

AN ERGONOMIC HARNESS: ALWAYS!

A collar or ill-fitting harness can cause problems:

- 🐾 behavioural
- 🐾 hormonal, joint-related or muscular
- 🐾 neurological, digestive or ocular



A LONG LEAD: ALWAYS!

- 🐾 Never use a retractable lead that exerts a constant pull
- 🐾 A long lead can be shortened, a short lead cannot be lengthened
- 🐾 Short leads cause discomfort and stress => increased heart rate (see study: www.dogfieldstudy.com)
- 🐾 A long lead allows our dog to **explore** (curiosity) and **choose his direction** (choice and communication)

GOOD HABITS

- 🐾 Let's walk **slowly**
- 🐾 Our lead is at least **3m** long
- 🐾 Our **wrist** in the lead handle: a matter of safety that can save our dog's life (e.g. if he starts to run away out of fear, play or hunting)
- 🐾 Hold the lead with **two hands**: one to guide and stabilise, the other to manage the excess length (reserve)
- 🐾 The lead should **not drag** on the ground: our dog may get his paws caught

WALKING ON LEAD WITHOUT PULLING

Does your dog pull on his lead, lunge at other dogs or chase joggers or bicycles? Want to learn more about your dog's body language and behaviour?

Do not hesitate to contact us

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THE "PERFECT" WALK ?



USING A HARNESS AND LONG LEAD

BODY LANGUAGE = COMMUNICATION

On walks, our dogs constantly use their body language to **communicate with us, with their environment, with other dogs or with walkers.**

Dogs use about 30 different **calming signals as a way of being "polite"**. Keeping our dog on a short lead and/or making him walk at heel prevents him from communicating properly with his environment.



**LET'S OBSERVE OUR DOG,
SEE WHAT HE "TELLS US"
AND ACT ACCORDINGLY**

EVERYONE HAS THEIR LIMITS

The lead is a means of communication, not of restriction. Thanks to the long lead, our dog can "tell" us when he would prefer to **avoid a confrontational/difficult** situation. Let's be a good parent, "listen" to him and avoid putting him in a defensive position.

Let's curve around what's bothering him. Whether it's an object, another dog or a person, let's give him **time** to get around it with **enough distance**. If our dog doesn't curve on his own, let's show him how. Let's do the **hand signal** (palm towards our dog, hand placed between him and the difficulty).

Respecting his boundaries will allow our dog to gain confidence and push back his boundaries on his own.



WALKS = EXPLORING

A curious dog is a healthy dog.

Let's give our dog the opportunity to be curious, by allowing him to walk ahead, to the left or to the right (without pulling). When we use a long lead, our dog can **sniff everywhere**. A long lead allows for **choice** and **encourages his natural curiosity**.



Curiosity is the natural stimulus for developing new cells in the brain and creating new connections between them. Whether it's **a puppy, adult or senior dog**, curiosity is what keeps the brain young and healthy!

Let's walk slowly and stop when our dog wants to sniff or just look at something.