



Structured Dog Ownership

Simple Tips for a Well-Mannered Dog

Dog training should be a holistic approach that becomes part of nearly every aspect of you and your dog's daily routine. While dedicated training sessions can be highly beneficial parts of your routine, what happens outside of those training sessions will greatly impact the effectiveness of the training.

Structuring your dog's routine means placing more control over all of the things or resources that your dog values. Some resources can seem pretty obvious, such as food, water, treats, and toys, but many others may be things that you wouldn't necessarily think of as valuable resources.

Tips for Controlling Food and Water

Stop Free-Feeding!

Free-feeding is when food is always available to your pet for them to choose when and how much to eat.

The problems with Free-Feeding:

Obesity - Some dogs may be able to maintain a healthy weight and not overeat even if a seemingly unlimited food supply is available. Other dogs may over-eat and could develop health problems associated with obesity.

Health Problems - One of the earliest signs of a health problem may be that your dog loses their appetite or their desire to drink. It is very challenging to identify how much your dog is eating, or if their eating pattern has changed if you are free-feeding.

Behavioral Problems - Our dogs may become possessive of the magic food bowl that is always full. They may not respect the food as it is provided to them and may even develop food aggression regarding food if a new dog is added to the home.

"What message are we sending our dog?"

As children, many of us had certain rules and expectations surrounding food and meal times. Dinner was on the table at 6pm, and you sat at the table to eat your meal. You needed to finish your plate before you could go play, and if you didn't want to eat what was provided, you could go to bed hungry.

We can provide very similar expectations for our dogs using some of the following feeding recommendations.

Predictable Feeding Schedule

Predictability is the first and easiest way to help our dogs feel more confident in their daily lives. Having a regular and predictable routine can help our dogs adapt more easily even when some aspects of the routine change such as when traveling or when you have visitors in the home.

Creating a predictable schedule for your dog's meals doesn't necessarily mean that your dog must eat at the same time every day, but this would be ideal when possible. Incorporating your dog's meals at certain benchmarks of your daily schedule such as when you wake up in the morning, or when you return home from work is a great way to start a good feeding routine.

Feeding Routine

A good feeding routine at regularly scheduled feeding times can help your dog develop good habits surrounding food and mealtimes. You can set the tone for feeding time by requiring desired behaviors or states of mind before feeding.

If your dog is particularly excited around meal time, including barking, jumping, spinning in circles, whining, or even aggression, you can wait until they are calm before providing them with their food.

Asking for desired behaviors can help your dog contain their excitement as well as reinforce that desired behavior. These behaviors could be as simple as asking for a sit-stay, down-stay, or even go into their **kennel** and be calm.

Kennel feeding is a great way to create structure surrounding mealtime, while requiring minimal time and effort on your part. Asking our dogs to go into their kennel and wait calmly for their food helps to contain the majority of your dog's behavior while you prepare their food.

Recommended Feeding Routine

1. Send dog(s) to kennel and close door
2. Start preparing food (if the dog(s) barks, whines, or becomes impatient, stop preparing food and walk away until they are calm, then continue)
3. Require the dog to sit or down before placing food bowl in kennel.
4. Have your dog "leave it" until given the release command to eat.
5. Close kennel door and let them eat for up to 10 minutes.
6. After 10 minutes remove bowl from kennel even if the bowl is not empty.
7. Be sure to practice your dog's controlled exit from the kennel.

If your dog is barking or whining in the kennel while you are preparing to feed them, you can easily just walk away and return when they are calm and quiet. Providing your dog's food in their kennel, also provides the "dinner table" experience for our dogs. Kennel should not have any toys or chew items in it at mealtime.

"You will not do anything else except for eat your food at this time, and you will not leave until you are done."

Earning their meals

You can make meal time more fun with some different ways for your dog to earn their meal.

1. **Hand feeding during training** - Simply asking your dog to perform the behaviors that you have worked on with them is one of the best way to have your dog earn their meal! Once their meal is gone, the training session is over. Training can be for obedience behaviors, tricks, specialty skills, or any things you want your dog to improve on.
2. **Interactive toys and puzzle feeders** - Any toy that requires your dog to actively engage with the toy to get the food out is a great way to have your dog earn their food as well as provide them mental stimulation! Some great examples are the Starmark Bob-a-Lot™, Kong Wobble Feeder, snuffle mats, as well as many others. Slow feeders and lick mats are other options, but don't actually require much mental stimulation as interactive feeders(Slow feeders and licking mats are the equivalent of watching TV for dogs).
3. **Hide and Seek** - Hiding your dog's meal in several places around the home and letting them search to find it is a great way to give your dog a chance to use their natural amazing sense of smell! Just keep track of where you hide the food so that you make sure your dog gets it all!

Limiting Feeding Time

Limiting your dog's meal time to no more than 10 minutes teaches your dog that they will be provided with fair and ample opportunities to eat, but if they choose not to, that is up to them. This further creates rules and expectations around food and mealtimes.

Water Schedule

Providing your dog with unlimited access to water isn't as detrimental as is their access to food, however in some situations, dogs can develop aggression or possessiveness over water. Additionally, if your dog is

struggling with potty training, controlling when and how much water your dog drinks can help manage when they will likely need a bathroom opportunity.

Recommended Water Schedule

1. Provide water after each meal
2. Provide water before going into the kennel for short periods.
3. Provide water after exercise or play
4. Provide water after training
5. No water after 7pm

Tips for Managing Toys and Play

Keeps Toys Put Away - Your dog should not have unlimited access to their toys for some of the same reasons that your dog should not have unlimited access to their food. Dogs can develop possessiveness or aggression over toys when they feel that they own or control the toys.

When it is time to play with your dog, you choose the toy, you choose the game, you choose when to play with your dog, and when you are done, put the toy away. This establishes an understanding that you control the toys, and will help develop your relationship with your dog. Your dog will also begin to associate you with the provider of everything they want and need!

Play with Your Dog!

Regularly dedicated time to play with your dog can have far reaching beneficial impacts on your dog's overall well-being.

1. **Exercise!** - Play is a fun and simple way to provide your dog appropriate and safe exercise. Play can involve toys or healthy treats to really get your dog excited about playing.
2. **Relationship Building** - Play helps to strengthen the bond between you and your dog. During play, your dog's brain releases chemicals that make them feel good and happy. When your dog associates play with you, their brain can be conditioned to release these chemicals merely at the sight of you.
3. **Confidence Building** - Play can be used to make new experiences positive and fun. When going to a new place, or meeting a new person play can be a great way to make the experience a great one!
4. **Training and Learning** - Did you know that you can reward your dog for obedience behaviors using play?! Simply take out their favorite toy and ask for an obedience behavior they are familiar with. When they perform the behavior well, the game begins! Use short games or play sessions as rewards during training.

You Start the Game, You End the Game

You Start The Game - If you have a dog that loves to play, they may try to tell you that they are in the mood to play or that they want you to give them their favorite toy. It is good that your dog has a desire to play with you, but be careful not to reward “*pushy*” behavior.

Caution: Do not start playing or exercise when your dog has a full stomach (food or water). Strenuous physical exercise on a full stomach is the most common cause of an often fatal condition known as *bloat* or *stomach flipping*. Wait at least 45 minutes after a full meal or after your dog has drunk a large amount of water.

You End The Game - Knowing when to end play time can be very beneficial to your structured routine.

Here are some reasons to *End the Game* to get the desired benefits:

1. *To Increase Desire to Play* - by ending the game when your dog is at the peak of enjoyment, it will increase your dog's desire to play again in the future. If we play to the point of exhaustion or boredom, it can actually decrease your dog's willingness to play in the future.
2. *To Punish Inappropriate Behavior* - all great games have rules, and even during play inappropriate behaviors should not be tolerated. If during play, your dog demonstrates an inappropriate behavior, that is an ideal time to end the game and maybe even put your dog in their kennel to think about what just happened.
3. *To Cool Down* - Did you know that some dogs will play themselves to death! Unfortunately this is not an exaggeration. Some dogs love to play so much they could easily cause themselves to suffer from heat exhaustion, heat stroke, brain damage, or death from overheating. Even if your dog seems like they could play for hours, limit play to no longer than 15 minutes at a time and give them plenty of opportunities to cool off with a shady area, a fan, a water pool or tub, and fresh water to drink (do not give your dogs ice cubes to eat to cool down).

Play is an Art

Some dogs are happy to chase a ball and bring it back to you all day long, while others may need a bit more encouragement to get involved in a game with you.

Most dogs do not instinctually know how to play fetch or tug. These behaviors can be taught and reinforced through appropriate play. You may need to work with a professional to learn how to find your individual dog's motivation and find a style of play that they enjoy!

Its Us vs. The Toy, Not You vs. Me

Playing tug is often one of the best ways to play with and build your relationship with your dog. Tug is a game that is really only fun when there are two players in the game!

While it may seem that you are playing a game of Tug-O-War against your dog to see who is strongest, its better to teach your dog that the game is about you and your dog teaming up against the toy.

The goal for you and your dog is to teach your dog to actually try to push the tug into you, and that is how the game is won! The reason to teach your dog this method of play is because teaching your dog to pull the toy away from you may lead to your dog not wanting to bring the toy back to you after they have won the game.

Games May Need To Be Taught

Teaching our dogs do things like chase a rolling ball, or to try to grab a dancing tug toy, or to chomp a squeaker is very easy because these tap into our dog's natural instincts. These toys and games can be fun and it wouldn't take much for our dogs to think that when we try to reach for their toy that we are trying to end the game.

Toys are best when we play together! Teaching our dogs that the best part of the game is to bring the toy to us can make things much more enjoyable for us as well as our dogs.

The Art of Trade - When you want your dog to bring the toy to you or even give you the toy or ball, always have something to trade them, like a treat or another toy.

Teach Out or Drop It - Teaching our dogs to let go of something they love can be challenging, but if we have something more valuable to offer them to reward them for letting go of the toy can make the process much more enjoyable!

Learn to Control Space and Significant Locations

Limit Furniture Privileges - Sometimes having our dogs cuddled up on the couch while we watch TV or read a book can be a great way to bond with our dogs. Occasionally, our dogs can develop some problem behaviors or bad habits involving furniture.

Treating furniture as a privilege that your dog must earn through appropriate behavior, is a great way to ensure that if problem behaviors arise, they can be corrected efficiently, fairly, and in a way that your dog understands.

Introducing Your Dog to Furniture Privileges

When introducing a new dog to your home, you should start with a default rule that the new dog is NOT allowed on the furniture. Once your dog has learned the structure, routine, and expectations of their daily routine, and is able to meet your expectations you can introduce furniture privileges in a structured way.

When you are ready to introduce furniture privileges, you should treat it as an obedience command. When you tell your dog to get on the furniture, it is not optional, and they should be required to stay there until you tell them their release, or specifically to get off the furniture.

Over time you can begin to relax these rules and allow your dog to come and go as they please from the pieces of furniture of your choice.

Why is it important to create structure around furniture?

The furniture where you spend lots of time relaxing or bonding with the family can become a significantly important resource to your dog. Being able to sit on an elevated level, in a desirable location amongst the family can be very rewarding to your dog.

In the event that your dog begins to misbehave on the furniture, or demonstrate inappropriate behaviors, requiring them to get off of the furniture should be something they are familiar with because it has been taught early on.

When dogs have never been taught that they can be told to get off of the furniture at any given time, they may become frustrated, confused, or even

aggressive when someone tries to force them to move from a significant location.

Boundary Stay and the “Place” Command

The boundary stay, more commonly known as “Place” is one of the best skills to teach your dog to help manage their behaviors inside the home as well as outside!

A Boundary-Stay command can be used during any variety of situations:

1. Strangers coming in the door.
2. While cooking
3. During family meal time
4. While watching TV
5. While doing yard work

The Boundary-Stay is a great way to allow your dog to continue to be part of family gathering or bonding time, without them performing inappropriate behaviors.

The Boundary-Stay can also be used to teach the dog conditioned calmness during otherwise excitable situations. You can use any command you like to name the boundary stay behavior, and the most common commands used is “Place.”

Tethering

Tethering is simply keeping your dog tethered to you using their leash. Before your dog has learned a reliable boundary stay, it can be challenging to manage and control where your dog can or cannot go without using the kennel.

By keeping your dog on a leash with you throughout your day, you are communicating to your dog that you can dictate what space your dog may occupy at what times, and you can require it using the leash. When you are sitting still, your dog is required to stay in one place. When you get up to get a glass of water, your dog is required to go with you.

The Boundary-Stay

A Boundary-Stay is an obedience command that uses any type of raised location or platform with clear edges on all sides. Most commonly this behavior is taught with an elevated pet cot.

The behavior requires that the dog remain within the limits of the clearly defined edges until told otherwise.

Tethering can help prevent your dog from practicing unwanted behaviors like potty accidents, chewing and destructive behavior, getting into the trash, and counter surfing.

Tethering will also help develop a bond between you and your dog.

Control All Thresholds and Doorways

Your dog should never be allowed to go through a doorway without you, or before you. Your dog should learn to either walk through the door with you, or to follow behind you when given permission to do so.

The process of teaching your dog not to pass through doorways without you or without permission is called “Door Manners.” Door manners are what will teach your dog not to rush out the door just because it is open, as well as how to not pull you through the door when it is time to go for a walk. **Door manners** should be taught deliberately using basic obedience commands such as heeling (walking at your side), and a reliable sit-stay. Making door-manners part of your training plan will help make this process easier for your dog to understand.

Time and Schedules

Daily Routines and Predictability

Providing your dog a predictable schedule is one of the simplest and most effective ways to establish clear expectations, build confidence, and develop good habits for your dog. When your dog can anticipate regularly scheduled events throughout their day, such as meal time, play time, and rest or crate time, this will help to reduce or eliminate anxiety around when these events may or may not occur.

The example schedule shows how you can use major daily events such as meal time to create a clearly defined sequence of events

Example Daily Routine Schedule

7:00 - Wake Up
7:05 - Potty Opportunity
7:20 - Breakfast Mealtime
7:30 - Crate time
7:50 - Potty Opportunity
8:00 - Walk, Play, Train, or Easy Exercise
8:30 - Crate Time (Owner Leaves for work)

If you have the ability to be home with your dog, this crate time is not necessary, unless the dog may exhibit problem behaviors like potty accidents, destructive behavior, or should otherwise be supervised.

5:00pm - Return from work
5:05pm - Potty Opportunity
5:15pm - Dinner Mealtime
5:25pm - Crate Time
5:40pm - Potty Opportunity

Following your dinner routine, you can choose to participate in fun and enjoyable activities with your dog.

that your dog can anticipate. Each sequence of events begins with catalyst event such as waking up in the morning, or returning home from work.

Minimize Unstructured Time

Anytime you are introducing a new dog to your home and family is a critical learning period. During the first several weeks with a new dog, the dog should have very little to no unsupervised or unstructured time.

There is no doubt that bringing home a new dog is exciting, and you want to give your dog the opportunity to explore and learn about their new home. However, your dog may quickly develop bad behaviors due to a lack of guidance as to what good behaviors should be expected of them.

This process doesn't need to be in place indefinitely, but at least for a few weeks, any time you are not actively engaging with your dog, they should be in their kennel.

First impressions can easily become lasting impressions. So, if the first time your dog needs to use the bathroom, he sneaks off to the back hallway to relieve himself, but no one is there to see it happen, it is very hard for him to learn that that is not appropriate.

Making sure that your dog is either supervised, or in their kennel anytime they are not supervised gives you the opportunity to clearly communicate which behaviors are acceptable and which are inappropriate immediately.

Structured Vs. Unstructured

What's the difference?

Structured time and structured activities are any activities or time period that is controlled with set rules, limits, or boundaries and has a specific purpose. Structured activities can be fun, play, training, or even required rest or calm. Whatever the activity is, the important thing is that you as the owner determine the activity and the limits surrounding the activity.

Unstructured time is anytime that the dog can choose from a relatively indefinite list of behaviors or activities. Letting your dog roam the house

Engaging Activities

Training
Play Time
Puzzle Games
Walks
Interactive Toys
Hide and Seek
Obstacle Courses
Structured Down Time
Boundary Stay
Conditioned Calm
Tethering

while you vacuum allows your dog to choose to go into any number of room, maybe go find a toy or a sock to play with, or even learn some bad behaviors like chewing or having potty accidents.

Letting your dog play, unsupervised, outside while you work from home allows your dog to do things to keep them entertained. This could develop unwanted behaviors such as digging, escaping, barking at passers-by, fence fighting with neighbor dogs, eating sticks, rocks, or poop, or scratching at doors and windows.

By keeping our dog's activities controlled, supervised, and structured with specific purposes, we can prevent our dogs from rehearsing bad behaviors, and allows us to witness and reward good behaviors and ensure they get the mental and physical activities they require.

Scheduled Rest Times

Establishing dedicated rest times can be just as important to your dog's well-being as meal-time, training, and exercise.

Physical Rest Needs - Your dog physically needs rest or down time during specific times of the day. Dogs should rest following large meals, or after drinking large amounts of water. Dogs also need rest following strenuous activities such as playtime, training, or exercise.

Mental Rest Needs - Believe it or not, dogs benefit greatly from resting following mentally challenging activities just as much as following physically challenging activities. Your dog should have the opportunity to rest following learning activities, mentally strenuous activities or games, or after a particularly good behavior.

Benefits of Mental Rest

The reason why dogs benefit from resting following learning experiences is because it actually gives your dog the ability to reflect on the activity they were just involved in.

When dogs are trying to learn a new behavior, the dog may have a "Light Bulb Moment" when they finally figure it out. Allowing the dog to go directly to go rest after they received their reward for the behavior helps to solidify their understanding of the new behavior in their mind.

Engagement and Mentally Stimulating Activities

Mentally engaging and stimulating activities should be kept short and fun!

Obedience Training

The most commonly understood engagement activity is obedience training. Obedience training, is the process of teaching our dogs specified obedience commands. Obedience commands differ from other types of trained behaviors in a few ways. Obedience commands are used to manage your dog's behavior, and should be considered non-optional.

The 5 Basic Obedience Commands

Heel - The "Heel" commands is generally used to describe the dog walking politely at the handler's side and sitting when coming to a halt.

Sit - The sit position is when the dog has their hocks and butt on the ground, and the chest upright and the front legs generally straight.

Down - The Down position is generally the position when the dog has the majority of their body on the ground. The goal of the down position is when the hocks (heels) and elbows are touching the ground.

Boundary Stay - Boundary-stay refers to the behavior described previously, using an elevated surface with clearly defined edges. The dog should remain on the elevated surface until told otherwise.

Recall - Recall is the common term to describe the behavior of the dog coming towards you when called. There are various verbal commands used for this behavior to include, but not limited to using the dogs name, or verbal commands such as "Come", or "Here".

Trick Training

Trick training can be a super fun and rewarding activity that can be challenging and enjoyable for both handler and dog!

Most commonly, trick training differs from obedience behaviors in a few ways. Unless your dog is training for trick competitions or talent shows, tricks can usually be considered fairly optional.

Common Tricks to Try at Home!

Spin in a Circle
Paws on an Object
Touch my Hand with Your Nose
Shake
Sit-Pretty
Jump Over a Bar
Speak (Bark on Command)
Fetch
Catch a Treat
Roll Over

Puzzle Games

Puzzle games refers to any type of way you can make a challenging activity for your dog to get to their reward. This could include hiding treats around the house. Hiding their favorite toy and having them find it. Playing hide and seek with you or another family member.

Get creative! You can come up with all sorts of new and fun ways to encourage your dog to think more critically to get the things that they value! Don't forget to try to involve their different senses.

Interactive and Treat Dispensing Toys

Interactive and treat dispensing toys can be easily incorporated into your dog's mealtime to make meals more engaging, increases your dog's desire to work for food.

Instead of providing your dog their meal in a bowl, many treat dispensing toys allow you to fill the toy with your dog's meal, and let your dog figure out how to get the food out. Some dog's may need a little help to figure out how to get their food out of the toy, but once they learn how, you'll be surprised how much fun they will have engaging with their new toy!

Interactive toys are a great way to provide your dog with a learning activity that they can engage in without you necessarily being directly involved. These toys can provide your dog an activity to keep them busy and active while you can still get things done around the home.

Specialty Skills Training

Special skills are beneficial to your dog and can be beneficial to you and your ability to train your dog. Special skills are just new and fun ways to continue to challenge your dog to continue learning throughout their lives. Choosing a specialty that you are interested in participating in with your dog can help provide you guidance and direction as to "What comes next?" with your dog.

Many novice dog trainers and newer dog owners get experience a training plateau, when you aren't really sure what comes next. Your dog may know how to sit for a treat, but did you know that you can make even something as simple as sit more challenging?

Learning about competitive obedience standards and requirements will provide you training goals to train towards! The same can be applied to any of the other skills and tasks that you can teach your dog.

Each specialty skill also provides you a community of support and sharing to ask advice and share accomplishments!

Some Common Special Skills to Try!

Scent Detection - Scent detection requires the dog to find non-food or food items using their sense of smell.

Tracking - Tracking is ability of the dog to follow footsteps and ground disturbance to follow a person or animal.

Competitive Obedience - Just like it sounds, competitive obedience establishes standards and challenges using the common obedience behaviors, and requiring these behaviors to be performed at an increasingly higher standard as the levels progress.

Types Competitive Obedience:

AKC

Rally Obedience

Cyber Rally-O

Competitive Tricks - Tricks are super fun and your dog can earn recognition and titles for these fun behaviors as well!

Trick Title Organizations:

AKC Trick Titles

Do More With Your Dog

Dog Sports - There are a plethora of dog sports, and dog sport categories that can be really enjoyable and fun.

Common Dog Sports:

Agility, Flyball, Disc Dog, Dock Diving, GRC Dog Sports, Weigh Pulling, Bikejoring, Sled Pulling, Ski-joring, Canicross

Off-Leash Obedience - Off-leash obedience simply refers to a level of obedience reliable enough to be confidently used without the use of a

physical restraint or barrier. Off-leash obedience can be achieved with or without the use of remote collars and should be the ultimate goal for any long term obedience training program.

***Note:** Just because a dog is off-leash trained, does not mean that they are exempt from local and federal leash laws and requirements.

Special Tasks/Service Tasks - Your dog doesn't need to be a service dog to be able to provide you some special assistance around the home and in pet friendly places. Teaching your dog fun skills such as retrieving dropped items, opening and closing doors, or even turning light switches on and off can be fun and enjoyable for both you and your dog!

Protection Training - Protection training is a category that actually encompasses several variations that involve protection type skills. Protection skills are any skills where a dog is taught to use controlled aggression in situations involving legitimate or simulated threats.

Protection Categories:

Protections Sports: IGP, KNPV, Mondioring, French Ring, Belgian Ring, PSA.

Personal Protection: Task trained dogs used to protection individuals, families, and or homes.

Guard Dogs: Trained to protect property.

Military and Law Enforcement Apprehension Dogs: Used to locate, subdue, and detain criminal suspects.

***NOTE: Protection training should only be taught to dogs who have been evaluated by a professional to determine suitability based on temperament, drive, and overall health.**

Implementing Structure for Your Dog

One of main reasons that people want to add a dog to their home is for the love and companionship. Many people dream of being able to enjoy sitting around the living room with the whole family and their dog curled up next to them or politely at their feet.

While the vast list of rules and structured behaviors listed here seem like we are taking away all that is great about having a dog, this process can be and should be temporary in many cases.

The purpose of this structured ownership program is to establish a high standard and strict expectations of our dogs from the very beginning. Setting these expectations early in your dog's life with you will help allow them to be more appropriate and inclusive members of your daily life as time progresses.

More structure now, means more freedom later!

Benefits of Structured Living

Applying structured dog ownership for your dog can help prevent or even eliminate many of the problem behaviors that bring dog owners to trainers. Behavioral problems cannot be loved out of your dog.

We send our children to school and provide education, rules, and expectations because we want them to be well-mannered and well-adjusted adults. We can provide the same benefits to our dog with this manual for structured living.

As you and your dog develop a healthy routine that includes all of the things that your dog needs for a fulfilling life, you can slowly start to provide privileges.

Is Structured Living Right for YOUR Dog?

While every dog can benefit from clear structure and routine, not every recommendation on this list is beneficial for every dog. Talk with a canine training and behavior specialist to discuss which of these recommendations would most benefit your dog, and which work best with your daily routine.

While you don't need to use all of these recommendations all of the time, the more structure you provide, the more beneficial this program will be.

Privileges are Earned and can be Taken Away

Once your dog has learned how to follow all of the rules and meet your expectations, you can begin to provide them privileges, slowly and deliberately.

Occasionally, when we begin to give our dogs more freedom and privileges, you may see bad habits begin to return, or even new bad habits may begin to form. This is an indicator that we may have given our dog too much freedom too quickly, or that this dog may not have the maturity or temperament for those specific privileges. Every dog is an individual and different dogs will handle different levels of freedom with more or less success.

Cautions and Warnings About Applying This Program

***Any changes to your dog's diet, water consumption, and exercise routine should be applied gradually. Sudden changes to diet, water consumption, or exercise regiment can have adverse negative health effects.

***Any changes to your dogs food or water consumption, diet, or feeding routine should be researched and discussed with a canine health professional.

***Any changes to your dog's exercise regiment, physical activity level, or intensity of exercise should be discussed with a canine health professional.

***Any of these recommendations can be altered and adjusted to accommodate special needs, health requirements, food or exercise restrictions, and behavioral concerns.

Learn more at www.airbornek9.com!

Copyright Airborne K9 Dog Training and Behavior Center, LLC 2022