

John Wade's Nosey Dog Instructions

For Companion Dog Owners

*Mentally Stimulating Dogs Without
Exhausting Their Owners*



HIDE YOUR DOG'S FOOD EXERCISE

This is the absolute best way I've developed for companion dog owners to easily provide positive high return on the investment stimulation for their dogs.



It involves gradually transitioning your dog from simply going to their bowl to eat to becoming Master Predator of the Woods and Plains that hunts down their own darn food just like nature intended. Of course without the associated risks. This is something that any dog, from pup to the ancient, deaf, blind, deaf and blind etc. (I've

succeeded with dogs from all of those and other categories) can do and benefit from. I

There are two types of attitudes when it comes to how dogs approach eating the food in their bowls. If your dog should be the poster dog for Hoover vacuum cleaners you can go to Step 2 right off the bat. If your dog is a grazer there are two good reasons to change that. The first is so your dog can get some much needed stimulation during each meal time. The second is for health reasons. Dogs that graze do not salivate anywhere near as much as dog's that get ramped up before feedings. Saliva is nature's tooth brush for our dogs. It coats the teeth before eating and even contains a digestive enzyme that helps in breaking down food.

People that have dogs that aren't food motivated usually mean with regard to treat training. There's often, but not always, a correlation between dogs that are grazers and dog's that aren't motivated by other food (treats) during training. However, in the specific sense of one's main nutrition, all living creatures are food motivated. It's more of a hunger thing. When hungry, every living creature puts on their thinking caps and gets to work.

The only way to fail is by making the mistake of going too fast.

If you want to transition your dog over from grazer to hoover for health and mental stimulation reasons simply do this:

Step One (There's an assumption that your dog is healthy.)

- Start reasonably regularly scheduled feedings twice a day as opposed to free feeding/ grazing.
- Put food down and set timer for 2 minutes.
- When timer goes off take up food until next reasonable scheduled feeding.
- No treats in between.
- Free access to water 24/7

If you stick to the above every dog I've ever tried it with will by the 4th day eat when served. However, I've heard of many dogs failing to make the transition. The reason has always been the same. The dog's owner simply can't stand to see their dog go for a day (as much as 3 days - without issue I might add) without eating and they cave. I think it's well worth it, not only for the health reasons but they become so pumped before every meal that I can't help but wish that something would happen twice in my day that made me feel like it makes a dog feel to anticipate a meal.

Step Two

The first step is to help your dog gradually understand that the way (where) they've been eating is gently changing.

- If you dog can't do a stay then tie him or her to a door knob in a room other than where he or she normally eats.
- Take the normal ration of food and divide it into three portions.
- Put your dog's bowl in plain site and pour the 1/3 portion into the bowl.

- Go back to your dog and get ready to release. Ask, “Where’s your dinner now?”
- Release your dog and when your dog has eaten, return you dog to the start spot.
- Put your dog’s bowl again in plain site but in a slightly different spot.
- Go back to your dog and get ready to release. Ask, “Where’s your dinner now?”
- Go back to your dog and get ready to release. Ask, “Where’s your dinner now?”
- Release your dog and when your dog has eaten, return you dog to the start spot.

That’s it for now. Do that for a few days in a few different rooms. (Moving to subsequent steps too soon is the biggest and only reason I’ve encountered that causes failure.

Step Three

We’re still going to be dead obvious but this time we’ll pour the food and put a piece of paper over the food.

- Go back to your dog and get ready to release. Ask, “Where’s your dinner now?” Your dog is going to silently respond, “It’s under the paper fool. I saw you put it there.” No matter, we have our reasons.
- If you have a dog that is a high anxiety sort when it comes to subtle changes in the norm, the paper might be too much. No matter, even with these dogs I’ve never failed. Put the paper nearby. Day by day, gradually move it closer. At some point it will be touching the bowl, later leaning against it, later still partially covering the food. This can really exercise the mental muscles that anxious dogs are lacking.
- Repeat the above with the remaining two portions.

Step Four

- Find 3 pieces of cheap Tupperware (ideally of three different colours otherwise mark one with a something as the “food bowl” and once in a while put your dog’s food in the one marked as the food bowl, instead of his or her regular bowl.

Step Five

- When there is no aversion to going and eating out of the new bowls add the lids to all three bowls. But first poke a pile of holes in the lids.
- Place the $\frac{1}{3}$ portion in the container you’ve marked as the food bowl and play the shell game with your dog.
- The moment your dog sniffs the right container open it up and let him or her eat.
- Repeat with the last two portions.
- Do that for a few days in different rooms.

Step Six

- This time you’re going to start to actually hide your dog’s food but it will be a poor excuse for a real search, because you’re going to make it very easy. You’re going to place the food on the floor, just out of sight, while your dog watches and immediately release him or her.
- Repeat for the remaining $\frac{2}{3}$ of his or her food.

Step Seven

- Slowly (oh so slowly, if you really want this to work) start to increase the difficulty of the floor search, eventually hiding in different rooms.

Step Eight

Time to turn your home into more of a 3D search puzzle so start gradually changing the elevation of your dog's food. This is very important as the manner in which this game taxes your brain is far greater if you get them to use their nose as opposed to their eyes. Some breeds are more visually inclined than others but I've trained them all and even these can become excellent at nose work.

By gradually, I mean no more than placement on objects 6" off the ground, then 12 inches, then 18". Eventually you'll have trained your dog to use his or her nose more than their eyes and I'm betting if you've gone gradually enough there is no where you'll be able to hide their food where it can't be found.

Why dinner and not treats?

Some people do this with treats but I don't recommend it. I've found the motivation behind a dog searching for something that qualifies as dinner vs a treat is significantly different. The only way to fail is by making the mistake of going too fast.

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