

Help your dog cope during this time of change.

Things that might be different for your dog

- Routine
- More attention
- Less exercise
- More chase games
- More physical interactions
- Less rest
- Constant human company and affection
- Less space
- More noise
- Less time alone
- No interactions with other dogs
- Uninvited interactions/attention/disturbances

Here's a basic list that could help your dog adjust and also a preventative measure of unwanted behaviour/problems. These can be part of his day in a routine. Dogs love to know what is going to happen next! They also rest often by nature, up to 18hours a day. It's important we allow them this.

1. **Create a routine** to fit into your day from first thing when your dog has access to outdoors
2. **Breakfast time** - Kibble food can be scattered in the garden at breakfast time for your dog to search for.
3. **Rest.** Your dog might be used to you being at work and is used to this. Try not to disturb him – he needs this.
4. **Midday**, practise a few things he knows and feed him some of his daily portion for doing well. Add on – teach him something new!
5. **Have a game** afterwards. Scatter a handful of kibbles to search for and to relax him before resting.
6. **Rest**, your dog would probably choose to do this.
7. **Afternoon**, his daily walk where appropriate, let him sniff to his heart's content! Don't take a toy – save this fun for at home.
8. **On return from the walk** have a couple of games of chase (three throws max) followed by tug – o – war.
9. **Allow the time for calm** (heart rate down before meal)
10. **A gentle brush**
11. **Dinner/tea time.**
12. **Rest**
13. **Early evening** – a couple of searches for a favourite toy followed by play – tug, catch.
14. **Family time** and monitored whilst chewing something such as hide chew, pig ear, stuffed Kong etc
15. Happy dog. Mentally, emotionally. Physically. 😊

Things to avoid – disturbing your dog when resting. Creating an athlete through repetitive chase games. Over excitement. Free access to all the toys all the house and all the garden at any time, as this will have to alter when things go back to the usual routine and he will find it hard to adjust.