

Winkie's Newsletter



Winkie Spiers

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Member of APDT, Pet Dog Trainers of Europe & Association of INTOdogs

4th Edition

Winkie's Top Tips:

- Carry fresh water for your dog at all times especially in hot weather.
- Pick up after your dog - it's the law and by not doing it you are doing dogs and other owners a big disservice.
- Be careful about letting your dog just jump into water, it can be dangerous as there can be glass and other hazards under the water.
- Keep your dog in sight— theft happens!
- Consider others when you walk your dog and be courteous and responsible. Irresponsible owners get all dogs and owners a bad name.
- Keep your dog safe!!

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Why train your dog?

To keep them safe, to keep others safe and perhaps to help increase our bond and relationship with them.

To keep your dog safe; teach your dog to come back to you in a happy and enthusiastic way every time you call. Teach them kindly to 'wait' calmly at the side of the road before crossing and to be sensible by all roads. Most importantly teach your dog to cope happily, calmly and confidently with other dogs, people, different situations, busy areas, noisy places and new and unexpected things. Learning to cope with life in general is the most useful lesson.

To keep others safe; have your dog under control and if you don't have a good recall then keep your dog on a lead/long line until you can confidently call your dog back. Teach your dog to leave people and other dogs alone, not all people like dogs and some dogs may be ill or fearful of others so call your dog away from a dog on lead - there may be a good reason that it's on-lead.

Increase your bond; Train your dog in positive ways that it understands and show clearly what you want and avoid punishment or correction. Mostly when dogs get things wrong it's the fault of the training, situation or technique—not the dog!! Punishment and correction don't make for good relationships, learn more about how dogs communicate through their use of body language. Above all use only up-to-date, kind and positive methods.

The best way to train is for owners to learn more about their individual dog; breed type, natural drives and instincts, likes, dislikes and natural abilities.



How Do Dogs Communicate?



- Mostly through body language, postures and glances but also scent.
- They may use body stance, head turns, yawning, licking, sitting, moving slowly or staying still amongst many other postures and moves to communicate their peaceful and friendly intentions.
- Like us they are better at communication when they are calm, confident and happy.
- They learn from each other and it's important for dogs to practice their communication skills for the whole of their lives.
- Learn more about this fascinating subject!

The Bowen Technique

A hands-on remedial therapy for humans, dogs & horses

What is it? *The Bowen Technique* is a soft tissue, hands-on, remedial therapy. Following assessment and taking a medical history, it involves a series of gentle rolling type moves on different parts of the body which are effective, relaxing and enjoyable.

Bowen moves can promote healing, help to re-balance and re-align the body and reduce pain for a variety of muscular & skeletal conditions. *Canine & Equine Bowen Technique* are not a substitute for proper veterinary care and only available on veterinary referral.

What types of condition can it help?

Firstly, *the Bowen Technique* treats the whole body and not just named conditions or symptoms. It can help alleviate a wide range of problems including: joint pain and stiffness, breathing difficulties, tension and stress. In addition it can enhance sports performance, aid recovery from surgery or illness, muscular strains & sprains, auto-immune disorders and can contribute to overall good health, which



A gentle Bowen session is specific to each dog's needs.

may help to reduce the likelihood of injury or illness.

Is it safe? *The Bowen Technique* is very safe as it's so gentle and can be practised at all stages of life and also during pregnancy. *Canine & Equine Bowen Technique* are only practised by a therapist qualified and trained specifically for dogs and/or horses. Certified therapists should be fully qualified, insured and must attend annual CPD (continued professional development) courses to remain up-to-date.

For more information:

www.winkiespiers.com

www.caninebowentechnique.com

www.thebowentechnique.com

www.bowentherapists.com

Contact me direct for further information;

winkie@winkiespiers.com.

Exercise— what is sensible?

Exercise requirements change throughout the life of each dog and will be dependent on many factors; age, breed and state of health being the main ones.

Puppies— rule of thumb for puppies is 5 mins of exercise/walking per month of life e.g. at 12 weeks approx 15 mins each day perhaps twice a day depending on the individual dog. With some of the larger breeds and those be prone to joint problems more care is needed. Remember that puppies need between 14 and 18 hours sleep a day.

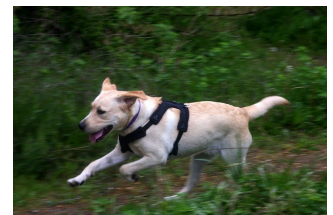
Adolescents— at about 6–8 months you will be able to take your dog further and walks can increase to 30–45 minutes. Contrary to popular belief too much exercise can

cause hyper behaviour and not the relaxed dog you might be hoping for!

Adults— with adult dogs, depending on the breed you can be more relaxed but how fit does your dog need to be and are you doing it any favours by exhausting it physically every day?

Older dogs—go at their pace and consider how you would like to be treated in old age!

If in doubt get some professional advice.



What do I do about..... my dog jumping up ?

Dogs jump up at us for a variety of reasons, mostly over-excitement, because it works for them or is rewarded inadvertently and sometimes it's just a habit. They don't go out of their way to upset us but sometimes how we train them is confusing.

When a puppy jumps up at a well socialised older dog the older dog will normally just turn it's head away and wait for the puppy to stop. We can use this technique by turning our head and/or body away from the dog so it understands that we don't want to be jumped on.

When we say 'no', 'get down' and look at the dog and push it down we are actually giving quite a lot of attention for a behaviour that we don't want.

If a dog sometimes gets rewarded for the behaviour and then sometimes ignored or told off this will create confusion and then there may be more jumping up!

Get professional help if you have consistent problems and consider all the reasons why before blaming the dog!

Sleep!

Quality and quantity—what is appropriate

Dogs are what is known as 'polyphasic' sleepers and will select somewhere of their choice for a while before getting up and moving to somewhere else—this is a normal and instinctive dog behavior. They like to sleep where they can see what's going on most of the time but preferences vary from dog to dog.

For proper REM sleep dogs need to be able to lie flat out so ensure that their beds/crates allow for this.

Dogs generally require anywhere from 14–18 hours sleep a day, a lot more than we do. A dog that is over-tired is likely to not make good decisions and it can affect their ability to learn and function properly.

The type of bed will depend on the preference of the individual dog and again breed, health and age will be factors.

There is a lot of talk about dogs on sofas and beds; mostly they want to sleep on sofas and beds as they smell of their human family and provide comfort, it is not an attempt at world domination!! Whether you allow your dog on sofas and beds is an individual decision but a comfortable bed or two of their own is essential.

Dogs need to feel safe, ensure that their sleeping area is a safe place where they are not disturbed.



Licking and chewing are nice pacifying behaviours so to encourage your dog to settle in it's bed give filled kongs, rawhides, bones etc—whatever is suitable to aid restful sleep.

Make your own treats!

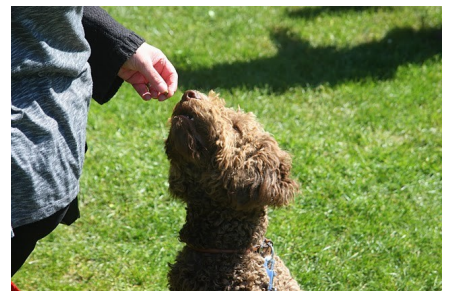
Good quality treats get a great result for things like recall so finding out what your dog likes is a good idea. One of the favourites for my dogs are homemade liver bites. These are quick, cheap and easy!

Ingredients: sliced lambs liver. You can use pigs liver but I prefer lamb as I don't like the smell of pigs liver! First pan fry the liver in a frying pan with a little olive oil or butter. When it is brown on both sides switch the

heat off and let it cool down. Once cool cut the liver into small pieces about the size of your little finger nail with scissors. Place the small bits of liver on a baking tray lined with greaseproof paper and put on a low rack in oven heated to approx 150 degrees.

Leave to cook/dry in the oven for about 45 - 60 minutes, you want them to be firm/hard to the touch but not burned.

Take them out and keep in an airtight container in the fridge and use as required, should last for several days. They are quite rich so don't use too many or you may cause a digestive upset.



Social Walk Classes

Walking with others is wonderful for us and our dogs. We are all social creatures and opportunities to practice social skills is a great way to learn to communicate better, become more confident, learn new skills and stay safe.



Classes take place in the park and on the streets where such skills are needed. During a class we may typically practice road safety, coming back when called, leaving rubbish on the ground and learning

to pass other dogs and people calmly and politely. The classes are open to all ages and breeds and they increase ability and confidence in both dog and owner.

All dogs must have either completed a puppy class or had 1:1 with me to be eligible to join the social walk classes. www.winkiespiers.com

What's available?

Puppy Socialisation Classes: Tuesday evenings at All Creatures Veterinary Surgery. These are 6 week courses which cover many aspects of living with a puppy including: socialisation, house-training, mouthing & biting, mental stimulation, walking nicely on lead, recall, sit, down, stay and leave exercises. Class sizes are small to ensure individual attention.

Social Walk Classes take place Tuesdays at 1.45 or 3pm or Saturdays at 9 or 10.15am. These are an ideal follow on from puppy class or 1:1 training. They can improve your dog's social skills, your own handling skills, and cover many subjects including dog-on-dog interactions, problem solving, road walking and general life skills. Spaces are limited and need to be booked in advance. Dogs must have attended puppy socialisation classes or had 1:1 training and assessment before joining the social walk classes. These classes are not a course you just book and come along whenever suits you.

1:1 Sessions: these can be booked at times that suit you, including some evening and weekend appointments. No travelling is involved as I come to you. 1:1 can be ideal for many people whose lifestyles and family commitments mean that they can't commit to classes and for dogs who can't cope with other dogs or have specific issues.

Human & Canine Bowen Technique: available by appointment. (see my contact details below)

Talks, workshops and seminars: Please see my website for up to date information on talks and seminars.

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Member of Association of Pet Dog Trainers (804), Member of Pet Dog Trainers of Europe (F036), Member Association of INTOdogs, Member of European Guild of Canine Bowen Therapists & Bowen Therapy Professional Association.

My book 'How To Handle Living With Your Dog' is available through Amazon, Lorna's Pet Care Service or direct from me and is also available as an audio CD.

Useful links:

Lorna's Pet Care Service

Quality supplier of leads, harnesses, treats and toys.
Free monthly email newsletter. Contact Lorna Mann
Email : lorna@lornaspetservice.co.uk
Website: www.lornaspetservice.co.uk

Woofs to Kittys

Mobile grooming service that comes to your home
Tel: 07889 478737
Email: woofstokittys@btconnect.com

Caroline Crawford Garden Design

Creative outdoor solutions for people and their dogs.
Website: www.ccgardendesign.co.uk
Tel: 07887 958933

Urban Kennels

Wandsworths first and only purpose built dog day care and boarding facility.
Tel: 07946 870116
Website: www.urbankennels.co.uk

The Cat Sitting Company

A full cat sitting service, plant and garden care and security measures for peace of mind when you are away.
Tel: 07952 196144
Website: www.thecatsittingcompany.co.uk

Yappy Happy

Dog walking service where dogs are walked in small groups and care is taken for individual needs.

Website: www.yappyhappy.co.uk
Tel: 07540 807090

Association of Pet Dog Trainers

Professional organisation that promotes kind, fair and effective training methods. See their trainer list to find a qualified trainer in your area.

Website: www.apdt.co.uk

Pet Dog Trainers of Europe

A professional organisation that prides itself on taking dog training into the 21st century. They have a list of assessed and qualified trainers around Europe on their website.

Website: www.pdte.org

The Association of INTOdogs

An association for trainers who only use positive and respectful methods. See their website for a list of trainers.

Website: www.intodogs.org

If you would like further information about any dog related services, talks/seminars, good books, trainers in your area, courses or general information contact;
winkie@winkiespiers.com / 020 7924 3744