



# CANINE

Project Guide

## The 4-H Motto

**“Learn To Do By Doing”**

## The 4-H Pledge

I pledge:

My **head** to clearer thinking,

My **heart** to greater loyalty,

My **hands** to larger service,

My **health** to better living,

For my club, my community,

my country, and my world.

Published by 4-H Alberta for the 4-H community.

For more information or to find other helpful resources,  
please visit the 4-H Alberta website at [www.4hab.com](http://www.4hab.com).

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# TABLE OF CONTENTS

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<b>Introduction</b> .....	<b>2</b>
<b>Canine Equipment</b> .....	<b>4</b>
<b>Level One</b> .....	<b>13</b>
<b>Unit One; Body Works</b> .....	<b>14</b>
<b>Unit Two; Canine Nutrition</b> .....	<b>20</b>
<b>Unit Three; Canine Health</b> .....	<b>26</b>
<b>Unit Four; Basic Training Tips &amp; Techniques</b> .....	<b>31</b>
<b>Level Two</b> .....	<b>39</b>
<b>Unit One; Body Works</b> .....	<b>40</b>
<b>Unit Two; Canine Nutrition</b> .....	<b>46</b>
<b>Unit Three; Canine Health</b> .....	<b>52</b>
<b>Unit Four; Basic Training Tips &amp; Techniques</b> .....	<b>58</b>
<b>Level Three</b> .....	<b>65</b>
<b>Unit One; Body Works</b> .....	<b>66</b>
<b>Unit Two; Canine Nutrition</b> .....	<b>70</b>
<b>Unit Three; Canine Health</b> .....	<b>73</b>
<b>Unit Four; Basic Training Tips &amp; Techniques</b> .....	<b>81</b>
<b>Resources for Learning</b> .....	<b>88</b>
<b>Evaluation of Canine Project</b> .....	<b>90</b>

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# INTRODUCTION

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## Welcome to the 4-H Alberta Canine Project!

Congratulations! We are excited that you chose to become a member of the 4-H Canine project. We hope that you will have a great time this year making new friends, taking part in 4-H activities, and learning more about the special bond between human and dog.

### To complete your project year in 4-H Canine, you must:

- Enroll in one of the projects available and work on the assessments required for that project. You are not required to finish a project in one year, nor are you required to finish a level in a year. Your yearly project qualifies so long as you have been working on the skills and knowledge for the project in which you have enrolled.
- Take part in at least 70% of club activities.
- Compete a communication activity in front of a group that is at least 3 minutes in length.
- Complete record books for each project.
- Take part in your achievement day.
- Have a lot of FUN!!!!!!!!!!

## Objectives of the 4-H Alberta Canine Project

### The club member will:

1. Gain knowledge in dog rearing, care and training through the experience of owning, caring for and maintaining records for his or her dog.
2. Develop skill, patience and understanding of the handling practices essential in working with dogs.
3. Gain knowledge and an appreciation for dogs and the role they play in the Canadian family and community.
4. Develop skills in leadership, communication, planning, assessment, decision-making, evaluation and time management.

## About the Canine Project Material

### 4-H Alberta Canine Member Manuals Level One, Two and Three

It is our hope that you will find these Canine manuals to be both educational and fun to work through. The manuals are designed for you, the member, to work through the unit information as you and your project dog progress through the three novice levels. As a starting member you will begin to complete the information and units covered for Level One. Once your leader or evaluator has determined it is time for you and your dog to progress to the next level, based on your skills and ability to compete, then you will proceed to work on the information covered in the Level Two units. After completion of all three levels, you will be able to move on to an advanced project that will allow you and an endless amount of possibilities involving your canine project.

### **4-H Alberta Canine Record Book**

Each year members are expected to complete a record book that will summarize the entire club year. For members with more than one canine project, there is a supplemental record book for the subsequent canine projects.

### **4-H Alberta Canine Handling, Dog Show and Achievement Day Guidelines**

This manual has been developed to offer senior members and leaders a guide that can assist them in organizing a dog show or achievement day that will have consistency with other clubs throughout Alberta.

### **Other Opportunities in 4-H**

Your canine project is only a small part of 4-H. There are many fun and exciting activities that are offered at club, district, regional and provincial levels. These activities will provide you with the opportunity to attend social events where you can meet other people your age. Clubs are encouraged to invite special guests, plan fun activities, tours and trips. Your district and regional 4-H councils may sponsor workshops, camps and exchanges as well as fun events. At the provincial level, members are encouraged to attend camps, shows and developmental programs. Many scholarships are also available to 4-H members that choose to continue on in education. 4-H can offer you as an individual, a tremendous life experience. Be an active member and reap the benefits!

# CANINE EQUIPMENT

## All Levels

### Roll Call:

What do you consider to be your most useful tool or piece of equipment that you have for your dog? Why?

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## Housing

There are a few important considerations to make when selecting or assessing your dog's living space.

1. A dog that lives outside needs plenty of attention and time.
2. A dog that lives inside will need to be let out to relieve himself several times a day, especially when he is young.
3. The inside dog will need to be walked and exercised or at least provided an outside run area that will allow self exercise.
4. Dogs with short hair coats, puppies and older dogs will all need ample protection from the cold weather.
5. Heavy coated dogs, and dogs with "pug" faces don't do well outside in very warm or very humid weather.



Is your dog's breed typically a small, medium or large dog size? \_\_\_\_\_

How old is your dog? \_\_\_\_\_

Does your dog have short, medium or long hair? \_\_\_\_\_

On a scale of one (being lazy) to ten (being hyperactive) how much energy do you think your dog has? \_\_\_\_\_

How often do you walk or play with your dog? \_\_\_\_\_

Where is the best living area for your dog in your family situation? Why?

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Whether your dog is an indoor dog or an outdoor dog it is important to provide him with a “home” of his own. This should be a doghouse or crate that he can go to or be put in that he will feel comfortable and relaxed. The home should be large enough for him to enter, turn around and lay down, but not much more room than that otherwise it will be difficult to stay warm in. It should always be placed in a well-ventilated area and not have direct sunlight shining on it as it may get to hot. For outdoor houses it is best if you can make it so that the door is off centered so that your dog can snuggle in away from any draft that may get in, also putting a flap over the door will help break the draft.

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## ACTIVITY: MY DOG'S ACCOMMODATION

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In the space provided include pictures or drawings of your dog's accommodation and run area. Label what you think is the best feature of your dog's home. What is the one thing you would most like to change about it? How would you change it?

Circle yes or no, and briefly explain why. If you answer no to any of these, research how you could improve this and record findings in the space below.

### Does your dog's living accommodation offer:

1. Warmth in the winter: Y or N \_\_\_\_\_
2. Cool in the summer: Y or N \_\_\_\_\_
3. A draft free environment: Y or N \_\_\_\_\_
4. Ease of cleaning: Y or N \_\_\_\_\_
5. Protection from moisture: Y or N \_\_\_\_\_

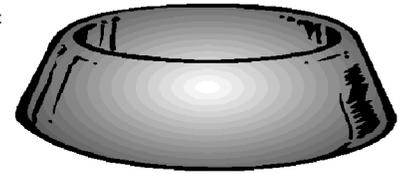
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## Food and Water

As varied as the number of breeds of dogs, so is the variation of dishes that can be used for food and water. Whether your dog eats from an old pot or sterling silver weighted dog dish, the important thing to ensure is that is cleaned regularly and fresh food with an ample supply of water are provided daily.



## Basic Training Equipment

### Short Leash

A standard length of six feet is best to start your training with. You can get it in nylon or leather. This length will allow for a limited amount of freedom and yet provide you with control.

### Long Leash

The long leash can be used to train your dog the come command, and also the sit-stay and the down-stay commands. These lightweight leads, allow the handler the control of still having contact with the animal, while allowing the dog the opportunity to experience a bit of freedom to test his control.

## Collars

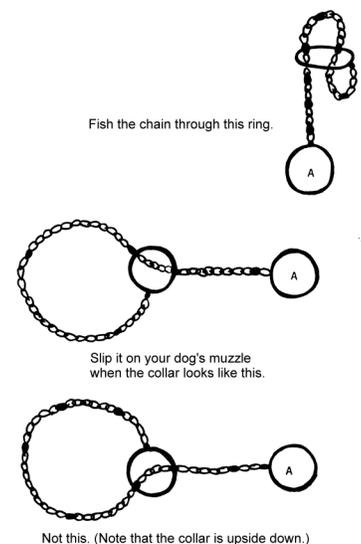
A collar is an essential tool for anyone that owns a dog. The collar will allow the handler to maintain control of his or her dog in public, and also provides a location for identification tags in case your dog is ever lost for any reason.

### There are several collars available on the market:

- **Everyday Collar** – This is the collar that you will put your dog's identification tags on. This collar should be fitted properly, with a buckle, and can be either nylon or leather. A flat collar will work for a short or medium haired dog, however a rolled collar should be used on a longhaired dog.

When sizing this type of collar, measure your dog's neck and add five centimeters (two inches), the collar should fit so that two fingers can be placed snugly between the collar and the neck. For a small breed dog add only two and a half centimeters (one inch), and allow for one finger to be placed under the collar.

- **Chain Check Collar** – Also called the slip collar or "choke"



chain. This collar can be used as a training collar, but should never be used as an everyday collar. The principle of this collar works on pressure-release. The moving part of the collar should always be over the dog's head, this will cause the leash to tighten when pressure is applied and slacken the second pressure is released.

This collar is meant to slide over the dog's head therefore it will fit a little looser than an everyday collar will. To determine the correct size for your dog, measure the neck and then add up to seven and half centimeters (three inches) for a larger dog and about four centimeters (one and a half inches) for small breed dogs.

- **Partial Slip Collars** – This slip collar restricts the amount of “choking” action a handler can do, they will tighten but not like a full slip collar will. This type of collar would be useful to a handler that has a difficult time with the “release” action in the pressure and release method of training.
- **Pinch or Prong Collars** – While this collar can provide extra control it should only be used by or under the supervision of an experienced handler. This collar is most commonly used to control large dogs. While this collar is similar to the partial collar in that it will only tighten so far, it differs because it has blunt metal prongs evenly spaced along the inside of the collar, thus pressing into the neck of the dog.

## Basic Training Equipment

### Short Leash

### Long Leash

### Collars

Everyday

Chain Check Collar

Partial Slip Collar

Pinch or Prong Collar

### Grooming Equipment

Grooming Surface

Grooming Brushes

Comb

Grooming Cloths

Scissors

Nail Trimmers

Non-tear or dog shampoo

### Hair Coat Types

Short or Smooth Coat

Wire Haired or Rough Coat

Long, Dense Coat

Long, Silky Coat

Corded Coat

### Bathing Your Dog

Shampoo (no tears)

Cream Rinse

Clean, warm water until it runs clear during rinse.

### Basic Show Equipment

Crate or x-pen

Matching show collar and lead (as inconspicuous as possible but appropriate for the size of the dog)

Water and food from home (changes can be very stressful/unhealthy)

### For Obedience

Crate or x-pen

6 foot leash

Snap or buckle collar

Water and food from home

## Grooming Equipment

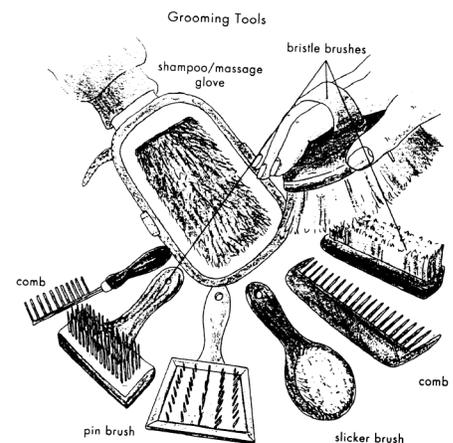
Grooming your dog is very important for several more reasons than just looking good, it also helps to stimulate and condition your dog's body, skin and hair coat. Regular grooming provides you time to be sure that your dog does not have any hidden injuries, or parasites, and that his nails, teeth and ears are all in good condition. Grooming also helps to reduce the shedding and is a great opportunity for you to bond with your dog.

### Grooming Supplies

What supplies should you have to groom your dog?

Your grooming supplies don't need to be expensive, just make sure that you are prepared before you begin. Here is a list of items to gather up:

- **Grooming Surface** – table or surface that will allow the dog to stand without you having to bend over or



squat.

- **Grooming Brush** – specific to the hair length and coat type of your dog
- **Comb**
- **Grooming Cloths** – Soft baby cloths work well and are inexpensive
- **Scissors**
- **Nail trimmers**
- **Non-tear or dog shampoo**

### What type of hair coat does your dog have?

Knowing what kind of hair coat your dog has will help you determine the type of brush most suited to your dog.

**Short or Smooth Coat** – These dogs should be brushed at least once a week, even though it would not seem necessary because their coat will not mat. Here is a basic brushing regime you may wish to consider:

1. Comb the hair with a fine-toothed comb in the direction of the hair growth.
2. Using a bristle brush, lightly brush your dog in both directions several times.
3. With a damp cloth, wipe your dog down.
4. You can apply some coat conditioner if you notice any dry patches.
5. Use a clean dry cloth to go over his body one additional time.

**Wire Haired or Rough Haired Coat** – These dogs should be groomed once a week with a slicker brush.

1. Brush the dog all over in the direction that the hair is growing.
2. Once you have done this several times, start going back and forth in both directions. This will help loosen dead hair and any debris.

**Long, Dense Coat** – The hair on these dogs will stand out a bit from the body and should be combed and brushed twice a week. Comb with a coarse comb and then brush with a pin brush.

**Long, Silky Coat** – The coats on these dogs tangle very easily and need an extra amount of attention everyday. Fine-toothed combs and pin brushes work best on this hair coat. If a tangle does start to develop, simply apply a bit of tangle remover and gently work the comb through starting at the end of the tangle and working in.

**Corded Coat** – The corded coat, or mop coat, does not need to be brushed out. Washing and then conditioning the cords all still fully intact will maintain the coat.

### Bathing Your Dog

Why does a dog shiver when you give him a bath?

Your dog's fur acts as an insulation layer and will keep the warm in or the cold out. When you bath your dog you soak the hair coat you temporarily destroy the insulation. When you bath your dog you should use water that is approximately 37 – 38 degrees Celsius as this is close to body temperature. If you have a towel you could pin on to your dog after his bath, this will help recreate an insulation barrier.

Never put anything into the ear itself, keep in mind that a reddened or unpleasant smelling odor is not normal and should be checked by a veterinarian.

Be sure to remove excess water off the body and blot dry with a towel. You can use a hairdryer to speed up the process or just allow the dog to dry naturally, but be sure that he will not catch a chill if just left to dry naturally.

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## ACTIVITY: **SHOPPING DOGS!**

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Using the information provided to you here and a little bit of research come up with an interesting Christmas gift for your dog.

Wow, every month for the past year you have put \$5 away to spend on the perfect Christmas gift for your four-legged friend. The time has come to research what you want to buy. You have a total of \$60.

First brainstorm a few ideas in this space:

Now that you have come up with a few ideas it is time to start price checking for these items. Using the Internet, magazines, catalogues, books or taking a trip to the store find out what the prices are of these various ideas.

Paste a picture or sketch a hand drawing of the item or service that you intend to buy for your dog for Christmas. Explain why you think this is the perfect gift. How much of the \$60 do you have left?

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## LEVEL ONE

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**Body Works**  
**Canine Nutrition**  
**Canine Health**  
**Basic Training**

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## UNIT ONE: **BODY WORKS**

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### **ROLL CALL:**

Name a canine body part that starts with the first letter of either your first, middle or last name:

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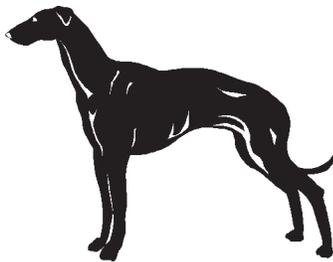
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### **Why do we need to know the parts of the dog?**

As a dog owner and handler, it is important to know the proper terms for the parts of the dog so that you can effectively communicate with other people about your dog. There will be less room for error and more clarity by using correct terminology when speaking to your leader, dog groomer, judge, veterinarian, or pet store staff. It will also make distinguishing a dog's breeding easier as you will be able to identify the breed characteristics based on the difference in body parts.

Dogs grow to various sizes. The Irish wolfhound, for example, stands about 32 inches high at the withers, or top of the shoulders. The Chihuahua, however, stands about five inches. The St. Bernard is the heaviest dog and other breeds range in size between these extremes.

### **Can you list a few body part differences between these two dogs?**



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## Parts of the Dog

The shape of a dog is determined by three major structures - the head, the body, and the legs. As we know the size and form of these structures can vary greatly.

### The Head

If you think about it there are two basic head shapes - a narrow skull with a long face and a wide skull with a short face - plus several intermediate head shapes. Long-faced dogs may have eight inches between the eyes and the nose. While the nose of small-faced dogs may be less than an inch from the eyes.

### Dogs have 42 teeth, how many do you have? \_\_\_\_\_

Your dog should be taught from an early age to allow you to open the mouth. This can be done with relative ease. Over the period of a couple of weeks you can do the following to teach him:

1. Have your pup sit and then tell him "teeth", and lift up on his lips for only a few seconds. Praise him.
2. Once the pup will allow this and remains quiet, then you can open his lips and run your fingers along the teeth a few times.
3. When you are both comfortable with this, you can open the mouth. Do this by putting one hand over the muzzle, with your thumb just behind his canine tooth. Hold his bottom jaw with your other hand and say "teeth" while applying slight pressure with your thumbs raise the upper jaw.
4. Keep the mouth open for no longer than a minute at first and praise him for not resisting.
5. Repeat this randomly over the next to teach the pup that it is okay for you to be examining his teeth.

Air is breathed in through the nose and passes on its way to the lungs through two nasal cavities behind the nose. There are many nerve endings in here that are stimulated by odours, in fact the average dog has almost 300 times more smelling units than the average human. Thus the sense of smell is dog's most acute sense. Watch your dog when you take him somewhere new, he will sniff the air, the ground and all nearby objects in hope of learning what is happening around it.

The dog's tongue has three main purposes. It guides the food to the throat, it is used to clean itself, and for perspiration. The dog will use the tongue to cool off by hanging it out and panting. As it pants, the evaporation of perspiration from its tongue cools the animal. We also cool ourselves from sweating through the skin, however the dog will only slightly sweat through its skin as it is only used to cool the skin and surface temperatures.

A dog's ears will normally either stick up or hang down. Dogs can hear sounds at frequencies too high for people to hear. This is why dogs can respond to "silent" whistles.

Each eye of a dog has three eyelids, the main upper and lower lids and a third lid hidden between them in the inner corner of the eye. The third eyelid can sweep across the transparent cornea of the eye and clean it like a windshield wiper.

The neck is the part of the body that connects the head and the body of the dog. The neck may be long or short, depending on the size of the seven bones that support it. The length of the vocal cords in the neck is a factor influencing the pitch and loudness of a dog's voice.

**How long is your dog's neck?** \_\_\_\_\_

**Does he/she have a deep voice or a sharp voice?** \_\_\_\_\_

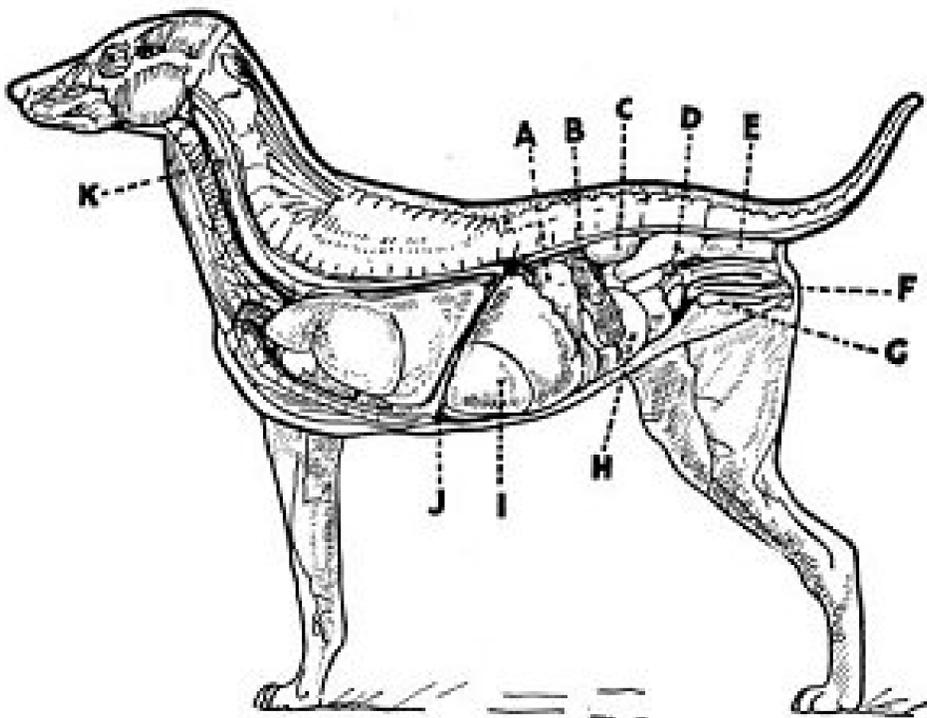
## The Body

The body of a dog contains most of its vital organs just like your body does. Thirteen ribs that wrap the dog's chest protect the dog's heart and lungs. Since these vital organs influence the animal's speed and stamina, chest size can be an indication of these traits.

There are 27 bones from the skull to the point where the tail begins in every dog. The number of tailbones, however, and therefore the length of the tail, varies from breed to breed.

The following diagram shows some of the internal organs of the dog.

### Diagram of the Abdomen of a dog



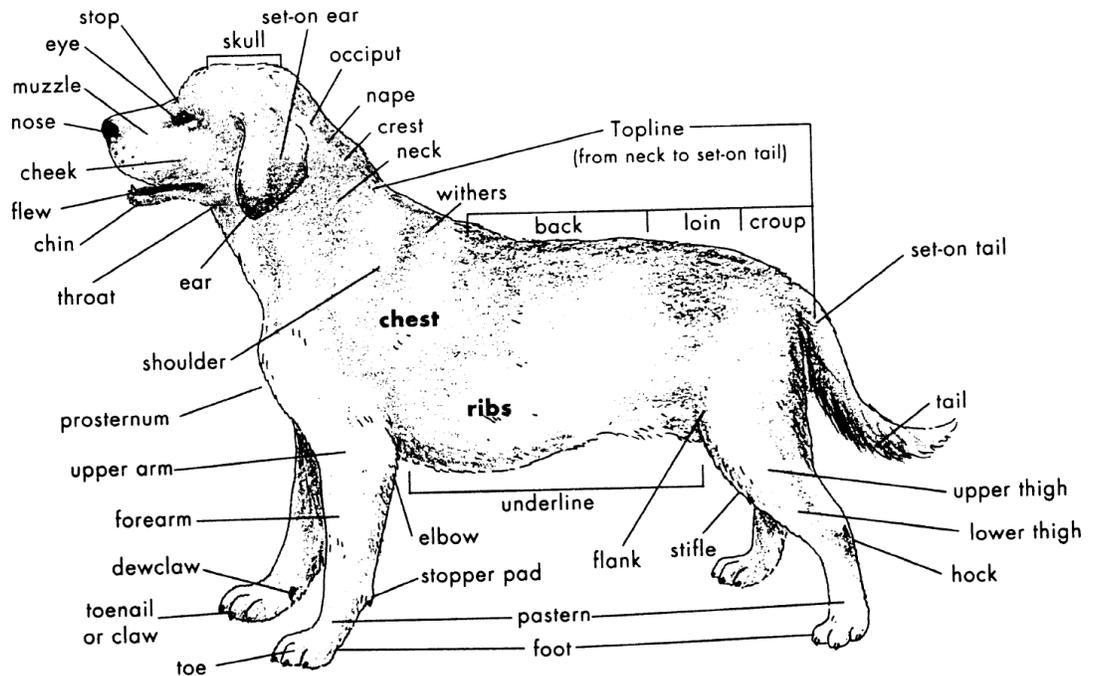
- A. Part of Stomach
- B. Spleen
- C. Kidney
- D. Part of Large Intestine
- E. Rectum
- F. Entrance of Vagina
- G. Section of hipbone
- H. Small Intestine
- I. Liver
- J. Diaphragm
- K. Esophagus

## The Legs

The front legs and back legs of a dog are also called the forelimbs and hind limbs. The length of the bones in the leg will also vary a great deal from breed to breed.

The foot, or paw, has five toes. One of these toes is the dewclaw. It is too high to be of any use, and is often surgically removed from puppies. The toes of the foot are composed of a number of bones. A toenail, or claw, emerges from the end of each toe. The foot also has cushiony pads for each toe and two larger pads farther up the paw. Dogs also perspire through the pads on their feet as an additional cooling method.

Try to learn all of the following parts:



Parts of a Dog

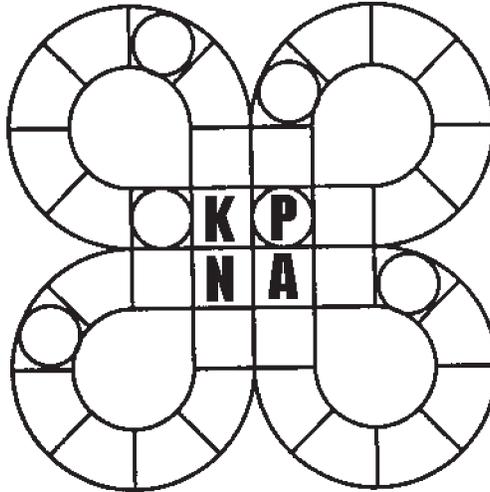
## Terms You Should Know

<b>Brisket</b>	The chest or rib cage between and just behind the front legs.
<b>Chops</b>	The lower cheeks.
<b>Confirmation</b>	The structure and form of a dog as defined by its breed standard.
<b>Crop</b>	Refers to the surgical trimming of the dog's ears.
<b>Croup</b>	The area of the back from hipbones to the point where tail joins the body.
<b>Dewclaws</b>	Extra toe and nail set above the normal toes on the inner aspect of the foot. Dewclaws have no value to the dog and some breeds clip them off.
<b>Dewlap</b>	Loose fold of skin under the chin of some dogs.
<b>Dock</b>	To surgically shorten or remove a dog's tail.
<b>Flew</b>	Loose-hanging lips, as in Bulldogs.
<b>Front</b>	Said of the chest and legs of the dog when viewed from the front.
<b>Hock</b>	Joint formed by second thigh and back pastern.
<b>Knee</b>	Foreleg joint between the elbow and foot. Hind-leg joint between tibia and femur.
<b>Loins</b>	The sides between the ribs and hipbones.
<b>Muzzle</b>	The jaws, lips and nose.
<b>Occiput</b>	Bump at the top rear of the skull in most breeds.
<b>Pad</b>	Horny cover of the paw cushion.
<b>Pastern</b>	Part of the foreleg between knee and foot, or between the hock joint and paw of the hind leg.
<b>Stern</b>	The tail.
<b>Stifle</b>	The joint formed by the upper and lower thighs.
<b>Stop</b>	The area between the eyes and between the skull and muzzle.
<b>Wither</b>	Top of shoulder blades at junction of neck.

## ACTIVITY: LUCKY CLOVER

Fit the twelve words into the four-leaf clover. All but one word starts or ends in a circle and may go in either direction. Words may overlap.

Crest  
Flank  
Fun  
Kit  
Knee  
Neck  
Pastern  
Paw  
Tail  
Wither



What word neither started nor finished in a circle? \_\_\_\_\_

## UNIT TWO: CANINE NUTRITION

### Roll Call:

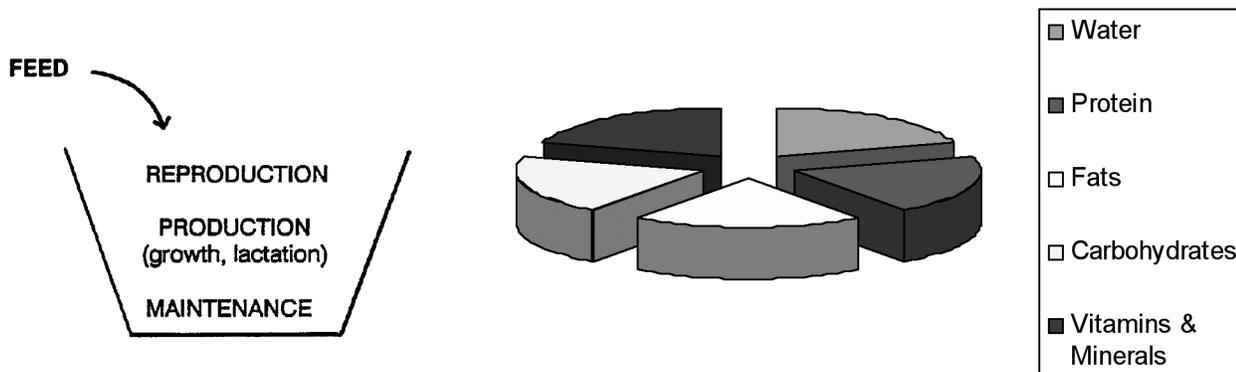
Name a nutrient. \_\_\_\_\_

### What is a nutrient?

A nutrient is something that is needed for life. You need the same kinds of nutrients in your diet as your dog does in his or her diet. Nutrients are needed for the body to maintain a healthy body. Nutrient requirements for a puppy are higher than for the normal adult dog; however if you are a dog breeder, the nutrient requirements increase for your breeding female.

Think of it like your dog dish. As you pour the balanced dog food into the dish, you first cover the maintenance portion of the bowl. This is the amount a normal adult will need to be healthy. If your dog is either still growing, or is a mature dog that is supporting puppies she will require more nutrients to stay healthy.

Nutrients are like ingredients in a recipe. If you leave out an ingredient, the food we are preparing will not turn out properly. Likewise, if you leave out or don't provide the right amount of nutrients for our dog, it will not remain healthy.



### Water

Water is the most important nutrient, without water your dog would die. The body of the adult dog is made up of about 60 percent water, and the proportion is even higher in a puppy.

What does water do?

- Helps the body get rid of waste
- Helps transport things through the body
- Lubricates the joints

- Helps in body activities
- Keeps the body healthy

### **How much water does your dog need?**

The amount of water your dog needs depends on many things such as body size, weight, feed consumed, the environmental temperature, the amount of activity the dog is involved in and even the temperament of your dog! Water should be available free choice at all times, however remember to not allow the dog to consume large amounts of cold water immediately following intense exercise as it could cause water intoxication.

### **Protein**

Protein forms the major building blocks of the body.

Protein is needed for:

- Growth
- Muscle development and action
- Hair growth
- Reproduction

### **Fats & Carbohydrates**

Both fats and carbohydrates provide necessary energy. Energy is the power the dog needs for the body to function, therefore fats and carbohydrates are like the “fuel” the body needs to run on.

#### **Like you, the dog needs energy to:**

- Grow
- Move around
- Keep warm

If your dog gets too much energy in the diet, it will become too fat, have a decreased resistance to disease, and may upset the digestive system.

If your dog is not getting enough energy, it may be losing weight, have a loss of enthusiasm and have a poor hair coat.

### **Vitamins and Minerals**

These nutrients are special helpers for building the body and maintaining health. Vitamins and minerals play a role in metabolism, respiration, growth, nerve impulses, circulation and digestion.

## Types of Dog Food

### Dry Dog Food (Kibble)

This food is 10-12 percent water. It is the most commonly fed type of dog food because it is cheaper and easier to feed than the other types of dog food.

#### *Preferred because:*

- It is easier to store and prepare.
- It is easier to take with you on trips because it does not need to be refrigerated.
- You can add moisture to it at feeding time, so you are not paying for water.
- More nutrition per pound on a dry matter basis than other types.
- Dry kibble helps keep your dog's teeth clean.

### Moist or Semi-moist

Moist or semi-moist food is 25 – 30 percent water, these moist chunks are enjoyable for your dog to eat so he is likely to eat all his food and get all the needed nutrition. This kind of food does not require refrigeration. It may contain preservatives or food dyes that might bother a dog's stomach.

### Canned Food

Canned dog foods are the most palatable for your dog, as they will enjoy the taste and texture. However, it contains more than 75 percent water and as a result contains less nutrition per pound of food so you will need to feed your dog a higher volume. It must also be refrigerated after opening. When feeding canned food it should be fed in combination with dry food, can you think of a couple reasons why?

## Storage of Dog Food

Important things to consider when choosing a place to store dog food include:

1. Can mice, squirrels, cats or little children get into it?
2. Does the food need special conditions in which to be stored in?
3. Is it in a convenient location?
4. Remember you don't want to store so much that it becomes stale before the dog has the opportunity to finish it.

## Methods of Feeding

### Free-choice feeding (ad libitum)

Allows the dog to eat as it desires with virtually unlimited access to a supply of food. This method is an easy way to feed and by making frequent trips to the food bowl it can help reduce boredom, reduce competition and provide the dog with a more constant blood level of nutrients and hormones.

However, this method is not for all dogs. There may be an increase in food wastage, you are limited to only feeding dry or semi-moist feeds, and boredom may stimulate overeating.

### **Time-limited feeding**

Time-limited feeding involves making food available for a set period of time, two to three times per day. Generally the feedings would take place 2 – 3 times a day for a period of 5 – 15 minutes each feeding. Using this method may help control intake, allows observation of general condition and behavior that can lead to earlier detection of health problems. A routine of feeding a puppy then taking it outdoors can enforce housetraining.

### **Food-limited feeding**

This method involves limiting food intake to maintain growth rate and body condition. Food-limited feeding requires feeding a measured amount of food based on calculated energy requirement or as recommended by the manufacturer.

It is important to remember that each dog is individual and manufacturers can only recommend an amount to feed, evaluation of the dog's condition will help determine how the recommendation should be modified for the individual dog.

## **Evaluation of Body Condition Scoring**

Just like people, each dog's body uses food differently. Age and activity levels will change the number of calories a dog needs. Once you start feeding your dog more than the needed amount, the extra energy may be stored as fat and could lead to obesity. This is the number one nutritional disorder among dogs so it is important to know how to identify your dog's body condition so you can maintain him at the optimal weight and shape.

Begin by figuring out what your dog's body condition would be. In order to do this, you will want to conduct three checks of your dog:

1. **Rib Check:** Place both of your thumbs on your dog's backbone and spread both hands across his rib cage. You want to be able to feel his ribs. Because of the hair coat, doing only a visual check is not enough.
2. **Profile Check:** Examine your dog's side profile – it is best to get down so that you are level with the dog. Look for the abdomen to be tucked up behind the rib cage.
3. **Overhead Check:** Looking at your dog from overhead, see if you can see a waist behind the ribs. Most dogs at a healthy weight should have an hourglass figure.

Score	Description	Suggested Action
1	<ul style="list-style-type: none"> <li>• Very thin.</li> <li>• The ribs can be easily felt with no fat cover.</li> <li>• Base of the tail has a prominently raised bony structure with no tissues between the skin and the bone.</li> <li>• View from the side shows a severe abdominal tuck and extreme hourglass from above.</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your veterinarian about how to best bring your dog to ideal body condition</li> <li>• Check for other issues related to being seriously underweight.</li> </ul>
2	<ul style="list-style-type: none"> <li>• Underweight.</li> <li>• Ribs can be felt with minimal fat cover.</li> <li>• Base of the tail has raised bony structure with little tissue between the skin and the bone.</li> <li>• Noticeable abdominal tuck when viewed from the side and a marked hourglass shape when viewed from above.</li> </ul>	<ul style="list-style-type: none"> <li>• Increase the daily ration for two weeks, then re-check body condition.</li> </ul>
3	<ul style="list-style-type: none"> <li>• Ideal body condition.</li> <li>• Ribs can be felt, but have a thin layer of fat between the skin and the bone.</li> <li>• Base of the tail can be easily felt with a significant amount of fat.</li> <li>• Abdominal tuck when viewed from the side, and a proportionate hourglass viewed for above.</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain at this level, but be sure to do the regular body condition check.</li> </ul>
4	<ul style="list-style-type: none"> <li>• Maintain at this level, but be sure to do the regular body condition check.</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce the amount you feed daily and check your dog's body condition every two weeks until he reaches the ideal.</li> </ul>
5	<ul style="list-style-type: none"> <li>• Obese condition.</li> <li>• Ribs are very difficult to feel.</li> <li>• Bony structures are covered with moderate to thick fat cover.</li> <li>• Side view will show a bulge of fat and waist is not defined.</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate the reasons for the obesity.</li> <li>• Consult your vet.</li> </ul>

---

## ACTIVITY: **SAM SLIM OR FAT FREDDY?**

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This activity will give you an opportunity to assess your dogs body condition score and compare to the analysis made by your fellow club members and leader.

### **Materials:**

- Your DOG!
- Pencil or pen
- Camera (Optional)

### **Procedure:**

This activity should be done the day before or morning of a club activity where you will be taking your dog along with you in order to be as close in comparison as possible.

### **At Home Prior to Club Gathering**

1. Standing approximately three meters back from your dog, get down at eye level and take a picture with a camera or draw a sketch of the side profile of your dog. From this view you will want to determine the amount of abdominal tuck your dog has. You may need to have a handler or photographer that will assist you with this.
2. Take a picture or draw a sketch of the top profile of your dog. This angle will allow you to assess the shape of the waistline.
3. Place your hands over the rib cage and determine the ease of finding ribs.
4. Feel the base of the tail. Record observations.
5. Now refer to the table for body score conditioning and determine where you feel your dog fits in.
6. What changes in diet does it suggest for you to do?

### **At the Club Gathering**

1. Have other members and leader do the same assessment on your dog. You will also do the other members dogs to determine if you are assessing these animals to be at the same body condition score as the others.

### **Approximately Two Weeks Later**

1. Reassess your dog following steps one through five.
2. Did this activity require you to make any changes in your dogs diet or feeding schedule, if so what?

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## UNIT THREE: HEALTH

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### Roll Call:

List a sign of a healthy dog. \_\_\_\_\_

List a sign of an unhealthy dog. \_\_\_\_\_

### What is Healthy?

Health is the soundness of body or the freedom of ailment. To be healthy is to possess health; therefore when your dog demonstrates good energy, strength and movement it is healthy.

### You will want to observe your dog and see that it has all of the following:

- Bright, clear eyes
- Eats regularly
- Drinks water provided
- Is Active
- Has a healthy looking and feeling hair coat

### To keep our dog healthy, be sure to provide:

1. A dry clean home.
2. Clean, fresh water.
3. Well balanced diet.
4. Exercise.
5. Lots of love!

### Why is Grooming a Part of Good Health?

A healthy and happy dog is what we all want. Taking preventative measures is the best way to take care of your dog and ensure a long healthy life. Grooming is an essential part of health because it allows you daily contact, gives you a close look at the condition of the dog. It makes you aware of any fleas, ticks, burrs or other hidden injuries, reduced shedding and provides bonding time. It also stimulates circulation and blood flow that will provide a general improvement in health for your dog and allows you to check the ears, teeth and nails.

You can teach your dog to enjoy being groomed if it is introduced during a play session. Do not treat the brush as a toy, but it is a good time to get your dog use to you touching all him all over. Start by using the backside of the brush and when he is comfortable with that you can turn the brush over and lightly brush with bristles. Wait until you are sure he is comfortable before adding pressure to brush right down to the skin.

## What is Normal for a Healthy Dog?

### The Vital Signs

The temperature, heart rate and respiration rate of your dog can be taken when the animal is not feeling good and then compare to the normal for that dog as recorded in your Canine Record book.

	Normal Range
<b>Temperature</b>	Rectal Temperature is 38 to 39 degrees Celsius (higher if excited or active)
<b>Pulse</b>	70 – 103 beats/minute while resting (varies with size; know your dogs normal)
<b>Breathing</b>	10 to 30 breaths per minute while resting.
<b>Gums</b>	Should be bright pink or red.
<b>Tongue</b>	Bright pink and clean. (Some breeds do have darker tongues)
<b>Stool</b>	Well formed.
<b>Behaviour</b>	A healthy dog will act lively and alert.

### Temperature

The temperature is taken using a lubricated rectal thermometer. To prevent loss or damage to the thermometer, tie a string to the top end of it. After the thermometer has been inserted for a minimum of three minutes the temperature can be read. The normal temperature will be between 38 – 39 degrees Celsius; however an active or excited dogs temperature may be elevated slightly. Other factors that may affect the body temperature are the ambient temperature (outside temperature), age, breed or digestion.

### Pulse

The heart rate (pulse) is measured using a watch with a second hand, you can count the number of beats in 15 seconds and then multiply that number by 4 to get the beats per minute. To take the pulse you need to find an artery near the skin surface. Most arteries are located well inside the body to reduce injury, but you can feel the pulse either under the jaw or at the inside of the elbow joint.

The normal pulse rate is 70 – 103 beats / minute. Factors that will affect the heart rate are age, air temperature, exercise and excitement. The heart will beat faster in puppies and slow as they age to maturity.

## Respiration

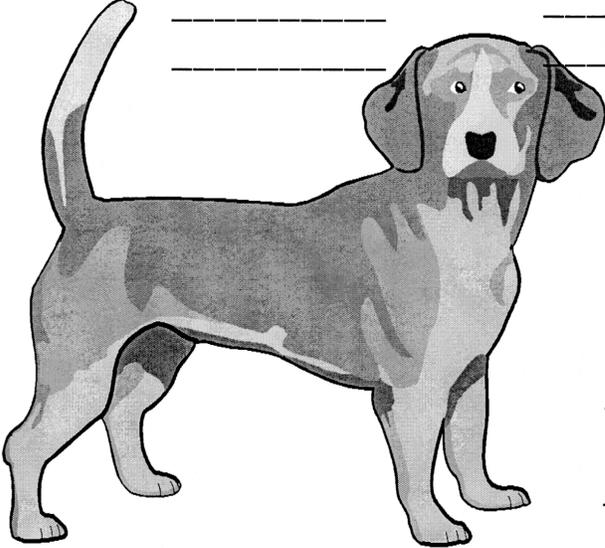
To measure the respiration of your dog, place your hand on the flank or tuckup area, you will feel movement as the dog inhales and exhales. You will count one for inhale and exhale together, not two.

Once again you will need to identify the factors that will affect the respiration rate. Take notice how the breathing is, is it laboured, shallow, deep, congested, etc.

## ACTIVITY: HEALTHY OR NOT...

Take the time to fill out sheets "Sign of Health in My Dog" and "Sign of Sickness in My Dog". If you have not already done the Health and Inoculation Record in your record book this is a good time to be sure it is completed properly.

### Signs of Health in My Dog

<p><b>Coat Condition</b></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Ears</b></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Eyes</b></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Tail</b></p> <p>_____</p> <p>_____</p> <p>_____</p>		<p><b>Nose</b></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Stool</b></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Behavior</b></p> <p>✦ Energy _____</p> <p>_____</p> <p>✦ Appetite _____</p> <p>_____</p> <p>✦ Interest _____</p> <p>_____</p> <p>✦ Temperament _____</p> <p>_____</p>	<p><b>Temperature</b></p> <p>_____</p> <p>_____</p> <p>_____</p>

# Signs of Sickness in My Dog

Coat Condition

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Ears

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Eyes

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tail

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Nose

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Stool

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Temperature

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Behavior

- ✦ Energy
- ✦ Appetite
- ✦ Interest
- ✦ Temperament

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## UNIT FOUR: BASIC TRAINING TIPS & TECHNIQUES

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### **Roll Call:**

When training your dog it is important that all family members use the same rules and commands when communicating with the dog. List a command that you and your family members use:

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As with all training, you must be patient, persistent, consistent and firm when working with your project dog. Throughout the three levels in this manual, you will be provided an opportunity to work and learn with your dog. While you are a partnership, you must always remember that you are the handler and therefore the one in control of the situation. If you allow leadership to switch from you to your dog, training will no longer be taking place.

### **The following are a few things you should keep in mind when beginning a training session with your dog:**

1. Keep training sessions short in the beginning to avoid your dog from becoming bored or frustrated.
2. Try to train when you are alone or away from distraction so that you can keep the focus on you and what you are saying.
3. If your dog misbehaves use a simple "NO!" in a firm voice.
4. Keep commands short, simple and concise. Always use the same command for the same meaning. For example if your dog jumps up on you be sure to not use the command "down" as you will want to teach your dog a different action for "down", instead use the command "stay off" so that he or she will not jump up on you.
5. Determine what commands you are teaching your dog and inform everyone in the family of these commands so that it is established before any training takes place.
6. Use a steady and controlled voice. Dogs' ears are sensitive and loud noises can be confusing.
7. Always have your dog come to you, chasing after your dog will make your dog think that you are either playing a game, or it will frighten the dog.
8. Chewing on your finger, hand or leash is not acceptable at any age.
9. During a training session, only teach one command at a time. Wait to teach a new one until the dog has learned the current command completely.
10. Remember patience, persistency, consistency, firmness and reward is what is needed to train a dog.

## Basic Commands

The obedience commands that are taught in level one are introductory commands and by mastering these skills with your dog, you will be ready to move on and attempt to accomplish the more difficult skills outlined on your obedience score sheets.

Training a dog is like tying shoelaces. The ultimate goal in tying your shoelaces is to be able to keep your shoes on your feet, but there are several different methods that can be used to tie your shoes, likewise there are several different methods that can be used to teach your dog how to come, sit, heel or any of the other various commands we want to teach our dog. The following methods are suggestions for how you can train your dog.

### Coming When Called (Recall)

Repeating the dog's name often will help the dog to learn what its name is. Having a dog that will come to you is very important, as it will enable you to control your dog in any situation.



To teach a dog to "come", place him on a long heavy lead. Drag him around until he is used to it. When the dog dashes away or leaves your side, simply say "Come (Dog's Name)." It is very important to always make your dog come to you, never chase after or go to him or her. When the dog comes to you, pet and praise it. Rewards are an important part of training whether they are in the form of a pat on the head, scratch at the neck, rub on the sides, or an edible treat.

Repeat the lesson until your dog will come to you no matter what he is doing. As a test, keep the heavy lead on and expose your dog to situations where you think he will disobey you. When your dog is becoming reliable and obeys every command to come you make, get a cord that is a little lighter weight and work him on this line for a while. When your dog comes each time you call him on this lighter line, then get a little lighter one until you are working him with only a light yard or string. Eventually he will come to you without a line, every time you call him.

### Sit

There are several ways to teach your dog to sit. Three methods are listed here for you to try and see what works the most successfully for you.

1. Using the left index finger and thumb, place them on the loin or croup of the dog. Say, "sit" and exert gentle pressure inward and down. He or she should fold up into a sit to avoid the pressure, when he or she does sit, reward immediately even if the sit was only for a brief second.



2. While saying, "sit", slide your hand over his or her rump and apply pressure to the back of his or her legs right at the bend just above the hock. Tuck the legs and tail comfortably beneath him or her.
3. Using a treat, hold the treat above and slightly behind your dog's head and say, "sit". Instincts will cause the dog to look up, lose his or her balance, and force him or her to sit. Reward immediately with the treat.

## Heel

Once the leash has been introduced to the dog and it is no longer pulling or "balking" it is a good time to introduce "heel" to your dog. Heeling is the correct way for a dog to walk beside you. The dog is shown the exact distance to keep from you and is expected to maintain that distance. Using a fence or wall to train beside might help your dog stay in a straightforward position.

The proper heeling position has the dog on the handler's left side and facing straight in line and the same direction as the handler. The dog should be as close to the left leg as possible without crowding. The area from the dog's head to shoulder should be in line with the handler's left hip. Always depart with your left foot first and say heel at the same time. This will help the dog to learn when that foot leaves the ground that he or she should accompany you unless instructed otherwise.

As the dog moves ahead or behind position, quickly pull on the lead and move dog back into position while saying "heel." Be sure the lead is not too tight and you release any pressure quickly once the dog is in the right position. Praise the dog. Hold the lead short and walk at a rapid pace for a few minutes.

If the dog refuses to follow, jerk the leash and encourage him or her to you. Praise him when he comes forward and put him or her back into position. If your dog lags behind, snap the leash using a wrist action to bring him forward. Repeat the command "heel", until he learns that it means to walk quietly by your side without pulling on the leash. If your dog pulls ahead turn quickly and go in the opposition direction at a jog. Praise your dog when he catches up to you. Your dog will begin to watch you more closely to see if you are going to start going in the other direction.

A good time to reinforce the "sit" command is when you are teaching your dog to "heel". Walk the dog at heel, then stop and at the same time command and force the dog to sit when you stop. Give lots of compliments and petting with this training.

The simplest way train your dog to "heel and sit" requires following some easy rules:

1. Always stop on your right foot and bring the left foot up to your right foot.
2. As you stop, shorten the leash in your hand and command "sit".
3. Shortening the leash will hold your dog's head up, then lean over and push down on the hindquarters with your left hand while you hold the leash taut with your right hand.

4. Be sure your dog sits straight. You don't want him or her to develop the bad habit of always sitting crooked. Correct a crooked sit by pulling or pushing him or her into line and praising him or her.
5. Allow your dog a short time to sit and praise him or her.
6. Repeat the "heel" command and continue to walk departing with your left foot first.

## Down

1. Once your dog has a solid understanding of the sit command you can move on to teach your dog to "down". There are two methods that you can try listed below: three fingers together and make them as ridge as you can. Say, "down" and then apply pressure, using your fingers, to the indentation between the shoulder blades. This will cause your dog's legs to buckle and he or she will sink down. Praise him or her.
2. Repeating, "down" simply lift your dogs front legs and slide them forward. Praise him or her as soon as the chest hits the ground.

Aggressive dogs may not like this command as it is a sign of submission, and you should ask for assistance from a trainer if there are any signs of resistance.



## Stay

"Stay" is another important obedience command. This command is taught to be used in conjunction with other commands, it simply put, tells the dog where and in what position you wish to have her remain in.

From a sitting position, instruct her to "stay", pull back slightly on the leash, and step in front of the dog so you are facing her. Hold hand out in front of yourself to look like a solid barrier. Wait a few seconds and praise your dog if it does not move, then pivot back into position. Repeat several times, gradually increasing the length of time you ask her to stay, and the distance away from her. Once your dog has mastered the sitting, move on to teach her to stay in the down position.

## Turns

To teach your dog to make turns while heeling, you must learn the proper footwork yourself. Turns are accomplished in the following manner.

### *Left Turn*

Pivot on the right foot and step off to the left on the left foot. This will indicate to your dog that you are making a left turn. Command your dog to "heel" in order for your dog to stay with you.

### *Right Turn*

This turn is the reverse of the left turn. Pivot on the left foot and step off to the right on your right foot. Command your dog to “heel” in order for your dog to stay with you.

### *About Turn (180 degrees)*

Always turn to your right and then carry on going the way you just came from. You can repeat the “heel” command to help your dog remember what it is you are doing.

Using turns and variances in speed while heeling will help to keep your dogs attention.

## **Stand for Examination**

Accomplishing this skill will not only come in handy when allowing the judge to examine your dog, but the veterinarian will appreciate it also. To do this skill your dog must be able to “stay” and be comfortable doing so.

Begin by walking your dog in the heel position drop your right hand in front of his eyes and say, “Stand”. When you are confident he is standing squarely on all four legs, give the voice and hand signal to “stay”. Step off on your right foot and then turn to face your dog about two or three feet away. For the first few times, make the “stay” short to allow for success. Return to the heel position by going around him.

If you have a dog that tends to sit as soon as you move in front of him, you may want to try the following method to get him to remain standing. Set your dog up by lifting him slightly off the ground, dropping him quickly into a standing position and saying, “Stand”. Then give the voice and hand signal to stay.

## **Correcting Bad Behaviour**

The first thing you need to do in order to correct bad behaviour is to understand why it is happening. Are your dog’s needs being sufficiently met?

### **Physical**

- Does your dog have a comfortable place to call his own?
- Is your dog provided with proper nutrition?

### **Activity / Play**

- Does your dog get ample time to run around?
- How often do you walk your dog?

### **Companionship**

- Do you spend enough quality time with your dog?
- Does your dog act out because he is lonely/bored?

Asking yourself questions like this may help you to better understand. Once you have

an idea as to why your dog is acting up, you can then take action to fix that part of the problem.

Next you will have to figure out a way to undo the learned problem. What is the reward that your dog is getting from doing the bad behaviour?

Can you list a few potential bad habits that your dog could or does have? (Use another dog as an example if your dog is PERFECT...!)

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## ACTIVITY: MYSTERY WORD

There is a five-letter mystery word hidden in the diagram. Can you find it in four minutes or less?

**Mystery Word** \_\_\_\_\_

X	N	Q	N	R	F
L	T	R	O	O	C
C	V	Z	I	A	R
Z	I	N	F	N	C
R	O	O	W	Z	I
N	R	F	R	A	P

### CLUES:

My first letter is surrounded by eight consonants.

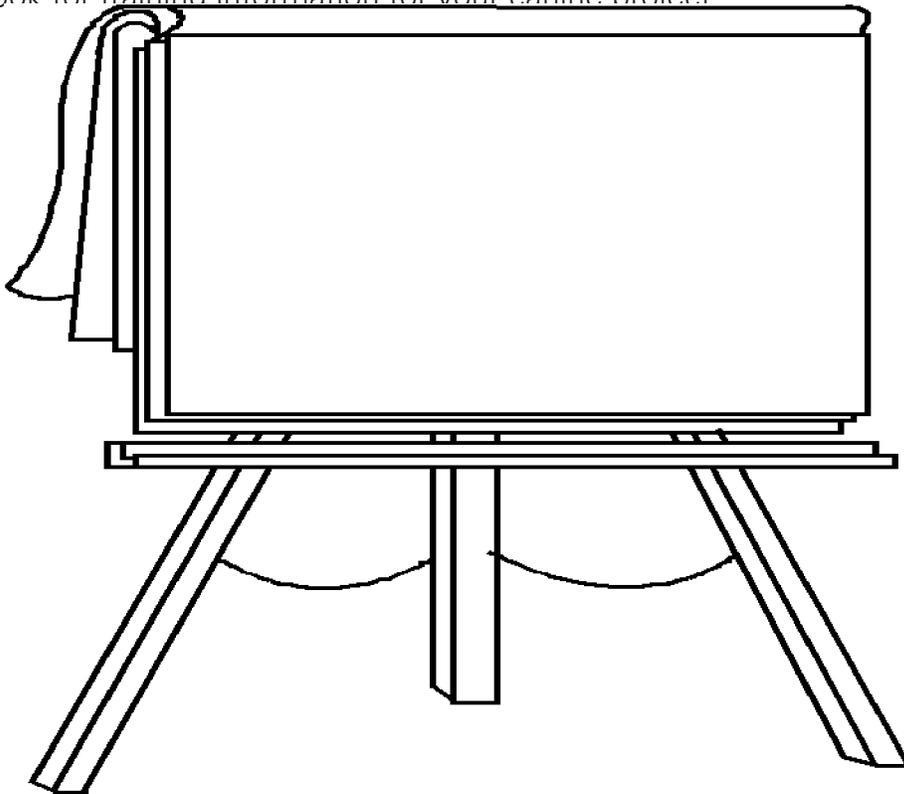
My second letter is in every row.

My third letter appears twice in one of the columns.

My fourth letter appears three times, always one square to the right of the same letter.

My fifth letter occurs four times.

On the flipchart below brainstorm at least five places or resources that you could go to or look for training information for your canine project





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## LEVEL TWO

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**Body Works**  
**Canine Nutrition**  
**Canine Health**  
**Basic Training**

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## UNIT TWO: **BODY WORKS**

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### **Roll Call:**

Name a dog's body part that starts with the first letter of either your first, middle or last name:

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It is advised that any dog owner have a basic knowledge of his or her dog's anatomy. This will come in handy not for just the fun of knowing, but if the time arrives where your dog has an injury or develops a problem, you will be able to describe to your veterinarian some of the signs or symptoms with your knowledge and you will be better able to understand your veterinarian as well.

In the previous level we learned about the three major components that make up our dog, their head, body and legs. In this level we are going to learn some more about the outside and inside of our dogs.

### **The Hair Coat**

The hair of the dog plays an important role in the dog's overall well being, and yet we often just think of the hair as a visual characteristic. The dog's hair acts as an insulator against both heat and cold. If the dog has thin, patchy or dry hair, the hair cannot do its job in protecting the dog.

Generally a dog will shed its old hair and replace it with new twice a year. The lengthening of the day is what causes a dog to start shedding.

The body may be covered with straight or with wavy hair. Hair shafts emerge from tiny follicles in the skin. The shafts are connected to tiny muscles that cause the dog's hair to stand up, or bristle, when they contract similar to how "goose bumps" appear on you and I. During times of stress, a dog raises its hackles, and makes the hair along the neck and spine stand on end. This is a protective instinct made to warn the enemy.

### **The Skin**

The dog's skin has an amazing ability to heal very quickly. Minor cuts, tears or abrasion heal with great ease thanks in part to a healing aid found in the dog's saliva. This built in germicide found in the saliva of a dog amazingly heals wounds in record time.

### **The Skeleton**

Under the skin we find the skeleton. The healthy dog will have a strong framework that provides good protection to vital organs. Although the dog has many bones, the most important ones are the skull, ribs, spinal column, and leg bones.

1. **The Skull** – There are 10 cranium bones that enclose and protect the brain and its membranes. There are four single bones and three paired bones. The length and shape of these bones determine the head shape of the dog. There are three main head shapes.

**Dolichocephalic** - The shape is long and narrow and can be seen in such breeds as; Collie, Russian Wolf Hound.

**Mesaticephalic** - The shape is of medium proportion and is seen in breeds such as the German Shepard, Beagle and Setter.

**Brachycephalic** - The shape is short and wide and some examples of breeds are the Boston Terrier and Pekingese.



Dolichocephalic



Mesaticephalic



Brachycephalic

The shape of the canine jaw also varies a large amount between breeds and therefore gives the dogs jaw differing amounts of power.

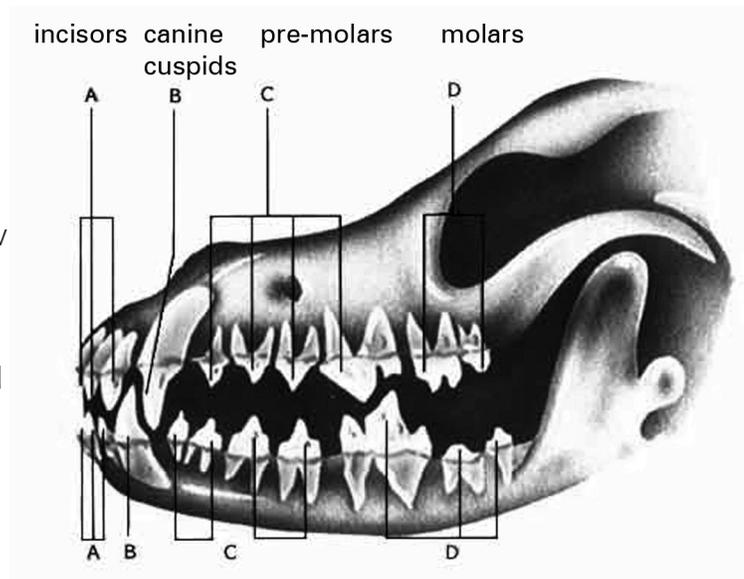
Just like you and I, dogs will have two sets of teeth in their lives. Newborns do not have teeth, but the 28 baby teeth; sometimes referred to as the deciduous teeth, erupt through the gums between the third and sixth weeks of age. Puppy teeth begin to shed and be replaced by permanent adult teeth at about four months of age. Although there is some variation in breeds, most adult dogs have 42 teeth, with the molars coming last, at about six or seven months.

**The following is an approximate guide:**

**3-4 weeks**            Deciduous teeth coming in

**6 weeks**             All deciduous teeth are in

- 3-5 months** Permanent incisors coming in
- 5-6 months** Permanent canines start to erupt and by end of 6 months are in
- 6-7 months** Last molar in lower jaw is in
- Incisors** Usually the first to come in, they are used for nibbling.
- Canine (Cuspid)** are used for grabbing and puncturing.
- Premolars** You may notice your dog tilting the head to the side and using these teeth when chewing on a rawhide, bone or other chew toy. They are used for tearing.
- Molars** are used for crushing bone and grinding food.



A dog's **bite** is the way his teeth fit when his upper and lower jaws are closed. The standards for most breeds have the upper incisors just overlap and touch the lower incisors. This arrangement prevents wear on the incisors and keeps the teeth in alignment.

A level bite is one in which the incisors meet edge to edge. A level bite is acceptable, but not ideal.

The two most common bite problems are an overshot or an undershot jaw. An overshot jaw is one in which the upper jaw is longer than the lower, causing the teeth to overlap and not touch. When permanent teeth erupt in the lower jaw of an overshot bite, they may damage the soft tissue in the roof of the mouth. Some lower teeth may have to be pulled to prevent this damage.

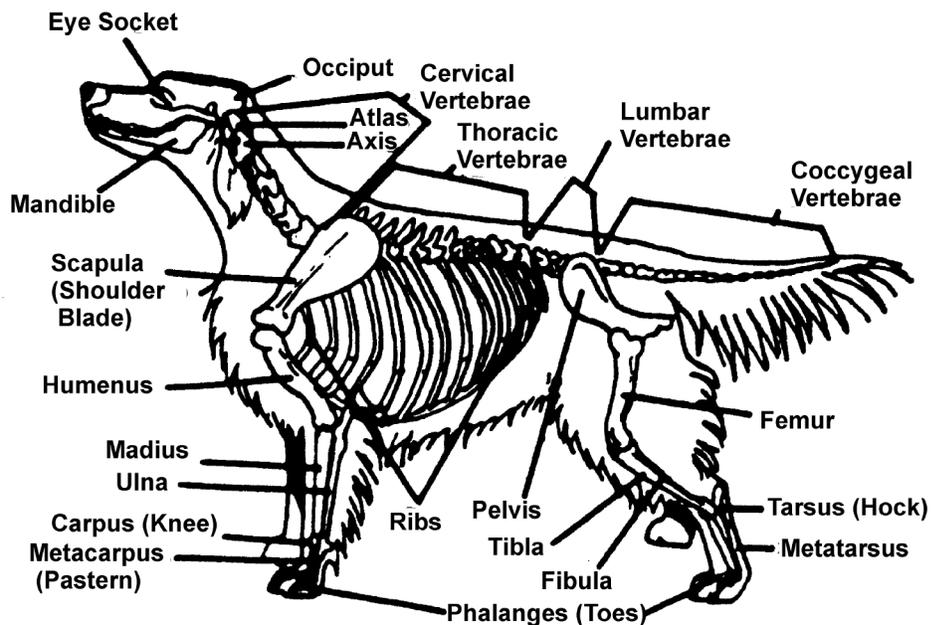
An undershot jaw is one in which the bottom jaw is longer than the upper jaw.

There are a few breeds that have naturally undershot jaws can you name one?

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2. **The Ribs** – There are thirteen ribs that protect the heart and lungs of the dog. These vital organs directly influence the speed and stamina and can usually be indicated by the size of the chest.
3. **The Spinal Column** – All dogs have 27 bones from the skull to the point where the tail begins. These irregularly shaped bones protect the spinal cord.
4. **The legs** - A dog uses its legs for movement, for scratching, and, in some breeds, for digging. The front legs are connected to the body by the shoulder blade, while the pelvic bone connects the hind leg.

Dog's feet have pads and four functional toes; although a dewclaw is sometimes present it may be removed in some breeds shortly after birth. Dogs perspire from the pads of the feet to help regulate body temperature.



## Terms You Should Know

<b>Angulation</b>	Angle made by bones at a joint as “shoulder angulation” or “hock and stifle angulation”.
<b>Beard</b>	Tuft of hair under the jaw or chin.
<b>*Belton</b>	Two colours on one hair, as Orange Belton or Blue Belton in English Setters.
<b>Blaze</b>	Streak of colour between the eyes.
<b>*Brindle</b>	Streaks of colour on a darker ground colour.
<b>Canine Teeth</b>	The four sharp-pointed cutting teeth, sometimes called “tusks”. Upper canines are called the “eyeteeth”.
<b>Clip</b>	The pattern or style of clip placed on a dog, such as a Poodle.
<b>Cur</b>	A mongrel dog of no breed identity.
<b>Feather</b>	Fringe of hair on legs and tail.
<b>*Grizzle</b>	Gray, or salt-and-pepper colours.
<b>Height</b>	The perpendicular measurements of the dog from the ground to the highest point of the shoulder or withers.
<b>Incisors</b>	Front teeth of each jaw between the canines.
<b>Mask</b>	Dark colour on the muzzle, as in Boxers, Great Danes.
<b>*Merle</b>	Gray base colour with darker center, Blue Merle Australian Shepherd.
<b>Plume</b>	Feathering of the tail. Said of Pekingese, Collies.
<b>Pom Pom</b>	Ball of hair left on end of the tail of a Poodle.
<b>*Sable</b>	Black or very dark brown. (Often with a lighter shade at base with black tips.)
<b>Smooth Coat</b>	Short, flat coat.
<b>Stand-off Coat</b>	The outer coat stands straight out from the body.
<b>*Tri-colour</b>	Dogs of three colours; usually black, tan and white.
<b>Walleye</b>	Blue eye as in Blue Merles, Harlequin Danes, Dalmatians. Sometimes called China eye.

\* Represents different colours of dogs.

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## ACTIVITY: COLOUR IT!

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Using the dog’s colours that are listed in the “Terms You Should Know” for this section, find pictures or clippings any three of the six. Insert an extra page of looseleaf in your binder for your clippings.

## ACTIVITY: AS THE SAYING GOES

Insert the letters given below into the empty boxes to form words used in this chapter. The letter you insert may be in any placing of the word. All the letters in each row are not used in forming the word. When the puzzle is completed, read down the center column to discover a saying. In the first row, form MASK by adding an M.

A B D E E F I M N N R S S T

S	M	O	O	T	M	A	S	K	I	N
B	E	E	F	E		T	H	E	R	A
T	O	I	C	A		I	N	E	L	L
S	P	L	U	M		A	B	L	E	P
H	E	I	G	H		L	A	Z	E	Y
T	W	A	L	L		Y	E	R	S	T
C	I	N	C	I		O	R	S	E	S
B	O	B	E	L		O	N	A	I	L
P	O	M	P	O		O	O	T	A	N
D	O	G	C	U		I	Z	Z	L	E
S	P	Y	B	R		N	D	L	E	S
T	R	I	M	M		R	L	E	E	L
U	P	S	T	A		D	-	O	F	F
O	B	E	A	R		E	L	T	O	N

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## UNIT TWO: CANINE NUTRITION

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### Roll Call:

Name a nutrient.

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### Reading the Label

Just like doctors and nutritionists encourage us to read labels and make healthy choices, it is equally as important to be able to read and interpret the information on your dog food. Every dog food label must include specific information. This information is usually separated into two parts:

1. Principal Display Panel
2. Information Panels

The Principal Display Panel includes four components of information:

1. Brand Name – The company name of the food.
2. Identity Statement that describes the contents of the food. (i.e. Beef, Chicken Rice, Lamb etc.).
3. Designator of what class the food is (i.e. Growth, Maintenance, Lite etc.) and the category of dog that should be receiving it (i.e. Puppy, Adult, Senior etc.).
4. Quantity of contents identifies the weight of contents. (i.e. 9 Kg, 18 Kg etc.)

The information on the Principal Display panel is general information and is like the name of your school. It identifies where you attend school, general information about what grades are taught there, and approximate age of students attending.

For example: If I told you that I attended Small Town Junior High School, then you would know that I lived around the Small Town area, I was in about grade 5 – 8, I am about 10 – 14 years old and I go to school from about the first of September to the end of June.

In order to learn more about specific classes taught at the school, or a map of what the school looks like you would need to have more information. This sort of information is available on the Information Panels.

The Information Panels on our dog food teach us the following valuable information:

1. General analysis.
2. Ingredients list.
3. Nutritional guarantee claim.
4. Feeding guidelines.

## Guaranteed Analysis

The guaranteed analysis must list the minimum levels of crude protein and fat and the maximum levels of fiber and water, these values can not be used as exact values though. The word “crude” refers to the total protein or fat content not necessarily the amount of protein or fat that is actually digestible. The actual amount will depend on the ingredients contributing to the protein or fat, and the quality of this ingredient.

All pet foods contain water, so why would it be important to know the maximum level of moisture content in your dog’s food? It is important for two important reasons. First, is that food is priced by the pound. Understanding that a food containing 27% protein and 10% moisture will have the same protein per serving as a food with 27% protein and only 6% moisture, will prevent you from paying for water.

The second reason for understanding moisture percentages is for comparing the crude protein and fat between canned and dry foods. Lets say that your dog food has a 10% moisture content then we know there must be 90% dry matter in that food. ( $100 - 10 = 90$ ) Looking at the label we see that the crude protein is 20%. If we divide the 20 percent protein by the 90% dry matter we will get 22%, which is the amount of protein on a dry matter basis. Now we could compare this to canned food that has 80% moisture. We know that with 80% moisture we have 20% dry matter. The label shows 5% protein. So we take the 5% and divide it by 20% and we get 25% protein on a dry matter basis. So the canned food has more protein per pound on a dry matter basis after all the water is taken out. We can do the same for fat, fiber, etc.

## Ingredients List

All ingredients are listed on the label. Ingredients are ordered by weight with the most ingredient first and the least amount listed last. While this is one of the best ways to determine the quality of food, these listings can also be deceiving. Suppose beef is listed as the first ingredient, you may be happy with this believing that beef is the primary ingredient in your dog’s diet. However, if the second, third and fourth ingredients are wheat flour, wheat germ and wheat middlings, the total combined wheat product may be much higher than the amount of beef. Therefore wheat is truly the primary ingredient.

## Nutritional Guarantee Claim

The Pet Food Association of Canada (PFAC) and the American counterpart, Association of the American Feed Control (AAFCO), develop guidelines for the production, labeling and sale of animal foods.

This mission statement of PFAC is:

*“To instill in the Canadian consumer confidence about the wholesomeness and quality of commercially prepared pet foods through the development and promotion of the highest standards of pet food manufacturing.”*

You should be able to find a claim statement on the food that you feed to your dog, what does it say?

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Does your statement vary with the other members in the club? How so, and why?

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### Feeding Guidelines

This will provide you with a guideline of how much you should be feeding your dog based on growth level and weight. Remember that each individual dog, like people, will digest food differently, have a different level of activity, and may be maintained in differing ambient environmental temperatures than other dogs so your dog may need slightly less or slightly more than the recommended amounts in order to maintain the ideal weight. Using the suggested guideline as a starting point, feed this amount daily for two weeks. At the end of two weeks do an evaluation of the dog's body condition and determine if the amount of feed should stay the same, decrease or increase. Re-examine the body condition in another two weeks to see that dog is maintaining the ideal weight.

### Selecting a Dog Food

There are many different types and brands of dog food on the market, all of which claim to have complete and balanced nutritional value. People are not likely going to buy a food that sells itself with a slogan like "We use the cheapest products possible to bring you the cheapest price". Dog owners need to be sure that they are feeding the right food for both the age of the dog, and the activity level of their dog.

Two main points that a dog food must have to be considered a good food is:

1. Palatability – how good a food tastes. If your dog food is loaded with good ingredients and is nutritionally wonderful for your dog, it is little concern if the dog will not eat it.
2. Digestibility – refers to the quantity of the food that is actually absorbed by the dog's system. The digestibility of your dog food can be determined by weighing both the food that is fed to the dog and the amount eliminated by the dog (stool). Divide the weight of the food into the weight of the stool and you will get the percentage of digestibility. It is important to know that the stool must be dried to the same moisture content as the food you feed.

## Other considerations...

Because selecting the right food for your dog is important there are a few other considerations you should make before deciding on one particular brand.

1. Availability – You must be able to easily access your chosen brand of food. If you select a brand that is not sold in your local town, you will have to ensure that you can always have a supply on hand. If this is not convenient for you than you should consider an alternative.
2. Cost – You must be able to afford the cost of the food in your monthly budget. Expensive foods are not always the best food, however you must also consider that some cheap foods are not as digestible as their more expensive counterparts. Therefore, some cheap foods will cost more in the long run as the dog will need to consume more of the cheaper food to get the nutrients required from it.
3. Reputation – Is the manufacturer reputable? Selecting a brand that is currently being fed and recommended by someone that you trust to be concerned with the nutrition of the food will provide you with confidence as a consumer.
4. Special Needs – You must consider if the food that you are feeding meets any special nutritional needs identified by your veterinarian for a specific dog.

## ACTIVITY: EVALUATING YOUR DOG FOOD

Using the following score sheets evaluate your dog's food.

SCORE YOUR ADULT DOG FOOD (DRY)			
	GOOD	FAIR	POOR
<b>Ingredients</b> (look at first 6)	none of the comments noted in fair and poor very specific <input type="checkbox"/>	includes meat and bonemeal <input type="checkbox"/>	no list or uses general terms such as animal protein, vegetable protein or ingredient <input type="checkbox"/>
<b>Crude Protein</b> (look at guaranteed analysis)	24% or higher <input type="checkbox"/>	20% - 23% <input type="checkbox"/>	less than 20% <input type="checkbox"/>
<b>Meat and Protein</b> (look at first 4 ingredients)	first protein is an animal protein two animal proteins listed <input type="checkbox"/>	only animal protein is meat and bonemeal <input type="checkbox"/>	no animal proteins listed <input type="checkbox"/>
<b>Plant Protein</b> (look at first 4 ingredients)	1 or 2 cereal grains listed <input type="checkbox"/>	3 cereal grains listed <input type="checkbox"/>	0 or 4 cereal grains <input type="checkbox"/>
<b>Fat</b> (look at guaranteed analysis)	7% or higher <input type="checkbox"/>	<input type="checkbox"/>	less than 7% <input type="checkbox"/>
<b>Moisture</b> (look at guaranteed analysis)	8% to 12% <input type="checkbox"/>	<input type="checkbox"/>	Over 12% <input type="checkbox"/>
<b>Product Guarantee</b>	AAFCO and/or CVMA approved <input type="checkbox"/>	only NRC approved balance or complete but no source of approval <input type="checkbox"/>	no guarantee <input type="checkbox"/>
<b>TOTALS</b>			

Total up the checkmarks for each column. Reject foods that have a **Poor** rating. Foods with four or more **Good** scores will meet the needs of the average dog. Working dogs, or dogs living outside may require foods with even more **Good** scores.

## SCORE YOUR ADULT DOG FOOD (SEMI-MOIST)

	GOOD	FAIR	POOR
<b>Ingredients</b> (look at first 6)	none of the comments noted in fair and poor very specific <div style="text-align: right;"><input type="checkbox"/></div>	has meat and bonemeal <div style="text-align: right;"><input type="checkbox"/></div>	no list or uses general terms such as animal protein, vegetable protein or ingredient <div style="text-align: right;"><input type="checkbox"/></div>
<b>Crude Protein</b> (look at guaranteed analysis)	17% or higher <div style="text-align: right;"><input type="checkbox"/></div>	14% - 16% <div style="text-align: right;"><input type="checkbox"/></div>	less than 14% <div style="text-align: right;"><input type="checkbox"/></div>
<b>Meat and Protein</b> (look at first 3 ingredients)	first protein is an animal protein two animal proteins listed <div style="text-align: right;"><input type="checkbox"/></div>	only animal protein is meat and bonemeal <div style="text-align: right;"><input type="checkbox"/></div>	no animal proteins listed <div style="text-align: right;"><input type="checkbox"/></div>
<b>Plant Protein</b> (look at first 4 ingredients)	1 or 2 cereal grains listed <div style="text-align: right;"><input type="checkbox"/></div>	3 cereal grains listed <div style="text-align: right;"><input type="checkbox"/></div>	0 or 4 cereal grains <div style="text-align: right;"><input type="checkbox"/></div>
<b>Fat</b> (look at guaranteed analysis)	3% or higher <div style="text-align: right;"><input type="checkbox"/></div>	<div style="text-align: right;"><input type="checkbox"/></div>	less than 3% <div style="text-align: right;"><input type="checkbox"/></div>
<b>Moisture</b> (look at guaranteed analysis)	35% or less <div style="text-align: right;"><input type="checkbox"/></div>	<div style="text-align: right;"><input type="checkbox"/></div>	Over 35% <div style="text-align: right;"><input type="checkbox"/></div>
<b>Product Guarantee</b>	AAFCO and/or CVMA approved <div style="text-align: right;"><input type="checkbox"/></div>	only NRC approved balance or complete but no source of approval <div style="text-align: right;"><input type="checkbox"/></div>	no guarantee <div style="text-align: right;"><input type="checkbox"/></div>
<b>TOTALS</b>			

Total up the checkmarks for each column. Reject foods that have a **Poor** rating. Foods with four or more **Good** scores will meet the needs of the average dog. Working dogs, or dogs living outside may require foods with even more **Good** scores.

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## UNIT THREE: CANINE HEALTH

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### Roll Call:

List a sign of a healthy dog. \_\_\_\_\_

List a sign of an unhealthy dog. \_\_\_\_\_

### Why get Vaccinations and Boosters?

Some of the most common and serious diseases that our dogs can be exposed to and catch are preventable with the use of vaccinations. A vaccination is an injection or “needle” that can help your puppy or dog fight off certain diseases. The young dog will require a vaccination at approximately six to ten weeks, with a booster shot a few weeks later, and after that the dog will need to get certain booster doses throughout his life as recommended by a titres certificate.

Vaccination and booster shots are weakened doses of the diseases. By injecting these into the dog it will teach the immune system to recognize and fight back against a stronger attack of the disease using antibodies. Antibodies are the body’s form of tiny soldiers that will surround and destroy foreign viral and bacterial intruders.

Most vaccinations contain coverage of five to seven diseases in a single shot. Commonly the following would be covered:

- Distemper
- Hepatitis
- Leptospirosis
- Parainfluenza
- Parvovirus

Depending on the risk in the area or the dogs contact with outside dogs the Veterinarian may use a shot that also covers:

- Coronavirus
- Lyme Disease
- Tracheobronchitis or Bordetellosis (Kennel cough)

Another care and preventative practice is to rid your dog of any parasites. A parasite is something that lives on, with or in another plant or animal and gets all its food and requirements from the host plant or animal.

### Internal Parasites

In Alberta, we are fortunate that our cold winters and high elevations kill many of the common parasites that can cause serious problems. However there are several worms,

which are internal parasites that we must deal with.

You can help to prevent a worm infestation in your dog if you deworm your dog as recommended by your vet and keep your dog's kennel area clean and scoop the stools daily. The dog run should be hosed down. It is best not to kennel your dog on a dirt run, and don't let your dog roam and hunt on his own.

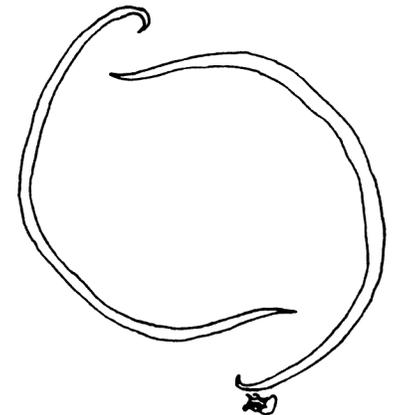
Tell tale signs that your dog may be suffering from worms are:

- Changes in appetite, either poor or ravenous
- Bloating or pot bellied
- Loss of weight
- Upset stomach
- Anemia which you can detect by observing pale gum colour
- Mucous or blood in the stool
- Diarrhea
- Excessive coughing
- Rough, dry coat
- Dull lifeless eyes

## Common Worms

### Roundworms

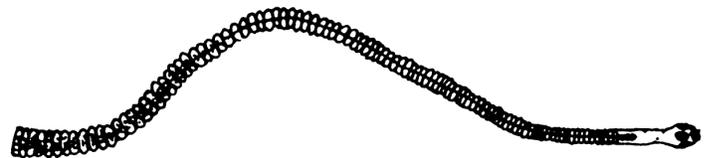
The roundworm is the most common worm affecting almost every puppy ever born. Understanding the life cycle of this worm will help you understand why. The female adult worm produces eggs that pass out in the dog's stool. A dog may become infected by eating the eggs from the ground, eating the larvae, or eating other animals that have worms. They can also be passed from mother to her pups through her milk, and the pups too can pass worms on to the mother. The larvae develop and hatch from the egg within two weeks, so the cycle continues until everyone has been de-wormed.



Adult roundworms grow five to fifteen cm long and about 0.2 cm in diameter.

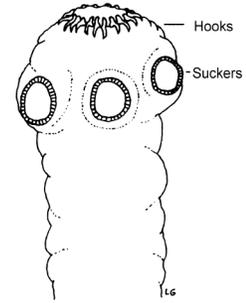
### Tapeworms

There are many varieties of tapeworms. The most common of the tapeworms that affect dogs is the flea tapeworm. These worms can reach 50 cm in length



when mature.

The tapeworm eggs are enclosed in the end segments of the worm's body. They are expelled from the body in the stool. The larvae of the flea then eat these tiny eggs. The flea larvae mature into adult fleas. Your dog swallows the flea, the tapeworm is released from the flea and the tapeworm attaches itself to the wall on the intestine of your dog. The tapeworm grows and matures, and continues to pass segments and eggs through the stool out of your dog. This is the continuous life cycle of the tapeworm.



*Hookworm*

There are several other, less common, internal parasites that can affect dogs. Some of these are hookworms, heartworms, and lungworms, whip worms, flukes and threadworms. Having a stool sample tested is the best way to know what types of worms may be infesting your dog.

When collecting a sample to take to your veterinarian you will want be sure that it is a fresh sample, free of grass or litter. Put the sample in a plastic bag and seal it. If you cannot get to your veterinarian immediately, freeze the sample and take it to her frozen.

## External Parasites

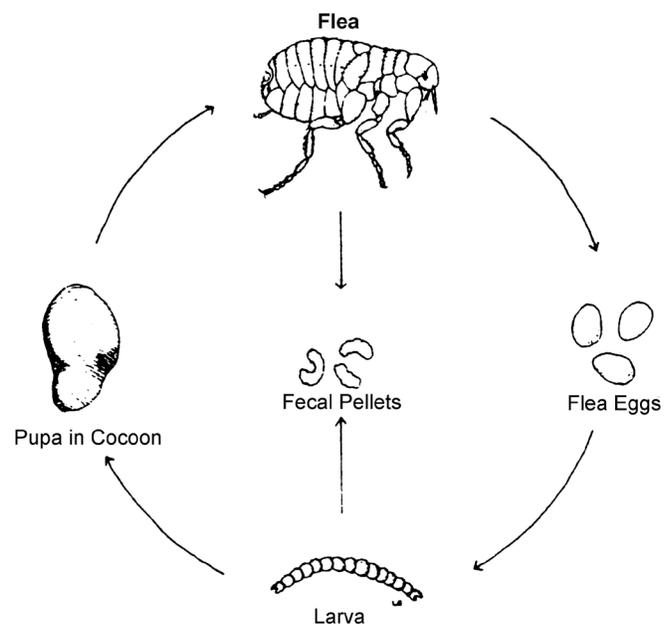
There are many different types of external parasites that can affect your dog. External parasites are a little easier for you to identify and much easier for you to treat yourself.

How can you tell if your dog is suffering from external parasites? He may show some of these signs:

- Constant scratching
- Rough, irritated skin
- Bare patches of skin
- Anemia

## The Flea

Fleas are the most common of all the external parasites of dogs. The flea is a small dark brown or black insect about 0.3 cm in length. It cannot fly but it moves very fast. Because its hind legs are specially designed for jumping it spreads by jumping from dog to dog. Fleas live on the dog for a very short



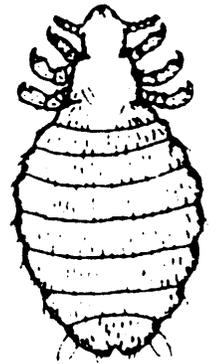
time. The flea feeds on the blood of the dog, and then drops off the dog to lay its eggs. You may see fleas in your dog's coat when you groom him. You will often find them in the tail area. Fleas are a more serious problem in areas with the warmer year round temperatures.

The flea irritates the dog by sucking blood. The dog's skin becomes irritated and he scratches. Fleas also transmit many bacterial and viral diseases, as well as hosting the tapeworm.

Some of the available flea treatments are sprays, powders, shampoos and dips. Read the labels of these products carefully before using them. Consult your veterinarian for further information.

### Lice

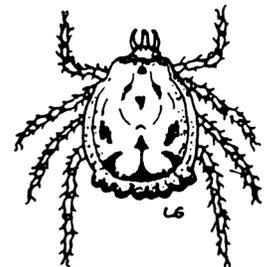
Adult lice are pale coloured and about 0.5 cm in length. There are two types of lice – biting and sucking. They spend their entire lives as parasites on your dog. Lice cause severe irritation to your dog. Your dog will attempt to remove the lice by scratching and biting, further irritating the skin, often to the point of bleeding. Lice eggs, often called nits, look like white grains of sand, and attach to the hairs of your dog. You can see these eggs on your dog, while the adult lice are difficult to see without a magnifying glass.



Usually, you can eliminate lice by bathing your dog with a special shampoo. Make sure you keep your dog's living area clean and dry.

### Ticks

Ticks are small, flat, dark crawling insects with eight legs. Ticks attach to the dog and suck blood. The female can increase in size by as much as four times when engorged with blood.



All ticks, whether hard or soft bodies have similar life cycles. The adult tick attaches to the dog and they breed while on the dog. The female continues to suck blood for about ten days more, then drops to the ground and lays up to 6000 eggs over the next few weeks. The adult then dies, while the eggs develop into six legged larvae. Often these larvae will attach to small animals where they will mature into the eight-legged tick. The length of time this cycle takes depends upon the environmental conditions.

### Dealing with Your Veterinarian

Going to see the Veterinarian for your dog can be as scary as going to the dentist for some people, but if you have the right experience neither have to be scary at all. Your dog's vet can be an important resource of all sorts of information. Finding a vet that will take the time to make you and your animal feel comfortable is important. Ultimately, he or she will help you to prevent disease, monitor development, treat injuries, and assess any problems.

During your dog's life you will have several trips to the veterinarian clinic. Always remember to record these visits in your record book. The standard visits to the vet include:

- Immunization (which may start as early as 6 weeks)
- Booster shots, yearly check-up (annually)
- Neutering or Spaying
- Tattooing (optional)
- Micro-chipping (optional)
- De-worming
- Dental Check-up

### **Taking a Sick or Injured Dog to the Vet**

The vet relies on you to provide accurate and complete information so your dog can receive the best possible care as soon as possible. Your observations will help the vet diagnose the condition and start treatment.

The following lists some signs that your dog should go to the vet immediately. If you are ever in doubt, whether day or night, you should call your veterinarian. Better safe than sorry!

- Allergic reactions – swelling around the face, or hives, most easily seen on the belly.
- Any eye injury – no matter how mild.
- Any respiratory problem – chronic coughing, trouble breathing, and near drowning.
- Any signs of pain – panting, laboured breathing, increased body temperature, lethargy, restlessness, or loss of appetite.
- Any suspected poisoning – including ingestion of antifreeze, rodent bait, or human medication.
- Any wound or laceration – open and bleeding, or any animal bite.
- Seizure, fainting or collapse.
- Thermal stress, either too cold or too hot – even if the dog seems recovered.
- Trauma – being hit by a car etc., even if the dog seems fine.
- Vomiting or diarrhea – anything more than two or three times within an hour.

### **If you need to go to the veterinarian for an emergency:**

1. Call your vet ahead of time.
2. Listen to his or her instructions.
3. Try to keep calm so you can help.
4. Answer his or her questions.
5. Follow his or her advice.

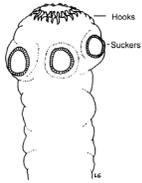
6. Get someone to help you.
7. Transport gently to the car and ensure the dog is properly restrained in the vehicle.

### Activity: Who am I?

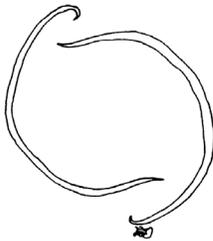
Identify these parasites by their picture. Match the name on the right with the corresponding picture on the left.



Tick



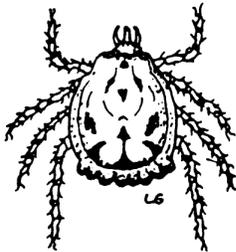
Louse



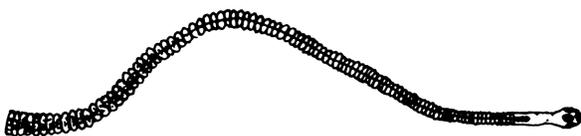
Flea



Tapeworm



Roundworm



Hookworm

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## UNIT FOUR: BASIC TRAINING TIPS & TECHNIQUES

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### Roll Call:

When training your dog it is important that all family members use the same rules and commands when communicating with the dog. List a command that you and your family members use:

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In level one we talked about 10 things you should keep in mind when you begin any training session. Can you list five of them as a quick review?

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### Basic Commands

#### Sit-Stay

Your dog by now likely has a good grasp of the sit command, and you have continued to worked on the stay. Here are a few more suggestions for ways that you can teach your dog to do a "sit-stay".



Find a fixed point, such as a tarp or blanket, that you can have your dog sit on. This will allow you to put the dog right back in exactly the place it left if it does decide to leave.

Make him sit. Then command him while placing the palm of your left hand in front of his face. The fingers on your hand will point up and your palm will be toward his face. Keep commanding, "sit", and slowly walk around him. Be sure to depart your heeling position with your right leg first. If your dog gets use to you leaving with your right leg as a stay and your left leg as a heel it will make the commands that much more solid once you no longer use vocal commands!

If your dog gets up or moves from the fixed point, immediately place him back on the fixed point and repeat, "sit-stay". If you can walk around your dog without his moving out of position, repeat the "sit" command and step in front of him. Using your hand as a solid

barrier, signal him to stay and slowly back away. Keep commanding, "sit". If he attempts to get up, firmly say, "no" and place him back into the original position.

When he will stay in position, try turning your back to him. If he'll stay, walk away a few yards then return to heel. Complement him and pet him. Command him to "sit", using the palm of your hand and walk forward. Go about nine meters, turn and face the dog, then return to the heel position.

The last step of the lesson is to make him sit and stay in the presence of other dogs and unfamiliar surroundings.

### **Long Sit**

The objective is to have your dog stay in the sit position for one minute. You may be able to do this when your dog is at home or in a comfortable training area, however this exercise will need to be accomplished with at least six other dogs also in the ring. That can add a tricky twist to this exercise!!!

Try the following steps to prepare your dog for this element of the exam.

- Sit your dog at heel, hold the leash in your left hand, swing your right hand, palm open, in front of his nose and say "stay". Be strict, but not loud, simply demand obedience.
- Step away from your dog with your right foot and turn to face your dog. If he moves, return him immediately to the sit position. Repeat the command to stay and step off again. Go only a short distance of about a meter or less the first few times. This is especially important for shy or insecure dogs.
- You may need to start only doing this for 30 seconds and gradually increase the time. After a short time away, "return to your dog". Walk past him on the left side, take a step around his hindquarters and come up on his right side. Stop yourself so that your dog is at heel position.
- Work until you can gradually increase the time to one minute away from your dog.

### **Down-Stay**

During training it is helpful to always use a hand signal in combination with the verbal command but in competition you can only use one or the other. For down you can use whatever signal you are comfortable with and decide on. A few that you could use are:

1. Raise your right hand with the palm down and motion down a few inches.
2. Pointing down with your right hand as you give the verbal command.

As mentioned in level one most dogs are not comfortable with the “down” command as it places them in a helpless position. If your dog struggles, hold him firm and then continue gently. You may need to be patient and hold him in a half down half sitting position until he finally decides to go completely down. Immediately offer praise. Remember if there are any signs of aggression or nervous apprehension it is best to have a trained adult help you with this exercise!

From a heeling position, make your dog sit. Then command “Down” and use your hand signal simultaneously. After the dog is in the down position say, “stay” and accompany that with the “stay” signal. Step in front of your dog with the right foot first. Take two or three steps backing away from your dog. If your dog should move say “No-down-stay”. Get your dog back into the down position and then tell him “down” again. Move around once again repeating the “down” command. See if you can walk around your dog. Try to get further and further away from your dog each time you practice the Down-Stay, return to the heel position. Then really praise your dog once you have returned to him. Remember he must hold the down position until you release him from it.

### Long Down

Similar to the long sit, the long down requires your dog to stay in the down position for three minutes while you leave your dog and go to a designated area or perhaps even out of sight!

Try the following steps to teach your dog the long down:

- Sit your dog at heel position.
- Place your dog in the “down” position by using your verbal and hand signal.
- Take one-step forward with your right foot and face your dog. Raise your right hand, palm open, and facing forward. With your dog in position, turn and take one step backwards to return to the heel position with your dog down.
- Leave your dog in the down position, telling him to “stay”. Once again departing with the right foot, as that is your dog’s signal that he must stay, now walk away. Turn and face your dog and “eye” him for three minutes.
- Return to your dog by walking past him on the left side, take a step around his hindquarters and come up on his right side. Stop yourself so that your dog is at heel position.

### *Suggestions:*

1. When you are teaching your dog with the voice command, “down”, be sure that you do

not use that word for anything else. If he jumps up on the furniture or up on you, say “NO” or “OFF”. Never use the word down for any other reason than to lay him down.

2. It is important that you learn to “eye” your dog. The minute that you turn around, stare right into his eyes. This will help to hold his attention. He will keep looking at you. Just watching is not enough, be sure to lock your eyes to his.
3. Have a friend test your dog after you feel he has learned the long sit and long down. During the long sit the dog should not break if someone walks in a circle around him.

### **Off Leash Heeling**

You can begin to teach your dog to heel off leash by looping the leash lightly through your pant loop, this will allow light contact only if needed. No hands should need to be used on the leash.

If you experience difficulty with your dog you can establish control again by putting the leash back on again to make corrections. Once you are confident the dog is ready to try again, then remove the leash.

Much practice is needed so don't be discouraged if your dog does not learn this skill as quickly as you would like.

### **Recall**

The recall exercise will teach your dog to go to the heel position when you call him to you.

You have completed the first part of the recall already if you have taught your dog to come when called.

1. Start with your dog at the heel in the sitting position.
2. Put your left hand, palms open, in front of his nose and command, “stay”.
3. Step away from your dog on your right foot.
4. Walk to the end of the leash then turn and face him.
5. Command him to come to you using a happy and encouraging voice.
6. As soon as he starts moving towards you, run backward several steps and gather up the leash.
7. He may not touch you or sit between your feet.
8. Command him to sit at this position.
9. Walk around him from the right to heel position.
10. Continue praising your dog.

## Correcting Bad Behaviour

The following information is possible ways to correct common behaviour problems we might experience with our dogs.

### Chewing

The purpose of chew toys is to provide your dog with an item that is acceptable to chew on so he will not be tempted to chew on your belongings. Be sure to provide a variety of chew toys to prevent boredom. Rotating the toys every few days is a good way to keep your dog interested in a toy. Reward your dog whenever you see him chewing on his chew toy. Toys should always be appropriate for your dog, for instance don't give your dog your dad's old slipper, otherwise distinguishing between the pair he is allowed to chew and the pairs that he is not, might be difficult. There are anti-chew sprays available on the market, but perhaps the most definite way to avoid having your dog chew where he should not is to keep close supervision on him, and if he is in the house, teach him to stay in his kennel or crate.

### Digging

Digging can be a difficult problem to deal with and it is often hard to stop once your dog has begun. It is typically a problem that develops when your dog is left alone with insufficient stimulation. Providing exercise, play and a variety of playthings can help a young dog from taking up this pass time. Some people provide their dog a designated "digging area" that allows them to dig without reprimanding or punishing the dog. Others may try putting up chicken wire or sticks over an area you do not want your dog to dig in. Patience and watching your dog closely might be the best way to prevent digging from occurring.

### Barking

Because some people like to have a dog as a companion that will alert them if someone arrives on their territory, you do not want to teach the dog to never bark. However, teaching him to be "quiet" or "enough" will allow your dog to signal you to beware of a situation, but when commanded, will stop the barking immediately. To teach the "quiet" or "enough" command, allow your dog to bark twice then say your chosen command, and put your hand over the muzzle. Praise him when he stops. Typical of teaching any command, it is important that you use consistency and repetition. If your dog is barking while running free, you might want to try allowing him to bark twice and then say, "enough" while spraying him with a squirt bottle and then praising him for being quiet.

## **Destruction**

One of the biggest worry about leaving your dog at home alone can be coming home to his destruction. Using a crate can provide your dog with a safe and comfortable environment for him to stay in while you are away from the house. If give your dog his biggest meal just before you go out for the day, it will cause him not to be hungry or restless. Turning on the radio for background noise and giving him a chew toy will also help. Always give your dog plenty of exercise and be sure not to make a big deal about coming or going, you don't want to teach him to make a fuss!

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## ACTIVITY: RESEARCH IT, TRY IT

---

Using one of the bad behaviour that you identified in the level one basic training unit, research possible methods that could be used to correct the dog's behaviour.

**Behaviour:** Write in this space what the bad behaviour is, and why you think the dog does this behaviour.

**Training Methods:** Try to find at least three methods that might work for you.

**Special Adjustments:** List any adjustments that might be made to a training method

**Outcome:** Record the results.

Behaviour	Training Method	Special Adjustments	Outcome

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## LEVEL THREE

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**Body Works**  
**Canine Nutrition**  
**Canine Health**  
**Basic Training**  
**Body Works**

## UNIT ONE: BODY WORKS, ROLL CALL

Name a dog's body part that starts with the first letter of either your first, middle or last name:

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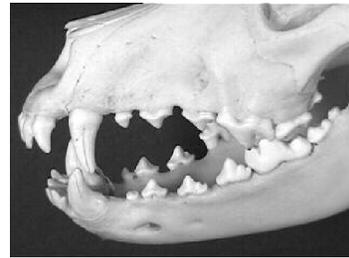


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### Review:

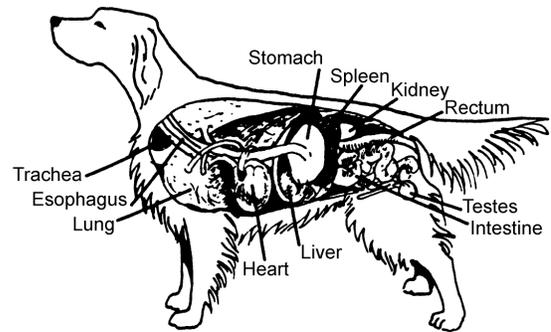
Can you identify the four types of teeth pictured here?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



### Various Systems

As an advanced member of the 4-H Canine project, it is important that you know a bit about the internal organs and various systems that must be kept in good working order so that your dog can have a healthy, long and productive life.



### The Muscular System

Dog muscles are very strong and well coordinated. Just like humans, however, dogs get sprains and injury to their muscles when pushed to the limit. Use caution when training.

*There are three types of muscles:*

1. The skeletal muscles – control the movement of the skeleton.
2. The cardiac muscle – is a special muscle that is only in the heart
3. The smooth muscles – present in the wall of the digestive organs and some other internal organs.

### The Nervous System

The central nervous system is composed of the brain and the spinal cord. The brain plays an important role in the complex behavior of the dog. It controls learning, motivation and

perception. The spinal cord acts as a conductor and governs reflex actions. Reflexes are very important to a dog's everyday life. Responsibilities of reflexes include things like blinking or scratching an itch, twitching ears, and hair that stands on end.

Distemper and rabies can severely damage a dog's nervous system, and thus it is very important to regularly vaccinate your dog against these deadly diseases.

### **The Circulatory System**

It includes a four chambered heart, arteries, veins, and lymphatic glands and vessels. The circulation of blood provides the dog's body with oxygen and removes carbon dioxide from it. The size and physical fitness of the dog will determine the heart rate, but it will be faster than ours. What is your resting heart rate? \_\_\_\_\_

What is your dog's resting heart rate? \_\_\_\_\_

*A dog's heart beats between 70 and 120 times a minute, compared with a human heart which beats 70 to 80 times a minute*

### **The Respiratory System**

The respiratory system works very similar to humans. Air is brought in through the nostrils in the snout. The air is purified, moistened and warmed in the nasal cavity. Air reaches the lungs the same as it does in humans, however the respiration rate is higher than that of humans. What is your resting respiration rate? \_\_\_\_\_

What is your dog's resting respiration rate? \_\_\_\_\_

### **The Digestive System**

Just like in humans, the digestive system of the dog begins in the mouth when food is mechanically broke down by the teeth, however very little is done chemically through saliva like it is in humans. Because the mouth and esophagus of the dog act mainly as a transport system, the stomach of the dog contains strong stomach juices that help to break down food and bone. The broke down contents will then continue on through the small and large intestines and be passed out of the system through the rectum and anus of the dog.

### **The Urinary System**

The dog's urinary system's purpose is to process and get rid of liquid wastes. The system is composed of the kidneys, the bladder and the urethra. First the kidneys purify the blood of toxins and excess water. Any toxic substances are diluted in urine that passes through the ureters to the urinary bladder where it is stored. Finally it will pass through the urethra and be eliminated by the body. Ailments in the urinary tract are more common in older dogs but can really occur at any time in any dog.

### **The Reproductive System**

Both male and female dogs reach sexual maturity at approximately eight months of age, however breeding the female is not recommended until she reaches full maturity. Typically females can reproduce twice a year or every six months. The gestation of a dog is sixty days.

## Terms You Should Know

<b>Apple Head</b>	Rounded or domed skull.
<b>Bat Ear</b>	Carried erect, rounded tip.
<b>Close-Coupled</b>	Dog with a short loin and back.
<b>Cow-Hocked</b>	The rear pasterns and paws point outward with the hock joints close to each other.
<b>Dam</b>	The mother of puppies.
<b>Down in Pastern</b>	The pastern is weak, making a pronounced angle between the paw and the front knee.
<b>Fiddle Front</b>	Bowed front legs, with elbows out from body, knees close together, and toes pointing out.
<b>Gait</b>	Method of walking. Used as command, as "gait your dog".
<b>Haw</b>	Condition when heavy cheeks pull down the lower eyelid to expose the red membrane.
<b>In-breeding</b>	Breeding of closely related animals, such as a mother to son, brother to sister.
<b>Leather</b>	The earflap of hounds and spaniels.
<b>Litter</b>	A group of puppies born to a bitch.
<b>Out at Elbows</b>	Elbows turned out from body.
<b>Prick Ear:</b>	Ear carried erect.
<b>Puppy</b>	By usage, any dog under one year old.
<b>Ring Tail</b>	One that curls into a ring at the end.
<b>Rose Ear</b>	Ear which folds back to expose part of the inner ear.
<b>Screw Tail</b>	Kinky, twisted tail.
<b>Shelly</b>	A flat, narrow body and insufficient depth of chest.
<b>Sickle Tail</b>	Tail curved up into sickle fashion.
<b>Sire</b>	The father to a litter of puppies.
<b>Snipy</b>	Narrow, short muzzle insufficient to balance skull.
<b>Spay</b>	Remove the ovaries and uterus surgically.
<b>Splay Foot</b>	A flat foot with toes spread, little cushion, and often with nails growing crooked.

<b>Squirrel Tail</b>	Curving forward over the back.
<b>Straight Shoulder</b>	Poor angulation of shoulder bones.
<b>Swayback</b>	A concave top line between withers and hips.
<b>Tuck-up</b>	Abdomen drawn up tight to loins.
<b>Tulip Ears</b>	Carried erect with tips falling forward.
<b>Undershot</b>	Under jaw longer than upper, projecting lower teeth beyond upper. The opposite of overshot.

## Crypto - Canine

In this puzzle the answers to the "Clues" and the "Trivia Description" have been disguised by the same simple substitution code. Answer the "clues" and transfer the letters you have decoded to help reveal other "Words" and the "Trivia Description". When you have completed both parts of the puzzle, the solution to the "Trivia Description" will be spelled out using the letters of the new alphabet.

### CLUES

Close eye quickly

Contains digestive juices

Covers the body

Purify blood of toxins

Give a needle

Pump

Break food down

### WORDS

TBOJV

DHECIQM

MION

VOLJUZ

FIQQOJIHU

QONQGBIHU

LORUDH

## Trivia Description

HMOD DZDHUC QEJHIOJD HMU FOHIB ENRIJ

HMIH QEJHNEBD I LER'D ITOBOHZ HE NUIDEJ.

Solution: \_\_\_\_\_

*\*\*Hint: you may want to write down the regular alphabet then start filling in the letters to the encoded alphabet under it.\*\**

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## UNIT TWO: CANINE NUTRITION

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### Roll Call:

Name a nutrient. \_\_\_\_\_

Welcome to level three of the Canine Nutrition. In the past two levels you have covered a lot of information that is important to keeping your dog in the best of nutritional health possible. As an advanced member you may be called upon to help teach or guide newer members in learning the material, this will only strengthen your knowledge and skills.

### Nutritional Disturbances

There are two major groups of causes for nutritional disturbances in dogs:

1. Factors that affect the absorption, digestion and utilization of food substances that are present in adequate amounts in the diet.
2. Deficiencies within the diet itself.

In the past two levels we have focused on providing our dog with balanced diets, therefore in this level the information will focus on the first of the two groups. Disease, injury and stress can all affect the body's ability to sufficiently digest food properly, let's consider the basic dietary needs of some specific diseases that may need special care:

1. **Kidney disease** – protein of high biological value; because dogs with kidney problems will be passing a higher than normal amount of protein in their urine, it is important to replace it. Commercial foods that contain ground glandular organs of liver, kidney, and pancreas; ground muscle meat, cottage cheese and hard-boiled eggs are good sources of the needed protein.

Several small meals should be fed throughout the day and water should be always available. Food may be salty; not only do these dogs need sodium, but also the salt will stimulate water intake and aid in renal function.

2. **Gastrointestinal disease** – foods given to these dogs should be bland, low in fiber, and well supplemented with water-soluble vitamins. Since fats can be difficult to digest, these dogs should receive limited fat.

Cool foods have less tendency to be vomited, therefore several small meals of cool food is best. Small amounts of cold water or ice should also be offered. No more than one ounce per ten pounds of body weight should be given at a time.

3. **Pancreatic Insufficiency** – diet must contain very minimal fat; caloric value must be fed in moderate amounts of protein and carbohydrates. Pancreatic enzymes must be administered as replacement therapy.

Mixing the pancreatic enzyme with the food one and a half to two hours before the feeding will allow time for the incubation to occur.

4. **Diabetes Mellitus** – there must be a balance of 1) quantity and character of food

ingested, 2) activity the animal is allowed, 3) amount of insulin administered.

Two meals a day should be given and insulin should be administered twice a day at a twelve-hour interval.

5. **Obesity** – results from ingesting more calories than are expended or used up in daily living. There is a tendency to overfeed small indoor housedogs; however because larger dogs have a lower caloric intake need proportionate to their weight large dogs can also be overfed. Reducing diets should be low in fat, high in protein and moderate in carbohydrates with adequate amounts of vitamins and minerals. Carbohydrates and bulk may be obtained through green leafy vegetables, but vegetables such as peas and beans that are high in carbohydrates should not be included.

Providing two or more feedings a day will help to reduce hunger problems.

6. **Need for Low-residue** - in the case of a dog that may find it difficult to pass a bowel movement, due to injury or other problems, a diet that will minimize the amount of feces eliminated is suggested. This can be accomplished by feeding a diet that can be almost completely digested. An all fresh-meat diet can be used; however supplementation would be needed in order to ensure adequate calcium – phosphorus ratio is achieved.
7. **Cardiovascular Disturbances** – a low sodium diet that is moderately high in protein and carbohydrates is important. There are commercially available foods that are low in sodium. Boiling the meat processes these foods; most of the sodium will be extracted into the water that can then be discarded.
8. **Stress** – when a dog is experiencing stress for any number of reasons, it is important that they maintain their food intake so they can avoid further illness. Palatability becomes the most important factor; however the meal should be high in protein, moderate in fats and good quality carbohydrates to maintain health.  
It is advisable to feed an animal under stress several small meals.
9. **Dermatological Problems** – Often the health of skin and hair is a reflection of the internal health of the animal, so it is important to consider what is causing the skin problem. A fecal test will help to determine if internal parasites may be responsible. The dog will need to have a high in quality protein diet, with adequate polyunsaturated fats and carbohydrates, and rich in both vitamins and minerals

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## ACTIVITY: TRICK AND TREAT

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The information provided to you in this level is for dogs that require special dietary attention, and the use of treats is likely forbidden in their recovery, but using treats as a part of the overall training process in a healthy dog is a commonly used practice. This is a fun activity that you can do with the younger members of your club.

### Materials:

Recipes for all sorts of great dog treats can be found on the Internet!

Packaging material

Labeling information

Your IMAGINATION!

### Procedure:

1. Do a bit of research and find a recipe or two that most suit the needs of your dog or other dogs in the club. To select an appropriate recipe you will want to have ingredients that are readily found, you will want to consider the "shelf" life of the treats once made, and you will want to consider the quantity that you wish to make.
2. Gather all the ingredients before you begin and familiarize any one that may be helping you with the recipe.
3. Once you have the treats made you may wish to package them, if you are planning on selling the treats or giving them away as gifts, it is important to make an attractive presentation. This will require some imagination. You could take a piece of cardboard and cut it out in the shape of a bone and use it as a plate to stack the treats on then use gift wrap to contain it. Let your imagination guide you coming up with creative ways to market the treats.
4. Just like on the commercially bought dog food, you can create a label that will list the ingredients. This could be attached as a card or a sticky label. Once again your imagination is the only limit!

Homemade Dog Treats

BOW WOW!

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## UNIT THREE: CANINE HEALTH

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### Roll Call:

List a sign of a healthy dog. \_\_\_\_\_

List a sign of an unhealthy dog. \_\_\_\_\_

### Serious Diseases Covered by Vaccinating

As you learned in the chapter on Health in Level Two, vaccinating your dog can help to protect your animal from many serious and life threatening diseases. Here is a brief overview of the diseases covered by vaccinations in Alberta.

#### Rabies

Rabies, a fatal disease in nearly every case, is transmitted through the bites of infected animals. The disease is also contagious to man. Vaccinations will protect your dog from the disease. Dog owners living in the Peace Country may need to consult veterinarian to discuss whether rabies is of concern in their area.

*There are two types of rabies:*

1. **Furious Rabies** – the typical “mad dog” in which the animal roams and will attack anything.
2. **Dumb Rabies** – is encountered as frequently as furious rabies but is considered more dangerous because the animal appears normal.

#### Hepatitis

The symptoms of hepatitis are very similar to distemper. The disease is an infection of the liver tissue. The initial symptoms are identical with distemper (high temperature, loss of appetite, and listlessness). Symptoms of the advanced disease are discharges from the eyes and nose, abdominal pain, vomiting, enlargement of the tonsils, and redness in the mucous membranes of the mouth.

The hepatitis vaccine prevents the disease and may be given at the same time as the distemper vaccine.

#### Canine Distemper

Canine Distemper Virus, was at one time the most common disease among dogs, it can be a fatal disease. While Distemper is found worldwide, the incidence of it has decreased significantly since vaccinations are effective protection from it. Even though a puppy may have been given a vaccination by 12 weeks of age, he will still require an annual booster shot. Keeping an accurate record of vaccinations will let you know when the annual shots are needed.

The primary mode of transmission is airborne viral particles that dogs breath in.

The initial distemper symptoms are a high temperature, a lack of appetite, and listlessness. Later, a runny nose and eyes, severe diarrhea, pneumonia, vomiting and convulsive attacks may appear. Take the sick dog to the vet as soon as possible to increase the chances of recovery.

### **Canine Parvovirus**

Parvovirus is a highly contagious virus that is transmitted through contact with other dogs' droppings. This virus can linger in the environment for extended periods, is resistant to most household cleaners, and can withstand freezing winter temperatures making it a risk to other non-vaccinated dogs.

It begins with vomiting and extremely watery bloody diarrhea. The pain associated with eating will likely repress all interest in food. It is important that you get the dog to the vet immediately as dehydration is very serious. There are yearly boosters of vaccine that should be given to your dog in the spring to be sure he is protected against this disease.

### **Canine Bordetellosis (Kennel Cough)**

Bordetellosis is caused by bacteria that is the primary cause of tracheobronchitis, or kennel cough. It is characterized by a severe, chronic cough and can also be accompanied by nasal discharge. Transmission most frequently occurs by contact with the nasal secretions of infected dogs.

Typically the vaccination is in the form of a nasal spray, however there are several effective schedules and methods for vaccinating your dog.

### **Canine Parainfluenza**

The parainfluenza virus can cause a mild respiratory tract infection. It is often associated with other respiratory tract viruses. In combination these viruses are usually transmitted by contact with the nasal secretions of infected dogs. The vaccine to protect against this disease may be combined with other vaccines to offer broader protection.

### **Canine Leptospirosis**

Leptospirosis is a bacterial disease that impairs renal (kidney) function and may result in kidney failure. Clinical signs include vomiting, impaired vision, and convulsions. The disease is transmitted by contact with the urine of infected animals or by contact with objects that have been contaminated with the urine of infected animals.

Does your dog receive or require any other vaccinations? If so, what?

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## Canine First Aid

Canine first aid is the emergency medical treatment of a dog. In this chapter we will cover a few things that you should consider in the event of an emergency, things to put in a canine first aid kit, and some potential situations where first aid may be necessary.

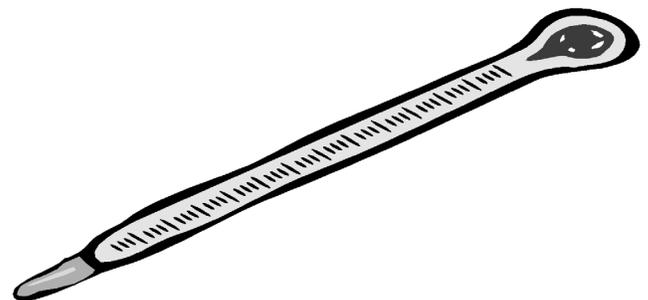
### Key Steps to Canine First Aid

1. Detect – Recognize that a situation has occurred.
2. Remain calm.
3. Assess the situation and determine any further danger or potential dangers that still exist. Ask yourself:
  - a. What is wrong?
  - b. How bad is it?
  - c. What needs to be done?
  - d. What kind of help do I need?
4. Prevent further injury to people or dog.
5. Call for help.
6. Administer treatment.
7. Transport if necessary and if you have required help.
8. Monitor the condition of the victim.
9. Follow-up – It is a good idea to re-evaluate the situation. Depending on the severity of the accident you may wish to talk it over with someone such as family or friends.



### Contents of the Canine “First Aid Kit”

- Thermometer
- Tweezers
- Sterile gauze, both rolls and pads
- Tape
- Scissors
- Eye wash
- Plastic syringe with sterile needles
- Antiseptic
- Cotton balls and rolls
- Vet Information card
- Antibiotic cream or ointment
- Water-based lubricating jelly
- Hydrogen peroxide



- Buffered aspirin
- Antihistamine
- Syrup of Ipecac
- Safety pins
- Vet wrap
- Piece of paper and pen

## Medical Emergencies Requiring First Aid

The following situations are good examples of when you will need to recognize an emergency, react with proper treatment and then seek medical help from a qualified veterinarian that can help to assure a safe and speedy recovery for your dog.

**Electric Shock** – If the electrical cord is still in the dog’s mouth or touching the dog, pull out the plug before touching the dog. This is to prevent you from becoming shocked also. If the dog had a severe shock and is in a partial coma, give him artificial respiration by applying rhythmic pressure to the chest.

**Eye Infection or Injury** - With the aid of an eye washing glass, wash the eye with a lukewarm boric acid solution. Apply a few drops of a medicated eye drop solution, available at most drug stores for the temporary relief of burning eyes.

**Heatstroke** – A dog tied with no protection from the sun, or locked in a car is vulnerable to heatstroke. He may pant excessively or collapse. The most effective treatment is probably immersing the dog in cold water. If this isn’t possible, spray him with cold water from a garden hose. Ice packs on the head and neck may also be applied.

**Hit by a Car** – The dog may be suffering from multiple fractures, internal injuries or shock. Muzzle the dog immediately to avoid being bitten. Even the best-behaved dog may snap at you because of pain and fear. Slide a board under the dog to serve as a stretcher and rush him to the veterinarian. Place a blanket over the dog to keep him warm and keep him as quiet as possible.

**Motion Sickness** – Typically dogs get sick in cars because they are frightened, not because they truly experience motion sickness. To help overcome this problem you may consider short trips to get the dog comfortable with the idea of traveling. Perhaps in the beginning, you may just sit in the car with your dog and provide a treat for good behaviour. You can gradually increase the length of the trips until gradually he or she enjoys the car rides. For the small percent of dogs that actually do experience motion sickness your veterinarian may prescribe you to use children’s Graval, this animal should not be fed three or four hours before starting a trip in the car.

**Poison** – The dog may show signs of poisoning by cries, crouching, vomiting, diarrhea, trembling, hard breathing, convulsions or a coma. If you can determine the kind of poison taken, treat with the suggested antidote on the container. The following is a list of possible

antidotes that you may find in your home:

- A general antidote is milk or slightly beaten egg white.
- Vinegar is an antidote for alkali poisons
- Baking soda for acid poisons
- Epsom salts for lead poisons
- Peroxide for phosphorus in some rat poisons

To make a dog vomit, place several tablespoons of salt on the back of the dog's tongue. Hold his mouth closed until he swallows.

**Porcupine Quills** – The quills usually will be in the nose or face of the dog. Therefore, use a narrow leather strap or nylon cord to muzzle the dog. Hold firmly and pull the quills with pliers, making just a slight twist with the wrist. In severe cases you may need to leave them in and seek the assistance of a veterinarian who may have to use an anesthetic just to keep the dog still.



**Seizures (Convulsions)** – This is characterized by running wild, then backing up and falling over, convulsions, foaming at the mouth, glassy eyes or a moaning howl. The seizure may last only two or three minutes. Do not touch the animal as you may be accidentally bitten. After the seizure passes, place the dog in a dark, quiet area.

Convulsions may result from poisoning, high fever, epilepsy, or may be associated with many diseases. Their cause is frequently hard to determine. Investigation with the help of a veterinarian may be needed to determine the exact cause.

### Remember:

1. Only a veterinarian can prescribe veterinary medicine with accuracy. Do not use leftover medicine for another animal or for another illness with the same animal.
2. Unless the veterinarian instructs otherwise, be sure to provide the animal with the full course of medication even if the dog no longer shows signs of illness, this will help to prevent a re-occurrence of the illness.

### Measurement of Medicine

Providing your dog with the exact amount prescribed is important. If you give the dog too much, he or she may become even sicker. Also, the medicine may run out before it has had a chance to do its complete job. If you give the dog too little of the medicine, it may provide the germs involved an opportunity to become resistant to the drug and treatment will be unsuccessful.

One ml is equal to one cc.

## Administering Canine Drugs

Occasionally, the veterinarian may prescribe medicine for your dog. You, with the guidance of your parents, will be responsible for safely administering it to the dog.

To safely treat your dog, you need to know the answers to the following questions:

- a. What is the medicine?
- b. What is the purpose of the medicine?
- c. How often do I give it?
- d. What is the best way to get the dog to take it?
- e. What are possible side effects that I should look for?
- f. How do I store the medicine?
- g. How soon should I see an improvement?
- h. After the dog has taken all the prescribed medicine, and there is some left over, what do I do with it?



## Tips for Administering Medicine

Be patient, gentle and firm – and follow the treatment with sufficient praise. Review administration techniques with your veterinarian before starting the course of medication.

**Liquid Form** - If the medicine is in a liquid form, it might be helpful to use a syringe without a needle to accurately measure the amount needed per time. Raise the dog's muzzle and lift her lip on one side. Ease the tip of the syringe to the back of the throat and then release the liquid in a slow, steady stream.

**Pill Form** - If the medication is a pill form, many dog owners hide the tablet in a small piece of hot dog or soft treat for the dog to swallow. Other popular pill disguisers include: peanut butter, cottage cheese or canned dog food. You can however teach your dog to take a pill without food. Simply use gentle pressure from either side of the muzzle to pry your dog's jaws apart, with your hand over the bridge of the nose and thumb and forefinger on either side, then tuck the pill way, way back at the base of the tongue. Hold the dog's muzzle closed and skyward and then blow into his nose while stroking the throat.

**Ear Medication** – Lay a large towel across your lap and coax your dog to put his or her head on top of it with gentle massage and encouragement. Apply eardrops, massaging the base of the ear gently.

**Eye Medication** – Have your pet sit between your legs and hold his or her muzzle up from behind. Gently apply a line of medication from the tube across the length of the eye, being careful not to touch the surface. Try to hit drops squarely in the center. Close the lid for a couple of seconds to let the medication distribute evenly.

## Safe Storage of Medicines

Proper storage of veterinary medicines will help to protect young children and animals from becoming exposed to potentially dangerous or harmful medications. It may also maximize the drugs shelf life and effectiveness, which will ultimately save you money. In order to store your medications safely, follow these steps:

- Read the label carefully to know what temperature the medicine must be stored at.
- Always keep medications in the original bottle or packaging so that instructions and proper name are easily identified.
- Check expiration date, as the drug will lose effectiveness after the best before date.
- Consult the veterinarian to dispose of any medications that are no longer needed.





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## UNIT FOUR: BASIC TRAINING TIPS & TECHNIQUES

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### **Roll Call:**

When training your dog it is important that all family members use the same rules and commands when communicating with the dog. List a command that you and your family members use:

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Briefly explain what you did to train your dog to follow these commands learned in level two:

### **Sit-Stay:**

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### **Long Sit:**

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### **Down Stay:**

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### **Long Down:**

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## Off Leash Heeling:

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## Recall:

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## Basic Commands

### Figure Eight

Before attempting the figure eight, you will want to have your dog heeling, and maintaining his attention on the handler. The objective of the figure eight is to test your dog's ability to heel when in close contact to people, objects or other animals without touching or sniffing.

Begin by having markers or people stand approximately eight feet apart. Having a handler and dog be the marker is good practice for both the marker dog and the dog attempting the figure eight. Start roughly two feet in front of the markers. There will be one to your left and another to your right. Say "heel" and your dog's name, then step forward with your left foot and guide him around one of the markers, and then around the other crossing over the center point.

Patience and a lot of practice is needed to perfect all skills, so don't allow yourself to get discouraged if it is not exactly the way you would like it to be.

### Drop on Recall

Once your dog understands both the verbal and hand signals for "down" and "sit", you may be ready to move on to training the drop on recall. The following are steps that can be taken to train your dog to drop on recall. These steps will be preformed and practiced over several weeks.

1. Begin your training for this skill by setting your dog in the sitting position, then step two or three feet in front of him so that you are facing him. Say "down" to your dog, while simultaneously giving him your hand signal for "down". If your dog does not obey, use your left hand to give a quick jerk downward. Have him stay in the down position for just a short time then ask him to "sit". You may need to use your left hand to pull up on the leash while giving him the hand signal with your right hand to indicate him to sit.
2. Once your dog seems to understand with both the verbal and hand signal commands, try using only the hand signals to guide him. Then change the position you are in, for

instance, go back to the heel position, pause and then command him to sit. Once he is working well at the two-foot distance, move back to approximately six feet and continue practicing.

When you are working at the six-foot distance, you should be getting an immediate drop. Do not accept a slow sinking, but rather an instantaneous response. Remember to reward him!

3. Remove the lead and test his "down" at short distances when off the leash. If he does not obey simply put him back on the lead and continue to practice, you don't want to rush him. Place him on a light 40-foot cord and practice doing the procedure from the end of the cord. Test him every now and then off leash, if he is not obeying then return him to the leash and resume practice.
4. When you are both comfortable with the "down" from the sitting position at the end of the forty foot distance, you are ready to move on to "down" from the standing position. Go back to the six-foot lead and repeat the training, this time eliminate the sitting position and leave the dog in a standing position.
5. Gradually work your way back to the end of the 40-foot lead. Eventually at this distance you should be able to drop him from this distance off leash.
6. Only once your dog is working well on all the steps listed previously do you want to move on to dropping him in motion. Begin this exercise while heeling on the leash, suddenly stop and step backwards saying your dog's name and "come". As soon as your dog starts coming toward you, stop suddenly and give him the "down" command. If he does not go down immediately, you may need to give him a sharp correction. Leave him down for a short time, you can then ask him to "sit". Then step backwards while saying his name and the "come" command. Continue backwards then halt and have him sit in front of you the same as in the recall. He may be anticipating a down command and you might have to pull up slightly on his leash to get him in the sitting position. Send him back to heel position.
7. Finally it is time to teach him off leash. Place him in a sit-stay and then stand facing him approximately 25 feet in front of him. Say his name and "come". When he is approximately 12 feet from you, give him the command and signal to "down". Continue practicing this and eventually increase the distance to 40 feet. Remember to use variations so he does not anticipate your commands. Encourage speed and never drop him unless he is going at a good pace.
8. Once you are ready for the obedience trial, you will only be able to command the dog using either verbal or hand signals. Using both will be a penalty to you as it is seen as a double command.

This exercise involves training your dog to accept and hold the dumbbell. Command your dog to "sit" then hold the dumbbell out in front of the dog's nose. Say, "take it" while pushing it gently but firmly against his teeth. If he resists, force his mouth open by pressing with your thumb and finger just behind his canine teeth. Praise him as soon as he takes the dumbbell. Stroke his nose and throat to keep it in his mouth. Then say "out" and remove it.

Once you have practiced this several times, your dog will be ready to reach for the dumbbell. Hold the dumbbell a few inches from his nose and say, "take it". If he does not obey, either pull him by the leash toward the dumbbell or, if that frightens him, push his head toward it.



Gradually increase the distance he must reach for the dumbbell. It is very important to remember the rewards. Have your dog heel on leash as he carries the dumbbell. If he drops the dumbbell simply put it back in his mouth until you instruct him to "out".

It is important to use the correct size of dumbbell for your dog. You do not want the bar to be too long as it could obstruct vision. The bells should keep the bar far enough off the ground for the dog to easily grasp it behind his canine teeth and not touch his nose to the ground. The diameter of the bar should fit comfortably in the mouth. If it is too large it can cause the dog to drool, and if it is too narrow it can wiggle in the dog's mouth and click teeth or pinch his lips.

### Broad Jump

Broad jumps are designed to be twice as long as the height of a high jump. Small dogs may be required to jump two feet, and large dogs may be required to jump as far as six feet. Dogs should be started at a distance approximately half of what they will be later expected to jump.



Begin with your dog heeling on the lead at the sitting position. You should be facing the jumps and be approximately 10 feet away. At the heel command, run and leap over the jumps. As you leap repeat, "jump" and make a broad sweeping motion with your left hand. The motion will signal your dog to jump and as you practice your dog will learn to understand this signal. If at first your dog balks, or comes to a halt in front of the jump, be sure to immediately drop the lead to prevent hurting or frightening him. Offer reassurance and remove one of the jumps and try again.

Once your dog is capable of covering half the required distance over the jumps you can stop jumping with him and simply run alongside. Continue the sweeping motion as you command him to "jump" as this is hand signal you will want him to understand.

With this accomplished you can now try him out from a sitting position facing the jumps about 10 feet away. With him still on the leash, have him "sit-stay" and you can move to the other side of the jump. When you are ready give him the command, "Your dog's

name, come! Jump!” and give the lead a slight tug. Repeat the command to jump as he approaches the jump. Offer a great deal of encouragement and praise when he lands the jump.

When you and your dog are ready to jump on command, you can place your dog about 3 meters from the jump and you can take your position beside the jump. Give your dog the command to “jump”, while also doing your hand signal over the jump with your left hand. When he lands the jump say, “Come” so that he recalls back to you. Provide lots of praise.

If your dog is consistently able to do this on the leash it is time to try him off leash. Simply do the exercise exactly the same way, however if you do not feel completely in control go back to the leash and try again after a few more sessions. You can continue this procedure and gradually increase the distance that your dog is jumping until it meets the required distance for the size of your dog.

## ACTIVITY: CORRECTING BAD BEHAVIOR

Using the following list of behaviours and gather other dog owner's ideas for correcting the problems.

Behavior	Describe Training or Precaution
<p><b>Digging Up the Yard</b> Related to shelter-building behavior of dogs in the wild. Dogs will also dig holes to bury a reserve food supply or to crawl into when the weather is hot.</p>	
<p><b>Dog Fights</b> Related to attacking animal for food, showing dominance in the pack, determining mating privileges and asserting territorial rights.</p>	
<p><b>Submissive Wetting</b> A way to show submission or fear</p>	
<p><b>Rooting Through Garbage</b> Related to hunting instincts. Few dogs can resist the smell and look of an open garbage can.</p>	
<p><b>Jumping on People</b> Related to highly developed social instincts of wolves and wild dogs. Dogs often jump up to greet the dominant member of the pack or household, normally licking the persons chin.</p>	
<p><b>Urinating Indoors</b> Related to marking or identifying territory of dominant animals in a pack of wolves or dogs. A poorly house trained dog that believes your house is his/her territory will mark it with urine.</p>	
<p><b>Excessive Barking</b> Wolves or wild dogs howl to protect territory, show dominance or express a need. Barking in domestic dogs might mean loneliness, playfulness, anger, aggression or a demand</p>	

Behavior	Describe Training or Precaution
<p><b>Jumping on Furniture</b> Related to needing a high place to look out in the wild and to protecting their backs. The higher the place the higher the wolf in the social order. Domestic dogs might like to be in a soft place with their master's scent.</p>	
<p><b>Stealing Food</b> Related to the need to snatch food whenever it is available. Wild dogs gorge themselves because they never know when their next meal will come.</p>	
<p><b>Begging</b> Related to care-seeking behavior puppies and young dogs learn from their mothers. To survive, pups must aggressively impose themselves on their mothers for safety, warmth and food. In domestic situations dogs may beg to get what they want from humans</p>	



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## RESOURCES FOR LEARNING

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### People

- Alberta 4-H Leader's Conference
- Alberta 4-H Small Animal, Life Skills, Technology and Trade Leader Update
- Dog Breeders
- Members of breed association
- Veterinarians
- SPCA Officers / Humane Society
- School and Public librarians
- Teachers
- Pet Store Staff
- Canine Police Unit

### Places and Organizations

- Regional 4-H Office
- Breed Associations
- University and other research facilities
- Media Stations (television, radio print)
- Kennel Clubs
- Museums
- Private Industry Pet Suppliers
- Pet Stores
- Farm Supply Stores
- Dog Shows
- Institute for the Blind (CNIB)

### Things

- Internet
- Magazines, books, newspapers
- Product brochures
- Package labels
- Advertisements
- Comics and cartoons
- Posters



- Encyclopedias
- Video tapes
- Special use animals (drug-sniffing, pet therapy, canine patrol, hearing or seeing-eye dogs)
- Library pamphlet files
- Catalogues
- Breed brochures
- Cassette tapes

# CANINE PROJECT EVALUATION

## Your input is a valuable asset to the 4-H program!

As you go through the project year, make your comments and suggestions about the project, manual information and activities. When you have completed this project manual, you can either hand the evaluation into your leader or send it directly to us. We want to hear from you so we can keep improving!!

Canine Project Evaluation



### Please tell us the following:

Evaluation Date: \_\_\_\_\_ # of years completed in Canine \_\_\_\_\_

Rank	Translation of Number Ranking
1	<b>Absolutely...Without a doubt!!!!</b>
2	<b>Of Course...Most of the time!!</b>
3	<b>Average...Only when I had to?!</b>
4	<b>Rarely...But I did?</b>
5	<b>Never...No way.</b>

1. Did you get involved in the club activities? 1 2 3 4 5
2. Do you have a sense of pride in completing your project year? 1 2 3 4 5
3. Do you have a clear set of goals for next years Canine project? 1 2 3 4 5
4. Did you participate in a communication activity this year? 1 2 3 4 5
5. Did you learn the proper techniques for judging projects? 1 2 3 4 5
6. Do you feel confident in the skills that you have gained? 1 2 3 4 5
7. Did you provide a service to your community? What was it? 1 2 3 4 5
8. Do you feel more aware of what 4-H has to offer you? 1 2 3 4 5
9. Did you enjoy the 4-H year? Did you do things outside the club? 1 2 3 4 5
10. Was safety encouraged with all projects and activities? 1 2 3 4 5
11. Did you feel like an active member of the club? 1 2 3 4 5
12. Did you enjoy your 4-H project year? 1 2 3 4 5







