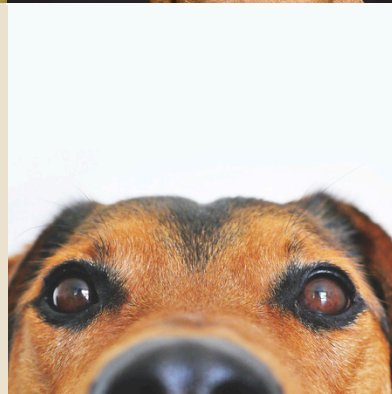
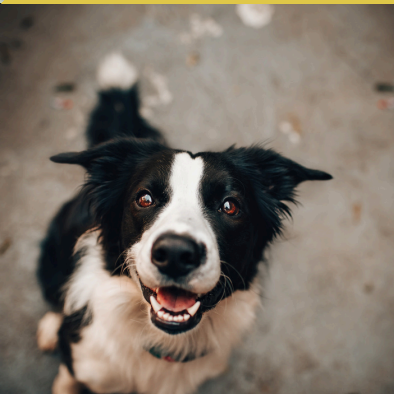


Canine Care Essentials

Discover the essentials of caring for your dog with our easy-to-follow canine care guide! From feeding and grooming tips to training advice and health checkups, this guide covers everything you need to keep your furry friend happy and healthy. Perfect for new dog owners or anyone looking to refresh their pet care knowledge.

City of Dublin 
FET College



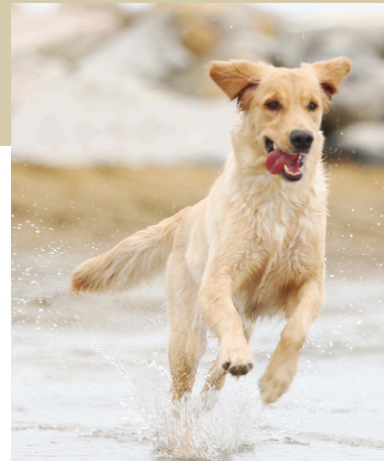
A photograph of two dogs on a grassy field. On the left is a tan-colored dog, possibly a Weimaraner, with its mouth slightly open. On the right is a white, scruffy-haired dog. The image is overlaid with a semi-transparent teal filter. Two vertical teal lines are present: one near the top center and one near the bottom center.

Welcome!

This guide covers the basic concepts of animal care, rights, and wellbeing. You will learn why animal welfare matters, how to ensure animals are treated humanely, and the steps we can all take to protect them. Perfect for anyone passionate about animals or looking to learn more about their care!



Table of Contents



	Acknowledgements	page 1
Unit 1	Section 1	
	Introduction to Animal Welfare	page 2
	Section 1.1	
	Introduction to Pet Ownership	page 8
Unit 2	Section 1.2	
	Canine Care	page 13
	Section 2	
	Introduction to Animal Rights	page 17
Unit 3	Section 2.1	
	Dog Licensing & ID	page 20
	Section 2.2	
	Guidelines for Dog Ownership	page 23
Unit 3	Section 3	
	Responsible Pet Ownership	page 25
	Section 3.1	
	The Importance of Responsible Dog Ownership	page 33
	Section 3.2	
	Vaccinations, Spaying, and Neutering	page 37





Table of Contents



Unit 4	Section 4	
	Nutrition and Diet for Dogs	page 40
	Section 4.1	
	Signs of Good and Poor Health	page 53
	Section 4.2	
	Health and Parasite Control	page 58

Unit 5	Section 5	
	The Importance of Grooming for Health and Wellbeing	page 65
	Section 5.1	
	Basic First Aid for Dogs	page 73
	Section 5.2	
	Preparing for a Vet Visit	page 79

Unit 6	Section 6	
	Introduction to Dog Behaviour and Body Language	page 82
	Section 6.1	
	Building Trust and Managing Stress in Dogs	page 86
	Section 6.2	
	Socialisation and Habituation	page 90





Table of Contents



Unit 7

Section 7	
Exercise and Physical Conditioning for Dogs	page 99
Section 7.1	
Canine Enrichment and Exercise	page 103
Section 7.2	
Introduction to Canine Learning	page 111

Unit 8

Section 8	
Promoting Responsible Dog Ownership	page 117
Section 8.1	
Course Review and Reflection	page 120
Section 8.2	
Feedback and Future Planning	page 126

References	page 128
-------------------	----------



Acknowledgements

The Canine Care Essentials workbook was developed by the City of Dublin FET College, Northwest Campus, as part of our commitment to providing accessible and engaging adult education.

We gratefully acknowledge the funding provided through the Adult Literacy for Life (ALL) Strategy and the Collaboration and Innovation Fund (CIF), which made this project possible.

Special thanks to Maria Collins, Animal Welfare tutor in the Adult Education Service in Finglas, for developing the content, in conjunction with lead organisations, and to Diana Caramaschi, Art tutor in the Adult Education Service in Finglas, for her creative design work.

We would also like to sincerely thank Cora Rafter, Adult Education Officer, for her continued support and guidance throughout this project.

Finally, we are deeply appreciative of the valuable contributions from our learners and the support of key organisations whose input helped shape the final workbook. Their enthusiasm, feedback, and shared experiences have enriched this resource and ensured its relevance and usefulness.

Unit 1



Section 1:

Introduction to Animal Welfare

What is Animal Welfare?

Animal welfare is about making sure animals are healthy, safe, and treated kindly. It means giving animals:

- Enough food and water
- Safe and comfortable shelter
- Medical care when they need it
- Freedom to behave naturally
- Protection from pain, fear, and suffering

Why is animal welfare important?

We are responsible for caring for all animals, including pets, farm animals, and wildlife. Animal welfare helps us create a kinder and safer world for animals.

- **Responsibility:** Animals rely on us to take care of them. It's our duty to make sure they live happy, healthy lives.
- **Health and Wellbeing:** Animals that are cared for properly are healthier and live longer.
- **Better for Society:** Treating animals well creates a more compassionate and respectful society. It also helps reduce cases of animal cruelty.



Section 1: Introduction to Animal Welfare

Activity 1

Look up the following words in an online dictionary.

1	Contentious	
2	Moral	
3	Criteria	
4	Pertaining	
5	Husbandry	
6	Physiological	
7	Stereotypical	
8	Appropriateness	
9	Continuum	
10	Conception	

Section 1:

Introduction to Animal Welfare

Activity 2

Click the following link, read the article, and answer the following questions.

[Animal Welfare Concepts: Applications to Dogs](https://extension.purdue.edu/extmedia/VA/VA-19-W.pdf)

<https://extension.purdue.edu/extmedia/VA/VA-19-W.pdf>



1. What is the difference between "animal welfare" and "animal rights"?

2. How do the Five Freedoms help animals live better lives?

3. What did you learn that surprised you?

4. What signs show that a dog is not happy in its home?

5. Why is animal welfare important? Write a short answer.

Section 1: Introduction to Animal Welfare

Reflection: Why does animal welfare matter to you?

1. Think about why animal welfare is important to you. Do you have pets at home?
2. Do you know anyone who has animals?
3. How do you think animals should be treated?

Write your thoughts below:

Section 1: Introduction to Animal Welfare

Activity 3

Match the statistic to the correct fact about animal welfare.

1	2,592 in 2021-5,045 in 2022	A	Number of registered dogs in Ireland
2	52% of households	B	Cost of taking care of a dog each year
3	€1,600 a year	C	Percentage of homes with pets
4	200,000 dogs	D	Number of dogs entering pounds

Answers:

1 =

2 =

3 =

4 =

Section 1: Answers

Activity 3

1 = D Around 95% increase of stray dogs entering pounds, from 2,592 the previous year to 5,045 in 2022. (Dogs Trust, 2023; Walsh, 2023)

2 = C About 52% of households in Ireland have pets. (CSO, 2021)

3 = B It costs about €1,600 a year to take care of a dog, including food, vet visits, and other expenses. (Dogs Trust, 2024)

4 = A There are over 200,000 registered dogs in Ireland. (Irish Kennel Club, 2024)



Section 1.1: Introduction to Pet Ownership

Dog Breeds

A dog breed is a group of dogs with similar characteristics inherited from their ancestors. These characteristics include size, coat type, and behaviour. Knowing about dog breeds helps us choose a pet that fits our lifestyle and provides the best care. However, every dog is unique and will have their own personality.

“Characteristics” means the things that make something special or different. For example, a dog's characteristics can be its size, colour, or how it behaves.

Why does knowing about dog breeds matter?

Understanding different dog breeds helps ensure that we can choose a pet suited to our living environment and lifestyle. It also allows us to provide appropriate care for our pets.



Section 1.1:

Introduction to Pet Ownership

Activity 4

Research different dog breeds online and create a fact sheet for one breed of your choice.

1. **Research:** Use the following Irish resources to find information:

Breeds: Irish Kennel Club (IKC)

<https://www.ikc.ie/dog-ownership/types-of-dog/breeds/>



What's the right breed for me? - Dogs Trust

<https://www.dogstrust.ie/dog-advice/getting-dog/breeds>



Fact Sheet Components:

- Breed Name:
- Size (weight and height):
- Coat Type and Color:
- Temperament:
- Exercise Needs:
- Health Considerations:
- Average Life Expectancy:

2. **Share:** Present your fact sheet to the class and explain why you chose this breed.

Section 1.1: Introduction to Pet Ownership

Activity 5

Compare three different dog breeds' average weight, size, and life expectancy.

Steps:

1. Select breeds: Choose three dog breeds from your research. Try to select breeds with varying characteristics and size.
2. Create a comparison chart.

Breed Name	Average Weight	Average Height	Average Life Expectancy
Breed 1			
Breed 2			
Breed 3			

[illegible]

Section 1.1: Introduction to Pet Ownership

Discussion: Discuss the differences and similarities between the breeds regarding size, weight, and life expectancy. Consider how these things might affect a potential owner's decision.

Section 1.2: Canine Care

Understanding Dog Needs

Dogs, like humans, have physical and emotional needs. It is important to understand what these needs are to ensure they live happy and healthy lives. Dogs rely on their owners to provide food, shelter, companionship, exercise, and mental stimulation.

Physical Needs

These are the things a dog needs to stay healthy physically.

- **Food and Water:** Dogs need a balanced diet suitable for their breed, age, and health condition. Fresh water must be available at all times.
- **Shelter:** Dogs need a safe and comfortable space to sleep and rest. A suitable bed and shelter from the weather are essential.
- **Exercise:** Regular exercise helps dogs maintain a healthy weight and keeps them mentally stimulated.
- **Healthcare:** Regular vet visits, vaccinations, flea and worm treatments, and grooming are important for a dog's physical wellbeing.

Emotional Needs

Dogs are social animals, and they need more than just food and water to thrive.

- **Companionship:** Dogs are pack animals, meaning they need interaction and affection from their family members.
- **Mental Stimulation:** Bored dogs can become destructive or depressed. Playtime, toys, and training sessions help keep their minds active.
- **Routine:** Dogs feel more secure when they have a consistent routine, including feeding times, walks, and play.

Section 1.2: Canine Care

Activity 6

Use a web browser, for example Google, to research what dogs need to stay healthy and happy.

1. Find information about what dogs need to stay healthy and happy (body: physical and feelings: emotional).

Happy	Unhappy
*	*
*	*
*	*

2. Write 4-5 sentences about what dogs need. Include things they need for both physical and emotional needs.

Section 1.2: Canine Care

Some examples of resources:

Dogs Trust: How to make your dog happy

<https://www.dogstrust.ie/dog-advice/training/understanding-your-dog/make-your-dog-happy>



How to meet your dog's welfare needs

<https://www.guidedogs.org.uk/getting-support/information-and-advice/dog-care-and-welfare/dog-welfare/>



Health and hygiene at home

<https://www.dogstrust.ie/dog-advice/health-wellbeing/at-home>



Section 1.2: Canine Care

Activity 7

Below are some keywords and images. Match the correct key words with the images by drawing a line between them.

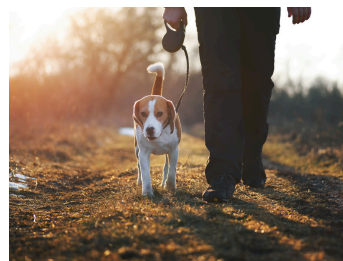
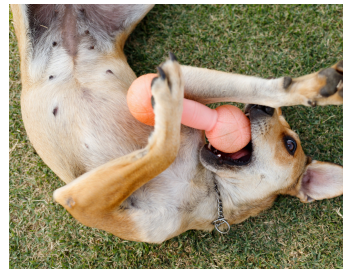
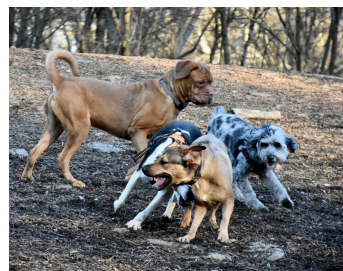
Shelter

Companionship

Exercise

Mental Stimulation

Food and Water



Unit 2



Section 2: Introduction to Animal Rights

Understanding the Five Freedoms

The Five Freedoms are important guidelines to help us understand what animals need to live happy and healthy lives. These freedoms were created to make sure that animals are treated well in various settings, like homes, farms, and shelters.

The Five Freedoms are:

1. Freedom from hunger and thirst
2. Freedom from discomfort
3. Freedom from pain, injury, and disease
4. Freedom to express normal behavior
5. Freedom from fear and distress

Activity 8

Find out more about the Five Freedoms. Scan the QR code for a fact sheet about the Five Freedoms.

The five welfare needs:

https://education.rspca.org.uk/documents/1494931/0/FS_The_five_welfare_needs.pdf/971de875-0b75-fb60-1554-c1d08f643126?t=1615290861766



Write down what each freedom means. Use the headings below and find the details on the website.

Section 2: Introduction to Animal Rights

- Freedom from hunger and thirst

- Freedom from discomfort

- Freedom from pain, injury, and disease

- Freedom to express normal behaviour

- Freedom from fear and distress

Section 2: Introduction to Animal Rights

Activity 9

Below are images that represent different aspects of the Five Freedoms. Match each image with the correct freedom by drawing a line between them.

Instructions: Draw lines connecting each image to the correct freedom

- Freedom from hunger and thirst
- Freedom from discomfort
- Freedom from pain, injury, and disease
- Freedom to express normal behaviour
- Freedom from fear and distress



Section 2.1: Dog Licensing & ID

Dog Licences:

A dog licence is a legal requirement in many places. It helps ensure that all dogs are registered, which helps local authorities keep track of them. Having a licence also helps if your dog gets lost, as it shows that the dog is yours.

Microchipping:

A microchip is a tiny electronic device placed under your dog's skin. It carries important information about your dog and your contact details. If your dog gets lost, a vet or shelter can scan the chip to find out who owns the dog and help return it to you.

Activity 10

Scan the QR code to the “dog licence” article on anpost.com and answer the following questions.



Dog licence

<https://www.anpost.com/Government-Services/Dog-Licence>



Section 2.1: Dog Licensing & ID

1.How can you get a dog licence?

2.How much is the yearly licence?

3.How much is it for a lifetime?

4.Why should you have a dog licence?

Section 2.1: Dog Licensing & ID

Activity 11

Scan the QR code to read the Dogs Trust article “All you need to know about microchipping” and answer the question.

All you need to know about microchipping

<https://www.dogstrust.ie/dog-advice/health-wellbeing/vet-care/microchipping#:~:text=To%20be%20fully%20compliant%20with,of%20a%20printed%20Microchipping%20Certificate.>



What are the three steps to getting a microchip certificate?

- 1) _____

- 2) _____

- 3) _____

Section 2.2: Guidelines for Dog Ownership

Knowing dog laws helps you be a good pet owner. These laws make sure dogs are safe and well cared for.

Common Dog Laws

1. **Dog Licences:** You may need a license for your dog.
2. **Microchipping:** All dogs need to have a microchip in Ireland.
3. **Leash Laws:** Dogs in public must be under control and councils can require them to be on a lead in public places.
4. **Noise Control:** Keep your dog's barking under control.
5. **Waste Disposal:** Clean up after your dog in public areas.

Some dog breeds also have specific legislation dog owners must follow

Activity 12

Find out about dog laws in your area. Visit these websites to get information:

Citizens information dog licences and ownership:

<https://www.citizensinformation.ie/en/environment/pets-and-wildlife/control-of-dogs/>



Section 2.2: Guidelines for Dog Ownership

Dog Warden Service

<https://ispca.ie/dog-warden-info/>



Write down the rules for each topic:

Dog Licences:

Microchipping:

Leash Laws:

Noise Control:

Waste Disposal:

Unit 3



Section 3

Responsible Pet Ownership

Are you ready for a dog?

Owning a dog is a big responsibility. Before choosing a dog, it is important to consider your lifestyle. Some dogs need a lot of attention and exercise, while others are more independent.

Activity 13

Use the following questions to help decide if you are ready for a dog:

1. How much time can you spend with a dog every day?
2. Do you live in a big house or a small apartment?
3. Are you home a lot, or do you travel often?
4. Can you afford dog food, toys, and vet bills?
5. Do you have allergies to dogs?

Task: Use the website Dogs Trust – Getting a Dog to research more about preparing for a pet. Write down your answers to the questions above to see if you are ready.

Should I get a dog? 10 questions to ask yourself.

<https://www.dogstrust.ie/dog-advice/getting-dog/dog-ready/are-you-dog-ready>



Section 3: Responsible Pet Ownership

Activity 14

Different dogs need different types of care. It is important to find a dog that fits your lifestyle.

Read the stories below and match the person to the rescue dog that best fits their lifestyle. Write the number of the correct dog next to each person.

1. Jennifer (Young Professional)

- Jennifer works full-time and lives in a small apartment in the city. She enjoys short walks but doesn't have much time to exercise a dog. She needs a calm dog that is happy to be alone for a few hours each day.



2. John and Regina (Retired Couple)

- John and Regina are retired and live in the countryside. They love spending time outdoors and going on long walks. They are looking for a dog that enjoys lots of outdoor time and will happily join them for their adventures in the countryside



Section 3: Responsible Pet Ownership

3. Alex (College Student)

- Alex lives with roommates in a shared house. He is very active and goes for daily runs. He wants a dog with lots of energy that can keep up with him and is also friendly with his housemates and visitors.



Choose from:

a. Max (2-year-old, Active & Outdoorsy)

Max loves being outdoors and needs plenty of exercise. He enjoys long walks and would fit perfectly with an active family that has plenty of space for him to run around. He is affectionate and loves being around people.



b. Bella (6-year-old, Calm & Independent)

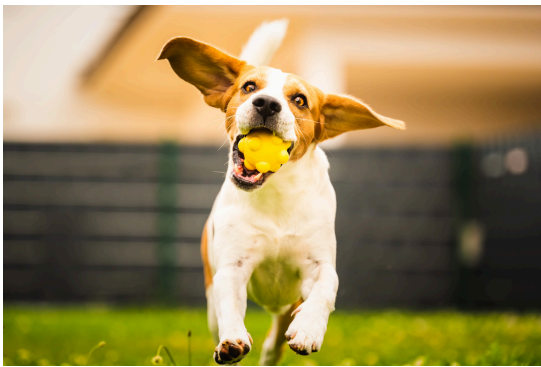
Bella is a quiet, independent dog who is happy with short walks and enjoys lounging around the house. She is content being left alone for a few hours and would do well in a calm environment.



Section 3: Responsible Pet Ownership

c. Duke (3-year-old, Energetic & Social)

Duke is full of energy and needs someone who loves to exercise and spend time outdoors. He enjoys running and playing, and he's very friendly with both people and other dogs. Duke would thrive in a busy household with lots of activity.



Put the correct name below:

Jennifer	John and Regina	Alex

Section 3:

Responsible Pet Ownership

Preparing for your Dog

When you decide to get a dog, you need to buy many things to care for it. These include food, toys, bedding, and more.

Activity 15

Make a checklist of everything you need for a pet.

Research the costs for each item. Use the internet to find out how much you need to spend. Here's a list of items to start with:

- Food and water bowls
- Dog bed
- Leash and collar
- Toys
- Vet check-ups
- Grooming supplies
- Pet insurance

Write down the average costs next to each item. Example:

- Dog bed: €25
- Food: €30 per month

Section 3: Responsible Pet Ownership

Reflection

Write 3 things you learned about owning a dog. For example:

I learned that different dogs need different levels of care.

Activity 16

Create a comfortable space for a dog based on its size.

Step 1: Choose a dog size

- Small breed (e.g. Jack Russell Terrier)
- Medium breed (e.g. Cocker Spaniel)
- Large breed (e.g. German Shepherd)

Step 2: Research

- Use online resources to find out how much space your dog needs

Section 3: Responsible Pet Ownership

Step 3: Draw

Use the grid provided to sketch your dog's space.
Include areas for:

- Sleeping: A cozy bed
- Eating: A food and water station
- Playing: An open area for movement

Make sure the space matches the dog's size need.



Section 3: Answers

Activity 14: Matching dogs to lifestyles

1. Jennifer	Bella
2. John and Regina	Max
3. Alex	Duke



Section 3.1:

The Importance of Responsible Dog Ownership

Legal Responsibilities: As a dog owner, you have to follow laws to ensure the safety and wellbeing of your dog and others. Here are the key legal responsibilities:

- **Dog Licence:** All dogs need a licence to be identified and traced back to their owner.
- **Microchipping:** Dogs must be microchipped for permanent identification.
- **Proper Control:** Owners must keep their dogs under control in public places.
- **Vaccination:** Dogs need to have regular vaccines to stay healthy.
- **Cleaning up:** You must clean up after your dog in public areas.

Some dog breeds also have specific legislation dog owners must follow.

Ethical Responsibilities: These are things you should do to care for your dog, even if there is not a law.

- **Provide Daily Care:** Dogs need food, water, and exercise every day.
- **Regular Veterinary Care:** Keep your dog healthy by visiting the vet for check-ups and treatment.
- **Training:** Dogs need training to be safe and well-behaved.
- **Attention and Affection:** Dogs are social animals and need love and attention from their owners.

Dog needs being met

Owners follow their responsibilities and make sure their dog is:

- Healthy and well-fed
- Regularly exercised and stimulated
- Trained to behave well around people and other dogs
- Provided with regular veterinary care

Section 3.1:

The Importance of Responsible Dog Ownership

Dog needs not being met

Owners may cause harm to their dog by:

- Failing to provide enough food or exercise
- Neglecting the dog's health and medical needs
- Leaving the dog alone for too long
- Not providing adequate training for the dog

Activity 17

Look at the following examples and decide if the dog's needs are being met: Write **Y** for Yes and **N** for No next to each one.

1. Feeding the dog daily with fresh food and water.
2. Leaving the dog alone in the backyard for the entire day.
3. Taking the dog to the vet for regular check-ups.
4. Ignoring the dog's need for exercise and playtime.
5. Training the dog to sit, stay, and walk calmly on a leash.

	Y	N
1		
2		
3		
4		
5		

Discussion Questions

- What are some ways you can be a responsible dog owner?

Section 3.1: The Importance of Responsible Dog Ownership

- How does irresponsible ownership affect a dog's physical and emotional health?

- Why is it important to follow both legal and ethical responsibilities?

Activity 18

List three things you can do to be a responsible dog owner.

Section 3.1: The Importance of Responsible Dog Ownership Answers

Activity 17

1. Feeding the dog daily with fresh food and water.
2. Leaving the dog alone in the backyard for the entire day.
3. Taking the dog to the vet for regular check-ups.
4. Ignoring the dog's need for exercise and playtime.
5. Training the dog to sit, stay, and walk calmly on a leash.

	Y	N
1	Y	
2		N
3	Y	
4		N
5	Y	



Section 3.2:

Vaccinations, Spaying, and Neutering

What are spaying and neutering?

Neutering is the surgery to remove the reproductive organs of both male and female dogs.

- Castration is when the testicles of a male dog are removed.
- Spaying is when the ovaries, and sometimes the uterus, are removed from a female dog.

These procedures help control the dog population and can improve the health of your dog.

Activity 19

Use the internet, Dogs Trust to find three benefits of neutering your dog

<https://www.dogstrust.ie/dog-advice/health-wellbeing/vet-care/neutering>



Write down three benefits of spaying or neutering that you learned during your research:

- Benefit 1:

- Benefit 2:

- Benefit 3:

Section 3.2: Vaccinations, Spaying, and Neutering

Common Myths and Facts

There are many myths about spaying and neutering. It is important to know the facts to make the right decisions for your pet. Read the article by scanning the code below. Answer the myth or fact statements.

Why neuter your dog?

<https://www.dogstrust.ie/dog-advice/health-wellbeing/vet-care/neutering>



Activity 20

Read the statements below. Write **M** if it's a myth or **F** if it's a fact.

1. Spaying and neutering help prevent some cancers in pets.
2. Neutered pets always become overweight.
3. Spaying or neutering helps reduce the number of homeless pets.
4. It's better to let pets have one litter before spaying or neutering.
5. Only older pets need to be spayed or neutered.

1	
2	
3	
4	
5	

Section 3.2: Answers

Activity 20

1. Neutering help prevent some cancers in pets.
2. Neutered pets always become overweight.
3. Neutering helps reduce the number of homeless pets.
4. it is better to let pets have one litter before neutering.
5. Only older pets need to be neutered.

1	F
2	M
3	F
4	M
5	M



Unit 4



Section 4: Nutrition and Diet for Dogs

Nutritional Needs of Dogs

- Despite belonging to the order Carnivora, dogs are omnivores which means dogs can feed not only on animal tissue such as meat, but also on vegetable matter.
- Dogs are a predator species and historically would spend many hours hunting and scavenging for their food.

Dogs need a balanced diet to stay healthy, this means they must eat the right amounts of different nutrients.

There are lots of types of dog food on the market, including complete dry diets, wet food with or without biscuit mixers, and fresh dog food which make it difficult to know what is best to feed your dog!

A good complete food should provide all the essential nutrients for your dog.

Here are the main nutrients dogs need:

Protein is important because:

- builds and repairs muscles
- helps the body work properly
- supports growth and the immune system

Where to find it:

- meat (like chicken, beef, and fish)
- eggs
- some plant sources (like beans)

Section 4: Nutrition and Diet for Dogs

Carbohydrates are important because:

- provides energy for activities like walking and playing
- helps with digestion

Where to find it:

- grains like rice and wheat,
- vegetables like potatoes and peas
- fruits like apples and bananas

Fats:

- gives energy
- keeps the skin and fur healthy
- helps the brain develop

Where to find it:

- animal fats and oils
- fish oil

Vitamins and minerals are important because:

- keeps bones and teeth strong
- supports the immune system
- helps the body use other nutrients

Where to find it:

- vitamins from vegetables and fruits
- minerals from meats and grains

Section 4:

Nutrition and Diet for Dogs

Not all dogs need the same amount or type of nutrients. For example:

Large Dogs (like Labradors or German Shepherds)

- Often need more food and different nutrient amounts than smaller dogs.
- Require nutrients to support their bones and joints because they carry more weight.

Small Dogs (like Chihuahuas or Shih Tzus)

- Often need less food but may need food that suits their small size.
- Have faster metabolisms, so they benefit from food that gives them quick energy.

No matter the size or breed, giving your dog the right balance of nutrients helps them stay healthy and active.

Tip: Every dog's nutritional needs are different and unique to each dog and owners should remember that feeding guidelines are only guidelines and to speak to their vet if they have any questions or concerns around diet and nutrition for their dog.

Activity 21

Use the internet to find out the nutritional needs of three different dog breeds (a small dog like a Chihuahua, a medium dog like a Collie, and a large dog like a Labrador). Write down the key differences in their nutritional requirements.

Example websites to use:

How much should you feed a dog and how often?

<https://www.differentdog.com/blog/how-much-should-you-feed-a-dog-and-how-often>



Section 4:

Nutrition and Diet for Dogs

Dog feeding guide: what should you feed your dog?

<https://www.allaboutdogfood.co.uk/dog-feeding-guide>



Wet food vs dry food

<https://www.zooplus.ie/magazine/dog/dog-nutrition/wet-food-vs-dry-food>



Example Breed 1: Chihuahua (Small breed)

Nutritional Needs:

- Chihuahuas have a high metabolism but small stomachs, so they need nutrient-dense, high-quality food in small portions.
- Require about 200-300 calories per day depending on activity level.
- Their diet should include high levels of protein (around 25-30%) to support muscle maintenance.
- Small kibble size is important for their tiny jaws and teeth.
- They tend to be prone to dental issues, so dry food can help keep teeth clean.

Section 4:

Nutrition and Diet for Dogs

Breed 1: (Small breed)

Nutritional Needs:

Breed 2 : (Medium Breed)

Nutritional Needs:

Breed 3: (Large breed)

Nutritional Needs:

Section 4: Nutrition and Diet for Dogs

Reading Dog Food Labels

When choosing dog food, it is important to read the labels to ensure you feed your dog the right nutrients. Dog food labels usually include:

- Ingredients in order of weight
- Nutritional content, for example, protein, fat, vitamins
- Feeding guidelines how much to feed per day

Activity 22

Parts of a Pet Food Nutrition Label

Product Name → **DUCK & POTATO FORMULA**

Feeding Instructions → **FEEDING AND MIXING GUIDE FOR ADULT DOGS**

Product Weight → **Weight of Adult Dog (LB)**

Weight of Adult Dog (LB)	SERVINGS PER DAY	
	When combined with Natural Balance® Dry Dog Food (cup)	When feeding canned food only (12 oz. can)
Dogs under 10 LB	1/2 can + 1/2 cup	1/2 – 1 can
Toy (10 LB)	1 can + 1/2 cup	1 – 1 1/2 cans
Small (25 LB)	1 can + 1 cup	2 – 2 1/2 cans
Medium (50 LB)	1 can + 2 cups	3 – 3 1/2 cans
Large (80 LB)	1 can + 3 cups	5 cans
Giant (100 LB)	1 can + 4 cups	6 – 6 1/2 cans

Ingredients Listed by Weight → **Ingredients:** Duck, Duck Broth, Potatoes, Dehydrated Potatoes, Potato Protein, Vitamins (L-Ascorbyl-2-Polyphosphate, Vitamin C), Vitamin E Supplement, Thiamine Mononitrate, Niacin, D-Calcium Pantothenate, Vitamin A Supplement, Riboflavin Supplement, Vitamin D3 Supplement, Vitamin B12 Supplement, Pyridoxine Hydrochloride, Folic Acid, Dicalcium Phosphate, Calcium Carbonate, Potassium Chloride, Duck Meal, Canola Oil (preserved with mixed tocopherols), Guar Gum, Minerals (Zinc Proteinate, Zinc Sulfate, Ferrous Sulfate, Iron Proteinate, Copper Sulfate, Copper Proteinate, Manganese Sulfate, Manganese Proteinate, Calcium Iodate, Sodium Selenate, Salt, Natural Smoke Flavor, Carrageenan, Yucca Schottigera Extract, Taurine, Rosemary Extract. NP02

Guaranteed Analysis → **Guaranteed Analysis:**
CRUDE PROTEIN..... 5.0% MINIMUM
CRUDE FAT..... 4.0% MINIMUM
CRUDE FIBER..... 2.0% MAXIMUM
MOISTURE..... 78.0% MAXIMUM

Calorie Content → **Calorie Content (calculated):** ME = 1140 kcal/kg; 420 kcal/can

Adequacy Statement → **"Help me help animals."** Natural Balance® is committed to helping animals by donating to local animal charities.

Manufacturer's Name and Address → **100% SATISFACTION GUARANTEED**
Distributed By:
Natural Balance Pet Foods, Inc., San Francisco, CA 94111
1-800-451-0011
© 2002 Natural Balance Pet Foods, Inc.

sidebyside

Reference: <https://foreverfreckled.com/wp-content/uploads/2020/12/Ingredients-Dog-Food-Label-SidebySidePet-December-2020-Forever-Freckled1.jpg>, Accessed June 2025

Section 4:

Nutrition and Diet for Dogs

Look at a dog food label (online or from a store) and answer the following questions:

- What is the first ingredient listed?

- How much protein is in the food?

- How many grams should you feed a medium-sized dog (20 kg) per day?

Feeding Practices and Routines

- To maintain food in the correct condition, you should always follow the manufacturer's recommended storage method where appropriate.
- Food should be well stored in sacks, packets, bins, cupboards, fridges and freezers.
- Fresh food and canned should be stored in a fridge once opened.
- Label all cans with the opened date written on it and dispose after 72 hours.
- Dried food must be stored in a cupboard to avoid getting wet and must be well sealed.
- Feeding and drinking bowls should be cleaned daily.

Section 4: Nutrition and Diet for Dogs

Feeding your dog properly

https://www.four-paws.org/our-stories/publications-guides/feeding-your-dog-properly?gad_source=1&gclid=Cj0KCQjw4Oe4BhCcARIsADQ0csm48uOAJ-_dMuGY1kkyUNcGi73f5Zm6yls_hx53JTDIli_FfdbfSwaAjzFEALw_wcB



Diet and nutrition for dogs

<https://www.dogstrust.ie/diet>



Following a regular feeding routine is important to keep your dog healthy and avoid overfeeding or underfeeding.

- Small dogs: usually eat 2-3 small meals per day
- Medium/Large dogs: usually eat 1-2 meals per day
- Puppies: may need more frequent meals as they grow


Always make sure your dog has access to fresh water.



Section 4: Nutrition and Diet for Dogs

Adjusting Portion Sizes

The amount of food your dog needs depends on its size, age, and activity level. Many websites provide online calculators to help you adjust portion sizes.

DOG 	BODY WEIGHT (KG)	DAILY SERVING (G)		
		HIGH ACTIVITY	NORMAL ACTIVITY	LOW ACTIVITY
TOY	5	115	105	90
SMALL	10	195	175	150
MEDIUM	15	270	235	200
	25	395	345	300
LARGE	40	560	490	425
GIANT	55	710	625	540
THE RECOMMENDED DAILY SERVING IS ONLY A GUIDE.				

Reference: James Wellbeloved (2025) Dog Feeding Guide [Online image]. ([Image James Wellbeloved](#)). (Accessed: June 2025)



Section 4:

Nutrition and Diet for Dogs

Cost per day formula: Cost per gram x amount of feed

Example #1:

Calculate the cost per day of feeding your dog with 160g of pet food from a 4kg bag costing €30.

Step 1:

Change kilograms (kg) into g (grams)

There are 1000 grams in 1 kilogram

$$4\text{kg} \times 1000\text{g} = 4000\text{g}$$

Step 2:

Find the cost per gram

Price of bag ÷ total grams in bag

$$€30 \div 4000 = 0.0075$$

Step 3:

Find the cost per day

Cost per gram x amount of feed

$$0.0075 \times 160 = €1.20$$

Answer = €1.20

Example #2: Find out how long the 4kg bag of pet food will last when feeding 160g per day.

Step 1: Find the total grams in the bag.

$$4\text{kgs} \times 1000\text{g} = 4000\text{g}$$

Step 2: Find out how long the bag of pet food will last.

$$4000\text{g} \div 160 = 25$$

Answer = 25 days

Section 4: Nutrition and Diet for Dogs

Activity 23

Use the cost per day calculator for example, from a dog food brand to adjust portion sizes based on the dog's weight. You will need to:

1. Input the weight of a small dog (e.g., 10 kg) and record the daily food amount.
2. Input the weight of a large dog (e.g., 30 kg) and record the daily food amount.

Write down your results:

- Small Dog (10 kg): _____ grams/day
- Large Dog (30 kg): _____ grams/day



Section 4: Nutrition and Diet for Dogs

FEEDING TABLE

24H		Dog weight							
DOG ACTIVITY		2 kg		3 kg		4 kg		5 kg	
		(g)		(g)		(g)		(g)	
		40	4/8	54	5/8	66	6/8	80	7/8
		47	4/8	63	6/8	76	7/8	93	1
		53	5/8	72	6/8	89	1	105	1+1/8
		7 kg		8 kg		9 kg		10 kg	
		(g)		(g)		(g)		(g)	
		103	1+1/8	114	1+2/8	124	1+3/8	134	1+4/8
		119	1+2/8	132	1+4/8	144	1+5/8	156	1+6/8
		135	1+4/8	150	1+5/8	163	1+6/8	177	2

ME = 3974 kcal/kg = 240 ml (= 91 g) +

Royal Canin (n.d.) Medium Adult – Feeding Guide. [Online image].

Available at:

[https://cdn.royalcanin-weshare-online.io/hfrPt2sBIYfdNSoCwh5u/v50/shn-adultmini8-cv-eretailkit-4?](https://cdn.royalcanin-weshare-online.io/hfrPt2sBIYfdNSoCwh5u/v50/shn-adultmini8-cv-eretailkit-4?w=90&fm=jpg&auto=format,compress)

[w=90&fm=jpg&auto=format,compress](https://cdn.royalcanin-weshare-online.io/hfrPt2sBIYfdNSoCwh5u/v50/shn-adultmini8-cv-eretailkit-4?w=90&fm=jpg&auto=format,compress) (Accessed: 3 June 2025).

Adult & Senior		
Current Body Weight (kg)	Adult (9 months +)	Senior
5kg	50g	40g
10kg	100g	80g
15kg	150g	120g
20kg	200g	160g
30kg	300g	240g
40g	400g	320g
50g	Up to 500g	400g

Burns Pet Nutrition (n.d.) Feeding Amounts. [Online image]. Available at: <https://burnspet.co.uk/feeding-amounts/> (Accessed: 3 June 2025).

Section 4: Nutrition and Diet for Dogs

Feeding your dog can be expensive. Comparing different dog foods helps you choose the best option for your budget.

Activity 24

Find the prices of two dog foods one premium and one budget online and calculate the cost of feeding a medium-sized dog (20 kg).

Brand	Bag Size (KG)	Cost per Bag (€)	How long will the bag last (days)
Premium Brand			
Budget Brand			

- To calculate the feeding cost per year, you need to know the daily feeding amount and the cost per day of feeding your pet. Then, you multiply the cost per day by the number of days in a year.

Feeding cost per year formula = cost per day x number of days in a year

Example: Find out how much it costs to feed your dog for the year, if the cost per day is €1.20.

Step 1: Multiply the cost per day by the number of days in the year.

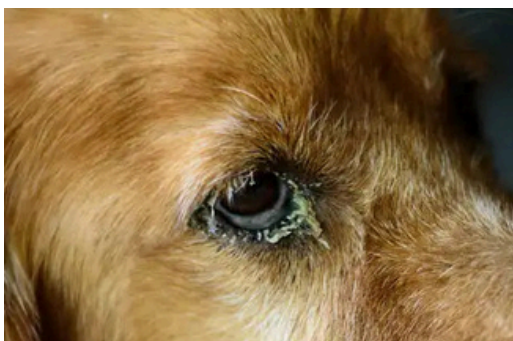
$$€1.20 \times 365 = 438$$

Answer: €438 per year

Section 4.1: Signs of Good and Poor Health

Knowing what a healthy dog looks like helps you notice any changes early. Here are some signs of good health:

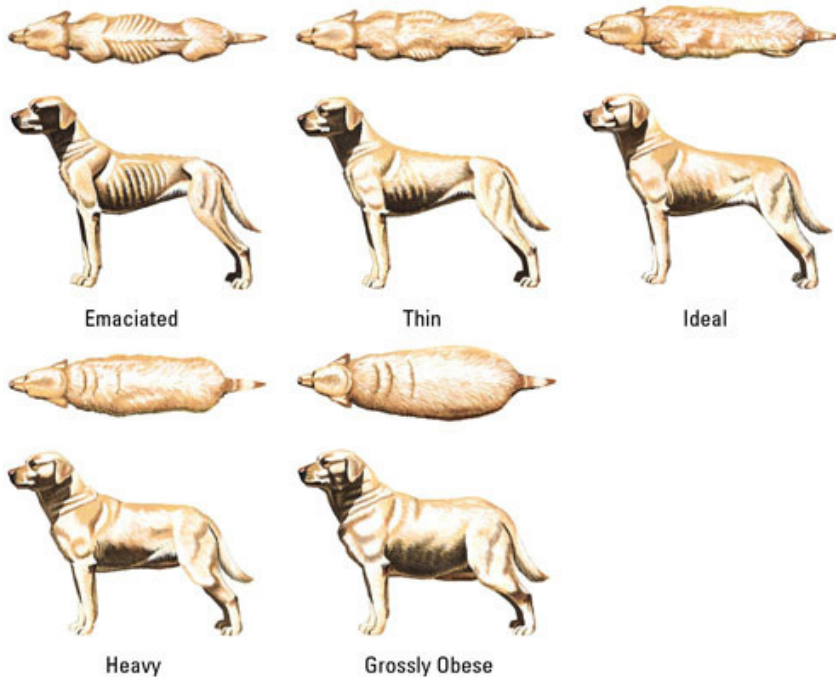
- **Clear Eyes:** The eyes should be bright and clear, with no redness, swelling, or discharge.
- **Shiny Coat:** Healthy dogs have smooth, shiny fur without bald spots or mats.
- **Healthy Weight:** The dog is neither too thin nor overweight; you should be able to feel their ribs but not see them.
- **Normal Behaviour:** A healthy dog is active, playful, alert, and enjoys interaction.
- **Regular Appetite:** They eat normally and do not skip meals unless sick.
- **Healthy Bowel Movements:** Stools are normal consistency.



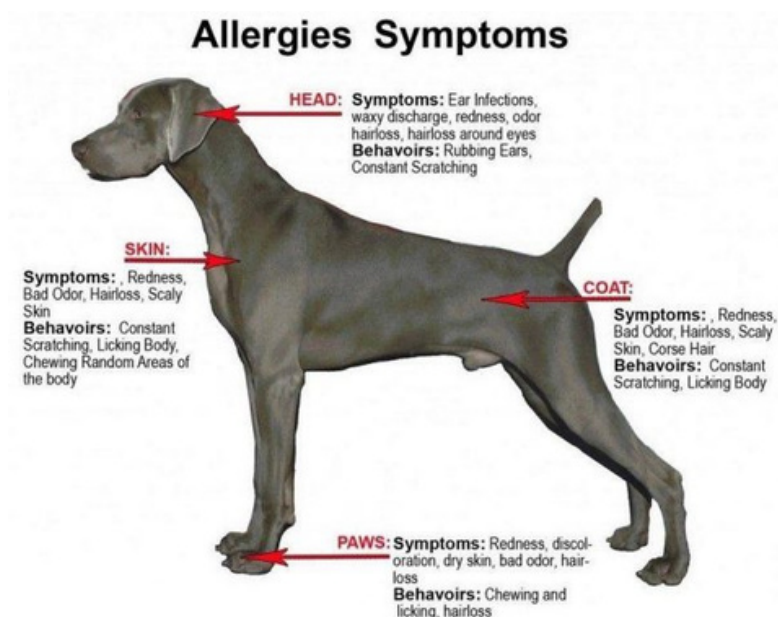
Reference: <https://www.smalldoorvet.com/learning-center/medical/pink-eye-in-dogs>
(Accessed: June 2025)

Section 4.1: Signs of Good and Poor Health

Regularly checking your dog for these signs helps keep them in good health and catch any issues early.

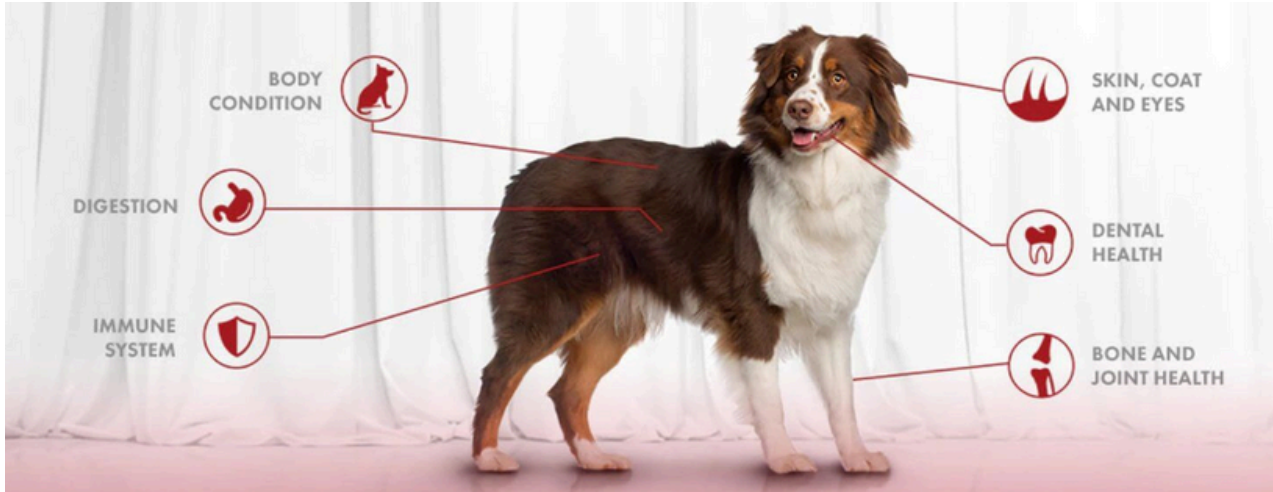


Reference: One Woof Daycare (n.d.) *Is My Dog Overweight?*.
[Online image]. Available at: <https://onewoofdaycare.com> (Accessed: June 2025).



Reference: Top Dog Turf (n.d.) *Dog Allergies – Body Condition Scoring Chart*. [Online image].
Available at: <https://www.topdogturf.co.uk> (Accessed: June 2025).

Section 4.1: Signs of Good and Poor Health



Reference: Purina New Zealand (n.d.) *Six Signs of Health*. [Online]. Available at: [Image: https://www.purina.co.nz/articles/dogs/health/daily-care/six-signs-of-health](https://www.purina.co.nz/articles/dogs/health/daily-care/six-signs-of-health) (Accessed: June 2025).

Importance of Regular Health Checks

Regular health checks are a vital part of caring for a dog. They help you spot health issues before they become serious. Here's what happens during a health check and why it is important:

- **General Health Check:** Examines the dog's body, eyes, ears, and teeth.
- **Parasite Check:** Look for fleas, ticks, or worms that can harm your dog.
- **Weight and Diet Monitoring:** Regular checks help you ensure the dog is a healthy weight and eating the right food.
- **Vaccine:** Dogs need vaccines to protect against common diseases like parvovirus.

Annual vet visits help keep your dog healthy and can prevent costly treatments later on if a disease is caught early.

Section 4.1:

Signs of Good and Poor Health

Activity 25

Create a digital collage showing examples of a healthy dog. Include photos of:

- Clear Eyes
- Shiny Coat
- Active Behaviour
- Healthy Weight

Instructions:

1. Search for images of healthy dogs using trusted resources like Dogs Trust, DSCPA and ISPCA.
2. Create your collage in a tool like Google Docs, Slides, or Canva.
3. Present your collage to the group, explaining the signs of good health shown in your pictures.

How do you know if you are getting a healthy puppy?

When choosing a puppy, it is important to spot the signs of good and poor health. Knowing what to look for will help you make the right decision and give your new pet the best start in life.

Instructions:

Read the article on choosing a healthy puppy: How to choose a puppy from a litter

<https://www.dogstrust.ie/dog-advice/getting-dog/choosing-dog/choosing-a-puppy>.



Section 4.1:

Signs of Good and Poor Health

Questions:

1.What should a healthy puppy's eyes look like?

2.Why is it important for a puppy to have clean ears?

3.What does a healthy puppy's coat look and feel like?

4.How can you check if a puppy's nose is healthy?

5.Why is it important to see where the puppy was raised?

Reflection:

1.What are the most important signs of good health in a dog?

2.How can regular health checks help prevent problems?

Section 4.2: Health and Parasite Control

What are Parasites?

Parasites are small organisms that live on or inside dogs, often harming their health. They are common and can be picked up easily, especially outdoors. Knowing how to spot and prevent them can help keep dogs healthy. Here are some of the most common parasites in dogs:

- **Fleas:** Fleas are small, brown insects that jump quickly. They bite the skin, causing itching and discomfort. This can lead to scratching and skin infections. Fleas can also cause allergic reactions, which may result in hair loss and irritation.

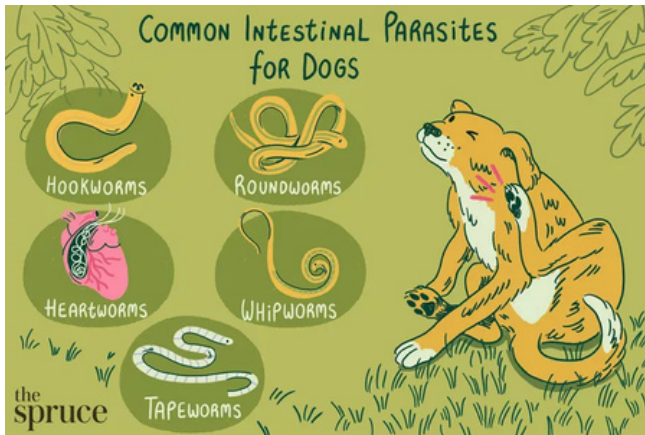


- **Ticks:** Ticks are tiny, spider-like creatures that attach to the skin of dogs and feed on their blood. They can spread disease which can be serious and even life-threatening. Ticks are often found in grassy areas and are more active in warmer months.



Section 4.2: Health and Parasite Control

- **Worms:** Worms are internal parasites that live in a dog's intestines. They can cause symptoms like vomiting, diarrhoea, weight loss, and a poor coat condition.



Reference:

[https://www.thesprucepets.com/thmb/Sdk5f2YAxafkjVSSzEvrptLd8ZY=/750x0/filters:no_upscale\(\):max_bytes\(150000\):strip_icc\(\):format\(webp\)/common-canine-intestinal-parasites-1117426_final-7b48e1a58b5d4f3cac91d450b5eb7e8c.png](https://www.thesprucepets.com/thmb/Sdk5f2YAxafkjVSSzEvrptLd8ZY=/750x0/filters:no_upscale():max_bytes(150000):strip_icc():format(webp)/common-canine-intestinal-parasites-1117426_final-7b48e1a58b5d4f3cac91d450b5eb7e8c.png)
(Accessed: June 2025)

Preventing Parasites

Parasites can often be prevented through treatments that either repel or kill them. Here are some effective methods:

- **Flea Treatments:** Regular flea treatments, such as topical medications or shampoos, are important for preventing fleas. These products kill fleas and help prevent infestations in the home.
- **Ticks:** Consult your local veterinary practice for advice.
- **Worming Tablets:** Worming tablets are medications that prevent and treat intestinal worms. Regular deworming, often recommended every 3 months, can help keep your dog safe from worms.

There are a lot of products to help prevent or treat common parasites, always speak to your vet for advice on what best suits your dog.

Section 4.2: Health and Parasite Control

What are Vaccines?

Vaccines are important medical treatments that protect dogs from serious diseases. These treatments involve giving dogs injections, which help their bodies build defences against specific infections. When dogs are vaccinated, they become less likely to get sick from these diseases, and they also help protect other animals and people by preventing the spread of infections.

Common Vaccines for Dogs

Common vaccines that help keep dogs healthy:

- **Parvovirus:** Canine parvovirus is a highly contagious virus that can cause vomiting, diarrhoea, which can be life-threatening, especially for puppies.
- **Leptospirosis:** Dogs can get leptospirosis by drinking dirty water or by being exposed to infected animals. Symptoms can include fever, vomiting, and liver or kidney damage.
- **Distemper:** Distemper is a virus that affects a dog's breathing, stomach, and nervous system (the brain and nerves). It can make dogs very sick and can even be fatal.
- **Kennel Cough:** This commonly occurs when dogs are brought together in groups, for example, at dog shows and boarding kennels. Kennel Cough can cause an uncomfortable harsh, dry cough and possibly a nasal discharge.

Importance of Regular Vet Visits

Regular vet check-ups are essential for ensuring that your dog's vaccine are up to date. During these visits, your veterinarian can:

- Check your dog's overall health
- Administer necessary vaccines
- Discuss any concerns you may have about your dog's health or behaviour
- Provide advice on parasite prevention, nutrition, and general care

Keeping up with vaccine and health checks helps prevent diseases that can harm your dog and keeps them healthy and happy.

Section 4.2: Health and Parasite Control

Activity 26

After reading the information about parasites and diseases, complete the following multiple-choice quiz.

1. What type of parasite causes itching and can jump?
 - a) Tick
 - b) Flea
 - c) Worm

2. Which of these can be prevented by a vaccine?
 - a) Fleas
 - b) Kennel Cough
 - c) Ticks

3. What is the main symptom of canine parvovirus?
 - a) Skin irritation
 - b) Severe vomiting and diarrhoea
 - c) Sneezing

4. How is leptospirosis commonly spread?
 - a) Through bites from other dogs
 - b) By drinking dirty water
 - c) By being around other dogs

5. Which parasite attaches to a dog's skin and sucks blood?
 - a) Flea
 - b) Tick
 - c) Worm

Section 4.2: Health and Parasite Control

6. Why is it important to keep vaccine up-to-date?

- a) To ensure dogs can jump higher
- b) To prevent serious diseases
- c) To make dogs look healthier

7. Regular vet check-ups help to:

- a) Teach dogs new tricks
- b) Ensure that vaccine are current and check overall health
- c) Make dogs more sociable

Activity 27

Instructions:

Enter costs: Create a table on your laptop with two columns and 3 rows, use these headings:

Treatment:	Cost:
Write down the name of each treatment (Flea Treatment, Tick Prevention, Worming Treatment, Vaccines).	Write the cost for each treatment here.
Total yearly cost	Add up the costs for all treatments here

Example calculation:

- Flea treatment: €10
- Tick prevention: €15
- Worming treatment: €8

Section 4.2: Health and Parasite Control

To find out how much you will spend in a year, multiply the total monthly cost by 12.

- Yearly cost calculation: $\text{Yearly cost} = \text{Total monthly cost} \times 12$
- Distemper vaccine: €25 (administered annually)
- Parvovirus vaccine: €25 (administered annually)
- Leptospirosis vaccine: €20 (administered annually)

These are only example costs veterinary practices may differ but for the point of this exercise we have provided these average figures

Reflection Questions

1. Why is it important to protect dogs from parasites?

2. How can vaccines keep a dog healthy?

3. What did you learn about the cost of preventing parasites and vaccines for dogs?

Organising Vaccine Dates

It is important to keep track of your dog's vaccine. Setting reminders will help you remember when to take your pet to the vet.

Section 4.2: Health and Parasite Control

Activity 28

Use Google calendar (or another digital calendar) to keep track of your dog's vaccine dates. Follow these steps:

1. Open Google calendar on your computer or phone
2. Add a new event for your dog's next vaccine date
3. Set a reminder three days before to make sure you remember

Task: Write down your dog's vaccine dates.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The paper is otherwise completely empty, with no margins, text, or other markings.

Unit 5



Section 5:

The Importance of Grooming for Health and Wellbeing

Grooming is essential for maintaining a dog's physical health and emotional wellbeing.

Benefits of Grooming

- **Healthy Skin and Coat:** Regular brushing removes dead hair, dirt, and distributes natural oils, which keeps the skin and coat healthy. This is especially important as clean skin is less likely to develop rashes, dandruff, or infections.
- **Prevents Infections:** Routine cleaning of sensitive areas like the ears, eyes, and paws reduces the risk of infections, for example, ear cleaning helps prevent the buildup of wax and bacteria, particularly in breeds with floppy ears, which are more prone to ear infections.
- **Bonding Time:** Grooming time allows for positive interaction between you and your dog. This can help them associate grooming with positive attention, reducing stress and building trust. Regular grooming also makes your pet more comfortable with handling, which is useful during veterinary visits.



Section 5:

The Importance of Grooming for Health and Wellbeing

Activity 29

Visit YouTube and search for a video on "Basic Dog Grooming Techniques." Watch a video to see proper techniques and tools in action. Write down one key takeaway about how to groom your dog properly.

Dog grooming at Dogs Trust

<https://www.youtube.com/watch?v=Kab4o5VbECA>



Transformation Tuesday! Shih Tzus getting groomed at rescue

<https://www.youtube.com/watch?v=1SpUD-hxzxs>



How to clean your dog's teeth

<https://www.youtube.com/watch?v=lxnKdFZks5U>



Remember: Tasks such as nail trimming, ear cleaning and teeth cleaning should only be carried out by a vet or professional groomer to protect both you and your dog's safety.

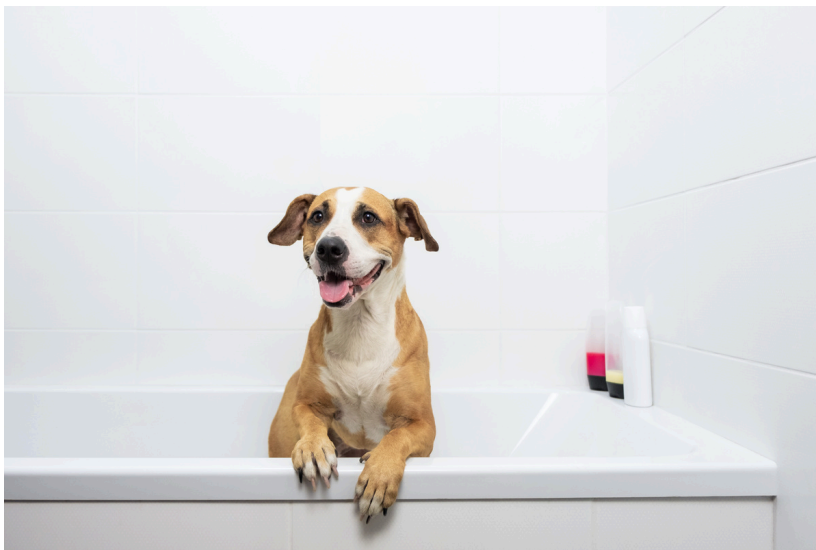
Section 5: The Importance of Grooming for Health and Wellbeing

Basic Grooming Techniques

Brushing: Regular brushing helps remove dirt, loose fur, and dead skin. This can be done more frequently for long-haired or double-coated breeds to prevent matting and keep the coat healthy.



Bathing: A bath every 2-4 weeks keeps the coat clean and smelling fresh. Use a dog-friendly shampoo to avoid irritating their skin.



Section 5:

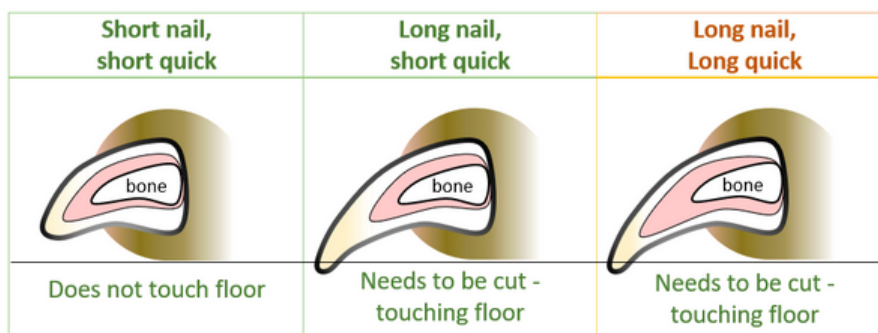
The Importance of Grooming for Health and Wellbeing

👉 **Disclaimer:** The information on the following two pages is for general awareness only. Owners should not attempt nail trimming, ear cleaning, or dental procedures at home unless trained and confident. Professional guidance should always be sought to ensure the safety and wellbeing of both dog and owner.

Grooming: Safety First

Grooming helps to keep dogs healthy, but it is important to remember that some tasks carry risks for both the dog and the owner. Activities such as nail trimming, teeth cleaning, and ear cleaning can cause stress for dogs and, if done incorrectly, may result in injury.

Nail Trimming: Nails should be checked regularly to prevent overgrowth, which can lead to discomfort or injury.



Reference: [Image:https://petworldcages.com/dog-grooming-nails](https://petworldcages.com/dog-grooming-nails) (Accessed: June 2025)

As an owner, you can still support your dog's grooming routine by:

- Brushing their coat regularly to prevent matting and promote healthy skin
- Using chew toys or dental chews to help maintain oral health between professional cleanings
- Keeping grooming sessions calm and positive, focusing on what you and your dog are comfortable with

Section 5:

The Importance of Grooming for Health and Wellbeing

Teeth Cleaning: Regular teeth cleaning is essential to prevent plaque buildup, gum disease, and bad breath. Use a toothbrush and toothpaste specifically designed for dogs,



Ear Cleaning: Regular ear cleaning prevents infections, particularly in breeds with long, floppy ears that can trap moisture and debris.



Grooming Frequency

Dogs' grooming needs vary depending on their coat type. Short-haired dogs require less frequent grooming than long-haired or curly-coated dogs, which can become tangled more easily.

⚠ Safety Note:

- If you notice issues such as bad breath, ear discharge, or overgrown nails, always seek professional advice.

Section 5:

The Importance of Grooming for Health and Wellbeing

Estimating Grooming Supply Costs

Investing in quality grooming supplies ensures your dog's safety and comfort. Below is a list of essential items. Use online pet stores to compare prices:

- **Brushes:** Detangling brushes are key for keeping coats clean and free from mats.
- **Shampoo:** Choose a mild, dog-safe shampoo that does not cause irritation.
- **Nail Clippers:** Specially designed clippers for dogs are safer and easier to use than standard clippers.
- **Ear Cleaner:** Ear-cleaning solutions are essential to keep ears free of bacteria and reduce the risk of infections.

Activity 30

Visit pet supply websites like Amazon, Maxi Zoo, etc. to check prices. Record the average price in the table below.

Item	Average Price
Brush	
Dog Shampoo	
Nail Clippers	
Ear Cleaner	

Section 5:

The Importance of Grooming for Health and Wellbeing

Activity 31

Find a local dog grooming salon using Google maps.

Instructions:

1. Go to google maps
 - Open Google Maps on your phone or computer
2. Search for dog grooming salons nearby
 - In the search bar, type “dog grooming near me” or “dog grooming in [your town/city]” and press enter
 - Google Maps will show a list of grooming salons nearby
3. Choose a grooming salon
 - Look through the list and pick one grooming salon that looks good to you
 - Click on the salon’s name to see more details, including pricing, photos, hours, and reviews
4. Gather Information
 - **Reviews:** Read a few recent reviews to learn what customers say about this salon
 - **Services:** Check what grooming services they offer, like bathing, nail trimming, or ear cleaning
 - **Location:** Make sure it is easy to get there from where you live
5. Write down what you found
 - Use this table to organise your findings

Grooming salon name	Location	Services offered	Price of service	Customer rating	Something you noticed in reviews

Section 5: The Importance of Grooming for Health and Wellbeing

Answer these questions

- What did you learn from the reviews?

- Do you think this salon would be a good place for your dog? Why or why not?

Section 5.1: Basic First Aid for Dogs

First Aid for Dogs

In humans, knowing basic first aid for dogs can make a difference in life-threatening situations. First aid can prevent a condition from worsening, reduce pain, and, in some cases, save a dog's life until professional help is available. Emergencies in dogs may include choking, poisoning, or injuries that require urgent attention.

Top Tip: Whilst first aid is important it is vital to seek the advice of your local veterinary clinic.



Common Dog Emergencies:

- 1.Choking:** Dogs may choke on small objects, toys, or certain foods. Quick action to remove the obstruction can prevent serious breathing issues.
- 2.Cuts and Wounds:** Dogs often get cuts while exploring outdoors. Cleaning and bandaging can prevent infection and reduce discomfort.

Section 5.1: Basic First Aid for Dogs

3. **Heatstroke:** Dogs are vulnerable to heatstroke, especially in hot weather or confined spaces, like cars. Recognizing signs early, for example, excessive panting, drooling can prevent further complications.

4. **Broken Bones:** Accidents or falls can lead to fractures, which require immediate treatment to prevent further damage.

5. **Poisoning:** Many household items, plants, and human foods, like chocolate or grapes are toxic to dogs. Quick responses, such as contacting a vet, can make a significant difference.

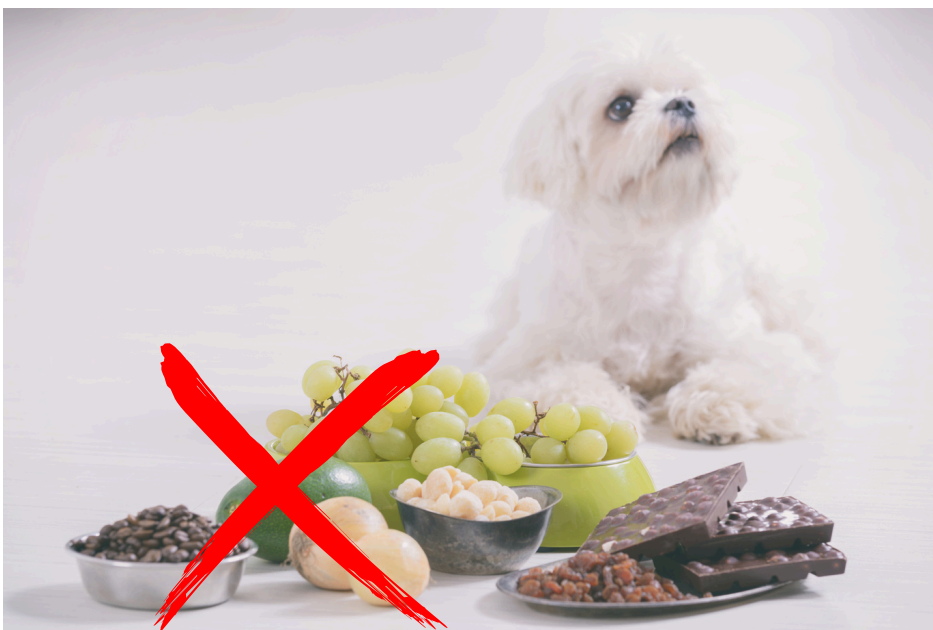
What's poisonous to your dog

<https://www.dogstrust.ie/dog-advice/health-wellbeing/at-home/poisonous-to-your-dog>



What foods are toxic and poisonous to dogs

<https://www.dogstrust.ie/dog-advice/health-wellbeing/at-home/toxic-foods>



Section 5.1: Basic First Aid for Dogs

Activity 32

Match the emergency with the correct first response.

Emergency		First Response (Jumbled for Matching)	
A	Choking	1	Move the dog to a shaded area, apply cool (not cold) water, and give small amounts of water to drink. Contact a vet if symptoms persist.
B	Cuts and Wounds	2	Contact a vet immediately. Try to identify the substance the dog may have eaten.
C	Heatstroke	3	Keep the dog as still as possible and gently restrain them to avoid movement. Avoid touching the injured area and seek veterinary assistance right away.
D	Poisoning	4	Clean the wound with antiseptic wipes and apply gentle pressure to stop any bleeding. Bandage to keep the wound clean, and monitor for infection. If bleeding persists or infection appears contact a vet.
E	Broken Bones	5	Check the dog's mouth for visible objects and carefully remove it if possible. If unsuccessful, gently pat the dog's back to encourage coughing, then contact a vet.

A	B	C	D	E

Section 5.1:

Basic First Aid for Dogs

First Aid Kit for Dogs

Having a first aid kit specifically for dogs is essential. This kit should include items that allow you to handle minor injuries, and prevent infections until you can get to a vet.

Basic first aid kit checklist:

- **Bandages:** To wrap cuts or wounds
- **Antiseptic Wipes:** To clean wounds and prevent infection
- **Tweezers:** Useful for removing splinters or ticks
- **Digital Thermometer:** To check for fever or hypothermia
- **Sterile Gloves:** For safely handling injuries without introducing bacteria

Activity 33

Make your own first aid kit list by adding any items you think might be helpful. A well-prepared first aid kit can vary in cost, depending on the items included. Estimating the cost of each item can help you budget for a complete kit.

Instructions:

1. Review the basic items above.
2. Think about other items that might be useful, such as:
 - cotton balls for gentle cleaning
 - a muzzle in case your dog becomes anxious or aggressive
3. Fill in the table below, explaining the purpose of each item
4. Go online to a pet supply store or local pharmacy website.
5. Look up prices for each of the items on the first aid checklist



Section 5.1: Basic First Aid for Dogs

6. Fill in the table below, recording the price range you find for each item

Item	Purpose	Price €
Bandages		
Antiseptic wipes		
Tweezers		
Sterile gloves		
Additional items		

Section 5.1: Answers

Activity 32

A = 5

B = 4

C = 1

D = 2

E = 3



Section 5.2: Preparing for a Vet Visit

Veterinary Visit

Visiting the vet is an essential part of maintaining your dog's health. Regular check-ups can help catch health issues early, preventing more serious conditions down the line. Understanding what happens during a veterinary visit can help you feel more confident when taking your pet.

Top Tip: It is important to find a vet that you trust and feel comfortable with as it will be a vital and long standing relationship in your life. Asking friends and family for recommendations can be a good start if you are finding a vet for the first time.

A Vet Visit

1. **Check-up:** The vet will check your dog's weight, temperature, and overall health. They may also listen to the heart and lungs.
2. **Questions:** The vet might ask about your dog's behaviour or any symptoms you have noticed, for example, changes in appetite, activity, or behaviour.
3. **Vaccine:** Your dog might need a vaccine to prevent diseases such as leptospirosis, distemper, and parvovirus.
4. **Follow-up:** If necessary, the vet will recommend follow-up visits or additional tests, such as blood tests or x-rays.

Section 5.2:

Preparing for a Vet Visit

Activity 34

Explore online tools and apps to book veterinary appointments. Many clinics offer booking systems that let you check availability, pricing, and services offered.

1. Go to a local vet's website or use a general veterinary booking platform.
2. Look for:
 - Available appointment dates
 - Pricing for routine check-ups, vaccine, or emergency services if available
 - Additional services such as grooming, dental care, or flea treatments

Once you have explored the system, write down:

- The cost of a routine check-up
- The availability for an appointment in the next week
- Any other services they offer for example, vaccine, parasite prevention

Preparing Questions for the Vet

It is important to come to the vet visit prepared, with a list of questions to ensure that all of your concerns are addressed. Taking notes before and during the visit can help ensure you leave with the information you need.

Common Questions for the Vet:

- Is my dog's weight healthy for their breed and age?
- Are there any vaccine or treatments that are due soon?
- What food should I be feeding my dog for optimal health?
- How can I prevent fleas and ticks?
- Are there any signs of illness I should watch for?
- What would pet insurance cover?

Section 5.2: Preparing for a Vet Visit

Activity 35

1. Case Study: Watson is a 3-year-old Lurcher Cross. Lately, he has been scratching a lot, and his skin looks red and irritated. He also seems to have lost weight over the last month. Watson's owner is worried it could be something serious and needs advice.

Instructions:

1. Write down your concerns.
2. Based on Watson's symptoms, what questions would you ask the vet?

- Question 1

- Question 2

- Question 3

3. Share with a classmate.

Unit 6



Section 6:

Introduction to Dog Behaviour and Body Language

Understanding Dogs

Knowing how dogs behave helps us connect with them, train them better, and keep them happy and safe. Dogs follow their natural instincts, which means they react in certain ways without thinking. If we learn about this, we can take better care of them and train them well.

Dog Body Language

- Dogs show their feelings through their body language. Watching for signs and signals can help us understand if they are happy or stressed.
- A happy dog will have a relaxed body and face.
- A dog experiencing stress may show signs like a stiff body, licking their lips, yawning, panting when they are not hot, pacing, whining, or tucking their tail close to their body.
- By noticing these signs early, we can help dogs feel calm and safe. Understanding their body language also helps us build a stronger bond with them.

Signs of a Happy Dog

1. Relaxed Body Language:

- Loose, wagging tail
- Relaxed ears (not pinned back or stiff)
- Soft, open mouth

2. Playful Behaviour:

- Bouncing movements or play bows (front legs stretched forward, hind legs up)
- Bringing you toys or initiating games

3. Seeking Contact:

- Leaning into you, resting their head on you, or asking for belly rubs
- Following you around the house in a calm, curious manner

Section 6:

Introduction to Dog Behaviour and Body Language

4. Calm Energy:

- Lying down with a relaxed posture or lightly snoozing near you
- Quietly observing their surroundings with alert but gentle expressions

Signs of Stress and Anxiety in Dogs

- Yawning when they are not tired
- Lip licking when not eating or drinking
- Panting when they are not hot
- Tucked tail (tail close to the body)
- Pacing (moving back and forth)
- Shaking as if wet or cold, even when dry and warm
- Whining, barking or growling (more frequent or intense than usual)

Noticing these signs early can help you respond to a dog's stress and create a safe and calming environment for them and your household. It is important to look at all these signs as a whole in order for you to understand how the dog might be feeling.

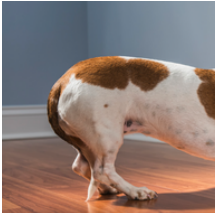






Section 6:

Introduction to Dog Behaviour and Body Language

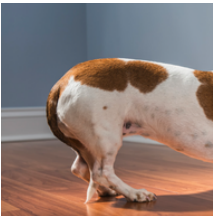


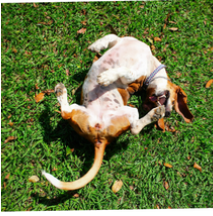

Activity 36

From the images write down the signs of what each dog is feeling.

	Signs Observed	What is the dog feeling?
	Tail tucked	
	Raised paw	
	Shaking	
	Floppy body	
	Sleeping	

Section 6: Answers

Activity 36

	Signs Observed	What is the dog feeling?
	Tail tucked	Scared/anxious
	Raised paw	Anxious
	Shaking	Afraid/cold
	Floppy body	Relaxed body
	Sleeping	Relaxed

Section 6.1:

Building Trust and Managing Stress in Dogs

Helping a Dog Feel Calm

Once you recognise that a dog is stressed, you can try these calming techniques

- **Create a safe space:** Give your dog a quiet area to relax in, such as a corner with a cosy bed or crate.
- **Use comforting items:** Soft toys, blankets, or even calming scents can help a dog feel secure.
- **Play calming music:** Soothing sounds can help reduce anxiety, especially during stressful events like fireworks.
- **Distract with exercise or play:** A good walk or favourite game can help release nervous energy.
- **Provide positive reinforcement:** Reward calm behaviours with treats or praise to encourage relaxation.
- If your dog is showing these signs of stress for a some time, seek vet advice immediately.

Building Trust with your Dog

Trust is important for a good relationship with your dog. When dogs trust us, they feel safe and are more likely to listen. Here are three simple ways to build trust with your dog.

Keep a Routine:

- Feed and walk your dog at the same times every day
- Use the same words and rewards

Be Gentle:

- Stay calm and move slowly
- Give your dog time to learn

Section 6.1:

Building Trust and Managing Stress in Dogs

Spend Time Together:

- Play, walk, and cuddle with your dog
- Show love and care

Building trust with your dog takes time, remember to have patience and always make sure you are giving your dog breaks.

Activity 37

Match the trust-building exercise to the description.

Trust-Building Exercise	Description
1. Hand-feeding	A. Letting your dog approach slowly and calmly before doing something they find scary.
2. Slow approach	B. Feeding your dog by hand instead of using a bowl to help them feel comfortable with you.
3. Game time	C. Playing simple games like fetch to create a fun and positive bond with your dog.

Section 6.1: Answers

Activity 37

1 =B

2 =A

3= C



Section 6.2:

Socialisation and Habituation

Socialisation is the process of helping puppies and dogs become comfortable with different people and animals.

Habituation is the process of helping puppies and dogs become comfortable with new places and experiences.

Benefits of Socialisation and Habituation

- **Builds Confidence:** Socialised dogs are more comfortable and adaptable to new environments and situations for example, a dog who has met different types of people is more likely to be relaxed when meeting strangers.
- **Reduces Fear and Anxiety:** Exposing dogs to various situations and other animals can help them become less fearful of unfamiliar things, such as loud noises or new places.
- **Improves Behaviour:** Dogs who are well-socialised tend to be more relaxed, less reactive, and better behaved in social settings, such as at the park or around visitors.

Example: A dog that meets different animals like other dogs, cats, or livestock during its early months will help them feel more comfortable around unfamiliar animals later in life.

Socialisation Schedule for a Puppy

Socialising your puppy should be slow and planned. If it is too fast, your puppy may feel stressed. Puppies need 16-20 hours of sleep every day to stay healthy. A good rule is 5 minutes of activity for each month of your puppy's age when trying something new.

Activity 38

Create a simple socialisation and activity plan for a puppy at two different stages of its life for example, 5 months and 15 months.

Section 6.2: Socialisation and Habituation

Instructions:

1. Understand the puppy's needs:

- Puppies need 16-20 hours of sleep per day
- Activity time = 5 minutes per month of age for focused activities

2. Plan activities for two ages:

- 5-month-old puppy
- 15-month-old dog

3. Design the plans:

- Write or draw an activity plan for each age. Use your imagination to create fun and appropriate activities!
- Think about physical, mental, and social activities the puppy would enjoy for example, meeting new people, playing fetch, or solving puzzles.

4. Present your plan:

Share your plans with the class and explain why you chose each activity and how it benefits the puppy.

Gradual and consistent socialisation and habituation is key for any dog at any stage and especially so for puppies. All activities with your dog should be supervised.



Section 6.2:

Socialisation and Habituation

Activity 39

Quiz:

Read each question carefully and choose the correct answer. This quiz will test your knowledge of how to socialise and habituate a puppy.

1. What is an important activity to do with a puppy for socialisation?

- a) Take the puppy for a drive
- b) Meet a new person or dog in a calm, controlled environment
- c) Leave the puppy alone in a crate
- d) Play with the puppy outside for hours

Answer = _____

2. What is a good activity for habituating a puppy?

- a) Leave the puppy at home alone
- b) Visit a new location (like the park) to explore different sights and sounds
- c) Take the puppy for a long run
- d) Let the puppy sleep

Answer = _____

3. What should you do at home for the puppy's socialisation?

- a) Let the puppy play with other dogs at the park
- b) Play with family members for short periods
- c) Keep the puppy in a crate all evening
- d) Ignore the puppy until bedtime

Answer = _____

Section 6.2:

Socialisation and Habituation

Activity 40

Now think about how a dog is introduced to a new environment and choose the correct answers based on the situation.

1.What positive behaviour might a dog show during a socialisation experience at a park?

- a) Growling at other dogs
- b) Wagging its tail and walking calmly
- c) Hiding behind its owner
- d) Barking loudly at other dogs

Answer =

2.How can the owner make sure the dog's interaction is positive at the park?

- a) Let the dog run free immediately
- b) Keep the dog on a leash and reward calm behaviour
- c) Yell at the dog to stop barking
- d) Ignore the dog's reactions

Answer =

3.What could improve the introduction of the park or new environment?

- a) Let the dogs meet in a crowded area
- b) Let the dogs approach each other slowly, with enough space
- c) Ignore any signs of stress from the dogs
- d) Take the dog home immediately if it barks

Answer =

Section 6.2:

Socialisation and Habituation

4. Why is it important to socialise and habituate puppies early?

- a) To help them develop fear of other dogs
- b) To reduce their confidence and independence
- c) To help them become comfortable and confident in different places or experiences and around new people and animals
- d) To make sure they walk well on a leash

Answer =

Developing a Training Plan: Calculating the Cost of Training

Getting professional training helps build trust with your dog and is a great way to start training at any age. Choose a trainer who uses positive rewards and is a member of the Association of Professional Dog Trainers (APDT) <https://www.apdt.ie/>



Activity 41

Individual Calculation Task

- Calculate the total cost if you use a private trainer for 1 hour each week for a month.
- Write the total cost in the space provided

Example Costs:

Private Trainer: €40 per hour

Group Class: €25 per session

- Monthly Class Pass: €100 (includes 4 weekly classes)
- (Hint: A month typically includes 4 weeks.)

Total Cost:

Section 6.2:

Socialisation and Habituation

Online Research Task

1. Use Google Search to find local or online dog training facilities. Remember to check if they are a member of the APDT.
2. Collect the following information for at least three facilities:
 - Name of the facility
 - Location
 - Cost of services (private training, group classes, or package deals)
3. Contact details (phone number, website, or email)
 - Enter this information into the Excel spreadsheet provided with clear column headings.

Instructions for Spreadsheet:

Create a table in Excel (or Google Sheets) with the following headings:

1. Facility Name
2. Location or online
3. Service Type example private, group class, package
4. Cost per session/hour
5. Contact information

Example:

Facility Name	Location	Service Type	Cost per Session/Hour	Contact Information
Dog School	Online	Self led Puppy Programme	€60	https://www.dogstrust.ie/dogadvice/training/dog-school

Reflection

Write your answers to the following question below:

What are three new things you learned about canine behaviour?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Section 6.2: Answers

Sample Answers Activity 38

1.5-Month-Old Plan: (25 minutes)

- Morning: Meet other dogs on a leashes on a walk (10 minutes).
- Afternoon: Short walk around the neighborhood (10 minutes).
- Evening: Play with a puzzle toy (5 minutes).

2.15-Month-Old Plan: (75 Minutes)

- Morning: 20-minute walk in the park.
- Afternoon: Practice advanced tricks (20 minutes).
- Evening: Play fetch or scent games (35 minutes).

Activity 39

1. What is an important activity to do with a puppy for socialisation?

Answer: b) Meet a new person or dog in a calm, controlled environment

2. What is a good activity for habituating a puppy?

Answer: b) Visit a new location (like the park) to explore different sights and sounds

3. What should you do at home for the puppy's socialisation?

Answer: b) Play with family members for short periods

Section 6.2:

Answers

Activity 40

1. What positive behaviour might a dog show during a socialisation experience at a park?

Answer: b) Wagging its tail and walking calmly

2. How can the owner make sure the dog's interaction is positive at the park?

Answer: b) Keep the dog on a leash and reward calm behaviour

3. What could improve the introduction at the park or new environment?

Answer: b) Let the dogs approach each other slowly, with enough space

5. Why is it important to socialise and habituate puppies early?

Answer: c) To help them become comfortable and confident in different places or experiences and around new people and animals.

Unit 7



Section 7:

Exercise and Physical Conditioning for Dogs

Understanding Exercise Needs

Dogs of all ages and health conditions require different types of exercise to stay healthy and fit. Exercise routines should be tailored to a dog's age, physical health, and stamina. This helps ensure that dogs get the right amount of exercise to maintain their wellbeing and avoid injury.

Providing the right amount of exercise based on a dog's age and health condition is essential for their wellbeing.

By following an exercise plan that meets their needs, you can help prevent injuries, reduce stress, and improve their overall health.

- **Puppies:** Puppies have lots of energy but get tired easily. They need short playtimes, gentle walks, and time with other dogs to help build their muscles and coordination.
- **Adult Dogs:** Adult dogs, usually between 1 and 7 years old, can handle more intense activities like running, hiking, or agility training.
- **Senior Dogs:** Older dogs may have joint problems or reduced energy levels. They should focus on low-impact activities like swimming or short walks.

A dog's age is a rough guide to exercise, every dog will have its own health history so always allow for the dog's own vet history.



Section 7:

Exercise and Physical Conditioning for Dogs

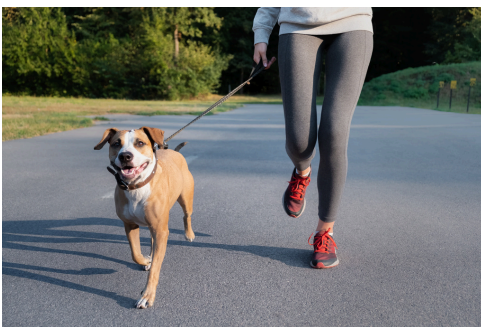
Exercise Types

There are different types of exercises that help improve a dog's physical health:

Strength-Building Exercises: Activities like tug-of-war, incline walking, or using resistance toys help build muscle, balance, and core strength. These exercises improve overall stability and prevent injuries.



Stamina/Endurance Training: Activities like swimming, jogging, or agility training help increase a dog's cardiovascular health and overall endurance. These activities are especially good for maintaining a dog's energy and strength over time.



Flexibility Exercises: Stretching and mobility exercises, such as weave pole drills, jumping over low obstacles, or balance board exercises, help maintain a dog's flexibility and range of motion. These are great for supporting older dogs or dogs recovering from an injury.



Section 7:

Exercise and Physical Conditioning for Dogs

Watch this short video from Dogs Trust with some practical safety tips for walking your dog.

Summer fun with your dog

<https://www.youtube.com/watch?v=JDZaNACJ3Sg>



Monitoring Fitness and Preventing Overexertion

Exercise is essential, but it is important to prevent overexertion, which can lead to injuries or stress. Here's how to recognise signs of tiredness and prevent harm:

- **Signs of Tiredness:** Watch for signs like heavy panting, drooling, or the dog falling behind during walks. These may mean the dog is tired.
- **Signs of Injury:** Look for signs like limping, stiffness, or pain while moving. This could mean the dog is hurt.
- **Changing Exercise Plans:** Start with light exercise and slowly make it harder. This helps prevent injury, especially for dogs who aren't used to exercise.

Activity 42

Instructions: Read the details about the dogs in Case Study 1 and Case Study 2. Answer the questions.

Section 7:

Exercise and Physical Conditioning for Dogs

Case Study 1: Molly the Young Retriever

Molly is a 2-year-old golden retriever, she is energetic and loves long walks and playing fetch at the park. Recently, her owner, Sarah, noticed that after their usual one-hour walk, Molly seems more tired than usual. Molly has started panting heavily, drooling more than normal, and lagging behind Sarah during their walks. Sarah also observed that Molly seems to be moving more slowly and has shown some reluctance to chase the ball after the walk.

Sarah is worried that Molly might be overexerting herself, as she usually has a lot of energy after walks, but today she seems drained. Sarah wonders if they might need to change their exercise routine to ensure Molly's health.

Case Study 2: Max the Senior Cocker Spaniel

Max is a 10-year-old cocker spaniel who loves short walks around the neighbourhood. Lately, after his walks, he has started limping and seems to struggle getting up from his bed. His owner, John, also notices that Max's muscles are stiff and he is favouring his back legs, particularly when walking down stairs. John has always kept Max on a regular walking schedule, but now he's worried that Max's age and joint issues may be causing pain or strain. John wonders whether they should adjust Max's exercise routine to prevent further injury.

Questions:

1.Which case study shows signs of tiredness?

2.Which case study shows signs of potential injury?

3.Based on the signs in each case, how would you adjust their exercise plan?

If your dog displays any changes in behaviour or injury, make sure you always contact your vet immediately.

Section 7.1:

Canine Enrichment and Exercise

To stay happy and healthy, dogs need more than just food and a place to sleep. They also need activities to keep their minds busy and bodies active. Without enough to do, dogs can get bored or anxious.

What is Enrichment?

Enrichment means giving your dog fun activities that engage their senses, brain, and body. This can include puzzles, games, toys, sniffing activities, or exploring new places. Enrichment makes life more fun for dogs, reduces boredom, and lowers stress.

Enrichment is important for your dog's mental health. It keeps their brain sharp, helps them stay calm, and prevents boredom. Dogs that have enough to do are less likely to chew things, bark too much or engage in destructive behaviours.

Enrichment can also improve your dog's problem-solving skills, mood, and behaviour. It helps reduce stress hormones, so dogs feel happier and more relaxed.

Exercise and Enrichment

Exercise, like walks or playing fetch, is a big part of enrichment. Physical activity helps dogs burn energy and stay healthy. When you add mental activities, like puzzles or sniffing games, your dog gets the best of both worlds physical and mental health.

Giving your dog regular enrichment and exercise is important for their happiness and wellbeing. It helps prevent problem behaviours and keeps them emotionally healthy. By planning fun activities for your dog, you can make their life better and build a stronger bond with them.

Section 7.1: Canine Enrichment and Exercise

Benefits of Enrichment

1. Reduces Anxiety

Enrichment helps dogs relax and manage stress. For example, a chew toy or food puzzle gives them something fun to focus on when they are feeling stressed.

2. Prevents Boredom

Dogs without enough to do might bark, dig, or chew furniture. Enrichment gives them better ways to use their energy.

3. Builds Problem-Solving Skills

Activities like puzzle feeders or hiding treats help dogs think and solve problems. This keeps their minds active and helps them learn better.

Types of Enrichment Activities for Dogs

There are several kinds of enrichment activities that can help meet a dog's mental and physical needs. Each type of enrichment offers unique benefits and engages the dog in a different way.

Sensory Enrichment:

- Engage your dog's senses (sight, smell, taste, touch, hearing) with activities like scent games, new textures, and safe sounds.

Physical Enrichment:

- Keeps your dog healthy and helps burn energy with activities like fetch, tug-of-war, or agility exercises, for example, weave poles – set up poles in a line and guide your dog to weave through them with a treat or toy. This improves coordination and focus.

Section 7.1: Canine Enrichment and Exercise

Social Enrichment

- Involves spending time with people or other animals through playdates, group play, and training that builds your bond.

Cognitive Enrichment

- Challenges your dog's mind with problem-solving activities like food puzzles, hide-and-seek, and games that teach new skills.

Remember to always supervise enrichment activities with your dog.

Example Activity: Scent Games

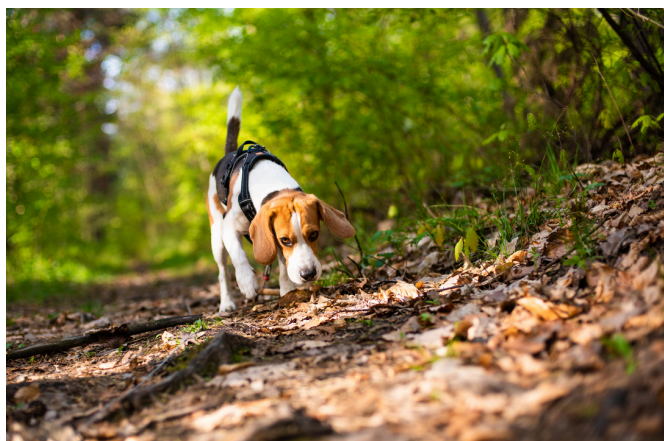
Hide treats around the house or yard and let your dog find them using their nose. This satisfies your dog's natural foraging instincts and gives them mental stimulation.

What is Foraging?

Foraging is when dogs use their senses, especially smell, to search for food or treats. It is a natural behaviour that helps keep their mind active.

Activity 43

Read the examples below and match each to the correct type of enrichment.



Section 7.1:

Canine Enrichment and Exercise

Example Activity	Enrichment Type (Sensory, Physical, Social, Cognitive)
Puzzle feeder with treats inside	
Tug-of-war	
Playdate with another dog	
Scent trail with treats	

DIY Enrichment Ideas for Dogs

Enrichment doesn't have to be costly. Many fun, mentally stimulating activities can be created with household items. DIY enrichment encourages creativity, allows for customization, and provides dogs with unique, engaging experiences.

Some Enrichment Resources

Recipe Article (Measurements and steps included)

<https://www.dogstrust.ie/dog-advice/life-with-your-dog/enrichment/ice-treat-recipe>

Section 7.1: Canine Enrichment and Exercise

Dig Box Article (Enrichment & Wellbeing)

<https://www.dogstrust.ie/dog-advice/life-with-your-dog/enrichment/make-your-own-dig-box>

Dogs Trust video on Feeding ideas

<https://www.youtube.com/watch?v=d6jsfPFrUdM>



Activity 44

Design a simple enrichment and exercise plan for a dog.

Step 1: Think about a dog's needs

- Consider a specific dog (real or imagined) and its age, size, and energy level and create an enrichment activity

For example:

1. A young, active Labrador Retriever needs a lot of exercise and interactive games.
2. An older Jack Russel terrier might enjoy short walks and gentle scent-based games.

Step 2: Plan activities

- List 2 enrichment activities that suit the specific dog imagined
- Use the table below to organise your ideas

Section 7.1: Canine Enrichment and Exercise

Example activity plan:

Dog's Characteristics	Enrichment/Exercise Activity	How it helps
Low energy prefers gentle activities	Provide a variety of chew toys and introduce a rotation schedule for novelty	Engages the brain, reduces boredom
High energy loves to run	30-minute walk in the park	Provides physical exercise and mental stimulation through sniffing

Dog's Characteristics	Enrichment/Exercise Activity	How it helps

Reflection

Write a short paragraph on why these activities are good for the dog.

[illegible]

Section 7.1: Answers

Activity 43

Example activity	Enrichment Type (sensory, physical, social, cognitive)
puzzle feeder with treats inside	cognitive
tug-of-war	physical
playdate with another dog	social
scent trail with treats	sensory

Section 7.2:

Introduction to Canine Learning

Dogs learn by linking their actions to results. This is called Associative Learning, which has two main types:

- **Classical Conditioning:**

This is when a dog learns to link a sound or event to something that follows. For example, when a dog hears the sound of a leash and knows it means a walk is coming, they have learned this association.

Example: The dog hears the leash (sound) and gets excited because they know it means a walk (event)

- **Operant Conditioning:**

This is when a dog's behaviour changes because of a consequence. If a dog does something and gets a reward, they will be more likely to do that behaviour again in the future.

Example: When a dog sits and gets a treat, they are more likely to sit again when asked.

Setting Boundaries and Rules at Home

Creating boundaries and rules at home helps a dog understand what is expected of them. Dogs need a structured environment to feel safe and secure. Here's how you can set boundaries:

1. **Boundaries:**

- This means deciding which areas the dog can and cannot go.
- Example: Your dog is allowed on the couch, but not on the kitchen counter.

2. **Consistency:**

- Always use the same commands and routines. This helps the dog learn faster and feel more comfortable.
- Example: Use the same word each time you want the dog to sit.

Section 7.2:

Introduction to Canine Learning

3. Reward-based:

- Rewarding good behaviour helps the dog remember what they should do.
- Example: If the dog waits calmly at the door, reward them with a treat.

Activity 45

Instructions:

Think of a behaviour you want your dog to learn at home, like staying off the furniture or not begging at the table. Write a simple plan for how everyone in the home can follow the same steps to teach the dog.

See here for some additional resources:

Teach your pup to sit and lie down

<https://youtu.be/UZusQPbMvq8>



Teach your pup to settle

<https://youtu.be/zUmTbRvt8BE>



Section 7.2: Introduction to Canine Learning

Behaviour to teach	Training Plan
Example: Not jumping on guests	Reward calm sitting with praise and treats

Rewards are an important part of training. They help the dog understand which behaviours are good. Here's how to use rewards effectively:

1. Timing:

Reward the dog immediately after they do the behaviour.

Example: If the dog sits, reward them right away so they know what they did right.

2. Consistency:

Always reward the dog when they perform the behaviour, especially at the start of training.

Example: Rewarding every time the dog sits when you ask.

Section 7.2:

Introduction to Canine Learning

3. Gradual Reduction:

Once the behaviour is learned, you can reward less often but keep praising.

Example: Only rewarding every second or third time the dog sits after they have learned it.

Activity 46

Match the training scenario to the most appropriate reward. Choose the best option (A, B, or C) for each situation.

1. Teaching a puppy to “sit” for the first time.

- A. Verbal praise
- B. Tug toy play
- C. High-value treat

2. Encouraging a high-energy dog to stay calm.

- A. Verbal praise
- B. Tug toy play
- C. High-value treat

3. Rewarding a dog for recalling (“come”) while outdoors.

- A. Verbal praise
- B. Tug toy play
- C. High-value treat

4. Excessive barking: What is the best way to address this?

- A. Provide chew toys
- B. Teach the “quiet” command
- C. Teach “sit” when greeting

Section 7.2: Introduction to Canine Learning

5. Chewing household items: How can this be managed?

- A. Provide chew toys
- B. Teach the “quiet” command
- C. Teach “sit” when greeting

6. Jumping up: What should you teach instead?

- A. Provide chew toys
- B. Work with a trainer
- C. Teach “sit” when greeting

7. Highly stressed: What approach should be taken?

- A. Provide chew toys
- B. Work with a trainer
- C. Teach the “quiet” command

Section 7.2: Answers

Activity 46

- 1.C. High-value treat
- 2.B. Tug toy play
- 3.C. High-value treat
- 4.B. Teach the “quiet” command
- 5.A. Provide chew toys
- 6.C. Teach “sit” when greeting
- 7.B. Work with a trainer



Unit 8



Section 8:

Promoting Responsible Dog Ownership

Understanding Responsible Dog Ownership

Being a responsible dog owner means ensuring your dog's health and happiness while respecting your neighbours and community. This involves providing proper care for your dog, such as regular veterinary check-ups, a balanced diet, and daily exercise. It also includes keeping your dog under control in public spaces, cleaning up after them, and preventing them from causing harm to others.

Key Responsibilities of Dog Ownership

1. **Health Care:** Ensure your dog is vaccinated, wormed, and receives regular veterinary check-ups.
2. **Training:** Teach your dog basic commands like "sit" and "stay" and socialise them to be comfortable around people and other dogs.
3. **Community Awareness:** Clean up after your dog and make sure they are always on a lead or under control when out in public.

Some dog breeds need to follow breed specific-legislation.

Ways to Promote Responsible Dog Ownership

- **Educate Others:** Share what you know about caring for dogs and their needs.
- **Support Shelters:** Volunteer at or donate supplies to local shelters.
- **Get Involved:** Help organise events that raise awareness about responsible dog care.

Activity 47

Think about how you could encourage responsible dog ownership in your community. Write down three ideas.

1. _____
2. _____
3. _____

Section 8:

Promoting Responsible Dog Ownership

Creating a Digital Poster for a Charity Event

Activity 48

Make a digital poster to promote an event that raises awareness about responsible dog ownership.

Why host a charity event?

Charity events are a great way to bring people together to help dogs in your community. A poster helps share information about the event and encourages people to join.

Instructions:

1. Pick a name for your event

- Choose a fun and catchy name, like *“Paws in the Park”* or *“Dog Day Out.”*

2. Add important details

- What is the event for? for example "raising funds for a local dog shelter"
- When is it? date and time
- Where is it? location

3. Design your poster

- Use simple, easy-to-read text.
- Add a picture of a happy dog or a family with a dog.

4. Include contact information

- Provide an email address or phone number so people can ask questions or sign up.

5. Tools you can use

- Google Docs
- Microsoft Word

6. Share your poster with the group. Explain:

- What your event is about
- How it encourages responsible dog ownership
- Why the event is important for the community

Section 8: Promoting Responsible Dog Ownership

Activity 49

Quiz: Test Your Knowledge

1. What are three key responsibilities of a dog owner?
2. Why is cleaning up after your dog important?
3. Name one way you can support local shelters.

Write a short paragraph on why you think responsible dog ownership matters to

Section 8: Reflection

In this final section, you will review everything you have learned, think about where you can improve, and plan your next steps. This will help you reflect on your progress and connect with resources to continue learning about canine care.

Activity 50: Skills Review

Take a moment to think about the skills you've gained during this course. Use the table below to write them down and give examples of how you used them.

Skill	Example of Use
Digital Literacy	Created presentations and researched online

Section 8: Reflection

Instructions:

- Write down the skills you've learned (for example researching online, dog behaviour, nutrition, typing, using calculators)
- Give examples of when and how you could apply these skills

Activity 51

No one learns everything at once, and there's always room to grow. Think about areas where you could improve and write them in the table below.

Area for Improvement	Suggested Actions
Time Management	Use a planner or set reminders to manage tasks.

Section 8: Reflection

Instructions:

- List skills or knowledge you would like to improve (for example communication skills, and dog handling)
- Write down ideas for how you can work on these areas, for example, practicing with a friend's dog or watching online tutorials

Activity 52

Review the main topics covered in the course. Fill in the table below to summarise each topic and note any areas you would like to explore more.

Key Topic	Summary	Areas for Further Exploration
Animal Welfare	Understanding the Five Freedoms of Animal Care	Volunteering at local animal rescue shelters

Section 8: Reflection

Instructions:

- List key topics from the course
- Write a brief summary of each topic
- Identify areas where you would like to learn more

Self-Evaluation

Activity 53

Think about your learning during the course. Use the questions below to guide your reflection.

Self-Evaluation Questions	Your Answers
What were your strongest areas in this course?	
What areas do you feel need more improvement?	
What goals do you want to set for your next learning journey?	
How will you achieve these goals?	

Section 8.1: Course Review and Reflection

Instructions:

- Answer each question honestly
- Use your responses to think about how you can continue improving



Personal Reflection

Reflect on your overall journey through this course and your future goals.

Activity 54

Write a short essay (200–300 words) about your course experience and future plans. Use these questions to guide your writing:

- What did you enjoy most about the course?
- How has the course impacted your personal or professional life?
- What are your next steps for learning or career development?

Instructions: Write your essay on a computer or on paper. Be specific and share your honest thoughts.

Section 8.2: Feedback and Future Planning

In this section, we will review your course experience, provide valuable feedback, and set goals for your future learning journey in canine care.

Providing Feedback

Your thoughts and suggestions are important for improving future courses. Use the following activities to share your feedback.

Activity 55

Complete an online course evaluation.

1. Access the evaluation form:

- Scan the QR code provided or visit the course evaluation website.
- Follow the link to the form

2. Complete the evaluation:

- Answer questions about your course experience
- Include what you liked, areas for improvement, and additional comments

3. Submit the evaluation:

- Review your responses carefully
- Submit the form

Identifying Future Learning Goals

Setting goals for your next steps helps you stay focused and motivated. The activities below will help you create a clear learning plan.

Section 8.2: Feedback and Future Planning

Activity 56

Use the table below to set clear goals for your next learning steps.

Goal	Reason	Action Plan	Timeline
For example, learn basic first aid for dogs	To improve care during emergencies	Take an online course on pet first aid	Complete within 3 months

References

Unit 1

Brooke, (No Date) What is Animal Welfare? (Online) Available at: <https://www.thebrooke.org/sites/default/files/Animal%20Welfare/What-is-animal-welfare.pdf> (Accessed 18th September 2024).

CSO, (2021). Pulse Survey May-June 2021 - Life at Home: Snapshot of Results (Online) Available at: [https://www.cso.ie/en/releasesandpublications/fp/fp-pslahsr/pulsesurveymay-june2021-lifeathomesnapshotofresults/snapshotofresults/#:~:text=Over%20half%20\(52%25\)%20of,only%20a%20cat\(s\).](https://www.cso.ie/en/releasesandpublications/fp/fp-pslahsr/pulsesurveymay-june2021-lifeathomesnapshotofresults/snapshotofresults/#:~:text=Over%20half%20(52%25)%20of,only%20a%20cat(s).) (Accessed 4th September 2024).

Dogs Trust, (2023). Dogs Trust Ireland extremely concerned at 95% increase in stray dogs (Online) Available at: <https://www.dogstrust.ie/about-us/media-centre/increase-in-stray-dogs> (Accessed September 2024).

Dogs Trust, (2024). What breed is right for me? (Online) Available at: <https://www.dogstrust.ie/dog-advice/getting-dog/breeds> (Accessed September 2024).

Dogs Trust, (2024). The cost of dog ownership (Online) Available at: <https://www.dogstrust.ie/dog-advice/getting-dog/dog-ready/cost-of-dog-ownership> (Accessed October 2024).

Dogs Trust, (No Date) Health and hygiene: At home. (Online) Available at: <https://www.dogstrust.ie/dog-advice/health-wellbeing/at-home> (Accessed October 2024).

Dogs Trust, (No Date). How to make your dog happy. (Online) Available at: <https://www.dogstrust.ie/dog-advice/training/understanding-your-dog/make-your-dog-happy> (Accessed October 2024).

Guide Dogs for the Blind Association, (No Date). How to meet your dog's welfare needs. (Online) Available at: <https://www.guidedogs.org.uk/getting-support/information-and-advice/dog-care-and-welfare/dog-welfare/> (Accessed October 2024).

Irish Kennel Club, (2024). Microchipping: Irish Kennel Club Pet Data (Online) Available at: <https://www.ikc.ie/breeding/microchipping/> (Accessed October 2024).

References

Unit 1

Irish Kennel Club, (No Date). Breeds. (Online) Available at: <https://www.ikc.ie/dog-ownership/types-of-dog/breeds/> (Accessed September 2024).

Ryan, S., Bacon, H., Endenburg, N., Hazel, S., Jouppi, R., Lee, N., Seksel, K., & Takashima, G., (2018). WSAVA Animal Welfare Guidelines for companion animal practitioners and veterinary teams. World Small Animal Veterinary Association. Available at: <https://wsava.org/wp-content/uploads/2019/12/WSAVA-Animal-Welfare-Guidelines-2018.pdf> (Accessed 10th September 2024)

Stella, J.L. and Croney, C.C., (2016). Animal welfare concepts: Applications to dogs. Department of Comparative Pathobiology, College of Veterinary Medicine, Purdue University. Available at: <https://extension.purdue.edu/extmedia/VA/VA-19-W.pdf> (Accessed 2nd October 2024).

The Humane League, (2020). What Is Animal Welfare and Why Is It Important? (online) Available at: <https://thehumaneleague.org/article/animal-welfare> (Accessed 12th September 2024).

Walsh, S. (2023). Dog Behaviourist: We have a dog welfare crisis in Ireland that we can no longer ignore. Animal Welfare (Online) Available at: <https://www.thejournal.ie/readme/dog-welfare-6208584-Oct2023/#:~:text=Why%20are%20so%20many%20dogs,surrenders%20from%20the%20general%20public>. (Accessed 2nd October 2024).

References

Unit 2

An Post, (2024). Dog licence information. (Online) Available at: <https://www.anpost.com/Government-Services/Dog-Licence> (Accessed 23rd November 2024).

Citizens Information, (2024). Dog licences and ownership. (Online) Available at: <https://www.citizensinformation.ie/en/environment/pets-and-wildlife/control-of-dogs/> (Accessed 23rd October 2024).

Dogs Trust, (2024). All you need to know about microchipping. (Online) Available at: <https://www.dogstrust.ie/dog-advice/health-wellbeing/vet-care/microchipping> (Accessed 6th November 2024).

Irish Kennel Club, (No Date). Microchipping: Irish kennel club pet data (Online) Available at: <https://www.ikc.ie/breeding/microchipping/> (Accessed 6th November 2024).

ISPCA, (No Date). Dog warden information. (Online) Available at: <https://ispca.ie/dog-warden-info/> (Accessed 6th November 2024).

More, S., Collins, D., Meunier, N., McV. Messam, L., Doyle, R., Maguire, A., Murray, S., Reilly, P., and Lawler, P. (2022). Understanding the dog population in the Republic of Ireland: insight from existing data sources? Irish Veterinary Journal (75:16) pp1-22.

RSPCA (No Date). The five welfare needs. Available at: [https://education.rspca.org.uk/documents/1494931/0/FS The five welfare needs.pdf/971de875-0b75-fb60-1554-c1d08f643126?t=1615290861766](https://education.rspca.org.uk/documents/1494931/0/FS+The+five+welfare+needs.pdf/971de875-0b75-fb60-1554-c1d08f643126?t=1615290861766) (Accessed 13th November 2024).

References

Unit 3

American Veterinary Medical Association (AVMA), (No Date). Spaying and Neutering Your Pet. (Online) Available at: <https://www.avma.org/resources-tools/pet-owners/petcare/spaying-and-neutering> (Accessed 23rd October 2024).

ASPCA, (No Date). Vaccinations for your pet (Online) Available at: <https://www.asPCA.org/pet-care/general-pet-care/vaccinations-your-pet> (Accessed 16th October 2024).

Day, M., Horzinek, M. C., Schultz, R. D., Squires, R. A. (2015). Guidelines for the vaccinations of dogs and cats; World Small Animal Veterinary Association (WSAVA). (Online) Available at: <https://wsava.org/wp-content/uploads/2020/01/WSAVA-Vaccination-Guidelines-2015.pdf> (Accessed 23rd October 2024).

Department of Agriculture, Food and the Marine, Department of Rural and Community Development, and Local Authorities, (2024). 'Responsible Dog Ownership'. Available at: <https://assets.gov.ie/293640/5152d489-7c7c-487a-a88c-782833ea8017.pdf> (Accessed 20th November 2024)

Department of Rural and Community Development, (2024). My legal responsibilities as a dog owner. Available at: <https://www.gov.ie/en/publication/905aa-my-legal-responsibilities-as-a-dog-owner/> (Accessed 27th November 2024)

Dogs Trust, (2024). Should I get a dog: 10 questions to ask yourself? (Online)

Available at: <https://www.dogstrust.ie/dog-advice/getting-dog/dog-ready/are-you-dog-ready> (Accessed 20th November 2024).

Dogs Trust, (2024). Why neuter your dog? (Online) Available at: <https://www.dogstrust.ie/dog-advice/health-wellbeing/vet-care/neutering> (Accessed 23rd October 2024).

ISPCA, (2024). ISPCA welcomes launch of major national awareness campaign reminding dog owners of responsibilities. (Online) Available at: https://ispca.ie/ispca_welcomes_launch_of_major_national_awareness_campaign_reminding_dog_ow/ (Accessed 20th November 2024).

References

Unit 3

Keogh, L., Hanlon, A., Kelly, A., Devitt, C. and Messam, M. (2022). Self-reported awareness of the legal status of eight responsibilities of dog owners in Ireland: are dog owners different from non-dog owners?. *Ir Vet J* (75) pp1 - 13.

Menor-Campos, D. J. (2024). Ethical Concerns about Fashionable Dog Breeding. *Animals*, 14(5), 756.

RSPCA, (2021). The five welfare needs. (Online) Available at: https://education.rspca.org.uk/documents/1494931/0/FS_The_five_welfare_needs.pdf (Accessed 27th November 2024).

RSPCA (No Date). Puppy Vaccinations: What you need to know. (Online) Available at: <https://www.rspca.org.uk/adviceandwelfare/pets/dogs/health/vaccinations> (Accessed 16th October 2024).

References

Unit 4

All About Dog Food (No Date). Dog Feeding Guide: What Should You Feed Your Dog? (Online) Available at: <https://www.allaboutdogfood.co.uk/dog-feeding-guide> (Accessed 4th December 2024).

Barrett, S. (2022). Preventative Health Care for Small Animals. MSD Veterinary Manual (Online) Available at: <https://www.msdivetmanual.com/management-and-nutrition/preventative-health-care-and-husbandry-in-small-animals/preventative-health-care-for-small-animals> (Accessed 11th December 2024).

Bermingham, E., Patterson, K., Shoveller, A., Fraser, K., Butowski, C. and Thomas, D. (2024). Nutritional needs and health outcomes of ageing cats and dogs: is it time for updated nutrient guidelines? Feature Article, Veterinary Journal, 14(3), pp.5-16.

Blue Cross, (No Date). Basic healthcare in dogs (Online) Available At: <https://www.bluecross.org.uk/advice/dog/health-and-injuries/basic-healthcare-in-dogs> (Accessed 27th November 2024).

Burns Pet Nutrition (No Date). Feeding Guide. (Online) Available at: <https://burnspet.co.uk/feeding-amounts/> (Accessed 27th November 2024).

Burns Pet Nutrition (No Date). Wet vs Dry Foods. (Online) Available at: <https://burnspet.co.uk/comparing-wet-and-dry-dog-food/> (Accessed 27th November 2024)

Different Dog, (2022). How much should you feed a dog? (Online) Available at: <https://www.differentdog.com/blog/how-much-should-you-feed-a-dog-and-how-often> (Accessed 11th December 2024).

Dogs Trust, (2024). Diet and nutrition for dogs. (Online) Available at: <https://www.dogstrust.ie/diet> (Accessed 11th December 2024).

Dogs Trust, (2024). How to choose a puppy from a litter. (Online) Available at: <https://www.dogstrust.ie/dog-advice/getting-dog/choosing-dog/choosing-a-puppy> (Accessed 18th December 2024).

References

Unit 4

Dogs Trust Ireland, (No Date). How to perform a health check on your dog (Online) Available at: <https://www.dogstrust.ie/dog-advice/health-wellbeing/at-home/diy-health-check> (Accessed 18th December 2024).

European Scientific Counsel Companion Animal Parasites (ESCCAP), (2021). Worm control in dogs and cats (Online) Available At: https://www.esccap.org/uploads/docs/oc1bt50t_0778_ESCCAP_GL1_v15_1p.pdf (Accessed December 2024).

Four Paws International (2022). Feeding Your Dog Properly. (Online) Available at: <https://www.four-paws.org/our-stories/publications-guides/feeding-your-dog-properly> (Accessed December 2024).

Guide Dogs (No Date). Dog health check at home. (Online) Available at: <https://www.guidedogs.org.uk/getting-support/information-and-advice/dog-care-and-welfare/dog-health-check/> (Accessed December 2024)

MSD Animal Health (No Date) Worms (Online) <https://www.msd-animal-health.ie/species/dogs/worms-dogs/> (Accessed 11th December 2024)

Myers, P. and Poor, A. (2020), Carnivora. Animal Diversity Web.(Online)Available at: <https://animaldiversity.org/accounts/Carnivora/> (Accessed 27th November 2024)

Peregrine, A. (2023). Roundworms in small animals MSD Veterinary Manual (Online) Available At; https://www.msdvetermanual.com/digestive-system/gastrointestinal-parasites-of-small-animals/roundworms-in-small-animals#Clinical-Findings-and-Lesions_v3267015 (Accessed 11th December 2024).

Pet Health Hub (No Date). Parasites in Dogs (Online) Available At: <https://www.pdsa.org.uk/pet-help-and-advice/pet-health-hub/conditions/parasites-in-dogs> (Accessed 13th November 2024).

References

Unit 4

Purina New Zealand, (No Date). Six signs of health in dogs. (Online) Available at: <https://www.purina.co.nz/articles/dogs/health/daily-care/six-signs-of-health> (Accessed 6th November 2024).

Zooplus Magazine, (2024). Wet Food vs. Dry Food. (Online) Available at: <https://www.zooplus.ie/magazine/dog/dog-nutrition/wet-food-vs-dry-food> (Accessed 27th November 2024).

References

Unit 5

Association of Professional Dog Trainers (APDT), (No Date). Positive reinforcement and professional training resources. (Online) Available at: <https://www.apdt.com> (Accessed 12th December 2024).

Blue Cross (No Date) Emergencies and first aid in dogs (Online) Available At: <https://www.bluecross.org.uk/advice/dog/basic-first-aid-for-dogs> (Accessed 18th December 2024).

Dogs Trust, (2024). Dog school: Training resources and advice. (Online) Available at: <https://www.dogstrust.ie/dog-advice/training/dog-school> (Accessed 19th December 2024).

Dogs Trust, (2024). What's poisonous to your dog (Online) Available at: <https://www.dogstrust.ie/dog-advice/health-wellbeing/at-home/poisonous-to-your-dog> (Accessed 19th December 2025).

Dogs Trust, (2024). Which foods are toxic and poisonous to dogs? (Online) Available at: <https://www.dogstrust.ie/dog-advice/health-wellbeing/at-home/toxic-foods> (Accessed 19th December 2024).

Dogs Trust (No Date). Dog grooming at Dogs Trust Kenilworth (Online) Available at: <https://www.youtube.com/watch?v=Kab4o5VbECA> (Accessed 8th January 2025).

Dogs Trust, (No Date). Transformation Tuesday! Shih Tzus getting groomed at rescue (Online) Available at: https://youtu.be/1SpUD-hxzxs?si=sE_rCPLgflgrZNI (Accessed 8th January 2025).

Dogs Trust, (No Date). Dogs Trust: How to clean your dog's teeth. (Online) Available at: <https://www.youtube.com/watch?v=lxnKdFZks5U> (Accessed 8th January 2025).

Guide Dogs, (No Date). Dog First Aid (Online) Available At: <https://www.guidedogs.org.uk/getting-support/information-and-advice/dog-care-and-welfare/first-aid/> (Accessed 18th December 2024).

References

Unit 6

Horwitz, D. Landsberg, G., DePorter, T. and Joswich, J. (2023). Canine Communication - Interpreting Dog Language (Online) Available At: <https://vcahospitals.com/know-your-pet/canine-communication---interpreting-dog-language> (Accessed 20th December 2024).

Humphreys, L. (2024). A guide to how vets can help in habituating dogs to grooming (Online) Available At: <https://www.veterinary-practice.com/article/a-guide-to-how-vets-can-help-in-habituating-dogs-to-grooming> (Accessed 13th November 2024).

Pet World, (2020). Dog grooming: Nails. (Online) Available at: <https://petworldcages.com/dog-grooming-nails> (Accessed 13th November 2024).

PetMD Editorial, (2014). 10 Questions Everyone Should Ask Their Veterinarian (Online) Available At: <https://www.petmd.com/dog/care/10-questions-everyone-should-ask-their-veterinarian> (Accessed 4th December 2024).

Rooney, N. J., & Cowan, S. (2011). Training methods and owner-dog interactions: Links with dog behavior and learning ability. Applied Animal Behaviour Science, 132(3), 169-177.

RSPCA, (2024). Going to a dog groomer (Online) Available at: <https://www.rspca.org.uk/adviceandwelfare/pets/dogs/health/grooming> (Accessed 9th January 2025).

Vets for Pets, (No Date). Pet Parasites (Online) Available at: <https://www.vets4pets.com/pet-health-advice/parasites/> (Accessed 16th December 2024).

Walsh, S. (2022). Dog behaviourist: Yes, you can 'speak dog' - some tips for learning(Online) Available At: <https://www.thejournal.ie/prev/5894985/dvhdf.amLYx66/> (Accessed 17th December 2024).

Walsh, S. (2024). Aggressive behaviour in dogs (Online) Available At: https://www.veterinaryirelandjournal.com/images/2024/april/sa_april_2024.pdf (Accessed 17th December 2024).

References

Unit 6

Association of Pet Dog Trainers Ireland (APDT), (2024). Dog training professionals. (Online) Available at: <https://www.apdt.ie/find-a-trainer> (Accessed 19th December 2024).

Dogs Trust, (2024). Understanding your dog (Online) Available at: <https://www.dogstrust.ie/dog-advice/training/understanding-your-dog/> (Accessed 7th January 2025).

Dogs Trust, (No Date). Dog school. (Online) Available at: <https://www.dogstrust.ie/dog-advice/training/dog-school> (Accessed 8th January 2025).

Dogs Trust, (No Date). Habituation and socialisation appointments for puppies (Online) Available At: <https://www.dogstrust.org.uk/how-we-help/professionals/vet-clinics/habituation-and-socialisation> (Accessed 20th December 2024).

Grzyb, K. (2022). Signs of Anxiety in Dogs and Puppies (Online) Available at: <https://www.petmd.com/dog/behavior/signs-anxiety-dogs-and-puppies> (Accessed 4th December 2024).

Hunt, R., Whiteside, H., and Prankel, S. (2022). Effects of Environmental Enrichment on Dog Behaviour: Pilot Study. *Animals*. (2):141. pp1-8

McMullen, D. (2025). Crate training a puppy. Online Available at: <https://www.whole-dog-journal.com/puppies/crate-training-a-puppy/> (Accessed 10th January 2025).

Mornement, K. (2025). Helping a dog with separation anxiety. *Whole Dog Journal*. (Online) Available at: <https://www.whole-dog-journal.com/behavior/helping-a-dog-with-separation-anxiety/> (Accessed 10th January 2025).

Tasker, L. and Mertin, I. (2022). Supplementary guidance for dog breeders on the socialisation of puppies. Available at: https://food.ec.europa.eu/system/files/2022-07/aw_platform_plat-conc_guide_socialisation_puppy.pdf (Accessed 8th January 2025).

References

Unit 7

Beard, T. (2023). Classical Conditioning: How It Works and Examples (online) Available At: <https://www.webmd.com/mental-health/classical-conditioning-how-it-works> (Accessed 20th December 2024).

Best Friends Veterinary Hospital (No Date) Here's How Much Exercise Your Dog Needs. Available at: <https://bestfriendsvet.org/blog/dog-exercise-needs/> (Accessed 8th January 2025).

Daniels, L. (2023). The role of enrichment for dogs during enforced confinement (Online) Available At: <https://www.veterinary-practice.com/article/role-enrichment-dogs-during-enforced-confinement> (Accessed 6th December 2024).

Dogs Trust, (2016). Summer fun with your dog (Online) Available at: <https://www.youtube.com/watch?v=JDZaNACJ3Sg> (Accessed 8th January 2025).

Dogs Trust School, (2017). Easy Tips on How To Teach A Puppy To Sit And Lie Down | Dogs Trust Dog School. (Online) <https://youtu.be/UZusQPbMvq8>. (Accessed 17th December 2024).

Dogs Trust, (2020). Digging deep! Create a quick and easy enrichment box: Dogs Trust (Online) Available at: <https://www.youtube.com/watch?v=ATSGFJln98> (Accessed 4th December 2024).

Dogs Trust, (2020). Super easy enrichment ideas for your dog: Dogs Trust (Online) Available At: <https://www.youtube.com/watch?v=d6jsfPFrUdM> (Accessed 5th December 2024).

Dogs Trust, (2024). How to make a dig box and other indoor enrichment (Online) Available at: <https://www.dogstrust.ie/dog-advice/life-with-your-dog/enrichment/make-your-own-dig-box> (Accessed 4th December 2024).

Dogs Trust, (2024). Dog-friendly summer snack recipes: Three simple summer treats for your dog. (Online) Available at: <https://www.dogstrust.ie/dog-advice/life-with-your-dog/enrichment/ice-treat-recipe> (Accessed 5th December 2024).

References

Unit 7

Dogs Trust, (2020). Super easy enrichment ideas for your dog: Dogs Trust (Online) Available At: <https://www.youtube.com/watch?v=d6jsfPFrUdM> (Accessed 5th December 2024).

Dogs Trust, (2024). How to make a dig box and other indoor enrichment (Online) Available at: <https://www.dogstrust.ie/dog-advice/life-with-your-dog/enrichment/make-your-own-dig-box> (Accessed 4th December 2024).

Dogs Trust, (2024). Dog-friendly summer snack recipes: Three simple summer treats for your dog. (Online) Available at: <https://www.dogstrust.ie/dog-advice/life-with-your-dog/enrichment/ice-treat-recipe> (Accessed 5th December 2024).

Dogs Trust, (No Date). How dogs learn – a brief overview (Online) Available At: <https://www.dogstrust.org.uk/how-we-help/professionals/vet-clinics/resources/how-dogs-learn> (Accessed 18th December 2024).

Eukanuba, (No Date). Exercising your dog: What you need to know (Online) Available at: <https://www.eukanuba.com/nz/health-and-fitness/health-and-fitness-articles/how-to-exercise-your-dog> (Accessed 17th December 2024).

Grzyb, K. (2019). 5 Fun Activities to Do With Your Dog in the Backyard (Online) Available At: <https://www.petmd.com/dog/pet-lover/5-fun-activities-do-your-dog-backyard> (Accessed 9th January 2025).

Lovejoy, J. (2025). 12 Indoor Exercises for Dogs When You Can't Get Outside. PetMD. (Online) Available at: <https://www.petmd.com/dog/general-health/indoor-exercises-for-dogs> (Accessed 7th January 2025).

Lyford, L. (2024). Dog behaviour modification plans (Online) Available At: <https://www.veterinary-practice.com/article/dog-behaviour-modification-plans> (Accessed 14th January 2025).

References

Unit 7

Morrison, B. (2024). How To Exercise Your Senior Dog. PetMD (Online) Available At: <https://www.petmd.com/dog/general-health/how-to-exercise-your-senior-dog> (Accessed 13th December 2024).

The Vets, (2025). A Veterinarian's Guide to Dog Exercise at Every Age. (Online) Available at: <https://thevets.com/resources/pet-health-care/dog-exercise-by-age/> (Accessed 15th January 2025).

Traverse, T. (2018). 8 Dog Exercising Tips for Warm Weather. PetMD. (Online) Available At: <https://www.petmd.com/dog/slideshows/8-dog-exercising-tips-warm-weather> (Accessed 18th December 2024).

References

Unit 8

Fetch Courses, (2025). Guidance Counsellors for Future Planning. (Online) Available at: <https://www.fetchcourses.ie> (Accessed 19th December 2024).

Irish Kennel Club, (no Date). Legal requirements (Online) Available At: <https://www.ikc.ie/dog-ownership/choosing-the-right-dog/legal-requirements/> (Accessed 3rd December 2024).

Koohsari, M.J., Yasunaga, A., Shibata, A. et al. Dog ownership, dog walking, and social capital. Humanit Soc Sci Commun 8, 126 (2021).

MADRA, (2024). Responsible dog ownership (Online) Available At: <https://www.madra.ie/owning-a-dog/#:~:text=Dogs%20require%20food%2C%20water%2C%20shelter,safety%2C%20health%20and%20mental%20wellbeing> (Accessed 17th January 2025).

RSPCA, (2025). How to look after a dog - Dog facts. (Online) Available at: <https://www.rspca.org.uk/adviceandwelfare/pets/dogs> (Accessed 15th January 2025).

Utz, R. (2014). Walking the Dog: The Effect of Pet Ownership on Human Health and Health Behaviors. Soc Indic Res (116), pp327–339.



This work has been developed with input from Dogs Trust Ireland. However, the primary function of this course is to support and enhance the digital, literacy and numeracy skills for the learner. Any additional links or supporting materials does not necessarily reflect the official policies or positions, or values of Dogs Trust Ireland and Dogs Trust Ireland bears no responsibility for any errors, omissions, or interpretations included in this work. Dogs Trust Ireland always recommends dog owners contact their vet immediately if their dog experiences any changes in behaviour or injury.