

## The Importance Of Playing With Your Dog

When it comes to your dog, play is an absolute essential part of his life with many benefits. Play creates strong bonds between a dog and his owner and is the ultimate training tool that will help your dog learn while indulging his natural behaviors and making them more acceptable in the human world. Play comes in all forms, from regular exercise and teaching basic commands to teaching tricks and playing games, all for various reasons. By interacting with your dog frequently throughout his life, he will learn self control, be mentally stimulated, will learn to problem solve, be easier over all to live with and become a more responsive and obedient companion. Teaching your dog through play will help immensely with your dog's socialization with other people. It will help other people feel good about your dog and your dog will feel good about other people.



Practicing play with your dog can help curb unwanted behavior and separation anxiety. By playing games and interacting with your dog you can teach him what to do instead of what not to do, thus satisfying his natural behaviors in a more acceptable way. If you don't play games with lots of rules, for example starting and stopping play frequently, you are leaving the rule making up to your dog, which can lead to undesirable behaviors such as destruction, separation anxiety, self-mutilation, and house training problems. By insisting on a number of rules in a game, teaching your dog lots of different commands and rewarding him well for something done right you will exercise your dog's mind and release mental energy, help with his confidence and anxiety, while reinforcing the wanted behaviors. It is also important to teach your dog at an early age to entertain him self while you are away and that there is a time and place for play and it's not when you first walk in the door. Boredom and lack of exercise can encourage a dog to find other ways that are unacceptable to relieve his tension and anxiety. If you can give your dog such items such as marrowbones to chew on, chew toys stuffed with treats, he will not only be rewarded for good behavior, he will be distracted from thoughts of doing something he is not suppose to be doing.

