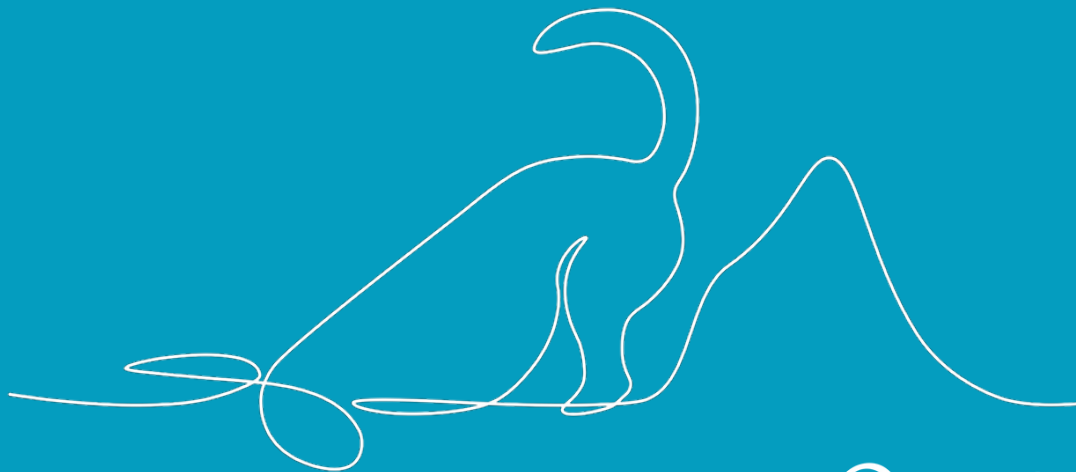


Naughty by Nature



Dogby

Contents

- Evolutionary explanations for common dog behaviors that we find naughty
- How to let your dog be a dog while curbing problem behaviors
- Using the items in the kit to give your dog safe and fun outlets for their instinctive behaviors
- More activities to merge instinctive dog behaviors with human expectations

Hello human,

Living with dogs is like having a live version of Animal Planet in your living room. We share our homes with often-bewildering animals from a different species with different communication skills, social norms, and behavioral repertoires. It can be fascinating, adorable, or even scary to watch. To me, this is one of the great joys of living with dogs. It's fun to watch them engage in distinctly doggy behaviors and imagine what is going on inside that fuzzy little head.

But it can be hard to enjoy the show when your dog is doing something destructive or driving you up the wall. This Discovery Kit explores normal dog behaviors like chewing, jumping, and barking that cause friction in their lives with us. We will share your dog's perspective on these behaviors, tips for managing naughtiness, and safe ways to let them enjoy being a dog, which will hopefully make your live Animal Planet show all the more interesting and fun!

- *Lindsey*
Dogby Founder

Have fun and be safe



Dogby Discovery Kits offer a low pressure, judgment free way for you and your dog to try new things. The point is to have fun together while learning more about your dog not to master every new skill, so don't sweat mistakes. Focus on having fun through the ups and downs of the learning curve.



Not all activities, toys, and treats are safe for all dogs. You know your dog best, so if you suspect something might not be safe for your dog, trust your gut. When in doubt, consult your dog's veterinarian.

If it barks like a dog...

What science tells us about instinctive behaviors and how we can use that knowledge to manage naughty behaviors and let our dogs enjoy being dogs.

Naughty to us, normal to them

Most of the behaviors that we explore in this Discovery Kit are instinctive, meaning that through a complex interaction of genes, dogs have an innate understanding of how to do them and an urge to act them out in specific situations.

These behaviors are normal, acceptable, even polite to dogs despite sometimes being seen as naughty or destructive by us. Even more than that, they all have - or at least used to have - important functions for survival, which is why they are encoded in their DNA.

All of these behaviors are:

Malleable: People used to think the genetic nature of these behaviors meant dogs came fully programmed, ready to bark, chew, dig, etc. without any learning involved. We now know that dogs refine their skills and adjust when and how they act them out, which means we can have some control over them.

Naughty to us, normal to them (cont.)

Satisfying: When dogs perform these behaviors, they aren't thinking about their survival and might not have any understanding of the evolutionary purpose of the behavior. In the immediate moment, dogs are having fun, satisfying an urge, or following an old behavioral and emotional pattern. Squirrels stash acorns in the fall for the same reason. Even young squirrels who have never experienced winter do it.

Varied: Domestication led to massive variation in how dogs express these behaviors. Some of these behaviors are no longer necessary for survival, so the genetic basis for them has gotten wonky in some dogs and lost completely in others. Plus, as we bred different breeds for different tasks, we specifically bred to increase or decrease some of these behaviors. Barking is a classic example. All dogs bark, but when, why, and how varies massively.

But why do they do it?

There are two ways to think about why a dog does something:

Adaptive significance: What made this behavior so advantageous that it came to be encoded in their DNA? The adaptive significance might not apply to a modern pet dog's life, but that doesn't mean they can turn it off, just like how we can't help but gorge on sweet and salty food, even though they are now abundant in our lives.

Immediate Cause: What spurred your dog to act that way in this current moment? The immediate cause might be external, like digging when presented with a soft surface like sand or barking when they hear another dog bark. Or it could be internal, like chewing when bored or barking when anxious.

Knowing the adaptive significance of a behavior can help you understand your dog better and know how they feel. Identifying the immediate cause of a behavior is most important when trying to change it.

Changing an instinctive behavior

There's a consistent pattern to how we manage all of these behaviors:

1. Find a substitute: Because dogs have an instinctive urge to do most of these behaviors, you will have more success and their quality of life will be higher if you find allowable options for them to do the behavior rather than trying to fully suppress it.

2. Prevention over punishment: When trying to change an old habit, you'll make more progress and have much less stress if you adjust your dog's environment and daily routines to prevent them from doing it, rather than trying to catch them in the act and punish them. Depending on your dog, your lifestyle, and the behavior, this could be temporary (until you have a perfect 3-week streak) or permanent.

3. (Optional) Give them a "yes": Teach behavior to do in that situation instead.

Example: Your dog steals food from the counter. 1. Feed their meals from puzzles, so they can scavenge daily. 2. Keep them out of the kitchen with baby gates until they haven't stolen any food in three weeks. 3. Train them to lay on a mat for treats, so you can have them do that when you allow them back in the kitchen and there's food out.

The naughty behaviors

Dig into common naughty but normal dog behaviors to learn why they evolved and why our dogs do them today.


Digging: An all-purpose skill

Adaptive significance

- **To hunt rodents:** Especially terriers and small hounds who were bred for it
- **To store food and resources:** Canids, dogs' taxonomic family, are scatter hoarders. They hide food throughout their range to save for later.
- **For shelter:** Dogs dig burrows tucked into the ground for safety and shelter.
- **To cool off on warm days:** Especially northern breeds

Immediate cause

- **For fun:** Many dogs just love to dig.
- **An opportunity arises:** Smelling, seeing, or touching fresh dirt, sand, or another diggable surface will prompt it.
- **Someone else is digging:** Another dog at the dog park or while you garden.
- **To escape:** Either to explore or because they are anxious or lonely.
- **They're bored:** They have spare mental or physical energy to burn.



Food caching is one of the instinctive behaviors that has gone the most haywire. Many dogs leave their treats in plain sight or completely forget about them.

Scavenging: The doggiest behavior

Scavenging includes lots of behaviors, like raiding the trash, stealing food from counters, finding old food on walks, and scarfing down carcasses and feces on hikes.

Adaptive significance

- **Their primary source of food:** A shift from primarily hunting to primarily scavenging drove the initial split between dogs and wolves. Before humans got involved in domestication, some human-tolerant wolves started scavenging from human settlements, living and mating separately from other wolves. Globally, 70% of dogs today subsist mainly on scavenging and spend large chunks of their days searching for food. So, in many ways, scavenging is the most “dog” behavior of all.

Immediate cause

- **They're bored:** Dogs are designed to spend large parts of their day scavenging, and a lack of opportunities leaves them with excess mental energy.
- **They're hungry:** You may notice an uptick shortly before meals, although like us, many dogs are open to eating almost all the time.
- **It's fun:** Scavenging uses smell, a dog's best sense, it involves mentally stimulating problem solving, and it leads to delicious treats.

Chewing: A dog's mouth is a tool

Adaptive significance

- **To eat:** Modern feral dogs get up to 50% of their diet from carcasses, which require extensive chewing.
- **To build strength:** Chewing keeps jaw muscles strong for hunting, eating, and fighting.
- **Oral hygiene:** Chewing helps scrape plaque off teeth.

Immediate cause

- **It's fun:** Chewing feels good and is satisfying.
- **To soothe:** Chewing is common in moments of anxiety for dogs, suggesting that it is a self-soothing tool, but this hasn't been thoroughly researched.
- **They're teething:** Chewing reduces teething pain in dogs and humans.
- **They're bored:** Per one large study in Australia, most dogs chew when left alone or when other activities, like walks, are cancelled.

Crotch sniffing: A polite way to say hi

Adaptive significance

- **To learn about someone:** In addition to having a sense of smell that is somewhere between 1,000 and 1 million times better than ours, dogs also have an extra organ between the roof of their mouth and their nasal passages that detects social smells. By sniffing, or licking, another dog's genitals or anus, they can determine a lot about their age, health status, mood, recent diet, reproductive status, and more.

Immediate cause

- **To get info during a greeting:** Dogs still use sniffing as a way to learn about a new or familiar person or dog, and crotches are the best spot to get that information.
- **To conform to social norms:** Perhaps because sniffing is so useful, keeping what we would consider an appropriate distance is off putting for dogs. One study of hundreds of greetings at a dog park showed that 80% of the time, dogs sniff each other's crotch and butt as their initial greeting.


Barking: How dogs talk to humans

Adaptive significance

- **To communicate with humans:** Dogs have a greater variety of barks, bark in more situations, and bark more at once than wolves, which suggests that barking evolved to communicate with humans. Barking is a similar frequency to our speech, which might be why we tuned into it.

Immediate cause

- **They're scared:** Most aggression in dogs, including barking, stems from fear. They are saying "You're freaking me out, give me space!"
- **Someone's coming:** Whether worried, territorial or not, dogs bark to alert us.
- **During play:** Barking is a normal part of play with both dogs and humans when directed at a partner. Barking "into the void" at the park is a sign of stress.
- **More:** Barking communicates a huge variety of messages and emotions.



Researchers have been able to show differences in pitch and variation for a few different types of barks, but generally, even researchers find it hard to determine the meaning of a bark from sound alone. Focusing on the pitch, duration, and frequency can help, but context and knowledge of that specific dog matter more.

More naughtiness: Dogs being dogs

Chasing

Adaptive significance: Chasing is an essential part of hunting. Dogs' eyes are more sensitive to movement to help them spot and chase prey. Their wide set eyes give them 270 degrees of vision. Dogs have up to 3x more rods, movement detecting receptors, than we do, and they cover a bigger area for better peripheral vision.

Immediate cause: Fast moving objects, not always just prey, trigger an urge to chase in dogs. This is more pronounced in dogs who have longer faces, which make their eyes even better at panoramic and peripheral vision.

Shredding and dissecting

Adaptive significance: Dissecting is part of scavenging carcasses and dogs' and wolves' normal hunting sequence: eye, stalk, chase, grab bite, kill bite, dissect, eat.

Immediate cause: Stuffed animals often trigger an urge to dissect in dogs, especially if they were just chasing, tossing (grab bite), or shaking (kill bite) it. Some dogs also chew and shred bedding and soft objects out of boredom or to self soothe.

More naughtiness: Dogs being dogs

Rolling in stinky stuff and bathing in mud

Adaptive significance: Science hasn't answered this one. Two top theories are that dogs are masking their scent or that they are proudly displaying the scents they found, but both theories have holes.

Immediate cause: Smelling or seeing something stinky, often dead and decaying animals or feces from another species. Dogs seem more likely to roll shortly after a bath, which suggests they prefer to smell like these things, rather than like shampoo.

Jumping up on people

Adaptive significance: Genetic research shows that early in domestication, humans selected for the dogs who formed the fastest, deepest connections with humans. Unlike wolves, dogs make eye contact and look at our faces for information and help, so we've also bred them to be interested in our faces.

Immediate cause: Dogs jump because they are excited to see us and want to get closer to our faces.

Enriching activities

Here's how to use the products inside your kit to let your dog enjoy normal dog behaviors without being destructive.



Scan here or go to www.dogbybox.com/pages/naughty-by-nature-resources to learn more about the products and activities on the following pages.

You will find:

- Information on the source, cleaning, care, and safe use of all products
- Troubleshooting tips, additional info, and next steps for training plans
- Bonus activities and ideas to make the most of the products

The Pool, aka The Digging Pit



Let your dog dig in their own way

Digging can be incredibly destructive to your yard or furniture, and attempts to use punishment to stop digging altogether are rarely successful. A digging pit gives your dog a safe space to dig and makes it easier to curb damaging digging.

This pool's packability, durability, and adaptability make it perfect for customizing a digging pit for your dog. Use it indoors or out. Set it up permanently or pack it away each time. Swap out materials to keep it fun.

Even dogs who don't love digging will have a blast snuffling and playing in a new way.

Customize your digging pit

Here are a few different ideas for how to fill your dog's digging pit:

Towel or blanket layers: Sprinkle a handful of treats in the pool. Lay a towel or small blanket on top. Add more treats then one more towel or blanket.

Treasure box: Sprinkle treats in the the pool. Then fill it with your dog's favorite soft toys and balls and maybe a chew toy or food puzzle.

Fall leaves: Fill the pool 6+ inches with leaves. Mix in a few chew toys, food puzzles, or toys.

Sand or soil: If your dog likes to burrow, place the pool in a shady, protected spot. Fill it 4-6 inches with sand or soil. Bury a few chew toys, food puzzles, or toys.

Scan this code to see how to easily make a permanent outdoor digging pit for strong diggers.



If your dog doesn't dig or snuffle right away, show them as you add a few extra treats and encourage them to hop in, or get on your hand and knees and pretend to dig to draw their interest.

The Snoop Food Puzzle



Let your dog scavenge

Not only is eating meals from food puzzles a fun outlet for dogs who love to scavenge, for a couple of reasons, it's also a great way to minimize other naughty or irritating behaviors. First, it helps your dog burn mental energy to reduce boredom. Second, puzzles are a quick and easy “yes” behavior for times when your dog tends to do something naughty like chew, bark, or pester people.

Dogs love the Snoop because it's bouncy and unpredictable. We love that it's easy to fill and clean.

Feed your dog from the Snoop

To fill the Snoop, pull the inside of it up and out so it looks like a volcano with a round bottom. Once you've poured your dog's food in, pop it back in.

- If your dog is new to food puzzles, add a few treats to the Snoop along with their kibble to give them a little extra motivation to work on the puzzle.
- If your dog is more advanced, add a ball to the opening, so they have to get the ball out before the food comes out.

To get the most benefit from your dog's puzzle meals, feed them at a time that is normally a challenge, either because you are busy (like while you shower), or because your dog tends to be naughty (like while you're eating dinner, so they won't beg).

Scan this code to learn more about why we love food puzzles and how to use them safely.



“Street smart” dogs might dive right into a tough puzzle, while “people smart” dogs might turn to you for help. Starting with very easy puzzles and turning your attention away will help them work independently.

The Shreddable Stuffed Animal



Let your dog shred

For dogs, dissecting is the natural next step after chasing, tossing, and shaking a stuffed animal. To them, ripping apart a toy isn't destroying it, it's using it properly.

Besides, research has shown that dogs tend to lose interest in a toy after seeing it 5-6 times. So for many dogs, shredding a toy that's been played with a few times isn't a big loss!

Engage your dogs' inner hunter

Get a few uses out of the toy while it's new and fun before letting your dog shred it.

- Play with your dog 2-3 times, kindly interrupting any attempts at dissection.
- Store the toy out of reach in between sessions.
- At the end of the third play session or so, let your dog shred!

Tips to bring out your dog's hunting instincts during interactive play:

Become the prey: Scurry the toy around on the ground. It might zig zag, approach your dog then run away, hide behind your body, or pop out unexpectedly.

Chase: Play fetch or keep away to encourage your dog to chase the toy.

Grab bite: Tug of war is the play version of grab biting. Other dogs might like to toss it around on their own or catch it in midair.

Let them kill bite: Let your dog get a good grip and shake the toy. This can be a part of tug of war or during their solo play.

The Waterless Shampoo



Let your dog get dirty

The biggest hurdle to letting dogs romp, roll, and splash outdoors is that they will get your car or house filthy. After countless hours cleaning dogs of all sizes and fur types, using many different methods, we think that the Waterless Shampoo plus an old towel is the perfect combination. For humans, it's easy, effective, and portable. For dogs, the ability to spot clean is better than a full bath and the minimal scent isn't too offensive to their sensitive noses.

Clean up after outdoor romps

When you have a reliable, low-effort plan for getting your dog clean, it's easier to let them be free and embrace their dogginess outdoors. Here's what we do:


Be prepared: Keep the Waterless Shampoo and 2-3 clean, dry towels in your car.

Find a clean spot: If the ground is muddy, lay down a towel or rubber mat.

Leash your dog: You don't want them to run off, but give them some wiggle room.

Scrub them clean: Squirt the shampoo on the towel and gently rub dirty spots. Use a clean part of the towel for your next pass, repeating until nothing comes off.

Take breaks: If your dog freezes, averts their eyes, or pulls away, let them take a break.



A car seat cover can help you feel even more comfortable letting your dog get dirty. The better ones are fully waterproof, attach to your seat in multiple spots to prevent sliding, and cover the sides of the seat and the door as well.

The No Hide Strip



Let your dog chew

Chewing gets a bad rap because when directed at the wrong objects, it can be incredibly destructive. But, there are upsides to chewing. First, it's a perfect “yes” behavior when you need your dog to be calm, quiet, and independent for a little while. Second, it's a great tool to help them calm down after high energy activities or anxious moments, which is something many dogs seek out themselves.

Concerns about safety limit dogs' access to chewing. But, clinical studies show that rawhides and bones represent only 2% of the foreign objects that are removed from dogs' GI tracts. Plus, the No Hide Strip in your kit was designed to be safer and more digestible, lowering the risk even more.

Enable productive chewing

We recommend giving your dog easy access to a variety of chew toys. Rotating their toys every few days can reduce clutter and keep things interesting for your dog. Here are some of our favorite chew toy options:

- Shreddables like stuffed animals or old paper packing materials
- Long lasting hard chew toys like Benebones
- Stufferable, snack-sized food puzzles like the classic Kong
- Consumables like bully sticks, yak chews, and the No Hide Strip in this kit

Stufferable and consumable chew toys are the best at keeping dogs busy and quiet. In one study, dogs spent significantly longer chewing those toys compared to others.

No Hide Strips are safe for dogs of all sizes.

- For small dogs, cut it in half or trade them for a few treats halfway through.
- For large dogs and strong chewers, stick the strip inside a puzzle toy or freeze it in a popsicle made from wet dog food, applesauce, yogurt, pumpkin, or broth.

Scan this code to learn more about the safe use of chew toys.



The Box



Let your dog destroy

One upside of all of the packaging generated from online shopping is that it makes a great enrichment activity for dogs!

Many dogs love to shred paper and cardboard, and since they were headed for the recycling bin anyways, they are the perfect opportunity to let your dog really go to town shredding and destroying.

Prepare the box for destruction

Shredding a box is not an entry level activity. Most dogs will need to build their confidence with boxes first:

- For total novices, tuck the sides of the box down and in so they can't flap around. Mix a handful of treats in with the paper shreds and a few crumpled pieces of packing paper, if you have it.
- As they gain confidence, leave the flaps out to the side or lightly closed and tuck treats inside the paper, so your dog needs to shred the paper to get the treats.

Once your dog is comfortable sliding, flipping, and opening boxes and shredding paper, it's time to make it harder and encourage maximum destruction and fun:

- Stuff the box with treats, crinkle paper, and packing paper and close the flaps by tucking them into themselves.
- Get your dog riled up and give them the box! Offer high energy encouragement and open one flap if they need a little help.



Little dogs might need a smaller, non-corrugated box to shred.

More Ideas

A few more ways to let your dog be a dog.

The 5 Second Rule for Leashed Hellos



Let them say hello

Letting your dog say hi to other dogs while on leash can be tricky. Never letting your dog greet other dogs can lead to frustration and stress. On the flip side, leashes are restricting and can prevent scared dogs from walking away when they want and make attempts to play frustrating.

The 5 Second Rule is the perfect middle ground. It's just enough time to get in a polite crotch or butt sniff, but not so much time that they try to play or get scared.

Have better on leash greetings

The 5 Second Rule is for dogs who are ok or better at greeting other dogs on leash. It's not for dogs who are fearful, aggressive, overly playful, or unpredictable.

Approach politely: Avoid approaching head-on and walk in an arc if you can. Help your dog play it cool by engaging them in training or walking faster to curb pulling.

Always ask: Even if they seem open, call out "Is it ok if they say hi?" from 50+ feet.

Keep it low stress: A loose leash gives more freedom and reduces tension. Speak playfully to the dogs, and never warn or scold.

Say goodbye: After 5 seconds or if the dogs get tense, take two steps away and playfully call your dog. Wait two seconds, then gently guide them away. After 5-10 more steps, reward your dog with high value treats and praise, even if they didn't follow right away.

Use chasing as a reward



Let them chase

The tough thing about a prey-driven dog is that they often prefer the prey to any treats or toys you can offer, which makes training really hard. But, in certain situations, you can use that to your advantage and use the chance to sniff and chase as a reward for good behavior.

We love this training game for dogs who pull on leash towards squirrels, chipmunks, and other neighborhood critters who can keep themselves safe. It is not appropriate when your dog is off leash or if the critter will be cornered or more scared by you than they would normally be. We certainly aren't advocating for harassing wildlife.

Turn temptations into rewards

The goal of this training game is to teach your dog that when they see a critter, they should look at you and wait for you to say it's ok to run over together.

Start at home

1. Cut 1/4 cup of meat or cheese into pea sized pieces, and show your dog.
2. Leash your dog. Place 4-5 treats on the floor on one side of a room or hallway, making sure your dog doesn't grab them, then walk your dog to the other side of the room.
3. Your dog will probably strain on their leash and try to get to the treats. Resist the urge to call their name, because they will definitely ignore you. Wait quietly and watch them carefully, as soon as they glance back at you, even if it's a half-second side-eye at your ankles, say "Yes!" and jog to the treats together.
4. Repeat until your dog looks up at you within a couple seconds every time. Many dogs will naturally start to look at you for longer and directly at your face.
5. Try again 3-5 more times on different days and with different temptations. A person crouching and playfully calling them is a great one.

Put their new skills to use outside

Take it outside

1. Repeat the step above while on your regular walk route. You can use your own treats placed on the sidewalk, greetings with human neighbors, or saying hi to other dogs as your temptations/rewards.
2. Repeat a few times per walk until your dog is turning to you within about 5 seconds most of the time.

Use it with critters

1. If you can, plan your route and timing to avoid the hardest situations to give your dog a better chance of succeeding at first.
2. Near the start of your walk, help your dog warm up by practicing with treats.
3. When your dog notices a temptation and fixates or starts to pull, stop walking. Wait quietly, firmly rooted in place. As soon as you get even a brief glance at your ankles, say “yes!” and jog over together. If the animal hasn’t fled already, make a bit of noise to give them a heads up.

Normalize crotch sniffing



Let them greet you

Not only is sniffing someone's crotch a polite way to greet people and a perfectly normal thing to do in a dog's mind. It's also how they get to know someone. Dogs can tell a lot about a person's mood, diet, health, and more by getting a good sniff. Knowing all that, it seems unfair to not let them get in at least a little sniff. We have a few tips to help you encourage people to let your dog sniff while making sure they don't take it too far.

Allow some crotch sniffing

Normalize sniffing: As your dog sniffs someone, offer a playful one-liner that lets the person know why dogs sniff crotches and encourages them to feel ok about it.

- “Kona’s getting to know you.”
- “Kona wants to see how you’ve been and what you’ve been up to.”
- “This is a polite way to say hi in her species.”

Interrupt it if it goes on too long: If your dog is still sniffing after about 5 seconds, interrupt them without punishment. A few options are:

- Encourage the person to kneel down, if your dog won’t jump on or tackle them.
- Call “come” or “touch,” if your dog already has practice in exiting situations.
- Leash your dog before the interaction, so you can gently guide them away.

Reward your dog with high value treats (bits of meat or cheese) for coming to you, even if you had to use a leash. It will make it easier to call them away in the future.

If your dog is knocking people off balance, hurting them, or won’t stop sniffing, a trainer can help you bring their sniffing down to an appropriate level.

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Scan this QR code for links to all of these sources.



Thank you so much for supporting Dogby!
We hope you and your dog have a blast trying these new things together.

We are here for you if you need anything. Please email us at hello@dogbybox.com.

www.dogbybox.com