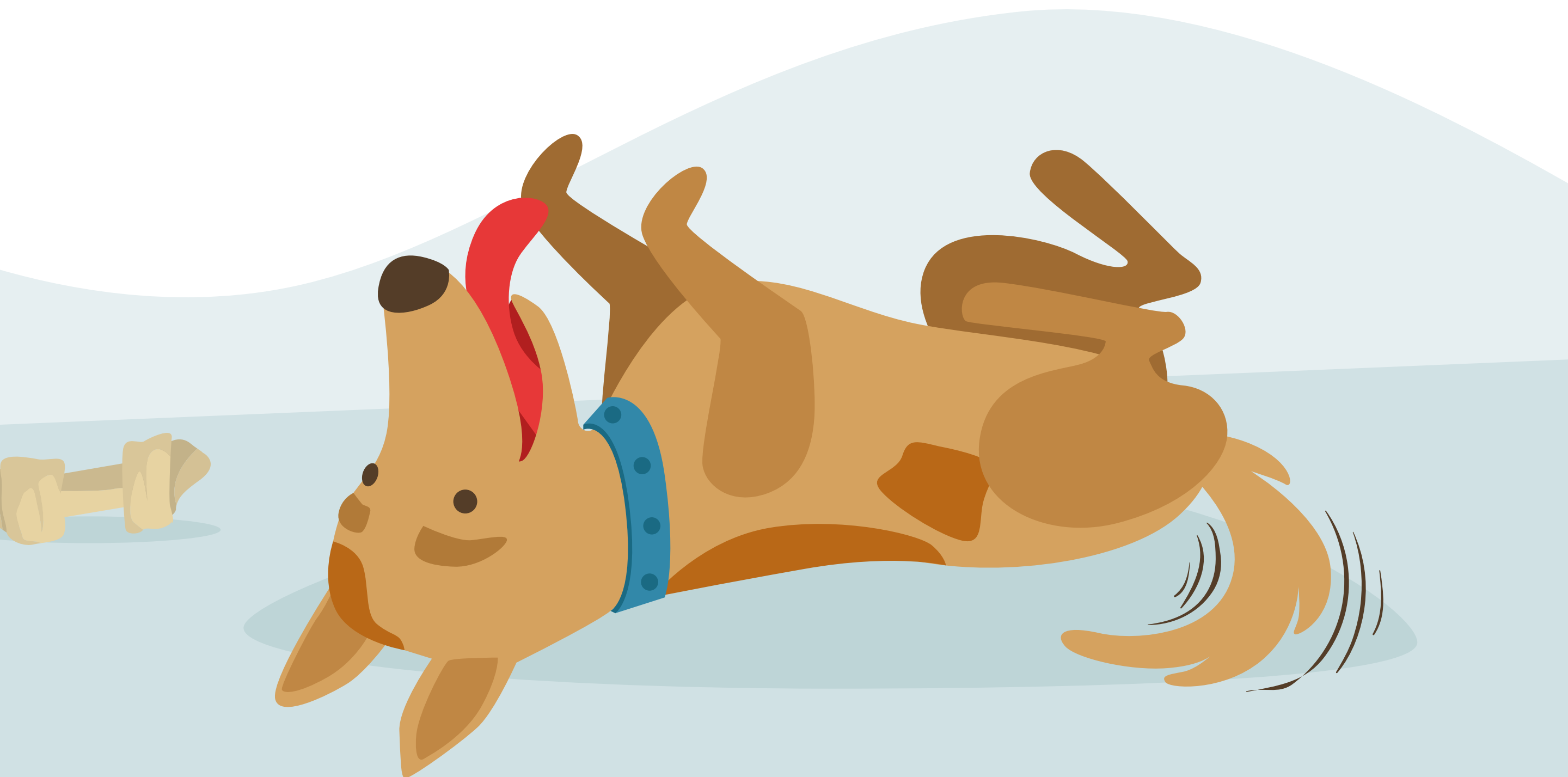
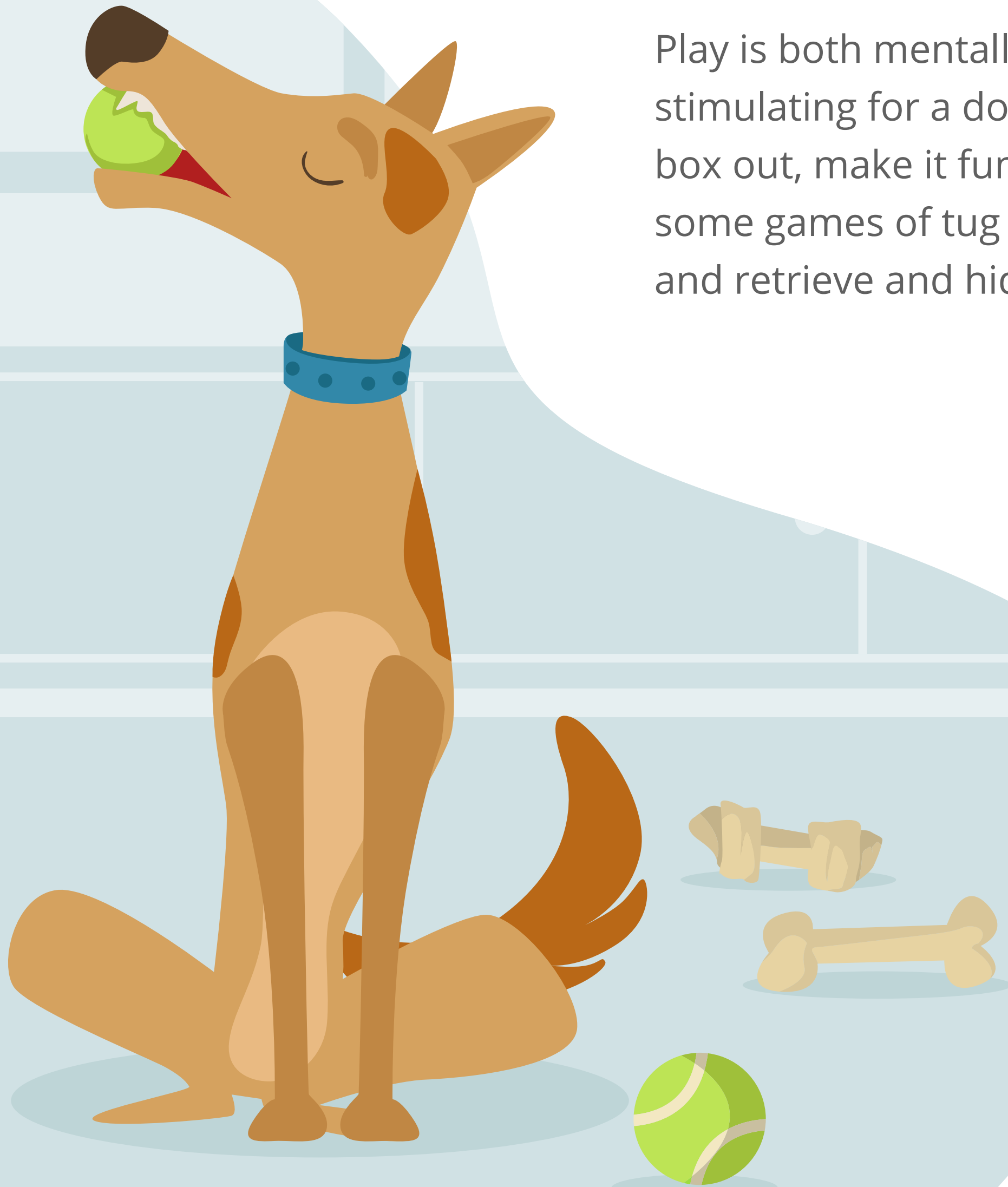


Top tips for  
**Staying at Home  
with your Dog**  
when self-isolating



# Play

Play is both mentally and physically stimulating for a dog. Get the toy box out, make it fun and enjoy some games of tug of war, fetch and retrieve and hide and seek!



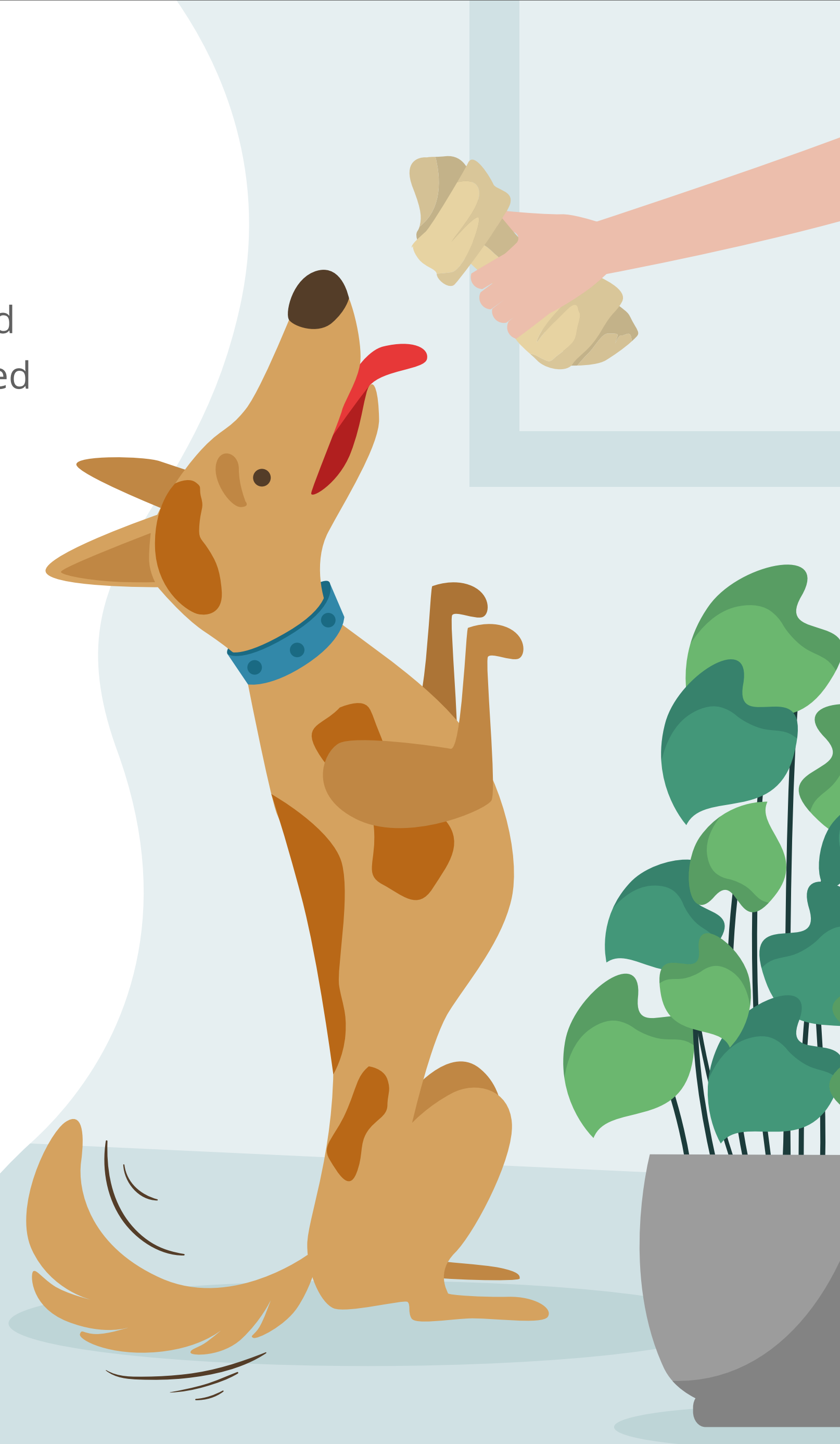
# Encourage sniffing

Dogs were born to use their nose and sniffing is a great mental workout for them. If walks are off the table, it is important that we give our dogs an outlet to use this natural behaviour. Scatter-feeding and hiding food/treats in boxes and around the house are all great ways to do this.



# Train

Remember all those tricks and cues that you've always wanted to train your dog to do? Well, now is your chance! Fancy spins, leg weaves or even shutting the door! Keep sessions short, frequent and fun and use hands-off, positive reinforcement techniques. (If you're worried about treat consumption, use their food to train or reduce meal portions accordingly).





# Stay Calm

It's easy to get caught up in the stress of the pandemic but what we forget is the impact this might have on our dogs. They will sense our stress. So encourage calm wherever possible. Give yourself regular breaks, breathe, snuggle up and spend some quality time with them relaxing.

# Regular toilet breaks

Some dogs are not that great at letting us know when they need the toilet so it's important we give them regular access to the garden or a safe space so they can do their business.



This information was kindly provided by  
Canine Behaviour Guernsey.

For more help and support go to  
[www.gov.gg/Covid19together](http://www.gov.gg/Covid19together)



States of Guernsey  
Public Health Services