

DOG NERDS PRESENTS

27 COOL WAYS TO

KEEP YOUR DOG ENTERTAINED

& HELP PREVENT BEHAVIOR PROBLEMS

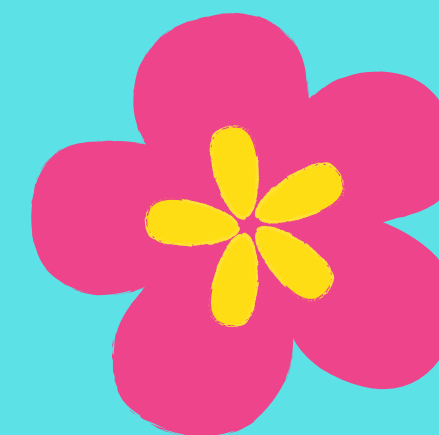
YOU WANT THAT, RIGHT?



Does your dog dream about having **FUN**?

So many dogs are totally bored
(and when that happens, watch out)!

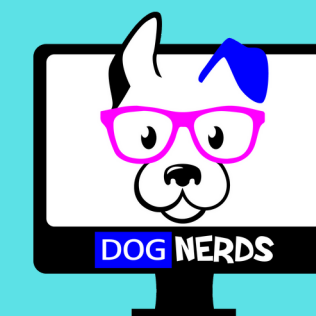




**This book is all about
putting the fun factor
back in your dog's life.**



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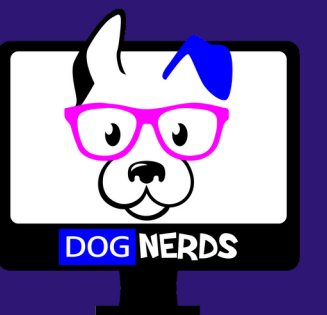


Boredom, or lack of stimulation, can cause or worsen your dog's behavior.

- Hyperactivity
- Can't settle
- Destructive chewing
- Self-mutilation
- Attention-seeking behavior
- Excessive barking
- Excessive mouthing
- Jumping
- Counter surfing
- Certain forms of aggression



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Things to explore; puzzles to try; scents to experience; new ways to eat.

We have lots of new ideas to help you and your dog*

Increasing your dog's mental stimulation should be a daily goal and it has many benefits for both you and your dog. It can greatly improve your dog's quality of life. Find the "joy factor" whenever you try any activity.

**Note: Not every suggestion is appropriate for all dogs; choose what fits your dog. Exercise common sense and always supervise your dog to prevent ingestion of foreign materials or objects. Contact your veterinarian if you're unsure of your dog's health needs or limitations.*

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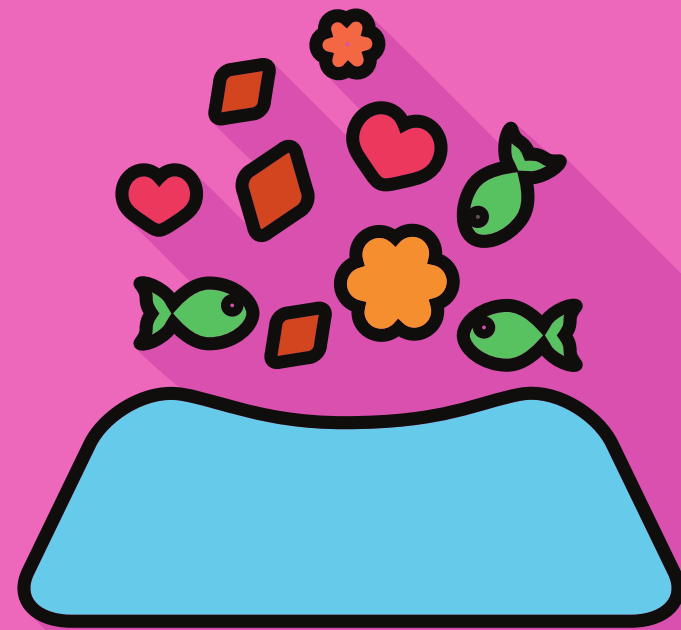
Does your dog have a magic bowl?

GET RID OF IT!

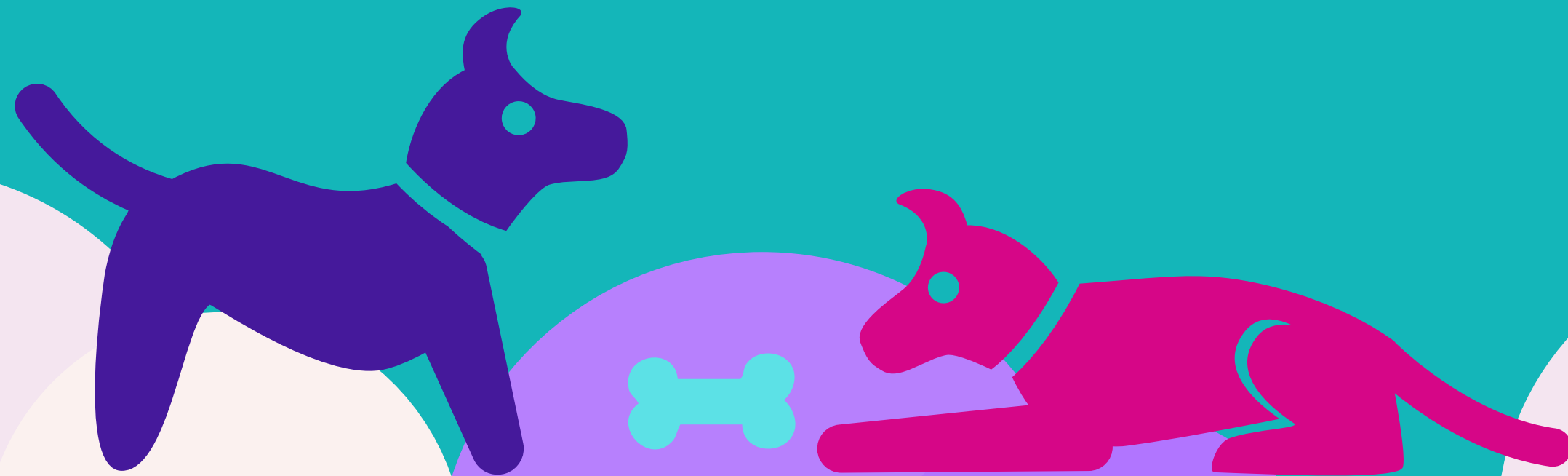
Food magically appears in your dog's bowl. No foraging, hunting, exploring or searching is required.

What does he do with that extra time and energy? Maybe your neighbors are not fans of his daily barking. Or perhaps your fave shoes are chewed up.

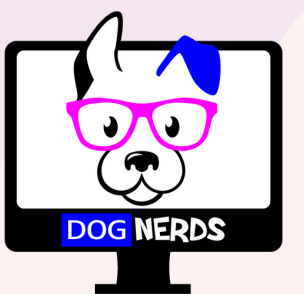
Here are the first 6 enrichment ideas:
New ways to feed your dog.
Start making changes now!



Tip: If you have more than one dog, be sure they get along before putting out food or treats. If there is a chance that they will fight over food, separate them first and work with them individually.



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1

Scatter food in your yard or hide piles in your home for your dog to find.

Help him learn the game in the beginning by making the hides easy and pointing them out. Supervise your dog.

2

Hide treats or food in a cardboard box or wrap in a towel for him to find.

Supervise so he does not consume anything he shouldn't.



3

Teach your dog to play catch for his food. Toss it in front of his nose.

Keep trying. He'll eventually learn to catch. You can watch tv and entertain your dog!

4

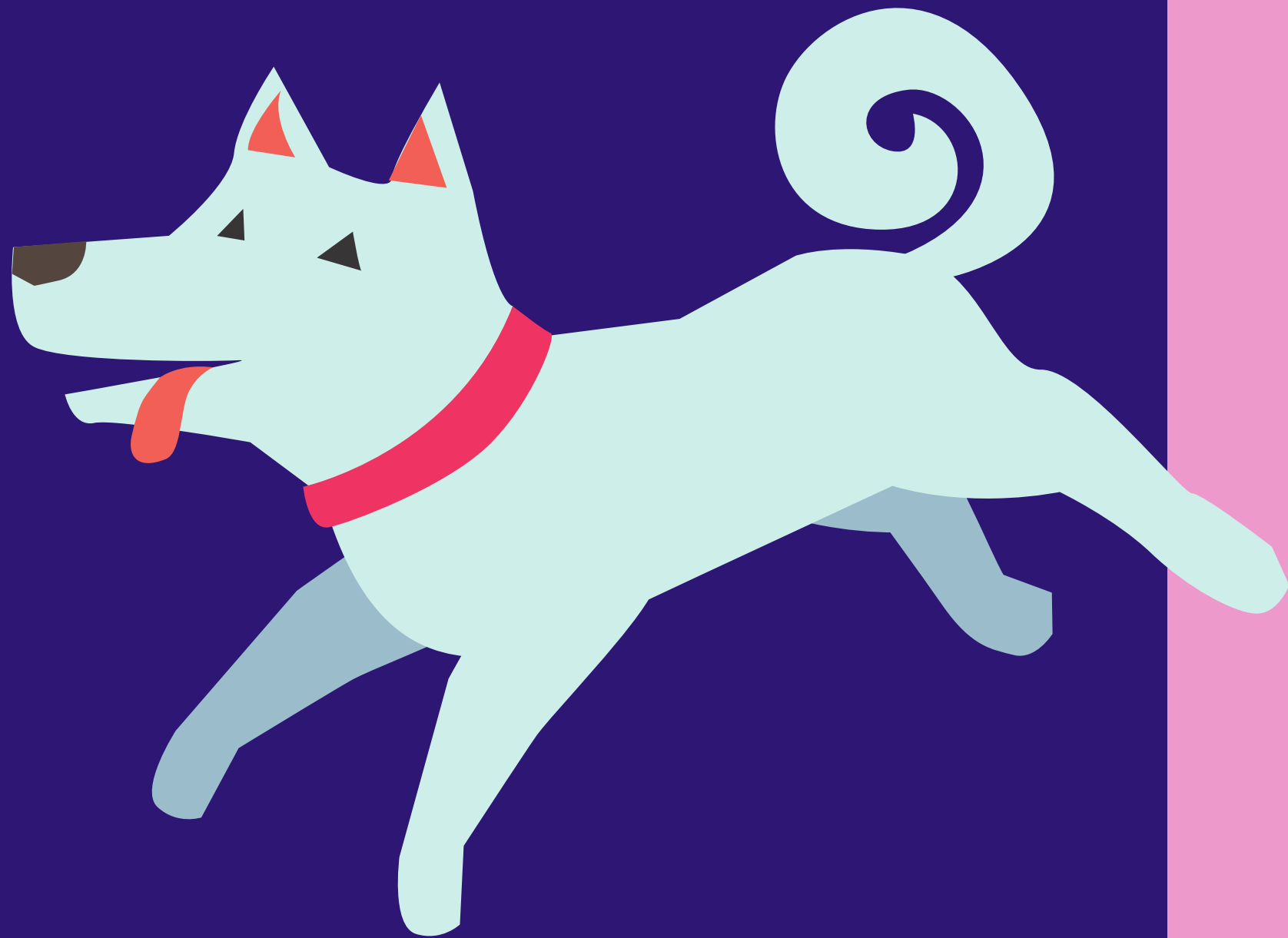
Mix his food with some peanut butter or low fat plain yogurt and stuff a Kong.

Or add low fat, low salt chicken broth to his food in the Kong and freeze it. Before giving it to him smear some peanut butter or cream cheese on top. It will keep him occupied for a while.

Change up the Kong stuffing once in a while. Try layering flavors.

Use some of your dog's daily food as rewards during the day.

5



Ask your dog for a behavior or a trick and reward. Better yet, teach a new trick. Or practice his obedience skills. He will happily work for his food when you're at home.

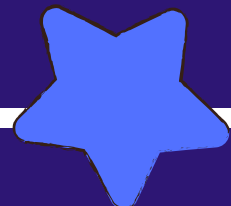
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Want him to stay calm when friends come over? Have some food or treats by the front door. He will learn to stay focused and not jump if he is rewarded for sitting. And he'll become happy when people visit.

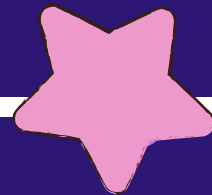
By using part of your dog's meal for these new ways of feeding your dog will burn mental energy, and since you are not using a lot of extra treats he won't gain weight.

CHANGE IT UP!

KEEP THINGS INTERESTING
BY ADDING SURPRISES



INTRODUCE
NEW SCENTS



USE FOOD
TOYS



ROTATE
INTERACTIVE
TOYS

Here are your next 5 enrichment ideas!

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Add new smells to your dog's environment.

Dogs relax and focus when using their nose.



7

**SPRINKLE SPICES OR
EXTRACTS IN THE
BACKYARD**

You'll find all
kinds in your
kitchen cabinet*

8

**ADD A FEW DROPS OF SYNTHETIC
ANIMAL SCENTS ON A STUFFED TOY.
DRAG IT ACROSS THE YARD TO CREATE
A TRAIL. CAN YOUR DOG TRACK IT?**

You can find these scents
online or in sporting goods
stores.

9

**TAKE A NOSE
WORK CLASS.**

Train your dog's
nose to find
specific odors.
You can compete
if you choose!

*Always consult your
veterinarian about the safety of
anything your dog may ingest.

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10

**FEED FROM A BUSTER CUBE,
WOBBLER, KIBBLE NIBBLE,
GREEN INTERACTIVE, OR
OTHER FOOD TOY**

Have a bunch and allow your
dog to try different ones.



11

**ROTATE TOYS WEEKLY SO THEY
ALWAYS SEEM NEW AND FRESH.
HAVE A VARIETY OF TOYS
INCLUDING SQUEAKY, CHEWY,
RUBBER, PLUSH, BONES, ETC.**

Every toy satisfies a different need.

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Do Dreams Come True?

While environmental enrichment cannot substitute entirely for dogs with heritable behavior problems and need for physical exercise, it can constructively occupy your dog's time and aid in reducing boredom.

Your dream of a calmer dog can come true.

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How about another



or two, or three...

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12

GRAB A CLICKER AND DO SOME TRAINING.



TEACH FUN STUFF LIKE TRICKS OR AGILITY.

Be sure to use a positive training method that will engage him in the training rather than just stress him out or hurt the bond you share. Use lots of reinforcement to keep motivation high.

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What is clicker training?

TRAINING TIP

The clicker teaches a dog super fast because it gives precise feedback.

When your dog does the correct behavior simply click once and then treat!

Clicker seems too difficult?
Replace it with the word "Yes!"

Guess what? The clicker is a temporary tool. When your dog learns the desired behavior you fade out the clicker.

Want more info? Go to TheRealDogNerds.com and check out our Solutions page



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BONUS!

Train a Trick- SPIN

1. Grab some of your dog's favorite treats.
2. Stand in front of your dog with your dog's nose pointed towards you. Your dog should be in a standing position facing you.
3. Hold the treat to your dog's nose and slowly move the treat toward the side of your dog's head so his nose follows the treat. (Be sure to move the treat slowly.)
4. Move the treat slowly as your dog follows in a 360 degree circle.
5. Once your dog's body has turned 360 degrees and his nose is exactly where you started, click, or say "yes!", and feed your dog a yummy treat.
6. When he can repeat this with ease, add a cue such as "right" or "left" before turning him.
7. Once trained, try repeating the steps so your dog learns to turn in the other direction.

Troubleshooting:

- If your dog does not want to spin all the way around at first, reward for 1/4 turn, then 1/2 turn etc.
- Dog's have a preferred direction to turn to (they are righties or lefties like us!). Try a few turns in each direction to see which direction is easier for your dog. Once you find that magic side, start there.



Exercise is an important part of your dog's physical and mental well-being



Start with short sessions to build up your dog. Be careful on hot days and watch for hot pavement.



For older dogs or those with less energy, take a nature walk with lots of sniffing along the way.

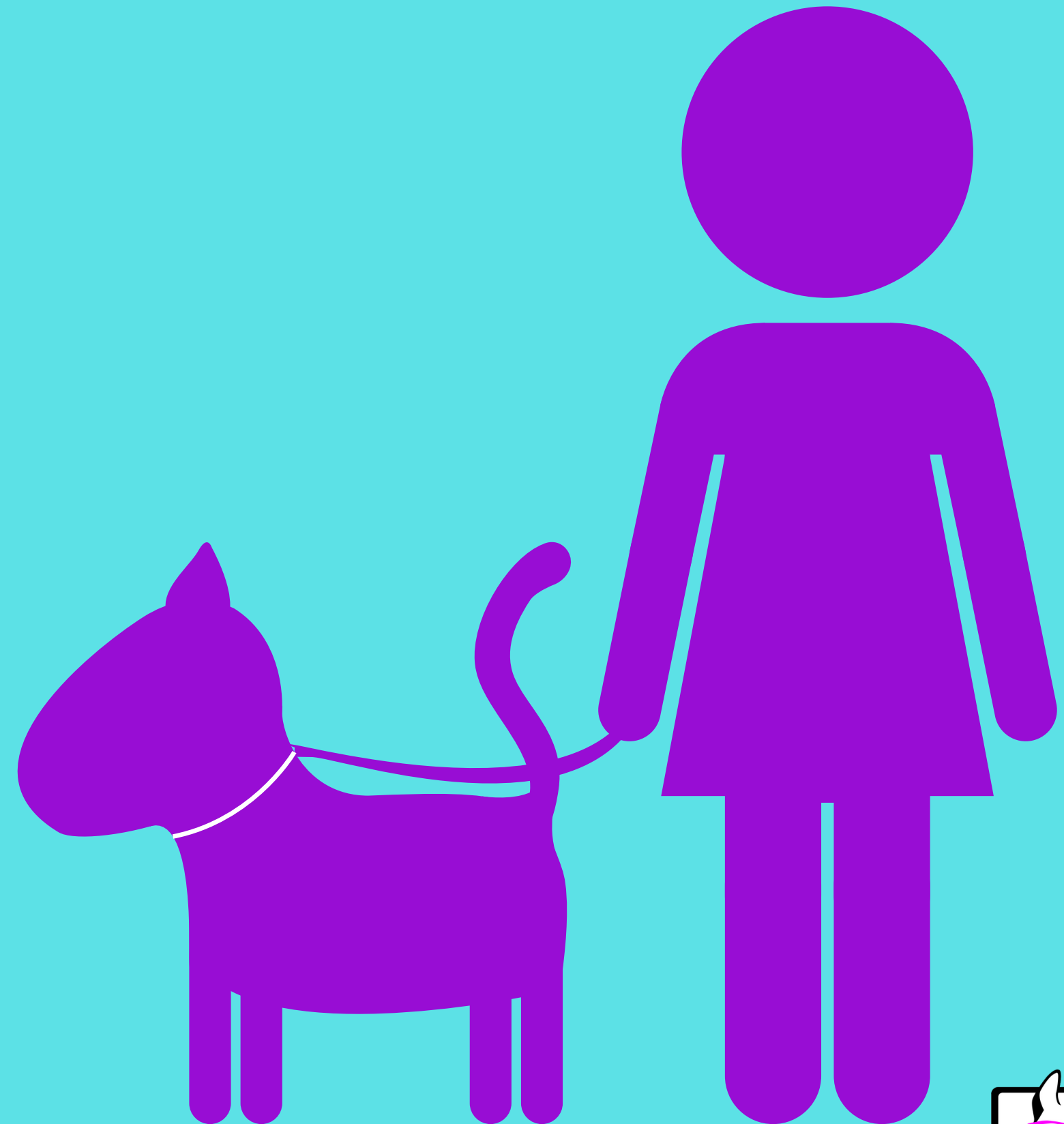




**TRY DIFFERENT
WALKING ROUTES
SO YOUR DOG CAN
EXPERIENCE NOVEL
SIGHTS, SMELLS,
AND SOUNDS.**



**If you're gone a lot (more
than 6 hours a day)
consider hiring a dog
walker.**



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Make some toys.

Grab some old rags...

Make knotted toys out of the rags. You have some old t-shirts lying around, right? T-shirt yarn looks super colorful when braided.

You'll need 12 strings of material (at about 1-2 yards long) to braid this yarn into a rope toy using the scoubidou technique (a.k.a. the friendship bracelet method). Check out YouTube for easy tutorials.

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Find the Treat game

1. Get a 6 or 12 cup muffin tin.
2. Place a treat randomly into half of the cups.
3. In an upbeat, enthusiastic voice, tell your dog to "find it" and place the muffin tin on the floor. (Or have him stay while setting this up on the floor near him. It's a great way to practice his impulse control!)
4. Repeat 3 or 4 times.
5. Now place treats in 3 or 4 cups and place a tennis ball over one of them. Tell him to "find it" and use lots of happy praise as he paws or noses the tennis ball out of the way. Repeat 3 or 4 times.
6. As he improves, make the game more challenging by increasing the number of tennis balls and decreasing the number of cups holding a treat. Allow him to figure out which tennis ball hides the treat.

18

EMPTY MILK OR WATER JUGS CAN BE FUN FOR YOUR DOG!



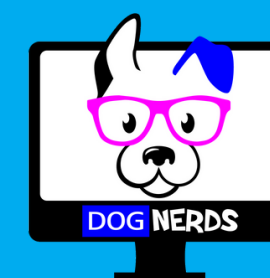
**MAKE IT INTERESTING BY PUTTING
SOME FOOD OR TREATS INSIDE.**

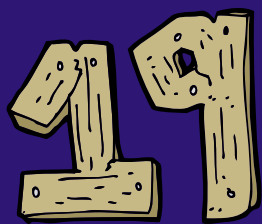
**Your dog will work hard to
get the food out of the jug.**

**You can use cardboard or
plastic containers.**

Be sure to clean, dry, remove rings and caps
and supervise play and jug destruction.

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Can you dig it?

BUILD YOUR DOG A SANDBOX!

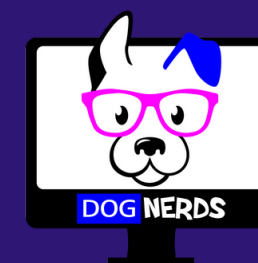
Digging is a natural behavior that many dogs enjoy. Since we don't want them digging up the yard we can provide a designated place.

Use a 5 foot square or larger area in your yard, or purchase a child's wading pool. Hide toys or other fun things in the sand for your dog to dig up and find. Encourage and help them at first by digging yourself so they will join in. Teach them to "go dig".

**If your dog loves the water,
alternate sand and water weekly.**



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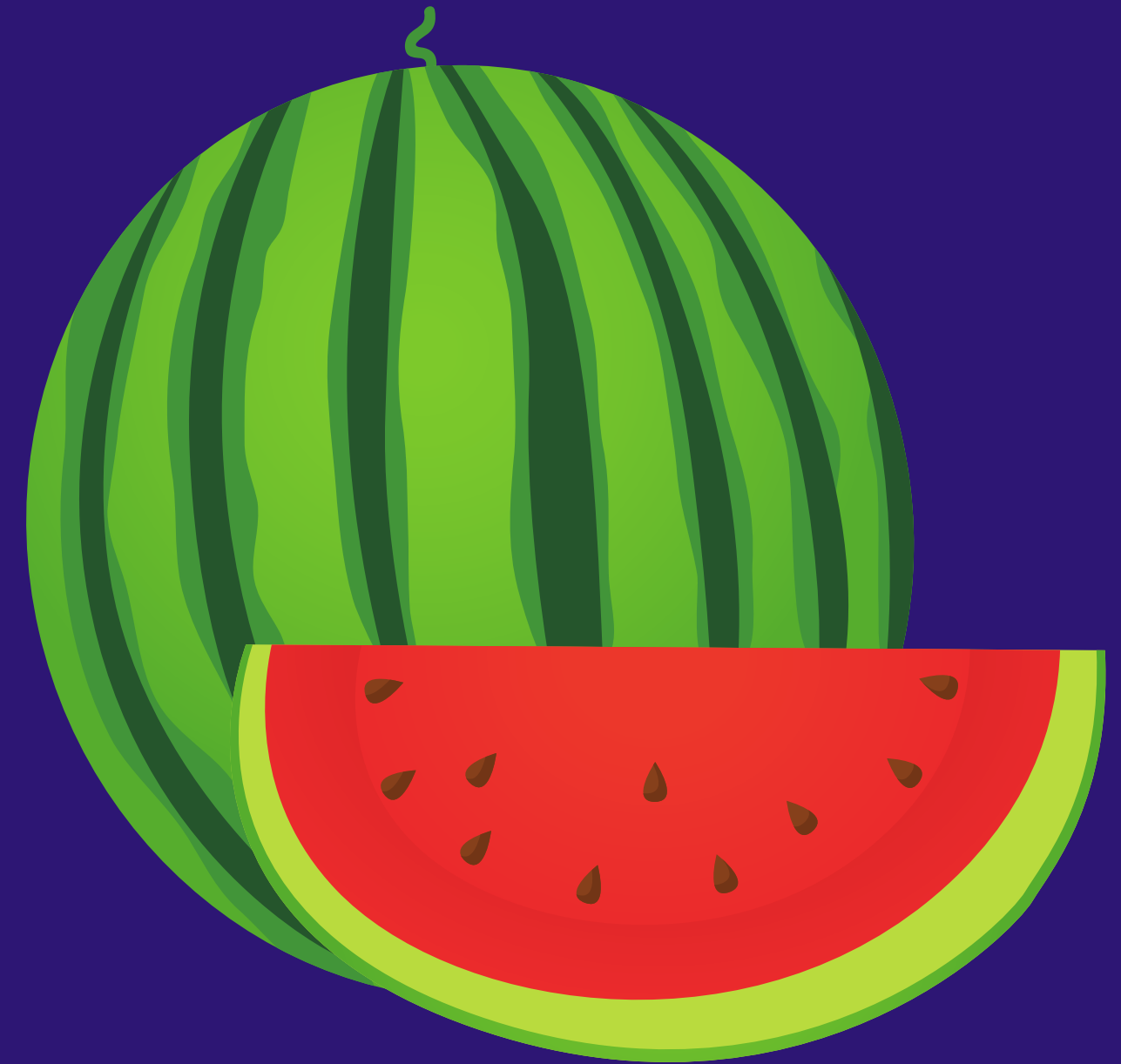


WADING POOL FUN

Here's another idea! Place vegetables or fruit (such as melons, apples, carrots, celery, etc.) out in the yard, or float them in the pool.

Try freezing food items in ice cube trays or containers. Remove and place in the empty pool. Start with a base of low fat yogurt, peanut butter or pumpkin puree and add fruit such as banana, apple and watermelon. This will keep your dog busy for a long time!

Warning! No grapes or raisins!





MAKE A SNUFFLE MAT

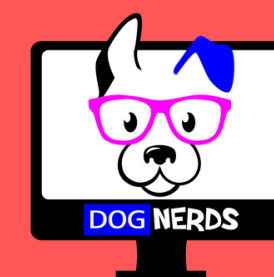
This is a great brain-stimulating activity. Your dog will have so much fun utilizing her sense of smell (one of her most vital skills) as she searches through the snuffle mat for food or treats.



For Do-It-Yourself-ers:

<https://iheartdogs.com/diy-let-your-dog-dig-for-food-and-treats-in-this-entertaining-mat/>

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2 2

Take your dog with you



Always exercise common sense. This is not a good suggestion for fearful or aggressive dogs. Talk to your behavior professional about what's appropriate for your dog.

Take your sociable dog along when visiting friends or running errands.

Bring treats and reinforce good behavior. If he becomes fearful of something, move him away or leave completely.

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Is your dog a social butterfly?

Have play dates with other dogs.
If he is more introverted, a single
playmate is usually more fun.

Consider doggy daycare
several times a week.





**Quality play is
important**

**PLAY GAMES LIKE TUG,
HIDE-N-SEEK, FETCH,
AND FRISBEE WITH
YOUR DOG.**

Play can increase both
physical and mental
well-being.
For both of you!

TIP: If your dog becomes overexcited quickly, add in settling times between short play sessions. Or build impulse control. Have him sit before getting the toy and teach "drop" to release it.

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Dream Time

MUSIC CAN BE VERY RELAXING

Try classical, reggae or soft rock. Some dogs like new age. See what your dog prefers. Put it on before you leave to relax your dog.

Music can also be great at masking environmental sounds that cause your dog to stress and bark. Play the music loud enough to help block out exterior noise.



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Give your dog a massage

AHHH! SO CALMING.

Wait for the right moment to try this such as after a long walk.

Make long, sweeping passes along the length of the spine and down the tail. Repeat this several times slowly.

You want to use firm but not hard pressure. Maintain one hand on your dog at all times to steady him. Avoid sudden motions. Keep it fluid.

You can gradually increase your pressure if your dog likes it. Use a flat palm to slowly touch all the parts of your dog's body. Really focus on what you are feeling and how your dog is responding.



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Sometimes things like destruction or barking can be due to boredom. But sometimes there are underlying behavior issues that need to be addressed.

We may have the online course to help you with your dog's behavior issues. Please check them out or email us for more information at TheRealDogNerds@gmail.com.

Be sure to contact your veterinarian. Many physical ailments can create or worsen behavior issues.

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The Dream Team

THE REAL DOG NERDS



LISA RADOSTA

Board certified
Veterinary Behaviorist



MINDY COX

Certified Professional
Dog Trainer



CHERYL VANVOORHIES

Certified Professional
Dog Trainer

The Dream Team is Fear Free certified!



Your dream to change your dog's worrisome behavior can come true!

We are the dog behavior experts and have carefully crafted courses that will positively change your dog's behavior. Our science-based techniques have been proven effective in thousands of dogs like yours.

Online learning is easy and effective:

- Watch short, step-by-step videos.
- Refer to instructive handouts.
- Practice the skills with your dog.
- See positive change happen!



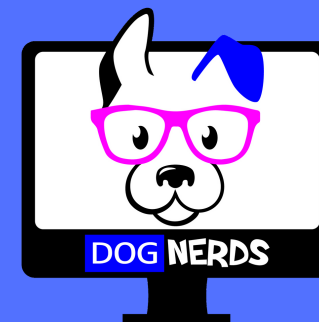
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The Reactive Dog Program: From Anxious to Zensational

Walks can be enjoyable again!

Does your dog turn into Cujo on walks? Does he bark, growl, or lunge at things that he sees such as other dogs, people, bikes or cars? Or does your dog hide in fear or anxiety?

**To learn more about this amazing
course, go to TheRealDogNerds.com**



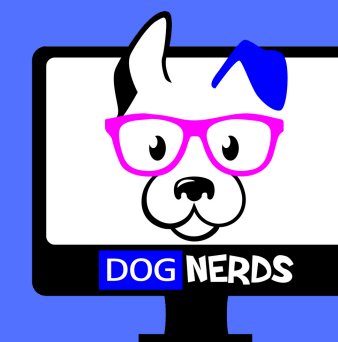
Your Noise Phobic Dog: From Fearful to Relaxed

Some dogs jump when they hear any new sound, and others run in fear from specific noises such as thunder, loud trucks, and/or lawn mowers.

We can vastly improve the quality of your dog's life (and yours) and decrease anxiety.



To learn more about this
effective course, visit
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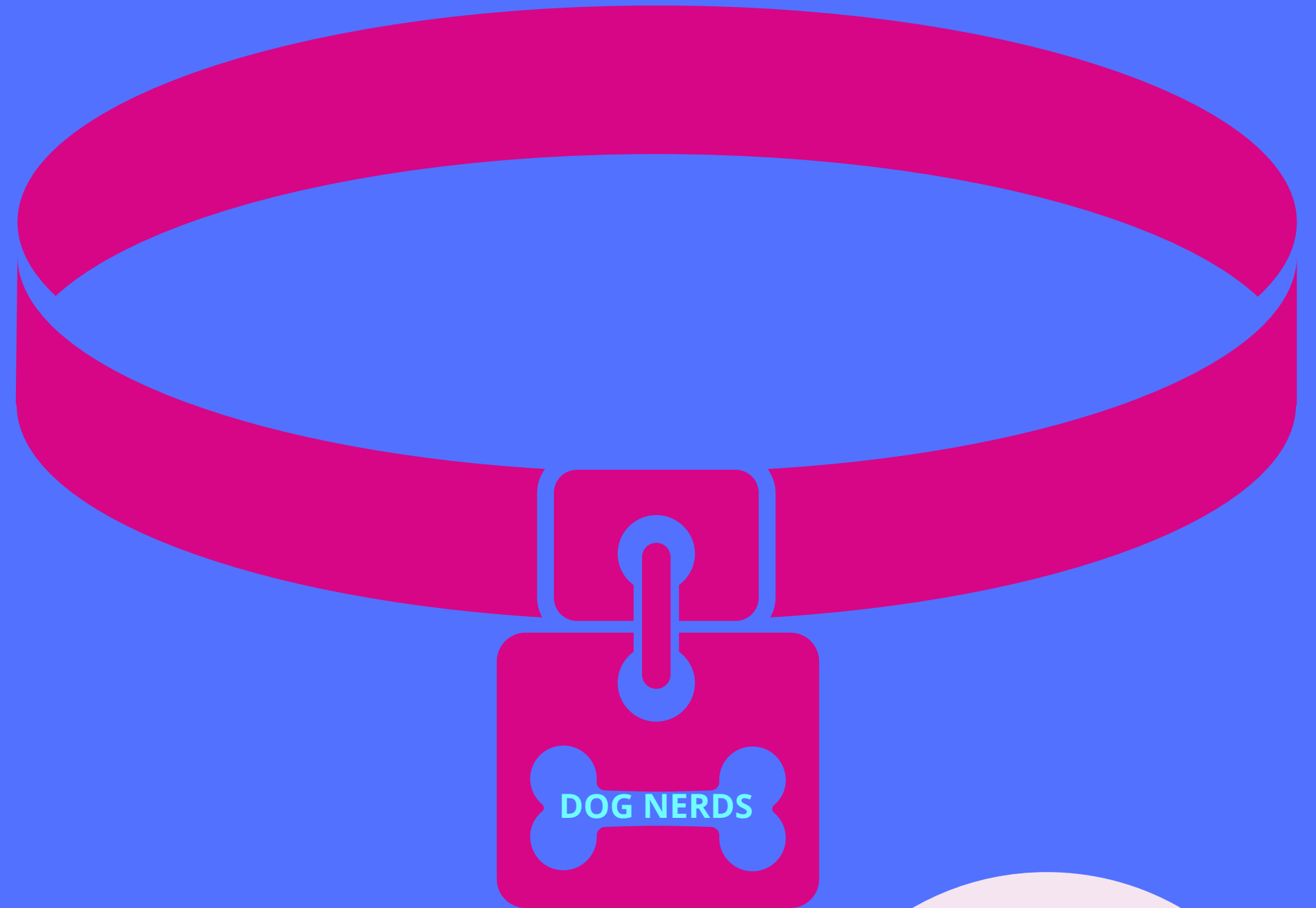
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