

Fireworks & Dogs

A TRAINING GUIDE



Brought to you by K9 College Dog Training, LLC

"While 4th of July can be tons of fun for us humans, the loud bangs and smokey smells can be terrifying for many dogs. As responsible pet parents, we all know how important it is to come up with a preparedness plan."

CLARE OWINGS



TABLE OF CONTENT	PAGE
Introduction	4
Know your Dog	5
Why Dogs are Scared	6
How to create a Safe Place	7
Training Games	9
How to Prepare the days before the 4th	12
Products to Support your Dog	13
How we can Help	16

CELEBRATE WITH JOY & PRIDE!





Clare Owings and
her beloved Aussie Ruger

LAND OF THE FREE

Home of the BRAVE.

Happy 4th of July

Introduction

July 4th is the is the busiest and most dreaded day for the animal community. Shelters reach capacity during this holiday, as many dogs flee their home in a desperate attempt to escape the sounds of the fireworks. Dogs go missing, the lucky ones end up in shelters, others are tragically killed.

As a Professional Dog Trainer, I want to educate and empower you with the knowledge you need to prepare your dog for a safe 4th of July.

This is a free e-book, please share with your community so that we can help spread the word.



KNOW YOUR DOG

More dogs are lost over the 4th of July holiday than any other time of the year. But whether it's year-round fireworks, thunder, ambulances, balloons, popping, or any other scary sounds, it's never too early to prepare your dog.

**With training, you
can help desensitize
your dog to become
less afraid.**

Why Dogs are Scared

Your dog's acute hearing makes him more sensitive to the sounds of fireworks than you are. During fireworks, your dog experiences the same kind of startled response you do, when you're surprised by a loud noise. This may mean an increase in heart rate, a rush of adrenaline, and an increase in stress hormones circulating through the body.

So you see, it is natural for dogs to be afraid of loud noises. The sounds trigger their nervous systems, and they can become anxious or afraid. Running away from the noise is a survival instinct. Remember, to your dog, the experience of fireworks is different than other natural loud noises, Fireworks are closer to the ground, more vibrant, and are accompanied by sudden booms, flashes and burning smells. Dogs experience the world through their senses — nose, eyes and ears.

Dog's have Acute Hearing

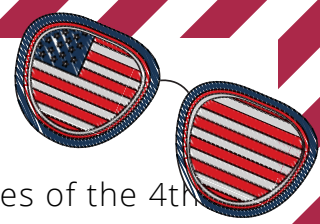
CREATE A SAFE PLACE

Best case scenario you stay with your dog through the festivities and snuggle up watching a movie with your furry friend. If you can not be with your dog, you will want to make sure you create a safe place for your dog.

Creating a safe place for your dog to hang while you enjoy the festivities can help prepare your dog for a successful night over the Holiday. While there is not a one-size-fits-all solution, there are a number of ways of making a comfortable safe place to consider when a dog is not a fan of fireworks. You can create a place where your dog will feel comfortable. You should get your pet used to a calming environment beforehand. Dogs are den animals — they're looking for that cave to get away from it all. Here is a list of topics we will cover when creating a safe place:

- Location
- Containment
- White Noise
- Comforting Items
- Essential Oils





Location

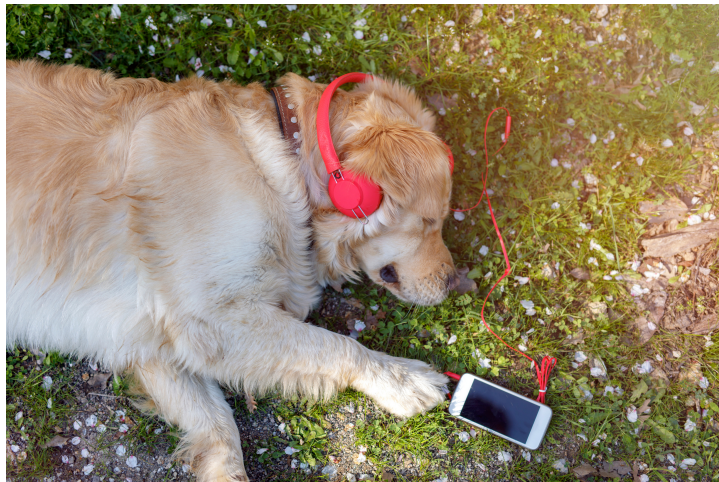
When choosing a location to have your dog rest while you the Festivities of the 4th are taking place, you will want to consider a place that has limited opportunities to escape, away from windows. Choose a place furthest from the festivities such as back of the house, basement, a master bathroom or walk in closet so that they can't hear or see fireworks.

Comforting Items

Leave a dirty shirt or blanket with your dog, your scent can be very comforting.

Play White Noise

Try leaving on the AC, a fan, Dog TV, or Soothing music that can help mask the sounds of the fireworks. There are hundres of classical, reggae, jaz stations that have a calming effects for dogs.





BOOM-CLICK-TREAT

A Fireworks Desensitization Game

DO THIS EVERY DAY! SET UP MULTIPLE TRAINING SESSIONS IF POSSIBLE!

To begin, prepare your dog's absolute favorite high-value reinforcement treats. Get some good stuff out!

Start playing firework sounds (using youtube) at a very low volume, almost undetectable.

Monitor your dog's body language for any signs of stress: Lip licking, yawning, not taking food, avoiding the area, ears back, whale eyes (bulging eyes - when the whites of the dogs eyes are visible) and look for stress signals.

After each loud firework sound offer a high-value treat to your dog. If your dog is enjoying their food, gradually raise the volume every 2 minutes.

If your dog appears nervous or worried, lower the volume or move away from the sound source.

Play "Boom, Click, Treat" game every day leading up to the 4th of July.

During the game alternate with indoor games such as fetch, human play, tug, or even take it on the road for a sniffary adventure.





WHAT WAS THAT?

A Sound Desensitization Game

DO THIS FREQUESNTLY SET UP MULTIPLE TRAINING SESSIONS IF POSSIBLE!

To begin, prepare your dog's absolute favorite high-value reinforcement treats. Get some good stuff out!

Start by playing using something very soft like a pillow or blanket and when your dog is not looking drop the item. When your dog looks over at you say the words "What was that?" and offer a treat!

Monitor your dog's body language for any signs of stress: Lip licking, yawning, not taking food, avoiding the area, ears back, whale eyes (whites of the dogs eyes are visible), and look for stress signals.

After each drop, change the object to an item that makes a louder noise, and repeat the game. Always offer a high-value treat to your dog. Play this game randomly throughout the day, and even have a family member help out with the sudden noise.

Play "What was That?" game frequently leading up to the 4th of July.

During the game alternate with indoor games such as fetch, human play, tug, or even take it on the road for an adventure.

HOW TO PREPARE FOR DAYS BEFORE THE 4TH OF JULY

Top three tips to prepare:

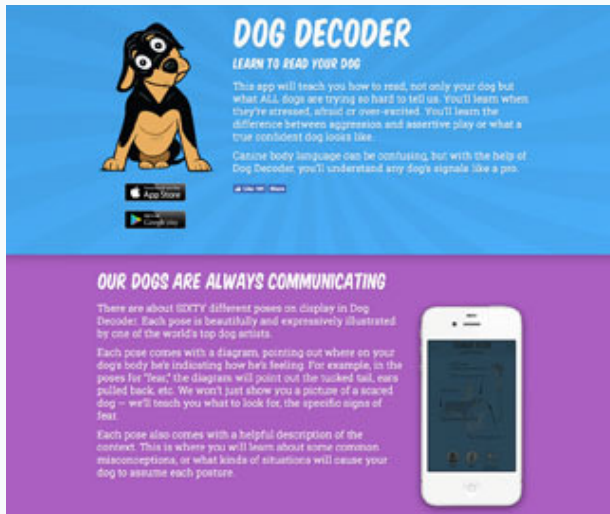
1. Exercise- Provide your dog with breed specific exercise to help drain your dog's energy. Be sure not to expose your dog to anything that can have your dog in the red- zone.
2. Interactive Feeders- Prepare some frozen feeders that keep your dog occupied little longer than their usual meal time. Challenge your dog mentally with some new enrichment ideas.
3. Training- Using a combination of your dogs meal and some higher valued treats you will want to do some training to help mentally challenge and to help desensitize to the sounds of fireworks weeks before the festival day.

7 Day Fireworks Preparation Countdown

When you first bring home your puppy you will want to establishing a routine. Your new puppy needs structure to feel secure, safe and know what's expected. The best way to do this is to create a schedule and stick to it. Having your puppy on a routine, makes it easier for everyone in the family join in on the responsibilities.

Days	What to Do
Day 1	Exercise your dog, as appropriate for their age, breed and temperament. After your dog is a bit tired, begin training. Start playing Boom-click-treat Game 5 minutes at a low volume, followed by an enrichment Feeder. Let your dog rest and Repeat x 1.
Day 2	<p>Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing Boom-click-treat Game 10 minutes increasing volume every 2 min, followed by an enrichment Feeder. Repeat X1</p> <p>Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing What was That Game a few rounds, followed by an enrichment Feeder. Repeat X1</p>
Day 3	<p>Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing Boom-click-treat Game 15 minutes increasing volume every 2 min, followed by an enrichment Feeder. Repeat X1</p> <p>Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing What was That Game a few rounds, followed by an enrichment Feeder. Repeat X1</p>
Day 4 ~ 4th of July	<p>Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing Boom-click-treat for 20 min for your dogs am meal, followed by enrichment and nap. Afternoon play the What was that Game, Rest.</p> <p>Exercise, as appropaite for their age, breed, and temperament. After your dog is tired, play the firework sounds at a volume your dog is non-repsonisve to while they enjoy their enrichment feeding. Plan to exercise your dog a again before it gets dark.</p>

PRODUCTS TO SUPPORT YOUR DOG



KNOW YOUR DOG - Brush up on your canine body language skills, so that you can recognize signs of stress: excessive panting, shaking, pacing, drooling, trying to escape, hiding in tight spaces, won't take food, unexpected potty accidents, whale eyes, desperate whining and barking are all signs that your dog is suffering. Download DOG DECODER app to help your family learn to better recognize body language!



Pet Tracker & Activity Monitor that tells you how much activity and rest your pet is getting and tracks their progress with customized goals set by you.

There are many that you can attach to your dogs collar so just in case your dog gets out you can track immediately even from your phone.



MORE PRODUCTS



Harness, collar, tags with phone number on it and keep your dog **leashed** when outside. Put your dog's equipment away before the front or back door opens. Microchip! Make sure your dog is **microchipped** and the registration is up-to-date with your current contact information. Contact your vet if needed to schedule this way before the festivities.



The ADAPTIL Calm Home Diffuser Kit provides “comforting messages” (dog appeasing pheromones that mimic a mother's nursing pheromones) that helps dogs feel calm and relaxed in situations like loud noises (thunderstorms and fireworks), being home alone, traveling or other fearful situations.



MEDICATION & SUPPLEMENTS

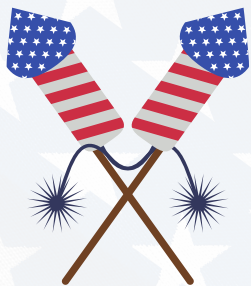
AS A PROFESSIONAL DOG TRAINER WHO PREFERS A HOLISTIC APPROACH TO ANIMAL PARENTING, WE PREFER MANAGEMENT & TRAINING TO MEDICATION EVEN IF THAT MEANS FINDING A WAY TO AVOID THE HOLIDAY!

If your dog extreme phobia and if you wonder if medication can help...

LOOK FOR A HOLISTIC VET IN YOUR AREA.



Need More Help?



CONTACT US FOR A STRATEGY CALL,
SO THAT WE CAN GIVE YOUR MORE
PERSONALIZED GUIDANCE.

CONTACT

K9 COLLEGE DOG TRAINING,LLC
CLARE OWINGS

Email ~ www.k9cdt.com

Phone ~ 443.807.7547