

## Welcome to Pet Paths!

Hope you enjoy reading it! Please email us if you have any suggestions for subject matter. We'd love to hear any comments you may have!



## Toenail Clipping—Understanding Your Animal's Fears



I think you'll agree that one of the most stressful issues for both you and your pet is toenail clipping. Charlie gets nervous ... you get nervous ... you both hold your breath ... and this causes even MORE stress. Yikes! Do you just NOT do it so you can avoid the situation, or do you change how you look at the situation? Since TTouch is all about "non-habitual" touches and movements, why not approach the task with new eyes?

TTouch also involves having respect for the animal and its own challenges. So starting with that, we must ease into it, and calmly prepare Charlie for the clipping. Perhaps his paws are ticklish, or maybe he had an injury in a previous home, or neither. He might just be frightened of that metal "thing" coming at his paws, while you are squeezing them!

Think about how Charlie feels. Here you are, on a "mission" to get those nails clipped, and simply go over to him, grab his paw and start clipping. He may have been thinking you were going to play with

him, and then all of a sudden, it's not so nice! In fact, it is quite rude! Wouldn't it be nice if we first let Charlie know what we were about to do, and get him used to the process?

**Important:** You need to be breathing, balanced and relaxed while working with your dog or cat. Take a few deep breaths beforehand and then proceed.

Okay ... so we might start by giving him loving strokes and telling him that we need to get this done so he will be more comfortable. Then we need to get his feet used to the touch. This is where TTouch comes in. Keep in mind that you will want to get him conditioned to the clipping by regularly doing the TTouches BEFORE the clipping, perhaps a couple times a day for about 10 minutes, until he trusts your touching his paws. Always be encouraging and talk gently while you are working with him. If he is very sensitive on his paws, start by using the back of your hand and lightly stroking down the leg from the shoulder, to the toe tips, and then off to the floor. This shows him that you respect his sensitivity and will help

build his trust that you will not hurt him.

If he lets you handle his paws, but it's the clipping he doesn't like, then you can practice doing circular TTouches (see Sept. Issue)—one and one-quarter circles, moving to the next place afterwards—on the toes and between the pads at the bottom of the foot (not so light that it tickles!), starting with the leg/paw stroking first. Then, you might want to introduce the clippers to him by smearing a little peanut butter on the handle (not the blades) and allow him to lick it off. This will help to make it a positive tool. Use the clippers then to lightly stroke his legs, down to the paw and over the nails and off, so he will become familiar with this strange and scary thing! After a while, work the clipper near his toes so that he can get used to the sound, which may also be scary to him.

How you handle his paws while clipping is important, because you do not want to squeeze and get involved in a tug of war with Charlie. Hold the foot softly, and if



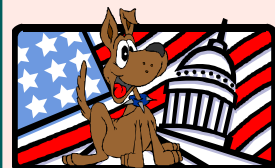
(Continued on page 2)

## Inside this issue:

Toenail Clipping	1
Calming Signals	1
Howl of the Month	1
TTouch Body Wraps	2
Intuition and Intention	2
Tips & Tails	2
Events	2

## HOWL OF THE MONTH

Since the elections are coming up soon, here is a timely bit of humor for you!



It isn't often you get the kind of welcome to Washington that the junior Senator from Illinois received. Following Barack Obama's election to the U.S. Senate in 2004, Arizona Senator John McCain was asked whether he had met his new colleague. "I spoke to him on the phone today," McCain replied. "I told him Harry Truman said the truest thing. He said, 'If you want a friend in Washington, get a dog.'"

## Calming Signals



**Book: ON TALKING TERMS WITH DOGS: CALMING SIGNALS** by Turid Rugaas, dog behaviorist from Norway. In this very enlightening book, she points out that dogs, as pack animals, have highly-developed ways of avoiding and diffusing conflict and aggression. Dogs therefore use "Calming

Signals" to reduce stress for themselves and others with whom they interact (including humans). Calming signals include: Yawning, looking away, lip-licking, moving slowly, circling, sniffing the ground, becoming "distracted", sitting or lying down. These signals apply to your kitties, as well.

In her book, Ms. Rugaas states: "The signals are used for calming themselves when they feel stressed or uneasy. The signals are used to

make others involved feel safer and understand the goodwill the signals tell about. They are used to make friends with other (animals) and people."

This is a must-read!

See Turid Rugaas' website for more information: <http://www.canis.no/rugaas/>

Am I calm, or what?



## PETential Paths L.L.C.

Barbara Dunning  
Guild Certified  
Tellington TTouch® Practitioner  
Cave Creek, AZ

Phone: 602-793-7277  
Email (for subject ideas or  
requests to be removed from newsletter list):  
[barb.PETentialPaths@cox.net](mailto:barb.PETentialPaths@cox.net)

We're on the Web!

[www.PETentialPaths.com](http://www.PETentialPaths.com)

### EVENTS (Call or email PETential Paths for details)

**October 27, 2007:** Foothills Animal Rescue 4th Annual Rita Cohen Dog Walk: <http://www.foothillsanimal.org/>

**October 27-28** St. Francis Festival Pet Adoption: <http://www.thecasa.org/festival.htm>

**February 9-10, 2008:** 2-day Dog TTouch Workshop ... 9 AM—4 PM at The Pudgy Pup, Mesa, AZ - \$235 per dog/handler team - to register: Stacy Lewis: 612-817-4473 - [stacy@dancingporcupine.com](mailto:stacy@dancingporcupine.com)

**February 17, 2008:** Heart to Heart Dog Walk for animal heart disease: <http://www.hearttoheartpetarama.com/>

### Toenail Clipping

(Continued from page 1)

he pulls back, go with the movement. Struggling makes things worse, and you want this to be a positive experience for him. Practice touching his nails with the end of the clippers for a while in different sessions, all the time talking to him and praising him for being so brave.

So now that we have prepared ourselves and Charlie for the task at hand, the actual clipping of the toenails can become a routine get-together with your pet. With each new clipping the effort becomes easier for both sides, and if not a completely pleasurable event, at least something you and your animal will not dread.



Good luck!

## Intuition and Intention

### Gaining our Pets' Trust

Intuition and Intention are the factors used in Tellington TTouch that bring about success in helping animals "learn to learn."

As Dr. Jonas Salk, polio vaccine inventor, said, "It is always with excitement that I wake up in the morning wondering what my intuition will toss up to me, like gifts from the sea. I work with it and rely on it. It is my partner."

Call INTUITION what you like: "gut feeling," "inner knowing," "feeling," "hunch," "instinct," "insight," "impulse," "sense," "perception" ... those who have learned to trust it are helping animals to be successful in their behavior and in influencing their well-being. TTouch practitioners all over the world are taking advantage of this important resource in applying the Tellington TTouch Method to their work with animals. Intuition leads us to do certain TTouches, strokes and movements on the animal that will cause it to willingly participate and succeed. We "listen" with our intui-

tion to understand how the Touches are affecting the animal so we can know how to best proceed.

INTENTION in TTouch is a means by which we express our humanity and compassion towards the animal, with the promise of helping to make positive changes in a gentle and respectful way. It considers the inherent



perfection of each cell in the body and, thus, the being itself. Intention is given prior to touching the animal and is how we "ask permission" to do so.

Intuition and Intention are what sets Tellington TTouch apart from training methods that involve force and dominance in their programs. After all, when you think about it, wouldn't you want a pet who trusts you and is happy being around you?

## TTouch Body Wraps

Body Wraps are tools that are used in TTouch to help an animal gain confidence and a feeling of overall well-being, as well as helping it to become more centered and balanced.

The body wrap can be easily made with ACE bandages. When Fido wears a body wrap, there is a sense of edges, which can help with fearful aggression because he has a sense of where his body begins and ends. If Cleo's body is there, but her mind is someplace else, a body wrap will connect mind with body.

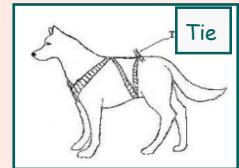
**Wraps are used before competition, during thunderstorms, fearful or stressful situations, for balance, body awareness, sore muscles, hip dysplasia and arthritis.**

At the cellular level, using a body wrap intensifies sensory information going to the brain from the parts of the body the wrap contacts.

Here is an illustration of a body wrap used on a dog, but body wraps are also effective on cats and other companion animals as well. The illustration below shows how to: the middle of the wrap is placed on the chest, then up and crossed over the top and down, and crossed again under the abdomen and



up and tied (off the spine). The wrap should be snug, not tight, and must not be left on more than 5 to 10 minutes. Have the animal move, so that the body feels the stretch.



Questions? Contact Barb at 602-793-7277 or [barb.PETentialPaths@cox.net](mailto:barb.PETentialPaths@cox.net)

## Communication Through Gentle Touches

### Tips & Tails

—If you have an animal who occasionally becomes aggressive (due to various sudden scary situations or whatever), there is one method I've found to be helpful. Rather than say, "NO," put it in more positive terms, because with NO we are telling them what we don't want them to do. It is so much more productive to let them know what we do want them to do. So the term I use is, "Be careful—keep your teeth in your mouth." Can you see how that is a more direct and effective way? With my cat, I know that saying NO raises his ire and makes him more aggressive! He backs down as a result of the more positive way of expressing myself. Cool, huh?

—If you've tried TTouch, you might have noticed that your pet seems sleepy or tired after a session. This is pretty common, because a TTouch session can cause an animal to let go of the stress mode and unwind, relaxing muscle tension.

