

HOW TO ORGANIZE THESE ACTIVITIES ?

- ↻ gradually (one new thing at a time)
- ↻ respect the dog's progress
- ↻ give him time to observe and analyse the situation with all of his senses
- ↻ give him to take a break if required
- ↻ let him take initiatives

A curious dog is a healthy dog !



MEASURE THE DIFFICULTY

- ↻ exercises which are too difficult will be unsuccessful resulting in our dog possibly losing his self-confidence
- ↻ exercises which are too easy will be unchallenging and therefore frustrating

Balanced exercises = a balanced dog !

WHY SHOULD WE ORGANIZE ACTIVITIES WITH OUR DOG ?

- ↻ to improve our relationship
- ↻ to develop both our dog's mental and physical abilities (his body, all 5 senses and his brain)
- ↻ to build up his self-confidence
- ↻ to keep him busy and amused, avoiding long boring days

In this brochure, it will be referred to dogs as "he", to keep things simple.

Mental stimulation helps fight the brain aging !



WHEN SHOULD WE START THESE ACTIVITIES ?

- ↻ 2 or 3 days after the arrival of the dog (allowing him to familiarize himself with his new surroundings)
- ↻ at the beginning, based on the puppy's / dog's abilities, one object or sound at a time, one novelty per day (certain dogs are more sensitive, eg puppies)
- ↻ continue every day (with moderation if necessary)

Keep a diary may help keep track of the evolution and diversity of the activities

OUR DOG'S RESTING TIMES ARE IMPORTANT

- ↻ respect our dog's daily resting requirements (between 14 and 18 hours for an adult dog and up to 20 hours for a puppy)
- ↻ in case of an exceptional activity, a few days of rest will be necessary (at least 2 days maybe more, each dog is different)

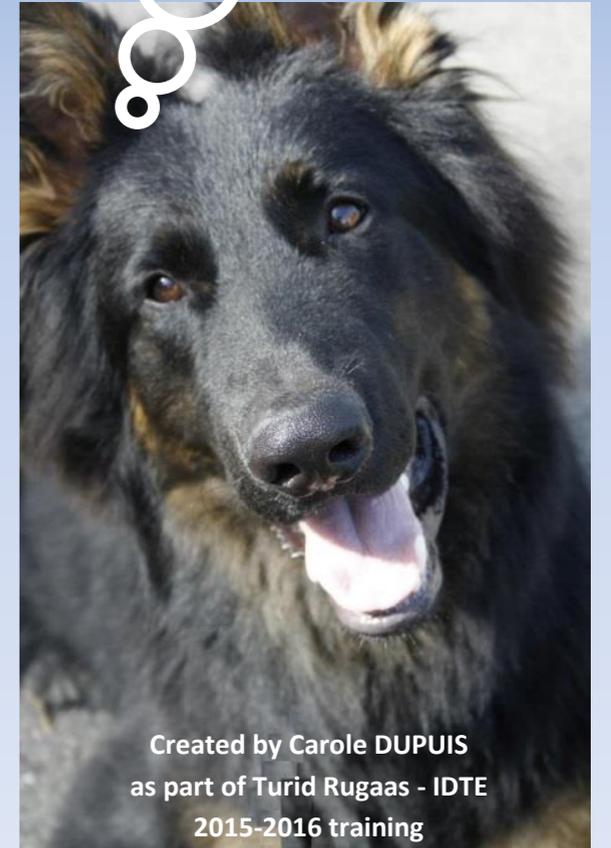


WE SHOULD NOT THROW REPETITIVELY

Throwing a toy maintains nervousness, reactivity and our dog's predation instinct. This could also result in serious physical injuries.



Lets do something fun together ?



Created by Carole DUPUIS
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...OUR WALKS...



- ☞ harness and long lead or off lead (depending on area)
- ☞ walking slowly to allow our dog to use all of his senses
- ☞ different places regularly
- ☞ variety in what we offer (town, forest, parking lots, construction sites,...)
- ☞ alone or with other dogs
- ☞ or we can just watch the world go by together

Why :

- ☞ develops our dog's self-confidence
- ☞ uses all of our dog's senses

Remarks :

- ☞ important to allow our dog to make choices (walk on our left or right, in front or behind us, choose where to go, at what speed, where to stop,...)
- ☞ use a harness adapted to the dog (shoulder-blades, under-arm and throat free)

Recommended book and DVD :
My dog pulls, what do I do ? by Turid RUGAAS

Discover
the world together...

...TREAT SEARCHES...

First step : a few treats in a small area in front of the dog

Progression of the difficulty :

- ☞ at first the dog sees the treats being placed and then no longer
- ☞ more treats in a larger area
- ☞ first at home, then in the garden, then on walks and in the rest of the world



Why :

- ☞ develops our dog's concentration
- ☞ develops our dog's ability to control his movements

Remarks :

- ☞ easy to do
- ☞ all dogs have this natural ability
- ☞ it is possible that our dog will take himself out of it and return later
- ☞ we use treats that our dog likes

Recommended book : *Playtime for your dog, keep him busy throughout the day*
by Christina SONDERMANN

Can be done
many times a day

...TOY SEARCHES...

First step we choose a toy our dog likes and whilst our dog is watching we place it in an open box

Progression of the difficulty :

- ☞ we place the toy in a bag, in a closed box,...
- ☞ we use different objects
- ☞ we hide the toy, out of sight of the dog

Why :

- ☞ develops our dog's self-confidence
- ☞ our dog learns to cope with challenges



Remarks :

- ☞ the box and the dog need to be in proportion to each other
- ☞ the objects need to be safe
- ☞ the objects and containers are changed regularly

Recommended book : *The canine kingdom of scent*
by Ann Lill KVAM

Recommended DVDs: *Nose work, search games and Nose work, scent discrimination*
by Ann Lill KVAM and Turid RUGAAS

Hide keys or
a wallet !

...ENRICHED ENVIRONMENTS...

Spread various every day objects (umbrellas, boxes, kids toys,...) on a few square metres to create areas that can be explored



Why :

- ☞ develops our dog's self-confidence
- ☞ our dog learns to cope with challenges
- ☞ uses all of our dog's senses

Remarks :

- ☞ adapt to our dog's mental and physical abilities (certain dogs are more sensitive, eg puppies)
- ☞ objects and areas changed regularly



We are only limited
by our own imagination