



13 Ways to a Happy Dog



They say...

They say love is a four-legged word. Ask any pet lover, and they'll tell you it's true. Dogs, in particular, have been hailed for decades as givers of **unconditional love** and **faithful companionship**.

It's no wonder that they are, by and large, considered a **human's best buddy**. If you have a dog, then you're no stranger to this adage—and, as much love and happiness as they give you, wouldn't you want to give them the same?

Here are **13 ways** to do just that.



01

Talk to your dog and **speaK their name**, often.

There are a myriad benefits that come with talking to your dog, not just for you, but for your beloved pooch, as well. Dogs are emotionally intelligent creatures who appreciate interaction. They can read into not only your body language, but your speech delivery and tone of voice, as well.

"SIT!"
"STAY!"
"GO, FETCH!"



Dogs respond to human speech. At first, your dog may only respond to more “dog-related” words

(“Sit,” “Stay,” “Do you want to go for a walk?”, “Go fetch!” among others)

But the more regularly you speak to your pet, the more words they will learn to understand and respond to.

Talking to your dog is a way to engage them and to reinforce your bond with your pet, which especially happens when you call them by name. And, while it may seem odd to non-pet people, you already know how therapeutic talking to your pet can be for you, too. They listen, even to your gripes and grumbles, and they love you all the same.

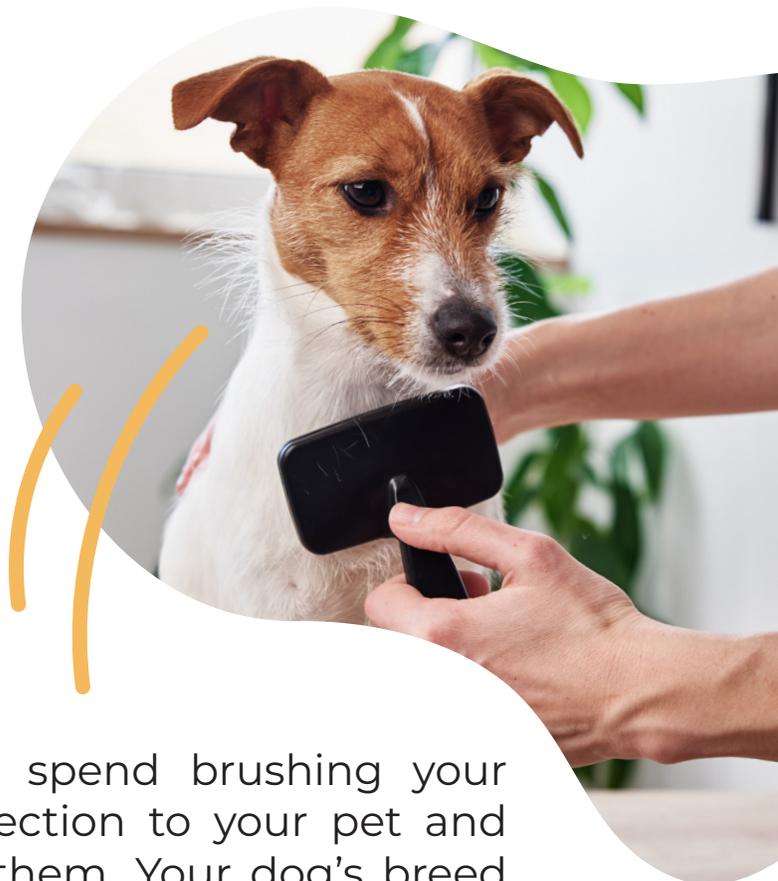
02

Brush Your Dog's Coat on a Regular Basis



Grooming your dog regularly not only keeps their coat nice and shiny, it also contributes to their overall health and happiness. Giving your dog a good, even brushing helps to distribute the natural oils on your pet's skin, contributing to a shiny, kempt, tangle-free, mat-free coat; this is especially important for long- or thick-haired dog breeds.

Brushing also helps get rid of loose hair, which will otherwise end up on your floor or furniture. Aside from the benefits to your dog's coat, regular brushing also helps you become familiar with your pet's skin and body, enabling you to spot and quickly deal with any irregularities or health issues that may arise.



Moreover, the time you spend brushing your pet's fur deepens your connection to your pet and strengthens your bond with them. Your dog's breed and type of hair will largely determine how often to brush them: dogs with longer hair or thicker coats will require more frequent, lengthier brushing sessions. As a general guideline, though, longer-haired dogs should be brushed weekly, while shorter-haired breeds should be fine with a good brushing every two weeks.



03

Feed Your Dog Top-Quality Food



Just as it is with humans, proper nutrition is vital to your dog's health and happiness. While it can be costlier to feed your pet topshelf food, look at it as a preventive health measure—you'd do anything to keep your faithful Fido healthy, and vet's bill are more expensive, anyway.



Choose a dog food that is formulated for your pooch's age, size, and level of activity. Dog's have varying nutritional needs, throughout their lives; make sure that their food is appropriate to their current life stage. When picking food, read labels. As with human food, the less your dog's food is processed, the better. Pay attention to sodium levels, too. To avoid renal issues, feed your dog a mix of dry and wet food.

While kibble is the easier alternative, it isn't the best idea for your dog to subsist solely on that. Make sure your dog always has access to clean, fresh water. If your dog has specific health needs, be sure to look for food that is specially formulated to address the condition. Make feeding time even more fun by occasionally using a food-dispensing toy or doggy puzzle. Use an anti-glutton bowl if your dog tends to wolf down their food.



04

Provide your Pooch with Playthings (and Playtime!)



You know that feeling of boredom, where you find yourself staring into space in frustration and emptiness? While your dog may not feel exactly the same way you do, boredom hits them, too. A bored dog is an unhappy—and quite possibly, unruly—dog. Your pooch will likely express their boredom with a sullen disposition, or in ways you won't quite appreciate.

A bored dog might chew on things they're not supposed to chew on (your shoes, the furniture, toilet paper rolls—nothing is off limits to a bored pup), bark incessantly, and act out in an array of annoying antics. You can prevent all that with a good selection of quality dog toys. While the best dog toys for sale will depend on your dog's age, size, and temperament, tried-and-tested favorites include a dependable chew toy, a rubber ball, a rope tug, and a pet-safe plushie.

Throw in a couple of dog puzzles to level up the interactive fun. Beyond the playthings themselves, however, make sure to get in on your pet's playtime. Toss a Frisbee and teach them to catch, or play a game of fetch the stick with them. Playtime with your pup will be as fun for you as it will be for them.

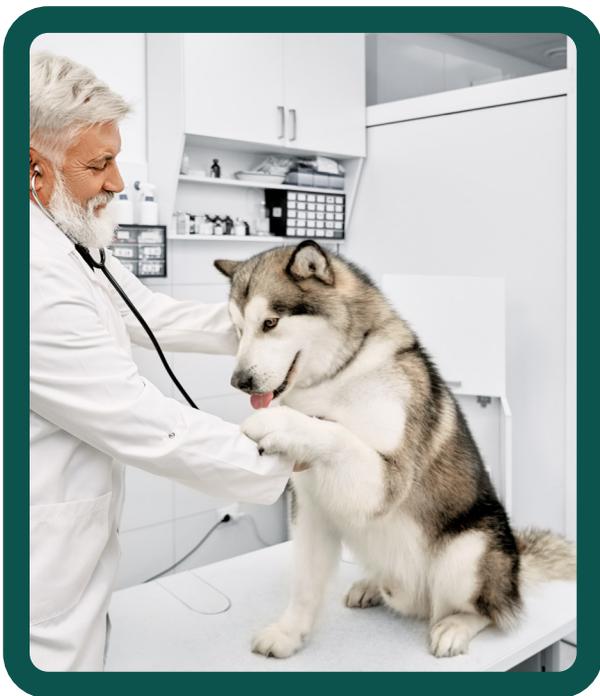


05

Schedule **Regular Visits** to the **Vet**



Trips to the vet are not only important for when your dog is feeling under the weather—"well-dog" visits are vital, too. While your pooch may not think so (some dogs are not fans of trips to the veterinarian's clinic), it is necessary that they see the vet for regular check-ups and not just when they have taken ill.



Most vets will recommend annual or biannual exams for healthy pets, as this gives them a chance to check on and monitor your pet's general health and wellbeing. These visits are also a good time to administer routine vaccines and such, and are vital to the early detection (and treatment or prevention) of sickness and disease. Keep in mind that taking preventive health measures can also be much more cost efficient than spending on bills if your dog falls ill.

**REMEMBER,
A HEALTHY DOG IS
A HAPPY DOG!**



06

Flee, Fleas! Take Off, Ticks!



Fewer things are more annoying to a dog than the constant itch of ticks and fleas. Not to mention, the infestation often extends to your home, too, making it highly annoying for you, as well. Not only is it extremely uncomfortable for your pooch to be itching and scratching all day, it is also unhealthy for them. Ticks and fleas present an array of health problems, feeding on your dog's blood and posing a threat to their overall wellbeing.

These parasites can adversely affect your dog's health, causing illnesses such as allergic reactions and skin lesions to a number of more serious tick-borne diseases. Safeguard your dog's health and ensure their comfort by regularly checking for the presence of said parasites.



Run a flea comb through your dog's fur for closer inspection. In the event of an infestation, your dog's vet can prescribe a safe and effective remedy. Meanwhile, to prevent re-infestation, your house will have to be treated, too, with commercially available or DIY home products.

07

Allow your Dog to **Enjoy the Great Outdoors**



Dogs are natural-born explorers and love to spend time outdoors. Allow your dog to get in touch with their primal self by taking them on walks outside, to the park, or, whenever possible, on a hike.



Not only will your dog delight in the scents and scenery of the Great Outdoors, the walk will **enable them** (and you) to get **some exercise, too.**

Walking gives your dog an outlet for pent-up energy, which is especially important if your pooch is stuck indoors most of the day. Because of all the benefits, an outdoor walk makes for a healthier, happier dog—which contribute to a longer lifespan.

08

Consider Getting Your Pet **Fixed**



There are numerous benefits to getting your dog spayed or neutered; and, while the notion of having your pet fixed may seem intimidating, at first, it is something you should definitely consider.

Physically, getting your dog fixed will greatly reduce the chances of pyometra, breast cancer, and uterine infections in females, and testicular cancer in males.



Behaviorally, spaying/neutering your dog will result in a **happier pup, less prone to the behavioral swings** that come with heat cycles and the mating instinct. Moreover, getting your pet fixed will help in the **prevention of an unplanned or unwanted litter**, making it the responsible thing to do as a pet owner.

09

Communicate With Your Dog Through Actions



If you've spent enough time with your beloved pooch, then you would know that they crave your attention and they enjoy communicating with you. If you take the time to learn how to effectively communicate with your dog, you **deepen the bond of friendship** between you and your pet. Aside from talking to your dog regularly, a good way to strengthen your communication with your pet is to teach them (through repetition) cue words and to reward them when they respond.



...and give them
lots of hugs!

This action of positive reinforcement is a great strategy towards instilling discipline, as well as letting your pet know that you love them. Communicate with your actions, not just your words. Give your dog a **nice pet** or **rub behind the ears**, **pat their head**, **stroke their belly**, and **give them lots of hugs**. Wait for your pet to clue you in on what they want, as well. This will show them that you are attentive to their needs, too.

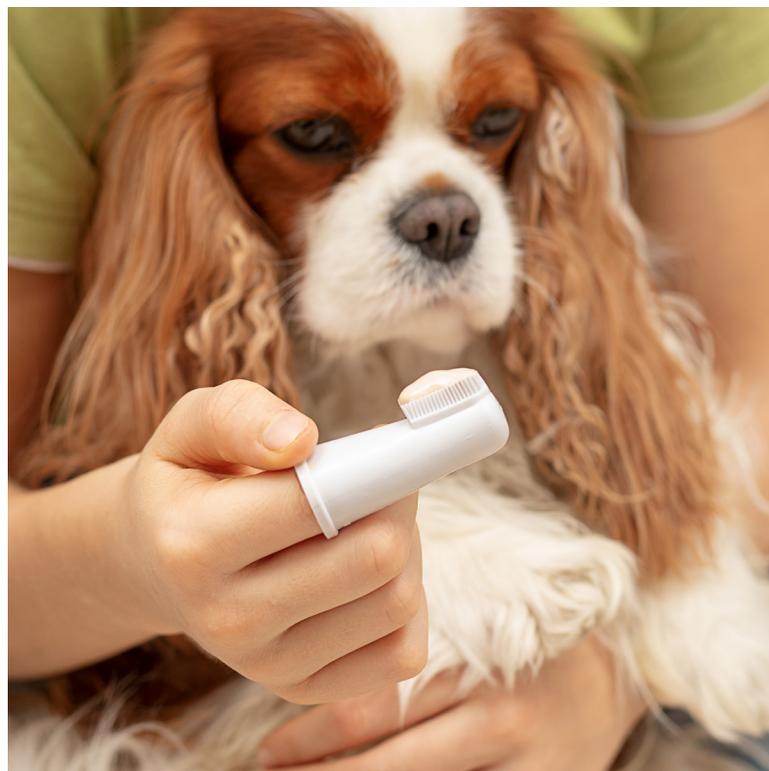
10

Be Mindful of Your Dog's Dental Health



Dental and gum disease in dogs will not only cause bad breath in your pet, it can also lead to serious health problems such as kidney, heart, and liver issues. Plaque build-up harbors a lot of nasty bacteria, which can enter the bloodstream and affect your dog's internal organs.

Prevent this from happening by paying attention to your doggy's dental hygiene. Brush their teeth daily. Provide dental sticks and treats, as well as sturdy dental toys, for them to chew on under supervision (to prevent choking hazards).



Remember that professional dental cleaning in dogs necessitates general anaesthesia. As such, it is best to practice preventive measures and clean your pet's teeth, daily.

11

Give Your Dog A Nice Comfy Bed



You know that glorious feeling of a nice, cozy bed? Where you just want to stay a bit longer and laze under soft sheets?

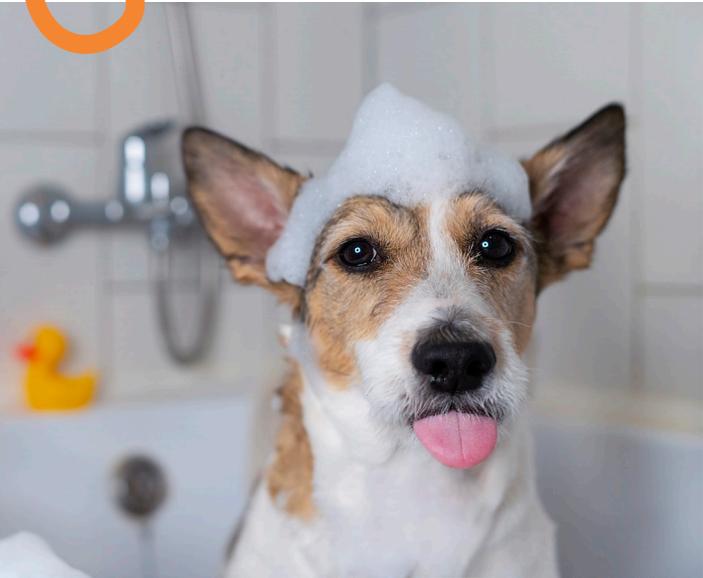
**YOUR DOG APPRECIATES
THAT FEELING, TOO.**



Provide your much-loved pet with a comfy bed of their own. This will not only help them keep **warm and toasty** in the colder months of the year, it will also help them stay comfortable and happy. Plus, in older dogs, a good bed, possibly even an orthopedic one, helps stave off the discomforts associated with joint problems and arthritis.

12

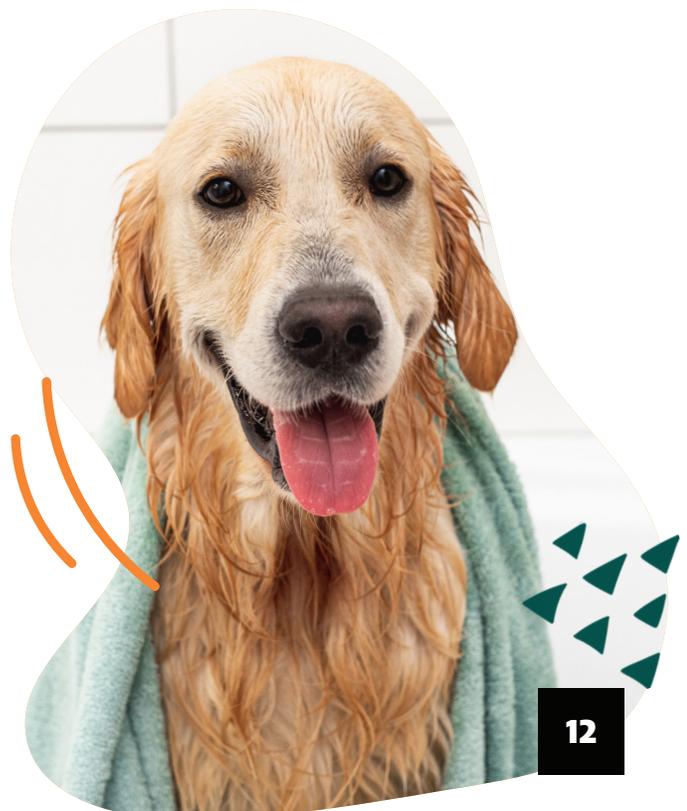
Bathe Your Dog Regularly



Eliminate that dirty doggy smell by bathing your pet regularly. Bathing not only keeps your dog smelling clean and fresh (**more for your benefit than theirs, really!**), it also helps keep your dog **healthy and happy** by getting rid of dirt and parasites.

Make sure that the water is the right temperature; always check that it isn't too hot, lest you risk inflicting burns on your pet's skin. Use a shampoo that is specially formulated for your dog's type of hair, preferably, a product that is natural and organic, free from harsh chemicals and potential irritants. If your dog is iffy about the bath, make it a fun experience for them. Tried-and-tested tricks include tossing treats into an empty tub (therefore making a game of bath time), smearing peanut butter onto the sides of the tub, and tossing some dog-appropriate water toys into the bath.

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13

Play Some Music For Your Dog



Music doesn't just soothe a person's soul; it **works wonder** for your dog, too. Research indicates that musical tones affect dogs in much the same way it affects their two-legged counterparts. Music **has a calming effect on most dogs**, with classical music having the most soothing results.

You've most likely seen those cute videos on YouTube and Instagram, as well, of dogs vocalizing along with their "favourite" music; that is just one way they interact with what they hear.



More and more dog owners are recognizing (and reaping) the benefits of playing music to their pets. "Canine-approved" playlists, in fact, are ever-growing in popularity on streaming platforms like Spotify. Want to level up the fun? Dance "with" your dog. Of course, it'll be mostly you busting the moves, which may seem silly, at first. But you and your pet will learn to love it—not to mention, the activity could prove a great stress-reliever for you.

So, there you have it!

Thirteen ways to enrich your dog's life and put a smile on their face. As a precious part of your family, your pet's happiness is, ultimately, your own, as well.

Get your pet in their "Zen zone", today.

