

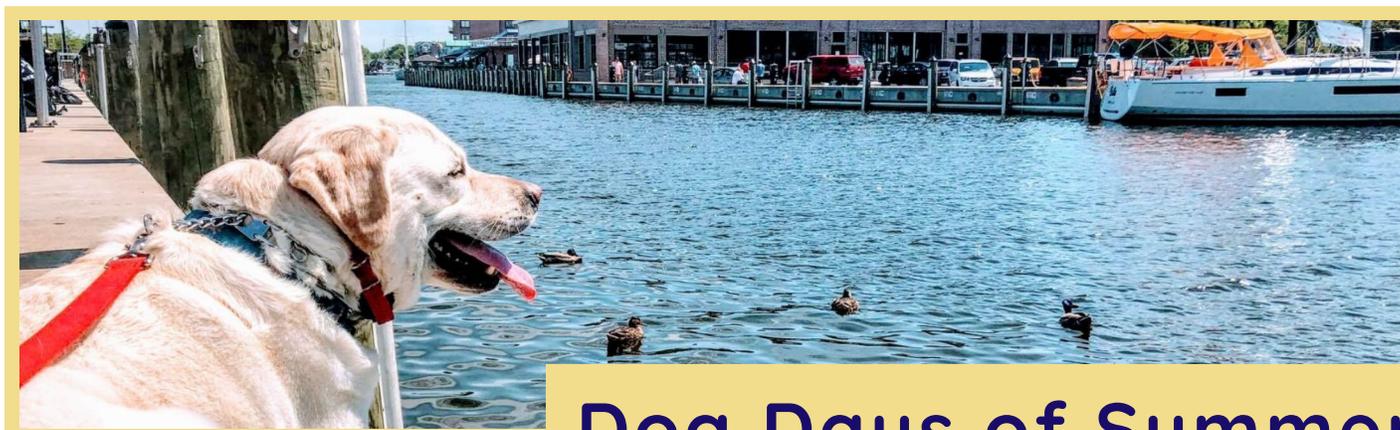
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SUMMER 2019

Chesapeake Dog Training

CONNECTING PEOPLE AND DOGS THROUGH TRAINING



Dog Days of Summer

No regularly scheduled Playgroups or Group Classes in July & August

Due to high temps, playgroups are cancelled during the summer months for the safety of our pups.

Group Classes

Board and Train – Last Sunday of every month

Check our Website in the Fall for upcoming classes!

Ancient Romans called the hottest most humid days of summer “dog days.” They believed that the star Sirius, also known as Dog Star, gave off extra heat in the summer because it was the brightest star in the night sky.

Overheating and dehydration in canines can happen quite fast during hot summer days. A dog who is happily playing with pals or enjoying a game of fetch will not always stop when they get overheated to rest and get a drink. It’s more fun to keep playing - think toddlers at the playground - It is up to us as owners to keep an eye out for signs of distress before it goes too far.

If you do suspect your dog is overheated or dehydrated, offer water and call your vet immediately. This is a situation where time is of the essence.

Early morning walks or games of fetch in the evening will help you avoid the most intense heat of the day. Be sure to build in water breaks and rest time for you dog throughout the day. Remember to bring fresh water with you when you go on adventures. A dip in the lake or bring out the baby pool for a fun way to keep cool.

Signs of Dehydration in Canines

- Loss of skin elasticity
- Loss of appetite
- Vomiting with or without diarrhea
- Reduced energy levels
- Thick Saliva
- Panting
- Lethargy
- Sunken, dry-looking eyes
- Dry nose
- Dry, sticky gums

Signs of Overheating in Canines

- Panting
- Fast, noisy breathing
- Disorientation
- Drooling
- Reddened Gums
- Vomiting
- Diarrhea
- Inability to move

Avoidance

In a Busy and Changing World

There are many ways that dog owners handle both common and sporadic stressors that affect their dogs. We find many owners gravitate towards an avoidance-based system to deal with the things that cause their dogs to bark and experience stress, anxiety, fear, and aggression. If a dog is reacting negatively to stimulus, the tendency is to avoid; *avoid* walking past other dogs, *avoid* walking over bridges or manholes, *avoid* having visitors over, *avoid* bikes/skateboards, *avoid* tall men with orange hats who walk backwards on Tuesdays...The last one is a stretch, of course, but we've heard it all!

At CDT, we understand that avoidance can be a good short-term solution, but we work hard to actually correct the problem so that avoidance isn't necessary. If avoidance goes on for too long, owners and dogs can end up living a sheltered life of work-arounds. The goal is always to give your dog as much freedom and exposure to the world as possible.

However, if owners are always worried about potential triggers, it is easy to take on the dog's negative energy or response, and feed into a vicious cycle. If you think about it, it just isn't a practical or healthy solution to simply avoid everything you don't like: work, spiders, bad drivers, failure, rain etc. Those things are going to exist no matter how much we dislike them, so learning ways to cope with, and overcome the associated emotions, is the healthiest thing we can do for ourselves and our dogs.

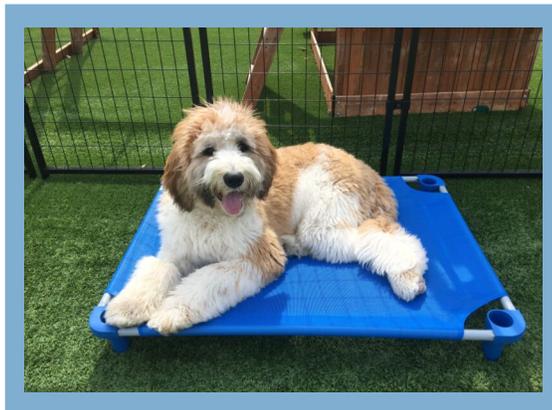
At Chesapeake Dog Training we focus on 4 primary ways that handlers can *avoid* avoidance when training their dogs to cope with bothersome stimuli.

First, we work with puppies when they are very young and encourage guided exploration of the world. As they encounter new things, we assist them in overcoming fear and anxiety. This is a critical time in their development, and often lack of exposure can make it more difficult for dogs to recover as they age. Gradual and appropriate desensitization to novel stimulus builds resilience. Walking dogs over unstable surfaces, facilitating indifference to potentially alarming sounds (like the popping of bubble wrap or the clanging of metal pans), and having them socialize with other dogs while a leaf blower is used nearby, are all ways to create a more confident adult dog. An important component to this is the engagement and appropriate guidance from humans during desensitization, as to not push a dog too far and to build trust so they view humans as what keeps them *safe*.



Second, we teach basic obedience behaviors so that dogs learn to keep their minds focused on a single task rather than on the concerning stimulus. The two primary behaviors we teach for this are place and heel. Once a dog knows how to get and stay calm while stationary (place) and walk confidently next to their handler (heel), we can eventually introduce almost any distraction.

Additionally, *duration place* has a huge impact on reducing anxiety. Place is extremely beneficial for high energy dogs with fetching addictions, as it teaches the dog that it can exist without needing an activity. Imagine a human learning to sit on a couch for a half hour without TV or an iPad. Teaching the dogs basic obedience also increases the confidence of the owners in difficult situations. Once owners know the proper procedure for handling an over-the-top situation, they can use the obedience to manage just about anything, thus increasing the dogs' trust.

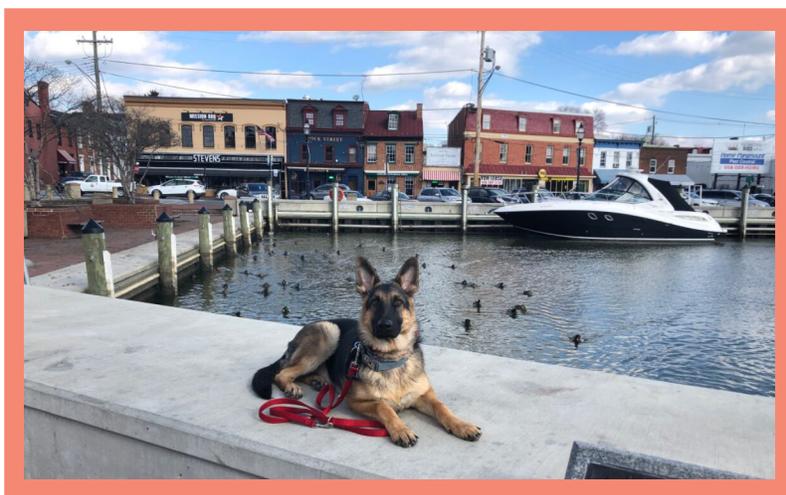


The third method we use can be combined with any of the other 3. We find a fair and safe correction that can be used to stop the unwanted behavior so that the response can be switched to a more desirable one. In extreme cases of fear, anxiety, and aggression, a dog is incapable of logical thought until the state of mind is altered by means of a correction or interruption of thought. Examples of corrections include compressed air (to make a startling sound), verbal corrections ("no", "eh", etc.), and pressure delivered via a prong or remote collar.



Finally, we sometimes focus on actually changing a dog's emotional response to a stimulus. We use counter-conditioning to pair a naturally positive stimulus (e.g. food) to the disturbing stimulus. If you were to receive \$100 every time you heard a very annoying sound, wouldn't there be a considerable possibility that you will learn to enjoy the sound, and perhaps even go searching for it, simply because of the reward?

In the end, we seek to find the perfect blend of methods that will result in both a confident, balanced dog who can handle whatever the world throws at them and an owner who no longer has to worry about avoiding the triggers.



Chesapeake Dog Training and Teenagers

Making it through the first 6 months of a dog's life is a great accomplishment and is often when owners start to feel some relief from the effort involved with raising a puppy. And after a month or two of bliss...the teenage months arrive!



At around 7 to 18 months, dogs can start to test boundaries, "forget" about trained behaviors, and even question leadership (sounds familiar to what happens with humans, right?).

At CDT, we love working with dogs in this age range. In our Board and Train program, we work to transition from a primarily food based style of puppy training to a more grown up style involving leash pressure and release.

Using a leash and prong collar, leads to the possibility of learning a remote collar and then all the lines of communication are up and running! Teenage dogs require clear and consistent rules and boundaries all while building confidence and having fun. We work on the 5 basic obedience behaviors (sit, down, place, heel, and come) and challenge the dogs to increase their focus and impulse control.



We also pay close attention to socializing dogs at this age since puppies and dogs interact with each other very differently. We make sure the dogs really understand the more subtle body language and cues so that they can more easily interact with any dog.

We have seen how difficult it is for dogs to learn to communicate well with other dogs as adults if they miss out on the teenage months of socializing.

Our 1 or 2-week Board and Train programs are a perfect way to get teenagers listening to humans and socializing with dogs really well. We take them from elementary school to college in the course of the Board & Train and send them off as balanced and confident dogs.

It is one of our most rewarding and enjoyable services and owners are always amazed at how calm and well-mannered their teenage dogs can be.



PAULA BLAIR

Paula brings a natural ability to read dog behavior and interpret it quickly to the CDT team! A combination of her years of animal training experience at The Maryland Zoo and The International Centre for Birds of Prey and her strong desire to help people, makes dog training the perfect niche for Paula. Having worked with lions, cheetahs, giraffes, and hawks (just to name a few!) gives Paula a wide range of experiences and learning styles in her animal training career. She is methodical and disciplined in her approach and yet also really likes to have fun and enjoys the individual bonds she has with the dogs. Paula is also an excellent baker and loves spending time with her friends and family.



We are Growing!

CHESAPEAKE DOG TRAINING COMPANY NEWS

MEET

Paula and Kari



KARI O'DONNELL

Kari's love of dogs began when she was very young. She has had many different types of dogs throughout her life, from Chihuahuas to Great Danes! She currently has a Cirneco Dell'Etna named Kiyah and loves working with him. Kiyah is a unique breed and really challenges Kari to think a lot while teaching him. She started as a CDT student whose passion for the company and dog training led her to become a valuable member of our team. Kari is a strong advocate of bringing people and their dogs together to learn and grow. In her spare time, Kari loves spending time with her 3 daughters and grandchildren, and trying out new restaurants.



Sun's Out Tongues out!



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