



Whilst there isn't much actual "Club" news this month, there are things we can all be doing to prepare our dogs for when this lockdown ends.

Sarah Whitehead has kindly produced a Guide to Prevent Separation Anxiety in our dogs when we all go back to work. Our dogs are LOVING having us home more, spending more time with them, teaching them new tricks and generally just being with us – so when things start to get back to normal, and we go back to leaving them, we need to be careful that we don't end up with dogs that are anxious and distressed.

Sarah Whitehead's

3-step Separation problem prevention plan



Interested in becoming a trainer? Check out www.thinkdog.org

owner Guide

Prevent separation problems in 3 steps

Separation anxiety is normal! But we need to prevent it

Our dogs love being with us – and we love being with them – especially at times like these. We rely on each other.

However, we need to be mindful that dogs can become over-dependent on our presence, and that when things go back to normal, they are going to have to cope with being left home alone for short periods once again.

If your dog is very attached to you already, then you need to think about how you can prevent him from going 'cold-turkey' when you go back to work or your normal routine.

Without this, we can expect that our dogs will suffer from separation problems.

And this can mean he engages in destructive behaviour, a breakdown of house training, barking and howling, escape behaviours or even self-harm.

It's serious stuff - and potentially very distressing for your dog.

Prevention is always better than cure, so help your dog to cope by following this plan from the outset:

If you already have a problem with your dog's behaviour

We can help! We have been offering remote behaviour and training consultations for many years and find them effective and successful.

Give Sarah's HQ a call or go online to find one of her specialist trainers:

www.cleverdogcompany.com



1. Prevent 'shadowing'!

If your dog follows you everywhere you go and can't let you out of his sight, or has to be touching you all the time, he's well on the way to forming a 'contact addiction' that's going to create problems later.

Create space between you throughout the day by building it into your routine:

- Shut the door when you go to the bathroom! (With your dog on the outside of the door!!)
- Make sure your dog has a bed of his own. Yes, he or she can still sleep with you and cuddle up at other times, but encouraging him to use his own bed for spells during the day and preferably at night as well – will help to prevent 'contact addiction'.

2. Vary the type of interactions you have with your dog, & who he interacts with, if possible

- Not all your interactions with your dog should be close cuddling or lying on the sofa next to each other!

Do some fun training, practise some scent work, or play a canine 'mind game'. There are lots of good 'how-to's' online - and you can both learn a new skill while also practicing a little gentle 'social distancing' at the same time!

- Ideally, encourage your dog to share loyalties with other people who live in the same house.

This is especially important if you have a very close relationship with your dog. Other people in the same household should sometimes feed your dog, walk him, play with him and spend time with him - not just you.

He or she should be able to stay focused and calm when with the other person, not be constantly looking for you.

3. Create a 'chew toy addiction'

- Ideally, your dog should be able to happily lie down and chew his toy without worrying about where you are or what you are doing. If he can't, then you are storing up problems for later on.



To get your dog hooked on a chew toy:

- Stuff a Kong full of goodies for your dog to work on - use really tasty food. (Recipes galore online! Search "How to stuff a Kong!")
- Give your dog the Kong while you are present in the same room.
- Allow your dog to enjoy chewing the toy for limited random amounts of time - between 2 and 10 minutes, ideally in his bed or resting area. When you are ready to take the toy away, swap it for a tasty treat so that he doesn't think you are a 'toy snatcher' and put it away out of his sight and reach.

• Your dog should stay where he is with the Kong, and you should ignore him completely while he has it. He should be deeply involved in it and not notice where you are!

• After about a week of forming this delicious addiction, you need to give your dog a signal that it's chew time, just before he is given the Kong.

This could be a cue word, such as, "Kong time!", or a visual signal, such as a post-it note up on the wall.

You give the signal, he gets the toy on his bed, and chews it, while you move around the house or are in a separate room. Voila! You are both happy under the same roof, even if you can't see each other.

• Still limit the time that he can have the Kong for - so it remains a treat, and never just leave it lying around.

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Simply CTRL & click the button below to download your FREE copy of the PDF:

[Download your FREE owner guide HERE](#)



The Kennel Club also has some advice for us during lockdown



THE KENNEL CLUB

Making a difference for dogs

Given the rapidly changing situation, please regularly [check the latest government advice](#) and continually assess your own circumstances based on this information.

During this situation which is very fluid with restrictions and government guidelines being issued at pace, we are duty bound to keep you advised so that you can make the best informed decisions for you and the dogs in your care.

We hope that the below information is of help to you - we are in regular contact with DEFRA to keep up-to-date on any developments and will continue to provide you with any updated relevant information.



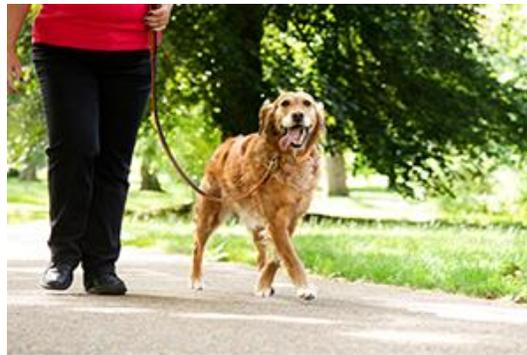
Managing your dog's weight whilst self-isolating

During this time, many of us have been able to spend more time with our dogs.

Although it's wonderful being around our four-legged friends, we do have to be careful not to overindulge them and give them too many treats. Overfeeding combined with a restriction on walking and exercise could mean that while we are at home self-isolating, many of the UK's dogs will be at increased risk of putting on weight.

Click below to read Purina PRO PLAN's helpful tips on managing your dog's weight.

[Find out more](#)



Walking a dog safely for someone else during coronavirus

Government restrictions currently mean that not everyone can get out and walk their dog. If you need to walk a dog for someone else during this time, make sure you follow the most up-to-date guidance on doing so safely.

Click below for guidance for those walking dogs for owners who can't do so during lockdown, including what to do before you pick up the dog.

[Find out more](#)



Noticing signs of an unhappy dog

There are multiple factors that can impact on a dog's emotional state, including changes to routine - something many dogs will currently be experiencing - as well as changes to their environment.

This effect on their emotional state can produce what looks like a canine version of depression, but often owners do not recognise the change in their dog's mood, or know that they can do some very simple things to transform their dog's life.

Find out about signs to look out for, potential causes of 'dog depression' and discover how to help your dog feel happier by clicking below.

[Find out more](#)



Get a free vet consultation using the Joii Pet Care app

We've partnered with Joii Pet Care, the award-winning app that allows you to connect with a highly-qualified vet within minutes.

We're offering pet owners a **free way to access a vet from the comfort of their own home** during these uncertain times. Joii is waiving the initial vet consultation fee to help pet owners get the support they need, when they need it most.

Simply download the app and enter the promotional code '**KennelClub20**' into the checkout to initiate your one off FREE consultation with a vet.

The offer can be used once per customer and ends on 31st May 2020. Click below to find out more.

[Find out more](#)



CTRL & click the link below for the May issue of the Kennel Club Journal

<https://www.thekennelclub.org.uk/media/1160834/may-kcj-final-online.pdf>

for KC News, Events, Field Trials, Assured Breeders, The Kennel Club Charitable Trust etc etc

Keeping You & Your Dog Entertained During Lockdown

Hopefully most of you have now joined the LDTC Members private facebook page and are enjoying the challenges being set by some of the trainers and other club members. The **Spot the Dog Competitions** have proved popular with prizes for the member who guesses where the dog's nose is (it follows that the rest of the body is attached!)



Actual Photo



Karen Pontin's "guesstimate"



Actual Photo



Simon Delicata's "guesstimate"



Becky posted a fun way to teach your dog to find your keys (in case you ever lose them).

If anyone would like to do this but doesn't have a tennis ball keyring, you can purchase one from the Club for £1.50

Members are posting videos of what they are doing with their dogs to keep them amused, challenged, entertained or just keeping cool in the hot weather. So if you haven't yet joined the facebook group, please do so and join in the fun.

(In Facebook, just search for "LDTC Members" and then Click on "Groups" in the white banner tab underneath. Click on "Join" and answer two simple questions. Your request will go to the Administrators who will check whether you are a paid up member and authorise you to join.)

For those who don't do Facebook, here is a quick trick you can teach your dog:



Step 1: Ask your dog to “sit”.

Step 2: Kneel next to your dog and hold out a treat in your hand at your dog's chest height. Show it to him so he knows it's there, and then close your hand again.

Step 3: Most dogs will then try and open your hand by pawing at it. If your dog stands up, gently remind him to sit again. As soon as your dog lifts his paw to try and touch your hand, take his paw, praise him enthusiastically and give him the treat. Repeat this until your dog is doing it easily.

Step 4: Now it's time to add a command. “Shake” will work just fine, but you could always say something more playful like “How do you do”!

Step 5: Now, every time you present the treat, say the command, and then praise your dog and give him the treat when he holds up his paw.

Step 6: Keep practising little and often, and your clever dog will soon be able to greet your neighbours (when allowed!)

The Golden Rules of Reward-Based Training

- **Know what makes your dog tick!** The reward has to be something that your dog really likes, so that they're prepared to work for it. Some dogs like [food treats](#), others prefer praise or a [favourite toy](#).
- **Timing is everything.** Help the dog link the behaviour with the reward: give the reward during the behaviour or within half a second after they've done it.
- **Keep it short.** Don't make training sessions too long, or your dog will lose interest or get frustrated. Always end on a high, after a success.
- **One by one.** Focus on training one command at a time. When your dog has learnt one, then you can move on to the next.
- **Clear commands.** Use short commands. Avoid confusion by only using the command for the behaviour you want.
- **Keep going.** Keep rewarding when your dog does what you want. It may take lots of repetition but, with patience, your dog will eventually understand the command and what you want. It's a great moment when, suddenly, the penny drops and your dog gets it!
- **Ignore mistakes.** Every dog makes mistakes sometimes. It's not their fault – it just means they haven't learnt the task yet. Ignore the mistake and give the reward next time they get it right.
- **Never use punishment.** Shouting, smacking, hitting, using gadgets like water pistols, or using rattle cans and choke chains are all forms of punishment. They cause anxiety and fear; which are proven to make animals learn slower. It's unkind and doesn't create lasting results. It teaches your dog that people can't be trusted and this can lead to behavioural problems later in life. Instead, use positive, fun, reward-based training – it's kind and effective.
- **Get everyone on board.** Everyone in contact with your dog should praise the right behaviour, use the same commands and ignore mistakes. So your dog gets the same message from everyone, rather than gets confused by different messages.
- **Get them to eat the right treats.** Dog obesity causes health problems. Try using healthy food as rewards, e.g. a very small slice of carrot. If your dog is only interested in less healthy food, such as small pieces of sausage, give them a smaller main meal so they don't get too much food on training days.

And Here Are Some Links to Useful Websites: -

Vet Q&A: Coronavirus (Covid-19) advice for self-isolating pet owners

<https://www.pdsa.org.uk/what-we-do/blog/vet-qa-coronavirus-covid-19-advice-for-self-isolating-pet-owners>

Caring for your Pet During Lockdown – including keeping your pet clean, healthy & entertained

https://www.pet-supermarket.co.uk/athomecaretips?%7Bpromotion=promotion%28%29%7D&utm_source=Sailthru&utm_medium=email&utm_campaign=PS-UK-EducationContent-LockdownCareTips-GE-25-04-2020&utm_term=petsupermarket-GB

How Pets can help us through social distancing – helping us to stay healthy, putting things into perspective etc

<https://www.pet-supermarket.co.uk/athomewithpets>

And while Vets are only seeing emergency cases: -

Pet First Aid Booklet

https://www.pdsa.org.uk/media/4803/45716_pet-first-aid-a5-portrait_aw_hires_spreads.pdf

Pet Health Hub – type in a symptom and get overview & recommendations

<https://www.pdsa.org.uk/taking-care-of-your-pet/pet-health-hub/>

Giving Your Pet an MOT at home

<https://www.pdsa.org.uk/taking-care-of-your-pet/looking-after-your-pet/all-pets/at-home-mot>

Some Club News omitted from the April Newsletter

Crufts – Jill Ambridge & her beagle Izzie had placings in both her large classes

And at the Beagle Club working trials, Carol Green's beagle Norman was the best working dog and Jill Ambridge's Izzie was the best working bitch and best working hound over all.

Congratulations to Jill & Carol