

Do you know what is good for your dog?



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References:

- Training IDTE by Turid Rugaas in the Netherlands
- Turid Rugaas:
  - Book/DVD: What Do I do when my dog pulls?
  - DVD: "Puppies"

**DOG**

**DO's & DON'Ts**

**Test your knowledge!**



Questions	Answers	Extensive explanation
1. Is a harness better than a collar?  <input type="checkbox"/> YES <input type="checkbox"/> NO	<b>YES!</b>  A harness is better for your dog, because it doesn't injure the neck area.  The soft tissue of the throat in dogs is exactly the same as in humans. Feel yourself how unpleasant it is to even put slight pressure on your throat area.	<p>The neck area is highly sensitive and a tug on the leash or a sharp jerk, can lead to direct injury of for instance the neck- muscles, thyroid, glands or vertebrae of the neck.</p> <p>It could lead to headaches, muscle pain in neck-/back, eating-/drinking problems and even blindness!!</p>
2. Is playing with your dog by throwing balls or sticks a good thing to do?  <input type="checkbox"/> YES <input type="checkbox"/> NO	<b>NO!</b>  Throwing balls, sticks causes a lot of stress.  It activates the hunting instinct of your dog, causing his heartbeat to rise and release stress hormones.	<p>In time the stress hormones can lead to chronicle stress, which will affect the immune system of your dog.</p> <p>It is better to hide treats or throw treats around and let him find them.</p> <p>This way he uses his nose and, as a result, his brain, which will relax your dog and his heart rate will drop.</p>
3. Is it good to walk slowly with your dog during a walk?  <input type="checkbox"/> YES <input type="checkbox"/> NO	<b>YES!</b>  It is better to walk slowly during a walk with your dog, so you enable him to explore and sniff.	<p>As a result, he must use his brain, which will have a calming effect on him.</p> <p>Also: walking slow is the best gait for building muscles and it enables your dog to meet other dogs, which makes him more sociable.</p>
4. Is it good to walk your dog on a retractable leash?  <input type="checkbox"/> YES <input type="checkbox"/> NO	<b>NO!</b>  When walking your dog with a retractable leash, there is ALWAYS tension on the leash... ALWAYS, and the dog is aware of that.  This tension is not good for your dog's well-being.	<p>In addition, these leashes give the owner extremely limited control over the dog and both human and dog can get injured by them.</p> <p>Try it yourself and attach the flexible leash on your clothes and experience how uncomfortable it is!!</p>
5. Is it good to go bike riding with your dog?  <input type="checkbox"/> YES <input type="checkbox"/> NO	<b>NO!</b>  Running your dog next to the bike is not good for your dog because this movement has too little variation.  The muscles get too many repetitive movements and that can cause injuries in time.	<p>A second problem can occur when cycling your dog in warm weather. This way your dog can easily overheat because a dog can only (primarily) cool himself down by panting.</p> <p>And third: By cycling, your dog doesn't have the chance to sniff and go at this own pace.</p>
6. Does a puppy need a lot of exercise?  <input type="checkbox"/> YES <input type="checkbox"/> NO	<b>NO!</b>  It depends on the age of the puppy how long you walk your puppy.  And what is most important: do WALK SLOWLY.....	<p>How to walk your puppy:</p> <ul style="list-style-type: none"> <li>• Younger than 3 months : no walks</li> <li>• After 3 months : 10 – 15 minutes a day</li> <li>• For every more month : add 5 minutes a day.</li> </ul>