



► Fostering is an ideal activity for people that love animals but cannot commit to having a lifelong pet in China.



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JAR's

Dog Walking

Want some tricks to keep your dog on task? Or perhaps you're already an old pro, but want to make your outdoor excursions more fun for both you and your dog. Follow our insider tips and your dog will be eager to get going as soon as you pick up the leash!

It's the Leash!

What's the best type of leash? Use whatever you feel most comfortable holding!

- Flexi-leads are best reserved for walks in the park, when it's safe for a dog to explore a bit further away from his pet parent. They are NOT a good idea if you're walking in an area with high foot traffic or off-leash dogs, as the long line may get wrapped around your dog, a person's leg or another dog.
- Many people think chain leashes look nice, but they are much heavier than nylon or leather, and they can be very hard on the hands. Even so, they sometimes work well for dogs who like to tug or bite the leash. Indeed, metal doesn't feel nearly as nice in a dog's mouth!
- Leather leashes are a good option because they are easiest on the hands.
- Nylon leashes can cut into hands or give a pet parent "leash burn" if a dog pulls a lot or unexpectedly lunges forward. But they come in many stylish colors and designs, and they hold up well after repeated exposure to rain and snow.

Pull Over, Rover!

Constant pulling on the leash makes walks stressful for both of

you!

If your dog darts after local wildlife, it may help to walk him when critters are less likely to be out and about; avoid dawn and dusk. If the problem is simply pulling on leash due to natural canine enthusiasm for all the exciting signs and sounds you encounter on walks, you'll find help in the next section about teaching your dog not to pull on leash.

Try using a head halter to walk a dog who is excitable on leash.

Teaching your Dog not to Pull on Leash

Dogs have to be taught to walk nicely on leash. They're not born knowing that they shouldn't pull ahead or lag behind. Teaching leash manners can be challenging because dogs move faster than us and are excited about exploring outdoors. Leashes constrain their natural behaviors and movements. Some dogs are determined to run around as fast as they possibly can. Other dogs want to stop, sniff and urinate on anything and everything in their paths. To teach your dog to walk without pulling, it's critical that you never allow him to pull. If you're inconsistent, your dog will continue to try pulling because sometimes it pays off.

How to Teach Your Dog to Walk Nicely on a Leash

You've probably seen dogs at shows or on TV who prance alongside their handlers, staring up with rapt attention. These dogs have received extensive training in precision heeling. It's impressive but demanding work. Precision heeling demands constant attention from both dog and handler and is not appropriate for long periods of time, like for your daily walks around the block or to the



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park. Even dogs trained to heel need to learn to walk on leash without pulling when they're not formally heeling. You can use various methods to teach dogs to walk without pulling on leash. No single method works for all dogs. Here are some overall guidelines:

- Until your dog learns to walk without pulling, consider all walks training sessions. Keep training sessions frequent, short and fun for your dog.
- Since loose-leash training sessions will be too short and slow to provide adequate exercise, find other ways to exercise your dog until he's mastered loose-leash walking. In fact, you'll succeed more quickly if you find a way to tire your dog out before taking him on a training walk. Dogs pull, in part, because they're full of excess energy. So unless you can expend that energy, your dog will find it hard to control himself. Before you train, play fetch in a hallway or your backyard, play a vigorous game of tug, or drive your dog to the park so that he can play with his buddies.
- Teaching a dog to walk without pulling requires plenty of rewards. Use highly desirable treats that your dog doesn't get at other times. Soft treats are best so your dog can eat them quickly and continue training. Most dogs love wieners, cheese, cooked chicken or ham, small jerky treats or freeze-dried liver. Chop all treats into small peanut-sized cubes.
- Walk at a quick pace. If your dog trots or runs, he'll have fewer opportunities to catch a whiff of something enticing, and he'll be less inclined to stop and eliminate every few steps.

Additionally, you are far more interesting to your dog when you move quickly.

- If you expect your dog to control himself while walking on leash, you must also expect him to control himself before you go for a walk. If he gets wildly excited as you prepare for a walk, you need to focus on that first. Walk to the door and pick up the leash. If your dog races around, barks, whines, spins or jumps up, just stand completely still. Do and say absolutely nothing until your dog calms down a bit. As soon as he has all four paws on the floor, slowly reach toward him to clip on the leash. If he starts to bounce around or jump up on you, quickly bring your hands (and the leash) back toward your body. Wait until your dog has all four paws on the floor again. Then slowly reach toward him again to attach his leash. Repeat this sequence until your dog can stand in front of you, without jumping up or running around, while you clip on his leash. This may seem like a tedious exercise at first, but if you're consistent, your hard work will pay off. Eventually, your dog will learn to stand still while you attach his leash.

Stay Off the Grass (and Out of the Flowers!)

You need to keep your dog walks toxin-free:

- During the warmer months, it's important to keep your pet safe from toxic lawn and garden products. Insecticides and certain types of mulch can cause problems for our furry friends - during neighborhood strolls, please be sure to keep your pooch off the lawns of others.



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b. Even though popular spring bulb plants like tulips and daffodils add much to our landscape, they can cause significant stomach problems for our furry friends. If your dog likes to stop and smell - or nibble - the flowers, please keep him on a short leash during your walks.

So Nice to Meet You!

It's great that your friendly pooch loves meeting people during walks - but not so great that he jumps up on them. Here the basic idea is to teach your dog how to sit on cue and then require him to sit to interact with people. Hereafter: no sitting, no greeting. But if your dog sits, he gets to enjoy the reward of greeting his friends. In this case it doesn't hurt to reward the dog with a treat - or ask the person whom your dog is greeting to offer a treat.

Teaching Your Dog Not to Jump Up on People

Puppies and dogs naturally jump up on people when they say hello. Why? Because we're taller than they are! When dogs meet, they sniff each other's faces. They like to do the same thing when greeting us, so it's perfectly natural for dogs to jump up on us to try to reach our faces and get our attention.

What to Do About the Problem

The key to teaching your dog not to jump on you when he greets you is to tell him that you only greet dogs who keep their front paws on the floor. Although you can't tell him with words, you can tell him with actions. When your dog greets you, his goal is to get your attention and to get you to pet him. Knowing this, you can

show your dog what he must do to earn your attention and touch. Try to remember two things each time you greet your dog:

- a. Keep your attention and your hands away from your dog unless his front feet are on the floor.
- b. Immediately give your dog attention and petting the instant his front feet land on the floor.

For instance, when you enter a door and your dog jumps up on you, ignore him. Don't tell him to get off you and don't push him away. Instead, stand up straight and look over his head. If you move your arms and hands at all, pull them up toward your chest. If he continues jumping all over you, turn away. He will have to put his front paws on the floor to follow you. The instant his front paws touch the floor, melt into the wonderful loving owner that you are, and say "Good boy" quietly and pet his head. If he jumps up at your touch, just pull your hand away, stand up straight like before, and ignore him until his feet find the floor once again. The moment his feet touch the floor, pet him. Your attention and your touch are the words that you can use to let your dog how he needs to act to get your attention.

Never withhold attention when your dog's feet finally do touch the floor - even if you're irritated at him for jumping a moment earlier. He has to be able to make the connection that front feet on the floor magically result in attention and affection from people.

Training Exercises

It's important to teach your dog what you do want him to do during



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greetings. For example, you can train him to sit or stand to greet people instead of leaping all over them. The following exercises can help your dog learn to greet you and others politely:

- a. When your dog starts to jump up, stand still, look straight ahead (not at your dog), and pull your hands and arms up to your chest. Calmly wait for your dog to stop jumping. When his front paws touch the floor, immediately look at him and calmly stroke him. If he gets excited and jumps up again, straighten back up and repeat the sequence.
- b. If your dog already knows how to sit on cue (command), try this step. When your dog starts to jump up, stand still, look straight ahead (not at your dog), and pull your hands and arms up to your chest. Say "Off" and immediately turn your back to your dog so that he can't reach your face. Then say "Sit". When he sits (watch him in your peripheral vision so that you can see), turn back around to face him, kneel down and calmly stroke him. If your dog jumps up again, quickly stand up and turn your back on him as you did before. Keep repeating this sequence until your dog stops jumping up.
- c. If you're entering a room and your dog starts to jump up, immediately step back outside and close the door behind you, leaving it open just a crack. Through the crack in the door, say "Sit". When your dog sits, calmly walk back into the room, kneel down and gently stroke him. If he jumps up again, quickly stand up and walk right back out of the room again, closing the door behind you. Keep repeating this sequence until your dog stops jumping up.
- d. When your dog starts to jump up, stand still, look straight ahead (not at your dog), and pull your hands and arms up to your chest. Say "Off", and take a few quick steps toward your dog. (Be careful to not step on his toes). He'll jump back to get out of your way. The instant his front paws are on the floor, say "Sit". When he sits, kneel down and calmly stroke him. If he jumps up again, immediately stand up and repeat the sequence.
- e. Once your dog has learned to greet you politely, recruit several friends to help you teach your dog to greet visitors politely as well. One at a time, have your friends practice the exercise above that starts with the person entering the house or room. Explain the sequence to them: turn their back, walk out and close the door if your dog jumps on them. Then start your practice session with one of them knocking or ringing the bell, and go with your dog to answer it. Before you open the door, tell your dog to sit. When he does, open the door. If your dog jumps, your friend knows what to do. If your dog stays sitting, your friend can calmly greet him and you can praise and treat him. Have each of your friends do several repetitions.
- f. Because of their extreme excitement when greeting people, some dogs find it easier to grab a toy to shake or hold, rather than sit for petting. If this sounds like your dog, keep a toy by the front door. When you come home, open the door and immediately direct your dog's attention to the toy or throw it for him. Do the same thing for your dog when visitors come to your home.



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Three Things to Bring for the Walk

- If you're planning an extended walk, be sure to bring water for your dog - especially if it's warm outside.
- Don't forget the goodies! Walks are great training opportunities. Bring your dog's favorite treats along, and practice tricks and obedience while you're out in the world. This will solidify your dog's skills and convince him that going on walks is fantastic fun!
- Don't get caught without extra poop bags, particularly if you're going on a long walk. (P.S. This is a great way to recycle all those plastic grocery bags!)

Watch for Creepy Crawlies

Depending on the time of the year and the area of the country you live in, sneaky critters like snakes, spiders, scorpions and bees can be a serious concern for pet and parent alike. If you're walking in a densely wooded area, take extra care to keep an eye out for hidden dangers.

To Be Free or Not to Be Free - That Is the Question

Taking a walk to a dog park or other fenced-in area that's safe for canines to romp freely? Make sure your dog is prepared for off-leash play. Your dog must know how to come when called, so the most important thing to do is teach a really reliable recall.

Teaching Your Dog to Come When Called

Teaching your dog to come to you when you call him (also known as the recall) is the most important lesson you can teach him. A

dog who responds quickly and consistently when you call him can enjoy freedoms that other dogs cannot. He can play in the dog park, hike with you in off-leash parks and keep out of trouble in most situations. Even if you never intend to have your dog off his leash, things happen. Collars break, leashes slip, gates or doors are inadvertently left open. When an accident happens, having a reliable recall could very well **save your dog's life**.

Teaching a dog to reliably come when he's called is not necessarily easy, though. Some dogs do seem more naturally inclined to come when called. Typically these are insecure dogs who never want to stray far from you, or they're dogs who are so motivated by your attention that they find coming to you quite rewarding. The vast majority of dogs, however, need to be taught to come when called. Although you might spend more time teaching this behavior than any other, the benefits make it well worth the investment.

The Name Game

Your dog can't have a good recall if your dog doesn't recognize his own name. You might think: "But of course my dog knows his name. We use it all the time!". Many dogs, though, actually learn to tune out their name because they hear it all the time and it doesn't lead to anything. Instead, you want your dog to learn that whenever you say his name, he's supposed to turn and look at you - and then he'll get good things.

Step 1: Begin training at home while you're reading the paper or watching TV. Be sure there are no distractions to compete for your dog's attention. Say his name in a clear voice and, immediately



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afterwards, give him a treat or toss him a toy. Wait five minutes or so and then do this again. Repeat 10 to 20 times, not right in a row but with pauses of varying short lengths in between each repetition.

Step 2: Wait until your dog is looking away from you. Say his name. If he turns to look at you, say "Yes!" and give him several tasty treats or play with him. Continue to make a fuss over him for a minute or so. Then ignore him until he loses interest in you. Say your dog's name again. If he doesn't turn and look when you say it, resist repeating it. Instead, turn and leave the room for a few seconds, or go to a corner and play with the toy yourself (turn away so that he can't get involved in the play), or make a display of eating his treat yourself.

Repeat the exercise three to five times in a row, and practice it many times over the course of a few days. Gradually introduce distractions: practice in different rooms in the house, in the yard, on walks and at the park. Practice while your dog is playing, chewing, grooming himself, sleeping, etc. He will learn that when you say his name, something fun is going to happen. He will also learn that if he doesn't pay attention to his name, he's missing out on something good. Once you can get your dog's attention by calling his name, then you're ready to start training the recall in a more advance way (no included in this text).

Take It Up a Notch

Here are some suggestions for making walks more fun:

- Mix it up! Try taking your dog to new places. He'll love experiencing the new sights, smells and sounds at a novel location.
- Choose fabulous destinations. If possible, walk to fun places, like friends' houses or the dog park.
- Walk with buddies. If your dog likes other dogs, consider group walks. You can either borrow a friend's dog to accompany you, or invite family and friends who have dogs to meet you somewhere.

What's Bugging You?

Walking in humid, mosquito-friendly areas? Spray yourself, not your dog! Even though it's tempting to share insect repellent with your dog, it can be a grave mistake. Insect repellent should never be applied to dogs, who can suffer neurological problems from the toxic ingredient (DEET). Instead, ask your veterinarian for a suitable, pet-specific alternative.



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