

Are You A Weekend Warrior?

In the dog service business, “weekend warrior” is the term for those of us whose schedules keep us busy from early morning to well into the evening on weekdays, be it with work, family commitments, or other activities. The result is that our primary window for taking out our dogs is the weekend.

The snag is, if weekends are your dog’s main source of people time and longer excursions, the sheer excitement and pent-up energy may get the best of her. What was meant to be an enjoyable day spent with your best four-legged friend can then easily devolve into one long tug-of-war and you saying “no” umpteen times. Dogs thrive on regular, predictable exercise and daily mental challenges, for example through interactive toys, so if you’re not enjoying weekend time with your dog as much as you would like to, it may be because she isn’t getting enough stimulation. Here are some tips to make sure your dog time is fun time:

Use really good walking equipment. If your dog is energetic, be sure to get a humane, no-pull harness or head halter.

Provide more stimulation during the week. Give your dog interactive toys to play with while you’re gone, and boost her exercise level by hiring a dog walker or enrolling her in a daycare (if you haven’t already).

Choose your weekend destinations carefully. Dog parks aren’t for every dog, nor are parks filled with picnic’ers, barbecues, and kids playing. Pick a destination with a level of excitement and distraction your dog can handle, given her breed, age, and temperament. Work at your dog’s level of outdoor manners and build from there.