

Understanding your newly adopted Greyhound

SAM MORRIS-MONDAY, 22 JULY 2013 – RETIRED GREYHOUND CHAT FACEBOOK GROUP

Understanding a “Greyhound”

What is your new adoptive greyhound thinking?

An excerpt from a 1998 seminar given by Kathleen Gilley

This breed has never been asked to do anything for itself, make any decisions or answer any questions. It has been waited on, paw and tail. The only prohibition in a racing Greyhound’s life is not to get into a fight or eat certain stuff in the turn out to the paddock.

Let us review a little. From weaning until you go away for schooling, at probably a year and a half, you eat, grow and run round with your siblings. When you go away to begin your racing career, you get your own “apartment”, in a large housing development. No one is allowed in your bed with you, and when you are in there, no one can touch you without plenty of warning. Someone hears a vehicle drive up, or the kennel door being unlocked. The light switches are flipped on. The loud mouths in residence, and there always are some, begin to bark or howl. You are wide awake by the time the human opens your door to turn you out. A Greyhound has never been touched while he was asleep.

You eat when you are fed, usually on a strict schedule. No one asks if you are hungry or what you want to eat. You are never told not to eat any food within your reach. No one ever touches your bowl while you are eating. You are not to be disturbed because it is important you clear your plate.

You are not asked if you have to “go outside”. You are placed in a paddock and it isn’t long before you get the idea of what you are supposed to do while you are out there. Unless you really get out of hand you may chase, rough house and put your feet on everyone and everything else. The only humans you know are the “waiters” who feed you, and the “restroom attendants” who turn you out to go to the bathroom. Respect people? Surely you jest. No one comes into or goes out of your kennel without your knowledge. You are all seeing, all knowing. There are no surprises, day in and day out. The only thing it is ever hoped you will do is win, place or show, and that you don’t have much control over. It is in your blood, it is in your heart, it is in your fate—or it is not.

When it is not, then suddenly you are expected to be a civilized person in a fur coat. But people don't realize you may not even speak English. Some of you don't even know your names, because you didn't need to. You were not asked or told to do anything as an individual; you were always part of the "condo association"; the sorority or fraternity and everyone did everything together, as a group or pack. The only time you did anything as an individual is when you schooled or raced, and even then, You Were Not Alone.

Suddenly he is expected to behave himself in places he's never been taught how to act. He is expected to take responsibility for saying when he needs to go outside, to come when he is called, not to get on some or all of the furniture, and not to eat food off counters and tables. He is dropped in a world that is not his and totally without warning, at that. Almost everything he does is wrong. Suddenly he is a minority. Now he is just a pet. He is unemployed, in a place where people expect him to know the rules and the schedule, even when there aren't any. (How many times have you heard someone say, "He won't tell me when he has to go out." What kind of schedule is that?) Have you heard the joke about the dog who says, "My name is No-No Bad Dog—what's yours?" To me that is not even funny. All the protective barriers are gone.

There is no more warning before something happens. There is no more strength in numbers. He wakes up with a monster human face two inches from his. (With some people's breath, this could scare Godzilla.) Why should he not believe that this "someone", who has crept up on him isn't going to eat him for lunch? (I really do have to ask you ladies to consider how you would react if someone you barely knew crawled up on you while you were asleep?) No, I will not ask for any male input.

Now he is left alone, for the first time in his life, in a strange place, with no idea of what will happen or how long it will be before someone comes to him again. If he is not crated, he may go through walls or windows, or over fences, desperately seeking something familiar, something with which to reconnect his life. If he does get free, he will find the familiarity within himself: the adrenaline high, the wind in his ears, the blood pulsing and racing through his heart once again—until he crashes into a car.

Often, the first contact with his new family is punishment, something he's never had before, something he doesn't understand now, especially in the middle of the rest of the chaos. And worst of all, what are the most common human reactions to misbehaviour? We live in a violent society, where the answer to any irritation is a slap, punch, kick, whip, or rub your nose in it. Under these circumstances, sometimes I think any successful adoption is a miracle. He is, in effect, expected to

have all the manners of at least a six-year-old child. But, how many of you would leave an unfamiliar six-year-old human alone and loose in your home for hours at a time and not expect to find who knows what when you got back? Consider that if you did, you could be brought up on charges of child abuse, neglect and endangerment. Yet, people do this to Greyhounds and this is often the reason for so many returns.

How many dogs have been returned because they did not know how to tell the adopter when they had to go out? How many for jumping on people, getting on furniture, counter surfing, separation anxiety, or defensive actions due to being startled or hurt (aka growling or biting)? So, let's understand: sometimes it is the dog's "fault" he cannot fit in. He is not equipped with the social skills of a six-year-old human. So it is up to you to help him/her live the life of a pet greyhound. Good luck, it's easy really.

Understanding Separation Anxiety in Greyhounds

Copied with his consent, to share with you all

Written by Dennis Mckeon

**If you find that your newly adopted greyhound should suffer from separation anxiety this makes very interesting and educational reading
Enjoy**

One of the most common complaints we hear from new greyhound adopters, has to do with what is known as "separation anxiety". What it means, is that when the new adopter leaves the home, the greyhound becomes extremely stressed.

This behaviour can manifest as "fretting" (hyperventilating), whining, barking, or all of the above, as well as engaging in less creative behaviours--like chewing things, and/or other not quite constructive expressions of angst or agitation. While there are sedatives that the vet may prescribe for extreme cases of anxiety, it may be of some help to look at why a greyhound might exhibit this upsetting behaviour.

From the moment he or she came into this world, your greyhound was probably never alone, for even a moment. They are raised in the constant company of their dams and littermates, and while the dam will be separated at some point, the littermates usually remain together. There are often dozens of other pups on the breeder's premises, and they are kept in kennel runs adjacent to one another, where they can be seen, barked at incessantly, and/or goaded into dashing competitions, or display-of-fierceness contests.

Then, in the racing kennel, often the litter remains together, and the larger pack is introduced to them. There, they learn to do everything in concert with their pack/colony, and their handlers, and the atmosphere is quite social.

Even in their crates, they remain in visual contact with their kennelmates and their handlers. Quite often, littermates may spend their entire lives at the same venues, with the same handlers, and remain together until one or more of them is retired.

So, is it any wonder that a newly adopted greyhound, suddenly thrust into what for them is an alien universe, full of strange things and unfamiliar people---and perhaps without the company of other greyhounds, for the first time in his life---might feel some uneasiness?

There can be much more than meets the eye to a greyhound's anxiety. Any number of triggers might induce anxiety in the new adoptee, from the strange new objects and appliances in the home, to the new smells, sights and sounds of the neighbourhood, to any of the many changes in his established and ingrained routine, to which he/she must now learn to adapt.

The most overlooked of these triggers being, that the greyhound has no idea what he did wrong to have suddenly been picked up and plopped down into this entirely new, and (often) intimidating situation. There is a blind spot among some adopters, which can fail to perceive even the possibility that the greyhound may have been perfectly happy with things as they were, as a racing athlete, one among many---a pack member--and that he misses his/her canine and human friends and familiars. Greyhounds usually form some very deep attachments to their canine friends, as well as to one or more of their handlers.

Contrary to popular greyhound mythology, the vast majority of racing greyhounds, are quite content and fulfilled doing what it is that they have been bred to do, within a colony of their peers. Working dogs are

generally that way. Most relish and thrive on their work, and the physical and mental stimulation it provides.

Greyhounds prosper with routine, punctuality and repetition. They blossom when they are as free of all stresses as we can make them. But they often have some reservations about novelty. They are used to regimentation and predictability, and their whole lives have revolved around the narrower confines of the breeding, raising, training and racing environment, as opposed to the brave new world of the adopter's home, social outlets, and leisure time activities, in which the dog may now be included. Regardless, he no longer has the outlet of training and racing to pleasantly fatigue himself, and to relieve pent up stress---a very important factor to be aware of.

The new, retired adoptee was likely already bonded to one or more of his/her handlers, and often, to one or more of their kennelmates---who are now, suddenly, gone. It's a huge void to fill for most of them. This bonding, by the way, generally happens over a period of time, where the greyhound learns who, in their circle, can be relied upon and trusted. Just because a newly adopted greyhound may resign himself to the fact that you are his new human, and even be amenable to it, doesn't mean that you have bonded with him--or he with you. That may or may not happen, with time, depending upon your individual greyhound's adaptability---and your own.

The point is, of course, that separation anxiety can be more of an "I simply can't deal with being alone, and I miss my job and my friends" anxiety---especially for the new adoptee.

Smothering the dog with toys, treats and attention won't usually be a panacea for the anxious, newly rehomed greyhound. That elusive panacea is more likely to be routine, punctuality, stress reduction in the home environment, physically and mentally engaging the dog in stimulating, healthy activities--and time--time for the greyhound to learn to trust, to rely upon, and then to eventually bond with their new person(s).

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Recommended Facebook Groups and Vets

Retired Greyhound Chat

Vets

Rikus Harmse
Kings Road Vets
123 Kings Road
Biggin Hill
Kent
TN16 3NH
Telephone: 01959 576337

Newnham Court Veterinary Hospital
Bearsted Road
Wavering
Maidstone
ME14 5EL
Telephone: 01622 734555
Out of Hours: 01622 734054
Website: <https://www.newnhamvets.co.uk/>

Martin Bennett - Lingfield Lodge Veterinary Clinic, Lingfield Lodge Farm,
Marsh Green, Edenbridge, Kent, TN8 5QS. Telephone: 01732 864092
Website: <http://www.lingfieldlodge.co.uk/>

Vaccinations - yearly

Worming – every 3 months

Flea Treatment – every 1-2 months

Greyhound Bloodwork Is Different To Other Breeds

By [Sam Morris](#) on [Thursday, 23 May 2013 at 17:23](#)

What's in those Blood Tests?

by Suzanne Stack, D.V.M.

Blood Tests

When your veterinarian sends your Greyhound's blood to a lab she/he is most commonly asking the lab to run a CBC (Complete Blood Count). This common analysis covers these items:

RBC = Red Blood Cells Hgb = Hemoglobin PCV / HCT = Packed Cell Volume/Hematocrit WBC = White Blood Cells Platelets = Help to form blood clots to stop bleeding.

For a more in-depth look, usually to determine kidney/liver functions, your veterinarian may also ask for a "Chem Panel". This will give them information about: T.P. = Total Protein Globulin Creatinine = A waste product filtered out of the blood by the kidneys. T4 = Thyroid level. If you don't understand what your veterinarian has ordered, ask for details!

Greyhound blood work has enough differences from "other dog" blood work to sometimes make it deceptively "normal" or "abnormal" if your veterinarian isn't familiar with these differences. The salient differences are discussed below.

Greyhounds:

RBC: 7.4 - 9.0 Hgb: 19.0 - 21.5 PCV: 55 - 65

Other Breeds:

RBC: 5.5 - 8.5 Hgb: 12.0 - 18.0 PCV: 37 - 55

Greyhounds have significantly more red blood cells than other dog breeds. This elevates parameters for RBC, Hgb (hemoglobin), and PCV/HCT, and is the reason Greyhounds are so desirable as blood donors. Most veterinarians are aware of this difference.

Never accept a diagnosis of Polycythemia — a once-in-a-lifetime rare diagnosis of pathologic red blood cell overproduction — in a Greyhound.

Conversely, never interpret a Greyhound PCV in the 30's - 40's as being normal just because it is for other dogs. A Greyhound with a PCV in the 30's - 40's is an anemic Greyhound. Generally, a Greyhound PCV less than 50 is a red flag to check for Ehrlichia.

WBC

Greyhounds:

3.5 - 6.5

Other dog:

6.0 - 17.0

Other Greyhound CBC changes are less well known. The Greyhound's normally low WBC has caused more than one healthy Greyhound to undergo a bone marrow biopsy in search of "cancer" or some other cause of the "low WBC."

Platelets

Greyhounds:
80,000 - 200,000

Other dog: 150,000 - 400,000

Likewise, Greyhound platelet numbers are lower on average than other dog breeds, which might be mistakenly interpreted as a problem. It is thought that Greyhound WBCs, platelets, and total protein may be lower to physiologically “make room” in the bloodstream for the increased red cell load.

Compounding these normally low WBC and platelet numbers is the fact that Ehrlichia, a common blood parasite of Greyhounds, can lower WBC and platelet counts. So if there is any doubt as to whether the WBC / platelet counts are normal, an Ehrlichia titer is always in order. The other classic changes with Ehrlichia are lowered PCV and elevated total protein. But bear in mind that every Greyhound will not have every change, and Ehrlichia Greyhounds can have normal CBCs.

T.P. & Globulin

Greyhound TP:
4.5 - 6.0

Other dog TP:
5.4 - 7.8

Greyhound Globulin:
2.1 - 3.2

Other dog Globulin:
2.8 - 4.2

Greyhound total proteins tend to run on the low end of normal — T.P.s in the 5.0's and 6.0's are the norm. While the albumin fraction of T.P. is the same as other dogs, the globulin component is lower.

Creatinine

Greyhound:
0.8 - 1.6

Other dogs:
0.0 - 1.0

Greyhound creatinines run higher than other breeds as a function of their large lean muscle mass. A study at the Auburn University College of Veterinary Medicine found that 80% of retired racing Greyhounds they sampled had creatinine values above the standard reference range for “other dogs.” As a lone finding, an “elevated creatinine” is not indicative of impending kidney failure. If the BUN and urinalysis are normal, so is the “elevated” creatinine.

T4 (Thyroid)

Greyhound:
0.5 - 3.6 (mean 1.47 +/- 0.63)

Other dogs:

1.52 - 3.60

These figures are from a University of Florida study of thyroid function in 221 Greyhounds — 97 racers, 99 broods, and 25 studs — so it included both racers and “retired.” While Greyhound thyroid levels are a whole chapter unto themselves, a good rule of thumb is that Greyhound T4s run about half that of other breeds.

Urinalysis

And lastly, the good news — Greyhound urinalysis levels are the same as other dog breeds. It is normal for males to have small to moderate amounts of bilirubin in the urine.

Medical Sources: M.R. Herron, DVM, ACVS, 'Clinical Pathology of the Racing Greyhound', 1991.

C. Guillermo Couto, DVM, ACVIM, 'Managing Thrombocytopenia in Dogs & Cats', Veterinary Medicine, May 1999.

J. Steiss, DVM, W. Brewer, DVM, E. Welles, DVM, J. Wright, DVM, 'Hematologic & Serum Biochemical Reference Values in Retired Greyhounds', Compendium on Continuing Education, March 2000.

M. Bloomberg, DVM, MS, 'Thyroid Function of the Racing Greyhound', University of Florida, 1987.

D. Bruyette, DVM, ACVIM, Veterinary Information Network, 2001.

Print this information out for your veterinarian and yourself!

http://greyhoundwelfare.org/main/wp-content/uploads/2017/03/Greyhound_Medical_Idiosync_2016-1.pdf

This link takes you to a PDF document about Greyhound Medical Idiosyncrasies. Highlighting the differences between greyhounds and other breeds

Greyhounds are not “regular” dogs.

Normal lab results in Greyhounds are not the same as other breeds.

| Normal | | Greyhounds | Other Breeds |
|-------------------|---|------------|--------------|
| HCT/PCV |  | 50% - 70% | 42% - 62% |
| WBC | | 3.5-6.9 | 5.8-20.3 |
| Platelets | | 110-205 | 173-497 |
| Total Protein | | 4.8-6.3 | 5.1-7.1 |
| Globulin | | 1.7-3.0 | 2.2-3.9 |
| Creatinine | | 1.0-1.7 | 0.6-1.6 |
| Total T4 (nMol/L) | | 8-20 | 20-33 |

A Greyhound with HCT/PCV <50% is anemic!

If you think your Greyhound is hypothyroid, please have your vet check the TSH!

www.greyhoundhealthinitiative.org

Guide to House Training/ Toilet Schedule in a Flat

Please take this as guidelines only as you will need to work your own daily work/life routine to establish a schedule that works for both you and your greyhounds. Schedule will differ during working days to days when you are at home.

Days off

5.45am – Wake up (first toilet for the human and throw some clothes on!)

6am – First Walk/Toilet, 20 mins

7.30am – Breakfast immediately followed by gentle 5mins chance to toilet

10.30/11am – Third Toilet/Walk 20 mins

2.30/3pm – Fourth Toilet/Walk 10-20 minutes

4pm – Dinner immediately followed by gentle 5min chance to toilet

7.30/8pm – Fifth Toilet/Walk 10mins

11pm – Last Toilet Walk 5-10mins

Work Days

6am – First Walk/Toilet, 20 mins

7.15am – Breakfast immediately followed by gentle 5mins chance to toilet

7.30am Human leaves for work

Lunchtime – Dog Walker/ Let out to toilet

Home from Work – immediately take out for a short wee walk

Dinner Time – Followed by 5-minute gentle walk for toilet

8pm – Fifth Toilet/Walk 10mins

11pm – Last Toilet Walk 5-10mins

Top Tips

- During extreme temperatures keep longer walks to early morning and late evening (check temperatures as it is still sometimes too hot) and daytime walks to 5-10minute toilet only trips.
- If you and your partner go to bed at different times, then set a bedtime for the dog between your bedtimes so that you don't end up walking him/her at 2am in the morning
- During the day before going out make sure you greyhound has had a 5-10minute toilet walk unless you have timed your leaving time to after a scheduled walk/toilet break.
- If you are out more than an hour then on return once any perishables (fridge or frozen stuff, everything else can wait!) are put away take them out for another short 5-minute toilet trip. The excitement of you returning will usually mean they need to pee!

- If you are in a house don't expect your greyhound to take themselves out to toilet in the garden. They may have been sun worshipping out there for ages but that does not mean they have toileted.

This may seem like a lot of walking or toilet trips in the garden, but you will thank me in the early days when it makes house training easier. Greyhounds thrive on routine and like knowing what to expect and when, they are not used to having to think when it is time to go out to toilet they are used to being told and taken out.

Get used to going out in all weathers so invest in a sturdy waterproof coat for you and a waterproof fleece-lined coat, rain mac and fleece for you greyhound.

Over time once you settle into a routine you will be able to extend the times between toilet trips and may be able to eliminate the after-dinner toilet. You will just need to first establish a solid toilet routine and then adjust it to suit you and your greyhound.

Teach your children the doggy dos and don'ts

- Don't play rough and aggressive games with your dog as this can encourage aggressive behaviour later on
- Don't play fight with each other or taunt the dog to make it protective or jealous, because this tends to backfire badly later if the dog ever misjudges the situation
- Most dogs dislike close face-to-face contact, unless they have instigated it themselves, so keep faces away from the dog's, or risk being bitten on the face!
- Never let children ambush or force themselves on the dog. If they want to play, the dog should be invited over, but do not let the children force the issue if the dog does not want to go to them. The children must be made to understand the importance of having 'quiet time' with the dog, and give it space and peace and quiet when it wants it
- Dogs will often steal, chew and swallow children's toys and clothes for attention, so teach your children tidy habits, or your dog will spend its youth at the veterinary practice having things surgically removed from it (or worse, it could die)
- Children have to be 10 years old or over to be legally responsible for a dog outside their homes
- Children must learn to ask a dog's owner permission before petting their dog.



HOT WEATHER DOG WALKING

UNDER 20°C - GOOD TO GO -

20-30 MINUTE WALKS

21 – 22°C – STEADY –

15 MINUTE WALKS – GETTING UNSAFE TO WALK

**23°C PLUS – STOP - WALKING CANCELLED TOO HOT
FOR THE DOGS**



**PLEASE KEEP TO WALKING TIMES. HEAT STROKE IS VERY
SERIOUS AND CAN LEAD TO LOSS OF LIFE.**

**PLEASE ASK KENNEL STAFF IF YOU ARE UNSURE OF WALKING
TIMES**



♥
MY MUZZLE DOESN'T
→ → →
MEAN I'M BAD



I am a gentle & loving
Greyhound, recently
retired from racing. I
may forget I've retired
and react to a small
animal running past.

My Muzzle
KEEPS ME SAFE

WHY MY DOG IS WEARING A MUZZLE

(AND HOW YOU SHOULD RESPOND)

MY DOG COULD BE WEARING A MUZZLE FOR ONE OF THESE REASONS:

- He likes to eat stuff from the ground and we are avoiding another foreign body surgery
- He is working on his anxiety around strangers & dogs & we both feel safer if it is on
- We are practicing good muzzle skills for our next vet visit
- He prefers a little bit more space, and the muzzle keeps rude humans & dogs away from us
- I prefer a little bit more space, and the muzzle keeps rude humans away from us



JUST BECAUSE HE IS WEARING A MUZZLE DOES **NOT** MEAN:

- He is vicious and will attack you at any moment
- He should be kept away from the same outdoor adventures that you and your dog can enjoy together
- It is "ok" for you to come up and try to interact with him without asking permission

IF YOU SEE US:

- Please give us space
- Be kind with a smile as you quickly move on with your dogs and your kids. Recognize that I am doing my best to promote safety and comfort for everyone, including my dog and your family



WWW.SUMMITDOGTRAINING.COM



Preventing separation anxiety after lockdown

by Sarah Bartlett KCAI CD R QIDTI

Edition Dog Magazine

Start a routine now where your dog is in a separate room from you, regularly and in the day. Even if your dog is used to being kept in another room or crate while you are sleeping at night. I would suggest you still do this. This is very different to your dog – daytime is different.

Think about what area of the house your dog would be when you leave the house or go to work normally. If for example your dog is normally left to free roam the whole of your downstairs you may need to schedule watching a film upstairs each day, or working on your laptop upstairs. Leave your dog downstairs with a chew or treat toy to keep them occupied.

Commonly the first contributing factor I see to separation anxiety with clients is that when they are present and at home the dog has constant access to them, other than when briefly in the garden to do their business. It's so important that a dog learns to relax in a separate room from you, with doors or gate shut so there is a physical barrier between you both.

I am not saying you should shut your dog away from you all the time at all, just short periods each day, and being more mindful of it while we are on restricted movement and in lockdown.

If this is a new concept to your dog, being shut away while you are at home then:

- Build these sessions up gradually, short periods to start with and less than ten minutes.
- Don't make a big fuss of them when leaving them or returning to them.
- If they start to struggle, then go back to them quicker before they have started to become distressed and extend the time gradually while setting them up to succeed
- Give them something to do such as a chew or an activity when you leave them.
- Make it a routine, each day you work on this and more than once each day ideally.
- Ensure their needs are met before you practice – They have eaten, they have had some form of exercise mentally and/or physically and they have toileted.
- If you have children in the house, then a time of day when they are quieter would be most helpful to practice this with your dog. Maybe if the children are watching tv etc. If the children are out having fun in the garden your dog will

want to go and join in the fun and this will not be fair on your dog to expect them to settle at this stage while exciting and loud things are happening in other areas of your house/garden.

Remember to discuss this with everyone in the family and agree on times that you will practice this so they don't walk into that area of the house and disturb or inadvertently reward your dog while you practice.

It's so nice to be able to spend more time with our dogs than normal and they are an amazing comfort in such uncertain times however for their sake and yours please do put some 'non-routine, routine' protocols in place to help them with the future transition back to normal.

Stay Safe

**Avoid your dog pining
when left alone again
after lock down.**

- * leave the house twice every day for a few minutes
- * put him into a separate room for a little while every day.
- * If he can't cope use a stair gate so that he is separated but can still hear you.
- * Build up to leaving him in a separate room with the door shut.
- * Start with a few minutes and build up the time.



* Give him something to chew or lick clean like a Kong to help him pass the time.

* Sending the dog to daycare after lockdown does not solve the problem because the dog will not learn to relax when on his own.



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International Canine Behaviourists
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intcaninebehaviourists@gmail.com



Dogs at risk of separation anxiety after lockdown ends – here are some tips – Dogs Today Magazine

By
Alessandra Pacelli
-
22nd April 2020



Dogs across the country may be delighted to have their owners home the entire day – but there may be drawbacks once the lockdown is lifted and people leave the house for work again, says [APBC \(Association of Pet Behaviour Counsellors\)](#).

The Association has warned dog owners that their pets are “at risk of showing separation-related problems at the end of the coronavirus lockdown when they return to work”.

“Periods of time when dogs have company 24/7 followed by a change in routine that means dogs have to be left at home alone can be a risk factor for separation anxiety,” says a APBC statement.

“Dogs in lockdown are delighted to have their humans at home with them all the time. But are owners considering the after-effects of social isolation, when life starts to return to some normality and dogs are left behind without human company?”



Rosie Bescoby, a member of the APBC, advises, “Not every dog will exhibit separation distress when the routine changes, but dogs who – in hindsight – always seemed a bit unhappy when they were left alone or are particularly clingy now they have company, may be more likely to bark, howl, destroy things or lose control of their bowels when their owners start to leave them again. For some dogs, separation distress can be so severe that they end up self-harming or breaking down doors.

“The good news is that there are things we can put in place whilst we’re at home to reduce the risk of our dogs struggling when we return to work or start leaving the house without our dogs in tow.”

APBC’s top tips for preventing separation anxiety in dogs post lockdown

- Encourage your dog to settle in their bed whilst you work from home. Initially you might need to put it by your feet, but gradually you can move the bed further away from you and reward your dog for staying in its bed. Eventually the bed can be positioned the other side of a babygate and then a closed door.
- Spend time in another room away from your dog, and in the garden with your dog inside – consider videoing your dog to check whether they settle when you leave them alone.
- If you’re able to leave the house, aim to leave your dog on their own everyday if they’ve always tolerated being home alone – even if it’s for 10 minutes whilst you pop to the shops or go for some exercise.
- Provide your dog with lots of independently self-reinforcing activities that don’t involve you, such as homemade or commercial activity feeders (objects the dog has to manipulate to get part of their meal portions to fall out), chews, stuffed Kongs to lick at, and toys that the dog can play with by themselves.
- Try to stick to a similar routine to the one you were previously in and the one you are likely to return to – get up at the same time, feed your dog at the same times, provide them with their quiet time when they’d normally sleep and take them on their walk(s) at the same sort of time each day.

Early action is pre-emptive, according to Dogs Trust’s Director of Canine Behaviour and Research, Rachel Casey.



“For many of us it has been great to spend so much time with our dogs during lockdown and mostly our dogs love us being around too,” she says. “But all this extra attention could potentially create a ticking time bomb of separation anxiety for our dogs. If they expect us to be about all the time, it will be more difficult for them to cope once we go back to our normal lives and aren’t in the house 24/7.

“Now is the time to act to avoid future problems – and it’s easy to do. Just make sure that you factor in time apart from your dog each day to help them be able to cope when alone – this could be separated from you by a door or child gate for an hour or two whilst you’re working or home schooling the kids.

“By organizing your dog’s day, with time apart, play times, exercise, other activity sessions (like giving them a food filled toy) and quiet times, you can make sure that your dog maintains their ability to cope with the different aspects of ‘normal’ life when we get back to it.”



Pets and Coronavirus (COVID-19)

Advice to help owners worried about their pet

Collective efforts to reduce the spread of Coronavirus (COVID-19) have had a significant impact on all of our lives. Many of us share our homes with pets, but the current situation can make it difficult to find help if we're worried about their health and welfare. The UK's best loved national pet charities and experts have come together to try and help.

The main source of infection for COVID-19 is human-to-human transmission, and pet owners should not be concerned that their pets are a risk to their health.

IF YOU ARE WORRIED ABOUT YOUR PET'S HEALTH:

- 1 If your pet is sick or injured, it is important to call your vet first, don't go to the surgery unless advised by them to do so.
- 2 Vets are working hard to remain open, and while not all services are possible at this time, you can still get advice by phone or online. Pets will only be seen face-to-face if deemed absolutely necessary by your vet.
- 3 Your vet will be able to advise on your pet's vaccinations and other routine treatments depending on their situation, which will vary from one area to another.
- 4 You can find information on how to look after your pet's coat during lockdown here.
- 5 Keep your pet safe and healthy by using suitable toys, being aware of hazards and poisons, stopping any escape opportunities, avoiding giving them too many treats and maintaining their normal diet if possible.



IF YOU'RE WORRIED ABOUT PAYING FOR YOUR PET'S CARE:

- 1 Do you have friends or family who could help or contribute?
- 2 Local food banks may be able to supply you with pet food.
- 3 You may find other local shops are cheaper places to buy food.
- 4 PDSA, RSPCA, Blue Cross and Wood Green can help some people with vet costs by providing free or low-cost treatment.
- 5 Keep up with your pet's insurance cover, or seek advice on an appropriate insurance policy to guard against unexpected vet costs.



To find out more visit: cfsg.org.uk/coronavirus

Advice may be subject to change, so please regularly check

Government guidance:

www.gov.uk/guidance/coronavirus-covid-19-advice-for-people-with-animals

IF YOU ARE WORRIED ABOUT YOUR PET'S BEHAVIOUR:

- 1 Being at home all day may affect your pet's normal routine which can cause behavioural changes. Try to allow them time to rest and sleep as much as usual. Make sure your pet is prepared for the end of lockdown and you leaving them again, by including short periods of separation into the day.
- 2 Never leave dogs and children together unsupervised. Familiarise yourself with the signs dogs use to tell us how they are feeling so you can keep your dog happy and your child safe.
- 3 Regular exercise and mental stimulation can help improve your pet's wellbeing.
- 4 Changes in behaviour sometimes indicate health problems so call your vet for advice before talking to a behaviourist. Do not go to the surgery unless advised by the vet to do so.
- 5 If you need advice charities can help: Cats Protection, Dogs Trust, Battersea, Wood Green, the Pet Support Line: 0300 303 9333 and the Blue Cross Behaviour helpline: 0300 777 1975.
- 6 If you need a behaviourist to help you manage your pet's behaviour, ensure they are a qualified professional by visiting the Animal Behaviour & Training Council: ABTC



IF YOU CAN NO LONGER KEEP YOUR PET:

- 1 For a short-term issue, could a friend or family member take care of your pet until you are able to? Are there any local services which could support you such as a kennel or cattery?
- 2 For more long-term issues, sometimes the most responsible thing to do is find a new home for your pet. Please contact a reputable rehoming charity to help you. Visit the Association of Dogs and Cats Homes for details.
- 3 Giving up your pet need only be a last resort. Whilst charities are very stretched by the Coronavirus pandemic they will do their best to help advise you on how to manage your pet during lockdown and beyond.
- 4 Do reach out and ask for help. We are here to support you and your pet.



Dogs at risk of separation anxiety once lockdown is over – Wales24/7.co.uk

Owners urged to take action to prepare pets ready for post-lockdown



By Rhys Gregory On May 11, 2020 0 Comments



Pets may love having their owners home all the time but this could lead to attachment problems later down the line

Pet owners are being warned that their dogs could develop separation anxiety once the coronavirus lockdown ends, having become accustomed to extra human attention while their owners are at home.

Burns Pet Nutrition, a Welsh pet food company founded by veterinary surgeon John Burns, has warned dog owners that their pets are at risk of suffering from anxiety problems when they finally go back to work, unless steps are put in place to prepare them.

The company is urging owners to take action now to help pets get ready for the return to normality and prevent them from developing attachment issues post-lockdown.

Burns is advising owners to spend some time away from their dogs during the day, even while in the same house, to ensure they get used to time alone so that it won't come as a shock once the lockdown is lifted.

Such measures will be particularly important for the thousands of pets that have been bought or adopted during the pandemic, especially puppies, as they will have only ever experienced life in lockdown and may not yet have been separated from their owners.

The warning comes as demand for pets over the lockdown period has surged, with the Kennel Club seeing searches for puppies rise by 53% and rescue centres reporting a significant increase in adoption interest.

Ben Evans, Dog Trainer and owner of Dog Behaviour Wales and an advisor to Burns, said: "Many dog owners across the country will have been enjoying spending extra time with their pets over the lockdown, but while this newfound time together will have been a dream come true for dogs, it could cause problems down the line.

"After being used to having us around 24/7, it may be difficult for our dogs to cope when we go back to our regular routines and aren't around all the time, especially for puppies who know no different. It's imperative that owners take precautions to prevent pets from becoming unnecessarily distressed once the lockdown ends."

While separation anxiety is more likely to develop in new additions to the family or younger dogs, there is still a risk of seeing issues arise in pets who may never previously have had a problem being left alone. To prevent this from happening, owners of dogs who used to spend time alone before lockdown should begin to normalise being left along again.

Dogs with separation anxiety are generally distressed when left alone, experiencing symptoms including excessive barking and howling, urination and defecation, destructive behaviours, salivation and pacing.

For dogs that appear to be suffering from separation anxiety, Burns recommends normalising being alone by leaving pets in a 'puppy-proofed' room for small increments during the day, increasing the time moved away and building this into their daily routine.

Ben added: "Owners need to normalise the fact that being alone is not a big deal by doing plenty of it in short bursts. Start off with just 10-15 seconds, gradually building this up to minutes and eventually a couple of hours. Leaving and returning should be relatively uneventful as animated greetings or goodbyes can build up anticipation or anxiety.

"It's also important to desensitise dogs to any signs that indicate you are about to leave. Try picking up and putting down car keys throughout the day, opening and closing doors without leaving, picking up and moving shoes and bags, or putting on a coat and walking around with it before removing it. All these steps will help to prevent these possible triggers from causing anxiety."

As well as ensuring dogs have controlled periods alone, they should be given something to do to help reduce their anxiety when left alone. Burns recommends using food to keep them distracted and help them develop positive associations with being alone.

Laura Crotch-Harvey, Nutrition Manager at Burns said: "Using enrichment toys such as Kongs, lick mats, slow feeders and appropriate chew toys help to keep dogs occupied while you are gone. Using your dog's meal as the filler and hiding healthy extras in there such as vegetables, cooked chicken or peanut butter, will make your dog enthusiastic for the fun activity ahead.

"Combining these activities with alone time will not only act as a pacifier but will build on the positive association that good things happen when they are left alone."

How can I keep my dog entertained at home?

<https://www.yourdog.co.uk/dog-care-and-advice/how-can-i-keep-my-dog-entertained-at-home/>



Are you looking for fun ways to keep you and your dog entertained at home? Here's some creative ideas to keep your dog happy and fulfilled without leaving the house.

With so many restrictions on what we can do with our dogs, it's time to get creative. Animal behaviourist Toni Shelbourne suggests ways to keep your dog happy and fulfilled without leaving home.

There are always going to be a few occasions in your dog's life when he's cooped up at home with limited opportunities to exercise.

But it needn't be a daunting prospect, even if you have a high-energy, busy dog who likes to be out and about doing things. Whether it's just for a few days, weeks, or extends to months, there's plenty you can do to keep him occupied — and you may find it just as entertaining devising new activities and challenges for him to solve.

DID YOU KNOW?

Twenty minutes of scent work can be just as tiring as throwing a ball for your dog to chase for the same amount of time. There's also another benefit in that it won't raise adrenaline levels, which will over-arouse him, but will help to settle him, and produce a state of contentment.

TOP TIP

Chewing and licking can be self-calming, so provide things that offer opportunities for this, such as treat mats, toys that can be stuffed with food or frozen fillings, and safe, long-lasting edibles.

The cup game

1. Find some suitable containers, such as shatterproof picnic beakers or clean, empty plastic flower pots or yoghurt cartons; place them upside down with a tasty treat hidden under each one.
2. Ask your dog to seek the treats out; initially you may need to show or help him work out how to knock the containers over in order to reach the treats.
3. As he gets more adept, increase the difficulty by stacking the cups with treats in each layer.
4. Try placing them further apart so he has to physically move, too; this is great for dogs who are very busy. Keep refilling the pots and cups; you will see him slowing down as he tires. After 10 to 20 minutes of this activity, many dogs are exhausted!

TOP TIP

If the cups are hard to knock over because they slide on the smooth floor, try placing them on a towel, blanket, rug, or taking the game outdoors to play on the lawn. Always ensure you supervise your dog's boredom-busting activities!



Hide-and-seek

1. Leave your dog in one room while you go to another one. Place his favourite toy in there and go back to him.

2. Ask him to go find the toy; make it easy for him at first, by leaving it in plain view. Go with him, so you're seeking it out together, and heap on the praise and fun when he discovers it. When he does, have a game of tug or just get really excited about how clever he is, so it keeps enthusiasm levels high. As he starts to understand the game, make it more challenging by giving him less help and making the toy harder to find.

3. If he's more of a people person than a toy addict, try asking a family member to go and hide and then send him to find them. This can even turn into a useful skill when you want to call people for dinner!

TOP TIP

If your dog's a bit of a foodie who thinks dinner time is the best part of the day, add extra highlights by adding extra meals. This doesn't mean more grub, but simply dividing his daily ration into three, four, or even five smaller meals spread out through the day.

DID YOU KNOW?

You can also make your dog's dining experience last longer by using a slow feeder, Kong, or a toy that dispenses treats.



Boomerang game

This fun two-in-one game combines foraging/ scenting with beefing up your recall, which never does any harm. It also improves focus and concentration and can provide a bit of rapid exercise without needing a lot of space or creating over-excitement.

1. Let your dog see you have a handful of really tasty, small treats. Toss one on the ground a short distance away telling him to 'Find it!'

2. Wait until he's found and eaten it, then encourage him to return to you, rewarding him with another treat and praise.

3. Repeat this until he is beginning to come back to you fairly quickly. At this point, dispense with giving a treat every time he returns to you; coming back becomes the reward instead, because each time he does, the game starts over again with you throwing another treat to chase after and search out.

4. Keep the game moving briskly, and as he gets better at it, throw the treats different distances, both shorter and longer, as well as in different directions all around you.



All wrapped up!

This game couldn't be simpler – place a tasty treat on one end of a towel, and roll it up like a swiss roll. To begin with you may need to help your dog learn how to unroll it using his paws or nose — adding a treat or two within each of the rolls will encourage him while he's learning.

TOP TIP

Channel your dog's natural instincts — scenting and foraging are immensely satisfying activities for dogs, which can also be calming.



Follow the leader

Scattering food over an area of lawn may be fun for your dog, but often produces the opposite effect to the one you want, encouraging him to rush around, and boosting, rather than calming, activity levels. Try this alternative, which is equally good indoors as outside in the garden.

1. Take a handful of small treats or a mix of kibble and softer food; walk around, hiding each bit in different places. At first your dog will be right behind you, eating them immediately, but gradually you will start to get ahead, especially if you can get to a room before him and hide a few before he comes in.

2. Try to use a big area and place treats at different levels. By doing this slowly, your dog will be more mindful and measured in his actions than if you simply scatter feed. The game still appeals to his natural seeking and foraging instincts, but without the boost of adrenaline.



Treasure box

A treasure box is a terrific cheap, easy, and long-lasting enrichment game that most dogs adore.

1. Save empty tissue boxes, egg cartons, cereal and other food boxes, and the inner cardboard tubes from toilet and kitchen towel rolls. You might also save plain packing paper or, as an alternative, use towels instead.
2. Gather together lots of treats, toys, and chews, both big and small, with varying levels of yumminess. Hide the food (which can be part or all of your dog's dinner) in the boxes, and wrapped loosely inside pieces of paper or towels. Place these goodies into another box big enough to hold them all, and of an appropriate size for your dog; add in a chew or two and some favourite toys.
3. Put the box somewhere you can see and supervise, but basically let your dog work it out. It will take a good length of time to find all the 'treasure' and consume or play with it all. If he finishes it too quickly, you evidently have a genius on your hands, so try making the puzzles harder!

TOP TIP

Vary the things you put inside so some are easy to forage for and eat quickly, and others take longer, like chews and a stuffed Kong.

Taking care of a retired Greyhound – Your Dog Magazine Article

<https://www.yourdog.co.uk/dog-care-and-advice/your-rescue-dog/taking-care-of-a-retired-greyhound/>



Greyhounds make lovely pets - as many of us already know - but they are different from most dogs. And changing from a working life to becoming a pet is much smoother when we understand these differences.

Taking on a retired Greyhound can be wonderfully rewarding but requires forethought, as sight hound specialist Jackie Drakeford explains.

The working life of a Greyhound is very structured, and so changing to a pet environment can make them feel insecure initially, because they are used to routine. You can help the by making changes gradually while they adapt.

Settling in

Most new Greyhound owners understand that house-training will need work, and this is usually straightforward. They are naturally clean, and a simple process of taking them outside frequently to toilet, and rewarding them lavishly when they oblige, will soon see them clean indoors.

Some take a little longer, and some male dogs will have to be watched for territory marking at first, but the majority get the idea quickly. You will be keen to take your hound out and show him to your friends. Exercise is important to Greyhounds, who are true athletes.

Though built to sprint, they will enjoy as much exercise as you give them at slower speeds as well, so if you want a hiking companion, your Greyhound will love to explore with you. However, he may have had a spell resting or convalescing in kennels before coming home with you, and so be rather unfit, so build up exercise gradually. Be aware of old injuries which may cause long-term discomfort, as they do for us, and adjust his exercise to allow for this.

Greyhounds are the only dogs who have specialist vets; while a small animal practice is still perfectly good for everyday treatment, there may be times when a Greyhound expert is worth consulting. There are certain significant differences between sight hounds and other types of dog and not all clinicians may be up to date with these. Particular care must be taken with sedatives and anaesthetic procedures.

Because Greyhound heads are leaner than their necks, they can slip any collar easily, and many people choose to exercise them in a harness instead. Owners doing this must check daily for rubs, because Greyhound skin is soft and thin.

Take the lead

Greyhounds do not usually pull, but they can go from a standstill to flat out in a couple of leaps if they see something to chase. Although they look delicate, they are very powerful, and so owners should never wrap the lead around their hands, because they can be injured if their hound suddenly moves fast.

We have a natural tendency to hold the lead with our thumb pointing at the dog, but this gives a weak grip that is easily loosened. Instead, hold the lead the way horse riders hold their reins.

From the dog, the lead should pass between your little and ring fingers, through the palm of your hand, upwards and out between your index finger and thumb. The end of the lead should go across your front and be held in the other hand. This gives a really strong hold with much reduced risk of damage to the handler. Never use an extending lead, which can easily break or pull out of your hand, causing a Greyhound to bolt with the handle in tow.

Most Greyhound kennels recommend that new owners keep their hounds muzzled when exercising, and most owners aren't happy about this because they think it makes their dog look savage. But to a retired Greyhound, being muzzled has always been a happy event because it precedes going out, and they are perfectly content to wear one. New owners should not be in a hurry to discard the muzzle as it is there for the Greyhound's safety, plus that of other animals they may meet. Those long, elegant jaws might look flimsy, but they are very efficient, and Greyhounds can react first and think later if, for instance, a cat dashes across in front of them.

One of the first questions new owners ask is: "When can I let my Greyhound off the lead?". Though gentle souls with people, Greyhounds are predators just like any other dog, the difference being that their speed and instincts mean they can catch creatures that other dogs can only chase ineffectually.

Though some owners may achieve a good recall after a lot of work, others may not, and there are very few dogs that can be called off once in pursuit. It is better to find safely fenced areas devoid of wildlife, where your hound can run freely, as often as you can.

Gentle greys

Greyhounds may never have seen other types of dog before, so be careful with introductions while your hound learns about them. A few Greyhounds will learn to accept small pets in their own household, but may want to chase if they see similar animals when out.

If you go to classes, find trainers that understand a Greyhound's different physique. Their long backs make sit uncomfortable, and those deep chests make a down unpleasant. Moreover, sighthounds are not given to obeying commands they consider pointless, so regimented obedience classes are unsuitable for them.

Greyhounds do have a lovely sense of fun, though, and will enjoy a gentler learning environment. They will also become used to other sorts of dog they meet there, though they don't like rudeness or bullying types, and owners should step in and end any interaction that starts to look confrontational.

In the home, you will instantly know which furniture is the most comfortable because the Greyhound will be on it, often upside-down or poured bonelessly across like a Salvador Dali watch. If you prefer a dog on his own bed, make sure that bed is sensationally luxurious.

Though they look lean and spiky, these hounds make devoted snuggling companions, and will enjoy a lie-in as much as you do!

Greyhound health

- Lower thyroid readings.
- Higher red and lower white blood corpuscle readings.
- Extremely sensitive to all anaesthetics and sedatives.

Reasons for retirement

- Not fast enough - but will still be very fast.
- Don't want to chase a lure - but may still want to chase wildlife.
- Injured - may be trivial or major.
- Too old - but will still have years of life left.

Did you know?

Around 8,000 Greyhounds retire from racing each year; most are three or four years of age.

Head Office training leaflets can be seen here:

<https://www.greyhoundtrust.org.uk/home-a-greyhound>