



# Pups & Play!



## How to walk your dog

### DO YOU NEED HELP?

Does your dog pull on the leash?

Doesn't your dog come back when called?

Is your dog reactive on a walk?

Want to learn how to curve?

Please contact:

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Sources:

◆ [www.dogbrochures.com](http://www.dogbrochures.com)

◆ [www.freedogz.be](http://www.freedogz.be)



### USE A HARNESS

Protect your dog's neck and throat.

Make sure your dog is wearing **comfortable equipment** for a walk. Tension in the muscles can cause headaches and therefore influence their behavior.

Important **blood vessels, nerves, vertebrae** and the important **thyroid gland** (for hormonal balance) are located around the neck and are vulnerable to damage when wearing a collar.

Most dogs need some training to get used to a harness. A dog will NOT learn to pull when wearing a harness.

### USE A LONG LEASH

The leash should be long enough (min. 3m) for your dog to be able to sniff and explore around freely.

Even better are areas **where they can walk without a leash!**

### BE POLITE TO STRANGERS

**Respect the body language of dogs.**

**Curving** is a natural way for a dog to be polite. Make sure to curve early enough and wide enough for your dog to be comfortable.

### WALK SLOWLY

Especially for small dogs it's very important to walk slow! **Don't make them run a marathon** during every walk!

Give your dog enough time to fully explore interesting areas. **Give them a choice** where they want to go and how long they want to stay.



### VISIT NEW PLACES

**Make an interesting variation.**

Visit different kind of areas so your dog gets a lot of **mental stimulation**. Dogs love to sniff other people's gardens. Parking lots and some industrial areas might also be very interesting!

### DURATION OF A WALK

A walk of **20-45 min** should be enough for most dogs. Don't care about the length! Give them all the time in the world to sniff around to make them tired.

Always keep an eye at your dog's stress level and signals and don't hesitate to go home when your dog has had enough!

Don't make them run after balls and sticks. Your dog should be **calm and relaxed** at the end of a walk.

### SOCIAL WALKS

Dogs need to be able to be social with other dogs. A little play but foremost **exploring and sniffing together** is so much fun!

They don't need to make new friends on every walk. Let them build real **friendships based on trust** with a couple of dogs they really like.

A visit to their friends home or yard also makes a good trip.