

# HUNTERDON DOGS

WHERE DOGS ARE FAMILY AND LOVE IS UNLEASHED



## NESTA'S LIST

NESTA'S TOP 5 KONG® BRAND TOYS TO TRY!

## Breed of the Month

The Golden Retriever

## Holiday Guide

Simple tips to try during the busy holiday season to help bring your dog joy and happiness



## Just for Fun

5 ways you know your dog thinks they're human!

### Member Featured Articles

- 1** TO CRATE OR NOT TO CRATE?
- 2** HOW EXERCISE SHAPES YOUR DOG'S BEST LIFE!





HUNTERDON DOGS

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# Nesta

## Editor-in-Chief

**Nesta here again, wagging my tail with glee to share some exciting news! This month's edition of our magazine is packed to the brim with stories**

**Yours truly, Nesta, has even sniffed out the top 5 KONG® toys just for you. These toys are the real deal, trust me.**



**In this issue, We've got not just one, but two incredible featured articles from our very own members! They answer the questions: "To crate or not to crate?" and "Why exercise is so important for pups." We've fetched you a Dog Dictionary, with made up words, that we think all dog lovers would agree need to be added to the real dictionary.**

**We have our essential guide to help you prepare your pup for the cold weather and so much more!**

**So, grab a cup of coffee, curl up in your coziest spot, and dive into this month's issue.**

**With wags and woofs,**



**Nesta**

**HUNTERDON DOGS**



# WALL OF FAME

NOVEMBER / DECEMBER 2023



**This Issue's top photos  
from our Hunterdon  
Dogs Community**



November/December Hunterdon Dogs

# WALL OF FAME

A few top pup photos from our community this month!





November/December Hunterdon Dogs

# WALL OF FAME





November/December Hunterdon Dogs

# WALL OF FAME





WAG MORE, BARK LESS.



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# NESTA'S LIST



## EXPLORING NESTA'S TOP 5 FAVORITE KONG® TOYS

Dive into our guide to find the perfect KONG toy that sparks mental agility, fosters healthy habits, and keeps your pup entertained for hours.



# Exploring 5 Favorite KONG® Toys

## Top KONG® Choices

When it comes to engaging, durable, and versatile toys for dogs, KONG® has secured its place as a top contender. Designed to entertain and satisfy a dog's natural instincts, here are the top five KONG® toys and what makes them beloved among pet owners worldwide.

**FUN FACT:** The original KONG® Classic toy was created by Joe Markham in the 1970s when he noticed his dog chewing on a rubber part of a vehicle and found that it was beneficial for the dog's dental health.

## 1. KONG® Classic

**The KONG® Classic** is an iconic treat-dispensing toy that has stood the test of time. Made of durable rubber, its unique shape and hollow interior allow for stuffing with treats, peanut butter, or KONG®'s own stuffing. This toy is excellent for mental stimulation, alleviating boredom, and promoting healthy chewing habits. However, for aggressive chewers, it's essential to monitor the condition of the toy as some dogs might eventually chew through it.





## 2. KONG® Extreme

Built for heavy chewers, the **KONG® Extreme** is a tougher version of the Classic. Crafted with an ultra-strong black rubber compound, it's designed to withstand rigorous chewing. While it's more durable than the Classic, some dogs may find it too tough or heavy for their liking, especially smaller breeds or those not accustomed to hard toys.

**Heavy Chewers:** Over 30% of destructive behavior in dogs, such as excessive chewing on furniture or belongings, is attributed to the inclination of being heavy chewers.

## 3. KONG® Wobbler

The **KONG® Wobbler** combines mealtime and playtime, functioning as a treat-dispensing toy that wobbles and rolls unpredictably. This toy stimulates mental agility and slows down eating, making it great for dogs prone to rapid eating habits or needing extra mental stimulation. However, its size might be too large for smaller dogs or those not used to interactive toys.



**Stress Relief:** Interactive toys such as the KONG® Wobbler have been linked to stress reduction in dogs, with approximately 65% of dogs exhibiting decreased stress levels and increased contentment during play sessions with these toys.



Just a Thought

Despite being soft, plush toys can endure an average of 30-60 minutes of chewing before significant wear or damage, making them suitable for moderate chewers and gentle play.



## 4. KONG® Cozie

The **KONG® Cozie** is a plush toy perfect for cuddle and playtime. With an added squeaker inside, it entices dogs for interactive fun and satisfies their natural instinct to hunt and play. While loved for its softness and squeakiness, it might not be suitable for aggressive chewers who tend to tear apart plush toys.

### Benefits and Drawbacks

#### Some Benefits:

**Durable Construction:** KONG® toys are known for their durability, making them long-lasting options for many dogs.

**Mental Stimulation:** The variety of toys cater to different play styles, providing mental stimulation and preventing boredom.

**Versatility:** They offer a range of toys suitable for various activities, from chewing and fetching to mental challenges and comfort.

#### A Few Drawbacks:

**Not Indestructible:** While durable, some dogs, especially aggressive chewers, may eventually damage or destroy KONG® toys.

**Size and Preference:** Certain toys might not suit all dogs due to size, weight, or play preferences, requiring owners to find the right fit.

## 5. KONG® Flyer

For dogs that love fetch, the **KONG® Flyer** is a durable and flexible rubber disc designed for safe and enjoyable play. Its soft, rubber construction makes it gentle on a dog's teeth and gums while still being tough enough to withstand a good game of catch. However, while it's durable, it may not be as indestructible as other KONG® toys for intense chewers.



Nesta's List

IN EVERY WINTER'S GLOW, A DOG'S  
LOVE LIGHTS UP THE DARKEST  
NIGHTS.



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# ***FEATURE ARTICLE***

HUNTERDON DOGS  
MEMBER **ANDREA  
JESZENSZKY**

In this article, Andrea explores the pivotal decision of whether to crate your new furry family member or not. The article emphasizes the positive impact of introducing the crate as a constructive tool, offering practical tips to make it a comfortable and positive space for your pup.

## ***TO CRATE OR NOT TO CRATE?***







## To Crate or Not to Crate, That is the Question.

Article by: **Andrea Jeszenszky**

So, you have a new furry family member. Now what?

You overdose on his cuteness and want to give your new family member the best life you can. You want to get puppy kisses, play with him, buy him every toy imaginable and let him run free.

As time goes by, your new fur baby develops behavioral issues such as jumping on guests who visit your house, chewing on things they shouldn't, potentially destroying furniture, counter surfing, incessant barking and going potty in the house. Add "convenient obedience" or "selective hearing" into the mix, and now your newest family member is looking a

### ANDREA JESZENSZKY

Andrea embarked on her 20-year dog training journey in Europe during her early years, eventually becoming a full-time expert in the field. She expanded her expertise in the United States under the mentorship of accomplished trainers. Having successfully trained hundreds of dogs worldwide, she now focuses on the Hunterdon County area. In addition to standard on and off-leash obedience training, behavior modification, and puppy training, Andrea specializes in preparing dogs for Schutzhund/IPO/IGP Competitions—a challenging sport assessing obedience, tracking, and protection skills. Notably, Andrea's personal Rottweilers clinched first place in these competitions. With a background in psychology and an MBA, Andrea seamlessly integrates her education with canine psychology, striving to help each dog self-actualize. Her ultimate goal is to bring out the best in every dog, fostering an unbreakable bond between the pet and owner, ensuring years of joy together. To explore how Andrea can assist you and your dog, please contact her at her website: [www.k9professional.com](http://www.k9professional.com) or email at: [info@k9professional.com](mailto:info@k9professional.com).

little less cute. At this point you are puzzled as to why your fur baby does these things and how to stop these behaviors.

***This article was written by one of our Hunterdon Dogs community members, Andrea Jeszenszky. Check out her bio above!***



You can prevent such issues by using the crate in a positive manner. Crates can be a negative or positive experience for your dog. It all depends on how you introduce it. Making your dog's crate a positive place can be a game-changer for them and you. **Here are some tips for making your dog's crate a positive experience.**

- 1** Feed your dog in the crate. This includes all treats, bones (if you choose to provide) and chew toys.
- 2** Keep the crate in the least trafficked area of the home.
- 3** Use a plastic crate so your dog doesn't get caught in the wires.

These tips allow your dog's crate to become his "restaurant" and his "den." It becomes his place to relax and sleep.

Who doesn't love restaurants? Who doesn't love a refuge for some good old-fashioned me-time? Just like humans, dogs relish in these simple pleasures. When all the good things occur in the crate, it will become a safe, positive den for the dog.

## How does this benefit you?

Let's start with when you're away from home. If you need to leave your puppy at home, place him in the crate. Dogs instinctively avoid soiling where they sleep, but it's your responsibility to let them out regularly to prevent accidents. By fostering a positive association with the crate, your puppy will willingly use it, knowing positive experiences are associated with it.

Now, let's shift our focus to when you're at home. My recommendation might surprise you—I propose leaving your dog in the crate when you cannot give him the attention he needs. For a new dog, constant supervision or confinement in the crate is advisable until they grasp the household rules. When your dog is outside the crate, use a light leash for easy supervision. Holding the leash enables you to guide him in understanding what's appropriate to play with or chew. Additionally, if he needs to go to the bathroom, the leash allows you to promptly take him out, minimizing the risk of accidents in the home.

**Quick, "at a glance" overview to help you use the crate when you are home or away from home.**

## Simple Tips Breakdown

### When away from home:

1. Place your puppy in the crate.
2. Provide an engaging item (marrow bone, Kong toy with treats inside, etc.).
3. Ensure frequent outings to prevent accidents in the crate.
4. Make the crate a positive place to encourage your puppy's willingness to use it.

### When at home:

1. Leave your dog in the crate when unable to supervise.
2. Supervise a new dog or keep him in the crate until he learns house rules.
3. Use a light leash when your dog is out of the crate for better supervision.
4. With the leash in hand, monitor play and chewing activities.
5. Take your dog outside immediately if he needs to go to the bathroom to minimize indoor accidents.

**Think of it this way:** Would you let a two year old child crawl all over the house without supervision? I hope not. Puppies are not any smarter than a human baby. New dogs in the house don't know your rules, so they need just as much supervision.

### ***Pro Tip:***

**When you crate your new dog make sure the crate is big enough so the dog can stand up and turn around comfortably. When you have a dog that is not housebroken yet, you need to make sure the crate is snug enough so your puppy cannot make a mess in one corner and leave it behind by going to the other side of the crate. Once they are house broken you can give your dog plenty of space. Some crates have dividers for this.**

Crates are excellent training tools. As your dog's obedience improves, he can receive more freedom. This is a step function. Crates are a building block to better behaved dogs. You determine if the crate is negative like a jail or a positive like a restaurant or safe haven. Make it positive; when all good things happen in the crate your dog will welcome it. If you follow these directions, not only will your dog become housebroken much faster with much less frustration and less messy cleanups, but they will also learn the house rules much faster. This will evolve to your dog paying attention to you more. Observe how your bond with your dog gets tighter as time goes on.

### ***More Questions for Andrea?***

**Reach out to her:**

**Website: [www.k9professional.com](http://www.k9professional.com)**

**Email: [info@k9professional.com](mailto:info@k9professional.com)**





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# "THE DOG DICTIONARY"



**5 made-up words** that need to be added to a dog dictionary!



# 5 MADE UP WORDS THAT NEED TO BE ADDED TO A DOG DICTIONARY!

Greetings, fellow dog enthusiasts! Today, we embark on a linguistic adventure to unravel the charming and whimsical vocabulary that makes up the enchanting world of our beloved canine companions. Get ready for a crash course in the Doggie Dictionary, where each bark, tail wag, and endearing quirk adds another delightful entry to the lexicon of doggy expressions.

## 1. SNIFFARI (N.)

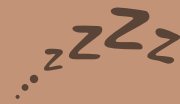


A grand expedition led by your dog during walks, transforming the mundane act of strolling into a thrilling **"sniffari."** Every blade of grass, every fire hydrant, and every unsuspecting tree becomes a potential treasure trove of scents waiting to be explored. It's not a walk; it's a scent-filled safari adventure!

An unforeseen disaster caused by your dog's unexpected midday nap location. Whether it's the laundry pile, the unmade bed, or your favorite chair, the **"naptastrophe"** leaves a trail of cozy destruction in its wake as your dog blissfully snoozes in the most unexpected places.



## 2. NAPTASTROPHE (N.)



A mythical creature created by your dog during laundry sessions. **"Socktopus"** is a sock-hoarding beast that mysteriously appears in your dog's bed, signaling their commitment to sock collection. Don't be fooled by those innocent eyes; beneath them lies a cunning mastermind.

## 3. SOCKTOPUS (N.)





## 4. PAW-NDER (V.)



The act of your dog contemplatively placing their paw on your lap or arm, as if engaged in deep thought or profound reflection. This endearing behavior is a "**paw-nder**" moment, where your dog communicates their affection in a gentle and touching manner.

## 5. BED-OGRAPHY (N.)



The intricate science of choosing the perfect sleeping spot. Your dog's "**bed-ography**" involves a thorough examination of temperature, comfort, and strategic proximity to potential snack sources. Bonus points if they can claim the human's bed as their own.







**Dogs:** where love wags its tail and licks your face.



# FEATURE ARTICLE

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Hunterdon Dogs  
Member **Jennifer  
Adamo**

In this article, Jen explores the profound impact of exercise on dogs' lives, emphasizing its role in reducing destructive behaviors and promoting mental and physical health. Exercise isn't just a routine; it's a gateway for dogs to explore, find joy, and improve their lives.

## FETCH, RUN, WAG

### How Exercise Shapes Your Dog's Best Life!







# Fetch, Run, Wag

## How Exercise Shapes Your Dog's Best Life!

Article by: Jennifer Adamo

### Exercise Insights

Dogs bring immense joy and companionship to our lives, and ensuring their well-being is our responsibility as pet owners. However, it is concerning to note that a significant number of dogs end up in local animal shelters due to owners struggling to provide them with regular attention and exercise. In this article, we will explore the positive aspects of exercise for dogs, the benefits it brings to their lives, and how we can create a fulfilling and active lifestyle for our furry friends.

#### Jennifer Adamo

Jen, is a loving pet care professional, who is on a mission to ensure that every dog can lead a fulfilling life filled with exercise, stimulation, and optimal health, even if their pet parents are stretched for time. With 25 years of experience, Jen has worked on horse farms, in animal shelters, and as a vet tech, gaining invaluable knowledge and skills along the way. In 2015, she founded Jens Happy Pets, driven by her belief that every dog deserves a life where they can thrive, regardless of their owners' busy schedules. If you require dog walking or pet sitting services, please visit the website at [jenshappypets.com](http://jenshappypets.com) or contact Jen via email at [jen@jenshappypets.com](mailto:jen@jenshappypets.com).

# UNVEILING THE POWER OF EXERCISE

Exercise is not only essential for human health but also for our canine companions. Regular physical activity not only keeps dogs physically fit but also stimulates their minds, keeping them mentally sharp and engaged. It's like their version of exploring a fascinating world full of exciting scents and adventures.

## Say Goodbye to Destructive Behaviors

One of the fantastic outcomes of providing dogs with ample exercise is the reduction in destructive behaviors. By channeling their energy into physical activities, dogs are less likely to resort to barking excessively or chewing up our favorite belongings. It's like they're saying, "Hey, thanks for the adventure-filled day! No need to chew on your shoes anymore!"



## Sniffing Out Joy and Friendship

When we take dogs out for walks or play sessions, we give them the opportunity to indulge in their favorite pastime: sniffing. Dogs absolutely adore exploring the world through their noses, uncovering "sniff mail" left behind by their furry friends. It's their version of social media, and it brings them immense joy and a sense of connection.

### Remember:

Exercise reduces destructive behavior

Physical activities channel their energy

Exercise satisfies their needs

### Pro Tip: Benefits of Allowing Your Dog To "Sniff"

Communication

Information Gathering

Mental Stimulation

Satisfies Instincts

Relaxation

Calming





## The Fountain of Youth: Exercise's Impact on Longevity

Did you know that an active lifestyle can add precious years to your dog's life? Studies have shown that dogs who maintain a healthy weight through regular exercise can live up to two years longer than their couch, potato friends. So, by making exercise a part of their routine, we are literally extending their playtime with us!

### Mobility and Joint Health

Another incredible benefit of exercise is its positive impact on joint health. By engaging in regular physical activity, dogs can maintain flexibility and reduce the risk of joint-related issues as they age. It's like a daily dose of yoga for their joints, ensuring they can keep up with us on our adventures for years to come.

### A Few Statistics...

*Studies have shown that dogs who engage in regular exercise experience a decrease in destructive behaviors by up to 70%. Additionally, exercise can reduce the risk of obesity, which affects approximately 56% of dogs in the United States*





## Closing Thoughts...

By prioritizing exercise for our dogs, we unlock a world of happiness, fulfillment, and longevity for them. Through regular physical activity, we can prevent destructive behaviors, enhance their overall well-being, and strengthen the bond we share with our four-legged friends. So, let's grab that leash, head out for a walk, and immerse ourselves in the joy of watching our dogs explore, sniff, and wag their tails with pure delight. Together, we can create a brighter and more active future for our beloved companions.

### ***More Questions for Jennifer?***

Reach out to her:

Website: [jenshappypets.com](http://jenshappypets.com)

Email: [jen@jenshappypets.com](mailto:jen@jenshappypets.com)

## 5 Practical Ideas To Get Started

**Establish a Consistent Routine:** Set a daily schedule for walks, playtime, or exercise sessions.

**Explore Different Environments:** Take dogs to varied environments for their exercise.

**Incorporate Training into Exercise:** Combine exercise with training sessions.

**Consider Dog Sports or Classes:** Enroll in dog sports or classes like agility, flyball, or obedience training.

**Use Interactive Toys:** Invest in toys that encourage physical activity and mental stimulation.



**“No home decor  
is complete  
without dog  
hair.”**



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HUNTERDON DOGS COMMUNITY

# TOP CONTRIBUTORS

NOVEMBER





# TOP CONTRIBUTORS THIS MONTH

THIS MONTH, THESE  
COMMUNITY MEMBERS  
LED THE WAY IN:

➔ Sharing Images

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➔ Offering Advice

---

➔ Creating Posts

---

➔ Commenting on  
Posts

---

➔ Reactions

---



**1** Cheryl Schneider

**6**

**Amanda Hedrick**

**2** Jane Bond

**7**

**Sue Demont**

**3** Ari Friedman

**8**

**Julie Klimchak**

**4** Annie O'Keefe

**9**

**Heather Holzwarth**

**5** Kelly Fahey

**10**

**Patti Kerr**

**“The best therapist has fur and four legs.”**



**SUBSCRIBE**





# THE GOLDEN RETRIEVER

In the vast tapestry of canine companionship, one breed shines bright with its golden coat and unwavering devotion—the Golden Retriever. Known for their affable nature, intelligence, and strikingly beautiful appearance, Golden Retrievers have secured a special place in the hearts of dog lovers worldwide. Let's delve into the world of this beloved breed and uncover the enduring qualities that make the Golden Retriever an exceptional companion in every sense of the word.



# A LOYAL FRIEND

**Endearing Affection:** With hearts as big as their iconic golden fur, Golden Retrievers are renowned for their boundless affection and unwavering loyalty. Whether greeting their owners with exuberant tail wags or offering comforting cuddles during challenging times, these gentle giants epitomize the true meaning of unconditional love.

“Once someone has had the good fortune to share a true love affair with a Golden Retriever, one's life and one's outlook is never quite the same.”

**Betty White**



“The face of a Golden Retriever feels like home.”

**David Rosenfelt**

**Eager-to-Please Disposition:** Possessing a natural desire to please their human companions, Golden Retrievers exhibit an eagerness to learn and excel in various training exercises. Their innate intelligence and willingness to follow commands make them well-suited for a wide range of roles, from service dogs to therapy companions and everything in between.



# PLAYFUL, LOVING AND BRAVE



**Playful Spirit:** Despite their regal appearance, Golden Retrievers maintain a youthful and playful spirit throughout their lives. Their love for outdoor activities, especially swimming and fetching, is well-documented, and their zest for life serves as a reminder to embrace every moment with joy and enthusiasm.

**Compassionate Companions:** With an innate ability to sense human emotions, Golden Retrievers often serve as reliable emotional support animals, providing comfort and solace during challenging times. Their compassionate nature and intuitive understanding make them ideal partners for individuals in need of a loving and empathetic presence.

**Versatile Talents:** Renowned for their versatility and adaptability, Golden Retrievers excel in a multitude of roles, including search and rescue missions, therapy work, and as loyal family pets. Their combination of intelligence, athleticism, and gentle temperament allows them to thrive in various environments, making them an invaluable asset in both professional and domestic settings.







**“Nothing in the world is friendlier than a wet dog.”**



# HOLIDAY GUIDE



**SIMPLE TIPS TO TRY DURING THE  
BUSY HOLIDAY SEASON TO HELP  
BRING YOUR DOG JOY AND  
HAPPINESS**

# A Holiday Guide for Dogs and Owners

## Embracing Harmony

Holiday seasons are a time of joy, gathering, and cherished traditions. As we prepare for these festive times, it's essential to consider how our four-legged family members fit into the holiday bustle. Dogs, being the intuitive creatures they are, can feel the energy shift during these periods, and it's up to us to ensure they navigate this time with calmness and joy.

Let's explore how to create a harmonious holiday experience for both humans and their beloved canine companions.



### **FUN FACT:**

**In Victorian times, wealthy households organized elaborate Christmas parties for dogs, complete with treats and toys.**



# A Holiday Guide for Dogs and Owners

## HEALTHY INDULGENCES

The holiday season often tempts us with delectable treats, but it's crucial to ensure our furry companions indulge safely too. Offering healthy and dog-friendly treats while limiting their access to potentially harmful human foods is vital. Providing alternative snacks and engaging toys ensures your dog feels included in the celebration without compromising their health.



## PLAN AHEAD

- **Prepare Dog-Friendly Treats:** Research and prepare safe homemade treats or purchase dog-specific snacks that are free from harmful ingredients.
- **Limit Access to Human Foods:** Keep tempting but potentially harmful holiday foods out of reach, ensuring guests understand not to offer any table scraps to your furry friend.
- **Offer Interactive Toys:** Provide engaging toys or food puzzles that keep your dog occupied and mentally stimulated during festivities, redirecting their attention from human treats.

## PLAN AHEAD

- **Create a Holiday Schedule:** Plan your dog's feeding times, walks, and play sessions around your holiday activities, ensuring minimal disruption to their routine.
- **Stick to Set Times:** Maintain consistency by adhering to the established schedule even amidst gatherings or travel plans.
- **Enlist Help if Needed:** If holiday commitments make it challenging to maintain the routine, enlist the help of a trusted friend or dog sitter to ensure your dog's needs are met.

## CONSISTENT ROUTINES

Maintaining your dog's routine amidst the holiday hustle is key to their well-being. Dogs thrive on consistency, so planning and adhering to a holiday schedule that mirrors their regular routine offer a sense of stability. Even amidst the festive fervor, maintaining their feeding times, walks, and play sessions will keep them grounded and content.

# A Holiday Guide for Dogs and Owners

## GUEST ETIQUETTE

Welcoming guests during the holidays can be overwhelming for your dog. Preparing your pup for interactions with visitors through training and creating a quiet space for them to retreat to ensures a stress-free environment. Educating guests on respectful interactions helps foster a harmonious gathering for both humans and your furry family member.

## MINDFUL DECORATIONS

As you deck the halls, it's essential to consider the potential hazards posed by holiday decorations for your dog's safety. Securing decorations, hiding wires, and opting for pet-safe ornaments are crucial steps. Teaching your dog boundaries around decorations helps prevent accidents and ensures a worry-free holiday for both you and your furry friend.

### PLAN AHEAD

- **Training Sessions:** Practice polite greetings and reinforce house rules with your dog ahead of gatherings or guests' arrival.
- **Create a Dog-Free Space:** Set up a quiet room or area where your dog can retreat to avoid overwhelming interactions with guests.
- **Educate Guests:** Brief visitors on how to approach and interact with your dog, emphasizing the importance of calm and respectful interactions.

### THINK ABOUT...

- **Pet-Proof Your Decor:** Secure decorations, hide wires, and opt for pet-safe ornaments or decorations higher up, out of your dog's reach.
- **Teach Boundaries:** Train your dog to steer clear of decorations using positive reinforcement techniques and consistent redirection.
- **Supervise Initially:** Keep a close eye on your dog around decorations initially, gently guiding them away if they show interest in potentially hazardous items.

### FUN FACT:

**Ceramic dog-themed cookie jars, often resembling popular dog breeds like the Cocker Spaniel or Terrier, were a popular kitchen décor item in the 1980s, doubling as holiday decoration storage!**





# A Holiday Guide for Dogs and Owners

## STRESS MANAGEMENT

The holiday season's excitement can trigger stress in dogs. Recognizing signs of stress and offering calming activities like massage or quiet time helps them relax. Providing a safe space away from the festivities ensures your dog feels secure and serene amidst the holiday cheer.

### TRY THIS

- **Recognize Stress Signs:** Familiarize yourself with your dog's stress signals to intervene early when they show signs of discomfort or anxiety.
- **Provide Calming Activities:** Engage in calming exercises like massage, slow-paced games, or relaxation training to alleviate stress.
- **Ensure Quiet Time:** Schedule breaks for your dog to decompress in a quiet space, away from the holiday commotion, allowing them to recharge.

Incorporating regular exercise and mental stimulation into your dog's routine during the holidays can significantly reduce stress. Engaging in activities like puzzle games, interactive toys, or brisk walks not only channels their energy positively but also offers mental stimulation, alleviating any tension or

restlessness your dog may experience during the festive period. Remember, your calm and reassuring presence plays a pivotal role in reassuring your dog and maintaining a peaceful atmosphere during the bustling holiday season.



### JUST A THOUGHT

**Consider using a Thundershirt or similar compression garment designed to provide gentle pressure, which can have a calming effect on some dogs by mimicking the sensation of being hugged.**

# A Holiday Guide for Dogs and Owners

## GRATITUDE AND CONNECTION

Amidst the hustle and bustle, taking time to cherish your bond with your furry companion is crucial. Engaging in quality time and expressing gratitude for their unwavering companionship strengthens your connection, fostering a deeper sense of love and appreciation during this special season.

### TRY THIS

- **Quality Time:** Dedicate special moments for bonding activities like long walks, interactive play sessions, or cuddle time.
- **Express Appreciation:** Vocalize your appreciation for your dog's companionship, using soothing tones and positive reinforcement to reinforce your connection.
- **Create Shared Experiences:** Engage in activities that bring joy to both you and your dog, strengthening the bond you share.

## REFLECTING ON GENEROSITY

As we embrace the spirit of giving, consider extending kindness to less fortunate dogs. Donate to local animal shelters or volunteer your time to spread holiday cheer to dogs in need. Your generosity can make a significant difference in their lives during this season of giving.

### TRY THIS

- **Research Local Shelters:** Identify shelters or rescue organizations in need and learn about their specific needs during the holiday season.
- **Donate Supplies or Time:** Collect items such as blankets, toys, or food and offer your time for volunteering or organizing donation drives.
- **Spread Awareness:** Encourage friends and family to contribute or volunteer, amplifying the impact of your collective generosity for dogs in need.



"Dogs are like humans, only without the flaws."



**SUBSCRIBE**



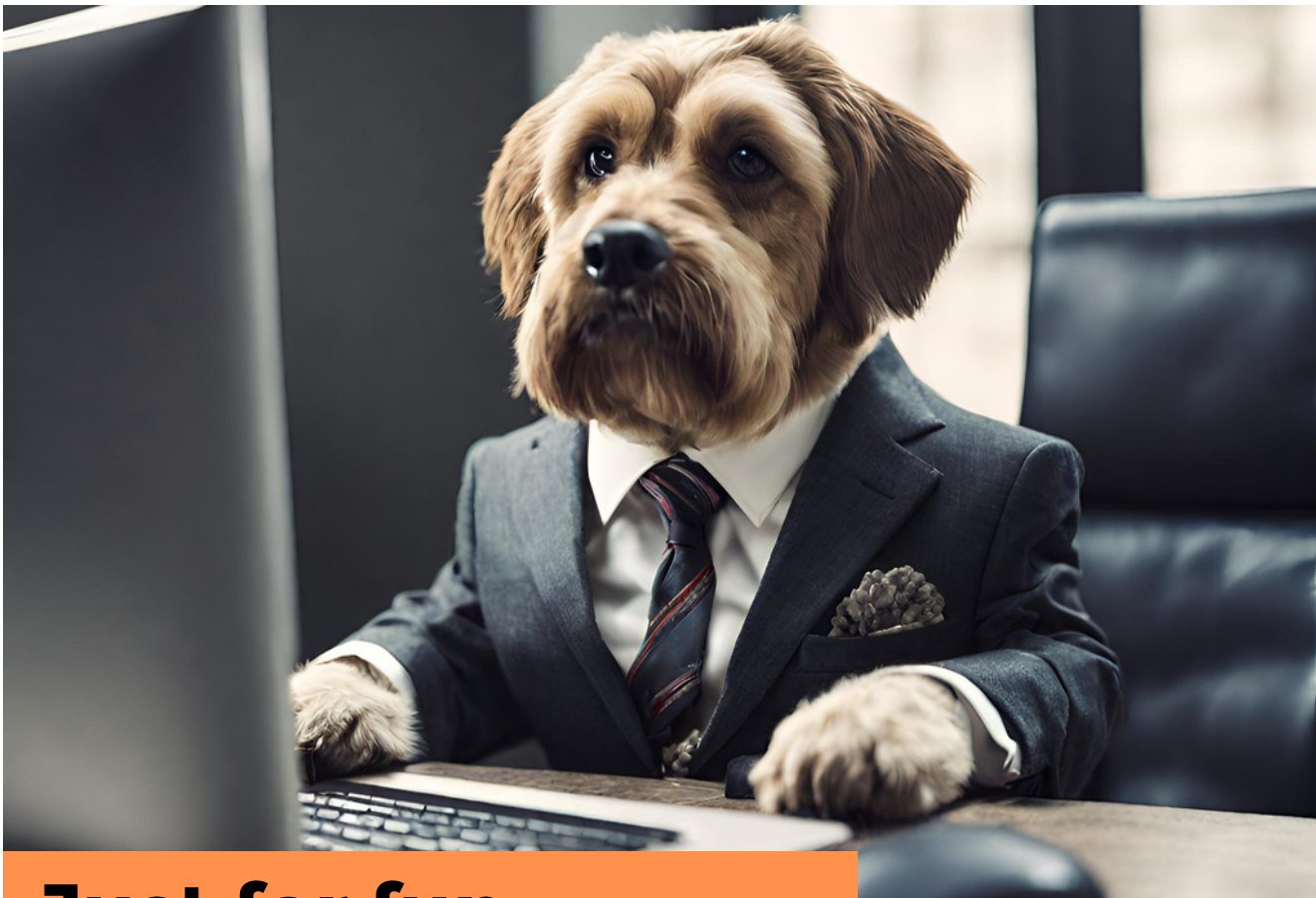
A medium-sized dog with brown and white fur is sitting on a wooden floor. The dog is wearing a white dress shirt, a dark blue necktie with thin white diagonal stripes, and a dark blue suit jacket. The dog has a white blaze on its face and is looking slightly to the right.

**Five ways  
you know  
your dog  
thinks they  
are human**

A white bone-shaped graphic with a dark orange outline, containing the text "Just for fun".

**Just for fun**





**Just for fun**

# **FIVE WAYS YOU KNOW YOUR DOG THINKS THEY ARE HUMAN**

Ah, the eternal debate: Do our furry friends secretly fancy themselves as human? As a humble canine confidant, I'm here to shed light on this delightful canine conspiracy. Here are five tail-wagging signs that your pooch might just be convinced they're the next top human:

# FIVE WAYS YOU KNOW

## *YOUR DOG THINKS THEY'RE HUMAN*

Just For Fun



### **1** They are an Emotional Support Expert

Your pooch seems to have a sixth sense for when you need comfort. They'll sidle up to you when you're feeling blue, offering snuggles and nuzzles that could rival any therapy session. They're not just a pet; they're your emotional rock and possibly a trained therapist in a fur coat.

### **2** They are the Master of the Stare Down

You catch your dog giving you that knowing look—sitting on the couch, observing you as you frantically search for your keys. Their gaze seems to say, "Human, let me teach you the ways of organization." It's a stare that exudes wisdom and just a hint of amusement at your forgetfulness.





# FIVE WAYS YOU KNOW

## *YOUR DOG THINKS THEY'RE HUMAN*

Just For Fun



### 3 They are Tech-Savvy

Your dog's fascination with technology is uncanny. They're known to stare intently at the TV during nature documentaries or attempt to swipe at your tablet screen while you're scrolling through the news. They might just be plotting their next online shopping spree for chew toys.

### 4 They are a Culinary Connoisseur



Forget dog food—your pup eyes your culinary creations with a discerning gaze. They appreciate the finer things in life, eagerly awaiting their portion of whatever delectable dish you're preparing. They're not just begging for scraps; they're demanding a seat at the table (and perhaps a chef's hat).

# FIVE WAYS YOU KNOW

## *YOUR DOG THINKS THEY'RE HUMAN*

Just For Fun

# 5 They are Fashion Forward

Your dog seems oddly obsessed with your wardrobe. They've been spotted rummaging through your laundry pile or attempting to wear your shoes (albeit unsuccessfully). And if you happen to leave out a hat or sunglasses, don't be surprised if you find your pup sporting them with undeniable style.



**Fun Fact:** Approx. 20% of dog owners in the United States dress their pets in clothing on a regular basis.

There you have it—a comprehensive dossier of reasons why your dog might firmly believe they're the next top human in the family hierarchy. After all, with their charm, adaptability, and uncanny ability to steal our hearts, who can blame them for aiming for such an esteemed status?





# HUNTERDONDOGS



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