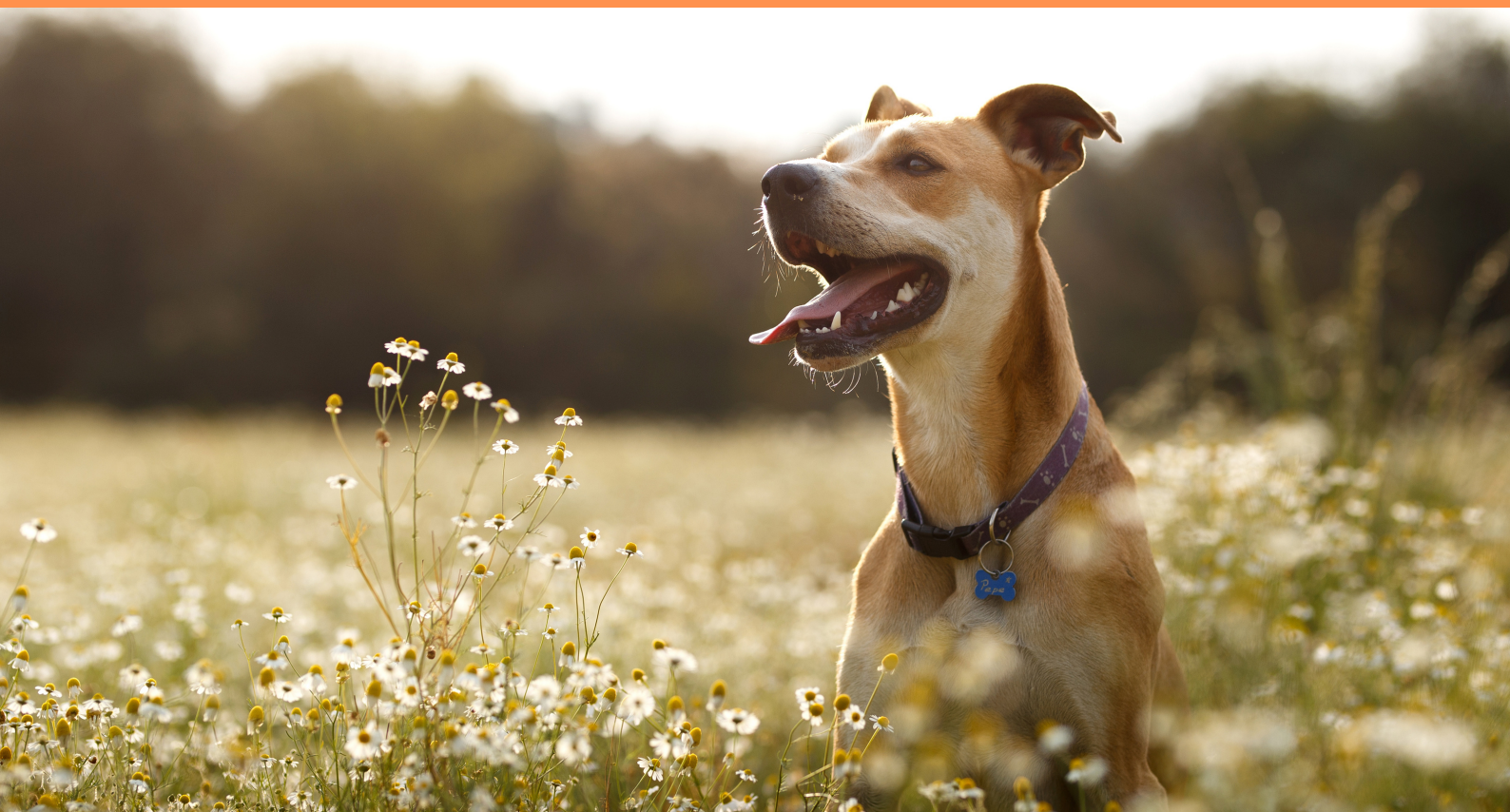




DAY 1: BASE CAMP

The essential foundations for reactive or distracted dogs.





Welcome to Seven Days of Scentventure: Base Camp!

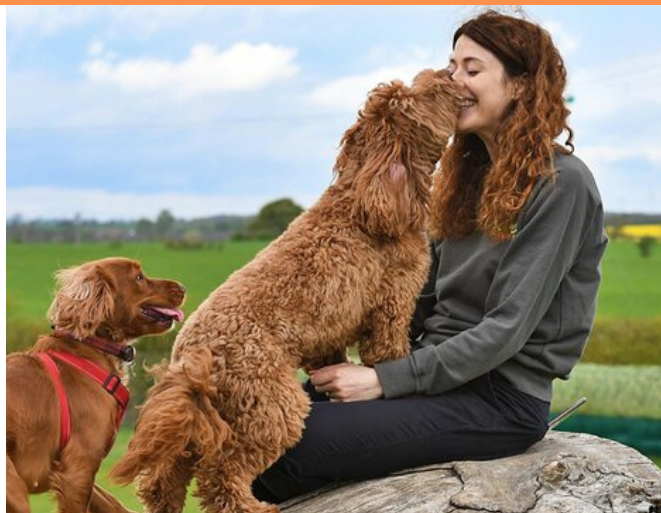
Today is all about getting solid foundations in place so you can maximise your success this week.

It's also an opportunity for us to learn a little about you and your dogs and the challenges you need help with. This is your introduction to the Partnership Compass Point of Scentventure!

**Where will
we start?
At the
beginning, of
course!**

Partnership involves:

- Recognising your dog's challenges and supporting them
- Acknowledging that they are individuals; celebrating them for who they are and helping them to achieve their best.
- Training to enhance your dog's safety and quality of life using reward-based techniques.
- Reducing stress levels and helping them to feel more relaxed about the things that worry, stress or excite them so their minds are more receptive to new training.



Hi, I'm Katie. I help reactive and distracted dogs achieve calm and focus so you can enjoy a stress-free and happy life together.

If your dog pulls on the lead, lunges or barks at other dogs or people, walks can be so stressful and right now you might think it's impossible to have calm, relaxing walks. Maybe you feel like you can't control your dog, or you don't have time to train... or you just don't even know where to start.

That's exactly where I used to be with my own rescue dog Lao. I was constantly looking around, scanning for other dogs, people – anything that could send him into meltdown! I was getting up early, going out late, hoping we wouldn't bump into anyone... because people can be so judgemental, can't they?

I just couldn't go on one more day like that. So I changed it. I found a new approach that worked so much better.

And that's why I created Scentventure and Club Dogwood - to show you what we did!

Stress Head

Whenever I get really stressed, loved ones *order* me to take a break from work.

How do they know I'm stressed? I'm distracted, I can't focus on anything other than what's stressing me out, I become less patient, less tolerant and easily frustrated, even angry.

Chronic stress can make us feel tired and rundown, which leads to changes in our behaviour. And it's the same for your dog.

Just like us, when your dog is in a state of stress, they find it hard to process, remember and learn new things. Any training you try to do is unlikely to be effective.

If a friend is stressed, you would probably advise them to take a break from whatever it is that's stressing them out. Have you considered doing the same for your dog?

Your dog is an individual and deals with stress in their own way. Your dog may become:

- **Excitable or distracted**
- **Quiet or anxious**
- **Reactive or aggressive**

Just like us, your dog can benefit from taking a break from constantly having to encounter the triggers that cause stress, whether they encounter them at home or out on walks.

What's the problem?

First of all we need to ask, what are the triggers for the unwanted behaviour?

1. Make a list of the problems you are experiencing with your dog.
2. What do you think the causes (triggers) are?
3. Where do you encounter those triggers?

For example, *'My dog barks and lunges at other dogs. The trigger is seeing other dogs on walks and through the garden gate'*

Complete the worksheets on the last pages to identify which of the following resources you need to read...



TRIGGERS ON WALKS?



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TRIGGERS AT HOME?

THE UGLY WALK

Ugly Walks are the number one tool if walks with your reactive or distracted dog are stressful!

They provide a safe, quiet space where your dog can relax enough to learn.

We often set ourselves up to fail by trying to introduce new training in the locations where the problem behaviours occur. The presence of the triggers means our dogs are not in the mental state to learn the new skills they need to achieve calm & focus around triggers in the future.

Our Ugly Walk is amazing!
Keela had the absolute best time! Plenty of space to just let her be a dog
Kate & Keela

I've found a proper Ugly Walk! Today we saw absolutely no-one. It's so quiet it felt safe to let him wander on his long line.
Lucy & Bo

SEVEN DAYS OF SCENTVENTURE

What the heck is an Ugly Walk, I hear you ask!

An Ugly Walk is a trigger-free environment. It's somewhere quiet, unlikely to be popular with other dogs and people because it's not a place of beauty - hence its name 'ugly'! It's generally not your 'typical' place for a dog walk. Not all ugly walks are visually ugly - but they're always quiet.

One of my favourite Ugly Walks is the local industrial estate. It may not be pretty but when the factories and units are closed it's so peaceful! We see the occasional person and their dog but it's always from a distance and there's plenty of space to move away.

Other places we like to Ugly Walk are town centres when the shops are closed, large supermarket car parks and out-of-town retail parks.

These are such relaxing, enjoyable walks for all of us.



Fifi enjoying our favourite Ugly Walk

The industrial estate is a hive of activity during working hours, and I think about all the people who have walked there, the different products being manufactured and the lingering scents from it all.

To aid relaxation we swap high arousal activities like ball chase for low arousal activities like scent games. Over the challenge we'll share some of our favourite activities to do on Ugly Walks.

TOP TIP! Don't venture far on your first few visits to a new Ugly walk. Anxious, excitable or newly adopted dogs need to take exposure to new environments steadily.

Last time we went, some trees had been cut down, providing a plethora of Scentventure opportunities. A mobile greasy spoon truck leaves behind some fascinating smells (apparently) and one unit even has a picnic bench where we stop and chill. It's an enriched environment to rival Dogwood itself!

Having a dog who pulls, barks or lunges can be physically and mentally exhausting. Ugly Walks take the pressure off *you* and allow you to reconnect with your dog while working on the training activities from the 7 days.

There are lots of Ugly Walks near you! Start planning your destinations now.



Ugly Walks give you *and* your dog chance to relax

SEVEN DAYS OF SCENTVENTURE

HOME MANAGEMENT

Management is the place to start if you've identified that your dog has triggers in the home. It's the tool we use to give them that much needed break from stressors.

The goal is to make your home a safe space where your dog can relax enough to learn new training that will help achieve calm.

So, what is management?!

In short, it is controlling and limiting your dog's exposure to the triggers that cause them stress. It requires you to consider what exactly triggers the unwanted behaviour; is it the sight of the postman through the window or the sound of the mail landing on the doormat? Or both?

It may also require you to think outside the box... there are lots of common triggers for which Club Dogwood members have tried and tested management techniques. Others are a little more unique so feel free to ask for advice in the Facebook group if you need ideas!

WHAT CAN YOU DO TO MANAGE TRIGGERS?



Chester's favourite seat got a makeover! Following the wonderful advice from our Welcome Call we installed window film - what a revelation! Chester hasn't paid any attention through the window whatsoever.

The amount of stress this has caused in the last year and it's such a simple fix!

Victoria & Chester

After fitting bamboo screening to cover the gaps in the garden gate so Ollie couldn't see any dogs, we did an exploration zone in the garden.

He was more confident!

A dog barked and he briefly went towards the gate but didn't bark!

Laura & Ollie

Now Alfie has a safe space, he chooses to calmly go there when we have visitors at the house rather than reacting to their presence at front door.

Justine & Alfie

My little foster dog, Red, was super anxious about anybody coming to the property. With a post box and lockbox for parcels there's no need for any commotion at the door now.

A delivery driver even left her some treats after reading our 'please don't knock' message!

Rachael & Red

Remove those triggers with a simple quick fix!

WORKSHEET

Complete the following questions to the best of your ability.

Using the table below, make a list of your dogs triggers. Describe the behaviour your dog displays when they encounter that trigger and, if you know, suggest what the emotion is e.g. are they fearful/excited? Explain where and when they encounter those triggers.

[illegible]

WORKSHEET

What are the top 3 things you love most about your dog, or what are the good at? Don't skip this, it's important.

1.

2.

3.

List 8 things your dog is motivated by, where #1 has the highest value and #8 the lowest. E.g. cheese, hot dog, tug toy, kibble.

1.

2.

3.

4.

5.

6.

7.

8.

What are the top 3 challenges you and your dog have at the moment?

1.

2.

3.



WHAT TO DO NEXT



Post your worksheet answers in the private Facebook group with the hashtag #7days22. You can either print the page and upload a photo or write your answers directly into a post.

If you don't use Facebook and you want to earn the special limited edition badge, email your answers to hello@dogwoodadventureplay.com (please note we can't reply to emails but your submission will be noted).

The exclusive 7 Days of Scentventure badge serves as a reminder of all you will achieve together during the week. Yet, there is much more to be gained by posting in the Facebook group; the Scentventure Guides are offering tailored feedback and advice, whilst your fellow Scentventurers are there to cheer-lead, celebrate wins and remind you that you're never alone!

Community is at the heart of Scentventure.

