



Help your dog to Control The Meerkat Confidence Games Wreck It



Plus printable check list to track
your progress !



Welcome



Hello there,

My name is Danielle and I'd like to welcome you to the '**Wreck It game**'; 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!

The '**Wreck It Game**' is a game designed by me to help take the pressure away from training, and having some fun with your dog, allowing them to explore freely without pressure, or luring. This game is designed to boost confidence and exploration in our dogs. It gives them little wins that help build the foundations for resilience. It's one of the best starting exercises for nervous dogs and those impacted by trauma, plus a great way to expand the skillset of confident dogs too. 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





Wreck It Game



Welcome to the 'Wreck It Game', which is a really fun game for dogs that are a little bit anxious, a bit nervous, or those wary of novelty. This game builds off our 'Can't Get It Wrong Game' and is the next step to building resilience. This game encourages our dogs to interact with objects that move and fall. For many dogs this will trigger a startle response, a scary experience for many dogs! However, this game is only played in safe environments and with objects which at first don't make noise and aren't too scary when they fall. This allows our dogs to recover quickly.

"The key to building resilience is experience, and recovery, in safety"

Once our dogs are progressing we can start to make it harder and scarier each time, all within the dog's limits, to increase their self confidence





How do we begin?



For this game we need

- 5-10 different items – ensure the items at first are wobbly and are going to move or make a quiet noise. Some plastic bottles on a carpet or towel is a great start.
- A pot of small treats,
- A marker word, or clicker.

Start with the bottles in front of you and wait for your dogs to interact with them and nudge them slightly, or hard depending on the dog !

They'll touch it with their nose or paw and the item will rock or fall over.

When they do you mark and reward instantly.

Mark and reward every interaction with that bottle / items . It's very similar to the can't get it wrong game using the exact same principles but the items this time are going to move. So we're going to have things where when they interact with them they will move. That's going to trigger startle response. I want to see the dog recover, and be happy to continue not shut down or react. With practise their recovery will get better and what did startle them won't anymore, as they build their resilience.





They're going to startle in this exercise, which is why we want to ensure everything is set up to be the least scary as possible using towels and soft items to reduce noise and choosing items like plastic that are soft and will wobble. Then as they gain confidence we can switch to hard floors, with a towel, until they can cope with the echo and vibration of something falling. Then change items to more noisy ones, with less dampened sound or metal objects. Please ensure all items are dog safe

We're building up the dog's confidence by getting them used to novelty, searching, seeking, and exploring. This also helps with their mental stimulation too, which is really, really beneficial for a lot of our dogs.

This is really good for younger dogs. Don't do this with your really nervous dogs until they've done lots and lots of the can't get it wrong game, because then you can start to bridge the gap between the two games by having smaller items. Choose items that are going to move a little bit, then things like kong wobblers, where they move around quite a bit, but they release food each time.





What's next ?



Now they're getting used to it we can have different items, full use of their paws, see if we can get them to knock all of them over, see if you can knock one or two over, see if you can get them to do it with their nose, with their paws. There are loads of different ways to play this game. You can then start to have different shaped bottles, different weights of bottles. Glass bottles are going to be harder to knock over than plastic bottles for example. Make sure the surfaces they're knocking them over onto aren't going to break the glass for obvious safety reasons. Metal travel cups are also great once they're brave enough

As mentioned vary the flooring when you want to increase the game a little bit to get the items to fall onto a laminate flooring, rubber flooring so they're making a little bit of noise, but not too much. Then build up to wooden floors, decking, concrete or outside. If you're struggling a little bit with surfaces, you can always put some little biscuits into the item to fall out when it tips over. The biscuits are going to shake and make a little bit of a noise too.

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





Checklist

Make a note of the items you use and how your dog responded for each session and watch their confidence grow !

Notes





MOVING FORWARD

Sooo, what should I do next ?

Well now you're starting to understand there's more to helping your dog than training alone, are you curious what else you can try with your 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



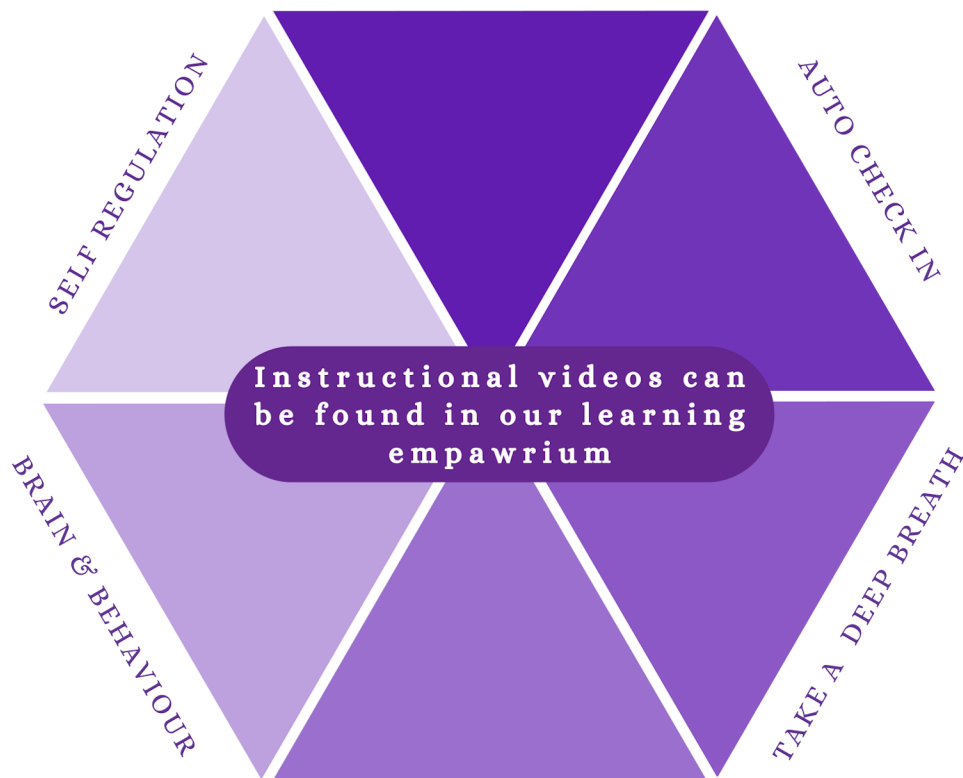
CONTROL THE MEERKAT



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 dog 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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*PS. Want to take the
next step?*

**Come and join us and
over 200 other dog
owners**



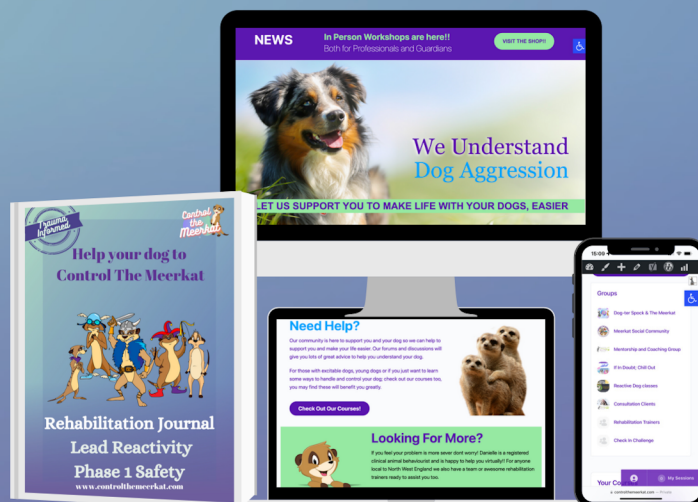
**Learn how to help your dog
without all the jargon**

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