

# The Dog Dialogue

from Pawsitive Manners



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Unleash Your Dog's Superpowers!

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**Dog Training is a life-long Journey with our dogs**

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## LIVING WITH DOGS

### Bedtime Bliss: How to Choose the Perfect Dog Bed

Is there anything better than a good night's sleep? Just like us, dogs need comfortable spots to rest and recharge. Choosing a bed to suit your individual dog will help them relax during the day and sleep soundly through the night. Win-win!



Here's what to keep in mind when choosing a bed for your dog:

**Size Matters:** Dogs come in various shapes and sizes, so it's important to choose a bed that's appropriate for your dog. This also applies if you're using a crate - they should be able to stand up, turn around, and lie flat with ease. Some dogs like to stretch out completely, legs flung into the air, while others prefer to curl up into a tight ball. Your dog's sleeping style may help with your selection.

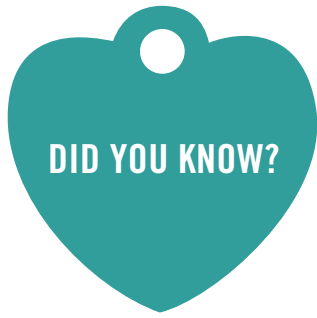
**Age and Health:** Older dogs or those with joint issues may benefit from orthopedic or memory foam beds for extra support and relieving pressure on their joints. Puppies who have just arrived home and are likely to be missing the warmth of mom and littermates may benefit from lots of blankets for extra coziness (they're also a snap to wash if there are accidents).

**Temperature and Climate:** In colder regions, a bed with built-in insulation or raised sides may provide extra warmth, especially for short-coated breeds. Some dogs love a cave or 'snuggle' style bed. In warmer areas, and for thick-coated breeds, beds with breathable fabrics and cooling features can help your dog regulate their temperature.

**Durability:** While it can be tempting to go for the cheapest option, this may not be a very lasting investment. Durable materials will mean more years of wear, and removable and machine-washable covers allow you to clean beds more easily. An important caveat: If you have a puppy or chewing-obsessed teenage dog, you might want to hold off on top-tier options until they've matured past these phases.

*Sweet dreams!*

"Let them sniff...  
Their world is made of scents  
more than sights."  
-Alexandra Horowitz



### How Many Puppies Per Litter?

Not every litter is (numerically) equal! Take a look at these average litter sizes:

**Chihuahua:** 1-3 puppies

**Shih Tzu:** 3-5 puppies

**Beagle:** 6-8 puppies

**Labrador Retriever:**  
6-8 puppies

**Golden Retriever:**  
6-8 puppies

**Boxer:** 6-8 puppies

**French Bulldog:** 3-4 puppies

**German Shepherd:**  
6-8 puppies

**Poodle:** 6-8 puppies

**Dachshund:** 4-6 puppies

**Yorkshire Terrier:**  
3-5 puppies

**Bulldog:** 4-5 puppies

**Rottweiler:** 8-12 puppies

**Siberian Husky:** 4-6 puppies

**Great Dane:** 8-10 puppies



## A WORLD OF DOGS

### A Dog a Day Keeps the Doctor Away

If you ask a dog lover if dogs are 'good' for you, you're likely to get a resounding 'of course!'. While the dog-obsessed inherently feel the benefits of canine companionship, there is also a lot of science to support this belief. Dogs can have numerous positive impacts on our health and wellbeing.



**Coaches and Cheerleaders:** Dogs are natural motivators for physical activity. Regular walks, runs, and playtime with our four-legged friends help us stay active and maintain a healthy lifestyle. Studies

have shown that dog owners tend to have lower blood pressure, reduced risk of obesity, and improved cardiovascular health.

**Ultimate Companions:** The love and companionship provided by dogs can have a profound impact on our mental health. They're excellent listeners and confidants, offering a non-judgmental presence during challenging times. Interacting with dogs has been linked to reduced stress, anxiety, and depression. The presence of a dog can also boost our mood and increase feelings of happiness.

**Expert Cuddle Buddies:** The simple act of touching and cuddling with our dogs releases oxytocin, the "feel-good" hormone that promotes bonding and relaxation. Studies have shown that spending time with dogs can lower cortisol levels, a hormone associated with stress. Just being in the same space as our canine companions can create a calming effect and provide relief from daily pressures.

**Social Connectors:** Dogs can also help alleviate feelings of loneliness - they're wonderful social facilitators. Taking our dogs for walks or visiting dog-friendly spots creates opportunities for social interactions with others, leading to social connections and a sense of community. It's easy to identify fellow dog-lovers - they're usually the ones smiling at your dog as you walk past, and asking for your dog's name before yours!

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Consistent reinforcement of cues, new and fun games, exposure to different situations in a positive way, and addressing new challenges are essential components of this lifelong learning process, ensuring that our canine companions remain well-adjusted, happy, and confident members of our families.

Through science, we are continually learning more about dogs and better ways of communicating with them. Keep it positive and keep on learning!



## DOGS IN ACTION

### Whizz the Water Rescue Dog

Newfoundlands are renowned for their exceptional swimming abilities, and were originally bred to help fishermen in cold waters. They're now often trained to assist people who are drowning. One extraordinary Newfoundland, Whizz, passed away in 2016 and left an unparalleled legacy as a water rescue dog.



Throughout his remarkable career, Whizz saved numerous lives, rescuing nine people and one fellow dog from drowning. He was posthumously honored with the prestigious Order of Merit by the veterinary charity PDSA in the UK, in recognition of his exceptional work.

Among his notable rescues, Whizz made headlines in 2007 when he saved an Irish Setter named Topper from a frigid water tank without any instruction. He also rescued two children who drifted out to sea in an inflatable dinghy, saving both lives.

Collaborating with organizations such as the Royal Navy Rescue, the Severn Area Rescue Association, and the Marine Volunteer Service, Whizz's dedication and indomitable spirit are testament to the amazing abilities of dogs.



## HEALTHY DOG

### Is Your Home an Ice Rink?

Slippery floors are an often overlooked aspect of keeping your dog safe and healthy. Dogs have different anatomy to us, making them more susceptible to accidents on slippery surfaces. Their paws lack the grip and traction that our shoes provide, making it challenging for them to maintain balance.

Slips and falls can lead to injuries, ranging from sprains and strains to more severe fractures and can have lasting effects on our dogs' physical and emotional wellbeing. A fall can not only cause physical pain but also create fear and anxiety around walking on slippery surfaces.

How to protect our dogs from slipping and sliding around our homes? Provide traction via non-slip rugs, mats, and carpet runners around your home. Trim nails regularly so your dog's grip is not impeded. Create an area in your home where your dog can play and relax - either carpeted or with a non-slip surface.

## DOG IN THE SPOTLIGHT

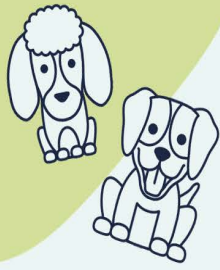
### English Cocker Spaniel

This dapper little gun dog was originally bred for flushing and retrieving small animals. Don't be fooled by her melting spaniel eyes and soft, feathery coat: the Cocker is an all-terrain dog and can be a handful to live with. Exuberant and energetic, she needs lots of exercise and careful positive training.

Cockers love having a job—something scent-related, preferably, otherwise anything demanding will do: agility, obedience, flyball, canine disc, etc. The well-socialized Cocker is affectionate and wants to be part of all family activities. Beware the noise, though, she's quick to alert to doorbells. (A Cocker Spaniel holds the world record for the most persistent barking: 907 times in ten minutes!). With her soulful expression, the Cocker is popular in arts and entertainment too, most famously in Disney's enduring 1955 animated classic, *Lady and the Tramp*.

To give an English Cocker Spaniel a home, search online for nearby rescues.





## QUICK TIPS FOR

# INTRODUCING DOGS

There's nothing that says "happy" like dogs playing and snoozing together. If you think your pup would love a buddy to romp with, introducing them carefully will help them get their new relationship off on the right paw.

### 01 GET THOSE VACCINATIONS CURRENT.

If your dog will be meeting new canine friends, a trip to the veterinarian is in order if those vaccines are way out of date.



### 02 LEARN A LITTLE ABOUT BODY LANGUAGE.

Watch a few YouTube videos on dog body language so you can tell when your dog is curious and careful, versus tense and feeling threatened – or threatening!

### 03 SET UP A SAFE ROOM AT HOME.

You'll want a secure area in case one dog needs a time out, and to keep the dogs separated when you aren't home until you are certain they are best buddies.

### 04 MEET-AND-GREET BEFORE YOU COMMIT

Before bringing a new dog to your home, it's a good idea to take your dog to meet them on neutral territory. Walk them at a distance from one another so they can sniff and explore while also taking in each other's presence

### 05 KEEP THEIR FIRST INTRODUCTION SHORT AND GRADUAL.

Keep their leashes loose, and let them sniff one another very briefly, take them off to explore separately, then bring them back again for another sniff.



### 06 REWARD GOOD BEHAVIOR WITH TREATS AND PRAISE.

Use a happy voice to encourage play and resist the impulse to yell if a dog growls or snaps. Redirect their attention to other activities.

### 07 KEEP TOYS AND FOOD BOWLS PUT AWAY TO START.

A new dog or puppy bounding in and plunging their nose into your dog's bowl or grabbing their favorite toy could make your pooch feel protective.

### 08 CONSIDER A CAMERA.

If you have concerns about how your dogs are getting along when you aren't there, a pet camera is a great way to check up on them.



### 09 FIND DOG PROFESSIONALS BEFORE YOU NEED THEM.

Now that you have multiple dogs, friends and family may not have the room to help in a pinch. Get recommendations for a dog trainer, groomer, walker, or boarding kennel.

### 10 CREATE FUN OPPORTUNITIES.

Make sure you get out and play with your pups, so they associate fun hikes and new experiences with being together. Remember – that's why you wanted another dog. Get out and enjoy!



## 4 Paw Care Tips

Paws need to be in shape, too. If you start a new training program or plan a hiking vacation, be sure to start off slow to give your dog's paw pads time to grow stronger and more resilient.

**Trim, trim, trim.** Paw hair can quickly become matted and turn into uncomfortable or painful clumps. Comb the hair out (use oil if necessary), then trim hair to be even with the pads.

**Clean in between.** After walks, check paws for foxtails, pebbles, burrs, or other debris. Use a comb, a pair of tweezers, or simply cut away anything that won't budge.

**Keep them soft and whole.** Don't let your dog's paw pads get cracked and dry. Your veterinarian can recommend a good pad moisturizer (human moisturizer doesn't work well for dogs).



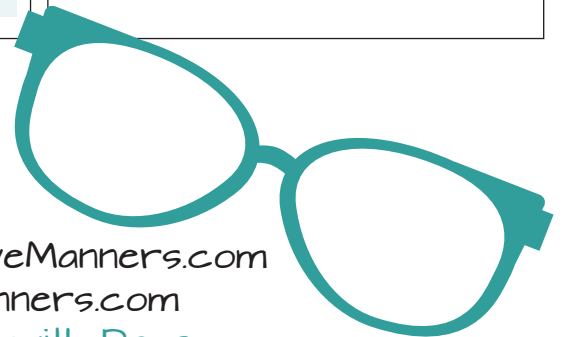
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Live Harmoniously with Dogs



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