

Carole Bryant, Naturopath

(ATMS & HATAA accredited)

- nutrition • herbal medicine • homoeopathy • flower essences • iridology • craniosacral balancing • massage
- manipulative muscle therapy • kinesiology • reflexology • reiki • Theta Healing
- Thought Field therapy • Neuro-Linguistic programming
- plus for pets: • Tellington TTouch (Companion Animals) practitioner • canine craniosacral balancing
- behavioural dog trainer • Tellington TTouch (Horses) practitioner-in-training

ABN 28 275 787 633

SOCIALISING YOUR PUPPY/DOG

Whether you have just bought a puppy that has been carefully raised by a responsible breeder or you have taken on a rescue dog with a much less than perfect past, conditioning your puppy or dog to the sights, sounds and events that make up the real world is an important part of her education. A well socialised puppy or dog will be calmer, and more confident and is more likely to take unusual sights, sounds and events in her stride as she will have learnt that unusual experiences are no cause for concern.

Remember that the aim of this exercise is to build your puppy or dog's confidence. Always start by having your puppy or dog far enough away from the new sight or sound that she is unconcerned. Praise and reward her for being brave and confident, then gradually move closer, always praising and rewarding calm, confident behaviour. If you sense that she is becoming a little uncomfortable, simply move further away again. Never force your puppy or dog to approach something or someone she is afraid of. Never comfort her for being afraid - comforting a dog that is afraid is in effect rewarding the fearful behaviour and sends them the message that being fearful is the appropriate and desired behaviour. Instead, simply remain calm and move her to a place where she once again feels safe so that you can reward her for being brave. Remember the golden rule of dog training – the behaviour you reward is the behaviour you get more of.

Always have your puppy or dog on lead when introducing them to new people, animals and experiences (especially away from home) both for your dog's safety and the safety of others. Here are a few suggestions for people and things to expose your puppy or dog to (aim for 5 to 10 exposures to each and tick them off on the chart as your dog experiences them):

EXPERIENCE	1	2	3	4	5	6	7	8	9	10
People:										
babies										
children (all ages)										
teenagers										
adults										
elderly people										
loud people										
people in hats										
people with beards										
people with glasses/sunglasses										
people in coats/raincoats										
people with crutches										

Webbers Arcade, 133 Prince Street, Grafton, 2460 Ph: 02 66439035
Email: naturopath@berigorafarm.com.au Website: www.berigorafarm.com.au

.... natural health care for people, pets & livestock

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people in wheelchairs																			
people with umbrellas																			
people with walking sticks																			
large groups of people																			

Other animals:																			
friendly adult dogs																			
puppies (other than littermates)																			
small pets (cats, rabbits, guinea pigs, etc)																			
horses																			
cattle																			
sheep/goats																			
poultry																			

Around the house:																			
slippery floors																			
timber floors																			
tiled floors																			
carpeted floors																			
walking up and down stairs																			
doors opening & closing																			
sliding door																			
glass door																			
door bell																			
refrigerator door opening & closing																			
pots & pans being rattled																			
garbage bins opened & closed																			
washing machine running																			

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clothes dryer running																			
dishwasher running																			
vacuum cleaner running																			
ceiling fans																			
hair dryer running																			
radio																			
television																			

Out and about:																			
riding in a car																			
cars driving past																			
trucks driving past																			
bicycles ridden past																			
shopping trolleys being pushed																			
prams/strollers being pushed																			
walk over manholes on footpath																			
reflections in shop windows																			

Grooming/care:																			
bathing																			
drying (towel and/or hair dryer)																			
brushing (all over)																			
checking ears																			
checking teeth																			
checking belly																			
checking paws																			
cutting nails																			
visiting the veterinarian																			

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What other experiences can you think of? There may be other experiences that are unique to your household/family (musical instruments, sporting equipment, electrical tools and appliances, etc.). Add them to the appropriate section of the list to make up a chart that is relevant to your situation.

There are also CDs available with a wide variety of sounds (including thunder and fireworks) especially for conditioning your dog to loud or unusual noises. If your dog is sensitive to noises, start off with the volume turned right down and turn it up gradually over a period of days or weeks as your dog becomes accustomed to the different noises and is no longer concerned by them. Valley Country, www.valleycountry.com.au, stocks a range of CDs designed especially for dogs.

Carole Bryant©