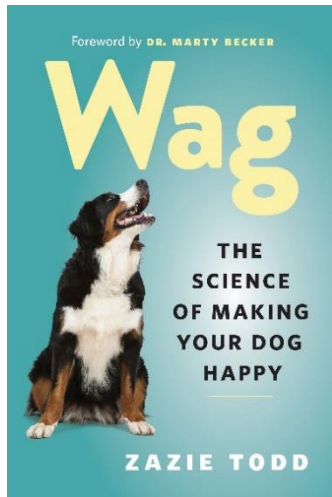


Checklist for a Happy Dog

From *Wag: The Science of Making Your Dog Happy* by Zazie Todd.

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Feel free to share this checklist with friends, family, and clients; however it must not be modified in any way.



This checklist is designed to help you think about some of the ideas in this book in relation to your own dog. It is not a scientifically validated instrument, nor is it a substitute for a professional opinion. If you have any concerns about your dog, consult a veterinarian, dog trainer, or animal behaviorist.

Answer each question yes or no. The more “yes” answers the better. For the “no” answers, troubleshoot the situation to see if you should make changes.

Dog’s Name:

Age:

Breed:

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	Yes/No	Chapter
1. My dog has a safe space to go if they feel stressed (e.g., dog bed, crate).		1, 13
2. Everyone in the household respects the dog's safe space and leaves them alone when they are there.		1, 13
3. My dog has a daily routine.		1, 13
4. Everyone in the household is consistent about the rules that apply to the dog.		1, 13
5. My dog has a choice of whether or not to interact with each member of the family.		1, 13
6. Children are never allowed to approach my dog when the dog is sitting or lying down.		8
7. If very young children want to pet my dog, an adult guides their hand to ensure they are gentle.		8
8. My dog has at least one walk a day.		9
9. My dog gets sniffing opportunities on the walks.		9
10. My dog is not regularly left alone for more than 4 hours at a time (or if they are, I make arrangements for a dog walker, family member, or neighbor to visit).		7
11. My dog has annual vet visits (or as determined by the vet).		5
12. My dog is up to date on vaccinations as recommended by their vet.		5
13. My dog has regular treatments for parasites as recommended by their vet.		5
14. My dog is a healthy weight (if in doubt, ask your vet).		5, 11
15. If my dog is friendly to other dogs, they get opportunities to socialize with other similar dogs.		6
16. If my dog finds socializing with other dogs stressful, I do not make them do it.		6

17. My dog has opportunities to play with food toys.		10
18. My dog has chew toys.		10
19. My dog has opportunities to use their nose (e.g., snuffle mat, sniffaris, etc.).		10
20. No one in the household uses positive punishment (e.g., yelling, hitting, shock collar, prong collar) to train the dog.		3, 4, 13
21. The dog is regularly taught new things using positive reinforcement.		3, 4, 13
22. When traveling by car, the dog is safely restrained in line with legal requirements where I live.		15
23. My dog is friendly to other people.		3, 4, 13
24. My dog is friendly to family members.		3, 4, 13
25. I look out for signs of stress in my dog (e.g., lip licking, looking away, trembling, hiding, seeking out people) and intervene to help if needed.		1
26. I have made plans for my dog in case something happens to me.		15
27. My dog is included in my family's emergency planning.		15
28. My dog has bed(s) they like to sleep in.		14
29. If needed, I have adapted the environment to accommodate my dog's special needs.		12
My dog's favorite toys are:		
My dog's favorite games are:		
My dog's favorite places to walk are:		

For more information about Zazie Todd PhD and her books, to sign up for her newsletter, and learn about upcoming events, visit companionanimalpsychology.com.

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Praise for *Wag*:

"*Wag* is a must-read for all dog lovers. An amazing, well-written book that makes canine science easy to understand and apply in a useful manner to improve dogs' lives and the relationship we have with them. The anecdotes about Dr. Todd's dogs are the highlight of the book."

—Dr. Wailani Sung, board-certified veterinary behaviorist, San Francisco SPCA

"*Wag* will become a benchmark for the way that dogs need to be cared for: as sentient creatures experiencing emotions, just like us. This is a real achievement and it will make a big difference to the lives of dogs and people."

—Dr. Pete Wedderburn, veterinarian and author

Praise for *Purr*:

"*Purr* is a must read for anyone who shares their life with a cat and wants to provide the most fulfilling, enriched, and happiest existence possible for them."

—Kate LaSala, Rescued By Training, certified trainer and behavior consultant

"*Purr* covers all the essentials to ensure we are raising our cats right!"

—Ingrid Johnson, Certified Cat Behavior Consultant & founder of Fundamentally Feline

Praise for *Bark!*:

"*Bark!* cuts through the confusion and myths to provide clear-cut, well-researched assistance to those with 'difficult' dogs.... Required reading for every veterinarian and anyone who loves an anxious, fearful, or reactive dog."

—Karen Fine DVM, author of NYT-bestseller *The Other Family Doctor*

"As the guardian of one dog rescued from an animal testing laboratory and another rescued from the dog meat trade in China, I needed this book! *Bark! The Science of Helping Your Anxious, Fearful, or Reactive Dog*, is clear, concise, and convincing. I immediately put the advice to use, making life better for me and my dogs. This insightful book gave me, a lifetime dog guardian with a passion for all things dog, much to think about. I'll be referring to it often!"

—Teresa J. Rhyne, #1 NY Times bestselling author of *The Dog Lived (and So Will I)* and *Poppy in the Wild*

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