

WALKS = EXPLORING

Duration

Before 3 months of age, walks are not necessary. At 3 months, maximum 10 minutes per day. Thereafter, + 5 minutes per month of age. Once older, ± 30 minutes per day is sufficient.

Comfort

- 🐾 a calm and secure place to manage emotions and explore
- 🐾 walking slowly promotes the development of deep muscles that ensure joint stability
- 🐾 ergonomic harness and long lead provide the necessary physical comfort

On the walk

Whether free or on a long lead, the puppy moves in all directions, except in a straight line 😊



The most joyful way: free!

WHY ADOPT ME?



- ✓ To respect my canine nature (activities, living space: garden, non-slip floors, no endless stairs, ...)
- ✓ To bring me PATIENCE, love, calm, kindness and well-being
- ✓ To accompany me in my puppyhood and throughout my life
- ❖ Not for competition
- ❖ Not to coerce or force me
- ❖ Not for participating in activities unsuited to my puppy/dog nature (e.g. fetching a ball, running,...)



Before or after adoption,
for advice or information:

info@happyandrelaxedogs.com

activitespourchiensepanouis@gmail.com

Activités pour chiens épanouis ASBL

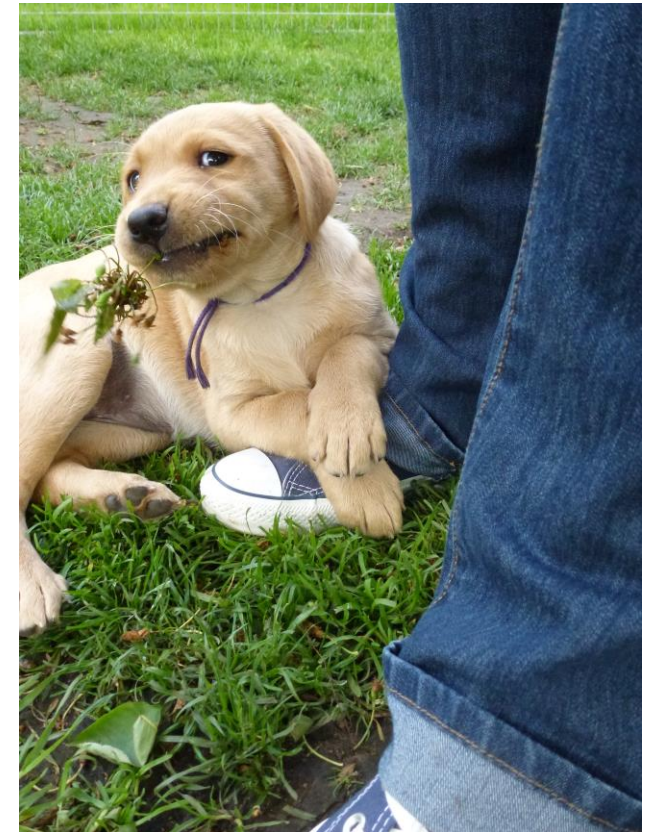
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ADOPTING A PUPPY?



A FEW BASICS

BASIC NEEDS

Sleep

🐾 ± 20h/24 for a puppy, ± 16h/24 for an adult dog (from ± 24 months, depending on the breed)

🐾 Feeling safe: in a quiet place, with company, on a comfortable bed, in daylight (locked up in the dark is not an option), without being woken up

Water Clean and fresh, available 24/7

Food 3 times a day, if possible 4 times

Chewing Soothing and relaxing

Toileting

When they need it, no punishment for accidents

A social and sociable animal

Do not leave a puppy alone: it's not natural – even less so for a puppy of a few weeks old – they will learn later



GOOD HABITS

Discovering the world little by little, at a distance if necessary, at their own pace, without forcing them:

🐾 new people, materials, smells

🐾 new places, sounds, animals, environments

Using their nose every day: in the garden, during walks, during nose games (searching for treats, pâté or toys), to develop their confidence, concentration, proprioception

Communication:

🐾 Behave and speak calmly, to be consistent with the puppy, who we also ask to be calm

🐾 Body language is the dog's native language and is therefore more effective than verbal language

🐾 The hand signal: easy for us to do and easy for the dog to understand

🐾 The long lead is a means of communication, not a restriction

RECOMMENDED BOOK AND DVD

🐾 *Calming signals: On talking terms with dogs* by T. RUGAAS (book)

🐾 *The wee signs of the dog* by T. RUGAAS (DVD)

GOOD HABITS

Having social activities (one new encounter at a time): choose a balanced adult dog or another puppy



Visiting the vet

🐾 To say hello and get a treat

🐾 To get our dog used to it: touch only one part of his body for a few seconds, stop before he gets impatient and let him move away if he wants to

Respecting the nature of each dog

Each dog has his own physical abilities and character traits

Basic learning = Safety

🐾 The recall: being happy to come back to us every time

🐾 Walking on a loose lead

🐾 Wait (using the hand signal): before getting out of the house or car, to cross the street safely