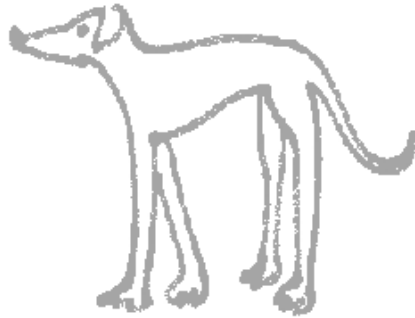




**Sittingbourne Retired Greyhound Trust**  
**[www.rgtsittingbourne.co.uk](http://www.rgtsittingbourne.co.uk)**  
**[info@rgtsittingbourne.co.uk](mailto:info@rgtsittingbourne.co.uk)**



## ***YOU AND YOUR GREYHOUND***

## **YOU AND YOUR RETIRED GREYHOUND**

Thank you for offering your home to a retired greyhound. We have put together a few helpful hints, which will make the integration of your new dog into the family home easier for you and your dog.

### **A GREYHOUND IN YOUR HOME**

Owning a dog should be fun for all of you, not just when playing in the garden but also during training. Play with your dog as much as you can and give him two good walks a day (two twenty-minute walks a day will help to keep your greyhound healthy). Do not let your dog off the lead until you are completely confident that he will behave well and respond to your command. When he has got to know you and recognises your voice, you may let him off the lead in an enclosed area with a muzzle securely in place. He is a greyhound and has a natural instinct to chase. Training them to behave to your command is not difficult but is often best done in conjunction with a training class.

In the initial stages of taking a greyhound into a new home, many dogs will show signs of stress such as heavy panting and maybe even standing completely still - these are all signs of fear. Your dog may only have known the life of a racing kennel surrounded by many dogs. Stairs, vacuum cleaners, large areas of glass, washing machines etc are new to your dog and can cause initial worries.

### **UPON ARRIVING HOME**

Upon arriving home, let your dog into the garden or designated toilet spot, wait until he relieves himself and then praise him profusely. Do this before entering the house and it will help prevent him from having an "accident". On entering your garden and before letting your greyhound free, ensure other animals such as squirrels, foxes or cats which may have wandered onto your property are given adequate chance to retreat.

Greyhounds do not require any more room than any other dog of a similar size, your garden does not need to be a racetrack, and they will be happy and safe within a fenced garden where they can be let out regularly.

### **INTRODUCING YOUR GREYHOUND TO AN EXISTING DOG**

If you already have a dog, it is recommended that you arrange a first meeting between the two in a neutral area. This does not include any areas where your dog regularly walks, as these will be considered secondary territory. Allow them to smell each other on loose relaxed leads. Continue walking until the dogs are relaxed with each other, and then take them back to the house and into the garden. Ensure your existing dog's toys, beds, bones, food and water bowls are taken up and put out of sight, so there is nothing for them to fight over. Your existing dog might not like another playing with his belongings at this stage. When you start to put the possessions down make sure there are more than enough for both dogs.

### **FEEDING YOUR GREYHOUND**

Listed below are a number of guidelines which should keep your dog fit and healthy.

#### **Water**

Water should be available at all times and changed regularly. Never leave your dog without fresh water.

#### **Complete Foods**

Complete foods are the most effective, economical and efficient way of feeding your dog the proteins, vitamins and minerals he needs. In the first instance, buy only a small bag; this saves wastage should your dog not take to that particular brand or flavour. Follow feeding instructions on packaging according to the weight of your dog. Keep an eye on your dog's stools; should they become loose due to a change of food, you may need to think again. Generally complete foods are based on biscuit or cereal, additional tinned food is not necessary but can make a meal more appetising.

#### **Fresh Meat**

All animals love a treat and are very appreciative of any leftovers. However, this is not needed every day. They will also eat left over vegetables apart from potatoes.

#### **Biscuits**

Biscuits can aid a dog's digestion and help keep teeth clean.

#### **Chews**

Excellent for helping to keep teeth clean and healthy. Use regularly and as an extra treat. Not all chews are liked by all dogs. Keep experimenting, otherwise extra teeth cleaning duties will be needed.

#### **Additional**

A tablespoon of oil added to main food will help maintain glossy coats. Cooked eggs in any form are usually enjoyed once a week or so. Small amounts of cheese, either crumbled on top of food or as a lump after feeds is fine. Oily fish, such as tinned tuna, pilchards and other filleted fish are a healthy treat.

## **Feeding Regime**

When you first get your greyhound you must be aware that any sudden change in diet could result in your dog suffering from diarrhoea. To prevent this you should endeavour to feed your dog the same as he/she is used to at the kennel.

You may of course wish to make changes that fit in with your lifestyle but we would suggest that you do this over a period of two – three weeks if at all possible.

Generally speaking it is better to feed greyhounds two or three smaller meals in the day rather than one large meal.

If possible it is advisable to raise the food bowl (either via a purpose bought stand or on an upturned bucket).

This not only makes it more comfortable for your dog to eat but helps to prevent bloat (a rare but serious condition for deep chested dogs). Anecdotal evidence also suggests that raising the food bowl reduces the amount of smelly excess gas a dog produces!

## **HOUSE TRAINING**

Training should begin as soon as your dog arrives home. House training greyhounds is generally not a problem.

After the greyhound's initial visit to the garden, it is advantageous to take your new pet for a short five minute walk every hour on the first day, every hour and a half on the second day and every two hours on the third day.

During this time, it is unlikely that the greyhound will have had a chance to have an accident and at the end of this three-day regime, he will be thoroughly familiar with the idea that any 'toilets' are to be done outside.

Thereafter if your dog does have an 'accident' indoors bear in mind punishment does not work and can make the dog worse. Anticipate when your dog needs to go and take him outside and praise him when he 'goes'. Any 'accidents' inside the home should be washed thoroughly in a solution of biological washing liquid, as this will take the smell away for him. This the only thing that really works, otherwise he will constantly re-mark over that spot. Take him to the toilet immediately after food, when he gets up and before he goes to bed and, of course, in between.

Some signs to look for when your dog needs to go to the toilet are pacing up and down, whining, scratching at the door or circling. Of course, at first there may be no signs as it will have been used to living in a kennel, but greyhounds are generally clean animals and learn really quickly.

## **A HEALTHY DOG**

Make enquiries at your local vet to establish their knowledge of treating and dealing with greyhounds. You may be taking on a greyhound as an additional family pet and already have a vet you know and trust. Should you wish to go on holiday and place your greyhound in a kennel, the kennel will require an up to date vaccination card.

In order to ease the cost of veterinary expenses, we recommend taking out pet insurance. This will cover you for third party accidents, sickness, kennel fees (in the event that you become ill or hospitalised) and the loss of a pet by theft, straying or injury. There are many companies now dealing in pet insurance, so it is advisable to shop around.

## **TEETH**

Some greyhounds suffer from poor teeth because of the soft diet they have been fed whilst racing. Do not let their teeth get into a bad condition, as the acids caused by tooth decay will cause stomach complaints. Regular chews and bones should aid good dental health. Regular brushing with canine toothpaste helps. Check your dog's mouth for ulceration's regularly and if your dog has bad breath it can be a sign of tooth decay. Seek veterinary advice if in doubt.

## **EARS & COAT**

Ears should be checked and washed carefully with warm water, as should eyes when grooming. In order to keep your dog's coat healthy, a good brush and a bath will help. After giving your dog a bath, ensure he is dried quickly and can lie down somewhere warm.

## **PARASITE CONTROL**

There are a variety of products available to control parasites; however the more effective ones need to be obtained from a veterinary surgery.

## **NAILS AND VACCINATION**

Keep your greyhound's nails clipped. Greyhounds require yearly booster inoculations. As a racer, greyhounds would have had all puppy and subsequent inoculations and only require annual boosters during their retirement.

## **BEDDING**

Your greyhound will appreciate having its own bed. A folded duvet complete with cover is very good and inexpensive.

## **BABIES AND SMALL CHILDREN**

It is essential that when introducing any canine into a home where small children and babies are present, special care is taken - there is no exception with a greyhound. Children and babies should never be left unattended with the dog. The children should be educated to be calm and gentle with the dog and have respect for its needs and its bed (an escape place is a good idea, so when the dog has had enough it can retreat to its own space).

## **WINDOWS & PATIO DOORS**

Be aware that animals may not be conscious of the dangers of transparent glass and are likely to try to run through patio doors unless they are obscured in some way.

## **PUNISHMENT**

The opposite of reward is not punishment, it is non-reward. The dog will soon learn that good behaviour equates with attention from you and good things happening. Undesirable behaviour should get him no reward, as a lot of bad behaviour is actually attention seeking!

## **GENERAL**

Your dog should at all time wear a collar and identity tag. We also recommend that you muzzle your dog when out walking. Your dog will not be used to family life so have patience with him and he will settle in.

Do not force him into situations he is not sure about and do not force him to meet people unless he wants to.

Let him do the approaching and get people to offer titbits so he associates people with a pleasant experience.

## **TRAINING - BASIC COMMANDS**

**Why?** Like people, most dogs need a basic level of education and socialising to enable them to feel confident and behave in a socially acceptable manner in public.

What you will need: a comfy lead. Not nylon - it can burn your hand, or chain as it hurts your dog's shoulders - leather or rope are the best types. You also need a training collar - a semi-restrictor (available at pet shops). The semi-restrictor can be worn at all times (instead of a wide Greyhound collar), along with your dog's identity disc.

**How it works:** Along with your verbal praise and reinforcement, the 'check' action of the collar enables your dog to learn and understand what you want him to do (or not to do!). The neck area is used for direct communication between dogs, and we can mimic the actions of another more dominant dog by using the collar, lead and our voices correctly. Typical examples of doggy 'neck-talk' are:

1. When two dogs play and one rolls over and exposes the vulnerable underside of his neck for the other to grab - the grabber being the more dominant dog gaining a position of power and control. When dogs play, they often reverse their roles and the underdog gets to do the grabbing for a change.
2. When a cheeky pup keeps nipping mum's leg or nibbling too hard on her teats she will 'scruff' the pup by pinching a bit of spare skin on the back of his neck with her teeth. The pup very quickly learns what he can and can't get away with!
3. When two dogs can't agree (i.e. over food, toys, beds) the more dominant dog will put his head over the neck of the other, and if the submissive one does not back down the top dog will then grab the other's neck with his teeth. This action is usually enough (but also the last resort) to prevent a fight.

The correct use of the collar enables us to communicate with the dog as his natural leader in a way he can understand with respect but not fear.

**How to train:** to be welcomed and accepted in a human world all dogs must recognise their name and understand these words:

1. COME - stop what you are doing now and come directly to me.
2. STAY - do not move.
3. NO - stop what you are doing and look at me. It is a universal word and is equally applicable for lunging on the lead, raiding the bin, jumping up and barking. If your dog is badly behaved teach him the word NO first. It will give you the opportunity to praise your dog for doing (or not doing) something well, and this will set you on the path to a new and strong relationship.

**NO!** Greyhounds are sight hounds, and like all dogs find it difficult to concentrate on more than one thing at a time. Whatever your dog is looking at is what he is thinking about, be it the cat, the bin, your dinner etc. Your training input has to intervene just at the point when the dog is going to commit the crime, so the dog learns not to even think of chasing/stealing etc - and is under the impression that you can read his mind and are always one step ahead of him!

**Procedure:**

1. Place a bowl of food (or other distraction that your dog will lunge at) on the floor in a separate room to your dog (or outside).
2. Put your dog on the lead with his training collar properly fitted (you should be able to fit two fingers in the gap between collar and neck) and walk him casually towards the bowl on a 2-foot lead so he sees it but cannot reach it.
3. As he looks at the bowl say NO firmly. Do not delay the command until he lunges, say it as soon as he looks. If after your command he stops looking at the bowl and looks at you then praise him and repeat several times so you are sure he understands. If your verbal command alone is not enough to divert his gaze from the food to yourself, then walk him past the bowl again and this time say NO and check his collar by quickly tugging your lead hand away from your dog and across your body. As the dog feels the tug on his collar he will turn to see where it came from. At this point you have broken his train of thought from the distraction (food bowl) towards yourself and this is the time you must praise him. He will briefly enjoy the praise and then return to the more interesting sight of the food again. As soon as his gaze starts to go back to the food repeat the NO command and then praise when he looks away again.
4. It is imperative that your dog looks away from the food and to you as soon as you say NO and check him. If it takes many attempts you are not asserting yourself strongly enough, and your dog is gaining control of the situation – knowing you don't really mean business. It is also imperative that praise is given when your dog looks away from the food - he needs to learn the difference between right and wrong in his New World of human rules.
5. Once you are confident your dog really does understand the word NO test and train him with other distractions i.e. balls, running children, the open rubbish bin, other dogs etc, so he learns that NO means 'stop what you are doing and look at me'. After a few attempts you should not have to check your dog, the word alone should be enough. Soon your dog will anticipate what is going to happen as soon as he sees the distraction and will look straight at you for his praise without you even needing to issue the command - thus the lesson has really been learned - he has realised how to get praise by being good!

Most dogs learn this command in a matter of minutes, however he will need repetitive reinforcement by you over the coming days and weeks to enable him to remember the command.

Tricky customers: some dogs learn faster with additional reinforcements. If your dog does not respond to the above advice then fill a water spray bottle, and put a few nails in a tin can and tape up the top. As you issue the command NO spray his rump with water or throw the shaky tin to the ground between him and the distraction. Usually the unpleasant wet sensation of the water, or the noisy sound of the tin is enough to distract him from the cat and avert his gaze to your praising voice.

**COME!** Not 'come - when you've finished chasing that rabbit' - but COME now! It could mean the difference between life and death. To teach this you need to enlist the help of someone else the dog likes.

**Procedure:**

1. With your dog on the lead walk towards the friendly person.
  2. As you near the friend tell the friend to crouch down and look inviting so that they grab your dog's attention.
  3. As your dog moves away from you towards the other person say the dog's name in a commanding voice. If he doesn't turn round to look at you at once, then check the lead firmly and simultaneously command his name again. As he looks to see where the check came from, crouch down and say COME in your jolliest voice. All the time he is moving directly towards you repeat the word COME (always jolly), if his attention drops from you then check him again with his name (stern voice), and repeat the command COME (jolly voice).
  4. His name is always used to attract his attention in a commanding voice. The word COME is used to keep his attention and is always said in a kind, jolly voice.
  5. Repetition is the key to this command. Weeks of lead work may be necessary before you feel confident to let your dog off the lead and expect him to return. This needs to be practised many times a day in the house and garden, although you should be able to dispense with the lead fairly quickly around the home. Even when your dog becomes well trained and responsive you will still need to practise this command from time to time - it is hardly surprising that dogs ignore this command if they only hear it when something really interesting (like a cat) rushes past them!
- Every time an owner punishes their dog for not coming or for taking a long time the dog is less likely to come to their owner the next time. The word COME must always be jolly; the dog's name always commanding - you get his attention by using his name, and you entice him to advance towards you by being nice.

**STAY!** This is a simpler command and can be used in an emergency situation to stop your dog in his tracks.

Procedure:

1. Have your dog on the lead and calm. This is best tried for the first time after a walk.
2. While your dog is standing by your side, issue the command STAY in firm, controlled voice while you walk very slowly and calmly around him in a circle.
3. If he starts to move towards you block him by putting your hand out between him and you (like a policeman stopping traffic), and at the same time say STAY firmly. When he stands still again praise him verbally (but not so much that he moves towards you again!).
4. Once you can circle your dog freely without him moving, step up the challenge until you can run and dance around your dog while he stands still off the lead.
5. You should soon be able to issue the command while moving further away from your dog, while he stays in the same place. If he moves towards you at any stage it is imperative that you go back to him and reposition him - he mustn't slowly creep nearer to you as you move away.
6. Your dog must be given a release from this command - he can't stay in one place forever. Practise both STAY followed by COME, and also walking back to your dog while he remains in his STAY position and then giving him the OK to go about his business.

This training takes time and effort, but a few weeks of daily half-hour input will drastically improve your dog's behaviour. There are many more commands your dog can learn, and the more you teach him the stronger your relationship will become. Many Greyhounds now take part in obedience and agility classes, proving their brain power alongside the Border Collies!

## **CAT TRAINING YOUR DOG**

Even if you're not a cat fan, any dog that chases them gives all dogs and their owners a bad name. A pet cat is as precious to its owner as your dog is to you

Greyhounds are no worse than other dogs, but they can run faster and have been conditioned to chase during their upbringing. Other dogs often chase cats too - the hunting instinct is still there for any dog, unfortunately a greyhound is capable of actually catching a cat.

If you have a cat at home you must take precautions during the early stages to make life bearable for him. At first he will despise the new dog - he may try to attack the dog, or hide around the house, or even leave home. If you think your cat is the 'scaredy' type who may leave home then supply a litter tray and keep all windows and exterior doors closed for a couple of weeks until he has settled. Once the dog is trained and the cat feels comfortable again the cat generally gets the upper hand, and some dogs and cats become great friends. Allow the cat access to high areas that the dog can't reach, and make areas out of bounds to the dog but accessible to the cat (i.e. upstairs or kitchen). Do not ban the dog or cat from the areas you sit in most, for instance the living room

If your dog apparently shows no interest in cats, you should be aware that it is possible, even if your dog eats and sleeps with the cat, if the cat runs or comes charging through the cat flap, your dog may chase it. Not having cat flaps avoids the situation. Generally when letting your dog into your garden, alert any cats in the garden and allow them time to leave the area before letting your dog free as your dog will see the garden as his territory.

Do not excite the dog when introducing him to the cat. Do not pick the cat up, as this will heighten the dog's interest. Ensure that the cat has a place to escape. If necessary, put a baby gate at the bottom of the stairs so that the cat can get through but the dog cannot.

You must follow exactly the NO procedure (as detailed in the basic commands) when introducing the dog to the cat. At first you must keep your dog muzzled in the presence of the cat just to be safe. Put your dog on the lead and have someone put the cat in the room with you. Carry out the NO command as above as soon as the dog looks at the cat. He will soon learn that he can look anywhere except at the cat. Instead of banning one or other from the room, encourage the cat to mingle, keep your dog on the lead, put in the training time and get your dog desensitised in a few days.

Do not take chances in the early stages - if you go out do not leave the dog and cat in the same room. Do not force the cat and dog to be together, if the cat is struggling to get out of a tight hold this will make your dog more anxious; try to make meetings as natural as possible. A hiss or swipe from your cat is acceptable, but never allow the cat to attack your dog as it is more likely to make his behaviour worse rather than better. Never feed the two together, and do not expect him to learn not to eat your cat's food! Also bear in mind that your dog and cat may become great friends, but he may need more supervision with other cats.

## **SEPERATION ANXIETY**

**What is it?** It is a dog's inability to cope when left alone. Typical symptoms are howling & barking, scratching, chewing at furniture and fittings and even excreting around the house in your absence. In order to stop the 'bad' behaviour the dog needs to become more confident and secure in himself, and less dependent on you. You need to teach him this by changing the way you treat him in the house.

**Breaking the bad habits:** if your dog is allowed to follow you around the house, i.e. when you get up to make a cup of tea or run a bath, you must stop him from now on! In order for your dog to become more confident about being left when you are out, he must learn to cope with letting you out of his sight when you are in the house. He must have a bed of his own and he must learn to sleep *only* in his bed, and to stay in it when you leave the room. If you know that as soon as you leave the room he will get up to follow you then hide around the corner and be ready for him. Put him back in his bed and start to leave the room again. Repeat this until you can leave the room without him following. When you return praise him for staying in his bed (but not so much he gets up or you have defeated the object!). Be prepared to do this every time you leave the room until your dog understands the command. At first this may seem tough and demanding on you and your dog, but if you can win this battle of wills he will soon begin to value his new den as a place where he can truly relax and feel confident in your absence.

**Desensitising him:** your dog will associate all the usual going out procedures i.e. putting on your coat, picking up your keys as the start of his period alone and thus will begin to fret as you are doing so. You need to desensitise him of these stimuli, so at any time of day go repeatedly through these actions quietly and without fuss, and then sit back down. Repeat these actions until your dog looks positively bored.

**Building his confidence:** now you need to test him further. Start to shut him in the room while you move about the house, for very short periods of time, and then leave him alone for short periods. When you do leave the room or go out don't make a big deal of it. It is a normal every day occurrence and as little fuss as possible should be made of your dog. If you hug him or look lingeringly at him, he will think the pair of you can't possibly cope without each other. Try to ignore him leading up to the time when you go, tell him firmly to sit in his bed upon leaving and quietly shut the door. The only way your dog can learn to cope on his own is if you can wean him off of his dependence on you. *He is addicted to his owner, and it is his owner who must make him realise that he can have a life of his own.*

**Quality time:** when you do want to give your dog attention feel free. BUT do not let your dog dictate what he gets and when. Call him over for a cuddle by all means, but don't allow him to slouch at your feet, or paw at your lap all evening. He needs to learn to feel confident and learn to sleep in his bed while you are out, so he must use it when you are in.

**Training:** it is very important to get to grips with general obedience so that your dog will want to please you, and know his place generally in the household. All dogs should know their name and understand the words COME, NO, and STAY. If yours doesn't then enrol in a training class now! You can find details at your vets, pet shop, and feed merchant or from other dog owners and walkers. Communal classes will improve your dogs' self confidence which will help reduce his problems.

**If the habit is too strong:** rarely, but occasionally the problem has become so imprinted on the dog that even when his confidence does improve he still chews or even excretes out of habit. For these dogs an indoor kennel may be required. These have proved to be very successful, but you will need further advice on its proper use. Similarly if the above advice has failed to stop your dog barking when left then a Citronella collar may help. Sometimes the trick is to look further afield. Perhaps you could find a local dog walker/sitter - put an ad in your local paper, newsagents and pet shop - often two dogs left alone together are content about the situation. After all, your dog has probably spent most of his life with little human company all day in his racing kennel, but always with a canine companion.

**Occupy his mind:** if you are strict on yourself and follow this advice your dog's confidence will increase, and his anxiety (antisocial behaviour) will decrease, however his howling and chewing will not stop overnight. There are some measures you can take to help in the meantime. Don't leave valued chewable items with your dog, and give him things to keep him occupied - his favourite toy, and a long lasting chewy bone. Buy two 'Kongs' (available at any pet shop) and wedge something edible in them that your dog will like. Dogs treat them like bones and will spend hours trying to get the last bit out, and most dogs will eat plain bread stuffed in! If your dog is fussy then you will have to shop around for a good treat (however make sure that you are not piling the calories on your hound). Video recordings have shown that dogs fuss the most just after the owner goes out and just before they come back. The two 'Kongs' give the dog opportunity to tuck into one as you leave, then snooze and upon waking munch on the other just before your return.

**Success!** Past experience has proved that this advice does work, but it will take up your time and energy in the early stages. Your efforts will be rewarded with years of happy companionship, and you too can join the growing number of proud Greyhound owners who sing their praises wherever they go!

## USING AN INDOOR KENNEL

**Why?** To aid house training, for curing the consequences of separation anxiety (chewing, scratching), or to give the dog a necessary safety zone (i.e. to relax from children when he is tired). It is far removed from keeping a dog in an outside kennel, which just furthers his anxiety and compounds the problem until the dog ends up living outside all the time.

**How it works:** it creates a simulation to the wolves' 'den'. In nature wolves create dens for protection and personal security. Similarly your dog will feel confident, relaxed, and less panicky when in a small enclosed area, *provided he is conditioned to accept it as a good thing*. The kennel will also prevent destruction of the house or car, and a dog is far less likely to mess in an area that is so small it may have to lay in it. The kennel need only be a short term measure, in order to help break bad habits, but if conditioned properly dogs grow to love their private den and the kennel often ends up as a permanent fixture. The cost of an indoor kennel may be up to £100 - a lot less however than a new sofa, carpet, seatbelts, or a Sunday morning trip to the vets.

**Encouraging your dog in:** when you bring the kennel indoors decide where it is to be positioned. Your dog must feel comfortable in it as his place of rest, so it would be unfair to banish him to the kitchen if most of your time is spent in the living room. Your dog will appreciate having some seclusion so do not put it in the middle of the room, but along one wall, in the corner or by a chair. Put inside the dog's normal bed, a small bowl of water and his favourite toy, chew or Kong(s). Now shut the door of the kennel and walk away and go to sit down, ignoring your dog. With any luck he will take an interest in the kennel, and then a *real* interest when he realises the door is shut and he wants to get in to his favourite chew/toy. Don't get him excited but open the door and let him calmly inside. Do not shut the door on him at this stage, but only allow him to lie down to munch if he is inside the kennel. If he attempts to lay on the floor, by your feet, or anywhere else show him his bed in the kennel and insist he lie there. He will soon realise that if he doesn't munch his chew in the kennel he doesn't get to munch his chew at all! It may be a battle of wills, with you keeping watch over the first day/evening so that every time he goes to lie down you direct him into the kennel. The strongest willpower will win the day!

**Training:** if you are unable to get your dog to lie in his new bed because he ignores you and just does what he wants, then you are in need of general obedience training with your dog to teach him to understand your spoken commands. All dogs must know their name and understand the words COME, NO and STAY.

**Accepting the kennel:** when he feels confident enough in the kennel to sleep, you can begin to shut the door on him for periods when you are in the room. Soon you should be able to leave the room briefly (i.e. to use the bathroom, answer the phone, or make tea) while your dog is shut in the kennel. As you start to move away from the kennel tell your dog to 'stay' (again he must already understand this command). If he whines or makes a fuss, reprimand him with the word 'no' in a stern, low voice and continue leaving the room. You may need to repeat this, always praising your dog without fuss when you return and he has been quiet.

If your dog is the suspicious type then feed him inside the kennel - making sure there is no other food available to him. Do not make a big deal of it - your apprehension will rub off on your pet! Just show your dog his dinner, then pop the bowl in the kennel. Do not shut the door as soon as he is in, it will create an instant feeling of prison for the dog. When he feels OK about going in and out shut the door on him. Stay next to the kennel and talk nicely to him, getting him to lie down. At first some firmness may be needed, especially when you are using the kennel to help a behavioural problem, or if time is short. You should however find that within a short space of time your dog accepts the kennel with no apprehension.

**When to use it:** the indoor kennel takes the place of your dog's bed, so it is to be used for sleeping both when you are in and when you are out. If you do not train your dog to cope with the kennel when you are in the house, he will find it far harder to cope with solitude when you are out.