



How to Bring Out the Best in Your Dog

**Easy, proven tips
to help:**

- Calm fear
- Build confidence
- Soothe pain
- Hear what he says



by Elaine Garley, HTACP
Animal Communicator and Holistic Practitioner

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Introduction



Hi! I'm Elaine Garley, owner and founder of Animal Bridges. I've loved animals my whole life. I've helped cats, dogs, birds, horses and more.

They are each wonderful individual souls with their own personality, wants and needs. The one thing they all have in common is the love they have for their pet parent - you!

Your beloved pet is a valued member of your family. And just as you care for the well being of your family members, you can also care for your pet. The tips in this book are designed to help you do just that. To help you make the most of your relationship, and bring out the best in your pet.

I invite you to share your stories with me and the whole Animal Bridges community. I look forward to hearing from you!

With love,
Elaine








Hi, I'm Hobbes,
Elaine's helper!

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What Your Dog Wants You to Know

-  When you leave (for work, shopping, vacation, or any reason), **tell your pet** when you are coming home. He understands and appreciates knowing when you will be back.
-  **Spend some time** with your pet without doing anything else. Mindfully pet her with long, gentle strokes. So often we “pet” our animals without paying attention to them.
-  Finding a lost pet without tags is heartbreaking. Please have information **tags** on all your pets. Be sure your cell phone number is listed.
-  If your pet doesn't wear a collar all the time, consider getting your cat or dog **microchipped**. Remember a collar can come off. When I've walked into veterinary office with a “found” pet, a vet tech gladly scanned the dog for free! The pet parent was thrilled when the vet tech called to say I found his dog. Many shelters will check a pet for a microchip.
-  Hurricane Katrina woke up the world about pets during disasters. *Not Without My Dog Resource & Record Book* by Jenny Pavlovic provides you everything you need to get you and your pet ready for any disaster.

Food and Treats

- 🐾 **Read your pet's food labels.** Look for whole proteins (chicken vs. chicken by products) and words you understand instead of words you can't pronounce.
- 🐾 If your pet suddenly stops eating their food and there are no medical problems, start a new bag or can of food. The food may be rancid or not smell right to your pet.
- 🐾 For information on dog food, nutrition, supplements, and behavior, check out *Simple Cooking for Dogs 101* by Katie K9 and Renee Sherrill. The book has lots of simple recipes.



Senior Dogs

- 🐾 **Night lights** around the house help your senior pet see better in the dark. Also you can see her, so you don't trip over her!
- 🐾 Cover hardwood or linoleum floors with **non-skid rugs**, so your dog is more sure footed.
- 🐾 For dogs with mobility issues, try Pawz® Dog Boots on their back feet.
- 🐾 Use a Gingerlead® sling or towel under a dog's belly to help her stand up and go up and down stairs. This also saves your back.
- 🐾 For pets with vision problems, **keep furniture in the same place**. They remember where the furniture is and can find their way around by smell.
- 🐾 As seniors or injured pets have difficulty getting to their favorite spots, make it easier for them. **Use ramps or sturdy boxes** so they can reach the bed or couch.
- 🐾 Often older dogs are more comfortable on heated pads. Use heated pads especially made for dogs that are set to the dog's body temperature. Human heating pads are not recommended and may injure a dog.
- 🐾 Dogs with mobility issues are helped with Healing Touch for Animals® (HTA) and Tellington TTouch® Training. Pet parents can do the TTouches to help their pets. Often after a HTA session, a dog will get up easily without help.

Grooming


- 🐾 If your dog or cat doesn't like his nails clipped, **clip one nail at a time** or one foot at a time. Do it over several days.
- 🐾 When trimming toe nails with a Dremel[®], take a piece of leather and punch a hole in it. Put your dog's nail through the leather and protect her hair from being pulled or caught on the dremel. Also a nylon stocking works too.
- 🐾 Booties can be used in the winter or summer to **protect your dog's feet**. Pawz[®] Dog Boots are rubber and waterproof and Dogbooties.com have an elastic Velcro[®] band.
- 🐾 Musher's Secret[®] creates a **barrier from heat and cold**. In winter, it eliminates snowballs between toes and keeps your dog's feet warm. In summer, it creates a barrier between the hot pavement and your dog's feet. To keep flies away, put it on trimmed ears or open sores.
- 🐾 A great tool to help with **shedding** cats, dogs and other small critters is a FURminator[®]. Special models are available for short and long-haired dogs.

Especially in winter, please wipe or wash my paws to remove salt and chemicals. In summer, clean my feet to remove lawn chemicals.



Dog Play

- 🐾 Ever notice how dogs approach each other? They approach a dog from the side or create an arch rather than straight on.
- 🐾 When it is too hot or too cold to take your dog outside, **play indoor games**. Throw a ball up or down the steps. Hide treats around the house and have him find the treats.
- 🐾 **Teach your dog new tricks**. If she does something cute, turn it into a trick. Get ideas from dog trick books or videos.
- 🐾 A great source of sturdy puzzle toys that make your dog think is Nina Ottosson® puzzles, games and toys. The toys are rated on toughness of materials and difficulty level. Also a great resource “for dogs with extra spark.”
- 🐾 When your dog is nervous or afraid, look at him and then look away. Do a really big yawn. Lick your lips. **Dogs use these calming signals with each other and people.**



We love being told how much you love us. Share with us by talking aloud or in your mind how our routines may change.

Modifying Dog Behaviors

- 🐾 If you are stressed, upset, or frustrated or your dog isn't behaving as you want, exhale! Yes, you need to exhale. You will relax and then your dog will relax. **He feels your tension** down the leash or hears it in your voice.
- 🐾 **Tell your dog what you want** her to do instead of what she is doing. For example, ask her to “be quiet” rather than “no barking.” Reward her for the “quiet” with praise of “good quiet” or a treat when she is quiet.
- 🐾 If you dog jumps on you and others, turn your back with your arms crossed on your chest. Often he will sit or stand still. Then praise. He is looking for attention. Even saying “no jumping” is attention. Please do not “knee” a dog, because you can cause damage to his chest. Also it doesn't teach him what you want him to do.
- 🐾 **Use your “happy voice”** to get her attention. Like people, dogs and all pets do not like unhappy or angry voices.
- 🐾 Still frustrated with your pets behavior? **An animal communication session can help** find out why he is “acting up” and help you explain what you want him to do.
- 🐾 Many common behavior issues such as jumping up, excessive barking and chewing, shyness, resistance to grooming, and fear of loud noises are alleviated with Tellington TTouch®. You can learn and use these techniques with all your pets – just ask Animal Bridges about TTouch®.

Dog Anxiety

- 🐾 The Thundershirt™ helps calm many dogs with **fear of thunderstorms or fireworks, separation anxiety, car rides, and even vet visits**. Be sure to watch the videos on the website or read the directions before using. Thundershirts are more successful when initially used during a calm time (i.e., on a sunny day rather than just before or during a thunderstorm.)
- 🐾 Tellington TTouch® ear slides and body wrap help dogs during thunderstorms. The ear slides are very gentle. The body wrap is loose.
- 🐾 Bach® Rescue Remedy **helps animals and people with fears**. The gentle flower essences help settle a dog. Use either the original version or the Pet version with your dog before or during stressful times.



Car Sickness and Digestive Issues

- 🐾 Your dog may eat ginger snaps or shaved ginger root added to her food to help with digestive issues.
- 🐾 Bach® Rescue Remedy® may help. Also Bach® flower essence Scleranthus may help. For each of these, follow the directions on box. Put the flower essence on porous treats, food, or add to fresh bowls of water.
- 🐾 Both Tellington TTouch® and Healing Touch for Animals® can help with digestive and elimination issues.



Preparing for Vacations or Trips

- 🐾 **Tell your pet** when you are leaving and when you will be back. Also tell him who is watching him. This makes the separation easier for all of you. Animal communication may help your dog understand the plans.
- 🐾 Leave a dirty piece of clothing with your dog to smell if he will not destroy it. **Smelling your scent may comfort him.**



Health, Injury, and Wellness

🐾 Depending on the injury or surgery, an **inflatable protective collar** may be more comfortable than the plastic Elizabethan collars provided by vets.

🐾 To cover a neck or head injury or surgical area, cut off the leg of thermal pants or yoga pants. Cut new covering to the length needed to cover the wound. Cut slits for ears as shown in photo.



🐾 Every dog family needs *Speaking for Spot: Be the Advocate Your Dog Needs to Live a Happy, Healthy, Longer Life* by Dr. Nancy Kay. The book is full of information so you can make educated decisions and understand common diseases. A must for every dog family!

🐾 Need another option when your dog refuses peanut butter or cheese covered pills? Instead of forcing pills on your pet, try Greenies® Pill Pockets available for cats and dogs.



Booties are great if my paws are injured or sore.

Household Changes

- 🐾 **Talk to your pets about any changes** in your house including visitors coming, additions to the family, students leaving for college or camp, or moving. Also remember with animal communication you can ask the animals how they feel about the changes and what they need.
- 🐾 Bach® flower essences are very helpful for stressful situations. For changes in the family or living situation, Walnut helps you and your pet adjust. Use as directed.



End of Life

- 🐾 Many of my clients find **animal communication** helps them as they approach their best friend's death and crossing over Rainbow Bridge.
- 🐾 Need help as your pet faces her final days or grieving her passing? *Good Grief: Finding Peace After Pet Loss* by Sid Korpi will help you. In the book she also provides wonderful ideas on how to memorialize and celebrate your pet's life.



Ideas for Finding Lost Pets

- 🐾 Create a **simple flyer** with “Lost Dog,” a large photo, and a cell phone number. Keep it to the point. You want it easy to read so people will call you. Put the flyer up everywhere! You want people to see it.
- 🐾 **Visit animal shelters.** Be sure to give them the flyer. It is better to give the shelter a flyer than to call and give a description. Too many pets are in shelters; what you call a Shepard someone else may call a Husky or a mixed breed!
- 🐾 **Call local vet clinics.** Follow up with an email or fax of the flyer.
- 🐾 **Talk to everyone in the area** including UPS truck drivers, US Postal workers, trash collectors, kids, runners, walkers, etc.
- 🐾 In **Facebook**[®], post the flyer using a jpeg so it displays as a photo. Ask friends to share it. Also search for “lost dog/cat” pages and post on the appropriate pages.
- 🐾 **Contact rescue groups** in area. Give them the flyer too.
- 🐾 Check out FindToto.com and/or [Pet Amber Alert](http://PetAmberAlert.com). These nationwide, fee-based organizations send out alerts to specific areas. It is an efficient way to send notifications to lots of people.

Celebrate Your Pet's Life Now

- 🐾 **Ask your pets what they want and need.** They are very willing to tell you. If you feel as if you don't understand them or want more information from them, remember an animal communicator can always help you!
- 🐾 In honor of your pet, help another cat or dog get food. Freekibble.com daily provides food to shelters. By answering the trivia questions for dogs and/or cats, animal shelters receive 10 pieces of kibble. It adds up quickly for the shelters. I receive a daily reminder and learn lots of cat and dog trivia!
- 🐾 Today is the perfect day to **celebrate your pet's love for you.** Spend distraction-free time with her. All she wants is 2 or 5 minutes of your undivided attention.
- 🐾 Now put everything down including your phone, and **sit with your pet.** Tell him you love him. Maybe give him a kiss!



Ready for more?

I'd like to help you **bring out the best in your pet** by communicating with her and using proven techniques that get amazing results!

I invite you to contact me for a
free 15 minute phone consultation
to discover the best options for your pet.

[Email](#) or call 612-237-9580.

Subscribe to our newsletter for monthly news and updates, and **connect** with us on social media.

