

Training for a better best friend

WINTER 2020 NEWSLETTER

www.barktobasicstraining.com

[ASK THE TRAINER – Q & A WITH BARK TO BASICS OWNER/TRAINER MELISSA]

Q: What is a certified trainer? Can you help with serious behavior issues?

A: A certified dog trainer has passed an exam assessing their skills and knowledge of things like learning theory, handling and training techniques, and has logged a required number of hours and continuing education units. An experienced, certified trainer (like me) can assist with basic training and puppy problems all the way up to treating anxiety, fear and aggression issues. With 13 years' experience, I specialize in solving behavior issues and working with rescue dogs. When dealing with aggression and other serious behavior problems, it is important to ask the trainer about their experience and techniques!

Q: What kind of techniques do you use?

A: I'm a positive reinforcement-based trainer and use scientifically proven techniques that are based on learning theory to teach you and your dog. I follow LIMA which stands for Least Intrusive, Minimally Aversive. That means we work to teach your dog in the most positive and effective way possible.

Think of it this way. When putting a nail in the wall to hang a picture do you use a sledgehammer? It will get the job done but will often result in damage. The same is true for using unnecessary punishment with your dog!

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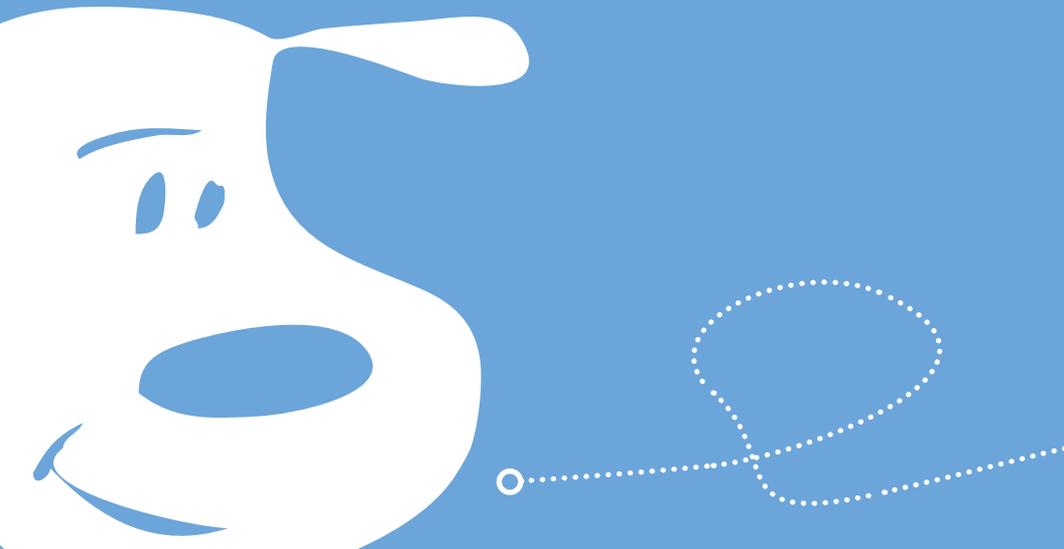
Bark to Basics offers private, in-home training for obedience, behavior issues and problem solving. We also offer dog walking and pet sitting services (in your home or ours)! For more information visit www.barktobasicstraining.com or contact Melissa at 949.458.2275 or melissa@barktobasicstraining.com

[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 13+ years experience and a psychology degree
- » Serving all of Orange County
- » Drop in training
- » Virtual training

[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



[PET CARE TEAM MEMBER SPOTLIGHT]

Rachelle French

With over 20 years' experience in the pet care industry, I have worked with animals of all kinds, varying breeds/ages, and worked extensively in dog nutrition and training. I'm also certified in Pet CPR and First Aid.

I believe your pet's health, happiness and wellbeing should be considered number one as they're family and most dear to you.

I currently have a 14-year-old Dachshund/Chihuahua mix named Mozzarella who is my very best boy (next to my husband). Mozzarella is a certified therapy dog that used to visit nursing homes with me but has since "retired" this position to his couch and sunny spots in yard. We all live in Lake Forest.



In addition to providing pet care services, Rachelle is joining Bark to Basics team with her years of training experience! She will be offering evening and weekend sessions for our busy clients, as well as drop-in training if your pup needs some extra practice on his commands after working with us privately. You don't have to be home for drop-in training, which makes it a great way to add some mental stimulation to your dog's day while you are away!

[TOP TIPS FOR A HAPPY, HEALTHY PUP!]



Appropriate chews like bully sticks, Himalayan chews, antlers, beef trachea and duck necks

Daily exercise! This one is free, and good for you both! Shoot for a minimum of 30 minutes per day for more mellow pups, and an hour+ for young or active breeds.



Regular vet care – Your dog should see the vet at least yearly, more if they aren't feeling well, or you have concerns. Vet care is crucial to a healthy, happy pet. I often see clients whose dogs have started problematic behaviors out of the blue, like peeing in the house or aggression and a vet check is incredibly important in these cases! No amount of training will fix an issue with an underlying medical problem! .



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





Boredom busters – Kongs filled with frozen peanut butter, dog puzzles, or toys you can put small treats inside, will provide your dog with the mental stimulation she needs.



Frequent training - Even if your pup is a master of the basics, training is important mental stimulation and builds confidence. Incorporate tricks and other games into your routine to make things fun and interesting. No time to train your pup? Contact us about drop-in training.



Quality time and new experiences – spend some down time giving your dog the love and attention he craves or take her to new places to explore (parks, shopping centers, doggy daycare).

Structure! Believe it or not, dogs love clear-cut rules and knowing they can depend on you as their leader. If being consistent isn't your thing, add this one to your New Year's resolution list!



[DOG & CAT ACCLIMATION]



Are your pets clashing, well, like cats and dogs? The addition of a new pet to your household can bring some unique challenges and questions. Follow these tips to ensure both your family members get off on the right paw.

- » Introduce your cat and dog with your dog restrained on leash. Gauge the dog's interest from there. Does he bark and try to lunge? Or does he look like he couldn't care less?
- » Many dogs are curious about their feline companions. Cats and dogs communicate differently and where with a dog showing their belly is submissive and sometimes playful, when a cat rolls over onto their back they mean business. (It frees up all four clawed feet plus their teeth for maximum defense).
- » Ask your dog to sit or down and reward him for calm behavior (like looking at you when you say his name) with your cat in the room. If he barks or lunges, say "no" and redirect him to the command you have asked for. You may have to have a family member hold your cat or close doors to other rooms so she can't escape the first few times.
- » If your dog is comfortable in the crate, another great starting point is with your dog in the crate with a favorite chew, while your cat wanders the room.
- » Gradually, as the cat relaxes and your dog is calmer around your cat, bring the dog closer (while still on leash). Continue rewarding good, calm behavior and provide toys and treats to teach your dog to focus on other things with your cat around. Keep the sessions short and positive!
- » Create a safe space for your cat in an area your dog does not have access. Baby gates are a great way to achieve this!
- » Provide lots of high cat trees and other places where the cat can observe the dog from a higher level. They generally are more likely to come out of hiding if they have safe spots around the house.

- » If your dog chases your cat, use a water bottle to curb this behavior. Reward relaxed, calm behavior.
- » Teach your dog "leave it". Start with a treat in your hand. Let your dog investigate your hand without being able to get the treat. When he backs away, praise him and toss a treat from your other hand a few feet away. Work up to putting the treat on the floor, first covered with your hand and then uncovered. When your dog can leave the treat uncovered on the floor you can start using the "leave it" command to instruct your dog to leave your cat alone.



Q: How did you get started training dogs?

A: I have always loved dogs and started volunteering at the shelter when I was 12 years old. When I went to college, I majored in psychology with a focus on animal behavior. Before starting Bark to Basics almost 13 years ago, I worked with vets and well known and respected trainers where I learned how to solve concerns ranging from normal puppy problems to serious aggression issues.

Q: Do you work with all breeds and sizes of dogs?

A: Yes, and I have a wide variety of experience working with all types of dogs, which allows me to help you teach your dog in the way that works best for him!





Training for a better best friend

Bark to Basics

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“Melissa is fantastic! Cowboy is able to walk past other dogs and men now and NOT go crazy! She is so helpful and informed me how to tell how my dog is feeling based on his ears and body posture. So helpful to understand things about the dog. I highly recommend hiring her! Thank you!!!”

— Elizabeth L.
with Cowboy

