



East Greenbush Animal Hospital



Dr Christopher Rocchio
Dr. Debra Chew
Dr. Catherine Etherington
Dr. Alex Spock
Dr. Rachel Hannum

2 Springhurst Drive, East Greenbush, NY 12061 (518) 477-7400 Fax (518) 477-1400 www.egahvets.com

Puppy It's Cold Outside

Due to cold temperatures, we often have to get creative and find ways to get our puppies and dogs indoor physical and mental exercise. Here are some ideas I'd like to share. Remember to adapt these suggestions to your own dog's physical capabilities and always supervise. Don't push your dog into an activity that they may be fearful of or back away from.

- 1) Walk or run you dog up and down the stairs for some indoor exercise. Make it fun and rewarding. You can have Mom, Dad or another favorite person calling him at the top and bottom of the stairs as a reward. You could also toss a toy down or up the stairs and call him back to you when he retrieves it. Be mindful of safety for you and your dog with this activity.
- 2) Play "Find It" with a portion of your dog's meal. Take a handful of his dog kibble and teach him "Find It" by first tossing a few pieces and sending him for it. Then gradually make the perimeter larger. As he gets better, hide his kibble all around and tell him to "Find It". He will tire himself out by searching for the food.
- 3) Practice your dog's Good Manner's Skills. Challenge your dog by adding distance, distraction and duration one at a time to each skill. Practice a "Sit/Stay" while you duck around a corner.
- 4) Play "Tug". This is a great game to help tire your pooch out. If you are playing for the first time keep the game calm and short.
- 5) A good old fashioned game of "Keep Away and Fetch" , with indoor soft toys, will help burn some energy.
- 6) Roll a soft ball that your dog can chase.
- 7) Take a social outing. Go for a car ride and visit your pet friendly pet store. Walk up and down the aisles allowing your dog to sniff, see other people and dogs.

Teri Rudolph ABC Certified Dog Trainer

<http://terirudolph.thedogtrainer.org/>

Teri_Rudolph@yahoo.com