

Red Dog Solutions  
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## CHEW ON THIS!!

Dogs and puppies need to chew. Not only does it help new teeth emerge and aid in cleaning adult chompers, it also strengthens jaw muscles and provides stress relief. Some chew toys are definitely better than others for safety reasons and longevity. Dogs do have individual preferences, but following is a list of five tried and true favorites!

1. Nylabones - these are hard nylon bones that last a long time and are very safe. They do not splinter, instead your dogs shaves off small easily processed pieces. Nylabones come in a variety of flavors - my dogs seem to prefer the chocolate ones!
2. Hollow bones - most popular made by Redi - Gimborne Co. They come plain white or beef basted. These bones rarely splinter, last forever and best of all they are hollow and can be stuffed with a variety of treats! Peanut butter, cheese, canned dog/cat food, beef jerky etc. etc. They keep your dog busy for quite a while!
3. Kong toys - Rubber oddly shaped toys that again are hollow. They can be filled with cookies, cheese cubes or whatever. I like to fill my dog's Kong with kibble then plug the end with peanut butter!
4. The Buster Cube - what a great new toy! The Buster Cube is a hard plastic cube with multiple chambers inside. You fill it with kibble or dry cat food and turn it to distribute the food through the chambers. By batting it around your dog is able to free a piece of food here and there. The intermittent reward keeps your dog playing for hours!
5. Rawhide - Pressed rawhide seems to be the longest lasting and the safest. Some dogs will work at rawhide slowly, others bite off too much too fast and may choke. I recommend rawhide in supervised situations only! Take away the bone when it becomes too small.

## EXERCISE

Lack of exercise increases the likelihood of behavior problems (including destructive chewing). Exercise creates happy, relaxed dogs (and happier owners!). Young active dogs need a good hour of aerobic exercise a day. That means exercise that actually raises their heart rate, not just a leisurely stroll around the block! Following is a list of a few possible ways to exercise your dog. Combining two or three of the methods daily will go a long way to keeping your dog happy and healthy. Not all methods are suitable for all dogs. Keep safety and training in mind!

1. Brisk walking on leash
2. Recall games (calling Fido back and forth for treats between 2 or more people) – can be played indoors or out
3. Fetch
4. Swimming
5. Hiking
6. Play with other dogs
7. Tug-o-war
8. Tricks
9. Agility
10. "herding" a large ball