

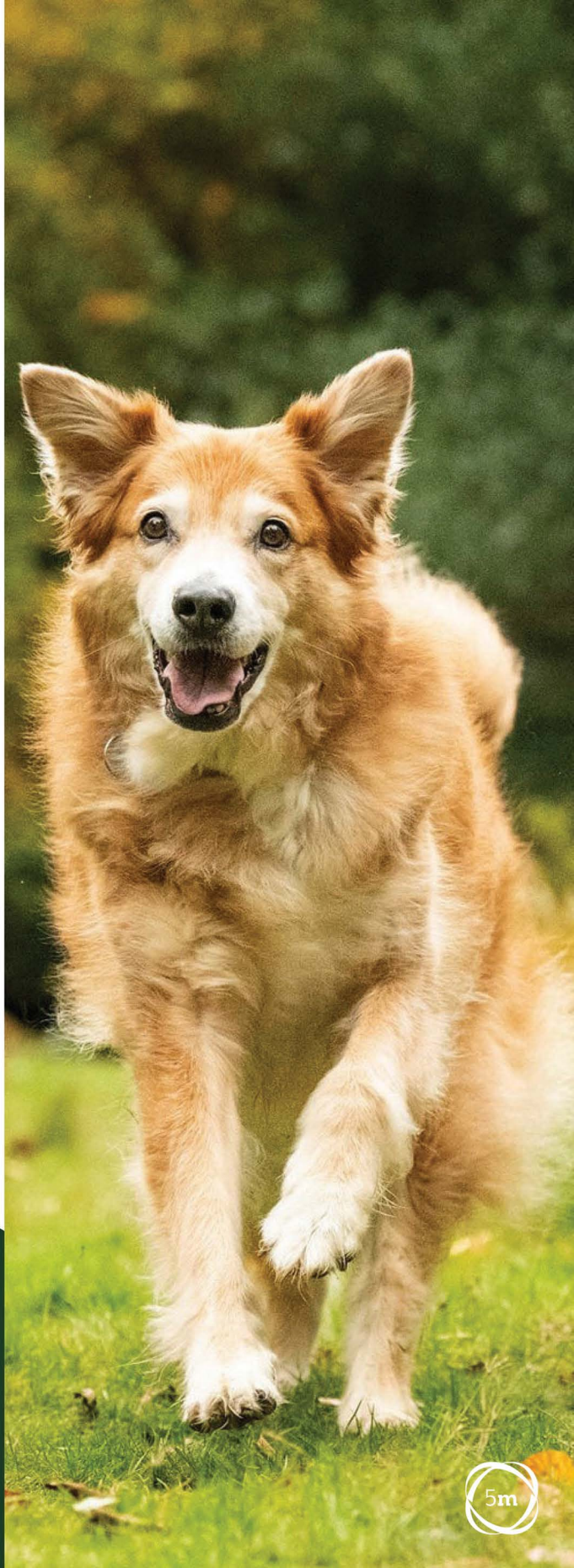
CANINE BEHAVIOUR

— IN MIND —

Applying Behavioural
Science to Our Lives
with Dogs



— EDITED BY —
**Suzanne
Rogers**



Canine Behaviour in Mind

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Edited by Suzanne Rogers



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Meet the authors

Elizabeth Ayrton – advanced practitioner, companion animal behaviour



I am a veterinary surgeon with a master's degree in clinical animal behaviour, advanced practitioner status in clinical animal behaviour and I am also a certified clinical animal behaviourist (CCAB). I work in a referral practice helping owners and vets with complex behavioural cases in dogs, often with underlying medical problems that contribute to their behaviour. I worked for many years in general veterinary practice initially with many species and then

increasingly concentrating on small animals before specialising in behaviour. Outside of work I am breed health co-ordinator for the bearded collie, which involves looking at the health of the breed by carrying out annual health surveys, identifying areas in which to fund research to aid the breed and advising owners and breeders. This work has to allow for the fact that the bearded collie has been on the vulnerable breeds list in recent years and therefore has a limited gene pool. Outside work I enjoy walking and photographing my own bearded collie in the stunning scenery of the Lake District.

Amber Batson – Understand Animals



I qualified from the Royal Veterinary College, London, in 1999. Almost immediately, I was fascinated by how many consultations involved discussions about behaviour, whether that was the reason the owner's had noticed a problem/illness, perhaps because the behaviour had injured the dog (maybe an injury required exercise or physical restriction for a period) or perhaps because the dog was so fearful at the vets that examinations were far from ideal. I went on

to undertake a number of qualifications in behaviour and welfare and began offering behaviour consultations a few years later. Today, I mostly work offering an education service for owners and dog professionals in which I aim to bridge the gap between scientific published studies and making that information understandable and practical for everyone to help dogs. I also work part time in clinical practice with dogs, cats and horses, as well as offering vet-based behaviour consultations and offering my services as an expert witness. I strongly believe we can improve the lives of dogs by using science-based knowledge in a practical way involving the whole team of people who participate in the care of each individual dog.

Rosie Bescoby – clinical animal behaviourist



I am an Animal Behaviour and Training Council registered clinical animal behaviourist and animal training instructor based in Bristol and North Somerset. My business, Pet Sense, provides behavioural advice to owners, professionals and the media. I am passionate about imparting appropriate and accurate information to benefit the welfare of pets and the human–animal bond. My primary focus is helping caregivers understand their pets to reduce the chance of undesirable behaviours materialising, teaching students including vets, vet nurses, rescue staff and dog trainers, providing CPD for co-professionals, training veterinary staff in low-stress handling techniques and running puppy clinics and ‘parties’, and pet industry consultancy. I have made guest appearances on various television and radio shows, been featured in national press, write articles and answer reader’s questions for consumer magazines as well as for veterinary journals and have been published in peer-reviewed publications. I am currently Press and Media Officer for the Association of Pet Behaviour Counsellors (APBC).

Nina Bondarenko



I am the author and illustrator of *Hearts, Minds and Paws* – a book on working dogs with unusual roles and my training work was featured in the BBC documentary series ‘Doghouse’ in 2007 and ‘Pedigree Chums’ in 1994. Australian-born, I bred and trained working Rottweilers in Australia; I trained and trialed in Schutzhund, obedience, agility, IPO, search and rescue, stock work and for film, TV and theatre, and judged Rottweilers internationally. As Development and Training Director for Canine Partners UK, I developed the unique training approach, techniques and theory of assistance dog training and development, utilising my Puppy Education System of component behaviours and errorless learning principles. I use TAG teach and T Touch with a behaviour analytic approach in my animal behaviour and training consultancy. I am a Delta Pet Partners Evaluator, and as a member of the Assistance Dogs International (ADI) committees for trainers and training standards, I helped develop accreditation practices and procedures for assistance dog organisations throughout the world. I have presented at the IAADP and the ADI annual conferences on my training approach and developments as well as at international conferences – IAHAIO, ISAZ, SCAS, IWDBA, CSF, IDDC and more.

Tamsin Durston – accredited dog training instructor, clinical animal behaviourist and registered veterinary nurse



I have worked as an animal welfare professional for over 20 years, predominately within the charity sector. Very quickly into my nursing career I realised that approaching veterinary care with behavioural understanding could enhance patient experience and treatment outcomes. This lightbulb moment led me into lifelong study of companion animal behaviour and training, with a special emphasis on dogs (because even though we should not have favourites ... dogs really are the best!).

Having gained degrees in both Companion Animal Behaviour and Canine Behaviour and Training, I have undertaken behavioural consultations and facilitate evidenced, reward-based training for pet dog owners and instructors alike, in a variety of activities including agility, life-skills and scent work. I believe in building an empathetic relationship as the foundation for enriched lives together – a gift for which I am indebted to my own beloved teachers, Scruf, Lelki and Coconut.

Steve Goward – Head of the Professional Development in Canine Behaviour Department, Dogs Trust



I started as a volunteer at Dogs Trust in 1999 while studying animal welfare at a local college. Fast forward 22 years and several different periods of study and job roles, you now find me managing teams that develop and deliver training on all things behaviour and welfare related across our organisation, a team that supports our staff with their most complex behaviour cases in our 22 rehoming centres and one that delivers staff training to shelters in the USA. I sit on the Dogs Trust Ethical Review Board and have been fortunate to have travelled extensively, working with dog welfare organisations around the world. I have spoken at various conferences in the UK and abroad and am passionate about sharing information and improving what we do to support the dogs we share our lives with. This passion has come from the dogs and people who I have gained so much knowledge, inspiration and experience from. There are too many to mention but I thank them all.

Kirsty Grant – The Dog Nose



I am an Animal Behaviour and Training Council (ABTC) Animal Training Instructor (ATI) and run The Dog Nose in Wiltshire. While working as kennel staff I completed a 5-week intensive grooming course and then accidentally became a groomer for the next 15 years. Running my own salon from home gave me the opportunity to move to a free-to-roam model and to prioritise cooperative care. This led me to complete courses with some of the people at the forefront of ethical dog care. In 2018, I closed my grooming salon to concentrate full time on The Dog Nose and feel that getting to watch dogs being dogs is the best job in the world.

Sarah Heath – European veterinary specialist in behavioural medicine



I qualified as a veterinary surgeon from Bristol University in 1988 and set up Behavioural Referrals Veterinary Practice in 1992. I see clinical cases across north-west England and wider afield through video platform consultations and have a special interest in the interplay between emotional and physical illness in dogs and cats. In 2018, I was made a Fellow of the Royal College of Veterinary Surgeons (FRCVS) for meritorious contributions to the profession.

in recognition of my work in establishing behavioural medicine as a veterinary discipline. I am a Royal College of Veterinary Surgeons (RCVS) and EBVS® European veterinary specialist in behavioural medicine and an external lecturer in small animal behavioural medicine on the veterinary undergraduate course at Liverpool University. In 2019, I gained my Postgraduate Certificate in Veterinary Education.

Natalie Light – certificated clinical animal behaviourist



I am an Association for the Study of Animal Behaviour (ASAB) accredited certificated clinical animal behaviourist, an Animal Behaviour and Training Council (ABTC) registered clinical animal behaviourist and animal training instructor, a full member of the Association of Pet Behaviour Counsellors (APBC), and a member of the Fellowship of Animal Behaviour Clinicians (FABC). I am also Head of Behaviour at PACT, the Professional Association of Canine Trainers. I have been working professionally in the companion animal sector since 2006 having been awarded a Zoology BSc by the University of Southampton and an Applied Animal Behaviour and Welfare PGDip by Newcastle University. I am currently seeing private clients, writing my PhD and lecturing on the Animal Welfare & Society BA Hons course at the University of Winchester. My aim as a behaviourist and trainer is to help people understand their dogs by teaching them the subtle signals dogs use to communicate how they are feeling. I empower my clients with the understanding, knowledge and practical skills that allow them to provide for their dogs' needs. I believe that by focusing on the relationship that dogs and their humans have, and encouraging effective communication, we can live much happier and more successful lives together. I live in Hampshire with my lovely husband Jason and our menagerie of rescued non-human animals; five wonderful dogs: Jack, Gru, Mouse, Fish and Drax; seven adorable ducks known as 'the girlies' and Sir David Attenborough the tortoise.

Laura McAuliffe – clinical animal behaviourist



I am a clinical animal behaviourist living in Surrey, UK, where I run Dog Communication and specialise in helping dogs with anxiety and reactivity issues. I worked with Penel Malby for 15 years until her recent move away and we set up Doggoland at our venue at Dog Communication, a unique outdoor enrichment course designed to help anxious dogs. My real love in life is working with owners of reactive dogs, reducing stress in all their lives (human and canine), helping them to find joy in the new normal of life with a reactive dog and helping them overcome their anxiety issues. I have lived with, and loved, three reactive dogs over the past 20 years. I currently have an eclectic mix of dogs and have a Northern Inuit, a Dalmatian and a Yorkshire terrier puppy and I also foster puppies for rescue. I am a full member of the Association of Pet Behaviour Counsellors (APBC) and have a degree in behaviour, a PhD in something much less interesting and recently updated my ethology knowledge with a postgraduate course at Newcastle University.

Suzanne Rogers – Human Behaviour Change for Animals (HBCA)



I am an animal welfare consultant, Co-Director of Human Behaviour Change for Animals CIC, and an IAABC (International Association of Animal Behaviour Consultants) certified horse behaviour consultant registered with the ABTC (Animal Behaviour & Training Council). After a ten-year career in scientific publishing, I re-qualified in animal behaviour and welfare, gained extensive practical experience with several animal welfare organisations, and founded Learning

About Animals, running educational events with a focus on pet behaviour. In 2007, I became a Programmes Manager at WSPA (now World Animal Protection) first managing international dog population management and working equine programmes and later as the Technical Advisor for Human Behaviour Change Programmes across species and issues. Since 2011, I have worked as an animal welfare consultant, alongside my work as an equine behaviour consultant. I am also on the board of trustees for the World Cetacean Alliance (WCA). In 2016, I co-founded Human Behaviour Change for Animals CIC (HBCA) with Jo White. We recognize that insight into how and why people behave the way they do can provide solutions to challenging issues that affect animals. Dogs have a special place in my heart, especially Pebbles – a saluki x greyhound who features in some of the photographs in this book.

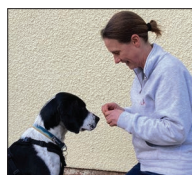
Caroline Warnes



I qualified as a veterinary surgeon from the University of Bristol in 1985 and worked for 10 years in general veterinary practice, during which time I developed a special interest in companion animal behaviour. I gained an MSc in Companion Animal Behaviour Counselling from the University of Southampton and went on to become an ASAB accredited Certified Clinical Animal Behaviourist and a Royal College of Veterinary Surgeons

(RCVS) advanced practitioner in companion animal behaviour. I then ran a companion animal behaviour referral practice based near Swindon in Wiltshire for over 20 years, alongside various other activities including running a veterinary practice. I also enjoy teaching and have been very fortunate to have been invited to participate in several different speaking and teaching engagements over the years. I retired from my behaviour referral practice at the end of 2020, and am now enjoying exploring the coast of North Devon and Cornwall with my family and Jimmy the Border Terrier.

Jo White – Human Behaviour Change for Animals (HBCA)



Troughout my career and personal life, the well-being of animals has been central. Fascinated by the behaviour of animals, canine, human or others since childhood, I have committed myself to a lifelong journey of development and learning in this area. My experience and knowledge have developed through practical work with animals but also through leading educational, advocacy and campaigning projects to improve the lives of animals in varying parts of

the world. In 2016, I became Co-Director of Human Behaviour Change for Animals, supporting organisations to apply human behavioural science to their work. I have an MSc in Behaviour Change, a degree in Equine Studies, among other equine qualifications, and a Certificate in Campaigning. My current area of study involves harnessing human habits to improve animal welfare, including the human animal's welfare. Over the years my love of dogs has seen me share my life with four rescue dogs, spending time re-building their confidence and supporting them to be the happy big personalities they should be.

Introduction

Why another book about dog behaviour?

Dog training and advice about how to care for pet dogs is changing; it has probably always been changing, and now more than ever before with such a vast range of 'methods' being promoted it can be difficult for dog owners (and anyone involved with dogs professionally or otherwise), to identify approaches that work and that have compassion at their heart. There are many fantastic resources already available about canine behaviour. However, there are also many resources that go against the modern understanding of behaviour and promote methods that are potentially harmful to dogs. Therefore, another book on canine behaviour will add to the number of available 'kind' resources. Also, sometimes it can be difficult to make the connection between the theory and practice and to apply what you have learned when you are standing next to your expectant dog, so the more resources to help, the merrier.

A few years ago, I edited (and wrote some of the chapters for) *Equine Behaviour in Mind*¹ and ever since I have been keen to publish a dog version. Although I have more experience professionally with horses, I have a deep love for dogs and my saluki cross greyhound Pebbles has been on the sofa next to me through every stage of putting this book together. If you have already read the horse version, then you will recognise some of the text in the introductions in both books and

in the human behaviour change chapter as so much is relevant across species.

Many books about dog behaviour approach the subject from a theoretical angle and then include practical examples. This book has a different approach – we investigate different elements of dog ownership. Through case studies that bring to life the ways different people have worked to meet their dog's needs, you will achieve a better understanding of what we can do to make a difference to the lives of dogs.

The field of dog training has become fragmented, with owners choosing between training methods and teachers, each of whom often has a particular 'brand' and training systems that they sell and promote. This division of the market has meant that books focused on training have an ever-decreasing audience as owners turn to one big name or system. By steering clear of promoting any single trainer and covering all aspects of living with dogs, not just training, this book hopes to be of interest to owners across chosen training approaches.

The authors of this book approach training and behaviour modification with methods confidently supported by robust science as changing behaviour and teaching in ethical ways which dogs and owners alike will find enjoyable and engaging, and which therefore enhance the owner–dog bond. Techniques that use force, fear or intimidation can be incredibly damaging for the dog–owner relationship, and

might result in dogs who are frightened or worried about what might happen to them in response to their behaviour. The authors of this book only promote evidence-based methods which enrich the lives of all involved, and help dogs to thrive, living their best lives, as happily and healthily as possible.

The purpose of the book is to encourage you to consider how the way we care for dogs, train them, and the activities we do with them affect our canine companions, and how, if we understand canine behaviour, we can make changes that improve the lives of the animals we love. Where suggestions for alternative methods or changes are made, the aim is to motivate the reader to make positive changes for their dog or dogs they work with. Care has been taken to avoid the book seeming judgemental and overly critical – however, it is likely that the content will highlight for some readers that the way dogs are trained and cared for often impacts their behaviour and well-being in a negative way.

Focusing on the good

Throughout the book the content is illustrated by case studies, providing real-life examples and inspiration from professionals. We unashamedly do not support many of the things humans expect of dogs or the way they are treated as objects rather than as sentient individuals. However, we are all also strongly motivated to do what we can to promote change and to address issues so entrenched in human society that poor animal welfare is considered normal. We believe that change requires an approach that embraces good things, however small, and celebrates small changes.

The stories and case studies that we have chosen are not an indication that everything about the people featured and the way they

manage and work their dogs is exemplary, we are merely including an example of one element of a person's relationship with their dog that we think shows a behaviourally minded approach. Some would say these should not be included for fear of promoting practices that compromise welfare by association but if we only included examples of where everything is perfect it would be a very short book.

Furthermore, when helping owners to support their dogs in solving 'behavioural problems', we take small steps towards the change. Highlighting and building on the good things we come across is very powerful in driving further change. Often the response to suggesting changes is that resources and time are too limited ('I can't afford to do that for my dog') but not all changes require resources or time, rather creative thinking. There is a case study in the human development world that illustrates this nicely.³ In a low-income region of Vietnam many aid agencies had tried to address childhood malnutrition to no avail. All the typical actions were suggested with no resulting change. One person, however, noted that even though all the families had access to very similar restricted resources some children were healthier than others. Upon investigation it transpired that the mothers of the healthier children were managing their resources in a way that prevented the nutritional problems the others faced – even though they had access to the same resources as the other mothers, they were producing more balanced meals. The 'successful' mothers showed the other mothers how to manage their resources in this way and mentored them to ensure the new way of thinking was taken up. This was successful and finally malnutrition rates decreased. This is a great example of managing, rather than increasing, resources and there are parallels throughout the dog world whether the resource is financial, material or even compassion!

A note on terminology

Troughout this book we have been careful to not use 'it' when talking about dogs – we use 'he, she, they, their, the dog' and so on. Dogs are sentient individuals, and the use of language matters. As we move away from thinking about animals as commodities, objects and 'things', then as a society we might be more likely to treat them accordingly. We have also considered how to refer to the human–dog relationship and although we think of dogs as much *much* more than possessions, we have largely retained the term 'dog owner' and sometimes used the terms guardian or caregiver.

What do dogs need?

I have asked the question 'What do dogs need?' many times in many different situations in many different countries. The answers are never the same and always provide new insights into the complicated nature of the relationship between dogs and humans. At first, people answer with the obvious response – food and water – but further probing prompts discussions about training, grooming, veterinary care and much more. I often run this exercise as a framework for an introduction to welfare, so next, I ask the group to explore the criteria that should be met to fully meet that need. For example, under the need for 'food', criteria might be that food is nutritionally appropriate for the individual dog, provided in a clean bowl (or a portion scattered where possible), that food is good quality, perhaps a specific supplement is offered once a week and so on. The group themselves come up with the needs, the facilitator just uses the questions as a framework for discussion; without having a strict idea of what the answers should be, the result is very much owned by the group.

As each need is identified, the group creates and places drawings depicting each one on small pieces of paper arranged in a large circle. Next, for each need, the group places a mark between the middle and the edge of the circle to represent a score for how well each need is met for the average dog in that community (a community could be a geographical area, or a 'functional' community such as members of a dog training club, dogs in a rescue centre or dogs owned by families who all attend the same school). Alternatively, it could be done individually by participants in relation to their own dog(s). If the mark is placed close to the centre of the circle, the need is not met at all and if it is placed at the edge of the circle, it is well met. Once placed, the marks are connected forming one 'round' of a spider's web and hence this exercise is called a Cobweb analysis (Figure I.1). The resulting chart for a community where the dogs enjoy a good quality of life, therefore, would have all the marks very near the edge of the circle whereas a community where the dogs' needs are not met would have a round of the spider web very near to the centre. Of course, usually the result is an irregular shape as some needs are met to a greater extent than others. The scores can be allocated considering the typical dog in a community or could be done for a specific individual dog.

The exercise is interesting for two reasons. First, it shows that people have very varied ideas about what a dog needs. If we consider the animal irrespective of where they live, what activities they might be involved with and what culture their owners are from, what do they really need? How much of what we think dogs need reflects the culture in which we have grown up? Second, the resulting diagram from the exercise described above, shows the whole life of a dog in a way that is easy to understand. By looking at where the scores lie we can, together with the criteria



Figure I.1: Cobweb of needs. Photo: © Suzanne Rogers.

given for each need, be gently guided towards how improvements can be made little by little. It is this big picture I am interested in and will keep coming back to. Many of the suggestions and ideas in this book will seem tiny and almost insignificant to you but when we consider the context, and imagine each improvement as chipping away to move those scores a little nearer to the ideal, we are reminded that everything is worthwhile when considering improvements to the quality of life of an animal in our care. Please do the exercise right now for your own dog, you can add needs, criteria and assessments as you read the book and by the end you will at least have a pretty picture if not an epiphany.

The chapters explore how we can have 'behaviour in mind' in the daily care of our dogs, in how we breed and train them, in the activities we choose to do with them, and in caring for them as they get older. The sections on

teaching, rehabilitation and rescue, and vets provide a framework to discuss other ways behaviour can be considered in our dogs' lives.

A few words about welfare

Perhaps far into the future humans will have come to the understanding that even though animals might not think and feel in exactly the same way as we do, their lives are valuable, they are capable of suffering mentally and physically and we should do everything we can to avoid this. We are not there yet. Although the term 'animal welfare' is used extensively in many countries and is included in policies and legislation, it is sometimes misunderstood and misapplied. For example, consider the phrase 'behaviour and welfare' – this is widespread and even used as the title of some qualifications. However, welfare includes behaviour,



Figure I.2: Te 'alien' exercise. Photo: © Suzanne Rogers.

so the phrase 'behaviour and welfare' clearly shows that behaviour is still not seen as being an intrinsic part of welfare.

Let us take a moment to explore what welfare really means. Imagine that you run a rescue centre and one day, you found a little alien-like creature in a box that had been dumped by your gates (Figure I.2). There is a note that says, 'We can no longer care for this creature, there is only one person in the world who can tell you how to look after him/her but he only responds to direct questions, you can contact him at ...'. So, you phone the number provided and ask questions – what would you ask? Here are some examples:

- ◆ What does he/she eat? How much? How often? In a bowl? From the ground?

- ◆ What is the normal length of time he/she should sleep for?
- ◆ What does he/she like to do? Climb? Burrow? Dig? Jump? Hide?
- ◆ How can I tell if he/she is healthy?
- ◆ What does he/she do when she is frightened? Happy? Sad?
- ◆ Does he/she like to live in groups or alone?
- ◆ How far would he/she naturally roam in a day?

All these questions could be clustered into the Five Freedoms, a framework for considering welfare:⁴

1. freedom from hunger and thirst
2. freedom from discomfort

3. freedom from pain, injury and disease
4. freedom to express natural behaviours
5. freedom from fear and distress.

These freedoms are not hierarchical; they are all equally important for 'good' welfare. The freedoms from fear or to act out normal behaviour, are not added on luxuries but an intrinsic part of good welfare. Armed with the answers to our questions we would have a much better idea of how to look after the little creature than we did before – meeting his/her physical and mental needs. It is easy to think about the things the alien might need, and usually when I do this exercise in training situations, people come up with a huge range of questions we would need to ask to be sure we could take care of the little creature well. What if, instead of the alien, we consider the domestic dog? Are we so quick to consider all the things they need? I have found that owners often consider canine welfare as mostly about health – but welfare is more than just a shiny coat. Welfare is the mental, as well as the physical well-being of an animal, and it is the mental and behaviour elements that many owners do not consider as fully as we should. Although it is easy to get carried away looking at things you can buy for your dog online or in a shop, if a dog could choose what you were to buy them the items would probably be different from what we would choose. Rather than a lovely new food bowl, they might prefer to have some of their food scattered in your garden, for example or have a raised comfy place to sleep.

The Five Freedoms have been superseded by the Five Needs to frame welfare as elements animals need, rather than what they need to avoid. More recently, welfare science has moved to consider quality of life: what makes a life worth living? This more modern framework, the Five Domains, places more emphasis on the mental state of the animal and

can be used as a welfare assessment tool.⁵ This model sets out four predominantly physical/functional domains: nutrition, environment, health and behaviour; and a fifth 'mental' domain, including positive and negative emotions. A balance of outcomes across the Five Domains expresses the dog's overall 'bank account balance' in terms of their physical, mental and emotional states. To enable our animals to thrive, not just survive, we must minimise negative experiences and maximise positive experiences. The challenge is that the ability to recognise the mental states of dogs is not widespread, behaviour is often misinterpreted, and some behaviours are often anthropomorphically labelled as positive when they are in fact negative (for example, some obsessive compulsive behaviours). However, there is an increasing body of work addressing these gaps and the mental suffering of dogs is increasingly difficult to ignore.

A behaviourally minded future

My vision for the future, is that the sometimes empty words about welfare translate into actual welfare improvements, that rules and regulations in existence to protect welfare are enforced and that 'welfare' is not a buzzword that needs to be included to meet requirements but is valued in its own right. We will get there by building on glimpses of good practice, actions that show consideration for the animals' needs, and by promoting them so that those glimpses become less transient and increasingly part of culture. Never before has the world had the infrastructure to disseminate ideas as we have now in the age of social media and web-based communication. In writing this book, the authors have searched for and found glimpses of behaviourally minded aspects of dog ownership and by putting them

all together in the same place we hope that the reader will find changes they want to introduce to their lives with dogs and find their place in promoting the positive changes they do and see.

We will receive criticism from promoting good things that many believe do not go far enough in changing the lives of dogs but all-or-nothing arguments are not helpful for driving mainstream change. The ideas in this book will not give dogs a perfect life, not even close, but if ideas are acted on, seen and spread, then we are edging towards real change, making positive changes in the lives of individual animals along the way.

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Daily care

Natalie Light

This chapter sets the scene for what our dogs need from their daily routine and how we can adjust our lifestyle to ensure they have the opportunity to feel safe, get enough sleep, and have enjoyable interactions with people, animals and the wider environment.

The canine ethogram

In order to cater for our dog's natural, biological and social needs, we need to first understand what those needs are. The canine ethogram can help us to do this as an ethogram is simply a catalogue of 'normal' behavioural repertoires for a particular species – the word ethology is the study of natural behaviour.

Dogs are considered to be one of the oldest domesticated species, that have a decorated history of fulfilling significant roles within human society relating to companionship, pest control, farming and hunting. The earliest fossils of domesticated dogs have been dated at originating between 13,000 and 45,000 years ago and while the origin of the domestic dog is a complex story, it is generally agreed that dogs as we know them now have evolved from a common ancestor – the grey wolf. The field and study of animal cognition has increased hugely in the past 100 years or so and although there are still some disagreements among scientists as to how our dogs may perceive us and the world around them, Coren¹ neatly summarises the key elements that are generally accepted as scientific fact.

- ◆ Dogs sense the world and take in information from it.
- ◆ Dogs learn and modify their behaviour to fit circumstances.
- ◆ Dogs have memories and can solve certain problems.
- ◆ Early experiences as a puppy can shape the behaviours of the adult.
- ◆ Dogs have emotions.
- ◆ Individual dogs seem to have distinct personalities and different breeds seem to have different temperaments.
- ◆ Social interactions, including play, are very important to dogs.
- ◆ Dogs communicate with each other and with humans.

What do dogs need?

Canine behavioural needs are essential elements of natural behaviour that all dogs should be given the opportunity to engage in on a daily basis. Table 1.1 summarises the core elements of natural canine behaviour and needs, along with depicting the related hierarchical importance of each of the needs. This concept

Table 1.1 The behavioural needs of dogs.

Need	Description	Actions
Eating and drinking	Canine obesity is a growing concern among veterinary professionals so consider weighing your dog's meals and learn how to adequately assess your dog's body condition to establish if they need to lose or put on weight. Chewing is a natural behaviour for dogs that they would normally engage in for long periods of the day. The volume dogs drink varies widely depending on many factors including diet, activity levels, temperature and exercise.	<ul style="list-style-type: none"> • Unlimited access to water. Do not withhold water overnight during toilet training your puppy or if your older dog sleeps in a crate. • Consider how food and water is provided (multiple bowls on non-slip surfaces) and the bowl material (metal bowls can create noise and glare).
Housing	Most of our companion dogs sleep in our houses so are afforded the warm shelter that they require. As a social species, dogs need regular company and their home environment should provide that.	<ul style="list-style-type: none"> • Provide clean, warm, comfortable and ample sleeping areas in a quiet place. • Ensure your dog has their own space and adequate resources – food, water, toys. • Teach your dog to cope being home alone to avoid future separation-related behaviour issues later in life. Use family members or dog sitters to provide company if your dog is worried about your absence.
Safety	<p>Dogs need to feel safe in the confines of their home and in the wider environment. Failure to feel safe can result in behavioural problems based on fear or frustration and may lead to aggressive responses. All owners are required to keep members of the public and visitors to their home safe under the Dangerous Dogs Act 1991.</p> <p>All dogs are now required to be microchipped by law and must wear a collar and ID tag in public.</p>	<ul style="list-style-type: none"> • Secure gardens and use adequate and appropriate measures to ensure your dog cannot stray or get injured in nearby traffic. • When in public, use appropriate lead/collar/harness equipment to restrain your dog without causing pain or discomfort. • Use a muzzle if your dog is worried by people or dogs and do not expose your dog to triggers they find fear-eliciting. Walk in quieter areas, shut them away in a safe place in the house when you have visitors or consider hiring a private, secure field to exercise them safely in. • Make sure your details are kept up to date on your dog's microchip.

Table I.1 (continued)

Need	Description	Actions
Rest & sleep	Dogs are crepuscular (most active at dawn and dusk) with polyphasic sleep patterns (sleeping, idling, dozing or resting for short periods of time throughout a 24-hour period). Sleep can be disrupted by social isolation, busy households, lack of appropriate and comfortable resting places, inconsiderate training or exercise routines, medical conditions and numerous other environmental factors.	<ul style="list-style-type: none"> • Adequate space and comfort to facilitate preferred sleeping position. • Safe space to rest and relax away from or close to companions. • Management and training to support appropriate sleeping habits and ability to relax and rest despite potentially disruptive environments.
Body care and health	Dogs require regular grooming, nail and teeth care and weight management to prevent health issues. Appropriate parasite control should also be used along with annual vet checks and vaccinations. Dogs will need a separate latrine area from where they sleep and rest. If dogs are confined in a crate or pen, they should have adequate space to stretch out and lie flat.	<ul style="list-style-type: none"> • Introduce grooming equipment from an early age. Keep grooming sessions short and use food to create positive associations. • Maintain a good routine of preventative healthcare including flea, tick and worming treatments. • Regular health checks and body condition monitoring will help to prevent development of illness or obesity. • Provide enough space to stretch out. • Provide an appropriate toilet area or access to the outdoors regularly if you don't have a garden.
Physical exercise and freedom of movement	Dogs should have sufficient space to choose to perform essential movement behaviours that keep them fit and healthy, including walking, running and playing with people or other animals.	<ul style="list-style-type: none"> • Provide regular, daily opportunities for safe, off-lead exercise in the outdoors.
Consistency and emotional support	For optimum emotional development, dogs need a wealth of experiences in their vital socialisation period (between 3 and 14 weeks). Continuation of experiences with positive associations should occur throughout puppyhood, adolescence and adulthood.	<ul style="list-style-type: none"> • Choose a responsible breeder that provides appropriate socialisation during the puppy's sensitive periods. • Use food and toys to create positive associations with people. • Provide a regular routine and consistency. • Avoiding training methods that cause fear or pain.

Play	Dogs should have space and opportunity through movement and object play to explore different environments. Species-specific games and activities should be encouraged to allow sniffing, chasing and biting.	<ul style="list-style-type: none"> • Provide appropriate toys and activities for your dog to engage with/in. • Enable opportunities to play with other dogs that are well matched to the personality and preferences of your dog.
Relationships	Dogs have a basic need to form bonds with people and other dogs. In order for these relationships and social experiences to be pleasurable, dogs will need to feel sufficiently safe to interact.	<ul style="list-style-type: none"> • Allow the opportunity to interact with or avoid people and other animals. • Provide companionship and relationships that are tailored to suit the individual preferences of your dog.
Choice, novelty & problem solving	Freedom to approach and avoid as they investigate new environments, people, animals or objects will build trust and confidence. Appropriate toys or puzzle feeders should be provided to encourage problem solving without creating frustration.	<ul style="list-style-type: none"> • Provide the opportunity for investigation and exploration. • Allow choice and freedom of movement in social situations or when your dog is exploring a new environment. • Provide age and skill appropriate challenges in the form of activities and puzzles.

of a hierarchy of needs has been popular and well-respected in human psychology since it was published in 1943 by Maslow² and canine behaviour experts have adapted and modified this model to create the 'hierarchy of dog needs'³ (Figure 1.1). The pyramid structure neatly illustrates the importance for physiological health and safety, with the ability to achieve the needs higher up the pyramid being distinctly unlikely if the simple foundations are not met. The behaviour modification and management work undertaken by clinical animal behaviour professionals often uses this hierarchy to assess and address any welfare concerns where meeting particular needs may be lacking. Most behavioural concerns arise from the absence of feeling safe or secure and so this must be addressed and alleviated before any more proactive training

such as recall or walking nicely on a lead can be tackled. Without considering the lower-level needs, training and behaviour modification can be almost impossible. The apparent 'failure' or lack of progress in a training programme can often be attributed to the dog feeling unwell or unsafe.

Striving for optimum canine welfare

To be an ethical dog owner involves having an understanding of your responsibilities from both a legal and welfare point of view. The Animal Welfare Act 2006 sets out the requirements that all animals must be provided with in a list commonly referred to as the Five Freedoms:

Hierarchy of Dog Needs®

Standards of Care and Best Force-free Practices

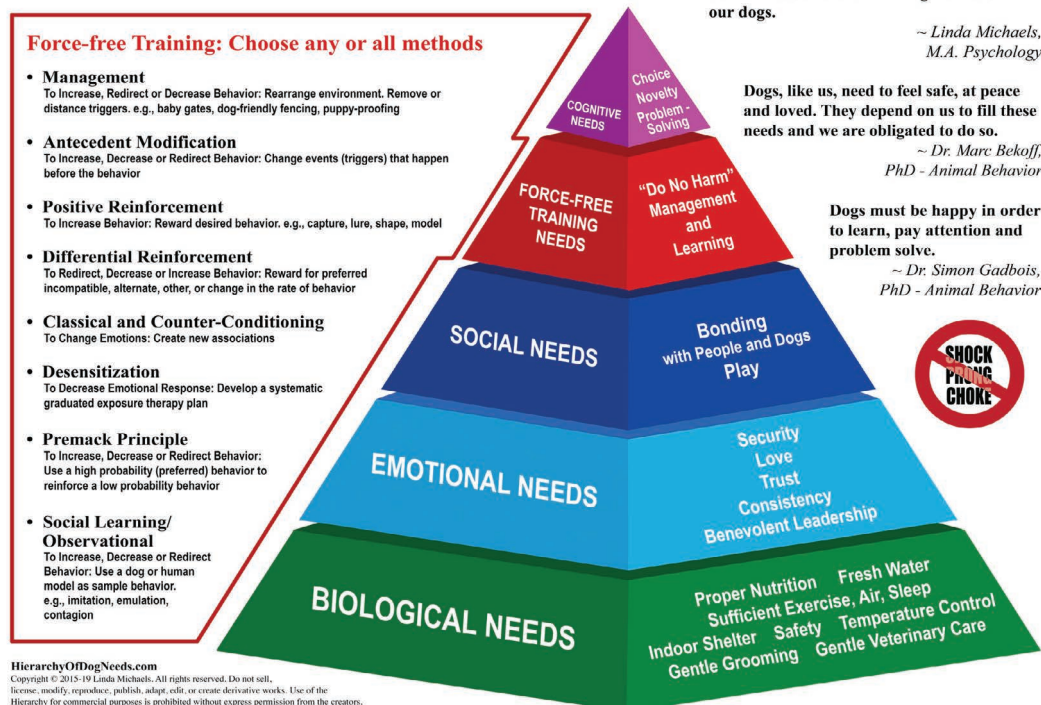


Figure 1.1: Hierarchy of Dog Needs.³

- ◆ freedom from hunger and thirst
- ◆ freedom from discomfort
- ◆ freedom from pain, injury or disease
- ◆ freedom to express normal behaviour
- ◆ freedom from fear and distress.

The Code of Practice for the Welfare of Dogs is a useful document that provides some further guidance about the species-specific needs of dogs, along with advice about how you can meet these needs with appropriate housing, diet, social interactions, healthcare and behavioural understanding.

When we consider the welfare of our dogs, the focus is commonly on the relief of suffering by preventing/treating physical illness and providing a suitable environment with appropriate resources. However, good mental health involves much more than the absence of suffering. Animal welfare advocates are now advising that in order to address welfare concerns, we need to facilitate good mental health for our dogs by helping them to attain positive emotional states such as happiness and contentment.⁴ Welfare assessments often include the concept of ‘quality of life’ in which the physiological and behavioural indicators relating to pain and suffering are judged and evaluated to establish whether the individual is experiencing a good or poor quality of life. The concept of ‘a life worth living’ is an additional measure that is an ethical consideration rather than the purely scientific welfare assessment model. Establishing whether an animal has a life worth living can be useful in evaluating housing or continuation of medical care but is quite subjective and relies on a human judgement as we cannot ask the animal whether they would prefer to live or die.⁵ Companion animal ethics suggest that in order to ensure an animal’s best possible welfare, we need to do more than simply use animal welfare science to work out whether an animal is experiencing positive

or negative welfare. We should be making an ethical judgement by weighing up the positives and negatives.⁶

Appreciating your dog as an individual

While a dog’s day-to-day lifestyle may vary throughout their lifetime, and should be tailored to cater for the individual, there are fundamental needs that must be taken seriously by all owners and provided to all dogs. It is generally reported that there is more variation within breeds than there is between them. When we are considering the needs of individual breeds and the potential for genetic predisposition of particular behaviours, we must not assume that this will be the case and apply to all members of that particular breed. However, doing some research into your dog’s breed, their genetic lineage and their early experiences can help you better understand the likely motivations that your dog will have, and will ultimately help you to cater for them as an individual by providing opportunities to perform those behaviours in a safe way. Setting up regular activities that allow your dog to fulfil these needs is likely to provide them with the outlet they need and will minimise the potential for unwanted or nuisance behaviour such as chasing wildlife, digging up the lawn or disappearing after a sniff.

Does the average pet dog have their needs met?

Dogs can be highly adaptable and resilient to a varying routine provided that their early experiences have given them the skills to cope with change and that their fundamental needs are being met. Although dogs might be able to deal with a change in the length of the walk, the



Figure 1.2: Fish (left) and Mouse (right) Jack Russell Terriers. Dogs of the same breed are likely to have different motivations and personalities. Fish loves to roll in bird poo and Mouse prefers to dig mole hills! Photo: © Natalie Light.

timing of their breakfast or dinner mealtimes, or the amount of time that they have to interact with their human or doggy friends; if sleep, rest, safety and trust are disrupted, then you are likely to see undesirable changes in behaviour resulting in compromised welfare.

Let us consider what a normal weekday for a dog living with a single owner that works in an office might involve. This case study involves a Labrador called Leo.

Leo's day

Leo is a 3-year-old male Labrador who lives with his owner Sam in a relatively quiet suburban town. Sam works as an office manager at the local school, so he relies on a network of people to help him care for Leo during the day. Here is a standard 24 hours for Sam and Leo.

At 6 am Leo wakes up downstairs in the utility room where he sleeps and pads around, feeling hungry and needing a pee. After 30 minutes he hears Sam's alarm clock and movement from upstairs and begins to whine and bark at the impending arrival of his owner. Sam finds this annoying! The morning routine involves a 20 minute on-lead walk around the local streets. Sam is always in a bit of a hurry and does not want to be late for work, so Leo does not get a chance to sniff every lamppost or greet any of the dogs and people they meet. As soon as they get home, Sam gives Leo his breakfast of supermarket-bought dry kibble and leaves him to eat alone in the kitchen while he goes to get ready for work. Leo watches Sam leave and stands by the door whining for a few minutes before remembering he is a Labrador and

there's food available! He eats his breakfast and returns to the door to wait for Sam to come back down. Sam is running late (again!) so has a quick coffee and some toast while Leo goes out in the garden for a quick toilet break. Sam gives Leo a quick pat on the head and one of his toast crusts as he leaves the house at 8 am. Leo settles down on the sofa for a snooze but is woken at 9 am by the postman trying to deliver a parcel. At 10.30 am, Leo's dog walker Justine arrives to pick him up for a group walk. They head to the local park in her van and there are two new dogs to the group today that seem to take a dislike to Leo. Leo spends the whole walk next to Justine to feel safe, which she thinks is lovely as usually Leo is of jumping in puddles and ignoring her attempts to call him back, 'Perhaps the training is finally paying off.' she thinks to herself. Leo is dropped back off at home at 1 pm and after a brief chew on one of Sam's shoes, he drifts off to sleep. At 3.30 pm the local school children start to walk home and Leo watches them through the window, barking occasionally and wagging his tail. Sam usually arrives home not long after the school kids have gone past so Leo remains at the window, waiting, listening and watching for the familiar sound and sight of Sam's car. Sam had a late meeting and then went to the gym after work so does not arrive home until 6.30 pm by which time Leo is SUPER excited to see him. Sam takes Leo into the garden for a toilet break and 10 minutes of play time with a tug toy before preparing both of their dinners – a microwave meal for Sam and a bowl of supermarket kibble for Leo. At 7.30 pm Sam sits in the lounge with Leo to watch his favourite TV show – Leo snuggles up to Sam and falls into a deep, contented sleep. It does not last long though as it is the pub quiz at 8.30 pm so Sam leaves Leo home alone in the kitchen, getting home just after last

orders. A quick pee in the garden and a dog biscuit for Leo and then he is tucked back up in the utility room where his bed is.

This is a normal weekday for Leo and probably not an uncommon daily routine for many of our companion dogs. If we consider Leo's experiences in that 24-hour period, do you feel his needs were being met? Did he get enough sleep? Did he engage in many natural behaviours such as chewing, digging or sniffing? Did he have ample opportunities to interact socially with people and dogs? Did Leo have access to activities that provided physical, mental and emotional enrichment?

This chapter aims to explore these questions in more detail to empower you with the knowledge and understanding of the needs of dogs so that you can provide the optimum home environment for your dog to have a happy, healthy and fulfilled life.

Canine activity budgets

In order to provide for the needs of your dog on a daily basis, it is important to understand what the research and observations of their natural behaviours can tell us about how they would choose to spend their time. The concept of an activity budget is a way of illustrating how much time is spent on a particular behaviour within a particular timeframe. For the benefit of dog owners, it is useful to think about how much time your dogs would spend doing particular behaviours within a 24-hour period if they were given free choice to do so. Much of the data collated and analysed comes from observations of free-ranging dog populations who have more autonomy over how they spend their time than their house-dwelling cousins. While there will be differences in the preferences of individual dogs, aiming for some of

the general activity budgets will provide your dog with the experiences and environments that they need for optimum welfare.

The topics that follow suggest how much time your dog might naturally engage in particular activities and the key components of an appropriate environment for dogs. Of course, there is no one-size-fits-all approach and there will be variations depending on your dog's age, size, health, fitness, activity level, personality, preferences, motivations and sociability with people and other animals. However, the following sections aim to provide a useful comparison for your daily routine and environmental set-up at home – how well do the recommendations match your dog's current lifestyle and fundamentally, are you doing all you can within your capability to meet your dog's needs?

The home environment

Desirable features of the home environment include:

- ◆ non-slip flooring
- ◆ chew toys
- ◆ adequate resources in multi-dog households
- ◆ a range of options for resting and sleeping
- ◆ secure garden
- ◆ ability to avoid and safety from stressors such as noise.

Interpreting behaviour

Social behaviours

Canine communication and natural/normal behaviours are complex repertoires that all dog owners should strive to have at least a moderate appreciation and understanding of. Dogs use their body language, vocalisation and scent



Figure 1.3: Allowing a range of options for resting and sleeping places will provide your dog(s) with the choice to use the one they feel most relaxed in. Some might prefer to rest close to you, some on the floor, and some on a raised bed away from others. Photo: © Natalie Light.

to communicate with one another and with humans. Put simply, canine communication can be categorised into distance-increasing behaviours (designed to manage and avoid social interactions) and distance-reducing behaviours (designed to invite and facilitate social interactions).

Natural and normal behaviours

Behaviours that are considered to be natural and normal by canine experts and research (such as the canine ethogram) can often be considered a nuisance, destructive or problem behaviours for owners. Providing appropriate outlets for your dog to engage in these activities not only provides them with a safe, species-specific enriching activity but also your dog is less likely to perform these behaviours in less favoured areas. If your dog has plenty of



Figure 1.4: Regular opportunities to interact socially with other well-matched dogs from an early age will help your dog to develop effective canine communication skills and the ability to read and react to their body language. Photo: © Natalie Light.

Table 1.2 Summary of the simple components of canine body language that either invite or avoid social interactions.^{7,8}

Distance-reducing behaviours	Distance-increasing behaviours
Affiliative greeting behaviour involves soft body language, an open mouth and feinting eye contact. More sensitive dogs may show low, wiggly body language designed to appease. Dogs will avoid direct eye contact and pass each other to sniff the face and groin of the other dog before moving on or inviting play.	Behaviour designed to avoid an interaction involves more erect and rigid body language and in the initial stages, confident dogs may simply avert their body and gaze to turn away from an approaching dog. Dogs will avoid direct eye contact initially and may engage in a displacement activity such as sniffing the ground or move away if they are free to in order to display their disinterest in an interaction.

A play bow is an invitation to engage in a game that mimics the predatory sequence but is clearly signalled with a bow to indicate 'this is play, not real'. A play bow involves direct eye contact, an open mouth, lowered shoulders and a waggly bottom in the air. It is often followed by a sideways pounce and run to elicit chase.

More overt behaviour to avoid an interaction will occur if the dog that does not want the greeting is less confident or if the approaching dog has ignored or misinterpreted the more subtle signs that an interaction is unwanted. Defensive behaviour involves direct eye contact, a close, tense mouth, stiff body language and slow, deliberate movements. It may escalate to lip curling, air snaps, growling or barking depending on the reaction of the approaching dog and whether the dog is restrained by a lead.

access to chews such as Kongs™, Nylabones™, stag and antler bars, Yak chews and so on they are less likely to chew your furniture or other items. If your dog has plenty of opportunity to engage in scent work activities with you such as scatter feeding their meals or hiding titbits around the house for them to find, they are less likely to go scavenging or disappear on walks after a scent. If your dog has their own dig pit (a child's sand pit filled with woodchip or similar) that you routinely hide toys or food in and encourage them to dig to their heart's content, they are less likely to dig up your flower beds or lawn. Accepting that dogs are highly motivated to perform particular behaviours and providing them with a safe, appropriate opportunity to engage in them will not only ensure they are fulfilled, but it will also lead to far less conflict and frustration, and hopefully result in an improved relationship and understanding of your dog.

Sleep

It is well accepted in human medicine and well-being that getting ample rest and good quality sleep is vital for maintaining a healthy body and mind. There is nothing in the

literature to suggest that this does not also apply to our dogs. Research into the lives of feral populations of dogs has shown that their activity patterns differ from ours, and that they lead a mostly crepuscular existence – being active at dawn and dusk.⁹ Further studies have shown that peak activity within a 24-hour period occurs during the hours of 5–8 am and 7–10 pm and often involves a lot of physical activity,¹⁰ which questions the 'lunchtime walk' that many dogs are taken on. Sleep-wake cycles in dogs are much shorter and more frequent than humans, with each sleep cycle varying from 15–45 minutes and as many as 23 cycles in an 8-hour period. This polyphasic sleep pattern consists of wake periods in between sleep cycles, which last an average of 5 minutes – this is usually when the dog may switch positions, move to another area of the room, rearrange their bed by scratching, digging, circling or snuggle up to their human



Figure 1.5: Individual dogs will have their own preferred sleeping positions, places and routines. If you can identify these, you can provide sleeping and resting areas that are appropriate for your dog. Photo: © Natalie Light.



Figure 1.6: Companionship and company is important for some dogs to be able to fully rest and relax, so provide opportunities for them to be close to you. Photo: © Natalie Light.