



Help your dog to Control The Meerkat Confidence Games Mousey Mousey



Plus printable check list to track
your progress !



Welcome



Hello there,

My name is Danielle and I'd like to welcome you to the '**Mousey, Mousey**'; part of the '**Control The Meerkat collection**'. We all know that life happens and it's not all fairies and puppy tails; despite our best effort! Therefore, I've created 'Control the Meerkat' to help **YOU** to understand **YOUR DOG**, and learn all about what you can do to help them to cope, when life happens!

Mousey, Mousey is a game that helps your dog to go from frantic to focussed. It can be used in many different situations and is a great start for self regulation without pressure, or luring. This game is designed to boost your dog's ability to focus when they're excited. It builds off their natural eye/stalk/chase drive and gives them a way to learn how to regulate themselves in this state. That's what **Control The Meerkat** is all about. We show you how to help your dogs help themselves. It's not about obedience and telling them what to do; it's about teaching them the skills they need to manage themselves. By doing this our dogs learn how to regulate their own emotions, and calm themselves when they feel excited, frustrated, scared, or overwhelmed. This is where we begin.

Good luck with your training!

Danielle Beck, BSc (hons), PGDip, MSc

Clinical Animal Behaviourists & Rehabilitation Trainer

Founder of Control the Meerkat





Mousey, Mousey



Mousey, mousey is a really fun game for all dogs to play and they all absolutely love it because they get to be the predator. This is what self-control is all about and this is one of the best games that allows them to be excited and learn how to focus and control it.

We start off with having a treat on the floor. Go for something that is small and easy to 'flick'. Place your hand over the top of it and let your dog come over and sniff your hand but don't let them get the treat. For this game the treat is an imaginary mouse.



So the mouse is in the hole under your hand. The closer your dog's nose gets, the mouse stays in the hole. Keep your hand over the treat and wait. Don't say anything. We want them to think for themselves. When they eventually back away, the mouse comes out and we're going to quickly flick the treat so it flies across the room and your dog gets to chase and eat it.

How fast and far you flick the treat is completely up to you. For some dogs you may want to start off with a slow flick towards them and then they can get faster and faster and reach further.



How do we begin?



For this game we need

- Lots of treats that are able to flick and see
- Your hand or a cup if that's easier
- Your dog
- A release word, marker or clicker.

A treat (the mouse) is in the house (your hand) and they stay under your hand on the floor (or sofa edge if mobility is difficult), until the predator (your dog) backs away. When they do, flick the treat so it's moves randomly and fast

Once they start to understand, add some duration then say your release word as you flick the treat.

This game tunes into their natural instincts and help them to learn how to control them in a simple and fun way.

Try rapid fire with the treats then start to slow it down. Watch how your dog responds to this and what it looks like when they're trying to regulate themselves. Do they huff? Shake off? Back away? Can you wait for their tail to stop completely ?

Watching for each muscle movement can fine tune your ability to read your dog.

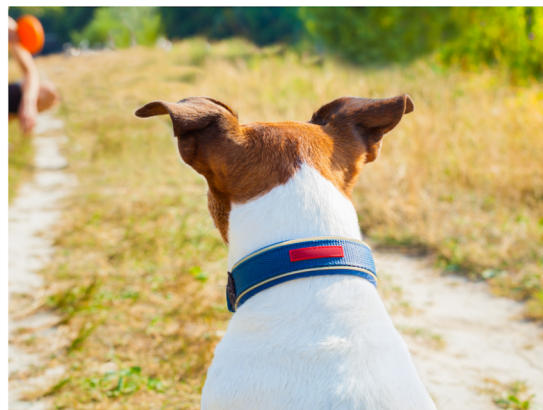


Advancing The Game

What happens if you move the treat round a bit? Watch as your dog eye stalks it and waits for it to run. This really helps build their impulse control. Can you flick it and hold off the release cue, then flick another towards them? This varies the game and starts to build it into a frustration tolerance exercise.



Start off with food then build up to toys. So can you do it with one toy? Try to hold on to a ball or toy and move it around a little bit and then throw it further? Can you move it around and then throw it for them? Can you have two toys and move one of them around to build up that sensation and reliability of a wait for something, then use their release cue. Your dog will start to wait until they hear this word, which will set them up for success later on.





What's next ?



Now they're getting the hang of it, it becomes a quick and easy game to play anywhere. I often use it for dogs who need some support in new places as it's predictable and fun and help them cope better.

If they like it and you want to learn more about how you can help your dog to Control The Meerkat we have a bunch of resources in our online learning empawrium and community, which includes e-books, courses ,and instructional videos

**Give your dogs a go and let's see
how they do.**





Checklist



Make how your dog responded for each session, what you did, and watch their self regulation grow !

Notes & Observations





MOVING FORWARD

Sooo, what should I do next ?

Well you've come such a long way, are you curious what else you can try with you dog? Would you like them to be more responsive? Are you still struggling and finding your dog can settle inside, but struggles outside as they are reactive on their lead? Do you just want to be able to take them out for a walk without them barking and lunging? Or be able to actually leave the house, as they struggle when left or even take objects off them without conflict? Then the 'Control The Meerkat' series is for you!

I love it! Who is this for exactly?

Control The Meerkat is for all people who want to understand and help the reactive dogs that share their lives. It's a community built to help owners to meet others in the same boat, and learn how to help their reactive dogs, help themselves. There are private forums, learning resources like this, instructional videos and webinars too

Sounds AMAZING! How does it work?

Simply visit the website and choose the course or membership subscription that's best for you! You can even book a consultation with A Registered Clinical Animal Behaviourist; and join our 6 or 12 month rehabilitation program.

Click here to get started: controlthemeerkat.com

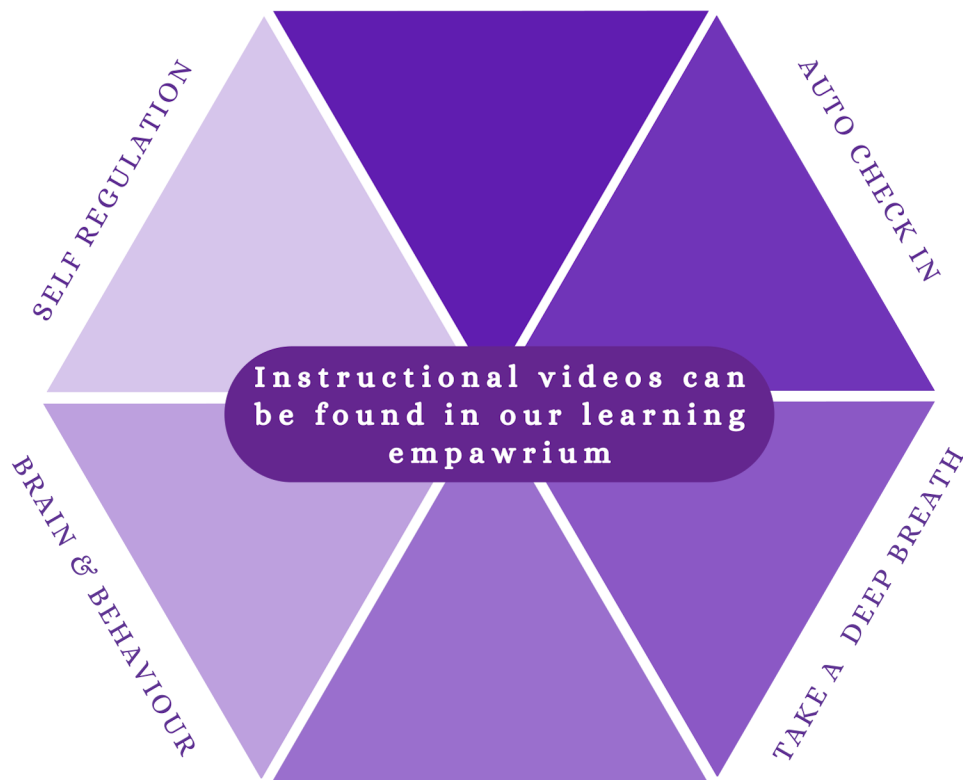
CONTROL THE MEERKAT



collection



IF IN DOUBT; CHILL OUT



FOUNDATION EXERCISES

The management strategies and games within Control The Meerkat are to help you and your dog to learn new coping strategies, and remain as calm as possible. These techniques will not fix the problem, but they will make it easier to manage your dog whilst you are working through the program to have more long term results. As we go through the rehabilitation journey your dog will learn new ways to 'Control The Meerkat', which will help change their behaviour into something more manageable to make your life with your dog easier.

After-all, it's often the underlying emotions that drive their unwanted behaviours.

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"Sometimes the smallest step in the right direction ends up being the biggest step of your life."

MEET THE *Author*



Danielle is an enthusiastic and passionate clinical animal behaviourist, rehabilitation trainer, and mum of one. Her mission is to help, and inspire dog owners to create an easier life with their dogs. She aims to help caregivers to understand their dogs and enable them to manage themselves; by sharing her knowledge and experience with you. She currently lives in Greater Manchester, UK, with her partner, 9 year old son, 2 dogs, and a cat.

"Define success on your own terms, achieve it by your own rules, and build a life you're proud to live."

-Anne Sweeney

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next step?*

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owners**



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without all the jargon**

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