



1ST QUARTER NEWSLETTER 2022

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CLIENT HIGHLIGHT

Congratulations to Jessica and Frankie who recently passed their Canine Good Citizen Test in November and their Service Dog Test in December! Wow! They have been working hard since last February 2021, and they did it! Frankie is a 5-year-old Shi Tzu-Miniature Schnauzer Mix and was rescued when he was four from Denver Animal Shelter. He was terrified, emaciated, matted, smelly, and would not walk or relieve himself on anything but concrete. He would lunge at other dogs, growl at men, and was afraid of everybody. But with a year of hard work, look where he and Jessica are now!



We are starting a new tradition, a quarterly newsletter! We will have upcoming events, successes, training tips and tricks, and other important items and reminders that may be helpful to our clients!

Happy New Year! As some have said, it's twenty-twenty too?! Ugh. But no, it is twenty twenty-two. We can make a fresh start! Yes, we can! Training your dog can be so much work, but the payouts are worth it! A wonderful, beloved pet! An amazing service dog! A comforting therapy dog! Our dogs are important parts of our lives, and they deserve the absolute best life we can give them, and that includes training.

With this new year, please remember how important it is to do at least 30 minutes of training per day and log it on your written log or on the google docs log your trainer has set up for you. Your training time is a vital component of having a successful pet dog, service dog or therapy dog! We want you to be able to say to someone who asks you where you got that cool service dog vest, "My dog and I earned this vest with many, many training hours!"

I know it sounds like a lot of time per day, but please remember that training happens whether you intend it to or not. If you add in training with your dog into your everyday life, (and you already are), then those 30 minutes are as simple as can be. When your coffee is brewing, take your pup through a couple of practice cues (5 minutes). When you need to let them out for the first potty of the day, practice a door wait, then a "come" when they are ready to come in.

If you must walk them for that first potty of the day, practice a sit /stay for leashing, then a door wait, then good walking to the potty spot (10 minutes).

While eating breakfast, practice a "place" (15 minutes). Gosh, by the time you finish breakfast you have already trained for more than 15 minutes, and your pup has practiced essential life cues.

When you feed your dog, practice a couple of cues, and include a food bowl wait (5 minutes). When you are lounging watching TV, run through several cues every commercial. When you are reading your favorite book or defeating zombies in a video game, you can work on place duration. All of a sudden, your dog is getting real life practice! That ordinary activity that just incorporated training really adds up! You can do it!

ADOLESCENT DOGS

Many people seek training when their adorable puppy suddenly hits adolescence and turns into a pup who tests the rules and can't seem to use its brain anymore. They say, "what happened to my cute puppy?" Hormones have ramped up, destruction can increase,



exercise needs can increase, while attention spans decrease. This, too, shall pass! You must stay patient! Don't give up or give in! Stay consistent and remind your pup that the rules that held yesterday, still hold true today. You may have to go back to crate training because puppies continue to go through several

chewing stages even as they get older. Your puppy also goes through several fear stages that can pop up during adolescence and you may have to retrain/re-socialize/desensitize to things/places/people that your dog used to be comfortable with. The hormone spike can cause them to become extra distracted by scents and other dogs.



Don't give up on them! Consistency, exercise—both mental and physical, and training, are all important to help your pup through this trying period. Practicing impulse control with food bowl waits, leash waits, door waits, even making them sit before you throw the ball for them, can all help. Puzzle toys and Kongs stuffed with frozen kibble for their meals can make them work hard for their meal and provide good energy releases. Dog parks, dog day cares, and/or play dates with their doggie friends can help with their energy needs. Dogs tire each other out more than we can (but discuss with your trainer if dog parks or dog day cares are right for your dog). The 30 minutes of training per day is more important than ever—training helps with their mental and physical energy needs and teaches them the rules of living with humans.

I have had several of our clients ask me about their active adolescents in despairing tones, "Is my dog ever going to make it?" Don't give up on them—keep up the good work—and you can help your dog make it through this trying adolescent stage!

Talk to your trainer if you have questions! We have many tips to help you and your dog through this stage!

CANINE GOOD CITIZEN TESTING TIPS

Ways to work on duration and distance for stays: **300 Peck method**—this was used for training pigeons!

Ask your pup to sit/stay. Count to one, and if they remain in the sit, click or mark and treat.

Then reset him if necessary, count to two, and if he remains in the sit, click or mark and treat.

Proceed to three seconds, then four seconds, etc. When they fail and get up, start back at one again.

Try this with down/stays as well and you should see an improvement in your pup's duration. Once their duration is going well, you can start adding distance in the same way.

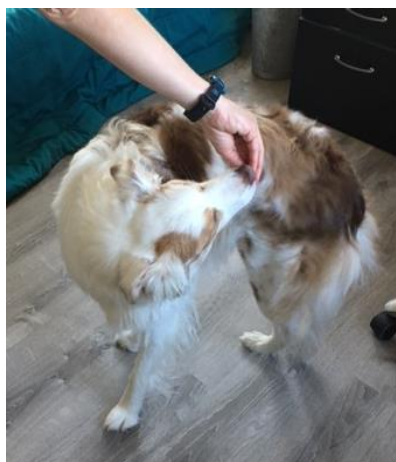
Have them sit/stay, take one step back, click/treat. Then two steps back, click/treat. And so on. Starting back at one when they break. Have fun and let us know how it works for you!

Sarah and Finley practicing at Lowes



EMERGENCY WORD

The Emergency word should be said once a day and then your dog is given a wonderful treat. The word should be something they will not hear otherwise and is easy for you to remember. We are happy to report that the Emergency Word worked for our sweet Buddy M. a couple of weeks ago when he ran out into his street in front of his house. He came right back and is safe and unharmed!



EXERCISE OF THE QUARTER

Teach your pup to spin both clockwise and counterclockwise. Not only is this a cool trick, but it gets them to stretch their core muscles and helps them be more limber. It can be a nice cue to create movement and distract your pup from something exciting. Build up to three sets of three spins in both directions.

Lure her head by her hip to get her to turn.

Lizzie demonstrating a counterclockwise spin.

CUE OF THE QUARTER

“Rest” is a great cue for any dog to learn. I start teaching it by teaching my dog a chin rest. I pet my dog on her head and neck and then rotate my hand around until I am briefly cupping the chin, and that is when I click or mark the moment and give her a treat. I repeat that until my dog is comfortable with me cupping her chin and her chin starts to feel heavy. Then I say the cue “rest” when her chin is on my hand. Once she understands what I want, I will start offering my hand to see if she will offer to put her chin in my hand. Some dogs may just dip their chin and do a brief chin rest. I will click for that at first but then will wait for longer and heavier chin rests to click. This cue can be helpful at the veterinarian for eye exams or for putting eye drops in your dog’s eyes. It is a foundation cue for a chin/head rest on your leg, feet, or other places. See the pictures below.



FOR MALE VETERANS

Fishing the Good Fight is expanding their programming in 2022 to include a closed Men's Group featuring alternating mental health sessions and fly-fishing seminars. Unfortunately, their January group already started but they have a lot of programs that may be interesting and helpful. Here is their website link to get more information:

<https://www.fishingthegoodfight.org/aboutk>

FOR WOMEN VETERANS

We were browsing websites and found this one interesting with a lot of good resources:

<https://www.operationwearehere.com/femaleveterans.html>

Please share with us resources that have helped you that we can pass on!

WE WOULD LIKE TO WELCOME OUR NEW TRAINER ANNE BURGESS!

Anne joined Cathy and Sarah in November 2021. After teaching in public schools and coaching athletics for many years, Anne switched to work in the dog world in 2004. She worked in the Animal Behavior Department at Dumb Friends League for 4 years, learning positive reinforcement training, helping dog and cats become more adoptable, teaching new adopters how to work with their dogs, passing on her knowledge to volunteers, and counseling people through the behavior helpline to help with common cat and dog problems to help the animals stay in their home and not be relinquished to shelters. Then she ran the two downtown Denver City Bark Dog Daycare and Boarding Facilities for 7 years, bringing her behavior and dog body language expertise to make the boarding and day care experience more enjoyable and less stressful for both dogs, employees, and pet parents. After that she was hired by Freedom Service Dogs where she worked with both Cathy and Sarah before they left to found Faithfully K9. From 2017-2021, she placed over 20 dog teams with veterans living with PTSD, children living with autism, people living with mobility issues, and professional therapy dog teams performing animal assisted therapy in private practice and at schools. She is pictured here with her dog Marfa, a St. Bernard/Golden Retriever Mix, who chose not to pursue a career as a service dog, and Lizzie, an Australian Shepherd, who is smarter than everyone at Anne's home!



PARTING WORDS OF WISDOM

After my great talk with Jessica and Frankie, Jessica leaves us with these words of advice:

“Have faith in the process. Put in the work and it will come! Either you or your dog will have times that you struggle but stick with it!”

We couldn't have said it better ourselves. Having a pet dog, therapy dog, or service dog is hard work. You will get out of it what you put into it. We know and understand that life will get in the way but stick with it! And the big payout is having a better and stronger relationship with your dog!

Lauren and Children's Hospital Therapy Dog Pringle