

Our Animal Friends

by Martha Norwalk



Raising Puppies, Part 2

Last month I began this series on raising puppies you can live with. I left off in the middle of describing the basic principles you need to know in order to be successful. Once I briefly cover all the principles, I will go into more detail where necessary.

I covered the first principle, which is to establish leadership first and then balance the leadership with spoiling. I also talked about the second principle, confinement (and generally speaking, I think crates are the best choice here). I'll begin this month with the third principle, supervision.

Supervision

Supervision basically means that whenever the puppy is out of his or her confined space (from now on I will use the pronoun "he" just to keep it simple), a responsible human must have their eyes on the puppy. This is extremely important for several reasons. Just by paying attention and watching the puppy constantly, you are establishing leadership.

Because you are watching, as time goes by, the pup will be less and less likely to engage in unwanted behavior in order to avoid the consequences. Also, by paying attention, you will

be able to nip any unwanted behavior in the bud, avoid these behaviors becoming bad habits, and you will be able to teach and substitute wanted behavior instead.

There are several forms of supervision. If you have the time, you can simply follow the puppy around the house, yard or wherever. Baby gates or barricades can help to keep the puppy in the same room, but if he moves out of your sight, you must call him back to you or be willing to get up in order to see what he is doing.

If you need to remain stationary for some reason, you can put the pup on a leash or long line so they must stay within sight. You can hold on to the leash or anchor it to a chair or table leg. If you are going to be moving about the house for some reason, you can leash the pup to you. I call this "umbilical cording." Simply, the pup goes where you go. This is also a great method to help establish leadership and the pup will learn to walk on a leash at the same time.

When necessary you can even carry the pup around with you. I do not recommend you make a habit of doing this because the pup won't learn nearly as much and carrying can help create a spoiled, bratty puppy.

Scheduling

The fourth principle is scheduling. When raising a puppy, it is important to schedule everything: food, water, elimination, and exercise. This is because dogs are creatures of habit and anticipate rituals. So the more ritualistic you are, the easier it is for them and the faster they learn the patterns. I also want to point out that the structured nature of the leadership, supervision, and scheduling helps them to feel more secure and safe. Because of their pack nature, if you follow my suggestions you will raise a happy, confident puppy rather than a clingy, neurotic one.

The first three items (food, water, and elimination) are scheduled for house-training purposes. I recommend that you feed regular meals to your puppy rather than letting him have free-choice feeding for a couple of reasons. Scheduled feeding makes training easier because what goes in must come out, and if you know when it goes in you can predict when it is going to come out. This way, you can be sure to have the puppy at the correct place when he is going to have a bowel movement.

The number of meals you feed your pup each day depends mostly on his age. A general guideline is pups seven to 12 weeks should be fed three meals a day, 12 weeks to 10 months should be fed two meals a day. Many adult dogs do better and often prefer one meal a day, fed later in the day. After all, dogs are feast-or-famine models in the wild. However, it is absolutely acceptable to continue two meals a day for life if your dog enjoys two meals a day and quickly eats all of his meal when served. Hint: feed picky dogs less often.

Until good housetraining habits are established, water is also scheduled. No water or food during times of confinement is the general rule. However, health or weather issues could override this rule in some cases. Water should be provided during times of supervision. If the pup has trouble holding his bladder during the night, pick up the water two to three hours before bedtime. Once the pup

has learned good bladder control, water can be down all the time except during crating.

You must be consistent with the elimination schedule. Always go to the same door and the same potty location every time you go out. Do not combine potty outs with any other activity. Go outside to potty and come right back inside. You can go back out five minutes later to play games or take a walk. You want the pup to understand why he is going out when it comes to housetraining so do not confuse the issue. Do not take the pup on long walks in order to get him to go or you may be doing this for the rest of his life. You want your pup to be comfortable going in your yard.

Exercise

The need for consistent, good aerobic exercise cannot be emphasized enough. This is so important that it probably should be a category all its own. You truly can exercise out up to 90% of most behavior problems.

Most young to middle age dogs need at least 45 minutes to an hour and a half of good aerobic exercise a day. This can be broken up throughout the day. Just taking a walk with your dog does not cut it.

I said good aerobic exercise. More next month.

Martha Norwalk is an animal behavior therapist and host of Martha Norwalk's Animal World, Sunday mornings, from 9 a.m. to noon on Alternative Talk AM 1150. She can be reached at Martha's Canine, Feline and All Creature Counseling at (206) 525-2016 or www.marthanorwalk.com. To purchase a set of Martha's canine behavior modification tapes give her a call.

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Meditation

Continued from Page 9

construction possible, grew from the practice of tithing by a married couple who at one time could barely afford to pay for their meditation classes.

No matter how the couple struggled financially, they always gave a tithe from what they earned in support of Ananda's work. Finally their fledgling "dot.com" startup went public, and it was a tithe from the sale that became the initial gift for the temple. The magnetic power

of tithing turns to gold everything we touch when our lives are acts of love in divine service. It is the practice of meditation that continually re-magnetizes our human will with the divine life current for the manifestation of creativity and harmony.

Hriman McGilloway, co-director of Ananda locally, invites you to the dedication of the meditation temple in Bothell on Saturday, June 23, at 11 a.m. Swami Kriyananda, founder of Ananda and direct disciple of Paramhansa Yogananda, will be the keynote speaker.

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