



Training for a better best friend

[TEACHING THE “COME” COMMAND]

A solid recall is one of the most important commands your dog will learn. It not only helps you keep him safe, but also allows him more freedom in situations where it is appropriate for him to be off leash. Hand targeting is great not only to teach commands like “come” but also for dogs who are nervous about hands moving toward them.

- » Have high value treats ready. “Come” is one of the most important commands your dog will learn, so reward accordingly with favorite treats, toys or activities. No kibble rewards here!
- » Say your dog’s name and put your hand down. (Flat palm with no treat in the hand)
- » Reward when your dog comes over and touches your hand with her nose.
- » As she improves at the game work on moving farther from her.
- » Once she is consistently touching your hand say her name and “come”, put your hand down and reward when she does.
- » Then add in a “sit” after she touches your hand (give one reward for both the come and sit).
- » Never use “come” when you are going to do something your dog dislikes (like you putting her in her crate) or to scold her. You will teach her coming to you is not in her best interest!
- » As she improves put treats in key locations around the house and when she comes to you when you call, go to the nearest treat location to reward her (instead of always having treats on you). This helps her learn it is in her best interest to come whenever you ask, not just when she knows you have something for her.
- » Increase the difficulty as she is ready. Start in the house with little distraction and work up to outside in the yard. When you’re ready, a long line is a great tool for “come”.

*If she will not touch initially with an empty hand you can start with a treat in your hand the first few times.

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Bark to Basics offers private, in-home training for obedience, behavior issues and problem solving.

For more information visit www.barktobasicstraining.com or

contact Melissa at 949.458.2275 or melissa@barktobasicstraining.com

[BARK TO BASICS TRAINING SERVICES]

- » Private, in-home dog training. Get the one-on-one attention of your trainer!
- » Basic and advanced obedience
- » Problem solving (barking, play biting, jumping, house training and more)
- » Aggression
- » Separation Anxiety
- » New puppy training
- » Specializing in rescue dogs (discount available)
- » CPDT certified trainer with 10+ years experience and a psychology degree
- » Serving all of Orange County

[BARK TO BASICS PET CARE SERVICES]

- » Experienced, bonded and insured pet sitters
- » In-home pet sitting including overnight care
- » Boarding
- » Dog walking services
- » Serving Orange County from Newport Beach to San Clemente



A tired dog is a happy and well-behaved one - while lack of exercise and mental stimulation can lead to a variety of problem behaviors like excessive barking, destructive behavior, jumping, and even leash reactivity and anxiety. Try the tips below to keep the boredom blues away.

» **FOOD TOYS** – food toys come in all shapes and sizes so your options are endless. Start with easier to figure out toys and progress to more difficult ones as your dog excels. Kongs can be stuffed with peanut butter and frozen; puzzles can hide small training treats and toys like the Kibble Nibble can be used to feed your dog his regular meals. In addition to exercise, dogs need mental stimulation to be truly content, especially breeds who were designed to do a job.



» **PROPER EXERCISE** – exercise is crucial! Shoot for at least 60 minutes for young, active breeds, or 30 minutes for seniors or mellow pups. Exercise not only provides much needed physical activity, getting out in the world is also great for socialization and mental stimulation. Imagine how you would feel if every day consisted of being stuck inside your house and backyard – cabin fever anyone? In almost all cases when I work with families who are experiencing behavior issues with their dogs, they are not getting proper exercise. Good behavior and exercise go hand in hand. **No time to walk your dog? Our team of pet care professionals can help!**

» **CHEWS** – Himalayan Chews, Bully Sticks and split antlers are great ways to give your dog something to do that requires very little on your part, and encourages him to entertain himself while you are tied up with other things. Dogs of all ages have a strong desire to chew.

» **TRAINING** – spending time each day on training will keep your dog on his toes and best behavior. If you have a dog who gets bored easily work on a new trick or command each week. Incorporate training into your every-day activities like when playing with your pup, before meals and on walks. Remember, short consistent sessions are better than a sporadic long session here and there.

» **PLAY TIME** – take the time to play with your dog (it's good for both of you)! Tug (with rules and boundaries) or a game of fetch can not only take the edge off boredom but helps with bonding. Rotating your dog's toys every few weeks if she is easily bored makes a big difference.



Safely Socialize Your Puppy Now for a Well-Adjusted Dog Later

New puppy parents have lots of things on their minds when it comes to their pups. How to potty train them, stop the play biting and teach them to sit and come. These are all important skills your pup should learn, but one vital skill to having a happy, confident and well-adjusted dog is often overlooked – socialization!

Between two and four months old your puppy is in a critical period for socialization. While the window doesn't suddenly close after this time, having him experience new things at this point is crucial. The older your puppy gets the harder it is to have an impact on his worldview, and pups who miss out on this can end up with serious issues – fears, aggression, reactivity and generalized anxiety.

Veterinarians often recommend keeping your dog inside and not socializing until all shots are complete. While the risk of contracting life-threatening diseases is real, keeping your puppy from interacting with the outside world can lead to devastating behavior issues later.

Your puppy will not likely be fully vaccinated during his critical socialization window, but fear not, you can still socialize safely!



For more information
and pricing visit
www.barktobasicstraining.com
or call 949.458.2275
for your FREE
phone consultation.



[SOCIALIZE YOUR PUPPY]

- » **Invite guests over to your house.** Try to introduce your pup to people of all ages, sexes, shapes and sizes. Ask your guests to toss your pup a few treats or his favorite toy when they arrive (your pup will learn new people coming into your home means great things for him).
- » **Socialize your puppy with known, healthy, vaccinated and well-adjusted dogs at your house or theirs.** Again the rule applies – shoot for all ages, breeds and sizes. If your puppy only meets one kind of dog he will get used to that kind of dog, but that does not necessarily generalize to all the dogs he will meet down the road! Puppy owners tend to introduce their puppies to other pups, and while this should be done it is important to also introduce him to adult dogs. Adults are better at teaching your puppy what appropriate social interactions look like.
- » **Avoid introducing your puppy to dogs who are reactive, aggressive or inappropriate with other dogs.** Your pup could not only have a scary experience that could stick with him for life, but he may pick up bad habits.
- » **Take your pup for outings in the car** – this can help ensure comfy road trips later!
- » **Bring your pup to dog-friendly places and carry him, or set him up on a blanket or bench to watch the world go by.** You want him to experience things like traffic, strollers, bikes and shopping carts.
- » **To avoid the risk of serious illnesses do not take your pup to dog parks or other places where there is urine or feces from unknown dogs.**
- » **Take your pup to friend's and family's homes.** Introducing him to a variety of new environments is key.
- » **Enroll in a puppy class!** Socialization classes are a great place for your pup to interact with new people and dogs, and reputable facilities will check to ensure pups are appropriately vaccinated and disease-free for their ages.

Socialization is key to having a happy family member who is a pleasure to be around. Talk to your vet about your desire to properly socialize your puppy. Another option is to titer test your puppy (a blood test done about three weeks after shots) to determine if your pup shows protective antibodies to the diseases you are vaccinating against.

[PET CARE SPOTLIGHT - MICHELLE]



Hi! My name is Michelle Montoya and I am so excited to be a part of the Back to Basics team! I have an extensive background in animal care, including 13 years taking care of the animals at Disneyland. I have worked with animals of all kinds - dogs, cats, horses, livestock, reptiles and exotics. I have a variety of fur babies of my own, including Chihuahuas, a Pit Bull, a Cane Corso, a Sulcuta Tortoise and a beautiful mare. I am so looking forward to meeting you and your fur babies!



My name is Amy. We have two four-year-old pug/golden retriever mix pups. They are litter mates with a ton of energy! I have always been extremely anxious about leaving my dogs with dog walkers/sitters, however, Melissa and her team have consistently put my fears at ease. We started with training from Melissa, which was extremely helpful. Kathryn and Rachel have been exceptional in helping us with our overnights, and Judee has also been great helping from time to time. Everyone at Bark to Basics is wonderful!!

Michelle walks our girls every week Monday through Friday. She is extremely dependable, and her love for them shows in her care. It is obvious she is an animal lover and has a gentle approach when caring for them. I was comforted knowing she has a long history of caring for animals, and instantly felt at ease when we met her. Our pups seem very relaxed and happy after she has come to walk and play with them. She always texts me promptly if there is ever a concern and keeps me updated on how they are doing. I would highly recommend her to anyone!

*- Amy M.
with Babs and Maddie*



Melissa Ruthenbeck-Chiaramonte, CPDT-KA, Owner/Trainer

I've had a long-standing love affair with dogs going back as far as I can remember. I made my parents promise to bring a puppy home when I turned 10, they agreed thinking I would forget, and when I didn't, we got Ranger!

I started working with animals when I was 12, volunteering at the local humane society – walking and spending time with the dogs. As I got older my passion for helping dogs evolved into working with shelters and rescues, and earning a psychology degree from Drake University, where I studied animal learning and behavior. After spending time working with veterinarians, rescues and well-respected trainers I became a certified by the Certification Council of Pet Dog Trainers, as well as an insured member of the Association of Pet Dog Trainers.

Over time I realized many of the dogs in shelters are there because of solvable behavior problems and decided I wanted to dedicate my life to changing theirs. I'm currently the President of Basset Hound Rescue of Southern California, where I also provide behavioral evaluations and treatment plans for the hounds who come into our care, and help my foster dogs increase their adaptability with training.



I have an extensive background in rescue work (as well as fearful dogs) and understand the specific needs of newly adopted dogs. I specialize in solving problem behavior, from aggression to separation anxiety and I also enjoy helping adoptive families work through issues and bond with their new family member.

I use positive reinforcement based training techniques (treats, toys, praise), paired with learning theory to help you learn how to effectively communicate with your dog so you can live together happily.

I live in Mission Viejo with my husband, Paul, and our two rescued bassetts, Wilbur and Mia, as well our foster hounds. In addition to continuing education in training and behavior I also spend time studying canine nutrition, vaccination and holistic care.



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Melissa really did wonders for our two little dogs. They love to bark and were not big on focusing long enough to stay still. After a few sessions, their manners have greatly improved. Walks are more enjoyable since they are quiet and now rarely tug on the leash. We covered the basics (sit, stay, come, quiet, leave it) and I no longer have to chase Casper to get my socks back or a paper before he shreds it. :) She also helped with transitioning Hazel from puppy pads to doing her business outside only. If the need arises, I will definitely go back to her for future training sessions.

*- Michelle M.
with Casper and Hazel*

