

Newsletter

December edition



CHRISTMAS

IT'S CHRISTMAS!
I love Christmas 🎄 I am going to share some top tips to a successful festive period.
Be sure to keep an eye on socials for more 👁️

WHAT'S ON?

Taking a look at what events we're holding in the New Year 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)

 [@dogtraineramyt](https://www.instagram.com/dogtraineramyt)

 [@dogtraineramyt](https://www.tiktok.com/@dogtraineramyt)

CHRISTMAS

Keeping your dog happy

Christmas can actually be a really tough time for our dogs as everything changes with zero warning and there are lots of things they shouldn't have. With some simple exercises, we can make the festive period much easier for us all. Here are a few top Paws Up Tips:

Managing Visitors

Dogs all handle visitors differently. If your dog is calm and neutral around guests, feel free to move on to the next point.

But if your dog gets overly excited or worried when people come over, here's how to set everyone up for success...

1. Put a Management Strategy in Place

Use harnesses, leads, baby gates, barriers or simply closed doors to control access.

Don't allow your dog to rush, jump on, or approach guests if they're feeling uncomfortable.

A barrier gives your dog space to decompress, lowers arousal and provides a safe, predictable area where they can observe without pressure.

2. Teach Skills That Make Greetings Easier

Practise Sit to Greet and Sticky Bum (both available inside the Academy).

These behaviours give your dog something clear and positive to do instead of rehearsing chaotic greetings.

3. Use Food-Based Enrichment When Guests Arrive

Offer a stuffed Kong, lick mat, scatter feed or sniff-based activity as guests come in.

This keeps your dog occupied with something calming and helps them habituate to the presence of visitors at their own pace.

4. Manage the Humans Too!

Ask guests to enter calmly – no high-pitched excitement, no leaning over your dog, and absolutely no thrusting hands into their face.

Trust me: your dog already knows they're there. They don't need a hand shoved under their nose to "say hello."

Food Safety

Christmas can be a surprisingly risky time for our dogs – with everything from chocolate and raisins to rich foods and even alcohol posing a danger. With all the excitement and distractions, it's easy for dogs to seize an opportunity, so a little preparation goes a

long way.

1. Keep Festive Food Out of Reach

If you're serving food buffet-style, push everything well back on tables so wandering noses can't sneak a bite. Clear away used plates, wrappers and glasses promptly, or place them somewhere your dog can't access. Many dogs are skilled at "counter surfing," especially when delicious smells are involved.

2. Watch Out for Little People

Children often drop food without realising, and some may even try to share with the dog. If this is new for your dog, they may quickly learn that hanging around the kids is rewarding – and not always safely! Supervise closely or give your dog a comfy spot away from the food zone.

3. Set Up for Success

If you're worried, consider using baby gates or a cosy safe space where your dog can relax during mealtimes. A chew, lick mat or stuffed Kong can help keep them settled while the humans enjoy their festive feast.

Food Enrichment & Safe Spaces

Licking, sniffing and chewing are brilliant natural behaviours that help keep your dog's arousal levels down when things feel busy or overwhelming. Using food enrichment like lick mats, stuffed Kongs, scatter feeding or long-lasting chews can help your dog relax, self-soothe and stay settled during high-energy moments.

It's equally important to create a safe space your dog can retreat to if they need a break. This might be a crate, bed, quiet room or space behind a baby gate. Make it comfortable, predictable and calm – and most importantly, ensure everyone knows this is a no-disturb zone. Choosing space is a healthy coping strategy, not something to discourage.

TO DO...

CHECK OUT THE 12 DAYS OF DOG TRAINING CHALLENGE ON OUR SOCIAL CHANNELS AND PRIVATE COMMUNITY GROUP





What's on?

Hello 2026! 🎉 (nearly)

A new year is the perfect time to set positive intentions for you and your dog! Whether it's building confidence, learning new skills, or simply enjoying more quality time together, the coming months are full of opportunities to grow, bond, and have fun – indoors and outdoors.

👁️ Scent Detection Class - Start 14th January

Unleash your dog's natural nose power! Our scent detection class teaches dogs to find and identify specific scents, providing mental stimulation, boosting confidence, and strengthening your bond. Fun, rewarding, and suitable for all ages and abilities – watch your dog's focus and excitement soar!

🐾 Reactivity Reset – Starts 30th January

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..

👤 Social Stroll– 31st January

Our Social Strolls are designed to help dogs build calm, neutral behaviours around other dogs, people, and everyday distractions. Perfect for reactive dogs, young dogs, or anyone wanting to encourage confidence and focus.

🎓 Surviving Adolescence – Starts 8th February

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.

🐾 Active Dog Club – Block 4– Starts 22nd February

Trail Hunt International is a fun, accessible scent-work activity where dogs follow an air-borne scent trail to locate a hidden "trail pod." It's suitable for all breeds, ages and abilities, and uses a simple aniseed-based scent rather than live animal or human tracking.

🐾 Reactivity Pro - Starts 6th March

This is the perfect follow-on for anyone who has completed our *Reactive Reset* class or worked with us 1:1 on reactivity. These small group sessions (maximum of 4 dogs) provide a supportive environment to continue your dog's progress with professional guidance and structured practice.

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



Paws Up Academy



We've got some exciting updates in the Academy for 2026!

Coming Soon

- Physio Level 4 – 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.
- More ticks - we are just fine tuning a few more to share with you!
- More retrieving games - we said we weren't' done 🙄
- More confidence games - because you can never have too many!

Challenge – 12 days of Christmas Dog Training

All clients welcome to take part in this challenge. There is 1 training activity per day (you may have to catch up) A great addition to any dogs day, even if they already know the cue, to help in time for Christmas. Plus it works you dogs brain and that's always a win 🙌🙌

- Head over to our private Facebook page to get involved!
- 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