

AIAM

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Dog Hierarchy of Needs

Sharleen Jordan BSc Dip Ed Dip LG

CY O'Connor Institute

Treasurer AIAM

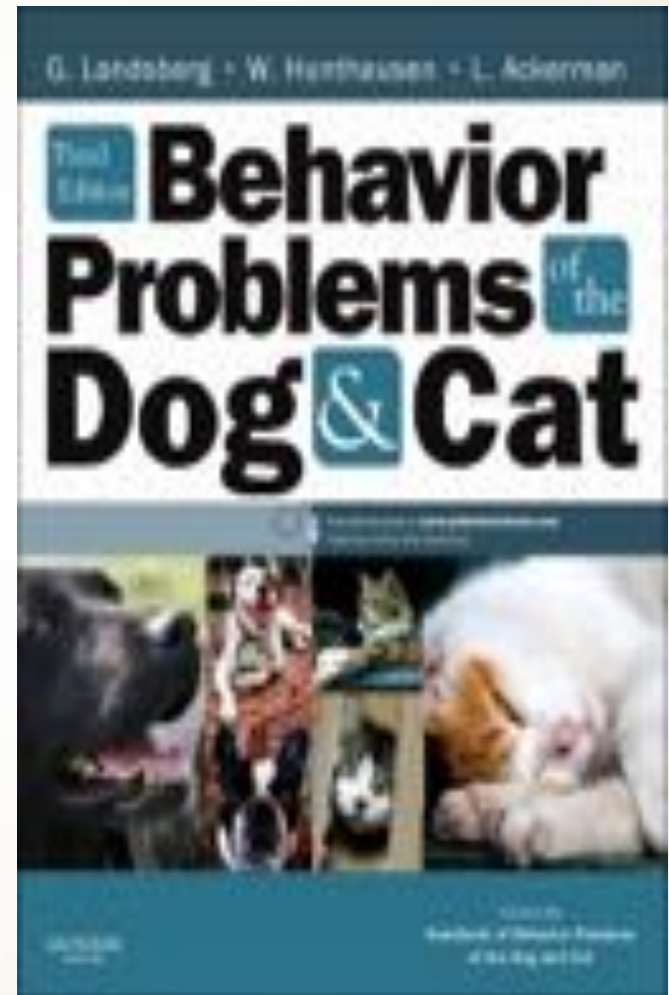
Jacky Ley

Located in Melbourne Dr Jacqui Ley is a Registered Veterinarian Specialist in Behavioural Medicine with over 15 years of experience in this field. This means she is qualified to a specialist level in dog behaviour, cat behaviour or just about any other animals behaviour.

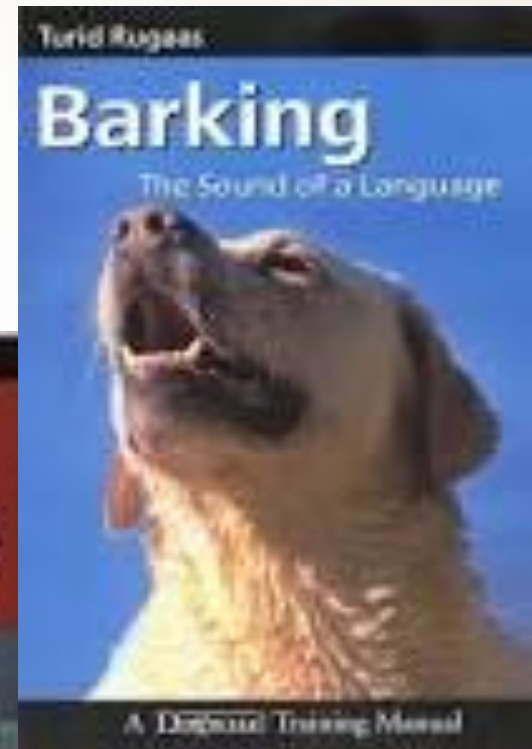
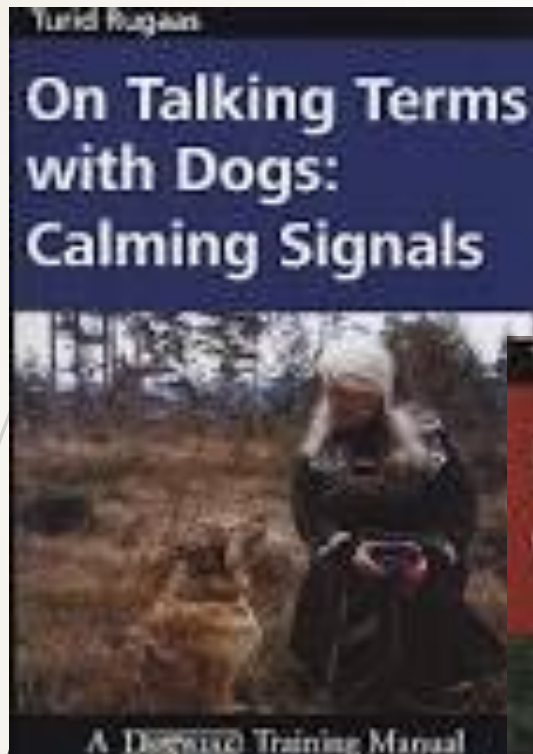


Dr Gary Landsberg

President-elect
American College of
Veterinary Behaviourists
– North Toronto Canada



Turid Rugaas



Turid's Barking Book

- 6 types of barking identified
- What they sound like
- Reasons for the barking
- Suggested methods of dealing (if need to)
- Further information

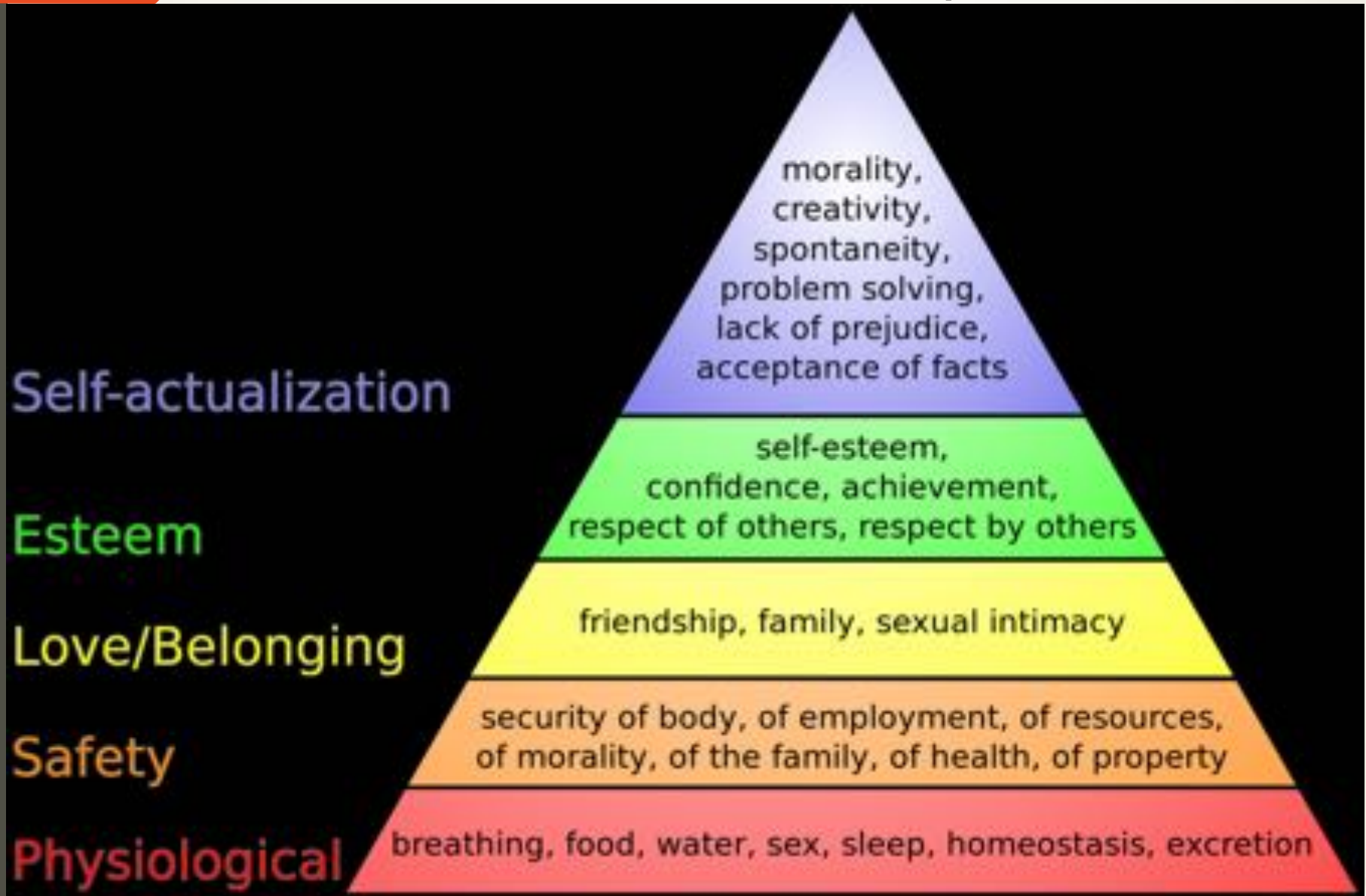


Types of dog barking

1. Excitement barking
2. Warning barking
3. Fear barking
4. Guard barking
5. Frustration barking
6. Learned barking



Maslow's Hierarchy of Needs



Dogs Hierarchy of Needs

5 bare necessities

- If these are not met, the dog will almost always be **stressed**



Need #1 – Food

- Need to feel “full”/stomach needs to stretch
- A big meal is required every day to reduce stress
- Dogs are carnivores – so is the lion
- Differing opinions on what is proper food, but should be at least ½ meat



Need #2 – Water

- Should be clean and fresh
- Must have free and constant access



Need #3 - Sleep

- Need 14-18 hours of sleep per day, puppies need more
- Dogs are social sleepers and need company to sleep fully
- Dogs have several phases of sleep including REM
- They are polyphasic sleepers, hence they sleep in many small blocks



Need #3 - Sleep

- ▶ To sleep properly they also need
 - ▶ space to stretch out
 - ▶ Warmth
 - ▶ To be comfortable
- ▶ Study: dogs were kept from sleeping, started dying after 7 days



Need #4 - Elimination

- ▶ le pee and poop
- ▶ They need to be able to go when they need to
- ▶ Adult dog pees 7-10 times a day
- ▶ More often indicates stress
- ▶ Squat or lift leg?
Purely a cleanliness issue

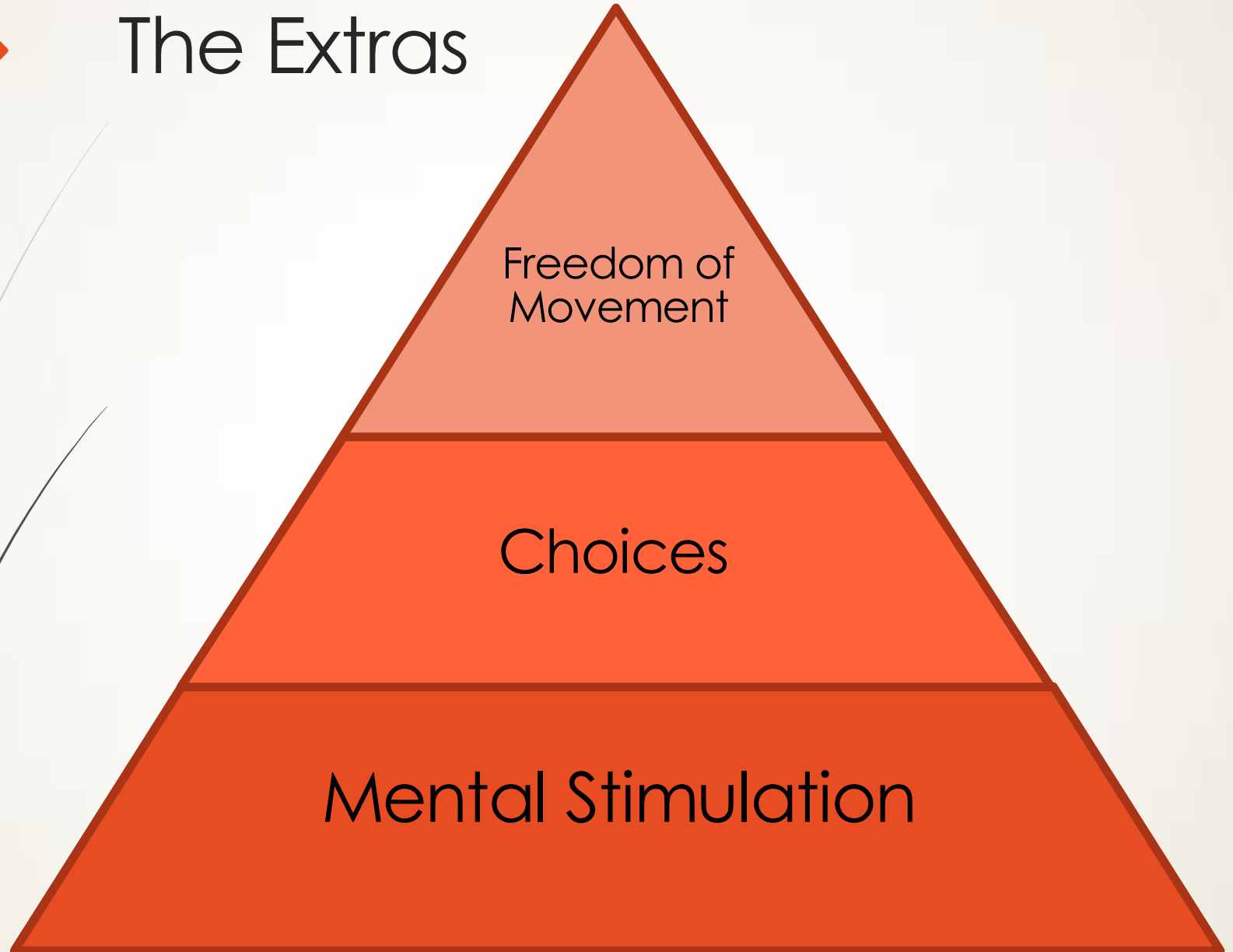


Need #5 – Social Contact

- ▶ Jumping up and pulling on lead (usually with other dogs) – “hysterically” interested in being social, needs to learn to settle in company
- ▶ Contact with both humans and dogs is best



The Extras



Extra #1 – Mental Stimulation

- Also referred to as environmental enrichment
- Using ALL of the five senses
- Sight
- Sound
- Smell
- Taste
- Touch



Extra #1 – Mental Stimulation

SIGHT

- Dogs are hardwired to follow movement
- This can often be stressful
- Chasing cars, bikes, etc is usually not the preferred option of the dog



Extra #1 – Mental Stimulation

SOUND

- Be quiet!!
- We talk too much
- Distracting and annoying, especially when he concentrating on something
- Dogs only say something for a reason



Extra #1 – Mental Stimulation

SMELL

- Dogs are pre-programmed to use their NOSE
- “Nose work” is calming and concentrated, keeps the stress levels down
- Throw treats for them to find
- Hide food, toys, other
- Play hide and seek games
- Need constant **new** stimulations
 - vary walks, toys, etc.



Extra #1 – Mental Stimulation

TASTE

- Vary shapes and textures, “mouth feel” is as important as flavour
- Like to have something in their mouth
- Like to chew



Extra #1 – Mental Stimulation

TOUCH

- The skin – used to feel with
- Digging feels good
- Rolling in the grass
- Playing in water
- Running through fields
- Vary sensations



Extra #2 – Choices

- Dogs given choices in many situations learn to cope best with their environment
- If a dog finds something scary, (bridge?) give them the choice to go past or not
- If he chooses not, go back and try again
- Usually by the third attempt they will go past of their own volition



Extra #2 – Choices

- Keep scary objects at a distance so the dog is curious, not afraid
- They need the choice to explore and a well adjusted dog usually will



Extra #3 – Freedom of Movement

- The ability to run free and express themselves as a dog
- Off-lead exercise
- No chaining



STRESS and Physiology

- Hierarchy of Needs not met = stress
- Stress hormones are produced in the adrenal glands
- A little at a time is required for normal activities, increases as needed
- Cortisol production is started by adrenalin and increases as adrenalin increases
- Cortisol destroys brain cells and the first to go are the social skills cells
- Hence unsocial dogs are almost always stressed



STRESS and Physiology

- Gastric juices increase in parallel with adrenalin causing
 - Diarrhoea
 - Eating problems
 - Vomiting
 - General stomach upset
- So stress also causes the dog to become irritable and hence more reactive = aggression



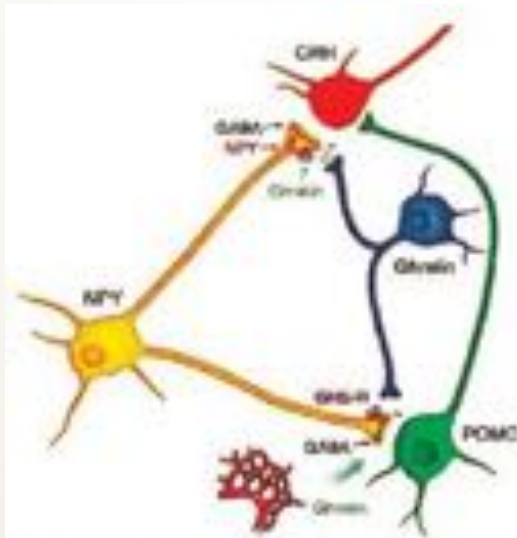
STRESS and Physiology

- ADH controls the body's water balance
- When adrenalin increases, ADH balance is upset and more water is produced
- Can't sweat, so stress increases peeing
- Stressed dogs drink more water
- This is why the dog pees when excited, eg visitors



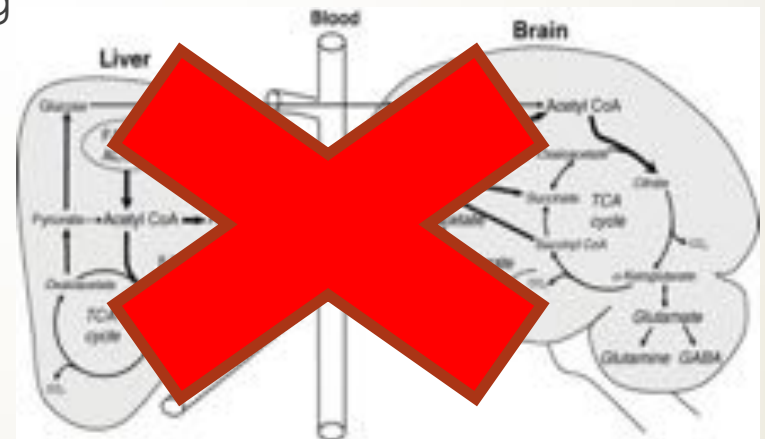
STRESS and Physiology

- New research on the Npy peptide show that when activated by stress it destroys the immune system
- As a result dogs get infections and other kinds of illnesses faster



STRESS and Physiology

- Blood sugar is stored in the liver and required for brain cell production
- During episodes of stress all of the blood sugar goes to the muscles and none to the brain
- This causes decreased concentration, decreased learning and memory
- Stop what you're doing



Symptoms of Stress

- Dogs can be chronically stressed by –
 - Pain and illness
 - Too high demands/too much control given
 - Feeling helpless (learned helplessness)
 - Being afraid, never knowing what is going to occur
 - Being excited too many times a day
 - Hungry/thirsty/too little sleep
 - Left alone too often
 - No choices



Post-Stress Management

- It takes 2 days of calm for a dog to recover from a stressful event
- Routine – make life predictable
- No training
- Short walks only
- Exploring
- Lots of sleep
- Nose work
- Calm activities



My Message

- There is lots of fantastic new information being produced constantly
- Keep up with it and have fun as you work
Towards Tomorrow!

