

## Stress

### Balls, Frisbees and sticks

stress your dog terribly. Dogs don't fetch objects because they like it. They are drawn to it by the instinct of pursuing a prey. They can't help this innate response to movement! With this kind of activities, dogs become hysterical and stressed, not calm at all!



...Besides, without you even knowing, you are training your dog to **pursuit** other things, like bicycles, skate boards, running children, etc.! Be aware!

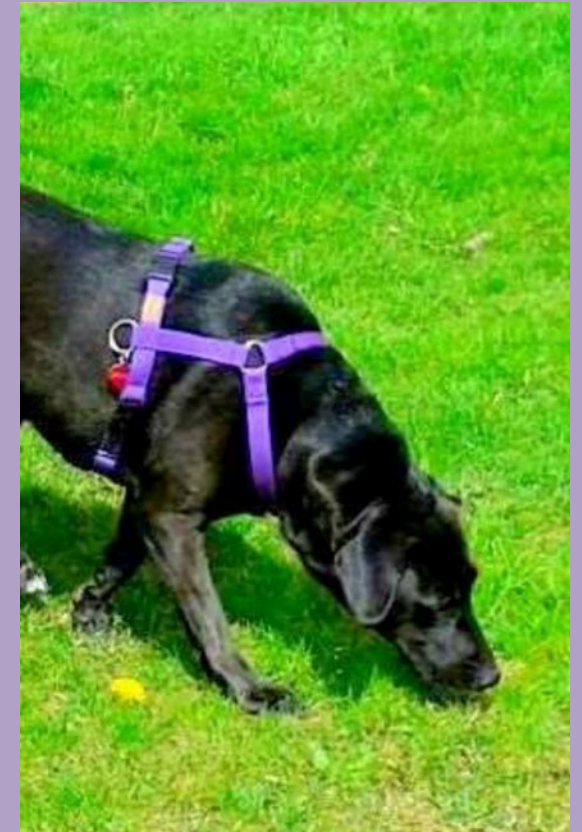


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# ALTERNATIVES TO



# DANGEROUS GAMES

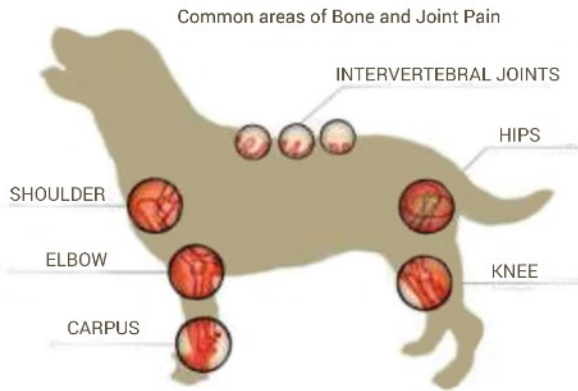
What kind of physical problems are caused by ball, frisbee and stick systematic fetching?



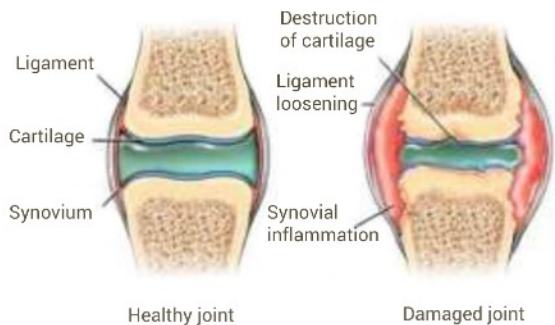
## Balls, frisbees and sticks

What do they have in common? They are **bad** for your dog!

The **repetitive movements**, sudden stops and abrupt turnings are harmful for your dog's **joints and back**. The **neck**, a very sensitive area in dogs, can become stiff and quite **painful**. It's even worse if you make your dog fetch objects systematically in hard surface areas (like cement).



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### Alternative activities :

- ☞ Relaxed walks with loose leash
- ☞ Letting your dog sniff, with no hurries or pressure
- ☞ Giving your dog opportunities to explore new interesting (for him) places
- ☞ Unleashed walks in the forest/ mountain/ beach

*The best exercise is to walk calmly!*



### ☞ Mental Stimulation

What should you do to have a relaxed happy dog? **Mental stimulation!**

What about a treat search? It will make your dog use the nose, stay calm and concentrate. Just throw a handful of treats, covering the biggest area possible.



Stay calm, silent, don't interfere and let the fun begin!