



# The Right Steps

To A Well Behaved Dog

"DOGGY DIGEST"

1st Quarter Newsletter 2012



## Yikes—What have I done?!?! Puppy Proofing Your Home

Perhaps it has been a while since you have had a new puppy or you are a first time puppy owner.... Your heart was stolen immediately with that cute ball of fluff, sparkling eyes, and lets not forget that squiggly happy body and puppy kisses!

Now that you have brought your new puppy home, reality sets in, and you realize yikes—this is supposed to be fun, but on the flip side it is a lot of work! WOW, what have I done?!?!

Don't despair, you can do it! Remember to breathe and relax....and then take on the new fun adventure one small organized piece at a time!

First, if you haven't already, create a check list of everything you need to do and pri-

oritize it. **Important Top 7 things to have on your to do/ check list....** If you do not have already, it is time to research & choose your...

**#1:** Veterinarian. Research and find one you like and are compatible with. Take the puppy in for a new puppy exam and medical file set up a.s.a.p.

**#2:** Trainer and pre-sign up for Puppy Classes as the peak socialization window is rapidly closing—don't be left out! Choose a Positive Trainer with a puppy safe environment, like ours! Do your homework. Begin training from day 1 — Reward good behavior, redirect or ignore unacceptable behavior, micro manage, and set the puppy up for success! Keep it fun and enjoy the process!

**#3:** Are you going to use a

Groomer or groom yourself? If you are planning on doing yourself, do you have the correct tools to get started?

**#4:** Have you taken the time to safely puppy proof your home inside and yard? A fun exercise is to crawl around at your puppy's level and see from his/her view point! Great reality check—Have Fun! Get rid of clutter! Make it puppy safe.

**#5:** Are you prepared to manage your puppy (baby gates, exercise pens, crates, leashes, short tethers, etc.)?

**#6:** Do you have puppy safe chews? Kong Toys, Nyla-Bones, Bully Sticks, etc.

**#7:** Potty Training and Clean Up Supplies.



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## Trends–n–Treats in Fair Oaks

In each of our quarterly News Letters we like to spot light a local small business.

Are you looking for a family owned small business to shop for your pet? Look to Trends-n-Treats Pet Supply, Spa, & Boutique for your pets nutrition, supplies, and

grooming needs! Please let Millie know we sent you!

Shopping is always a fun and pleasurable experience where the staff is friendly, helpful, and knowledgeable.

Choose from great pet supplies, apparel, food, treats, specialty items, and much

much more! Also, they have fun events to attend throughout the year.

Trends-n-Treats is located in the Safeway Shopping Center in Fair Oaks on the corner of Madison & Hazel at 8929 Madison Ave Ste. 200 / 916-536-0000.

[www.trendstreats.com](http://www.trendstreats.com)

## **Exploring K9 Nose Work Classes....**

### **Our personal K9 Nose Work journey....**

In early 2010 my dogs and I were introduced to the new sport of K9 Nose Work. It did not take long for us to become quite addicted to the fun new sport!

I started by attending work shops, taking weekly classes with my dogs, and practicing a minimum of 2 times a week with all of my dogs.

As my interest quickly grew I found myself wanting to learn more and in turn share the knowledge with my students....so in January of 2011 I entered into their K9 Nose Work Instructor Certification Program.

The amazing world of dogs hunting, searching, scenting, and how odor works quickly became part of our daily lives. The reality is that there is a lot to learn, not only from other K9 Nose Work Instructors, but from our dogs if we take the time to watch, listen, and learn!

K9 Nose Work teaches us how to not only read our dogs, but most importantly to trust our dogs, the biggest lesson of all.

Priority #1 just like other dog sports, when done correctly, is taking the time and the patience to build a solid foundation and problem solving skills with our dogs! The more time

you take to do it right, in the end it only makes you a stronger team.

The training of the sport is based on the principles used to train narcotics and explosive dogs, only on a general public safe and fun level. It is taught differently than other venues like tracking and search and rescue.

Whether for fun or for those interested in competing at some point, there are 4 elements to learn: boxes, interiors, exteriors, and vehicles plus 3 odors.

The experience I personally have found most gratifying of introducing the sport to my own students is the benefit it brings to their dogs....

Nose Work is mentally stimulating, it makes for a very tired and happy dog; builds confidence in the shyest most shut down fearful dog; and as only one dog works at a time, reactive dogs i.e. dogs that may not have any other fun safe outlet for them and their handlers can participate. Young to senior or small to giant dogs and physically challenged dogs can do nose work. Handlers who may be physically limited and can no longer keep up with their dogs for agility or tracking can easily do Nose Work as a new fun outlet. How totally cool is that!

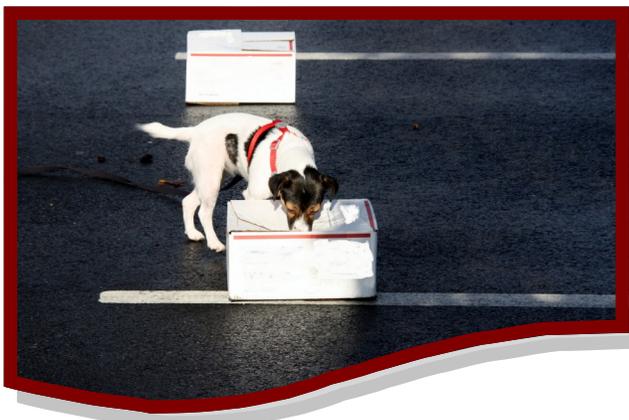


For myself with my own dogs it provides us with quality bonding time, a fun outlet rain or shine, and an obedience free time just to have a blast as I get to see the world through the eyes and nose of my dogs...an amazing experience!

**Are you intrigued? Contact us to come watch a Class. We are accepting sign ups for both Group Classes and Private Training.**



***To learn more specifically about the sport of K9 Nose Work, it's Founders, and in-depth details of the sport please check out their websites direct: <http://k9nosework.com> & <http://www.nacsw.net>***



## Clicker Training for Cats....

Are you looking for something fun to do with your cat? How about giving Clicker Training a try? Check out Terry Ryan's Clik Stik! It is a Clicker & Target Stick all in one....



Now you may be thinking Clicker Training for Cats? Are they really trainable? The answer is “YES”!

Cats, like dogs, can really benefit from mental stimulation and exercise. The benefits are plentiful....tired, happy and relaxed cats that are less destructive, easier to groom, a decreased chance of obesity and quality bonding time. It can be as easy as taking a few minutes per day.

First you need your Clik Stik, second you need small sized easy to feed quality treats for rewards. With my cats I use a jar of Gerber Chicken Baby Food, as it is easy to let them take a lick off of the lid or out of the jar as a reward, then quickly move on to the next exercise—not to mention they love it!



Next step is to click and treat, repeat multiple times (say 10 times in a row). Once they realize a click equals a treat, training may easily

begin.

Next it's time to come up with some fun ideas of what you want to try and teach your cat....as long as you keep training fun and safe, then the sky is the limit!

When you get a desired behavior, click (capture the behavior) and treat (reward).

For example I have taught our cats to come, sit, sit up, target the stick (so they can follow it), touch my hand, touch a target (like a lid), and walk through a hoop, to name a few. They love the training sessions and get really excited when they see me get out the Clik Stik! The nice benefit is, after a short 15 minute fun training session, they are ready to go take a nice long nap.

Keep training sessions short, it's all about the fun and mental stimulation.

Want to learn more about Clicker Training? Check out Karen Pryor's Website:

<http://www.clickertraining.com/cattraining>

Also, The Right Steps now offers In-Home Clicker Training for Cats!



## Jumping dogs....

**Are jumping dogs driving you nuts when your guests arrive?!?!?**



You are not alone, do not despair. The first priority is management! Plan ahead, so your dog has no opportunity to practice the undesired behavior. Practiced behaviors become habits, which in the end are much harder to fix.

Management tools can be a leash attached to you, tie down/short tether in your 100% supervised presence for safety, a crate, or exercise pen to name a few.

A few training options to consider trying.... Teach your dog to hand target while 4 feet are on the floor gets rewarded; reward calm quiet behaviors like sits and/or downs; train them to go a place/spot like a rug or dog bed and calm quiet behavior gets them released; or carry a toy to your guest and '4 on the floor' gets the toy tossed as a reward.

Most of all be patient. Remember it takes time to train!

Please keep in mind it takes lots and lots of practice, patience, and rewarding good behavior every time.



## Thundershirt: A positive option for anxiety issues....

Do you have a dog that is fearful, gets car sick, is noise sensitive, hyperactive, or barks excessively?

Thundershirts are recommended by both Trainers and Veterinarians. They can be a nice compliment to a Behavior Modification Program, while working with a Professional Positive Trainer or

Behaviorist.

It is believed by experts that the gentle constant pressure has a calming effect on the nervous system. Using pressure to relieve anxiety has been a common practice for years with both children, babies, and animals.



The company is so confident in their product they have a 100% satisfaction guarantee, if it is not right for your dog, just return it within 45 days!

Interested in learning more? Check out further details and videos available on their website: [www.thundershirt.com](http://www.thundershirt.com)



# The Right Steps

## To A Well Behaved Dog

**The Right Steps / Cindy C. Smith, CNWI**

916-966-6883 / therightsteps@comcast.net

**Website:** www.therightsteps.com

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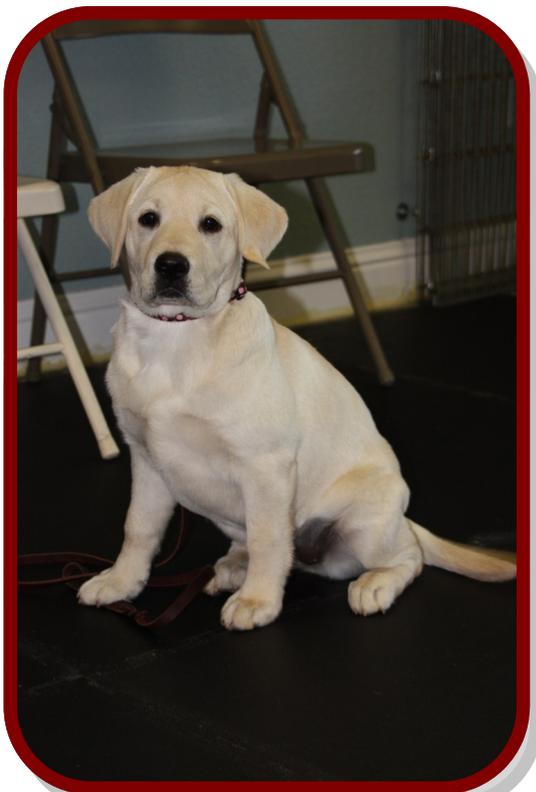
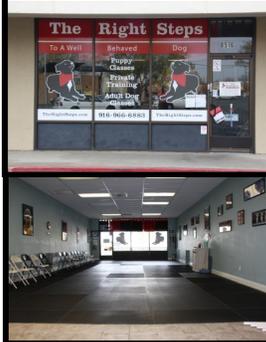
**Services:** Pet Dog Supplies & Fittings, Dog Training, Cat Clicker Training, & Photography.

**Physical Location:**

**Madison Plaza  
8516 Madison Ave.,  
Fair Oaks, CA 95628**

**Mailing Address:**

**P.O. Box 1717  
Fair Oaks, CA 95628**



**Upcoming 2012 Group Classes (1st Quarter):**

**Surviving Puppyhood Classes:** Saturday Afternoons (12:00p.m. or 1:10p.m.) or Thursday Evenings (7:00p.m. or 8:10p.m.)

**Dates:** Thurs. 01/26/12, Sat. 02/11/12, Thurs. 03/08/12, Sat. 03/31/12, & Thurs. 04/19/12 — Only 6-7 puppies max per Class.

\$185.00 for 6 Weeks / Small Class Size / (Puppies 9 Wks to 16 Wks of age) - Each Class is 45 Minutes of Training plus an encouraged, but optional, 15-20 minute complimentary off leash play time.

**Surviving Adolescence Classes:** Saturday Afternoons (3:00p.m. or 4:10p.m.) or Wednesday Evenings (7:00p.m. or 8:10p.m.)

**Dates:** Wed. 01/18/12, Sat. 02/11/12, Wed. 03/07/12, Sat. 03/31/12, & Wed. 04/18/12 — Only 6 puppies max per Class.

\$185.00 for 6 Weeks / Small Class Size / (Puppies 10 Wks to 16 Wks) - Each Class is 45 Minutes of Training Time plus an encouraged, but optional 15 minute complimentary on leash fun time.

**Adult Dog Basic Training Classes:** Saturday Mornings & Sunday Evenings - Dogs 9 months & Older (Adolescents, Adults & Seniors)

**Dates:** Sun. 01/15/12, Sat. 02/11/12, Sun. 03/04/12, Sat. 03/31/12, & Sun. 04/29/12 — Only 6 dogs max per Class.

\$185.00 for 6 Weeks / 1 Hour Each / Small Class Size

**K9 Nose Work Classes:** Sunday, Friday, & Saturdays (Times Vary) - Explore helping your dog turn on its nose to better hunting and searching abilities! The sport is built on the same foundation as training narcotics/explosive dogs, but on a fun and safe public sport level. Builds confidence, provides mental stimulation. **Fantastic Sport!**

\$185.00 for 6 Weeks (each class week is 1.5 Hours) - Great winter & summer fun for those too wet or hot days! **Sign Ups:** Check our Website, call or e-mail for current starting dates! **Openings Available!**

**Private Training & Day Training:** Offered Wednesdays, Thursday, & Fridays by Appointment. **Offered for puppies/dogs of all ages and kittens/cats!** For puppies/dogs they may be located in your home, off-site, or at our training facility; kittens/cats in-home only. Great for families and/or those with limited time! Training customized to your specific goals and needs. **Training brought to you.**