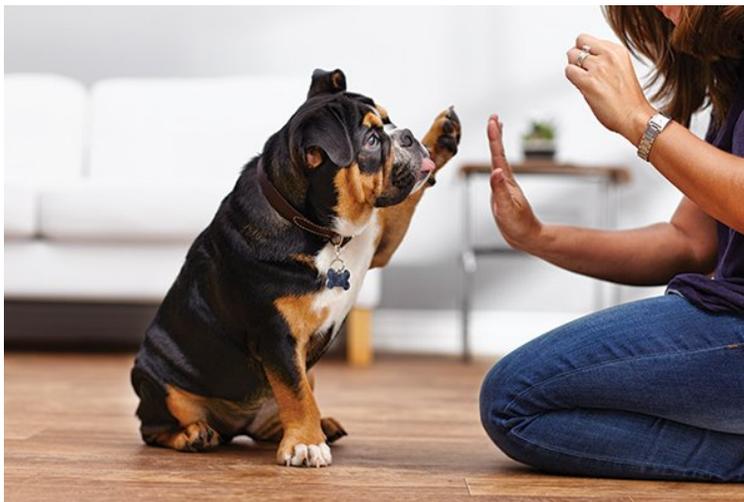




## Wags and Purrs Comfort Corner

### The Importance of Finding the Right Trainer



Not all trainers are created equal and for the health and safety of you and your pet, it's extremely important to find the right trainer. Finding the right trainer will put you and your pet on the road to success, and finding the wrong trainer could have devastating and lasting effects.

Positive reinforcement means rewarding a pet for good behavior with praise, treats, play or something the dog highly values. This teaches the pet what is expected of them, and that by giving this action, they will receive something they value. It also allows dogs to make their own decisions. Our pets are thinking creatures and positive reinforcement training allows them to make their own decisions based on the incentive of reward. If a child is offered \$20 for every 'A' on their report card, they will attempt to get that 'A' every time. The incentive for our pets is similar based on what they value, such as owner praise, treats or positive attention.

Force free is teaching a pet without fear, pain or use

### Health Tip for the Season

Providing our pets with a nutritionally sound and balanced diet is the foundation for good health and wellness.

Recently, DCM (Dilated Cardiomyopathy) has been in the news in relation to grain-free pet diets. Our pets are carnivores, and for their food to have nutritional value it must contain taurine. Dogs require 22 essential amino acids to handle all their metabolic and energy needs but their bodies only produce 12 of the 22. The other 10 must come from the food they eat. Plant proteins do not contain all the amino acids critical for carnivores.

The best nutritionally sound meal will be home cooked or a raw diet, including several different types of meat, vegetables and fruits. If feeding another type of food, whether wet or dry, make sure you're reading and understanding the ingredient list – the main ingredient should always be meat.

of aversive techniques such as e-collars, shock collars or choke collars. For a pet to truly bond with their pet parent, the relationship must be built on trust and the pet must feel safe.

The use of aversive equipment on a pet can cause lasting negative effects to a pet and can even put the pet parent in danger. A dog who is used to being shocked every time a collar type device is put around their neck will react negatively to anything being put around their neck. This means, if a pet was trained with aversive equipment in the past, they may still react to a simple collar or harness now.

Dogs trained with aversive training methods are more likely to exhibit signs of fear and stress and develop new defensive behaviors. By far the most impactful negative effect of aversive training is the pet will start to associate their owner with punishment. That's no way to share a mutually respected bond!

Using the example above, a dog that has learned aggression through aversive training methods could now become a liability to its family and those who come in contact with it. If the dog in the scenario does become human or dog aggressive, the owner is responsible for any damage the pet causes by biting someone or attacking another dog out of aggression or fear.

Even if the owner is fortunate enough for the dog not to become aggressive, aversive training could still cost them financially. Choke and prong collars can cause permanent, long lasting damage to the larynx, esophagus and thyroid that may require a vet's care. Because aversive training doesn't work with the dog, the dog will require further training and now a trainer is dealing with a stressed, fearful pet. This could take months to reverse and put the trainer in danger too!

Realize that professional trainers aren't just for dogs with behavioral problems, even though that is part of the equation. Unwanted behavior is best addressed before it even has a chance to start. Therefore, all dogs can benefit from a professional trainer, and will be calmer, happy and healthier when they know what is expected of them.

To find an educated and certified professional in your area:

[Certified Council for Professional Dog Trainers](#)

[The Association of Professional Dog Trainers](#)

[Pet Professional Guild](#)

[Victoria Stilwell Academy for Dog Training and Behavior](#)

For more information, visit our blog post [Grain Free Pet Foods](#).

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### **Training Tip for the Season**

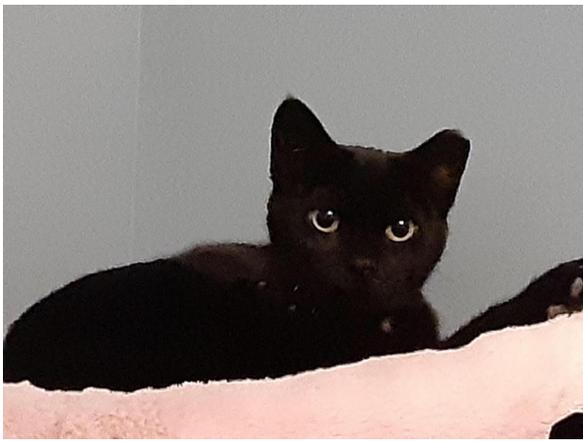
During the winter months, some days will simply be too cold for a walk or outside play. Our pets can suffer from hypothermia and frostbite too! On those days it's good to have another option for our pets to burn off excess energy. For that reason, more and more pet parents are teaching their dogs to use a treadmill!

If you are interested in treadmill training, please contact us or we can give you information on a certified trusted trainer.

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### **Pet Sitter Tip for the Season**

Having regularly scheduled walks with a Professional Pet Care Specialist can help keep those extra winter pounds off of our faithful friends. During the colder months, all family members are spending less time outdoors, which can lead to putting on the pounds. What might only be a few extra pounds for us, can quickly add up on our pet's smaller frames. Providing a pet with daily dog walks can help chase away those pounds and provides great mental stimulation and a fun way to break up the day!



## Ana and Elsa

Ana and Elsa are a pair of bonded, 4 month old sisters. They are looking for a forever home that will allow them to stay together. Both girls are spayed and ear tipped, as they were part of a trap and release project.

These beauties are sweet and accepting of people's kind touch. They are looking for a forever home that will work with them and allow them to continue to trust in people and live a full life indoors. Both girls are up to date on vaccines.

Elsa will allow long cuddle sessions and loves to play with wand toys. Ana will allow short cuddle sessions but loves her feather toys. These girls are very bonded and sleep curled up together and follow each others lead.

Ana and Elsa are still learning to trust and therefore would do best in a home without young children under 12 years old.

## February Birthdays



These pets will be celebrating a birthday in the month of February!

Flynn Klaput  
Kenai Ellis  
Lucy Bishop  
Figaro Bishop  
Sheriff Miller  
Thor Boczar

Gunnar Thomas  
DBo Leonard  
Fluffy Wolfe  
Big Ears Wolfe  
Rosie Adam  
Harley Bonacci  
Penny Bonacci  
Lucky Grandma Kranick

Happy Birthday, all! Paw-ty hard!

## Healthy Homemade Treats for the Season

### Valentine's Day Cranberry Hearts

Ingredients:

- 2 Eggs
- 1 and 1/2 Cups Almond Flour
- 1 Tablespoon Coconut Oil
- 3-4 Tablespoons of Coconut Flour
- 1/2 Cup Dried Cranberries



Directions:

Preheat oven to 325 degrees.

Beat 2 eggs and set aside.

Combine your almond flour, coconut oil and dried cranberries together in a bowl. Once combined, pour in the eggs and mix together with your hands. The dough will be very wet.

Begin adding in your coconut flour one TBSP at a time, mixing in each one after added. You want to achieve a consistency that is easy to roll and not super sticky. This will require between 3-4 TBSP depending on your brand of flour and size of your eggs. The dough should easily form a ball.

Roll Out your dough and cut out the treats using heart shaped cookie cutters. Tip: Sprinkle a little coconut flour on top of your dough to keep it from sticking to the cookie cutters.

Place your treats on a cookie sheet lined with parchment paper. Bake in the oven for 15-18 minutes or until crisp. \*Time will vary depending on size of cutters and cookies.

### Valentine's Tuna Treats

Ingredients:

- 1/2 cup whole wheat flour
- 1/2 cup nonfat powdered milk
- 1/2 can tuna or 1/2 cup chopped chicken (cooked)
- 1 teaspoon vegetable oil or cod liver oil
- 1 egg, beaten
- 1/4 cup water
- catnip (optional)



Directions:

Preheat oven to 350 degrees and grease cookie sheets with cooking spray.

In large bowl, mash the tuna (or chicken) into smaller pieces. Then add flour and milk. Mix well.

After all is mixed, pour in water and oil. Mix well again.

Now, beat the egg in a separate dish until egg gets a foamy texture. Add to mix. Mix well. (The dough mix will be sticky.)

Using your fingers, shape dough into small bite size balls, about the size of a marble. Put balls on the greased cookie sheets. Flatten balls with hand, and shape into little hearts.

Bake for 10 minutes. Remove heart treats from oven, then wait five minutes and turn treats over so other side will cook. Bake 10 more minutes or until golden brown in color.

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