# JUN

## LIFE STAGE SKILLS

## #LoveMyDog365

WAGNIFICENT K9 TRUFFLE DOGS

**NOTES**

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| **30** Discuss #LoveMyDog365 themes. Join us on What The Dog Nose Wednesdays for FB live sessions. | | | | | | **1** Make a list of low-impact activities you can do with your dog. |
| **2** Teach your dog hand signals. | **3** Know your dog's morning warm up routine so you can notice when something has changed. | **4** Teach your dog to use a ramp or stairs next to the bed or sofa. | **5** Keep moving! | **6** Make sure your dog has experienced an elevated food or water bowl. | **7** Evaluate your play style and create alternatives should they be needed. | **8** Practice having your dog wait in the car or on furniture until you lift her down. |
| **9** Practice lifting your dog onto furniture and into the car. | **10** Maintain some level of routine your dog can count on during the day. | **11** Find various ways to spend time in nature. Nature offers health benefits for you and your dog. | **12** Teach fun tricks that can be used for safe exercise and strengthening. | **13** If you typically bathe your dog outside, expose him to a bath with room temperature water inside. | **14** Introduce your dog to an underwater treadmill before she may need it as a rehab or wellness plan. | **15** Consider teaching a whistle recall. |
| **16** Learn range of motion exercises for your dog and periodically assess his movement. | **17** Teach your dog to love a "slow down" or "easy" cue. | **18** Allow your dog to spend time in contact with natural ground daily to combat inflammation. | **19** Practice communicating energetically and spiritually with your dog. | **20** Learn to wake your dog up from sleeping gently to prevent a startle response or abrupt movements. | **21** Teach safe stair behaviors and consider asking your dog to wait between flights. | **22** Make a habit of feeling your dog's body head to toe daily. |
| **23** Add a verbal cue to your dog's natural bow and stretch. | **24** Look for recreational activities you do with your dog that can be repurposed for wellness. | **25** Learn to do passive stretching with your dog. | **26** Use consistent gestures when you communicate. | **27** Teach your dog to swim or be comfortable walking in water. | **28** Learn basic massage and energy healing to offer your dog (yes, you can do that!). | **29** Get your dog used to a long line. |