

100 IDEAS FOR YOU AND YOUR DOG

Happiness

1. Find dog sport(s)/activities you and your dog enjoy
2. Do something silly/surprising to amuse your dog
3. Volunteer with your dog and make someone smile
4. Notice and emulate your dog's positive traits
5. Move on when something stupid or messy happens
6. Positive reinforcement is more fun for both of you
7. Think about the reasons your dog is so happy to see you
8. Find your pack: dog friends and friends for your dog
9. Focus on/address reasons for undesired dog behavior: boredom, access, fear, desire to communicate, etc.
10. Praise your dog lavishly when he/she finally does what you've asked

Health and Wellness

11. Taking care of yourself means you can care for your dog
12. Schedule wellness visits for you/your dog around same date
13. When possible, sync days/times you/your dog take meds
14. Ask your vet for advice on diet, vitamins, supplements
15. Don't procrastinate: seek medical care when something is off
16. Make time for regular tooth brushing/dental care
17. Understand your dog/breed's medical history
18. Keep health records in your car/on your phone
19. Keep suntan lotion near your dog's leash
20. Bug control for you and flea, tick, heartworm preventatives for your dog
21. Check for ticks after outdoor fun
22. Dress for weather; matching dog/human outfits optional
23. Deadly disease vaccinations/titers: rabies, distemper, parvo, panleukopenia
24. Don't ignore or assume you know the cause of itching, scratching or fur biting
25. Get regular exercise together

Mobility

26. Start your day by imitating your dog's first stretch
27. Let your dog supervise your exercise/stretch routine
28. Squat/stretch and pick up trash on walks
29. Do interval training; vary pace/activity during walks
30. Hike a new spot every month
31. Set weekly walking distances and track progress
32. Dance with your dog
33. Park farther away
34. Choose routes with inclines
35. Choose the right walking gear for you and your dog

Food

36. Slow feed bowl for dogs; small plates for humans
37. Provide a nutritionally complete/balanced diet
38. Measure food quantity
39. Know what's dangerous for dogs: grapes, raisins, chocolate, nuts, pitted fruit, cooked bones, alcohol, caffeine, artificial sweeteners, etc.
40. Choose dog-safe veggies/fruit for snacks
41. Make your own cookies/treats
42. Package grab and go snacks once a week
43. Research homemade dog meal possibilities
44. Temp your dog to drink with broth, tuna juice
45. Coax your dog to eat with hand-feeding
46. Investigate digestive aids: pumpkin, slippery elm, probiotics
47. Talk to your vet about eating/GI concerns
48. Reward/indulge with half a treat
49. Consider the high calories of table scraps
50. Have fresh water always accessible
51. Add longevity, enhance mobility via healthy weight
52. Feed your dog before you eat and ignore begging
53. Make mealtime a fun training time

Engagement

54. Teach your old (or young) dog new tricks
55. Turn your phone off during walks
56. Give your dog full attention when you play
57. Be present: avoid earbuds on dog walks
58. Stimulate your dog with puzzles
59. Investigate enrichment games/toys
60. Change things up: walk routes, activities, etc.
61. Add stimulation on walks: climb on a rock, jump over a log, etc.
62. Consider doggie day care/play dates
63. Dogs are pack animals; consider adding a dog
64. Notice what your dog is smelling and seeing
65. Make eye contact a reward prerequisite
66. Seek teachable moments for your dog

Sleep

67. Power nap with your dog
68. Sleep apart if your dog snores/wakes you up too early
69. Regular bedtimes in dark rooms

Performance

70. Be open to new ideas for improvement
71. Find mentor, info sources that inspire
72. Continue to make small improvements
73. Train in short burst rather than long sessions
74. Keep learning; mentoring others helps with that
75. Create practice routines
76. Be inspired by watching champions

Address Stress

77. Know/respond to body language signaling dog/human stress
78. Make time on hectic days to snuggle your dog
79. Be alert: avoid stress triggers on walk, at dog parks, etc.
80. Train the behavior you want when the doorbell rings
81. Pet your dog and lower blood pressure – yours and your dog's
82. Trim nails/comb/strip/de-shed your dog a bit at a time
83. Massage your dog when you sense or want to prevent stress
84. Anticipate and have a plan for thunder and fireworks

Commitment

85. Join a pack: take a class, walk with buddies
86. Keep schedule that includes time off/downtime
87. Find your daily inspiration app
88. Journal activity
89. If you cheat, don't repeat; resume your activity plan
90. Celebrate progress, accomplishments, milestones

Record Keeping

91. Phone contact for your dog: birth date, microchip #, dog license #
92. Emergency contacts: vet, emergency vet, specialists, caregivers
93. Health records and medication list handy in case of emergency: PDFs on phone, paper record in the car
94. Keep up-to-date rabies vax/titer certificate on phone, in car
95. Have an "About" summary for your pet that includes allergies, fears, meal schedule/food, walk/exercise routine, special needs, how to spoil safely, what's off-limits, emergency contacts
96. Be ready with paperwork for foreign travel, campgrounds, doggie daycare, dog shows, volunteering

Coping with Pet Loss

97. Acknowledge grief and recognize mourning
98. Listen without judgement, solutions, or clichés
99. Share memories and talk about the pet
100. Do something special to honor the dog

Every dog and every human is different. Check with your doctor and veterinarian to see which of these possibilities is right for you and your dog.

Scan QR code for more information.

