



## Socializing Your Puppy

Puppies enter the world not knowing about people or the world in which we all live. A puppy needs to learn about the things, people and other animals in her environment. If she is not properly taught, she may grow up to be a fearful, anxious and/or antisocial dog.

### Socialize Early

The first few months of a puppy's life are crucial to her development. As soon as you get your pup, you can start teaching her how to listen to you, how to act around people and other dogs. Start slowly with quiet one-on-one interactions and work your way up to interaction with multiple people in noisier environments. Friends, relatives and their pets can help socialize your puppy by simply coming to your home to meet and play with your new friend.

### Variety is the spice of life

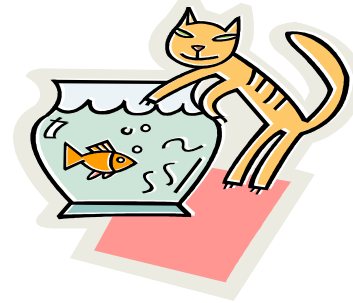
To fully socialize your puppy, make sure that he meets a variety of people of all ages and appearances. It is especially important to introduce your puppy to children because they do not act like adults (they move erratically, are loud and approach with no regards to boundaries). If your puppy only encounters people of a certain age or appearance, he may show aggression or fear when later introduced to people who appear or act different.

### Puppy Classes

One of the best things you can do to socialize your puppy with other dogs is to enroll her into puppy classes. However, make sure it is a class that does not promote punishment, such as swatting, hitting her nose or rubbing her face in her "accidents". This type of physical discipline can have a negative effect on your puppy's good people skills.

Most puppy preschools start at eight to twelve weeks of age. Your puppy may not have all of their vaccinations yet, but they will be around other puppies that have just started their vaccinations. Be sure to ask what vaccines are required for the puppy class that you would like to attend.

You will find that proper socialization and development of your puppy's disposition will take time and patience, but your efforts will be worthwhile as your puppy becomes a friendly and well-behaved companion.



## Ten Tips for Preventing Pet Behavior Problems

1. Set rules immediately and be consistent. Stay off the couch means stay off the couch all the time!
2. Avoid situations that promote inappropriate behavior. Make sure trash receptacles and people food are out of reach, walks on a leash to avoid running off, etc.
3. Observe the pet and provide what it needs (food, care, attention and entertainment). A bored pet can find some really "fun" things to do on their own so make sure they have plenty of safe toys to entertain them.
4. Supervise the new pet diligently through undivided individual attention and training, and restrict the pet's access to a limited area of the house until training is completed.
5. Set them up to succeed! Encourage good behavior with praise and attention.
6. Correct bad behaviors by providing alternatives (a toy instead of a slipper or a scratching post instead of the sofa).
7. Never physically punish or force compliance to commands. This may lead to fear biting or aggression.
8. Don't play rough or encourage aggression or play biting.
9. Expose pets to lots of people, animals, and environments where you want them to live.
10. See your veterinarian if serious or unresolved behavior problems exist. They will have tips to help or can refer you to a behaviorist who can help.

## Animals in the News

News

Sabi, the Australian bomb-sniffing dog that returned after being missing for 14 months, had actually been in the hands of a minor Taliban leader. American and Australian forces had to negotiate for the dog's safe return. – Daily Mail

Glacier, a polar bear at the Washington Zoo, went under the endodontist's drill for a root canal. To get the 950 lb beast on the operating table, the zoo used a dart gun, a strong net, a forklift, a truck and a heavy-duty gurney. – The News Tribune

Nearly all the Dalmatians on tour with the 101 Dalmatians Musical are rescues who now get to travel the country in a "rolling doggy palace." – CNN.com

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## New Year's Resolutions

### Cat's New Year's Resolutions

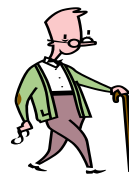
- I will not drag dirty socks up from the basement in the middle of the night, deposit them on the bed and yell at the top of my lungs so that my human can admire my "kill".
- I will not lean way over to drink water out of the tub, fall in, and then head straight for the box of clumping cat litter.
- I will not perch on my human's chest in the middle of the night and stare into her eyes until she wakes up.
- We will not play Herd of Thundering Wildebeests Stampeding across the Plains of the Serengeti over any human's bed while they are trying to sleep.
- I will not assume the patio door is open when I race outside to chase leaves.
- I will not walk on the keyboard when my human is writing important emiognaiorp ga3qi4 taija3tgv aa35.
- I will learn to relax at the vet's office so they will start writing things in my records like "Good Kitty" and "Sweet Kitty" instead of the stuff that's there now like "Mean!!", " Biter!!!" and "Get Help!!!!!"
- I will not be miffed at my human all day and then kiss her on the nose at 2:00 a.m. to tell her that she is forgiven and can now pet me.
- I will not stare up at NOTHING so that I can laugh when my human looks to see what I am staring at.
- I will give visitors their space since I can see just fine without being one inch from their face at all times. I will not smell everyone's breath as it is none of my business what they have been eating.

### Dog's New Year's Resolutions

- I will not wake Mommy up with my cold, wet nose.
- I will remember that "kitty box crunchies" are not food.
- We do not have a doorbell. I will not bark every time I hear one on TV.
- I'll remember that the garbage collector is NOT stealing our stuff.
- I will not suddenly stand straight up when I am lying under the coffee table.
- When I go to the vet's office, I will not be afraid of the scale, my human will love me no matter what the scale says I weigh.
- I will not chew on crayons or pens, especially not the red ones, or my people will think I am hemorrhaging.
- I will not chase the frisbee or ball until I see it leave my human's hands.
- I will shake the rainwater off of my fur BEFORE entering the house.
- I will not lick my human's face after eating disgusting things.
- I will not roll in things that smell good to me but not to my human.
- I will not steal socks or underwear and run all over the house with them.

## New Product: Vectra 3D

**There is a name for dogs without fast-acting protection from hungry parasites: Dinner! Keep your dog off the dinner menu with Vectra 3D. Fast-acting:** kills on contact; parasites don't have to bite to die. It starts killing in 2 hours. **Complete:** Repels and kills fleas, ticks, mosquitoes, lice, mites and sand flies. Kills adult fleas and controls all mature stages of fleas: eggs, larvae and pupae. **Long-lasting:** Remains effective after bathing and swimming and protects for 1 month. **Convenient:** Protection for puppies as young as 7 weeks of age. Unique, patented applicator makes it easy to use.



## Pets are Good for Your Health



We know that dogs are dedicated companions that offer unquestioning attachment and acceptance. In the past several years, mounting scientific evidence suggests that they benefit us even beyond eager devotion. Numerous studies have shown that dogs can help lower blood pressure, ease the loneliness of the elderly in nursing homes, and help children overcome allergies.

New research from the University of Missouri-Columbia suggesting the hormonal changes that occur when humans and dogs interact could help people cope with depression and certain stress-related disorders. Preliminary results from a study show that a few minutes of stroking our pet prompts a release of a number of "feel good" hormones in humans, including serotonin, prolactin and oxytocin. Increased levels of the neurotransmitter serotonin make us more mentally alert, improve sleep and can make us less sensitive to pain. In addition, petting our pooches results in decreased levels of the primary stress hormone cortisol, the adrenal chemical responsible for regulating appetite and cravings for carbohydrates.

Therapy dogs have been used to visit nursing homes, calm traumatized children and help ease pain in people undergoing physical rehabilitation, but the field of animal-assisted therapy is still in its infancy. Researchers are trying to determine which types of people would best benefit from being with pet animals and how often they need to interact with them to get results.

In the Missouri study, 50 dog owners and 50 non-dog owners over the age of 18 sat in a quiet room for 15 to 39 minutes with their own dog, a friendly but strange dog, and a robotic dog. The robotic dog was included because electronic pooches, such as Sony's ALBO, are being studied as a possible resource for the elderly who can't look after a live animal. Each session involved calm stroking or petting. Researchers checked blood samples of both the humans and dogs at the beginning of each session and monitored their blood pressure every five minutes. The dogs' blood pressure dropped as soon as they were petted. The humans' blood pressure dropped by approximately 10 percent about 15 to 30 minutes after they began petting the animal, at which point blood was again drawn.

The Missouri study found that serotonin levels increased when interacting with the human's own dog, but not with the unfamiliar animal. And serotonin actually decreased when interacting with the robotic dog. The serotonin changes reveal the mechanism of how pets influence our health. It shows there is a physiological mechanism that is really comparable to other things we know cause relaxation, like eating chocolate. In other words, the warm feeling we get from our pets isn't just a learned behavior, but something that is hard-wired into humans so that the presence of animals can help us stay well and even recover from illnesses.

Other pets are being studied for their therapeutic power as well. Currently researchers at the Center for the Human-Animal Bond, in conjunction with the National Science Foundation and the University of Washington, are exploring how the "inborn attraction to nature" can help patients with dementia. For instance, people with Alzheimer's disease often suffer from weight-loss problems because they are unable to focus long enough to eat. But when they sit in front of aquariums with brightly colored fish, the elderly patients are able to pay attention long enough to get their meals down.

Just as we recognize that exercise and a healthy diet are important to our health, it is becoming clearer that animals can also improve the quality of our lives.