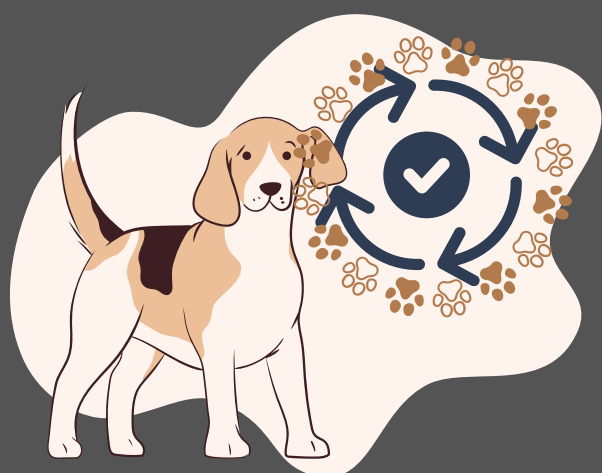


PART 2

PRACTICAL STRATEGIES FOR YOUR TEEN DOG



1

CONSISTENT TRAINING.

During puberty there's often a decline in previously learned behaviours, and temptations are aplenty! Practice skills like "leave it" and "wait", to teach your dog to pause and think before acting, improving self-regulation.

2

GAMIFY YOUR TRAINING.

A great way to help make training fun for you and your dog is to gamify behaviours. Check out my online tips and book *Playing With Your Dog*.

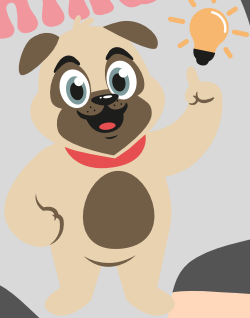


3

MAXIMISE MOTIVATION.

Using positive reinforcement training is essential. It strengthens the association between the wanted behaviour and the reward, encouraging repetition. That's why gamifying training is useful - it helps to motivate. Increasing rates you reward your dog via praise, play, touch, food, etc., creates greater focus and attention on to you.

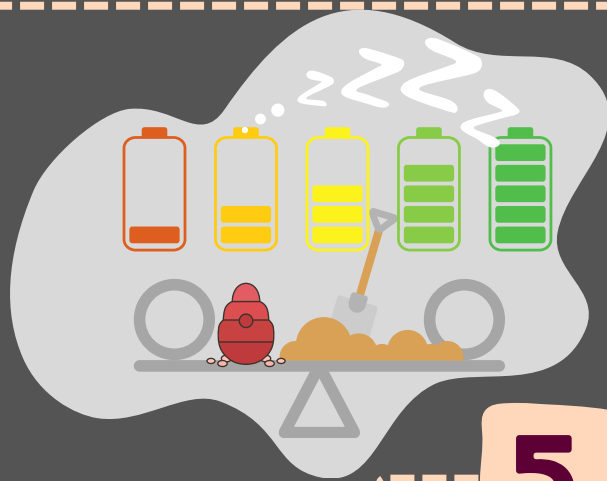
MINDSET IS EVERYTHING



4

MANAGE ENERGY LEVELS AND ENRICHMENT.

Teen dogs have fluctuating energy levels. Strike a balance between your dog receiving ample physical exercise, tailored to their breed, size, stamina and abilities, with quality, uninterrupted rest.



5

ADDRESS SOCIAL DYNAMICS AND ANXIETY.

Adolescence can bring changes in social preferences. Ensure dog play is well-managed and supervised. Positive dog-dog interactions incl. learning to 'hang out', walk by, potter, and rest while others are around; reward for calmness. Hone your dog body language skills to understand when it's OK and not OK!

6

ENVIRONMENTAL MANAGEMENT AND SUPPORT.

Hormonal surges can increase the risk of territoriality, roaming, etc. Check boundaries. Account for your dog's growth rate and strength, making it easier to jump fences/push open gates. Create a safe space. Get expert support if you're struggling.



Hanne Grice

CLINICAL ANIMAL BEHAVIOURIST & TRAINER
Nurturing Pet & Owner Relationships