

BASE CAMP



Welcome to Base Camp!

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

This module is all about getting solid foundations in place so you can maximise your success on this course.

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

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.

BASE CAMP



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 having to frequently 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'*

There's a worksheet for this the final pages.



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

STRESSORS IN THE HOME

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!

Internal stressors: a balanced brain

Lowering internal stress creates a happier dog who doesn't get so easily upset about the bigger things.

Tick off any features that you already practice, and consider whether you can implement any new ones.



Safety

- ☐ Routine, stability, calm family group
- ☐ Safe spaces in the home, exit routes
- ☐ Minimum time spent alone
- ☐ Avoid punishment
- ☐ Provide choices
- ☐ Temporarily remove triggers to lower stress



Eating

- ☐ Social eating: dogs prefer to eat in company. Sit with them while they eat, unless they have guarding issues around food.
- ☐ Chews every day
- ☐ Licking every day
- ☐ Foraging activities e.g. Exploration Zone
- ☐ Nutritionally balanced diet
- ☐ Variety, especially variety of protein
- ☐ Variety of tastes and textures

Body care

- ☐ Regular access to toilet area – dogs are the only species that are unable to toilet whenever they need to.
- ☐ Coat care – provide soft surfaces to roll on e.g. carpet, grass, sand, rugs or bedding.
- ☐ Don't over-bathe or over-groom.

ASK THE COMMUNITY FOR IDEAS!

Sleep

- ☐ Adult dogs need around 14 hours sleep in every 24 hour cycle.
- ☐ Ensure they good quality sleep in the middle of the day and the middle of the night.
- ☐ Social sleeping opportunities. Dogs are social sleepers, meaning they get their best sleep with other familiar dogs or people.
- ☐ Calm, quiet environment, a dark room.
- ☐ Do not disturb.
- ☐ Choice of sleeping places with different heights and surfaces, including elevated surfaces.
- ☐ Temperature choice: dogs need to be able to move around to seek the correct temperature.
- ☐ Enough space. Dogs must be able to lie flat out to benefit from the REM phase of sleep.

TRIGGER 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 #9 the lowest. E.g. cheese, hot dog, tug toy, kibble.

- | | | |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | 6. |
| 7. | 8. | 9. |



WHAT TO DO NEXT

Post your worksheet answers in the private Facebook group or website community with the hashtag #roadmap.

A Scentventure Guide will provide feedback and advice.

You can either print the page and upload a photo or write your answers directly into a post.

