

THE QUARTERLY DRIBBLE

From your local canine expert

Jo Loft - IMDT KCAI (ag)

Autumn 2021

£7.99 (where sold)

Inside the...

**BIGGEST
EDITION
EVER!**

Exclusive

Discount Codes

**Crate
Training
Tips**

🐾 Do NOT give up on crate training!

🐾 King Kong

🐾 Love them or hate them - it's firework season!

🐾 Trick - Wipe your paws!

🐾 Agility...what a ride!



Testimonials

It can be daunting in a world of so much information, not knowing where to turn when you need some help. Don't take my word for it...here are some **TRUSTPILOT** reviews



Colleen
Stevenson

Top dog trainer

Jo has been working with us and our 6 month old border collie for a couple of months now. She has been a lifesaver and made (and continues to make) a massive positive difference. Our dog loves her, as do we, he is so excited when we see her (of course it isn't the treats!). Jo gives WAY above and beyond to her clients, we wouldn't be without her.



ALISON
ABBOTT

Great support from Jo

It has been fantastic working with Jo. She has really helped us to manage the situation with a new puppy and our existing 6 year old dog. With her training help, our puppy is progressing really well and the situation between the dogs has improved greatly already. Jo has been a great support to us and I cannot recommend her enough!



Jo Trott

A lovely warm, friendly trainer....

Jo is lovely and you can warm to her straight away. She is passionate about her job and dogs and its shows. I like the way she never makes you feel like you have failed if things are not going according to plan... I would definitely recommend her.



Katy Parrott

Jo is a kind and caring trainer

Jo is a kind and caring trainer, with lots of good ideas and she always puts the dog's best interests first.

I have been to trick training and agility classes taught by Jo, both my dogs and I have thoroughly enjoyed ourselves and I definitely recommend her.



Lana

Five star dog trainer ★★★★★

Jo is brilliant, Having not met her and only been to an online class of hers (which is free may I add 🥰) jo's energy is brilliant. She is funny and explains things in a really easy way to understand. An online class was actually fun and very friendly and I have learnt heaps already, but best of all I understand why I am doing what she asks. I can't wait to do more. I have also spoken with jo privately after the zoom class and she has been so willing to give me hints and tips to better my dog. I am so grateful I stumbled upon her online classes and a chance to ' meet' her . Jo clearly loves what she does and is passionate about dogs too. Thank you.

FIREWORKS...LOVE THEM OR HATE THEM?

No matter what the topic, we are all entitled to have our own opinions on anything, from which baked beans are better, to which member of Take That is the best! (This is not up for debate by the way - Gary Barlow Rules!)

But one thing that is always up for debate and divides opinions faster is the use of fireworks!

I personally HATE that they can be sold to anyone and those huge fireworks, normally seen at organised events, now seem to be set off from someone's back garden. I don't mind that people want to celebrate Guy Fawkes, New Year (Bring on 2022 quite frankly) but surely letting your neighbours know with a note through the door would be a kind and simple thing to do.

Even as a trainer my dogs still have fears and phobias. I have spent many years acclimatising my dogs to fireworks. However, last year the loudest eruption I have ever experienced (and I have owned a Labrador) boomed across the neighbourhood causing Dexter to fly into the double-glazed window in such a panic that he injured himself.

I have spent this year building his confidence back up and thankfully there are so many brilliant online resources to use when you need to help your dogs with an issue like this, although there are differences between recordings and the real thing. However, it is a nice gentle way to start building your dog's confidence.

Start with the volume VERY low while doing some fun training and dispensing some yummy treats. Gradually increase the volume over many weeks. You can find some great firework resources on the Dogs Trust Website including a 21-page booklet and sounds to play – link below.

Never force your dog to do anything he is not comfortable with. If you are not sure how to help your dog, then contact a professional, as you do not want to inadvertently make things worse.

<https://www.dogstrust.org.uk/help-advice/dog-behaviour-health/sound-therapy-for-pets>

PRACTISE WITH THOSE PAWS

With winter around the corner, this means only one thing...MUD! Have you been lucky enough to bring a puppy into your life this year? I would say have you enjoyed the gorgeous weather...but this year has been rather...well... rubbish!

But as we know (although who can say with this year's weather) things are only going to get wetter and muddier! As pooch parents, we know mud is going to be an issue in the winter months, "Not a problem!" you say.

However, if you got a 'POO' cross, be prepared! They are what I call "Viledas" they just soak up ALL the muck! What does all this muck, mud and decomposing leaves mean? It means muddy paws and more towels than you can wash and dry in a day. But don't just take the cleaning of paws for granted.

Dogs can be really sensitive to having their paws wiped so you need to start training them NOW. It is never too early to start and best to practise before you're covered in all things gross and horrible! If you start with clean paws and yummy treats just for a second on two and gradually build this up then by the time it comes to the gross stuff you will have a woofers that stands still while you work away to protect all things clean and precious indoors.

My absolute TOP TIP for training paw handling is on the next page. Just remember, start slow and with short training sessions, if your puppy is chewing on that towel while you try to work give them something else to occupy them.

Believe me, putting in this work NOW will be well worth it - you won't end up battling the bog monster puppy from hell and then have to spend the rest of the day cleaning your carpets!



PRACTISE WITH THOSE PAWS

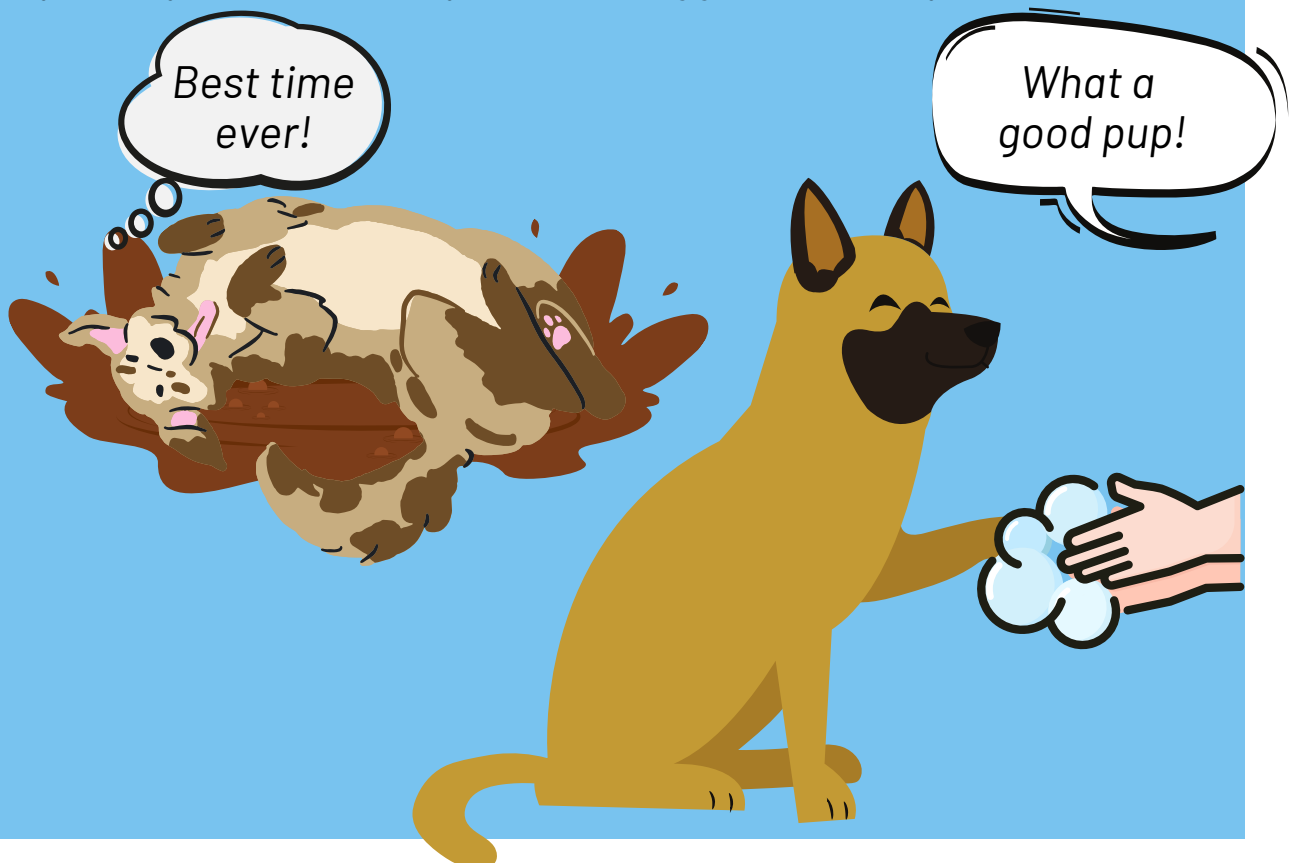
MY TOP TIP

Use a likimat or safe wipeable wall/door (such as fridge door) and smear on some yummys, we all know the ease of “Primula” cheese so this is a good option but of course ANYTHING that can be smeared onto something and licked up is your best bet.

While your pup is busy enjoying this tasty luscious licking session you can just start with touching paws gently (especially if your puppy has super sensitive paws), go at your puppy’s pace.

From touching with your hand to then adding in a towel and cleaning. Sometimes I also like to use a damp towel for this as well so my pups can really feel some different things while they’re licking away.

If your pup becomes uncomfortable, stop and try again later – take a step back and do shorter sessions until they are more comfortable. Don’t rush or force your pup to have this done, as you may soon find that you have a bigger battle on your hands!



TIME FOR TRICKS

Carrying on with the mucky theme why not have a go at teaching your dog to wipe their own paws! Yup! You can do this...although I'll admit I've never carried on to teach the back feet to my dogs so if you do then don't forget to share a video with me.

You will need

Dog

Towel

Treats

1. With your dog standing in front of you lay the towel out flat on the floor.

2. Stand on the towel with your legs slightly apart and then give your feet a little wiggle to stretch the towel out so that the area of towel between your feet is nicely stretched across the floor.

3. Show your dog a treat and pop it just under the edge of the towel between your feet, not too far back as you want your dog to be able to get the treat with their nose. Repeat this a few times so your dog knows that there is a treat just under the edge of the towel.

4. After a few repetitions put the treat a little bit further back so that using just their nose doesn't result in getting the treat.

5. As your dog tries to get the treat with just their nose they will realise that they can't so they will scratch with their paw.

6. As your dog scratches the towel with their paw say "good" and give your dog a treat from your hand and then let them have the one from under the towel by lifting the towel.

7. Repeat, put another treat just far enough under the towel so their nose so they cannot reach and when your dog scratches for the treat say "good". Keep repeating this a few more times until your dog goes straight for the scratch of a paw without even thinking of using their nose.

TIME FOR TRICKS

8. Once your dog is scratching with just one paw on a regular basis wait a few seconds (5-10 seconds, max depending on your dog.) We want to see if your dog will then scratch again, either with the same paw or the other paw. As your dog does a second scratch say “good” and reward. If your dog doesn’t do a second scratch within 5-10 seconds then restart the exercise and build more understanding with one paw scratch.

9. Gradually add in more paw scratches before your dog earns a treat.

10. When your pup is doing a good amount of scratches then start giving this behaviour a cue. Don’t give a behaviour a cue too soon, as you’ll just name an incomplete behaviour. You can call it anything you want, like...feet, paws, clean, wipe, towel. It doesn’t matter so long as you’re consistent with your criteria.

I’ll try and find time to do a video of this and post it to my YouTube channel so don’t forget to check it out.

If you want to try and teach your pup to wipe their back feet, then the easiest way to do this is with “shaping” – which means rewarding every tiny little stage needed towards the end behaviour.

Which could look something like this –
Reward one back foot on the towel,
reward back foot as it moves slightly,
reward paw backwards motion,
reward back paw movement but without walking backwards as this is another trick entirely. I have never taught back legs myself as I have always found it tougher but if you do manage it then don’t forget to share your videos on the FB group.



KONGS ARE THE BEST THING EVER!

I'm going to put this right out here now...Kongs are the **BEST THING EVER** for our dogs. They can be filled with so many things that it NEVER has to be the same for your dog!

We can give our dog their daily meals in a Kong, maybe a special treat, perhaps you like to keep a frozen one ready to go in case of a visitor or you have the desire to watch an episode of your favourite show without having to keep letting your nosey barker out into the garden to investigate which moth has been bashing up against the window for the past five minutes!

Kongs are brilliant in so many ways. I think I must have about 15 of them lying around indoors ready to be stuffed with all sorts of yummy goodness.

The internet is KONG STUFFED full of recipe ideas but you can use ANYTHING that is suitable for your dog to eat so why not use some of your dog's favourite things...if you want the treat to last longer why not freeze it as well...don't deep freeze it for ages though as if they drop that from the top of the stairs it will be like having a brick thrown around your house!

If you would like to start using a KONG, there are some great recipes to try on the official Kong website:

<https://www.kongcompany.com/lets-play/recipes>



TIME FOR A CUPPA WITH YOUR PUPPA

L	D	T	O	W	E	L	L	E	F	W	A	L	N
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D	S	S	M	H	W	Q	O	O	I	S	T	E	W
L	N	I	P	P	Y	I	U	B	S	I	D	L	O
O	S	E	R	L	O	D	N	I	W	S	C	C	L
G	L	U	O	D	B	P	U	D	N	E	E	O	L
G	I	E	R	A	O	L	O	R	W	O	B	Z	A
R	P	N	L	A	X	R	E	P	E	B	X	Y	H
N	P	P	I	O	I	D	A	F	C	D	O	O	C
B	E	O	T	C	R	N	T	N	C	O	E	W	O
D	R	U	S	T	L	I	N	G	G	I	R	L	L
N	Y	U	O	O	P	U	D	D	L	E	S	N	D
E	H	A	R	V	E	S	T	L	E	A	V	E	S

- EQUINOX
- PUDDLES
- GOLDEN
- RUSTLING
- RED
- HARVEST
- NIPPY
- WIND
- COLD
- ORANGE
- RAIN
- POPCORN
- CHILL
- COZY
- TOWEL
- HALLOWEEN
- CUDDLES
- SLIPPERY
- LEAVES
- STEW
- MUD
- SOUP
- COBWEB
- BREEZE

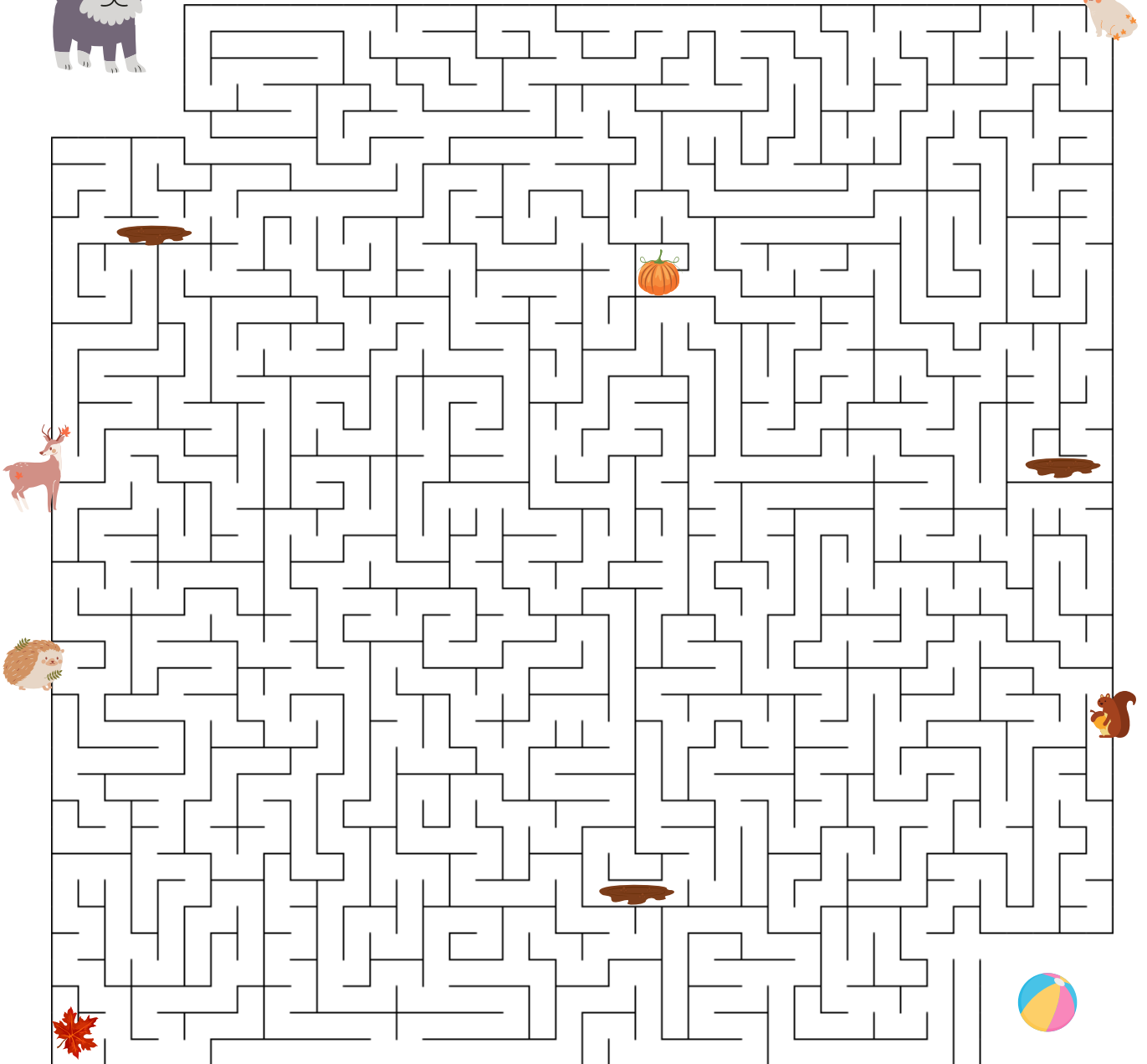
**GET CREATIVE, COLOUR AND SHARE
YOUR ART WORK WITH ME**



TIME FOR A CUPPA WITH YOUR PUPPA

HELP MAISIE THROUGH THE MAZE TO FIND HER BALL

CAN YOU HELP HER
TO AVOID THE DISTRACTIONS?



WITH SPECIAL THANKS TO COLLEEN
THIS GIANT EDITION MAZE IS ESPECIALLY FOR YOU

AGILITY...WHAT A RIDE!

Go back almost “cough cough” years and you will have met me at the start of my agility training with Dexter. To say that agility has a steep learning curve is an underestimate! However, I had Dexter along for the ride and he was just the most AMAZING dog to learn with. Every week we trotted off to our group classes and on that first lesson we were hooked! We made friends, who we still see at shows all the time and immersed ourselves into the agility community.

From that first lesson, we practised all the time. Using anything we could: banana boxes and general garden detritus...we didn't need any special equipment we were having fun together. I can remember making an actual “course” in my living room around the furniture! Yes, even at “cough cough” years old! (If you know me well enough you won't be surprised at this confession)!

Before that first year of training was out, we were entered into our first fun show and that is where the addiction really got its teeth into me. Not only was I travelling across Sussex to attend shows, but over the first few years it was the entire country! I got my first teenie tiny tent...which lasted two camping sessions before it succumbed to the rain!

As well as competing in agility competitions, we were camping and making mini holidays out of the time there. Bliss! I had no expectations, I just wanted to have fun with Dexter.

We soon started getting the rosettes! No matter what rosette it was, Dexter, (bless him) was photographed with his haul either with a great big smile or with the rosettes propped against him while he was fast asleep recovering.

When you go to shows when you achieve certain wins, then you start to progress through the competitive “levels” called grades. When you first start everyone is in Grade one, with the top grade being Grade seven.

AGILITY...WHAT A RIDE!

Throughout Dexter's career he has given me more than I could ever have imagined...especially as he was the last left in a litter of woofers born and bred in Horsham! Luckily for me, I just happened to stumble across one day him and it was love at first sight- I wasn't even looking for another dog at the time but it was like MAGIC! A week or so later Dexter came home, I named him Dexter after the book and TV series "Dexter" about a serial killer and his Black Shadow. Even as I type this, Dexter is sprawled out on the floor behind me, always there, my own black shadow...which is not amusing in the middle of the night when I need to go to the bathroom, but over the years I've learnt to do a special "Dexter" shuffle to get across the floor without stepping on him.

Dexter always seemed to surpass himself at some of the largest shows each year- his favourite being held at the South of England Showground- he always came home with an amazing win from that show.

Over the years, Dexter achieved a number of special "goals" that I didn't even know existed:

- Runner Up Grade 2 dog of the year with the Agility Club
- Agility Warrant Bronze
- Agility Warrant Silver
- Agility Warrant Gold
- Getting to Grade seven
- Champ Final
- And the amazing **Crufts**!

Not bad for a furry little fella from Horsham!



AGILITY...WHAT A RIDE!

At the beginning of September this year, we attended one of our last shows of 2021, which ended up being more eventful than I thought it would be. I had my first ever judging appointment, Beanz and Alan entered their first KC classes and Dexter got his very last First Place! I decided that Dexter should retire on a high! Even though he still has more shows in him I think he deserves to go out on top! He can do no wrong, he is my superstar and we made dreams come true together. Now Dexter can rest up and the cycle can start again with Beanz and Alan (Those that know Beanz and Alan will know how hard I've had to work to get this far with the Fluffer Brothers!).

I wanted to share my story so that you are well aware of what could happen if you start agility training! It is addictive, it is fun...you will have arguments with family and friends as you're always away at shows (I have a number of ex-boyfriends that can attest to this - NEVER ask me to choose between you and my dogs)!

If you think that you would like to give agility a try, then you can start foundation exercises when your dog is six months old and then full training can start from 12 - 14 months old depending on the breed/size of your dog. I am more than happy to help you with your agility journey and I'll be there along the way to support and cheer you on if you ever want to try competitions as well. Why not take advantage of a special 10% OFF your first agility lesson with me, just send me an email and I'll send you the code.



WARNING!

Agility is addictive!

CRATE TRAINING

WHY YOU MUST DO THIS!

I'm going to get straight to the point...there is no reason NOT to crate train!

A crate is not a place of punishment, it is your dog's own safe space that they should be able to relax in when needed. Not only is it for rest and relaxation but travel, vet visits, grooming salons, daycare, boarding.

Where do you think your dog stays when they have a stay at the vets... HINT...it's not a giant sofa out the back! What do you think happens at daycare/boarding establishments if they need to separate dogs for any reason? HINT...it's not a giant sofa out the back!

Do you see where I'm going?

Recently - although this doesn't apply much in the UK - there were some large fires in the USA and evacuation centres would ONLY take dogs if they were crate trained!

Crates should be somewhere that your dog can settle in (with the door shut) for a period of time before being let out for a break.

Recently a lot of new puppy owners I've spoken to have given up on the crate. No one said getting a puppy was easy and giving up on the crate so soon is not wise.

You cannot expect a puppy to just sit in a crate quietly if you have not done any training. Imagine being abducted by aliens and thrown in a cell...you have no one around you recognise, they all speak a funny language, it looks and smells funny! I think I'd make a fair bit of noise as well.

CRATE TRAINING

WHY YOU MUST DO THIS!

However, if one of the aliens gives me nice things, cuddles me, makes sure I have all my needs met and rewards me for being in my crate for a little time and then gradually a bit longer. Maybe they put a nice blanket in there (preferably one of those fluffy ones with Gary Barlow's face printed on it) and a plate of jaffa cakes. Well before long, if nice things keep happening to me, I will begin to enjoy being in there a little more.

Crates are a great way to teach our puppies to settle, it also means when we go out that we know they're not chewing on the furniture or pooping all over the place. There are NO reasons NOT to crate train your puppy, even rescue dogs will benefit (although consideration may need to be taken about their history- see another note below on this).

Some great breeders may even have done the crate training for you before you get your puppy, if you find a breeder that has done this for you then you are likely to be off to a good start.

There are lots of things that can be done to make the crate more appealing to your pup, so please...do not give up on this element of training!

Rescue dogs especially those from abroad - have not usually been crate trained. Sometimes their first experience of a crate is being taken from their pen/kennel and put in a crate on a van and transported hundreds/thousands of miles across the continent. Maybe they were moved from one van to another with lots of other dogs confused about what was happening. I see a number of dogs from abroad that struggle with loving their crate to begin with, however, with sensible training, this can be remedied. Please speak with your rescue centre for support or contact an experienced and qualified trainer.

TOP TIPS FOR CRATE TRAINING

- Train little and often – Gradually build-up time in the crate and your distance away from your puppy - this includes shutting the door.
- Nice things should be in the crate – toys and chewies
- Suitable bedding too little and they may get cold, too much and they may get too hot
- Size should be big enough for your puppy to stand, lie out flat and turn around. If you get a bigger crate to start with that your puppy will grow into then use a divider while they are smaller as you may find your puppy toilets in the crate.
- Never use the crate as a punishment if your pup does need a time out or rest, calmly put them in their crate with a Kong or something else to entertain themselves.



BAN THE BARK - THE BOOK

"Fab book! Easy to work through and highly recommend!"



Back in 2020 I ran a course called "Ban the Bark" which helped to bring peace and quiet to homes that had dogs that barked excessively.

I helped so many people with their barking buddies that I just had to bring my course to the masses...so please welcome to your shelves my first book (bucket list ✓).

Ban The Bark

How to resolve excessive barking issues at home

Jo Loft IMDT



I am thrilled to be able to bring my first book to you.

If you have issues with excessive barking at home my book will help you to identify the issue and begin to resolve with easy exercises.

I am passionate about being able to help dogs and their owners lead happier, calmer (and quieter) lives.

You can grab a copy of my book via the shop on my website or on Amazon. Copies are also available on Kindle.

**SUBSCRIBE TO MY YOUTUBE CHANNEL FOR LOTS OF
FREE CONTENT**



Go on! Treat your pup!

Did you know that you can get some great discounts just because you have this magazine in your hand? So why not take advantage of a cheeky discount here and there!

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Finer Nature

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SERVICE MENU

"Committed to you and your dog"

There is more than one way to train a dog! Which is why I offer a variety of services to ensure there is something to suit you and your dog. Below are details of my most popular options.

	Single £125	Premium £350 	Brunch £25
Comprehensive Questionnaire	✓	✓	✗
Home session	✗	✓	✗
Paddock session	✓	✓	✓
Real world session	✗	✓	✗
Follow up email	✓	✓	✗
One month support	✓	n/a	✗
Two months support	✗	✓	✗
FREE Brunch place	✗	✓	n/a
FREE Quarterly Dribble	✓	✓	✓
FREE Loose Lead Walking booklet	✓	✓	✗
FREE scentwork booklet	✗	✓	✗
FREE copy of my book Ban the Bark	✗	✓	✗
FREE access to hidden YouTube Videos	✗	✓	✗
10% OFF next booking	✓	✓	✗

NOTE: all sessions are 45 minutes long as standard but could overrun.

Extras

121 agility - £35

Ban the Bark - £14.99

Gift Bag - £30

YOUR LOCAL EXPERT

"Committed to you and your dog"

How I can help you

When you realise that you need some help with your dog it can be a minefield of searching and suggestions.

I have over 20 years of experience with many breeds of dogs.

I specialise in small to medium dogs that are under 18 months old.

I can help you with:

- Puppy Problems
- Adolescence
- Basic Training
- Recalls
- Loose Lead Walking
- Excessive Barking
- Lunging on the lead
- Jumping up
- Separation Anxiety
- Guarding
- Attention Seeking
- Fears and Phobias
- Aggression
- Over excitement
- Nervousness

and much more!

Get in touch with me for easy, practical and professional advice to get you and your dog back on track.

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www.paws-itivity.co.uk