

Alternatives to offer:

- ◆ Lost retrieve (finding back a lost item and retrieve it)
- ◆ Treat search
- ◆ Search tree



- ◆ Following tracks of animals or people
- ◆ Finding hidden toys or objects
- ◆ Slow walks with lots of exploring, sniffing and deciding directions to go
- ◆ Brainwork
- ◆ Having high quality chews
- ◆ Etc. etc.

Interesting books and websites:

"The Canine Kingdom of scent" AnneLill Kvam
"On talking terms with dogs: Calming Signals" Turid Rugaas
"Stress in Dogs" M. Scholz & Clarissa von Reinhardt
www.dogpulse.org
Blogs on www.pdte.eu
Brochure: "Let your dog sniff!!"
Brochure: "Brainwork"

Do you need help or more information?

Contact a dog behaviourist of Pet Dog Trainer Education. You can find one via www.pdte.eu.

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Throwing balls or sticks??



Time for changes!!



Lots of people throw balls or sticks for their dogs to retrieve. They do this because they think their dog loves it or needs the exercise involved with it. What really happens when you throw the ball?.....

The physical part involved....

Throwing balls can cause physical damage. The abrupt speed of the chasing, the jumps, sharp turns and abrupt stops often with rotations can cause damage to joints and cartilage. It can lead to sprains to tendons, ligaments and muscles.



The mental part involved....

Running for something rises the adrenaline. Adrenaline is a stress hormone and rises the stress level. It takes 2-6 days to recover from a higher

stress level. Without recovery higher stress level can cause all sorts of problems.

Higher stress level can cause:

- ◆ overreactions to things/situations
- ◆ Restlessness/overexcitement
- ◆ Mounting
- ◆ Lunging/aggressive behaviour
- ◆ Lack of concentration/forgetfulness
- ◆ A weakened immune system
- ◆ Etc. etc.

Besides that dogs can even get addicted to the ball throwing game. It can become a real obsession: the dog isn't capable of doing normal natural dog activities anymore he is only focused on the ball.

Throwing balls in early years will make excellent car chasers when they grow up! If you don't want them to chase cars, bikes etc. you need to take away the possibility for the dog to chase balls, sticks and everything else. Every time you let him he will built up the skills for chasing.

'But my dog has so much energy he needs the exercise'

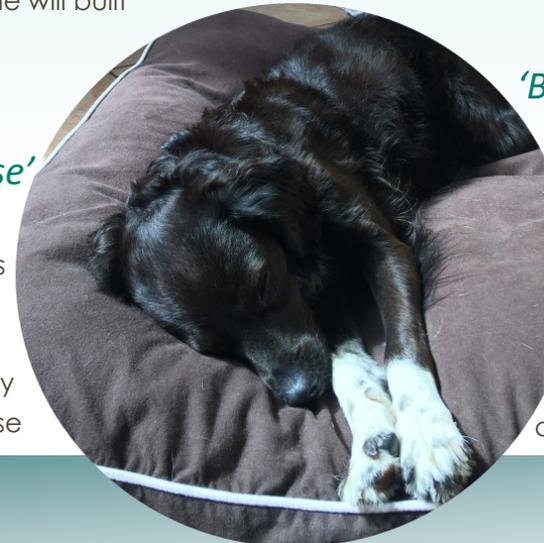
More often the dog is overstimulated and stressed. He gets restless because of too much stress. Dogs need 14-18 hours of sleep per day and lots of mental stimulation. They need to be able to explore and use

their senses in a natural way.



'But in nature they also run for rabbits'

Yes they do, but they will run for the rabbit, chase it, catch it and eat it. As shortly as possible and only once, after that they will take lots of rest. Throwing things over and over builds up enormous stress.



'But my dog loves it!'

Movement triggers an automatic reaction: to run after, chase and catch it. It is not a happy drive. They get exhausted by the game. Dogs do not need to chase anything to be happy.

