas are Chicken, Rice, & Vegetables; Lamb, Rice, & Vegetables; Senior Lamb, Rice, & Vegetables; Skin & Coat Salmon, Rice, & Vegetables; Healthy Weight I (high protein, low carbs); and Healthy Weight II (moderate protein, low fat). <b>Professional Pet Food</b> formulas are Chicken & Barley (Adult and Senior varieties); Adult Lamb & Rice; Active Dog Chicken & Rice; and Rice & Chicken Low Fat Formula. <b>Taste of the Wild</b> formulas are Bison & Venison; Venison & Salmon; Wild Fowl (quail, duck, & turkey); and “Pacific Stream” (salmon). |   |
| <b>REPRESENTATIVE VARIETY</b> – Taste of the Wild Bison & Venison formula contains: Bison, venison, lamb meal, chicken meal, egg product, sweet potatoes . . . 32% protein; 18% fat; 3% fiber; 10% moisture.   |   |
| <b>MISC INFO</b> – Company says all brands are tested by outside labs as well as high-tech in-house labs. Screenings are performed for contaminants such as aflatoxin, vomitoxin, and melamine. DHA is included in “Chicken Soup” Puppy formula to provide optimal brain and vision nutrition. Taste of the Wild formulas contain probiotics and prebiotics.   |   |

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| <b>DRS. FOSTER &amp; SMITH</b><br>Rhineland, WI<br>(800) 826-7206; drsfostersmith.com   | <b>MADE BY</b> Chenango Valley Pet Foods, in Sherburne, NY. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Drs. Foster &amp; Smith Adult Dog</b> formulas are Chicken & Brown Rice; Lamb & Brown Rice; Lite; Senior, and Puppy.                                |   |
| <b>REPRESENTATIVE VARIETY</b> – Chicken and Brown Rice contains: Chicken, chicken meal, brown rice, barley, brewer’s rice, oats . . . 24% protein; 14% fat; 3.5% fiber; 10% moisture. |   |
| <b>MISC INFO</b> – Company is a retail catalog company, so it will direct-ship to your home.  |   |

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| <b>CASTOR &amp; POLLUX PET WORKS</b><br>Clackamas, OR<br>(800) 875-7518; castorpolluxpet.com   | <b>MADE BY</b> CJ Foods in Bern, KS. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Organix Organic</b> formulas are Adult; Puppy; and “Less Active.” <b>Natural Ultramix</b> formulas are Adult; Puppy; Weight Management; Large Breed; Large Breed Puppy.  |                                      |
| <b>REPRESENTATIVE VARIETY</b> – Organix Adult formula contains: Organic chicken, chicken meal, organic peas, organic barley, organic brown rice, organic oats . . . 25% protein; 13% fat; 4.5% fiber; 10% moisture.  |                                      |
| <b>MISC INFO</b> – Company’s organic certification is by Certified Organic by Organic Crop Improvement Association (OCIA International, Inc.), Lincoln, NE. Castor & Pollux “Pet & Soul Foundation” supports pet charities. Company offers direct shipping to your home. Company says, “All finished products are tested at a third-party laboratory for melamine, cyanuric acid, salmonella, and a range of other aflatoxins and vomitoxins before they are released for sale.” |                                      |

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| <b>DICK VAN PATTEN’S NATURAL BALANCE</b><br>Pacoima, CA<br>(800) 829-4493;<br>naturalbalance.net  | <b>MADE BY</b> Organic Formula is made by Chenango Valley Pet Foods, in Sherburne, NY. Other formulas made by Diamond Pet Foods in Lathrop, CA. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Natural Balance Original Ultra</b> formulas are Ultra Premium (available in regular and Small Bites); Reduced Calorie; and “A.M.P. Ultra Active.” <b>Natural Balance Limited Ingredient Diets (LID)</b> formulas are Lamb & Brown Rice; Sweet Potato & Venison; Potato & Duck; and Sweet Potato & Fish; and Vegetarian. <b>Natural Balance Organic</b> is available in just one variety.                                    |   |
| <b>REPRESENTATIVE VARIETY</b> – Organic formula contains: Chicken, organic brown rice, chicken meal, organic oats, organic millet, organic barley . . . 22% protein; 13% fat; 4.5% fiber; 10% moisture.   |   |
| <b>MISC INFO</b> – “Buy With Confidence Program” entails that Natural Balance tests all of its products (every single batch) before they leave for distribution. They test for nine contaminants including aflatoxin, DON (Vomitoxin), melamine, cyanuric acid, ochratoxin, fumonisin, zearalenone, salmonella, and E. coli. Company says it is the only pet food company tests for these contaminants and makes these test results available on its website. |   |

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| <b>DOGSWELL, LLC</b><br>Los Angeles, CA<br>(888) 559-8833; dogswell.com  | <b>MADE BY</b> Tuffy’s Pet Foods in Perham, MN. |
| <b>LINES/TYPES AVAILABLE</b> – “Vitality” and “Happy Hips” (with glucosamine and chondroitin).   |   |
| <b>REPRESENTATIVE VARIETY</b> – Vitality contains: Chicken, chicken meal, oats, barley, rye, brown rice . . . 24% protein; 12% fat; 4% fiber; 11% moisture.                                      |   |
| <b>MISC INFO</b> – Company routinely donates product to animal rescues and charities. Will direct ship food to you home; donates portion of online sales to animal protection and rescue groups. |   |

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| <b>EVANGER'S DOG &amp; CAT FOOD</b><br>Wheeling, IL<br>(800) 288-6796;<br>evangersdogfood.com   | <b>MADE BY</b> Ohio Pet Foods, Lisbon, OH (Chicken & Brown Rice) and Fromm Family Foods, Mequon, WI (Pheasant & Brown Rice). |
| <b>LINES/TYPES AVAILABLE</b> – Chicken & Brown Rice; Pheasant & Brown Rice  |  |
| <b>REPRESENTATIVE VARIETY</b> – Chicken & Brown Rice contains: Chicken, brown rice, chicken meal, potato, pearled barley, chicken fat . . . 26% protein; 15% fat; 4% fiber; 10% moisture. |  |

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| <b>KLN ENTERPRISES/<br/>TUFFY'S PET FOODS</b><br>Perham, MN<br>(800) 525-9155;<br>nutrisourcedogfood.com  | <b>MADE BY</b> KLN's own plant in Perham, MN. and foods manufactured by Tuffy's Pet Foods/KLN Enterprises, |
| <b>LINES/TYPES AVAILABLE</b> – <b>Natural Planet Organics</b> is available in one variety only. <b>NutriSource</b> formulas are Adult; Weight Management; Large Breed (Adult and Puppy varieties); Small Breed Puppy; Lamb Meal & Rice (Regular and Large Breed); Senior; Performance (higher protein, high fat); and Super Performance (higher protein, even higher fat!). New <b>PureVita</b> formulas are Chicken & Brown Rice; Duck & Oatmeal; and Salmon & Potato. |  |
| <b>REPRESENTATIVE VARIETY</b> – Natural Planet Organics formula contains: Organic chicken, chicken meal, organic brown rice, organic oats, organic barley, natural flavors . . . 23% protein; 14% fat; 4% fiber; 10% moisture.  |  |
| <b>MISC INFO</b> – Natural Plant Organics certified by Oregon Tilth. Company says it conducts rigorous ingredient and finished product testing. PureVita foods are formulated to be lower-glycemic index.   |  |

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| <b>LINCOLN BIOTECH</b><br>East Bend, NC<br>(800) 253-8128; lincolnbiootech.com  | <b>MADE BY</b> Chenango Valley Pet Foods, in Sherburne, NY. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Zinpro</b> is available in only one formula.  |   |
| <b>REPRESENTATIVE VARIETY</b> – Zinpro contains: Menhaden fishmeal, brown rice, oatmeal, ground barley, herring meal, oat flour . . . 22% protein; 12% fat; 3% fiber; 10% moisture. |   |

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| <b>NATURA PET PRODUCTS</b><br>Santa Clara, CA<br>(800) 532-7261;<br>naturapet.com   | <b>MADE BY</b> Natura's own plant in Fremont, NE (California Natural, Evo, HealthWise, and Innova) and San Leandro, CA (Karma). |
| <b>LINES/TYPES AVAILABLE</b> – <b>California Natural's</b> formulas are Lamb Meal & Rice (Large Bites and Small Bites varieties); Chicken Meal & Rice; Low-Fat (Rice & Lamb Meal and Rice & Chicken Meal varieties); Herring & Sweet Potato. <b>Evo's</b> formulas are Large Bites; Small Bites; Red Meat (Large Bites and Small Bites varieties); Reduced Fat. <b>HealthWise's</b> formulas are Chicken Meal & Oatmeal (Adult, Active Adult, Weight Control, and Puppy varieties); and Lamb Meal & Oatmeal. <b>Innova's</b> formulas are Large Bites; Small Bites; Red Meat (Large Bites and Small Bites varieties); Senior; Senior Plus (moderate protein and fat); Large Breed (Puppy and Senior). <b>Karma</b> (organic baked food) is available in only one variety. |   |
| <b>REPRESENTATIVE VARIETY</b> – Evo Red Meat Large Bites formula contains: Beef, lamb meal, potatoes, eggs, sunflower oil, buffalo . . . 42% protein; 22% fat; 2.5% fiber; 10% moisture.  |   |
| <b>MISC INFO</b> – Company employs two veterinarians who are board-certified in animal nutrition. Also states that as of January 5, <b>no</b> Natura foods contain <b>any</b> ingredient from China, and that company "quality control program" is uncommonly thorough. Company engaged in a "green initiative" in 2008; new company vehicles purchased are hybrids, and recycled papers/vegetable inks used for company mail. It's planning a videoconferencing system to minimize air travel between California and Nebraska and a solar energy project for its home office.  |   |

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| <b>FROMM FAMILY FOODS</b><br>Mequon, WI<br>(800) 325-6331; frommfamily.com   | <b>MADE BY</b> Fromm's own plant in Mequon, WI. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Fromm Four-Star Canine Entrees</b> formulas are Grain-Free Surf & Turf; Pork & Applesauce; Duck & Sweet Potato; Chicken a la Veg; Whitefish & Potato; Salmon a la Veg. <b>Gold Nutritionals</b> formulas are Adult; Large Breed; Puppy; Large Breed Puppy; and Reduced Activity Senior. <b>Fromm Classics</b> formulas are Adult and Mature Adult. |   |
| <b>REPRESENTATIVE VARIETY</b> – Fromm Classic Adult formula contains: Chicken, chicken meal, brown rice, pearled barley, oatmeal, white rice . . . 23% protein; 15% fat; 4% fiber; 10% moisture.   |   |

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| <b>LIFE4K9 PET FOOD CORP.</b><br>Dawsonville, GA<br>(888) 543-3459; life4k9.com  | <b>MADE BY</b> Bio Biscuit in Quebec, Canada. |
| <b>LINES/TYPES AVAILABLE</b> – <b>LIFE4K9</b> formulas are Chicken & Barley; Lamb & Barley.  |   |
| <b>REPRESENTATIVE VARIETY</b> – Chicken & Barley formula contains: Chicken, chicken meal, barley, oats, whitefish meal, olive oil . . . 21% protein; 9% fat; 2.5% fiber; 11% moisture.               |   |
| <b>MISC INFO</b> – These are baked foods; company owner feels strongly about the superiority of baked foods over extruded ones. Company says it is a regular donor to animal shelters and charities. |   |

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| <b>MERRICK PET CARE</b><br>Amarillo, TX<br>(800) 664-7387; merrickpetcare.com  | <b>MADE BY</b> Merrick Pet Care, Hereford, TX. |
| <b>LINES/TYPES AVAILABLE</b> – Merrick's formulas are Cowboy Cookout; Grammy's Pot Pie; Puppy Plate; Senior Medley; Turducken; Wilderness Blend; and Campfire Trout Feast.             |  |
| <b>REPRESENTATIVE VARIETY</b> – Campfire Trout Feast formula contains: Trout, oatmeal, barley, salmon meal, brown rice, canola oil . . . 25% protein; 15% fat; 3% fiber; 10% moisture. |  |
| <b>MISC INFO</b> – Available via direct shipping with no shipping charges.   |  |

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| <b>NATURE'S VARIETY</b><br>Lincoln, NE<br>(888) 519-7387; naturesvariety.com   | <b>MADE BY</b> Pied Piper Mills in Hamlin, TX. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Nature's Variety Instinct Grain-Free</b> formulas are Chicken Meal; Rabbit Meal; and Duck Meal & Turkey Meal. (All of these are 95% meat and liver.) <b>Nature's Variety Prairie</b> formulas are Chicken Meal & Brown Rice; Beef Meal & Barley; Lamb Meal & Oatmeal; New Zealand Venison Meal & Millet; and Salmon Meal & Brown Rice. |  |
| <b>REPRESENTATIVE VARIETY</b> – Instinct Rabbit Meal formula contains: Rabbit meal, salmon meal, tapioca, chicken fat, tomato pomace, pumpkin seeds . . . 35% protein; 22% fat; 2% fiber; 10% moisture.  |  |
| <b>MISC INFO</b> – Company strongly promotes diet rotation among varieties and types, offering complementary frozen raw and canned foods.  |  |

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| <b>PERFECT HEALTH DIET PRODUCTS</b><br>Elmsford, NY<br>(800) 743-1502; phdproducts.com   | <b>MADE BY</b> Chenango Valley Pet Foods in Sherburne, NY. |
| <b>LINES/TYPES AVAILABLE</b> – PHD Viand is available in only one variety.   |  |
| <b>REPRESENTATIVE VARIETY</b> – PHD Viand contains: Lamb meal, chicken meal, brown rice, corn, Naturox (natural antioxidant mix), barley . . . 26% protein; 16% fat; 3% fiber; 10% moisture. |  |
| <b>MISC INFO</b> – Company offers support for using its products to supplement a fresh food diet.  |  |



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| <b>PET CHEF EXPRESS</b><br>New Westminster, BC<br>(604) 916-2433; petchefexpress.ca   | <b>MADE BY</b> Champion Pet Foods, Ltd. in Morinville, Alberta |
| <b>LINES/TYPES AVAILABLE</b> – Salmon & Potato is the sole variety.   |  |
| <b>REPRESENTATIVE VARIETY</b> – Salmon & Potato formula contains: Salmon meal (wild), oats, millet, hullless barley, canola oil, salmon oil . . . 25% protein; 10% fat; 3% fiber; 10% moisture. |  |

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| <b>PETON DISTRIBUTORS</b><br>Langhorne, PA<br>(800) 738-8258; performatrinultra.com   | <b>MADE BY</b> Chenango Valley Pet Foods in Sherburne, NY. |
| <b>LINES/TYPES AVAILABLE</b> – Performatrin Ultra’s formulas are Chicken & Brown Rice; Lamb & Brown Rice; and Salmon & Olive Oil  |  |
| <b>REPRESENTATIVE VARIETY</b> – Performatrin Ultra’s Chicken & Wild Rice formula contains: Chicken, chicken meal, brown rice, barley, rice, oatmeal . . . 22% protein; 12% fat; 4% fiber; 10% moisture. |  |

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| <b>PRECISE PET PRODUCTS</b><br>Nacogdoches, TX<br>(888) 477-3247; precisepet.com   | <b>MADE BY</b> Texas Farm Products in Nacogdoches, TX. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Precise Plus’s</b> formulas are Puppy; Adult; Large Breed; and Lamb Meal & Sweet Potato.   |  |
| <b>REPRESENTATIVE VARIETY</b> – Precise Plus Adult formula contains: Chicken meal, brown rice, chicken, barley, chicken fat, beet pulp . . . 26% protein; 16% fat; 3.5% fiber; 10% moisture. |  |
| <b>MISC INFO</b> – Company says its products are made on a line dedicated solely to its products. We like the Precise Plus line; not so much the lower-cost Precise line.                    |  |

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| <b>SOLID GOLD HEALTH PRODUCTS FOR PETS, INC.</b> , El Cajon, CA<br>(800) 364-4863; solidgoldhealth.com  | <b>MADE BY</b> Diamond Pet Products in Lathrop, CA and Meta, MO. |
| <b>LINES/TYPES AVAILABLE</b> – Solid Gold formulas are: Barking at the Moon (higher protein, low-carb); Holistic Blendz (fish); Hund-n-Flocken (Adult and Puppy lamb varieties); Just a Wee Bit (bison); Mmillennia (beef & barley); WolfCub Puppy (bison); WolfKing Adult (bison). |  |
| <b>REPRESENTATIVE VARIETY</b> – WolfKing formula contains: Bison, ocean fish meal, brown rice, millet, oatmeal, barley . . . 22% protein; 9% fat; 4% fiber; 10% moisture.   |  |

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| <b>WELLPET</b><br>Tewksbury, MA<br>(800) 225-0904; wellpet.com  | <b>MADE BY</b> Wellpet’s plant in Mishawaka, IN (Eagle Pack, Holistic Select); Wellness dry foods are made by Hagen Pet Foods in Waverly, NY; CJ Foods in Bern, KS; American Nutrition, Inc in Ogden, UT; and Diamond Pet Foods in Gaston, SC. |
| <b>LINES/TYPES AVAILABLE</b> – <b>Eagle Pack Holistic Select</b> formulas are Chicken Meal & Rice; Duck Meal & Oatmeal; Lamb Meal & Rice; Anchovy, Sardine, & Salmon Meal; LArge & Giant Breed (Puppy and Adult varieties); Senior Care; Small & Mini Breed (Adult and Puppy varieties). <b>Wellness Core</b> formulas are Original; Reduced Fat; and Ocean (fish). <b>Wellness Simple Solutions</b> formulas are Rice & Venison; and Rice & Duck. <b>Wellness Super5Mix</b> formulas are Chicken; Lamb, Barley, & Salmon; Whitefish & Sweet Potato; Healthy Weight; Puppy; Senior; Large Breed (Adult and Puppy varieties); and Small Breed. |  |
| <b>REPRESENTATIVE VARIETY</b> – Wellness Chicken & Sweet Potato formula contains: Chicken, chicken broth, chicken liver, ocean whitefish, barley, sweet potatoes . . . 8% protein; 5% fat; 1% fiber; 78% moisture. 1,256 kcal/kg as fed.  |  |
| <b>MISC INFO</b> – Formerly known as Old Mother Hubbard and Wellness Pet Care, WellPet now operates a former rival (Eagle Pack). Recent donations include to the Pennsylvania SPCA for a new doggie pool and Guide Dogs of Texas in support of their PAWSitive Approach Program.  |  |

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| <b>PETCUREAN PET NUTRITION</b><br>Chilliwack, British Columbia<br>(866) 864-6112; petcurean.com   | <b>MADE BY</b> Elmira Pet Products in Elmira, Ontario |
| <b>LINES/TYPES AVAILABLE</b> – <b>Go! Natural</b> formulas are Chicken; Salmon; and Grain-Free Endurance Formula (higher protein, moderate fat). <b>Now! Grain-Free</b> formulas are Puppy; Adult; and Senior. <b>Summit</b> formulas are Australian Lamb; Canadian Chicken; and Large Breed.   |   |
| <b>REPRESENTATIVE VARIETY</b> – Summit Australian Lamb formula contains: Australian lamb meal, brown rice, oatmeal, barley, canola oil, natural flavors . . . 21% protein; 10% fat; 2% fiber; 10% moisture.   |   |
| <b>MISC INFO</b> – Company says it uses mostly locally-sourced, least-processed ingredients. Also looks for ways to “green” the company, with biodegradable show bags, a conscientious office recycling program, and careful use of natural resources. Also working with packaging suppliers to develop the first recyclable pet food bag. Developed the “Petcurean University Retail Development” program to support and educate independent pet retailers and distributors. Also an active donor to animal charities: West Coast Assistance Teams; youth intervention program PAWS (Positive Action With Students); and Canines for Cancer (a society in conjunction with Cops for Cancer, Walk to Cure Diabetes, and many others). |   |

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| <b>SMARTPAK</b><br>Plymouth, MA<br>(800) 326-0282; smartpak.com  | <b>MADE BY</b> Chenango Valley Pet Foods in Sherburne, NY. |
| <b>LINES/TYPES AVAILABLE</b> – <b>LiveSmart</b> formulas are Chicken & Brown Rice; and Lamb & Brown Rice.  |  |
| <b>REPRESENTATIVE VARIETY</b> – LiveSmart Chicken & Brown Rice formula contains: Deboned chicken, chicken meal, brown rice, barley, oats, beet pulp . . . 24% protein; 14% fat; 4% fiber; 10% moisture.  |  |
| <b>MISC INFO</b> – Direct shipping is available. Food is available sealed in custom-measured single-serving packages for maximum freshness. Company says it donates money and food to local dog rescues. |  |

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| <b>TAPLOW FEEDS</b><br>North Vancouver, BC<br>(800) 658-1166; firstmate.com   | <b>MADE BY</b> Taplow’s own plant in Chilliwack, British Columbia. |
| <b>LINES/TYPES AVAILABLE</b> – <b>FirstMate’s Grain-Free</b> formulas are Chicken & Blueberries; Australian Lamb; and Pacific Ocean Fish (Adult, Puppy, and Senior varieties). <b>FirstMate’s Classic</b> formulas are Naturally Holistic; Lamb & Potato; High Performance (higher protein, moderate fat); Maintenance; Trim & Light; and Lamb Meal & Rice. |  |
| <b>REPRESENTATIVE VARIETY</b> – FirstMate’s Chicken & Blueberries formula contains: Potato, chicken meal, chicken fat, whole blueberries, and vitamins/minerals. 25% protein; 14% fat; 4% fiber; 10% moisture.  |  |

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| <b>VERUS PET FOODS</b><br>Abingdon, MD<br>(888) 828-3787; veruspetfoods.com   | <b>MADE BY</b> Texas Farm Products in Nacogdoches, TX (My Puppy Advantage, Adult Maintenance, and Weight Management formulas) and Eagle Pack Pet Foods in Mishawaka, IN (Life Advantage and Advanced OptiCoat). |
| <b>LINES/TYPES AVAILABLE</b> – <b>VeRus</b> formulas are My Puppy Advantage; Life Advantage (Adult and Large Breed Puppy varieties); New Zealand Lamb (Adult and Weight Management varieties); Advanced OptiCoat. |   |
| <b>REPRESENTATIVE VARIETY</b> – Life Advantage Adult formula contains: Chicken meal, oats, brown rice, rice bran, chicken fat, beet pulp . . . 24% protein; 15% fat; 5% fiber; 10% moisture.                      |   |
| <b>MISC INFO</b> – Company says it uses only hormone- and antibiotic-free meats produced for human consumption and fresh human-grade grains. Sponsor of Safe Haven Animal Sanctuary, Sussex County, DE.           |   |

# Dog Training Is Child's Play

*How to involve your kids in your dog's training for best results.*

BY PAT MILLER

Unless you've been living in a cave for the past year, you know that Malia and Sasha Obama will soon be getting their very first dog. Every year, children all over the world experience the joy of holding a dog or puppy in their arms for the very first time. We trust that the Obamas will select wisely, and make the right training choices for the newest member of the First Family. If a new dog is in your future, we hope that you'll do the same.

For many kids, getting a family dog is one of the happiest experiences imaginable. However, disturbing dog bite statistics from the Centers for Disease Control (CDC) suggest that all is not well in the kid-dog kingdom. According to the CDC, each year, 800,000 Americans seek medical attention for dog bites. Half of these are children.

Your best insurance against your family being part of these statistics is a puppy-

raising program that incorporates proper management and supervision and tons of carefully orchestrated, positive social experiences for your new dog. (For more about how to carry out an ideal socialization program, see "The Social Scene," WDJ November 2004.)

Your child's active participation in the family dog's training, however, will do a lot to cement your dog's place in your family. The training of the family dog will always be most successful if the whole family is involved. Kids are great natural trainers, and tend to have more time than the adults do to spend with the dog. Also, when they learn positive training techniques, kids learn how to interact with and influence the behavior of other sentient beings without using force, fear, pain, or intimidation. These are skills that may serve them well in their interactions with their friends, classmates, and perhaps even their siblings!

treat to the dog. Older kids usually get the hang of doing both pretty quickly. In fact, their timing with the clicker will probably put you to shame.

You'll also need a steady supply of tasty treats to use as training rewards. Use something delicious, not just some of the dog's regular food. It's also helpful if you choose a food item that is easy to cut up and feed in tiny pieces (no larger than a pea), such as cheese, canned chicken, or hot dogs.

Your child's first assignment is to "charge the clicker"—or in scientific terms, *condition the reward marker*. This simply means to teach the dog that the "click" sound means he's earned a treat. It couldn't be easier.

Start with the clicker in your pocket or your child's pocket to muffle the sound; the sharp "click" initially startles some dogs. If your dog seems to be afraid of the clicking sound, stop using it immediately and switch to a different

## What you can do . . .

- Choose a healthy, outgoing, well-socialized pup for your child's pet, or an adult dog who clearly adores children. Use professional services if you're not confident about your own dog-selection abilities.
- Encourage your child to be a full participant in your dog's management and training. Kids make great dog trainers!
- Remember that small children must *always* be under direct supervision *anytime* they are with a dog. Always.



*The Whole Dog Journal*

## Teaching kids to train

One of the best investments you can make for training the family dog is a clicker; they cost between \$1 and \$3. Even if you prefer not to use one when training, buy a clicker for your children to use when they train the dog. Kids love clickers, and are often sold on the gadget from the very first "click!" They can't wait to get their hands on that little plastic box and start clicking. You just have to convince them that the clicker is a dog training tool, not a toy — that *every time they click the clicker they must give the dog a treat*. With young children (ages three to six) you can "team click": one of you clicks, the other feeds a

**When choosing a family dog, hold out for a candidate who obviously loves kids, not just tolerates their attention.**



## Selection, Socialization, and Management

If you don't already have your dog or puppy, **choose** wisely. Unless you're confident about your ability to select a good child's pet, find a knowledgeable dog person to help you find the right companion. Some trainers offer puppy-selection services. You want a healthy, well-socialized, friendly dog or puppy who is clearly delighted to play with your children. Dogs who live with children should not just tolerate kids, they should *adore* them. Do *not* lose your heart to the shy canine hiding in the corner; he will not make a good pet for your children.

For more about choosing the best dog for your family, see "How to Pick a Winner," July 2001.

Once you adopt your puppy or adult dog, put as much time as you can into his **socialization**. We recommend exposing a puppy to 100 new and *positive* social experiences in his first 100 days. He should have the opportunity to greet people of different sizes, sexes, and races, and see people in many different settings and activities, such as biking, skateboarding, riding horses, in a pet supply store, veterinarian's office, at the park, and so



**Guide and monitor your children's interactions with the family dog.**

on. For more information about a proper socialization program, see "The Social Scene," November 2004.

Let your children help you create a **management** and care plan for your new pup; they should at least be aware of how much is involved with having a dog, even if they are not capable of shouldering all the responsibilities. Have a family meeting to discuss and establish rules. Is the dog allowed on the sofa? Where will he sleep? Who feeds the dog? Who takes him out to potty, and when? Who takes him for walks and plays with him? Who trains? Who does pooper scooper duty?

Draw up schedules, post them on the refrigerator, and award a gold star every time your child does her assigned job on time without being reminded or nagged. Ten gold stars win a small prize, 25 earn a medium prize, and 50 is a grand prize – a trip to the movies, or a new computer game. Positive reinforcement works for humans too! (*Note: All the rules of positive training apply, so your children should not be punished by the withdrawal of stars for lapses in responsibility!*)

reward marker. You can say "Click!" or "Yes!"; use the softer click of a ballpoint pen, or make a "click" sound with your mouth. Kids are great at mouth clicks!

You'll be "team-clicking" at first: one of you clicks, the other feeds a tiny, tasty treat. Tiny is important because you'll feed a lot of them. Tasty is important because you want your dog to *love* the sound of the clicker, so he learns to love training.

Click (or say "Yes!"), pause, and feed the dog a treat a half-dozen times, so your dog starts to realize the click means a treat is coming. At first, he doesn't have to do anything to make you click – but be sure *not* to click when he's doing a behavior you don't want, such as jumping up. If you click by accident, however, he still gets a treat; every click means a treat is on its way.

You'll know when your dog has made the connection: You'll see his eyes light up when he hears the click, and he'll look for the treat with eager anticipation. Ask your child to tell you when she thinks the marker is "charged" – that the dog understands that a click means a treat is coming; it's a great opportunity to have her start to observe and understand her pup's body language.

Your dog may start to sit while you're charging the clicker, especially if you hold the treat up to your chest before you click,

because it's easier for him to keep his eye on the treat if he's sitting. Encourage your young trainer to hold the treat to her chest and click the instant your dog's bottom touches the ground. If the two of you consistently click-and-treat when the dog sits, he'll think that sitting *makes* the click happen, and he'll start sitting on purpose.

### Charged and ready

Now you're going to teach your dog his name. It helps to have two clickers for this – or more, if more family members want to play the name game. One of you say his name, and if he looks at you, click and treat. If he doesn't look, make a kissing sound to get his attention, then click and treat. Now the other says his name, and when he looks, click and treat. He'll soon learn that the sound of his name makes the click and treat happen, and he'll think his name is a very wonderful thing. This will be important to help you get his attention when you need it.

When he understands that click means treat and he responds quickly to the sound of his name, you're ready to teach him to sit. Well, sort of. He really already knows how to sit; you're just going to teach him to do the behavior when you ask for it. This is called *putting a behavior on cue*. The fact is, your dog already knows how to do *all*

the behaviors you want him to learn; you're just teaching him your words, and convincing him that it's worth his while to offer the behaviors when you ask for them.

You're going to teach him that the word "Sit!" means "put your bottom on the ground." Since you and your junior trainer have already been clicking and treating him for sitting, this should be easy. Do a few more repetitions of "treat to chest," sit, and click, just to be sure he's got it. Now, have your child say "Sit!" – once – just before she holds the treat to her chest. When your dog's bottom touches the ground, click and treat! If your child can deliver the treat directly to your pup's nose before he gets up, you're doubling the power of the reinforcement. If the dog tries to jump up to grab the treat, have your child hold it in her closed fist, wait for him to sit again, and then feed it from the open palm of her hand, the way you'd feed a treat to a horse.

Be sure to *praise* your dog after he gets his click and treat. Tell him what a wonderful, smart dog he is! If you associate praise with the click and treat process, your praise will be very reinforcing to him later in training, and you can use it to reward him for performing well even when you don't click and treat.

If your dog does not offer sits for the

“treat to the chest” maneuver, lure a sit by moving the treat over his head. When he sits, click and treat. When you know he’ll sit for the lure, add the word before you move the treat, then click and treat when his furry bottom touches the floor.

Notice that you don’t add the verbal cue (“Sit!”) until you know you can get your dog to do the behavior. This is a very important concept to teach your kids. They need to understand that your dog doesn’t know what the words mean until you teach him, and that using them before he knows them is fruitless – and may actually teach him that they mean something else!

When your dog will sit easily, it’s time to *fade the lure*. Your kids won’t always have treats in their pockets, and you want your dog to sit for you whether you have treats or not. Without a treat in her hand, have your child ask the dog to sit, and wait several seconds. If he sits, click and feed him a treat from a bowl on the table. If he doesn’t sit, have your child make the “treat to chest” motion with her hand, clicking and feeding a treat from the bowl on the table when the dog does sit. Soon he’ll be able to sit on just the verbal “Sit!” cue, without the lure.

When he can sit on cue without the lure, skip the click and treat occasionally, and just praise his sit performance. This is called *putting the behavior on a schedule of variable reinforcement*. It teaches him to keep working for you even if you don’t click and treat every time. At first, skip the click and treat every once in a great while – but remember to praise! Over time you can skip the click and treat more frequently. Remember that if you click, you must treat. If you’re going to skip the reward, you skip the click as well as the treat, and just praise him. This teaches him that if he keeps working, the click and treat will come eventually. Like putting quarters in a slot machine, it might not pay off this time, but eventually it will.

Finally, you and your young trainer need to help your dog generalize the behavior. This means teaching your dog that the click and treat game works wherever you go. If you’ve been practicing in the comfort of your own living room, try it in your backyard. You may have to go back to using the lure at first, until he understands



**This five-year-old enjoys and is adept at handling both a clicker and treats, though he needs help from a parental co-handler to recognize the best moments to click.**

that the game is the same everywhere.

Your child can also teach your dog that “Sit” means “Sit by my side, sit when my back is toward you, sit when I am sitting on a chair, and sit when I am lying on the floor.” Pal also needs to learn that “Sit!” means “Sit when there are visitors in the house, sit when I am walking around the block, sit when I see another dog, and sit even if a cat runs by.” Then the two of you will know that your dog *really* understands the word “Sit!”

### Five-step training formula

This is the five-step formula that you used for your child’s training sessions with your family dog for “Sit.” Use this formula for every behavior you want to teach him.

1. Get your dog to do the behavior, using the treat to show him what you want, if necessary. Click (or use another reward marker, such as the word “Yes!”) and give him a treat when he does it.
2. Repeat Step 1 until he does the behavior easily. Then add the word for the behavior *just* before he does the behavior and lure him with the treat, if necessary. Click and treat.
3. As soon he has made the connection between the word and the behavior, fade the lure so he will offer the behavior even if you don’t have a treat in your hand.
4. When he will perform the behavior for

you without a lure in your hand (you’re still clicking and treating!), put it on a schedule of variable reinforcement.

5. Finally, help him generalize the behavior to other locations, by taking your child and dog to practice at parks, on walks around the block, in parking lots, and in stores that allow dogs. A good positive training class is another great place for your child to practice working with your dog around distractions.

### Down boy!

So let’s see how the formula works with another important good manners behavior; the “Down.” This behavior can be more challenging than the sit – you may have to help your budding trainer with this one.

**Step 1: Get the behavior.** While your dog is sitting, one of you holds a treat in front of the dog’s nose and starts *slowly* moving it straight down, using the treat to show him that you want him to move toward the floor. The other clicks the clicker as the dog lowers his head to follow the treat. Each time the click happens, give the dog a small nibble of treat.

*Do not wait to click until he is all the way down!* Because this is a more difficult behavior, you need to click and reward him just for heading in the right direction, or he may give up. If he stands up, have him sit, and start over again. The two of you will gradually *shape* him into a down – clicking and rewarding for small bits of the desired behavior until you finally get the whole thing.

If your child is unsuccessful in luring your dog into a down, she can lure him under your knee, a low stool, or coffee table, so the dog has to lie down and crawl to follow the treat. Click and reward. Repeat this until he lies down easily, then try shaping the down again.

**Step 2: Add the cue.** When your dog lies down easily, have your child add the word “Down” just before she lures the dog into the down position, to give him a chance to associate the word with the behavior.

Note: Your dog can only learn one meaning for a word. If you use “down” to mean “lie down” you must use a different

word, such as “off!” to mean “don’t jump on me.” If “down” already has a different meaning for your dog, use a different word for “lie down,” such as “drop.”

**Step 3: Fade the lure.** After a couple of dozen repetitions, have your young trainer stand in front of the dog with her treat hand at her side or behind her back (so she isn’t giving him the “Sit!” cue by holding it at her chest) and tell her to say “Down.” Give your dog a second or two to process the word, and if he doesn’t lie down (he probably won’t), have her put the treat in front of his nose and lure him into a down. Click and treat.

If he doesn’t seem to be getting it after a couple of sessions, try luring less and less. Have your child move the treat three-quarters of the way to the floor, then whisk it behind her leg and let your dog finish the down on his own. You’re trying to jump-start his brain into figuring out what you want rather than waiting for you to show him. When he’ll lie down for a three-quarters lure, try luring just halfway, then less and less, until your child doesn’t have to lure at all. Keep repeating this exercise until he lies down on just the verbal cue, then click and jackpot! – feed the dog a small handful of treats, one at a time, as a special reward for doing this challenging exercise. Then take your child out for ice cream; she deserves a jackpot, too!

**Step 4: Put it on a variable schedule.** When your dog will lie down easily for the verbal cue without any luring, start skipping an occasional click and treat, just reinforcing with praise. Very gradually increase the frequency of skipped ones, so your dog learns to keep working even if he doesn’t get a click and treat every time.

**Step 5: Generalize.** Now it’s time to take the show on the road. Have your child start practicing your dog’s “Down” exercise when the two of you take him for walks around the block, trips to the park or the pet food store, or visits to your veterinarian.

Use the same formula to teach your dog the other important good manners behaviors, such as “come,” “wait,” “stay,” and “walk politely on leash.” Don’t forget to sign up for that good manners class!

### The importance of play

If you make sure to make it fun, your child and your dog will both think of training as play, not work. But your children can also play games with your dog just for the sake of playing; it doesn’t have to all be about training. Remember that all kid-dog play for young children *must* be directly supervised by an adult. Here are some good games for kids and dogs to play together:

■ **Find It:** Start with a dozen yummy treats and your dog in front of you. Say “Find it!” in an excited voice and toss one treat off to the side. Let him run after it and get it. As soon as he eats that one, toss another in the opposite direction and say “Find it!” Continue until the treats are gone. Older kids can play this part of the game. Young children should just watch.

Now tell your dog to “Wait!” and hold him on-leash while your child places a treat on the ground 10 to 15 feet away, then returns and tells the dog to “Find it!” Let go of the leash so your dog can run to get the treat. Repeat several times, with your child gradually “hiding” the treat in harder places as the dog watches: behind a table leg, on a chair seat, under a paper bag.

*Continued on next page*

## Kids and Dogs: Some Positive Guides

There are lots of excellent resources that can help your family have fun and build a successful relationship with your dog. Here are some of our suggestions:

### BOOKS

*Living With Dogs and Kids Without Losing Your Mind*, by Colleen Pelar  
*The Power of Positive Dog Training*, by Pat Miller  
*Play With Your Dog*, by Pat Miller  
*The Shaper*, by Jessie Haas (for young readers)

### VIDEOS

*New Puppy Now What*, by Victoria Schade  
*Clicker Magic*, by Karen Pryor  
*Take a Bow, WOW!*, by Virginia Broitmann and Sherry Lippman

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Each time your child hides a treat, have her return, pause, and release the dog with a “Find it!” cue to go get the treat. Your child can also hide a valued toy – as long as you can easily get the toy back from the dog for the next round of “Find It.”

■ **Find Susie:** When your dog has learned the “Find it” cue for treats, turn it into a game to find hidden humans. Your child hides, and you tell the dog to “Find Susie!” (insert your child’s name here). If your dog needs help, your child can call him or make noises, until he discovers her hiding place. When he does, your child feeds him treats and praises him. Teach him to find different family members by name!

■ **Fetch:** If your dog likes to fetch, this game can keep dog and child entertained

for a long time. The rules are simple: Your dog sits. Your child throws the ball. Your dog runs after it, gets it, and brings it back. If your dog doesn’t drop the ball easily, have your child throw a second ball – but only *after* your dog sits. He must sit each time *before* your child throws the ball. Most dogs will drop the first one to chase the second. If necessary, get a whole basket of balls. As part of the game, your child can collect all the balls, put them back in the basket, and start again.

The possibilities are endless for you and your child to have fun training your dog. Teach him tricks; kids love to show off their dogs’ tricks. Find more games the whole family can play – Round Robin Recall, for example, where each family member calls the dog and runs away, clicks

and treats as he arrives, and then waits for the next person to call him.

Once you’ve completed his basic good manners class, have your trainer help you determine what kind of additional training might suit him and your child – perhaps he’s a candidate for rally style obedience, or your kids might like to try agility, flyball, or musical freestyle. Your children may not live in the White House, but they can have every bit as much fun with their first dog as Malia and Sasha are going to have with theirs. 🐾

*Pat Miller, CPDT, is WDJ’s Training Editor. She lives in Hagerstown, Maryland, site of her Peaceable Paws training center. Pat is also author of four books on positive dog training. See “Resources,” page 24, for more information.*

## Supervision Is Essential

At risk of sounding alarmist or discouraging a family who is considering getting a dog, we have to be quite serious when we warn owners against leaving children (especially babies and toddlers) alone with dogs. According to the Centers for Disease Control (CDC), the rate of dog bite-related *injuries* is highest for children under the age of nine. Dog-related *fatalities* are highest for newborns to children under the age of seven.

Recent statistics back up these statements. Fifteen of the victims in the 25 dog-related fatalities in the United States in 2008 were children under the age of seven. Of those 15, at least seven of the tragic incidents occurred when the children were left alone with the dog (or dogs) responsible for their deaths. Note that no one breed or type of dog was responsible for the following child fatalities in 2008.

- ◆ January 18: A six-week-old infant was asleep in a bedroom in Lexington, Kentucky, when he was killed by the family’s Jack Russell Terrier.
- ◆ April 28: An 18-year-old mother in Greer, South Carolina, found her five-week-old baby dead after she left the infant sleeping in a full-size bed with the dog sleeping next her.
- ◆ July 22: A three-year-old Jackson, Mississippi, boy was killed while playing alone in his backyard when he approached the family’s chained Pit Bull Terrier.
- ◆ July 24: An Erie, Pennsylvania, mother left her one-year-old daughter in the living room for “just a moment” as she stepped into the kitchen. Her daughter was attacked and killed by the family’s Sheepdog-mix.
- ◆ July 28: A two-month-old boy was killed in his bed by a young Labrador in Tulsa, Oklahoma. His mother and grandmother were home but neither was in the room.



- ◆ September 22: A newborn baby died in Warren, Ohio, after being mauled by the family’s Husky in her bassinet. The father had “left the room briefly” when the dog attacked.
- ◆ October 3: A two-month-old boy was killed by the family’s mixed-breed dog. The child’s aunt said she left the baby on her bed, asleep, and had gone to the kitchen for a drink of water.

Of the eight remaining dog-related fatalities of children less than seven years of age, two involved free-roaming dogs, and two of the victims were attacked despite the immediate presence of adults. Four of the news reports did not provide enough information to determine if the child had been left alone with the dog.

Young children should always be directly supervised when they are with a dog. “Always” is an absolute term; you can’t so much as duck into the bathroom while your toddler is in the same room as your dog. Take the dog with you, or crate him until you return. Crates, baby gates, exercise pens, doors, tethers, and leashes are all useful management tools for keeping dog and children safely separated when they can’t be directly supervised. Use them. Always.

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# Running With Your Dog

*A perfect way to improve the fitness and health of you and your dog.*

BY SUSAN SARUBIN

There are several words that will instantly rouse our three Rhodesian Ridgebacks from even the deepest of sleeps. “Breakfast,” “cookie,” “dinner,” and “out” all result in Aero, Opus, and Amber running enthusiastically toward the kitchen for food or toward the door to be let out in the yard.

But there is one magic word that far exceeds the impact of all others: RUN. Saying the “r” word in the Sarubin household results in sheer pandemonium with three big brown dogs frantically campaigning themselves to be “the chosen one” that day. Forget actually *saying* a word about going running! These dogs know the difference between running shorts and regular shorts,



**The shorter the dog’s legs, the faster he’ll have to move them to keep up, meaning he’s working harder than a taller dog would at the same speed. Limit your mileage and keep your speed slower when running with small dogs.**

## What you can do . . .

- Don’t start a regular running program until you and your dog have been cleared by your respective doctors.
- Start slowly! Ease into a regular exercise program with walking, for perhaps 20 minute intervals, three times a week. Increase the speed and length of your workouts gradually.
- Check the soundness of your dog’s collar and leash frequently. Make sure his ID tags are attached and legible.
- Keep a close eye on your dog. If his enthusiasm or speed lags, stop the run and investigate. Monitor the condition of his pads, and make sure he’s hydrated.



The Whole Dog Journal

running tights and pantyhose, or running shoes and hiking boots. Simply putting on a headband sends them into a frenzy.

My running partners for 14 of my 18 years of running have been dogs. In my experience, dogs are, by far, the best running partners. They will run any distance, anywhere at any time, and are always happy about running. They never complain about the weather, let me choose the route, allow me to set the pace and distance, and motivate me to run on an almost-daily basis – more than any human running partner ever could.

If you own an athletic dog and are a runner already, or are considering beginning a running program, you have the best of all running partners already living with you.

## Why run with your dog?

Dogs love to run. They were born to run. Running will help maintain your dog’s weight, improve muscle tone, maintain a

strong cardiovascular system, and build endurance. Running uphill develops rear drive. If you compete in any sort of showing or sport with your dog, he will undoubtedly be better conditioned from running than his “weekend warrior” competitors.

Running is also beneficial to your dog’s mental health. Running makes dogs happy. It allows them to explore the world through sights, sounds, and smells. They get to spend more time with you doing something fun. It allows them to release energy, making it less likely that they will vent their energy in destructive ways. This will make *you* happy.

## Before you get started

Our dogs usually visit the vet far more often than we visit our doctor. Your dog should be examined by your veterinarian and cleared to start a running program before you subject him to many miles. If you are just beginning running yourself, it



is advisable to also have a physical examination by your doctor.

How old should your dog be before it is physically safe to begin running together? One rule of thumb is that the dog's bone growth plates should be closed before the dog takes part in any sort of rigorous activity. Some breeds and types mature more slowly than others. Owners of large dogs such as Great Danes and Scottish Deerhounds, for example, may be well advised to wait until their dogs reach the age of 1 ½ to 2 years. Lighter-boned dogs such as Miniature Pinschers and Whippets may be ready at 8 months to a year. Most dogs should be in the 1- to 1½-year range; check with your veterinarian for information on when your dog's bone growth plates should be expected to close.

For puppies younger than these recommended ages, free play with other dogs or people is the safest form of exercise. Puppy bones and muscles need sufficient time to develop fully and may be injured by beginning a structured running program too early.

Before you begin running with your dog, it is necessary he understands and responds to basic training cues. Your dog should already be trained to walk on-leash without forging ahead and pulling you off balance, and should sit by your side when you stop at busy intersections. Teaching simple behaviors such as "slow" or "back" when your dog pulls, or "no" when he spots a squirrel or rabbit, are imperative for your safety when running. Remember, unlike walking, only one of your feet is in contact with the ground when you are running, making your dog's sudden pulls especially dangerous.

While you will need to invest in some properly fitting, quality running shoes, and perhaps some specific running attire for yourself, running gear for your dog is simple and inexpensive. All you need is a four-foot to six-foot leather or cotton web lead and a snugly fitting flat collar to keep your dog safely by your side. A flat collar, martingale collar, or head halter are all choices to consider. A harness is also an option, but may cause chafing on longer runs. Retractable leads are not recommended.

## Ready, set, go!

Many of the same principles that apply to beginning a running program for humans apply to our dogs as well. Owners and dogs should ease gradually into a run-

## Ten Rules to Run By

**1. Check the condition of your dog's collar and leash** before beginning a run. Replace frayed or cracked collars and leashes to ensure your dog's safety.

**2. Both you and your dog should run with identification** in case of emergency. Check your dog's tags regularly to make sure the writing is still legible.

**3. Wear clothing that is visible** to motorists, especially at night. Reflective running apparel is available for both you and your dog. Reflective leashes, collars, and vests, as well as flashing collars and flashing lights that attach to a collar, are all available in most pet catalogs. (See our review of these products, "Light Up the Night," WDJ January 2008.)

**4. Begin your workouts with a warm-up** (brisk walk or easy jog) and end with a cool-down to lower heart rates gradually.

**5. Run facing traffic** (a universal rule of running). Your leashed dog should run on your left side, away from traffic.

**6. Make sure both you and your dog remain hydrated.** On longer and warmer runs, carry water or plan your route to include several water stops.

**7. Be conscious of your surroundings**, including road conditions, traffic, other people, and other animals, to avoid injury and unpleasant or dangerous confrontations. No wearing headphones!

**8. Always clean up after your dog.** Carry a minimum of two poop bags – on the day you bring just one, your dog will almost certainly poop twice.

**9. Be aware of your dog's behavior** at all times. Watch for irregularities in gait, breathing, signs of heat exhaustion, waning enthusiasm, etc. If your dog shows signs of tiring, stop running.

**10. Have fun!** Not every run has to be a serious training run. Vary your running routes often, stop to smell the roses occasionally (or the fire hydrants perhaps), walk a little, let your dog explore, and enjoy your surroundings together.

ning program, beginning with alternating walking and running for brief periods (no more than 20 minutes), three times a week, gradually increasing the running. Humans and dogs new to running might begin with two minutes of running at a comfortable pace followed by two minutes of walking, for a week or two. Progress to four minutes of running, two minutes walking, then to six minutes running, two walking, until you and your dog are able to run continuously for 20 minutes comfortably, three times a week.

Begin all workouts with a warm-up period of brisk walking or easy jogging before running as well as a similar cool-down after your workout.

Rest and recovery are essential to improve the fitness of both you and your dog. When just starting out, run with your

dog every other day, rather than on successive days, allowing time for muscle recovery and to avoid injury while building endurance.

After four to six weeks of training three times a week for 20 minutes, both you and your dog will have built up your strength and endurance to begin to increase your mileage. The generally accepted guideline on increasing running mileage is not to exceed a 10 percent increase (in either time or mileage) a week. As you increase your mileage, your dog's pads will gradually toughen to handle the longer distances.

## How far, long, and often?

As your dog's strength and stamina increase, he will undoubtedly delight in accompanying you on longer training runs. The number of miles, minutes, or hours

you eventually run with him is largely determined by the dog. Many breeds are capable of running 25 to 35 miles a week, but perhaps individual dogs within the breed are not. It is important for you to determine your dog's limits when running. The dog's age, size, body density, coat thickness, and temperament may affect how far your dog can safely run. Dogs, like humans, have physical and mental differences that influence performance. By observing your dog's behavior it is simple to figure out your dog's comfortable running distance.

Most dogs are eager and excited at the beginning of a run with their owner, bouncing and running slightly ahead. A mile or two into the run, the dog settles into a pace with his human partner, running easily and comfortably by her side. A couple of more miles and the dog may begin to run a few paces behind the owner, and lacks his initial enthusiasm. Certainly if the dog is panting excessively, breathing fast and hard, lagging behind the length of the lead, or showing signs of lameness, it is time to

abandon your training run. The signs that your dog is tiring are often subtle, and his devotion to you may cause him to run longer or farther than he would on his own. It is up to you to recognize these subtle signs and to stop your run as soon as you become aware of them.

Be particularly aware of the behavior of the older dog when running. These veterans have not lost their enthusiasm, but just as older human athletes, they need to slow down a bit and need more time for rest and recovery.

You also may look to your dog for clues to how often to schedule your training runs. Once you and your dog have been training together three times a week for several months, you may want to add another day or two (or three) to your schedule.

Running on consecutive days is not a problem for younger, healthy, athletic dogs, as long as the workouts are not successively intense. If you run a hard, fast, five-mile run on Tuesday, an easy four-mile recovery run would be perfect on Wednesday. A longer run, say 10+ miles,

on Saturday, should be followed by a slow, comfortable three-mile run on Sunday. If your dog shows any signs of muscle soreness after longer or faster training runs, or lacks his usual enthusiasm for going out running, it is time to take a day off or to go for an easy walk.

What if you have a well-conditioned coursing hound, who competes on the coursing field every weekend? The goal here is to maintain his fitness, without working him to the point of injury or fatigue. Consider the following schedule: Monday: 3 mile recovery run (easy pace); Tuesday: off (or walk); Wednesday: 5 to 10 mile tempo run (a bit faster); Thursday: off (or walk); Friday: 3 to 5 mile easy run. If you like to run more than three days a week, you may just want to leave that canine athlete at home. Although he will undoubtedly be distraught when you lace up your running shoes and head out the door without him, rest and recovery are as important in a conditioning program as is the activity itself.

## How to Identify and Prevent Heatstroke

Dogs do not have sweat glands and regulate their body temperature primarily by panting. In an overheated dog, panting proves insufficient to lower body temperature. Prolonged heatstroke can lead to coma, brain damage, or even death. Take extra care running with your dog on warm days, and be aware of the signs and treatment of heatstroke.

### SIGNS OF CANINE HEATSTROKE:

- ◆ High temperature (105° F to 110° F)
- ◆ Fast pulse
- ◆ Excessive panting
- ◆ Deep red or blue tongue and gums
- ◆ Distressed, agitated
- ◆ Loss of consciousness

### TREATMENT OF CANINE HEATSTROKE:

- ◆ Move the dog to a cool, shady area.
- ◆ Wet thoroughly with cool water to lower body temperature.
- ◆ Apply ice packs to head and between the thighs until temperature drops below 102°F (measure with a rectal thermometer).
- ◆ Give small amounts of water or crushed ice to replace fluids.
- ◆ If the dog does not respond after 10 minutes, seek veterinary attention.



## Running conditions

“Real” runners are not deterred by a little heat and humidity, blistering sun, cold, rain, sleet, or snow. But even if you can physically tolerate any of these conditions, your dog may not fare as well.

■ **Heat and humidity:** Some breeds tolerate high temperatures better than others, but caution should be taken with all breeds when the mercury rises. Dogs do not tolerate heat and humidity as well as humans and can easily suffer from heatstroke when running during the summer months.

Schedule your runs early in the morning or later in the evening, avoiding the highest temperature and strongest sun of the day. Choose shaded routes on warm



**Running with your dog off-leash can be the height of joy, but save the experience – like this pair – for a fenced area or off-leash dog park. Even the best-trained dog can sometimes be tempted to chase an animal and become lost or hurt.**

days, avoiding direct sunlight and hot pavement that can burn your dog's pads. Both you and your dog need to stay hydrated on your runs, especially in warmer, more humid conditions; carry a water bottle (thirsty dogs are easily trained to drink from bottles), or plan a route that includes several water stops.

Most importantly, be aware of the signs that your dog may be overheating to avoid heatstroke. Some days are simply too hot and humid for your dog to run; taking a few days off during a heat wave will not result in a loss of conditioning, and may very well save your dog's life.

■ **Cold and wintry precipitation:** Longer coats offer some protection against the cold, but short-coated breeds need some added protection when running in colder temperatures, especially when the wind-chill temperature is low. A fleece-lined coat with a waterproof outer layer will shield your dog from the cold and wind, as well as freezing rain, sleet, and snow.

Prolonged exposure to frigid temperatures may lead to frostbite of unprotected areas (ears, paws, scrotum, and tail are particularly vulnerable), so make your runs short during the extreme cold. Be careful of ice on the road; "black ice," an invisible thin layer of ice on pavement, is especially dangerous. Ice balls may form between your dog's toes in icy, slushy areas, so check his paws often. And the chemicals,

salt, and sand used to melt snow and ice on streets and sidewalks may irritate your dog's feet. Always inspect your dog's paws at the end of a run and wash off his feet, legs, and underside to remove any chemicals or salt that could be harmful to your dog if swallowed.

■ **Running surfaces** may vary depending on where you run. Running in the city guarantees lots of miles on paved roads that will toughen your dog's pads. Living in the country, you may have access to dirt roads that are kinder on the feet and joints of both you and your dog. State forests (ones that allow dogs), parks, and watershed properties around reservoirs often have more rugged hiking or mountain biking trails that offer more of a physical challenge. "Rails to Trails" linear parks may offer paved, hard-packed, or wood chip trails.

Try to vary the surfaces you run on. Even if you live in an urban or suburban area, you can get your dog off the asphalt for portions of every run. Empty school, office building, or shopping mall parking lots usually have grass around the perimeters; run around the edge of the lot as your dog runs on the grass. Incorporate city parks and cemeteries (if they don't prohibit dogs) into your running route, so your dog can run on grass while you're on the road. Teach your dog to hop up on the curb and run along the grass that borders some streets. Or run on the sidewalk while

your dog runs along the bordering yards. Be careful, however, not to do too much running on concrete sidewalks; it is an even harder surface to run on than asphalt and will take its toll on your legs.

■ **Considering running with your dog off-leash?** Don't, with perhaps one exception. Running a dog off-leash in anywhere but the most remote locations, far from any motor vehicles, is an invitation to disaster. No matter how well-trained your dog is, or how reliable you believe his recall to be, it only takes one squirrel, rabbit, or deer, and one car, on even the remotest of country roads, to tragically prove to you that your dog will sometimes behave on instinct. If you have access to trails in wooded areas that allow unleashed dogs, far from any roads, running with your dog off-leash is a fun and liberating experience for you both. It is not without risks, however. A dog who does not remain in eyesight of his human runner or cannot be called off prey is not a good candidate for even a remote off-leash run.

### **Warning: It's fun**

Running with a dog may be highly addictive. Most dogs love to run with their humans, and their joy of running is often infectious. Even when you may not feel motivated to exercise, the guilt of depriving your dog of a favorite activity is usually enough to spur you on.

All three of my Ridgebacks adore running, but they show it in different running styles. Opus, nearly 12 years of age, has slowed down considerably in recent years, but still loves a short run. He's the hunter, always alert, looking for the slightest movement in his surroundings. Amber, 4, has days when she is the perfect pacing partner, completely focused in training, and others when she simply refuses to run at all!

But it is Aero, 9, who overtly displays his happiness on every run. While running with a joyous bounce, he occasionally looks up at me with a smile and jumps up on my side as if to say, "This is so much fun! I love running with you, Mom!" I love running with you, too, Aero. 🐾

*Susan Sarubin lives, runs, and trains dogs in Baltimore, Maryland. Her training business is Pawsitive Fit, LLC. Susan is also the Maryland State Coordinator for Rhodesian Ridgeback Rescue, Inc. See her website at [pawsitivefit.com](http://pawsitivefit.com) for more information.*

# What's Your Sign?

*How to cue your dog with hand or other body signals.*

BY PAT MILLER

**W**hen I was a young girl, my parents dropped me off at the Milwaukee Coliseum every January, on the last day of the big benched dog show. I spent most of the day in the stands overlooking the obedience rings, mesmerized by the magic of well-trained dogs working in close partnership with their humans. I was particularly impressed with the hand signal exercises in the advanced obedience classes. Amazing, I thought, that you can communicate with your dog without even talking!

What I didn't realize then but I know now, is that hand signals are actually quite simple to teach to dogs – much easier than getting behavior on verbal cue. And hand signals can be used in many situations where a verbal cue just won't work.



**Berkeley, California, trainer Sandi Thompson tells Milo to "stay" using a hand signal. Some trainers use unique signals; others use standard signs taught by their trainers. It doesn't matter what signs you use, as long as you are consistent.**

## What you can do . . .

- Take the time to teach your dog basic hand signals. You'll love how it enhances your ability to communicate with him.
- Identify other behaviors that would lead themselves well to hand signals cues, such as "Wait" and "Go to your place." Invent logical signals and teach them to your dog.
- Teach hand signals to your middle-aged or older dog as a hedge against his possible hearing loss. If he does lose his hearing toward the end of his life, he will still be able to understand your requests (and even your signal for "Good dog!")



## Body talk

The general dog-owning population today is much more aware of the fact that dogs are, first and foremost, body language communicators, thanks to the work of people like Patricia McConnell, Ph.D., and Turid Rugaas. Dogs need to make sense of our movements in order to survive. They depend on reading us to make their world work for them. As Dr. McConnell writes in *The Other End of the Leash*, "All dogs are brilliant at perceiving the slightest movement that we make, and they assume that each tiny movement has meaning."

This makes teaching hand signals incredibly easy. Our dogs already assume our movements have meaning; we just have to make sure they're attaching the meaning we *want* them to have for our particular signals. You'll realize how truly brilliant your dog is when you see how quickly she comes to understand the meaning – and offer the requested behavior – for your body language cues for sit, down, come, and anything else you want to put on a nonverbal cue.

In fact, many dog folks *think* their dogs have learned verbal cues, only to find out that their dogs are actually keying off non-verbal communications the owner doesn't even realize she's making, such as a tiny bend forward at the waist with the "down" cue, or a slight movement of the hand toward the chest that accompanies the word "sit." Owners do these things so consistently that they become an important part of the picture for the dog, and the human doesn't realize that the verbal cue is actually secondary. This is bad news for putting behaviors completely on verbal cue, but good news for putting behaviors on a hand signal cue.

## Hand signal advantages

There are several advantages to teaching hand signals, even if you have no intention of competing in the obedience ring:

- ◆ They're easy to teach.
- ◆ You can use them when you don't want to speak – to avoid waking a sleeping baby,

when you're having a conversation on the phone, when you have laryngitis.

- ◆ They come in handy when your senior dog begins losing her hearing.
- ◆ They are the only way to train a hearing-impaired dog.
- ◆ They are useful if you have dreams of doing TV or movie work with your dog.
- ◆ It's gratifying to show off to your friends how well your dog responds to the silent signals.

## We're down with it

So, how do you *deliberately* teach a hand signal? Here's how I do it:

- Start with a behavior you're already taught your dog perform on verbal cue, such as "down."
- With your dog sitting in front of you, fully extend your right hand straight up in the air and hold it there. Hold a small treat between your thumb and the palm of your hand.
- Pause for two seconds, then say "Down!"
- If he lies down, click (or use another reward marker, such as the word "Yes!") and give him a treat. And praise him!



This is the gesture I use for cuing "Down!" It's a large signal that can be seen by a dog who is far away.

■ If he doesn't lie down, use the treat in your hand to lure him down, then click and treat. Even though he "knows" the verbal cue, chances are your hand raised in the air (different body language!) will throw him off his game at first and he won't respond to it. "Down!" with your arms at your sides is different from "down" with one hand raised in the air.

■ Repeat until your dog lies down when you raise your hand. You might sometimes wait a few seconds longer before you say "down" or use a lure, to see if his brain just needs a bit more time to process the information.

■ Repeat until he lies down *consistently* (at least 8 out of 10 times) when you raise your hand, without having to use your verbal cue or lure.

■ Celebrate!

## Big signals

It's as simple as that. Dogs can learn several cues for one behavior; they just can't learn several behaviors for the same cue. Anytime you're teaching a new cue for an already-trained behavior, use the new cue first, followed by the old one. It's as if you're saying, "Dog, this cue (hand raised high in the air) means the same thing as this other cue (the word "down")." Your dog will quickly figure out that the new cue is always followed by the one he knows, and he'll anticipate the second cue, offering the behavior sooner in order to get his click and treat faster.

Dogs are really good at anticipating. Remember that figuring us out is how they make our world work for them. As



This is the gesture I use for cuing "Sit!" I start with my arms at my sides, and, keeping my elbow by my side, I exuberantly swing my left hand in a large sweeping gesture up and in toward my body, up toward my face, and then out to the side.

soon as your dog realizes the new cue is always followed by the old cue, he'll jump the gun – which is exactly what you want. Why wait around for the second cue? He *knows* what he has to do to make you click the clicker and earn the treat.

Often in class when I introduce the raised-hand signal for down, a student will say, "But my dog already knows a signal for down." She points to the ground, and sure enough, her dog promptly drops to the ground at her feet.

"That's great!" I say. "And here's the deal. Pointing to the floor works perfectly when your dog is right in front of you. But if he's on the opposite side of the room – or a field, or, heaven forbid, a busy road, he may not be able to see that small signal. If he's mildly distracted, a small signal will escape his notice, while a big one might grab his attention. A large signal that's silhouetted against the background is easier for your dog to see, and more likely to work for you in all conditions."

So use big movements for all your basic hand signals. You want your dog to have the best chance of seeing them from afar, even with distractions. Of course you can still use the smaller signal when he's close if you want; dogs can learn many cues for one behavior.

## More signals

Here's another useful hand signal: Sit. You can use the same signal to ask your dog to sit either from a stand or a down position. You can use any big gesture that makes sense to you. The gesture I use for cuing "Sit" is an upward sweeping motion with my left hand, bringing it up the left side of my chest, and then out to the side with a flourish, as if I was saying, "Ta da!"

## Training Deaf Dogs

While hand signals are a useful adjunct for training most dogs, they are *de rigueur* for dogs who are hearing-impaired. Owners of deaf dogs can communicate with their canine companions only through touch, vibration, and signaling.

The clicker – that handy training tool for letting the dog know the instant he’s earned a reward – isn’t useful for a dog who can’t hear, so a deaf dog’s “click” is also a visible signal. Trainers often use a “thumbs up” sign, charged the same way you would charge a clicker: Thumbs up – give a treat. Repeat until the “thumbs up” sign causes the dog’s eyes to light up in anticipation of the coming goodie.

Training is similar, but you skip the verbal cue. Use a treat to lure a behavior (or just shape a behavior without luring!). When you know the dog will do the desired behavior, introduce the new cue – whatever hand or body signal you intend to use – just prior to eliciting the behavior. When he does it, give your “thumbs up” and give him a treat.



When asking a dog to sit from a down position, make the new gesture, then pause with your arm parallel to the ground (tasty treat hidden under your thumb), and *then* say “Sit!” If he doesn’t respond to the verbal cue, lower your left hand with the treat and lure him up into the sit. Click and treat. Repeat until he sits for the signal, without the verbal cue or lure. It helps to pause after the first signal to give him time to think!

When he’ll sit for the hand signal from the down position, do the same thing from the stand. Start with him standing, facing you. Make the sweeping “ta da” flourish with your left hand, pause with your arm parallel to the ground and, if necessary, prompt with the verbal cue, then the lure. When he sits, click and treat.

“Come” is even easier. Leave your dog on a “Wait” cue, or have someone hold him on leash. Back up until you’re about 10 feet away and stand still. When your dog is looking at you, bring your right hand up to your chest, and then swing it away from you in an arc parallel to the ground, as if you want

to thump someone in the stomach who is standing off to your side and slightly behind you. When your arm is stretched straight out, parallel to the ground, pause for two seconds, then say “Come!” in a cheery tone of voice and run backward a couple of steps.

As your dog runs toward you, click, bring your hand back to your chest (so your dog comes to your center instead of your side), and when he gets to you, feed him the treat you had hidden under your thumb. Or better yet, wait for his automatic default sit and *then* feed him the treat. Note: If your dog doesn’t yet offer an automatic sit, work on that separately and treat him just for coming.



**This is the gesture I use for cuing “Come!” I start with my arms at my sides. I bring my right hand up to my chest, and then swing it forward and outward, as if I wanted to thump someone who was standing next to me in the stomach.**

## Subtle signals

There *are* times when subtle signals might be more useful than big ones – and they don’t have to be hand signals. Musical free-style (also known as “dancing with your dog”) incorporates subtle signals designed to look like dance moves, as well as big signals that *are* dance moves. Well-trained agility and rally dogs can key off slight changes in their handlers’ body positions; the smart handler purposefully trains and makes use of this ability. If you’re working on a trick routine with your dog, subtle signals might be just the ticket. A friend of mine can ask her Jack Russell Terrier to lie flat on one side or the other just by tipping her head to one side or the other.

The process is the same whether you use big signals or small ones. Decide what non-verbal communication you want to use; figure out how to get your dog to do the behavior; then give the signal followed by a pause, and whatever prompt is needed to get him to do it. Repeat until he performs the behavior on just the body language cue.

I haven’t been to a big benched show in decades, and the dog training and showing world has changed a lot. But some things don’t change. I’m still enthralled by the magic of well-trained dogs working in close partnership with their humans. 🐾

*Pat Miller, CPDT, is WDJ’s Training Editor. Miller lives in Hagerstown, Maryland, site of her Peaceable Paws training center. Pat is also author of The Power of Positive Dog Training; Positive Perspectives: Love Your Dog, Train Your Dog; Positive Perspectives II: Know Your Dog, Train Your Dog; and Play with Your Dog. See page 24 for more information.*

# Challenging Topics

## *"No-kill" shelters and gender-based bias.*

I have been meaning to write this e-mail for some time. WDJ has done such a tremendous job of providing high-quality, informative articles this year.

In particular, I was most impressed with the article about dental care and the vaccine article featuring Dr. Ron Schultz. Your writers did such a top-notch job of researching complex topics and providing fair and accurate information and opinions. As a veterinarian myself, I sometimes read such articles with an overly critical eye, but I could find nothing at fault with either of these. In fact, I was so ecstatic with the dental care article that I had my entire staff read it, so they could see from a dog-owner's perspective why high quality dental care is so important.

I have thoroughly enjoyed reading about Editor Nancy Kerns' experiences with her new dog, Otto. Even her confessions that her husband isn't following all the rules of positive training is wonderful to hear, as many of us can relate to the same type of frustrations!

Another favorite was your interview with the runner-up winner, Laurie Williams, from the TV show *Greatest American Dog*.

I look forward to more great articles in 2009. Your perspective on health insurance is one I want to hear. I highly recommend it to all clients (especially new puppy owners) but I try to be vague about which company, as I think (like foods) there isn't just one that fits all pets.

Pat Miller's article on "no-kill" shelters ("What's Wrong With 'No-Kill'") in the January 2009 issue disappointed me a little, but I appreciate her perspective nonetheless. I have been a supporter of No More Homeless Pets KC for some years, and they have very specific, businesslike goals to help attain their goal of having Kansas City be a no-kill community by 2012. While I'm not a particular fan of Nathan Winograd's, I read his book, *Redemption*, with interest (that is, after getting past my initial fury at his abrasive writing style).

The main message I took away from his book is that there is more that animal shelters can do to end needless killing, but people have to stop hiding behind excuses and change the mindset of the sheltering system (no space = euthanize).

I worry that we risk jumping to the conclusion that "no-kill" is too mired in distrust and unethical actions to support. We can't move forward when we point fingers and play the blame game. We all agree that we need to end the killing of homeless animals; let's embrace the concept of no-kill *and* support TNR (trap, neuter, and release) programs, comprehensive adoption programs, an active volunteer base, partnering with rescue groups and foster homes, medical rehabilitation, behavior socialization, and low-cost spay/neuter.

I share some of Miller's reservation about keeping animals in cages for extended periods, and I'm not sure what the answer to this will be. I think there is a place for pharmaceutical intervention in some shelter animals (i.e., anti-anxiety medication), but this is not something I've heard much about – perhaps we will hear more in the future?

By the way, as a veterinarian who does quite a bit of behavior work, I really would like to see more mention of the importance of involving a behavior vet when one is grappling with a behavior problem (especially anxiety-based problems).

J.C. Burcham, DVM

Olathe Animal Hospital, Olathe, KS

I would like to congratulate you on "What's Wrong with 'No-Kill'" (January 2009). I am so glad that *someone* has finally told it like it is. I wish more magazines that were about animals would bring this to light. As an animal control officer, I realize that *not* all animals can be adopted. As much as I love animals and hate to have to euthanize them, I realize that there are not enough homes for all the cats and dogs that are unwanted. Many

places that say they are no-kill are guilty of false advertising. Unfortunately, my shelter does *not* receive some donations because I tell the truth. My shelter has to put down the animals the "no-kill" shelters don't take; I have to do the dirty work of others who claim to be more humanitarian. I don't think it's humane to keep dogs and cats in shelters indefinitely; it can inflict severe mental distress on them.

Thanks for helping people see that some of these "no-kill" places are pulling the wool over animal lovers' eyes.

Judy Burrier, Animal Control Officer  
Independence, Ohio

I have enjoyed Otto's progress as I've gotten to know him through WDJ. On the other hand, I am distracted and distressed when my enlightened animal journal blithely affirms sexist ideas. In "Our Dog" (December 2008), author Nancy Kerns says of her husband, Brian, "Guys do things differently," and "He wants the dog to do *guy* things."

I get it that Brian and Nancy are different in their approaches to Otto. However, to generalize, stereotype, and globalize the behavior of each onto an entire gender damages all of us dog owners. My sister, for instance, is a person who hollers "No!" at a dog, swatting him if she thinks it's appropriate. She believes it's not only a dog's right but duty to lick plates clean. And she does the back-of-the-pickup thing, too. She is a woman, not masculine at all. She just happens to be totally different from me in her dealings with dogs.

Brian doesn't treat Otto the way he does because he's a man, but because he's Brian. Instead of presenting assumptions about treatment of dogs based on gender, please give us humans the option of individualism and diversity.

Mariah Poole  
Oneonta, NY

*Good point! Well said!* – NK 🐾

## RESOURCES

### BOOKS

WDJ Training Editor Pat Miller is author of *The Power of Positive Dog Training*; *Positive Perspectives: Love Your Dog, Train Your Dog*; *Positive Perspectives: Know Your Dog, Train Your Dog*; and *Play with Your Dog*. All of these books are available from DogWise, (800) 776-2665 or dogwise.com

### HOLISTIC VETERINARIANS

**American Holistic Veterinary Medical Association (AHVMA)**, 2214 Old Emmorton Road, Bel Air, MD 21015. (410) 569-0795. Send a self-addressed, stamped envelope for a list of holistic veterinarians in your area, or search ahvma.org

### TRAINING AND INSTRUCTION

**Association of Pet Dog Trainers**  
(800) 738-3647; apdt.com

**Certification Council for Professional Dog Trainers**; cpdt.org

**Pat Miller**, CPDT, Peaceable Paws Dog and Puppy Training, Hagerstown, MD. Train with modern, dog-friendly positive methods. Group and private training, Rally, behavior modification, workshops, intern and apprentice programs. (301) 582-9420; peaceablepaws.com

**Truly Dog Friendly Trainers**  
trulydogfriendly.com

## GET IN ON THE FUN!!

In response to a number of requests from dog-related businesses, including veterinarians, pet supply stores, groomers, and trainers, our publisher offers a program to enable businesses to buy copies of WDJ in bulk for reselling to their customers.

If you are the owner of a dog-related business, and you would be interested in buying copies of WDJ for your customers each month (at a special price), contact Jennifer Jimolka at [JJimolka@belvoir.com](mailto:JJimolka@belvoir.com) or (203) 857-3144.



## WHAT'S AHEAD

### Grooming Made Easy

*Is your dog difficult to groom? Is it a nightmare to trim his nails or clean his ears? We'll explain how to desensitize him to these grooming experiences – and explain why you should never force the process.*

### Just Skinny? No, He's Sick!

*Exocrine pancreatic insufficiency (EPI) makes it impossible for a dog to gain weight, no matter how much he eats. Learn how to identify and treat this deadly disease.*

### Health Insurance for Your Dog

*Does it really help? Is it worth it? Is it best for young dogs, middle-aged dogs, or old dogs? Can you even get it for old dogs? We'll answer all these questions and more.*

### Surround Sound

*How to use an acupressure method called "Surrounding the Dragon" to help your dog heal his exercise-related injuries.*