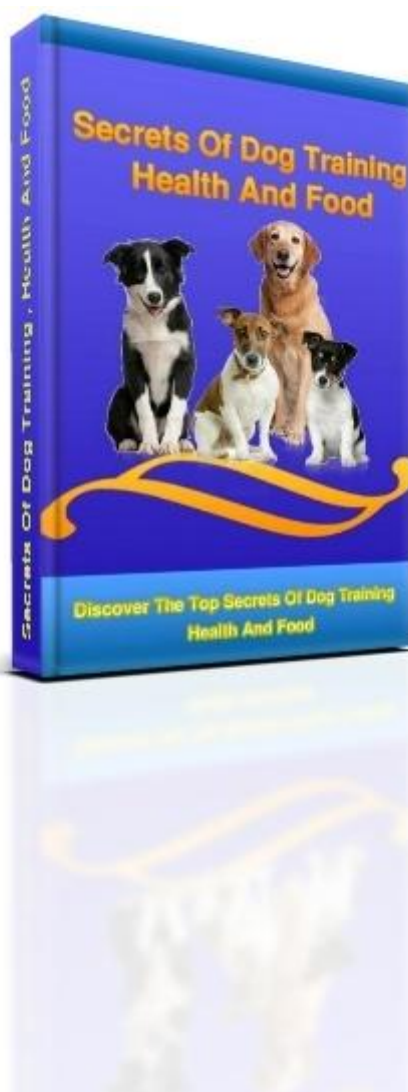


# Secrets of Dog Training , Health And Food

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- Author: Sara Adam -



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## Introduction :

Bringing a cute puppy into your home is a great joy which only a person who does that can experience. These dogs provide you with a very sincere relationship which you cannot get anywhere else in the world.

There can be two situations after bringing in a dog and one of them is that your kids and family may get hours of entertainment, pure love and lots of fun with that dog. The other situation is little embarrassing because your dog can also bring destruction, chaos and discipline problems in your house.

To ensure that you always have the first situation with your dog, you need to train your dog accordingly and make sure that he has the proper manners to live with humans.

Also you should take care about your dog's health and choosing the best food for your dog .

### Chapter 1 : Dog Training

## Top 10 Dog Training Tips :

**1. Concentrate on what your dog is doing right.** Professional dog trainers everywhere tell their students to reward their dogs when they do something right. This “positive training” method is in contrast to training that centers on punishment. Trainers recommend that owners praise and reward their dogs with treats and affection for good behavior instead of just scolding them for bad behavior.

**2. Be proactive and keep your dog from behaving badly in the first place.** One of the most important tips that a professional dog trainer will tell his or her students is that good behavior is not just the responsibility of the dog. The owner must make every effort to avoid giving the dog the ability to engage in bad behavior while they are still learning the ropes. For example, if you notice that your dog likes to chew, it's important to make sure that everyone in the home puts their shoes behind closed closet doors to remove temptation.

**3. Stop saying NO!** One of the biggest mistakes that people make when training their dogs is saying NO without giving the dog an explanation of some type. Dogs, much like children, will become confused with a simple command of NO! Here's what you should do instead. If your dog is stealing the cat's food, tell him NO and then gently guide him to his own food dish. Or, if your dog is chewing on a table leg tell him NO and give him rawhide or another toy on which he can chew. Once your dog begins to actually use the new behavior, reward him with treats, toys and praise.

**4. Learn the difference between boredom and separation anxiety.** It is important to determine whether your dog is misbehaving when you leave home because he is bored, or because he is experiencing a case of separation anxiety. Figuring out why your dog is engaging in bad behaviors is usually the quickest way to combat the problem. If boredom seems to be the issue, you can probably keep your dog from destroying your house during alone time by providing him a toy stuffed with treats or something else that will help exercise his mind a little. If separation anxiety is the problem, you will need to learn ways to desensitize your dog to not only your absence, but also your “preparing to leave” routine.

**5. Consider trying clicker training.** Clicker training is a relatively new technique in the dog training world and involves the owner using a specific sound to indicate to their dog that a particular behavior is acceptable or desired. The owner will repeat the “click” and then reward their dog for his or her good behavior. The positive feedback will encourage the dog to repeat the good behavior.

**6. Be patient, persistent and consistent.** These three behaviors on the part of an owner will develop similar behaviors in a dog. Patience means that you understand that learning new behaviors may take some time and a lot of practice and repetition. Persistence means that you, as the owner, do not give up when training does not seem to be going well. Consistent means that your dog knows what to expect from you. For example, if you always say NO when your dog is misbehaving, they learn to recognize NO as a sign of disapproval. Conversely, if you only give treats for good behavior, your dog will learn to recognize such positive feedback.

**7. Start early.** As soon as you get a dog, you should begin training in some capacity. If you are getting a late start, it may take some time to catch up. The key to remember is that training is often nothing more than reversing bad habits and behaviors. If your dog is young, they haven’t had a chance to develop a significant number of these bad behaviors and training will be simple. With an older dog, you really have to unteach everything the dog knows about behavior and start to retrain behaviors that you find acceptable.

**8. Be kind and gentle for best results.** An owner who constantly punishes his or her dog for bad behaviors is bound to be a lot less successful than an owner who is gentle and kind, rewarding his or her dog for acceptable behaviors. Consider offering your dog plenty of praise, and be gentle when redirecting his attention from a bad behavior to one that is more acceptable to you.

**9. Have reasonable expectations.** For example, if your dog misbehaves at home you are wise to expect that he will misbehave at the dog park or in the yard. Therefore, if your dog is having trouble paying attention to your commands you will want to make sure to keep him on a leash when outside. If your dog jumps on people in the house, expect that he will be rough with other dogs. You can reverse these behaviors through positive training, but you need to realize that bad behaviors will most likely continue regardless of the circumstances until they have been unlearned by your dog.

**10. Always enforce your commands.** If you give commands, but do not enforce them, your dog will learn that there is no reason to listen to you. On the other hand, if you back up your commands with reinforcement he will quickly learn that you mean business. For example, if you tell your dog to sit and he ignores you, gently push him into the desired position and praise him. Always praise good behavior as a means of enforcing your commands. To know more about how to make your dog or puppy obey your command with the easiest and step by step dog training systems download this eBook now from [HERE](#).

## **Tips for Training Your Canine :**

**Puppies learn at various speeds.**

Some dog breeds tend to be thought to be very easy to train and respond quickly, while others require a lot more work and firm handling. How fast your dog will learn will be

determined by which teaching technique you might be utilizing, how constant you are and the breed of dog. It will additionally depend on what you are endeavoring to teach.

There is absolutely no age at which a pet should stop learning. Neither should you cease dog training simply because he has mastered all his primary commands or has completed taking conventional classes. You must keep training and teaching your pet dog his entire life. The pointers listed are to help you to teach your pet to learn anything which you choose to teach and at any age.

Always utilize the same command. Many dog owners inadvertently confuse their pets. A perfect example is demanding the puppy to get into the down position. If you'd like this to mean that the dog lays on the carpet with his belly flat then use the 'down' command. On the other hand, you can't then utilize the expression 'down' to tell your dog to stop jumping or to take his feet off the countertop unless you wish him to get into that position. If that's what you are requesting great, but many owners use the term 'down' at different times. If you'd like your dog to quit jumping use a different command word, try the word 'off' or 'floor' as an alternative. Commands words can only have a single meaning.

Always speak in a very clear voice. Whenever issuing a command it is exactly that a command. You are not requesting, you are telling your dog what to do. You do not need to employ an angry voice, just a very clear strong tone.

Keep training sessions short. Puppies tend to be easily distracted and bored especially young dogs. You will get far better results from three, five to ten minute practice sessions than 1 lengthy twenty minute training session.

Do not get angry or discouraged. If both you or the dog are having a difficult time with a certain command, stop and try again during the next session. Training takes time and patience but you need to make sure that it is a good positive experience.

It is best to begin training any brand new command in a tranquil location. For many new commands you should have the pups complete focus. You can best achieve this by removing as many temptations as you possibly can from the training vicinity. Once the dog has a basic knowledge of the command you can test utilizing it in more demanding places.

You must help to make training enjoyable. Dogs respond far better when you have a relaxed, positive frame of mind. Always conclude teaching sessions on a optimistic note, either having a exciting game or by performing several commands that your pet knows well.

## How To Stop Your Dog From Barking :

Few things in life can drive you crazy as a constantly barking dog. Whether they have that deep shuddering “Woof, woof, woof” or that ear piercing “Yap, Yap, Yap” it can do your head in very quickly.

The great news is that barking is not something that dogs need to do in order to be happy. In fact, generally speaking barking is a sign of stress, frustration, anxiety or over excitement and none of these emotions are particularly good for your dog.

Or you!

Remember a content, relaxed dog does not bark!

So lets take a look at one specific type of barking and get you started on putting a stop to it...

Dogs who bark when you are not at home is a very common issue. Usually people have no idea that they have a problem until the neighbour or even worse the dog control officer pays you a visit. Understanding why your dog is barking is the key to stopping it so you can actually address the cause of your dogs problem and not just treat the symptoms.

Now bear with me on this one because... you MUST remember you have to see it all through your dogs eyes!

So think of it like this...

Your dog is a pack animal and understands that there are leaders and followers.

And one of the pack leader's jobs is to protect the pack.

So when on Monday morning everybody leaves the house to go to work and leaves the dog at home alone they become stressed... and so would you if you lost your pack!

That's the reason why they're stressed and barking. They are calling out to you to come back. They just are trying to do their job.

Think about it... If you are a parent with a young 3 year old child, one of your main jobs is to keep that child safe, so you keep an eye on them. All the time. All over the house you know where they are. They are safe. You are relaxed.

If they suddenly walk out of the house and shut the front door behind them locking you in what would you do?

Chase after them? Of course...

But. What if the door was locked and you couldn't open in. And all the other doors and windows are locked. Then what would you do...

Phone for help? Your dog doesn't have that option!

Shout for help? Well that is exactly what your dog is doing...

You certainly wouldn't sit down, relax and have a cup of tea, knowing your young child was wandering around the streets alone.

Are you starting to see why your dog is stressed and barking when you leave now?

And all those other annoying behaviors such as chewing, destruction and trying to dig under the fence, or jump over the fence that only happen when you're not around... Yep, that's right. They are all symptoms of a stressed dog that's desperately concerned about you not being home and safe. Remember your dog can't speak English to tell you any of this!

So what's the solution? Well it's almost certainly not by giving them a bone to chew on whilst you are away. Imagine saying to the parent who is totally stressed that their young child is out on the streets...

"Don't worry, here's a box of chocolates"! You may love chocolates but it is not going to work in this situation.

Toys jammed full of food and other distractions do not treat the cause of the problem either. They are only treating the symptoms and so may work, if you're lucky, for half an hour or so – max – but not long term. Most of you will know that this doesn't work because you'll have already tried it!

The solution is actually very simple.

You need to become the pack leader in your dog's eyes.

Once you do this correctly your dog will not see it as their job to protect you.

You will be able to come and go as you please and they will be totally relaxed.

This is the real solution to having a calm relaxed dog. No tricks here, just an honest understanding.

Now. Becoming the pack leader is not complicated. Anyone can do it, however it's not really something that I can explain in 2 minutes here. If you take a look at Doggy Dan's website [Click here](#) he explains very powerfully how to establish yourself as the pack leader and stop dogs from barking when you leave them.

Here though are additional tips that you can use in conjunction with becoming the pack leader that will help stop your dogs barking.

- **Exercise:** Exercise your dog before you leave them – a tired dog is more likely to relax
- **Find the right space:** Try leaving your dog in different areas – some dogs will relax more outside, others inside and some prefer smaller areas such as a washroom
- **Fed and watered:** Always leave water down and make sure that your dog is warm and fed before you leave
- **Pick up the bones:** Leave toys around for your dog but not bones
- **Music and TV:** Consider leaving music on for your dog or the TV – these distractions can help
- **Herbal remedies:** There are some herbal products for dogs which can help relax them – but again they do not really treat the cause of the issue, they simply help relax them, and are also quite costly



- **Dog walkers:** A break in the middle of the day can certainly help break up your dogs day
- **Leave calmly:** Leave your dog calmly – whilst it's fun to get excited when you leave your dog it's better if you leave calmly. Try to say goodbye 5 minutes before leaving to help them stay relaxed as you go
- **Comfort jackets:** There are also jackets and shirts available that are designed to comfort them – however they are very expensive and have limited success in my experience. I even know of one dog that ate it!

Unfortunately the popular idea that getting another dog is going to stop the problem is something I would stay well away from. Remember the source of your dogs issue is not boredom. After all, many dogs who bark all day when the owners leave are the same dogs who lie around the house doing nothing most of the weekend when they are at home!

So with all that said hopefully now you have a far better understanding of your dog's problem!

I would suggest if you are really serious about stopping the barking immediately then take a look at Doggy Dans site and become the pack leader. That will be the end of your issue.

To take a free look around the site [CLICK HERE](#)

There is actually an entire section dedicated to stopping this sort of barking under the dog problem section "Separation Anxiety".

It's not hard but you have to understand your dog's problem through their eyes rather than human eyes! They do not want more bones, or biscuits shoved into a ball – what they want is a strong pack leader.

So get started now, don't hang around. The sooner you turn things around the sooner your neighbors will be thanking you for it!

## How to train a dominant dog :

Have you ever been in the situation where you are out for a walk with your dog, happily going down the street when your heart misses a beat and then sinks because you see another dog coming?

It means only one thing. Your lovely but very dominant dog is going to try to leave their mark on yet another dog. And you've no idea how badly this could go!

Even though the other dog is on a leash you know you're in trouble if they come too close, and so you start looking for an exit strategy...

But before you know it your dog is pulling like crazy and the hair on their back is starting to rise.

You've tried everything to stop this behavior. Like tugging on the leash, a different collar, distraction with food but nothing has made the slightest bit of difference. Now it's just a case of keeping them separated at all costs.

You've started to give up all hope.

So where did it all go so horribly wrong?

The thing that so many dog owners and trainers don't seem to understand is that if you've been giving your dog the wrong messages at home then it's too late to turn it around when you see another dog on the street.

The simple fact is this...

Dogs are simple animals. And I mean that in a very loving way. But they're simply not interested in bigger TVs, faster cars or their next holiday.

Rather, dogs are about survival. First and foremost. Which includes protect the property and the pack, especially when they are outside.

Now. Think about it. Dogs are pack animals. They understand there are leaders and followers.

And the leaders decide what is dangerous and take the initiative protecting the pack.

So what do you think happens when your dog thinks that they are the pack leader and they walk down the street and see another strange dog coming?

That's right. They walk up to them chest-up, head-up, tail-up and try to get them to back down.

And that's when it all goes pear-shaped.

But what started the reaction was giving your dog the message that they were in charge in the first place! That they're in fact the Pack Leader in your home.

This is where Doggy Dan's dog training method is so cool. He totally understands how to show dogs that you're the pack leader.

But what's really impressive is that he does it in such a kind and gentle way. And its very simple, he uses 5 Golden Rules.

When you can see Doggy Dan's pack around other dogs they do not overplay their role because they all know that he is the pack leader and so can take it easy.

Now of course all dogs are different and some dogs are naturally more dominant than others, and there are some who like to be more submissive. It doesn't really matter what kind your dog is.

The secret is this:

YOU need to be the Pack Leader. Once you establish this you will find all the other training tricks will start to work. A gentle pull on the leash, the distraction using a food treat and the gentle word of warning.

The fact is that the training approaches that you're currently using are probably really good ones but without a solid foundation they simply don't work.

Because in summary your dog is not taking any notice of you once the other dog shows

up. Your dog has bigger things to worry about, like protecting followers in their pack (you).

So, to turn it around... again, YOU need to become the pack leader.

Doggy Dan has given me some great training tricks that I can share that will help you achieve that calmer dog as the other dogs approach, so here are a couple. But remember, the pack leader foundation HAS to be in place first.

- **Food distractions:** This approach can really work with some food hounds! The key is this: use it as a distraction. Do not reward your dog after they have lunged towards the oncoming dog. Use amazing food, such as chicken or cheese. Not their usual biscuits!
- **Take it slowly:** Do not expect miracles overnight. Unless you've just put the pack leader rules in place! Often pushing things too fast will result in it going wrong, but going slowly builds confidence.
- **Master the walk:** Make sure that you've gotten control of your dog's walking before you meet the oncoming dog. If you need to consider a device other than a flat collar to achieve this then do so.
- **Stay focused on what you want:** It's easy to get sucked into following your dog's behavior but remember that you need to continue to show your dog exactly how you want them to behave.
- **Be ready to step in:** Stay focused on the best result but be ready to step in and quickly guide your dog away or gently tug or correct them. Once you've done this remember to relax immediately afterwards.

One of the things that I love about this whole method is that it works with your dog's natural instincts.

For example it's natural that one dog will be above another. You can't take that out of dogs. But by positioning yourself as the top dog in the pack, they will not be nearly as likely to become overly protective, tense, dominant or take things too far.

If you want to watch a great video of two dogs playing at being dominant and submissive then check this video out. [CLICK HERE](#)

If you're thinking that it's time to take control back from your dog, and become the kind and gentle pack leader that they are looking for then [CLICK HERE](#)

Remember that trying to deal with the problem when you see the other dog approaching is always going to be too late. It's about sorting out the real cause of the issue that will turn things around.

Your dog is just waiting for you to give them the right messages!

## How Can I Keep My Dog Calm Under Exciting Circumstances :

Let me start this part with a couple of human examples. To do that I'll need to ask you a question. What makes the difference between a well behaved child and a child that is out

of control? I think most people will agree that training is one of the very important things in that process. Yes simply teaching the child what is acceptable and what is not.

The same thing is true with your dog. First of all we need to consider the dog's age and I think you'll understand that a very young puppy is going to be more excitable and out of control than a dog that is older. However training should start with a puppy and not wait till your dog is older and has developed a bunch of bad habits.

Some of the exercises that can help with this include walking on a leash nicely so the dog isn't dragging you down the street or towards other people. The sit stay and the down stay are also very important exercises to teach control and to keep your dog calm. These exercises can all be taught to your dog starting at the age of four months. Again keep in mind just like a child your dog may be learning these exercises but won't be perfect with them when it is this young.

Okay so here's the good stuff. Now I'm going to share with you how to keep your dog calm.

#### Exercise

Yes, it's as simple as that one word, exercise. So how do we go about getting enough exercise to keep your dog calm? Go for daily walks. If 30 minutes doesn't do it shoot for an hour. In fact a lot of people love using a treadmill for this.

Another way to exercise your dog if it likes to chase a toy is to go out and play retrieve games. Yes, throw that ball or toy until your dog is worn out.

Now here's the best way to exercise your dog without you having to do anything. I love doggie daycares for this. Be sure that you choose a daycare that evaluates all new dogs for temperament before allowing them in the program. This will help assure you that your dog is with other friendly dogs. I have found that if you will take your dog to doggie daycare two or three times a week you'll be amazed at how much calmer your dog is. Doggie daycare offers nonstop activity for your dog and definitely gets rid of a lot of that energy.

### **Give Your Dog A Job :**

Is your Border Collie being mischievous? Is your German Shepherd digging under the fence? Is your Labrador Retriever driving you crazy by bringing you the ball? These are all examples of a bored working dog that needs something to do.

Quite often a new dog owner will buy a dog that's meant for working but their lifestyle is of the type that will not give the dog the exercise and work that it needs.

So here are some things that you can do to give your working dog a job.

1. Go for a daily walk - if 30 minutes doesn't seem to be enough shoot for an hour you'll be amazed at what it does for your dog and for your waistline as well. Even better yet if you are a jogger take your dog with you. Depending on its physical condition you may need to condition it for longer runs but it will be good for both of you.
2. If you have a dog that enjoys Frisbee teach your dog to catch a Frisbee and spend some time every day playing with your dog. In fact if you both get into the Frisbee game there are actually clubs that you can join in most major cities that include training and competition.
3. Obedience training is another way to give your dog a job. Yes obedience train your dog 2 - 3 times a day for a simple short no more than 15 minutes at a time session. You will be amazed at how a 15 minute obedience session can take some of the energy out of your dog.
4. If you would like your dog to use it's brain there are now several different toys that will challenge your dogs mind while it tries to figure out how to get a treat. Take a look at your local pet store or simple Google "mind games for dogs".
5. If your dog enjoys swimming you can always take him down to the river or your own pool if you happen to have one. Swimming is an excellent way to exercise humans and it works for dogs as well.

The key to all of this is to get your dog up and busy. If your dog has a job or is exercised well you will have less problems with it at home.

Remember what I have been saying forever, "a trained dog is a happy dog and an exhausted dog is even happier". So get out there and do something fun with your dog.

## **5 Common Dog Behavior Problems :**

If you are a dog owner then at sometime or another you've experienced some type of behavior problems with your dogs. In this part we will talk about 5 of the most common dog behavior problems.

1. Okay let's start with jumping. You may have a dog that's jumping on you, on the kids, or maybe visitors that come to your home. No matter what, jumping can be very annoying and actually dangerous when it comes to small children or senior citizens.

2. Barking is another problem that you may have experienced. It seems that most people don't mind their dog barking to let them know that somebody is at the door or even somebody is outside that shouldn't be. However none of us want that nonstop barking that annoys the neighbors and keeps you from being able to enjoy the peace and quiet of home. Teaching your dog to stop barking on command is the answer.

3. House training is another huge issue for some people. If your dog has not been properly house trained then your dog is probably soiling in your home. Let's face it that just isn't acceptable. In fact the lack of house training is the number one reason dogs end up in shelters.

4. Chewing is one of those habits that we want to eliminate quickly. If you have a puppy that's chewing on things you'll have an adult that does the same thing unless you break that habit early.

5. Digging can be very annoying and dangerous for your dog. Dogs dig for different reasons sometimes just out of boredom, other times to find cool ground, and other times to escape under the fence. Digging holes in your backyard can be very unsightly but digging holes under the fence can be dangerous because your dog can escape and possibly get run over.

I'm sure you're asking now that we've identified some of the common behavior issues how do we solve them. The answer is actually very simple, training and behavior modification. It's amazing but behavior problems all seem to disappear if your dog is obedience trained.

Other problems will require some behavior modification. What is behavior modification? Simply changing the way you do some things at home with your dog so that it is able to learn better habits.

If your dog is suffering from these common behavior problems simply read this ebook from [HERE](#) that can guide you through the steps to eliminate the issues.

## **Chapter 2 : Dog Health**

### **A Healthy Dog - 9 Area's To Keep An Eye On :**

Keeping a dog healthy and content is neither as easy nor as difficult as many people think. What it takes is an owner who is willing to devote the necessary time and energy to exercise, train, groom, and attend to the other needs of their pet. Conscientious dog care actually begins before you buy the dog, by realistically evaluating the time you have to spend on a dog and opting for a breed whose needs do not outstrip your resources. Good dog care is the dog owner's responsibility. A healthy dog requires proper nutrition, regular grooming and exercise sessions, training for good behavior, and plenty of love. And don't forget that even a well-cared for, healthy dog needs to be examined and vaccinated regularly by a veterinarian.

Although dogs can't come right out and announce how they feel, the alert owner can always tell something is not quite right by changes in the dog's normal appearance or behavior.

Each dog is unique, with its own characteristics, appearance, and personality. What may be normal for one dog may not be for another; only the dog's owner and veterinarian know what is normal for any one particular dog. Get acquainted with the way your dog acts and looks from day to day. Changes in appearance or behavior could be clues to possible illness. In general, however, the following describes the physical state of a healthy dog.

#### **Signs Of A Healthy Dog:**

**Skin** - Healthy skin is smooth and flexible, ranging from pale pink to brown, or black. Spotted skin is normal in dogs with spotted or solid-color coats. No scales, scabs, growths, or areas of redness should be visible. Dogs have seasonal shedding cycles, which may occasionally change. A healthy coat, however, is glossy and pliable, without dandruff, excessive oiliness, or areas of baldness. Make sure you check to see if your dog has fleas, or other external parasites.

**Eyes** - A healthy dog has bright, shiny eyes free of excessive watering or discharge. Eyelashes and hair should not rub against the eyeball; this is especially a concern for owners of longhaired breeds. The whites of the eyes should not appear yellowish.

**Ears** - The outside of the ear flap is covered with hair similar to the rest of the body. The skin inside the dog's ear is light pink, clean, and lightly covered with hair. A small amount of yellow, brown, or black wax may be present in the ear canals, but an

overabundance of this wax is abnormal. Healthy ears do not emit a bad smell, they are not red, swollen, itchy, or painful to the dog, and do not exude a discharge.

Mouth - Healthy gums will appear pink or pigmented (black or spotted) and will feel firm. The edges of healthy gums surround the teeth, which are free from soft white matter and hard white, yellow, or brown material. Your dog should not have unpleasant breath.

Nose - A dog's nose is normally cool and moist. Any secretions from the nose are clear and watery, not cloudy, yellow, or green, thick, or foul smelling. The nose should not be red or irritated.

Temperature - The normal temperature range for a dog is 101-102.5 degrees F (38.3-39.2 degrees C)

Pulse - The heart rate of a healthy dog depends on its size and condition. Normally, the heart beats 50 to 130 times per minute in a resting dog. It is faster in puppies and small dogs, slower in large dogs or those in particularly good physical condition.

Elimination - Urine excreted by a healthy dog is yellow and clear. Most adult dogs move their bowels once or twice a day; the stools are well-formed and generally brown. Large amounts of odorous, loose, or unusually colored stool are abnormal.

Weight - Even if your dog appears fine in every other way, it can't receive a clean bill of health if it is underweight or, more commonly, overweight. Obesity is usually the result of overfeeding and can easily be corrected by changing the dog's diet. An underweight dog, could have internal parasites or other serious health problems. To discover how you can care about your dog's health download this eBook now from [HERE](#) .

## **Canine Obesity: Steps to a Healthier Dog :**

The formula for weight loss is not a complex one, but it is one that you, as the owner, must commit to:

*Calories Burned > Calories Ingested = Weight Loss*

### **How Much to Feed**

The amount of food each dog requires varies depending on the food's quality and calorie count, as well as your dog's breed, activity level, and metabolism. Start out on the low



side of the recommended portion size listed on the bag and after a couple weeks assess your dog's weight. You can then modify the portion size accordingly.

Steps you can take to prevent overfeeding:

- **Close the buffet** - If your dog has access to food all day, he will eat all day. Instead, feed him a specific amount one to three times a day.
- **Prevent ninjaing** - If you have multiple dogs in your household, feed them separately to guarantee each dog is consuming only their allotment and not stealing your other dogs food.
- **Be consistent** - Use a measuring cup to keep track of how much food your dog eats each day. This helps the entire family stay on the same page when it comes to feeding portion size.

### **How To Handle Begging**

Don't give in to those big brown eyes and pathetic whining! Stand strong. Your dog doesn't know that excessive amounts of food and treats will hurt him and shorten his life expectancy.

That being said, there are a few things you can do to curtail the begging:

1. **Distract him** - Pet or play with him when he starts begging for food. Or better yet, take him for a walk. This is a win/win. Not only does he not get the extra calories, but he also burns a few.
2. **Feed him small meals more frequently** - This doesn't mean feed him more food each day, just break up his daily portion into two or three meals.
3. **Give him low-calorie, crunchy vegetables** - Baby carrots, broccoli, celery, and string beans, as well as apple, watermelon, and mango pieces, make good treats. Some dogs won't be fooled, but others will cheerfully chomp them up.
4. **Offer fresh water** - Water is cool and refreshing and might be exactly what your dog needs.

### **Treats**

It's easy to forget treats when factoring your dog's daily calorie allotment. Did you know that feeding a 40 pound dog a pig ear as a treat is the equivalent of a human eating two double cheeseburgers in addition to regular meals?

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