

# DOG TRACKS



# Puppies and Exercise – Not Too Much

All dogs need some movement, but for a puppy, just some playtime with you in the living room will suffice. (Not only is this enough exercise, this is crucial bonding activity to create a connection with the dog, make him feel secure, and establish your leadership.) Good puppy play can be anything unstructured and not too strenuous: chasing, running, playing with dog toys, tugging. For training purposes, you don't want to encourage biting or gnawing and maybe even start using a cue for when playtime is over so he will start to know the difference. Playing with other dogs that are in the house is good for him too, but just watch if you have older dogs. A puppy playing with an adult dog can tend to play hard to keep up, and will be more prone to injuries.

Overdoing it with your puppy can lead to problems later. Things like rough play and jumping is a bad idea for a young pup. A puppy's bones are soft and spongy. They don't completely harden until the puppy is 18 months to 2 year depending on your dog's breed. High jumps, jumping over large objects and jumping out of things like porches or trucks should be discouraged. The stress soft bones, underdeveloped muscles and immature ligaments can create damage-maybe life-long issues.

More than a casual walk is not good for a young puppy either. Besides the issue of her still-developing bones, a puppy's body is not good at controlling its body temperature, making her more prone to heat stroke. Running, jogging, rollerblading, and biking with you dog should be saved for later, ie once the pup is 12 months and over.

As your puppy grows, more intensive or longer workouts are fine. Here are some guidelines on appropriate physical activity for your pup:

## Exercise Guidelines for Puppies

### 6 Weeks to 4 Months

Limit to teaching it to follow and walk around the back yard and front yard of your home for short bursts of minutes only and vary the minutes to 5

- Short walks on soft terrain
- Playing with soft toys in a contained area, such as a fenced yard
- Swimming in warmer water for short periods

### 4 to 8 Months

Short walks and gradually build up on it (no more than 20 min to start off with) and build up to 40 minutes (with care for mastiffs, Danes and bull dogs).

- Longer walks on soft terrain
- Playing with soft toys
- Swimming and playing with toys in the water



## 8 to 12 Months

Build up to 50 min if the dog can handle it and build on it as the dog gains stamina and of course becomes better at walking on a loose lead

- Faster and/or longer walks on soft terrain
- Playing with soft toys
- Swimming and playing with toys in the water for longer periods

## 12 Months and Up

- Walks on terrain that has been checked for hazards such as unseen glass, holes, ditches, wires, stakes, and metal fragments
- Jogging with you (begin with short distances on softer terrain until endurance is built up)
- Playing with appropriate toys
- Swimming and playing with toys in the water

Remember, generally, you know any exercise is enough for your dog when he or she is laid out at the end of the day. A tired dog is a happy dog.

## Mental Stimulation

In addition to physical exercise, your pup/dog also needs plenty of mental stimulation. Once your pup has had their 3<sup>rd</sup>(final) vaccination let them engage with the environment when out for a walk. Letting the dogs sniff when out for a walk gives them lots of mental stimulation as their nose is highly sensitive and they can disseminate 1000s of smells, and this keeps their brain working. You need to be careful to make sure that they are not sniffing at things you don't want them to eg another dogs/animals poos, or being attracted to things you don't want them to eat eg discarded chicken bones, dead animals, etc When at home you can give them Kongs filled with food, play hide and seek where they either have to find you, or their favourite toy, snuffle mats, puzzle toys, etc Anything that makes the dog think, makes them use their brain and will also tire them as well.

*Alex Surplice*

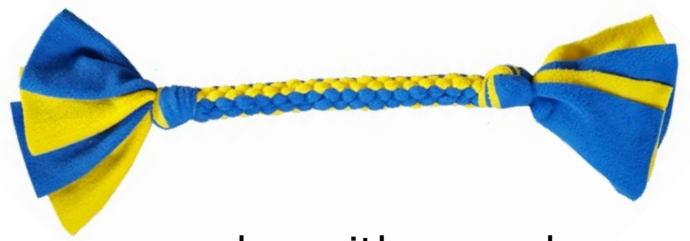


## PUPPY BONE STRUCTURE AT BETWEEN 8-10 WEEKS OF AGE





# Talking Tugs



Tugging is one of the best games you can play with your dog and most dogs, whether large or small, love to tug and they are especially popular and useful for agility training.

Fleece tugs are easy to make, gentle on the dog's mouth and are far better than rope tugs which can catch between the dog's teeth.

All you need to make a tug are four strips of fleece material about 5cms x 65cms for a small tug and about 9cms x 100cms for a large one. You can vary the sizes to suit your dog.

Instructions:

- Place the four strips together and tie a knot leaving a "tassel" at the end
- Spread the strips in a cross shape
- Fold the top strip towards the bottom
- Fold the bottom strip towards the top
- Fold the right strip towards the left, passing over then under
- Fold the left strip towards the right, passing over then under
- Pull each strip to secure and straighten
- Repeat until you have your desired length
- Leave enough material to tie a knot and leave a "tassel" to match the other end.



Get creative with your tug making, add a ball, faux fur or sheepskin. Tugging is fun for both you and your dog, it keeps the "game" and focus with you and is a great reward for good behaviour, but remember; tug on your terms. Teach your dog to give up the tug when the game is over, to wait to play the game and to release the tug when you ask.



# Yummy Easter Eggs

## Blueberry & Strawberry No Bake Easter Eggs

### Blueberry Easter Eggs

- 1/2 x Cup of Oat Flour
- 1/2 x Cup of Pureed Blueberries (thaw if frozen)
- 1 x Tablespoon Melted Coconut Oil
- 1/2 x Tablespoon Organic Honey



### Strawberry Easter Eggs

- 1/2 x Cup of Oat Flour
- 1/2 x Cup of Pureed Strawberries (thaw if frozen)
- 1 x Tablespoon Melted Coconut Oil
- 1/2 x Tablespoon Organic Honey



Make your own oat flour by processing quick oats at high speed until a fine flour is created.

Individually blend the fruits on high speed in a food processor. Blend until the fruit is liquified.

Combine oat flour, fruit puree, coconut oil, and honey in a bowl and mix well.

This step is essential: refrigerate both dough mixtures for 15-30 minutes.

This allows the mixture to thicken so the dough can be shaped.

Roll each dough into egg shapes and store in an airtight container.



# Carrot & Honey Eggs

- 2 x Carrots
- 2 x Eggs
- 3 x Cups pf Almond Flour
- 1/3 x Cup of Organic Honey
- 1/3 x Cup of Plain Flour



Preheat the oven to 180°

Dice and cook carrots then once cooked dice further by using a blender or food processor.

Place the eggs, almond flour, honey, and diced carrots in a mixing bowl and mix well.

Take a spoonful of dough and using plain flour to stop the dough sticking to your hands shape the dough into egg shapes.

Bake for 20-25minutes.





# VALE

## Moey and Hunter



*When that time comes...*

- Peter Coulthart

It will happen to all of us. The time, when our beloved pet dog dies, and we have to face that swell of emotion that only happens when a family member and true friend passes away.

The shock, the anger and the sad despair often is accompanied by a lot of tears. For some, there's plenty of warning as age or disease means that we have to do the right thing and at some point put them to sleep.

And at other times it's all too sudden. An accident or a fast tracked disease. The result is the same.

On Boxing Day 2022 my little German Spitz Moey (Eskimo) had lunch, lay down on the grass, went to sleep, and died. That was a shock, but what a great way to go in your sleep and without pain.



Then in the new year my beloved Irish Setter Hunter had to face another operation. He had survived and thrived after having a cancer operation in mid-2022 but I just knew that there was now something off in his behaviour. He still was alert. He was still playful, but I knew there was something wrong and an x-ray proved a lump had returned, but of course positive thinking meant that I will just be cashing in on pet insurance and all will be well. During the operation however the vet came out to speak with me and uttered those sickening words. He is gravely ill, and within a short period, he will be in a lot of pain. The right thing had to be done. I'd said my goodbyes and he was put to sleep. That was in February 2023 so two dogs passing in less than two months was a real blow.

As hard as it is, we all have to face the reality that these dogs are given to us for a short period, as much as we love them and hope that they will be our forever companion. In reality it's often not much more, and sometimes less, than a 10 year relationship. If we didn't love them so much it wouldn't hurt but the following words, I really believe to be true...

*We've been so close these many years.  
Don't let your heart hold any tears.  
Smile, for we walked together for a little while.*

Rest in peace, my beautiful Hunter and Mo.  
Love always.  
Dad



# Easter Time Can be Dangerous

Don't forget to keep chocolate Easter Eggs and those scrumptious Hot X Buns away from your dog. Chocolate and raisins are toxic for dogs so avoid that costly trip to the vet.



## Easter Weekend Training

Sunday Obedience is **NOT** held on Easter Sunday



Easter Saturday Agility is **ON**

Rabbit Agility !!!!



# Happy Easter