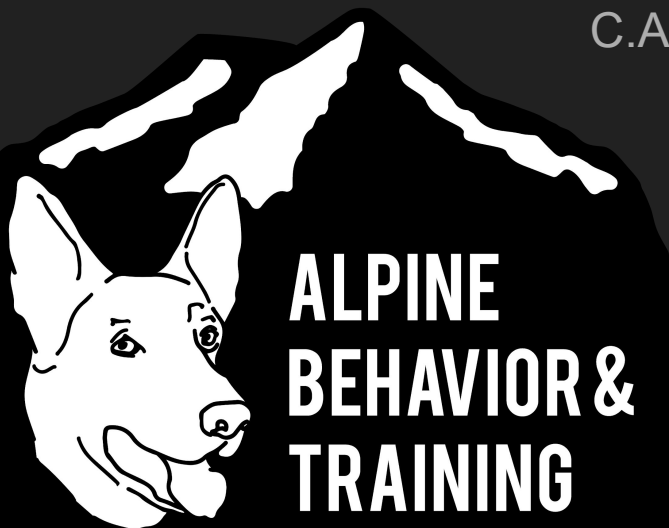


Finding Your Dog's Normal

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Welcome

What is your pup going to think when you head back to your “normal?” Lets start helping them now!

- Set up a routine
- Decompression vs. exciting outings
- Mental stimulation
- Separation training



What is your routine?



- Getting Up
- Getting ready
- Feeding the animals
- Potty walks? Yard time?
- You leave? What are they doing?
- Afternoon walks during lunch
- What happens when you get home
- How many walks a day is your dog getting

Decompression

What is decompressing to your dog?



Mental Stimulation

- Use your dog's brain
- It wears your dog out
- Less taxing on you
- It's relaxing for everyone
- There are millions of ways to do this
 - Training
 - Enrichment
 - Puzzle feeding
 - Decompression walks



Separation Work



- Start slow: Split don't ump
- Work up to the dog being able to see you leave the house
- Use mental stimulation to your benefit
- Only do this when your dogs needs have been met

Q & A

Let's keep this conversation going!

Email me at Charissa@coloradoanimalrescue.org

Download slides at <https://www.coloradoanimalrescue.org>