

# Newsletter

November edition



## FIREWORKS

November's here, and so are the bright flashes in the sky. I'll share some tips on how to prepare your dog, and what to do when they're going off.

## WHAT'S ON?

Taking a look at what events we're holding throughout November, and how you can get involved

## ACADEMY

Reviewing the latest topics to drop in the academy, and looking ahead at what's to come for members

## Are you following us?

 [Paws Up Dog Training](https://www.facebook.com/PawsUpDogTraining)

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# FIREWORKS

## Keeping your dog safe

Firework season can be a stressful time for our dogs, but with a little preparation, you can make it much easier for them. Here are our top Paws Up Firework Tips to help your dog stay calm and safe this November:

### **Create a safe space**

Set up a cosy den or safe area where your dog can retreat if they feel worried. This could be a covered crate, a quiet corner, or a comfy bed in an inner room.

### **Close blinds and curtains**

Block out flashes and keep the environment calm. The more you can muffle the light and sound, the better.

### **Turn up the TV or music**

A little background noise helps mask the fireworks (and sorry in advance to the neighbours!).

### **Walk them early**

Make sure your dog has a good walk before the fireworks start. A bit of exercise and mental stimulation will help them relax later. Allow time for plenty of rest after their walk and before the noise begins.

### **Keep ID tags on**

If your dog is a flight risk, double-check their ID tag and microchip details are up to date – just in case they bolt in panic.

### **It's okay to comfort your dog**

If your dog is worried, you absolutely can offer comfort and support. You're not "reinforcing" fear – you can't reinforce an emotion. Offering gentle reassurance in a time of need helps build trust and strengthens your bond. Your calm presence tells your dog that you're there for them, which is exactly what they need when the world outside feels scary.

### **Don't let them out once fireworks start**

Even a normally calm dog can startle. Keep them indoors once the bangs begin.

### **Keep them moving**

If your dog is worried, gentle movement and play can help release tension. Try some easy trick training or gentle tug (if they enjoy it).

### **Toilet before it starts**

Get those toilet trips in early so you're not letting them out once the bangs begin!

### **Activate their seeking system**

Did you know dogs can't be in seeking and fear mode at the same time? Engaging their nose helps lower fear responses.

Our go-to is the Noise Box – a fun snuffle-style game where dogs forage for treats amid different textures and sounds.

You can also play "Find It" games around the house. Lick mats and chews can help too, but snuffling and searching are best for calming the brain.

### **Use calming aids if needed**

There's no shame in a little extra help. Use calming supplements or pheromone products where appropriate – and don't hesitate to speak to your vet if your dog needs stronger medication to get through firework season comfortably.

### **REMEMBER!**

Keep doors secure, stay calm yourself, and remember this season won't last forever. Your dog will thank you for your calm, confident support.





# What's on?

We've got a busy (and exciting!) month ahead as we head into the darker evenings – the perfect time to focus on training, bonding, and building confidence indoors and out!

## **Reactivity Reset – Starts 14th November**

Our popular class for dogs who struggle around other dogs or people. Learn how to build calm, confidence, and control in a supportive, small-group environment.

## **Reactive Scentwork – Starts 14th November**

A fantastic way to boost confidence and give reactive dogs a safe outlet for their energy and brains! Using their nose helps them feel calmer, more focused, and fulfilled.

## **Active Dog Club – Block 2 – Starts 16th November**

For our adventure-loving dogs! Join us for fun, skills, and activities designed to burn energy and build great relationships through teamwork and play.

## **Puppy Class – Starts 23rd November**

The perfect start for your newest family member. Learn the foundations of calm behaviour, confidence, recall, and social skills – all through positive, fun training.

## **Surviving Adolescence – Starts 23rd November**

That teenage phase can be tough! We'll guide you through managing excitement, improving focus, and keeping your connection strong through the ups and downs of adolescence.

👉 Spaces are limited, so if one of these sounds perfect for you and your dog, don't wait. Head over to [pawsup.uk](https://pawsup.uk) to book your slot!



# Paws Up Academy



We've got some exciting updates in the Academy this month!

## **New Courses Live**

- Muzzle Training – Step-by-step guidance to help your dog feel confident and relaxed wearing a muzzle. Perfect for vet visits, travel, or any situation where extra safety is needed.
- Retrieving Games – Fun, engaging activities to stimulate your dog's mind and body while strengthening your bond.

## **Coming Soon**

- Next Physio Level – Currently in edit and almost ready to launch! Keep an eye out for this module, packed with exercises and guidance to support your dog's mobility, strength, and wellbeing.

## **Challenge – Coming Soon!**

Exciting news for all Paws Up clients – past, present, and future! We've got a fun new challenge in the pipeline.

- Head over to our private Facebook page and keep your eyes peeled 👁️ for the reveal!
- Request to join here: [Join Our Facebook Group](#) 🐾



👉 For regular updates, behind-the-scenes training tips, and to see what's happening in classes, make sure you're following our business Facebook page too