

ARE YOUR DOGS NEEDS BEING MET?

Not Just Basic Needs But All Needs?

Meeting your dog's needs isn't just about basic needs like food, water and shelter, but is about ensuring you are providing care in all ways that foster a life and environment that promote safety and well-being while providing opportunities for growth, predictable interactions and that there's a focus that both physical and mental wellness are a priority by using force-free training and handling methods, cooperative care for grooming and vet care and by providing agency and consent in day to day interactions as well as ample opportunities for species and breed specific behaviors.

Health/Vet Care	Diet/Nutrition
• Annual and as needed sick or emergency vet visits • Recommended vaccines/titers • Age or condition appropriate pain or medication management	• Appropriate daily caloric intake (not over or under feeding) • Nutritionally appropriate food for age, weight, activity level or health conditions
Social Opportunities	Physical Safety
• Has ample opportunities, as the individual desires, to interact with others in safe, healthy, predictable and appropriate ways • Is not forced to interact with anyone, regardless of species, if they do not want to • Engages in appropriate interactions with others, including play solicitation, greetings, self-regulation, activity shifts and periods of rest	• No aversive training methods (prong, shock choke collars, yelling, hitting) • Appropriately contained inside or in a safe enclosure when not leashed outside • Protected from poisonous items like cleaners, rat poison, medications and plants • Does not interact with any human or other animals (including wildlife) who could physically or emotionally cause harm
Hygiene/Grooming (breed specific)	Environmental Stimulation
• Bathing/trimming • Teeth and ear cleaning • Nail trims, including paw fur • Other breed specific needs like anal glands or fold cleaning • Grooming is not forced and is done with minimal restraint, ideally trained for cooperative care	• The environment is comfortable, safe and doesn't routinely cause stress • Animal has choices about activities to do or places to go • There is an absence of out of context or displacement behaviors



Mental and Physical Security	Physical Exercise
- Has a safe space to retreat to away from triggers - Knows how to move away from triggers - Knows how to investigate novel stimuli - Expresses fight, flight, freeze, avoidance response only in reasonable (novel or unusual) circumstances	- Appropriate amount of physical exercise for age, size, breed, taking into consideration any medical or physical conditions or injuries (not over or under exercised) - Exercise should not cause stress, anxiety or exacerbate physical conditions like arthritis
Self-Soothing/Calming Behaviors	Agency/Independence
- Lack of hypervigilance - Able to sleep an appropriate amount (on average about 18-20 hours per day for puppies and seniors and 8-14 hours per days for adult dogs) - Sleeps through the night without interruption (once fully housebroken) - Able to relax and settle in familiar or safe, novel environments	- Ability and self-motivation to occupy time with toys, chews or other self-focused activities - Ability to be left alone without humans or other animals without causing stress - Is able to problem solve without human guidance - Ability to appropriately communicate basic needs, like needing to go to the bathroom at an unusual time
Breed/Species Specific Behaviors	Sniffing/Scenting/Foraging
- Is able to perform species or breed specific, instinctual behaviors in a safe, healthy way and without being punished - Has ample opportunity to perform these behaviors to fulfill the need, thereby reducing frustration or nuisance behaviors - Has an opportunity for a diversity of behaviors, if applicable	- Is encouraged to sniff on walks, through the use a long line or off leash walks - Has opportunities for scentwork through feeding enrichment activities like snuffle mats or other nosework activities - Consumes a portion or majority of daily calories through food enrichment toys or training activities
Environmental Safety	Mental Exercise
- Environment is normally predictable with a routine, schedule and interactions that are dependable - There is access to basic necessities when needed like water, food and shelter - Minimal stressors day to day Absence of chronic stressors	- Daily or regular opportunities to problem solve - Regular opportunities to learn new skills or practice existing skills - Regular opportunities to be allowed to use breed or species specific behaviors without punishment

