

HEEL.SIT.NEWS

Weekly Kennel Happenings



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BIRTHDAY MONTH

by Cara Burns

My son, Charlie's 11th birthday is February 6th. Saison's birthday is February 12th. I believe she is turning 6. Then most importantly, my 38th birthday is the 27th. Lots to celebrate. On top of all of that I have my final KPA workshop and assessments on my birthday. It'll be a bit of a bummer being trapped in a cold city alone with Gose for my birthday but it will be a memorable one for sure. All this to say that we have a lot going on this month and as always appreciate your support and patience. We never stop growing and changing and its an honor to have you all along for the ride.

VACCINATION RECORDS

by Cara Burns

Please remember to send us all of your dog's updated vaccination records as you get them. You can upload them right to Paw Partner or email them to us at heel.sit.dog@gmail.com. You can also have your vet send them to us instead! We will be checking them all to make sure we're ready for the new year! Thanks a bunch.

HEEL.SIT.UNIVERSITY

by Cara Burns

I'm really excited to launch our Heel.Sit.University Patreon to you all. I have been trying to decide how I can better assist our clients in training at home. I know all about struggling to find motivation and consistency and how much harder it is when you don't have a plan.

The first thing I created was a calendar. The calendar is just a quick way to hold yourself accountable and stick to your most basic plan. If we can give our dogs a way to work their brains, their bodies, and then offer them some added enrichment to meet biological needs then we can be pretty sure we are covering our bases. We also have to make room for care tasks and the stress they can cause and the time it can take to condition those behaviors to be less stressful. Most importantly we have to account for rest days. Days our dogs need rest, days we are busy with work or family obligations, and days where our mental health just can't make room for anything else. The calendar gives you a quick way to check the boxes and an easy way to keep your goals in front of you. Each month also comes with some training and enrichment ideas.

The next thing I started working on was a training journal to help get a more detailed training plan in place and a way to track progress. As with the calendar my hopes for the journal is that it brings comfort and encouragement and not shame and pressure. I want you all to be able to make a realistic plan, map out the path to success and then give yourself grace and forgiveness when you stray from that plan,



I wanted to pair the calendar and journal with training videos to help give clients things to work on at home but I didn't want to fill the journal or calendar with training instructions. I wanted them to be versatile and useful not matter what your goals area. I also wanted them to be simple. My solution was to create a separate platform for the training videos. I wanted the journal, calendar, and videos to work together or separately. I would gladly give it all away for free to anyone. In fact I would love to just offer free training to anyone who is looking for it, but I also have some very large goals for Heel.Sit. I have staff to take care of, dogs to take care of, and a community to build. With that in mind I have decided to offer the videos, journal, and calendar on Patreon. You can access all three with whatever subscription works best for you.

I hope to also pair this with our Heel.Sit.University Facebook Group where we can share struggles, stresses, victories and community. Come join us in a new way to look at your relationship with your and dog and their education.

FEBRUARY GOALS

by Cara Burns

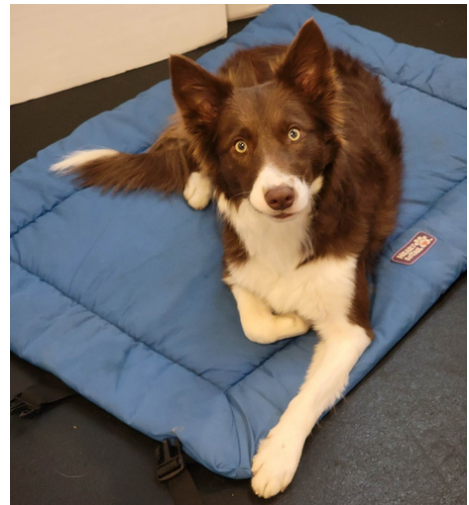
We are starting out the year with a basic behavior that can be a life and sanity saver: Place. Place can be sending your dog to their bed, sending them to another room, sending them to their crate, or it can even be the beginning of more advanced target work.

Place can help with the following troubles:

- Settle in public
- Settle when guests come over
- Deal with scary situations
- Getting on exam or Grooming tables
- Getting in the car
- Begging at the table
- and lot more.

This is a perfect behavior to work on through the winter months because it doesn't take a lot of room and you're stuck inside anyways.

To learn how we teach place please join us on Patreon and then follow along on Heel.Sit.U.



YOUR GOALS:

Our monthly goals are just things most dogs can improve on. I encourage you to make your own goals. Here are some things to think of when setting goals:

- What is something your dog does that drives you crazy?
- What is something they don't do that drives you crazy?
- What is something you wish they could do because it would be fun and you can enjoy doing it with your dog?

Then think about:

- your schedule
- your energy level
- your dog's energy level
- you dog's training level

From there you can make a plan. Our calendar and journal can help and you can access those through Patreon or reach out to me about how to get copies of them outside of Patreon. No matter how you make a plan make sure it is realistic and leaves room for last minute changes in your day. Remember that doing anything is better than doing nothing and all progress should be celebrated!

EVENTS AND OUTINGS

DOG SHOWS:

AGILITY NADAC TRIAL

**NADAC – QUAD CITY DOG CENTER
DAVENPORT, IOWA
FEBRUARY 17 – 19**

KPA WORKSHOP – CHICAGO

**PAWS CHICAGO TRAINING CENTER
CHICAGO, ILLINOIS
FEBRUARY 26 – 28**

UPDOG CHALLENGE

**QUAD CITY DOG CENTER
DAVENPORT, IOWA
MARCH 11 – 12**

AGILITY NADAC TRIAL

**NADAC – QUAD CITY DOG CENTER
DAVENPORT, IOWA
MARCH 17 – 19**

OUTINGS:

RIVERDALE ELEMENTARY SCHOOL

**READING NIGHT
FEBRUARY 2**

**WE ARE LOOKING FOR OPPORTUNITIES
TO GET OUT IN THE COMMUNITY AND
SHARE THE DOGS AND OUR KNOWLEDGE.
LET US KNOW IF YOU WOULD LIKE TO
BOOK US FOR A DEMO, WORKSHOP, OR
JUST SOME PETS.**

**OF COURSE YOU CAN COUNT ON SEEING
US AT THE FREIGHT HOUSE FARMERS
MARKET AND ON THE PATIO AT WAKE
BREWING WHEN WEATHER ALLOWS.**

NADAC:

is our agility organization of choice these days. We find the atmosphere to be fun and welcoming for the kids and all breeds of dogs. We are super lucky in the Quad Cities to have a top notch competition venue like the Quad City Dog Center to show at. They host events from a variety of organizations each month.

Rally Obedience:

We show in Rally Obedience because we find it to be a more laid back fun way to test our dogs obedience skills. If you are looking for a good intro to dog sports Rally is a great way to start.



Frisbee League:

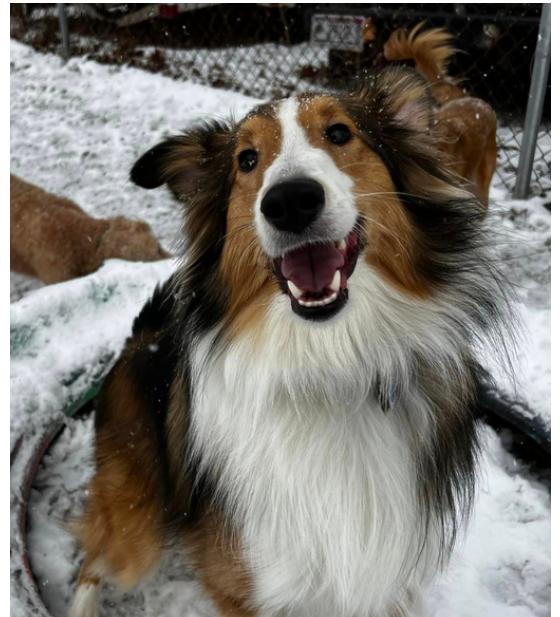
We run a K9 Frisbee Toss and Fetch League Spring through Fall. We play once a week at a designated field. If your dog likes to catch frisbees and has a reliable recall join us for a fun low pressure sport that competes against clubs from all over the world.



We have a lot of great dogs come through our doors each week and we want to highlight them here each week as a way to recognize their hard work and cuteness.

STUDENT OF THE MONTH ELSIE

Elsie is our student of the month. She made huge strides in her time with us. She's a super smart girl who came to us knowing a lot. She worked so hard to gain the drive and motivation to learn even more and overcome her anxiety. She was such a pleasure to work with and watching dogs come out of their shell is my very favorite part of this job.



Each week we spot light a Heel.Sit employee who has gone above and beyond.

EMPLOYEE OF THE GOSE GOSE:

Gose has to be our employee of this month for it is on her little shoulders that my future rides. She has been my partner through this Karen Pryor Clicker Academy Journey and while we've had our struggles and she's give me plenty o panicky moments in the end she carries her weight beautifully and has been a great coworker. We have one more workshop where we do our final assessments and I have no doubt she'll do great as long as I don't mess her up.



PERSONAL ADS

Heel.Sit believes there is a dog for everyone! Finding the right match can be tricky but we are here to help. In this space we post dogs we currently have in foster and will spot light other dogs in need of a home. If you are thinking of purchasing a puppy or adopting from a shelter and would like us to evaluate the dog or breeder please reach out. This service is free because finding you the right dog makes our work easier! If you are thinking of bringing a dog into your life it is vital to shop or adopt responsibly from ethical breeders and rescues.

DOGS LOOKING FOR HUMANS:

LEIA BREED: TERRIER MIX
AGE: 2 YEARS OLD



Leia is our only in house foster at the moment. She has been with us for quite awhile because we wanted to have her spay completed and all her vaccines up to date. She is an incredibly sweet girl and a genius. Her intelligence does sometimes get her into trouble as she is constantly busy. If you don't have things for her to do she will find something herself. She is crate trained and does well in her kennel. We have been working on agility, frisbee, and rally foundation work with her and she is excelling. She would be really great at scent work or barn hunt as well. I think she would be best suited for a dog sport home.

**IF YOU HAVE A DOG LOOKING FOR A HOME OR WOULD
LIKE A RESCUE DOG SPOT LIGHTED IN OUR NEWSLETTER
MESSAGE HEEL.SIT**