



Newsletter New Year '11

Dear friends,

It's that time when many of us make New Year's resolutions; for some that may be to get a puppy, for others it's being healthier. So, we've got tips on picking the right puppy and meet Jane Vellacot who shares her secrets for kick starting a new you for 2011. We tease the launch of our annual charity competition 'Dressed to the K9's', look at some common cat behaviours and have another delightful cartoon from Ellen Tozer exclusively for Walk the Dog. Happy reading!

Hanne & the WTD team x

Picking the right puppy

Very often when I go to see a client who is experiencing problems with their young dog, I will ask how they went about choosing their pet. The response is often "I didn't choose my puppy, he chose me"; when they arrived their puppy was the one that pushed the others out of the way and launched itself onto the owner. However, if they had asked the breeder about the puppy, it is likely he was the first to the food bowl, was bigger and stronger than the others because, right from when he was born, he always rooted out and suckled from the mother's most lucrative inguinal teat. A good breeder would already have recognised this puppy as the most dominant and boldest in the litter. This choice of ownership, having been made by the dog and not the human, is normally just the first of many other decisions that the dog will make instead of the other way around.

So what is it you want to look for when visiting a litter? Most owners say they want a well mannered and easily manageable family pet. Good breeders will already recognise the differing characteristics of the puppies and, in an ideal world the breeder having assessed your domestic environment, will be looking to match the right puppy to you.

However, there have been various tests designed to evaluate puppies for specific types of work as well as tests to select those most likely to be good family pets. For example, a strong/bold dominant personality would be suitable for police work rather than a pet. Below are a series of tests you may find helpful when looking to pick your puppy from the litter.

1. Social attraction - pop the puppy on the floor in the middle of the room, attract its attention and encourage it to approach in a different direction from where it entered the area (getting it to come to you). The puppy's readiness to approach, the manner and body posture it displays and attitude to you, should all be taken into account. Coming readily, tail up, jumping up and gnawing your hands indicate this dog has a very strong personality. Coming very hesitantly, tail tucked in, possibly submissively urinating indicates this puppy is very submissive and sensitive. Choose the pup that shows confidence, its bottom may wiggle from side to side as it approaches, and it may lick your hand once it comes to you (avoid the puppy that is biting or mouthing you).

2. Following - having stroked the puppy for coming to you, now walk away, see how readily the puppy follows. A strong personality will follow readily, even getting under your feet and may even attempt to bite them as you move. The very submissive pup will have to be coaxed and is likely to follow in fits and starts. It may roll onto its back each time you stop or bend down to stroke it. Look for the puppy that is happy to follow, yet not chasing or tugging at your clothes/tripping you up etc.

3. Restraint - very gently roll the puppy onto its back, hold it there for approximately 30 seconds. You are looking at what happens (e.g.) does the puppy fiercely struggle or try to bite you? Is there a little struggle with no biting, or even no resistance at all? Choose the puppy that struggles just a little or offers no resistance, you may even have some licking of your hand.

4. Social dominance - the head, neck, and shoulder regions are a sensitive and dominant area. Watch two unknown dogs meet in the park and you will often see a paw or the chin of the slighter higher ranking dog being placed across the withers of the other. So, crouch down, stroke the puppy fairly firmly from the head down over the withers, and continue to do this for about 30 seconds. If the puppy growls and tries to reverse this interaction by jumping up, this shows you it has a strong personality. If the puppy collapses into a heap even squirts urine, it is really submissive. Look for the puppy that after the stroking has finished, it just walks off ignoring the whole proceedings.

5. Elevation dominance - bend over and form a cradle with your hands under the belly of the puppy, gently lift it a few inches off the floor, hold it in that position for about 30 seconds. This puts you in total control and the puppy with no control. The manner in which the puppy accepts or resists helps determine their personality. Look for the puppy who may struggle just a little, however, flops into your hands - and may even give you a lick.

By watching the interaction of the littermates, you will be able to determine the best personality suited to you. Look for the puppy that is playful, yet happy to be rolled around on its back by its siblings, or snoozing away in the middle of the play without a care in the world!



New faces to Walk the Dog...

This month we give a warm welcome to; **Rollo, Chicory, Hugo and Max, Sox, Chloe, Dickins, Bronte, Thackeray, Willow, Clichy, Rollo, Coco, Wilbur, Chester, Roxy P, Snowball, Fudge, Billie, Matilda, Smokey, Misty, Marley and Morris.** If your pet isn't on our picture gallery yet, please send us their picture, so they can join our animal hall of fame. Email us at info@walk-the-dog.net

And sad farewells...

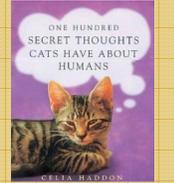
We're very sad to say goodbye to WTD pets **Midge, Roo,** and **Bramble** who passed away recently.



Book review One Hundred Secret

Thoughts Cats Have About Humans by Celia Haddon

This book gives the reader a hilarious insight into the mind of the cat, taking every day tasks that humans do and portraying them from the cat's perspective. A great read for any feline fancier! RRP £3.59



Special appeal - Felix



This handsome chap is 15 month old Felix. He came from a feral litter and is learning all about humans. He's very playful and loves to chase and bat about little balls. Felix is looking for a calm household where he can continue to gain confidence and be a lap cat. Can you give Felix a loving home? If you can, please contact

Vanessa at Cats Protection on 0845 371 1851.

Paws for thought



Ever wondered why your eats grass? Here's three common cat behaviours explained to help you understand your feline friend.

A **Purring** cat is not necessarily a happy cat. Cats purr when in pain, distressed or giving birth. Cats in pain purr when approached by people; this suggests cats purr to show they're friendly and approachable - ready to be comforted or helped. Kittens purr to communicate to its mother that it's well and content.

Kneading is when a cat extends and retracts its claws, this usually happens when resting on its owner's lap. This behaviour comes from kittenhood; kittens knead their mother while suckling to make the milk flow more freely. Adult cats do this when they feel safe and content. If a cat dribbles or sucks at the owners' clothes whilst kneading or purring, this is an indication that the cat may have been taken from its mother too early.

Eating grass often occurs when your cat needs to clean out its stomach by vomiting (e.g. get rid of fur balls). If your cat doesn't have access to grass, house plants or anything similar will be eaten! It's been said that cats eat grass to obtain Folic Acid, something that cats need in small quantities for its well-being.

In the news...

WTD in the media



It's been a busy few weeks for Walk the Dog and the media. Hanne was asked back on BBC Three Counties for her third stint of the year talking pets. And, in December she joined the pool of experts at BBC Breakfast, making her debut on the sofa with Bill Turnbull and Louise Minchin. Then just before Christmas, WTD was back in the news as Hanne lent her voice to a new campaign raising awareness of pet insurance, featuring in a number of publications.

There are lots more exciting media projects lined up for 2011, so to stay ahead of all the latest WTD news, follow us on Twitter @WalktheDoguk and Facebook.

WTD book goes global

Playing With Your Dog, the new book from Hanne Grice sold out in the run up to Christmas and is now being sold in Australia, USA, China and Europe. Jam packed with great play ideas and tricks to test your dog's intelligence and hone his natural senses, the book is available in the UK from Amazon, Waterstones, Tesco, WHSmiths and Borders. Get your copy for less from WTD priced £6.99.



Spring closure reminder - March '11

We will be closed for two weeks in March to give the WTD team a well earned rest after the harsh Winter months. All services will stop operating from 12th March to 27th March inclusive. Please ensure you make alternative pet care arrangements during this time.

WTD meets – Jane Vellacott from Amway



Name: Jane Vellacott
Occupation: Skincare and cosmetics specialist, promoting Artistry and Nutrilite range from Amway
Pets: 2 dogs, 1 cat and a fish pond!

Under the spotlight this month is Jane Vellacott, a former scientist who specializes in skincare and cosmetics. We asked Jane to share her tips on kick starting a healthier new year!

"The remains of fattening foods are a chubby reminder of the recent Christmas festivities. And, with the slippery ice now melted, there's no excuse not to be outside. So, with resolve in my heart and

a stout pair of walking boots, I determine to shake off my uninvented guest - the new rump. Here's the plan; a sensible nutritional diet with plenty of water, moderate and frequent exercise - the dogs will love this part, and enough sleep. Sounds familiar? Well, the old ones are the best as they say!

People often ask me why I seem to have so much energy. Mental attitude plays its part. It's easy to feel energetic when you feel good about life. But for sustained health and energy, it's now widely recognised that getting a balanced diet for optimal nutrition is actually not as easy as it sounds. Discovering **Nutrilite*** supplements helps me. Nutrilite is a combined multivitamin, multimineral and phyto-nutrient daily pill that is my style of health insurance and is convenient to take. Top up with Nutrilite's B vitamin complex to give you a natural energy boost that a busy life demands.

Clear clean water is a firm favourite. Some friends are sceptical about filtered water, until they try the **eSpring*** test. My dogs choose eSpring water over ordinary tap water. As dogs have greater taste preference for water, they can taste the chlorine in tap water which denatures vitamins and affects cellular processes. An eSpring filter means cheap fresh bottled water all the time.

While my four-legged friends have a covering of fur, I rely on a good face crème with sun protection and hydration before heading out. **Artistry* Time Defiance** products amaze me – they are natural, effective and fairly priced. If you haven't tried them yet, treat yourself!" *Nutrilite, eSpring and Artistry are brands from Amway, who make lots of animal friendly products including naturally based cleaners and detergents.

Jane is offering all readers a free consultation with no obligation. To find out more call Jane on 07769 666602 and email: jane@janevellacott.co.uk

Dressed to the K9's launches – Feb '11

Walk the Dog's third annual national charity pet fancy dress photo competition "Dressed to the K9's" starts on **Monday 1st February** and we're inviting all our WTD friends, clients and colleagues to join in the fun. This light hearted competition is in aid of dog rescue and rehoming organisation, Every Chance Rescue. Our previous judges have included WTD clients – film producer **Barbara Broccoli OBE** and renowned artist **Christaine Kubrick**. Our internationally known celebrity judge[s] for 2011 will be revealed on 1st February!

1st Prize includes:

- The Bill Barrowcliff Competition Trophy
- Photographic shoot and portrait from Ian Waldron Pet Photography worth £250
- Top of the range GPS tracking collar from Retrieva
- Pet food from Oscars
- Luxury hamper from WTD plus much more!

The Runner up and Top Ten finalists will also receive fantastic goodies their pets.

For a chance to win simply:

1. Dress up your pet, letting your imagination run wild
2. Upload your photo and submit this online at our competition website www.dressedtothek9s.com
3. Make a donation if you wish via the competition website which goes directly to Every Chance Rescue to help pay for the much needed veterinary, kennelling and foster care costs of unwanted dogs. Competition closes 24th April. Become a Fan of our Dressed to the K9's Facebook page to keep track of all the latest news and see the entrants for 2011's competition.



Inspirational Valentine pet gifts

Show your pet how much you care with our fun and inspirational Valentine gifting from cat and dog toys to edible love cards for pets. Postage and packaging is absolutely **FREE**. To order, log onto www.walk-the-dog.net



Howard thought Jefferson's aim of a 'Dachshund figure' was a little extreme.