

# Winkie's Newsletter



**Winkie Spiers**

**Dog Trainer & Behaviourist, Canine Bowen Therapist**

www.winkiespiers.com Telephone: 0771 833 2914 / 020 7924 3744

Member of APDT, Pet Dog Trainers of Europe & Association of INTOdogs

3rd Edition

## Winkie's Top Tips:

- Carry fresh water for your dog at all times especially in hot weather.
- Your dog's safety is paramount - talking on mobile phones or listening to music can be distracting.
- Beware of ponds - Blue Green algae can cause skin & digestive problems & there may be hidden hazards under the water.
- Be careful about tying your dog up and leaving it where you can't see - theft happens!
- Keep your dog in sight while you walk to ensure that you can see when you need to pick up - there is far too much irresponsibility regarding picking up which gets all dogs and owners a bad name.

## Inside this issue:

Bowen Technique — What Is It?	2
Good health - how to recognize it	2
Is your dog listening?	2
Food - is it quality?	3
Mental Stimulation	3
Social Walk Classes	3
What's available?	4

## Training! What's Useful?

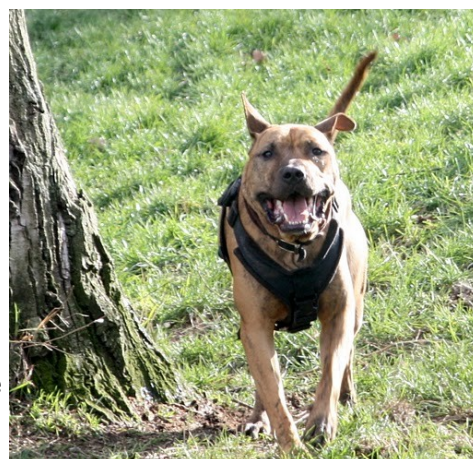
**We all enjoy our dogs but getting the basics right in terms of training is an important consideration.**

**Recall.** Getting your dog to come back to you and to come away from hazards is hugely important, especially in nice weather, not all people enjoying a game or sitting on the grass like dogs to join them! Also not all dogs enjoy the attention of others, elderly dogs, those recovering from illness or an operation, or those with fear issues may well feel worried by off lead dogs approaching them. Practice your recall; with a bit of know how and effort the recall can be fun and easy.

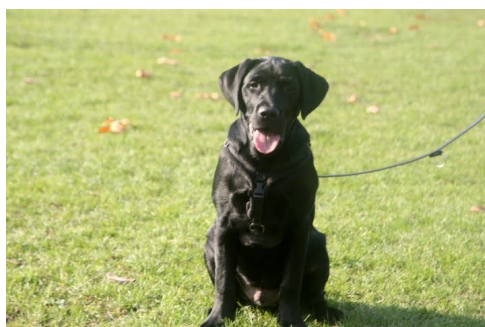
**Leave.** Teaching your dog to leave and move away willingly from rubbish and food items on the street and in parks will prevent a lot of problems. Dogs are natural scavengers so it's good to give them opportunities for this natural and instinctive behaviour but only when set up and directed by you. Eating picnic and rubbish remains can be extremely hazardous to health.

**Road safety.** Waiting at the side of the road and rewarding the wait can be very useful. The 'wait' at the roadside doesn't always have to be in a sit as when the pavements are wet, hot or icy this can be uncomfortable and some dogs with physical problems may find constantly being asked to sit rather painful. Always let your dog know verbally or with a hand signal when it is safe to cross.

Ensure that you take the time to teach your dog what you mean with your requests, if the dog isn't doing what you are asking chances are you haven't taught it properly or in a way that the dog understands. Try to train in a way that's enjoyable for all.



## How Do Dogs Learn?



- Through positive reward-based training.
- Short simple sessions, quality not quantity.
- When they are comfortable and feel safe. Lack of blood & oxygen to the brain or fear severely hamper learning and may cause long-term physical or emotional damage.
- Easily and quickly if taught in the right way.
- From each other through mimicking so find good role models for your dog.
- Better when they are not over-excited, too hot, in pain or ill.

## The Bowen Technique

### A hands-on remedial therapy for humans, dogs & horses

**What is it?** *The Bowen Technique* is a soft tissue, hands-on, remedial therapy. Following assessment and taking a medical history, it involves a series of gentle rolling type moves on different parts of the body which are effective, relaxing and enjoyable.

Bowen moves can promote healing, help to re-balance and re-align the body and reduce pain for a variety of muscular & skeletal conditions. *Canine & Equine Bowen Technique* are not a substitute for proper veterinary care and only available on veterinary referral.

#### What types of condition can it help?

Firstly, *the Bowen Technique* treats the whole body and not just named conditions or symptoms. It can help alleviate a wide range of problems including: joint pain and stiffness, breathing difficulties, tension and stress. In addition it can enhance sports performance, aid recovery from surgery or illness, muscular strains & sprains, auto-immune disorders and

can contribute to overall good health, which may help to reduce the likelihood of injury or illness.

**Is it safe?** *The Bowen Technique* is very safe as it's so gentle and can be practised at all stages of life and also during pregnancy. *Canine & Equine Bowen Technique* are only practised by a therapist qualified and trained specifically for dogs and/or horses. Certified therapists should be fully qualified, insured and must attend annual CPD (continued professional development) courses to remain up-to-date.

One advantage with animals is that there is no mind over matter or placebo effect: either it works or it doesn't!

For more information:

[www.winkiespiers.com](http://www.winkiespiers.com)

[www.caninebowentechnique.com](http://www.caninebowentechnique.com)

[www.thebowentechnique.com](http://www.thebowentechnique.com)



A gentle Bowen session specific to each dog's needs.

## Good Health - how to recognize it?

Any variation in your dog's behaviour, appetite, drinking, sleeping habits or energy levels may be an indication of something that's not quite right.

**Digestion:** if you notice any changes in excretion: eg diarrhoea, constipation or incontinence, any of these could be an early sign of illness. One of the many good things about picking up after our dogs is that we can monitor any changes quickly and easily.

**Smell:** any changes eg strong or unpleasant smells from the breath, ears, body, faeces, urine or any part of the dog will alert you to a potential change in health.

**Lameness:** difficulty getting up / down from sitting or lying

or difficulties walking are clear signs that there's a problem. Exciting a dog or encouraging it to run about may temporarily mask the symptoms of pain as pain-relieving endorphins are released with adrenaline but over time this may exacerbate the problem.

**Breathing difficulties:** constant panting or shut down behaviours may be an indication of pain or discomfort - **if in any doubt consult your vet immediately.**



## What do I do about..... my dog not listening ?

Firstly, you need to look at why your dog isn't listening. By dealing with the cause of the problem you will be able to deal with the symptom!

Is your dog too excited and distracted out on the walk to listen? Are you making too many demands? Is there something wrong with the dog's health or hearing? Does the dog understand you? Are you asking too much, nagging or asking unreasonably?

Bear in mind that a dog's hearing may be up to 4 times

better than ours so you shouldn't need to raise your voice.

Have you trained your dog effectively? Is it really learning what you think you're teaching?

One of the ways that a dog communicates is through body language so would using hand signals help?

**Get proper professional help if you have consistent problems and consider all the reasons why before blaming the dog. Dogs never go out of their way to anger or frustrate us!!**

# Food!

## Some things to consider when choosing

There are a variety of ways to feed your dog and your dog's nutritional needs may vary depending on it's age, state of health, breed and exercise levels.

Ideally choose a quality diet for your dog by looking at the label. You should recognize the majority of the ingredients listed.

You may want to look up what is in any 'derivative' type ingredient before you buy the food!

Ideally your dog should enjoy it's food so bear in mind that dry food can go off if not kept in an airtight container and always check the sell-by date.

Dogs don't care about the colour of their food and I've noticed that the behaviour of some dogs may be adversely affected when they consume food colourings on a regular basis. These may be found in some commercial diets and also in some treats.

The food you give your dog should be fresh and not spoiled in any way or rotten.

Fresh drinking water must be available all the time.

If you have any questions or concerns regarding your dog's diet speak to your vet or a qualified small animal nutritionist. All dogs are different and changes in diet may be necessary sometimes.

Avoid seeking advice from people regarding diet unless the person you are speaking to is qualified.

Dogs have historically survived by being successful scavengers so it can be fun to make their meal times more interesting occasionally by giving them an opportunity to find their food. This should be done carefully so as not to upset or stress the dog.

The most important thing is that the diet your dog eats suits the individual and that all nutritional needs are met to ensure the dog remains in good health.

There are a variety of great books and courses on diet, contact me if you would like further information.

## Providing Mental Stimulation

Our dogs have great brains and an incredible sense of smell so it can be fun to give them an opportunity to use their natural instincts to find food.

An easy way to start is to find a clean log and make sure that your dog is happy to explore the log. Then you can ask your dog to wait or stay a few feet away while you place a few bits of tasty food on the log. Once you have done this go back to

your dog and praise and reward him for waiting and then say 'go find' and let the dog use it's nose. Don't point the food out, just wait and give the dog's nose a chance to sniff it out!

As the dog becomes more confident he will really enjoy this game. Don't do it too often or make it too hard especially in the early stages. Try to make sure that you find clean areas to do this as no dog will enjoy doing this where it's dirty.

Word of caution — make sure that there are no other dogs around and that your dog isn't made stressed or anxious by the game.



It can be great fun for dogs to find food and use their noses.

## Social Walks—a great way to learn for dogs of all ages

Walking with other dogs is wonderful for dogs as they are social creatures and enjoy opportunities to practice their social skills. We also need to be able to control our dogs to protect them from dangers and to prevent them from being a nuisance. Social



walk classes are a great way to socialize and learn at the same time.

Classes take place in the park and on the streets where such skills are needed. During a class we may typically practice road safety, recalls, sit /

stay, emergency stops, nosework, leaving rubbish on the ground and learning to pass other dogs and people calmly and politely. The classes are open to all ages and breeds and it increases ability and confidence in both dog and owner.

Contact me for more information; [winkie@winkiespiers.com](mailto:winkie@winkiespiers.com)



## What's available?

**Puppy Socialisation Classes:** Monday or Tuesday evenings. These are 6 week courses which cover many aspects of living with a puppy including: socialisation, house-training, mouthing & biting, mental stimulation, walking nicely on lead, recall, sit, down, stay and leave exercises. Class size is a maximum of 4 puppies to ensure individual attention.

**Social Walk Classes** take place Tuesdays at 1.45 or 3pm or Saturdays at 9 or 10.15am. These are an ideal follow on from puppy class or 1:1 training. They can improve your dog's social skills, your own handling skills, and cover many subjects including dog-on-dog interactions, problem solving, road walking and general life skills. Spaces are limited and need to be booked in advance. Dogs must have attended puppy socialisation classes or had 1:1 training and assessment before joining the social walk classes. These classes are not a course you just book and come along whenever suits you.

**1:1 Sessions:** these can be booked at times that suit you, including some evening and weekend appointments. No travelling is involved as I come to you. 1:1 can be ideal for many people whose lifestyles and family commitments mean that they can't commit to classes and for dogs who can't cope with other dogs or have specific issues.

**Human & Canine Bowen:** available by appointment. (see my contact details below)

## Talks, workshops and seminars:

17th July 2010, 'A Walk In The Park' - what your dog really wants from a walk by Winkie Spiers - more information from [suzanne@learningaboutanimals.co.uk](mailto:suzanne@learningaboutanimals.co.uk) / [www.learningaboutanimals.co.uk](http://www.learningaboutanimals.co.uk)

16th October 2010, 'Stress and it's impact on behaviour and training' by Winkie Spiers - more information from [caratraining@ic24.net](mailto:caratraining@ic24.net) / [www.caradogtraining.com](http://www.caradogtraining.com).

PDTE AGM & Seminar, Bilabo, Spain - 25th & 26th September 2010. More info [www.PDTE.org](http://www.PDTE.org) (open to non-members)

## Winkie Spiers

**Dog Trainer & Behaviourist, Bowen Therapist for People & Dogs**

[www.winkiespiers.com](http://www.winkiespiers.com) / [winkie@winkiespiers.com](mailto:winkie@winkiespiers.com) / 0771 833 2914 / 020 7924 3744

Member of Association of Pet Dog Trainers (804), Member of Pet Dog Trainers of Europe (F036), Member Association of INTOdogs, Member of European Guild of Canine Bowen Therapists & Bowen Technique European Register.

## 'How to Handle Living With your Dog' Book & Audio CD by Winkie Spiers



An excellent guide to building a great life for you & your dog!

Available from:  
[www.winkiespiers.com](http://www.winkiespiers.com),  
Amazon, selected book stores and Lorna 's Pet Care Service.

Quote..... "Winkie has identified and successfully covered an area of the market that hasn't been touched before: she looks at the whole picture of what's involved in living happily ever after with your dog.... "

S. Campbell

## Useful links:

### Lorna 's Pet Care Service

Supplier Of Quality Pet Treats, Toys, Leads & Harnesses  
Free Monthly Email Newsletter. Contact Lorna Mann  
Email : [lorna@lornaspetscareservice.co.uk](mailto:lorna@lornaspetscareservice.co.uk)  
Website: [www.lornaspetscareservice.co.uk](http://www.lornaspetscareservice.co.uk)

**[www.learningaboutanimals.co.uk](http://www.learningaboutanimals.co.uk)**

Sign up for their newsletter and one of their excellent talks on a range of animals and subjects by a variety of speakers.

**[www.woofstokittys.com](http://www.woofstokittys.com)**

Mobile grooming service  
Tel: 07889 478737  
Email: [woofstokittys@btconnect.com](mailto:woofstokittys@btconnect.com)

### Caroline Crawford Garden Design

Creative outdoor solutions for people and their dogs.  
Website: [www.ccgardendesign.co.uk](http://www.ccgardendesign.co.uk)  
Tel: 07887 958933

If you would like further information about any dog related services, talks/seminars, good books, trainers in your area, courses or general information contact;  
[winkie@winkiespiers.com](mailto:winkie@winkiespiers.com)