

Your Dog Is Hyperactive When You Get Home From Work... What Should You Do?

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By Adam Katz

Dear Adam,

I am a member of the Bouvtrain list. That's how I got your name. I'm almost through your book and it has certainly given me some new ideas. Gypsy is a 1 1/2 year old Bouvier. She is very high-strung but we're working on it. You're absolutely right that it does no good to send your dog away to school. For \$900 bucks she now does just what the dog trainer tells her to do. I'm getting a lot better, though.

Here's my question. I exercise her in the morning. We play ball for 30 minutes and then we walk a mile practicing sits, downs and stays. At night we play ball for about 15 minutes. I work from 10am to about 7pm. She stays in the kitchen with a dog door leading to a large 6' fenced back yard. She sleeps almost all day and she doesn't sleep at night. She paces and barks. I make her stay in the kitchen (baby gates) so I can get some sleep. I don't know any other Bouviers so I don't know if this is normal or not. She has hip dysplasia and has had hip surgery. I thought it might be pain so tried giving her an aspirin at night. Didn't help. I tried getting up to correct her but she hears me and gets in bed before I get there. Right now I'm just trying to ignore her. The kitchen has a large bay window to the front of the house but there are curtains. She's been doing this for months and I haven't had a full nights sleep in months, either. Would crating her help?

Any ideas would be appreciated.

Robbye and Gypsy

Dear Robbye:

Thanks for sending me this e-mail. It's a perfect example as to why simply "ignoring" bad behavior will never work on dogs that care more about pleasing themselves than anything else.

Here are some tips:

When she starts to bark, you'll need to yell, "No!" from your bedroom, and then continue saying, "No, no, no!" as you run to her and administer a correction. It doesn't matter if she climbs back in her bed at

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this point, as you've already used the word, "No!" as an event–marker. So she'll know what she's being corrected for. As long as you continue saying, "No!" you have an additional 7 to 14 seconds in which the dog will still associate your correction with the behavior.

Put a crate in your bedroom and let her sleep in it. Even though it doesn't seem like much to us humans, dogs think that sleeping together is quality time when they're not alone. This can help with some of her anxiety.

You may also try just putting her on a leash and attaching the leash to the foot of your bed. If she knows a down–stay, you can simply correct her if she gets up. After a couple of evenings, she'll learn that when you bring her into the bedroom and make her lay down, it's time to stay put.

If you don't feel that her hip is bothering her, I would recommend increasing the amount of exercise

time. Feed her as soon as you get home from work and then take her out and play ball for at least 30 minutes. An hour would be even better.

If you can't play ball with her for a whole hour, then work her through a very intense obedience routine (heel, sit, heel, down, come, heel, etc...) for about 15 minutes and then play ball with her for another 10 minutes.

When I lived in Berkeley, California I had an American Pit Bull Terrier that was a very high–energy bitch. If I took her to the park on a Monday afternoon and played fetch for a whole hour, we'd later return to my apartment and within 20 minutes she'd be bouncing off the walls again.

However, if I took her out on a Wednesday and we simply did an intense obedience routine for 20 minutes, we'd return to the apartment and she would collapse under my coffee table and not move for the next 2 hours.

Adam G. Katz is the author of the book, "Secrets of a Professional Dog Trainer: An Insider's Guide To The Most Jealously Guarded Dog Training Secrets In History." Get a free copy of his report "Games To Play With Your Dog" when you sign up for his free weekly dog training tips e–zine at:

<http://www.dogproblems.com>

Tips For Buying A Dog Collar

By Bob Backstrom

Dog collars are very fashionable and a must for your dog outdoors. A dog collar could help your dog come back home if you have the identification ticket around the neck. It's also a way for your dog to show to the world that he is stylish.

If you own a dog it is normal that you would have a dog collar but many people have at least half a

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dozen dog collars at home. It is trendy to have different types of dog collars. Dogs too like a change and love to wear different collars. There are different types and designs of dog collars available in the markets. Most dog owners buy dog collars of different colors and while they take their dog out, they try to match their dress with the dogs collar. Celebrities always try to out beat the normal people and always bring their dogs with some unique and fabulous-looking collars. For ages dog collars have been used by dog owners to make the dog look more fashionable and fabulous.

Given below are a few tips that need to be kept in mind while buying a dog collar:

The first point to keep in mind while buying a dog collar is to make sure that the dog collar is comfortable and fits the dog's neck. If the dog's collar does not fit the dog's neck it would lead to soreness. At the same time if it is loose then the dog could slip out.

The dog collar and leash should not be heavy and irritate the dog's neck and throat. While buying a dog collar you should read the specifications of the dogs collar such as weight, suitable for which age, etc.

If you are a proud owner of a big and ferocious dog then make sure the dogs collar is a little heavier so that when the dog starts running you can handle it easily with the leash in your hand.

The buckles of the dog collars should be strong and made of leather, which won't fall apart.

You can buy a dog collar for anywhere from \$10 to more than \$100, but make sure the dog collar is comfortable for your dog.

For other great information about dog collars please check out

<http://www.dogcollarlinks.info>

and

<http://www.dogcollaradvice.info>

. For other great updated news and notes about a wide variety of

general interest topics go to

<http://www.thezipcod.info>

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