

Minding Molly

Mark and Kitty

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Meet Molly

Name: Molly

Breed: Bordoodle (Border Collie x Miniature Poodle)

Age: 4 Years

DOB: 25 March 2021

Molly is a beautiful four-year-old Bordoodle dog. A cross between a poodle and a border collie, she is very intelligent, loving, and full of character. She needs a moderate amount of exercise and brain work (30-45 minutes) every day and otherwise she is very happy chilling at home and being close to her people. On the outside, Molly looks all “doodle” but her temperament is much more on the border collie side so she is usually not too interested in playing with other dogs and is happier being with her people and having a few jobs to do. You will love getting to know this little doggie!



Figure 1: Scan the QR code or visit markhanly.github.io/minding-molly to view this booklet online, including extra videos



1 Food

1.1 Regular Meals



Figure 1.1: One cup of kibble, morning and evening

Molly's main food is [Hill's Science Diet Sensitive Stomach & Skin Adult Dog Food](#). She eats one cup in the morning (usually about 8am) and one cup in the evening (usually about 6pm).

In her morning meal we include 1ml of [4cyte joint supplement](#).



Figure 1.2: Supplement with breakfast

Sometimes we will add small amounts of other food to Molly's kibble, for example if we are having banana with our breakfast we will give here a few slices too. Foods Molly enjoys in this way include:

- Banana
- Blueberries
- Watermelon
- Tuna (spring water cans)

- Pumpkin
- Peas
- Carrots
- Egg
- Yogurt
- Cheese
- Small dash of milk

1.2 Treats

We usually use [vitapet milky sticks](#) for training treats. Molly will enjoy all sorts of dog treats but please only in moderation. For example, we would give her two vita sticks a day, broken into small pieces for training and walking.



Figure 1.3: Two vita sticks a day, broken up small for training and treats

1.3 Allergies/Food issues

- Molly loves chicken but too much can give her diarrhoea, so we avoid this.
- Molly loves bones (e.g. uncooked beef bones) but chewing on these for too long can give her an upset stomach (constipation/diarrhoea).

2 Exercise

Molly needs 30-45 minutes of exercise a day, usually in two 20 minute sessions, one in the morning and one in the evening. Because of her breed, she needs physical and mental exercise everyday. We usually mix up her exercise with combinations of walks, ball time, games and tricks.

2.1 Walks

Molly loves to go for walks and will do lots of sniffing and scenting. She (usually) doesn't pull ahead on the leash but she will pull to either side to follow a smell that she likes.

Please always walk Molly on-leash.

 Note

Scavenger Molly is a bit of a scavenger on her walks and if she gets a chance she will eat things like discarded chicken bones, takeaway, or poop (cat, possum, sometimes dog).
Other dogs When out walking, Molly will usually greet other dogs in the manner they greet her: if they ignore her she will ignore them, if they give a friendly hello she will give a friendly hello, if they are aggressive, lunging or barking she will react in the same way.

2.2 Ball

Molly's absolute favourite thing is to chase her ball. She will bring it back to you but usually likes to sit and "mind" her ball, rather than immediately give it up for another throw. She will play fetch all day, even until her hips are sore, so we always leave plenty of breaks between throws and limit the length of a fetch session to 10 minutes or so. She will quickly chew through a tennis ball so we always use the durable orange ball

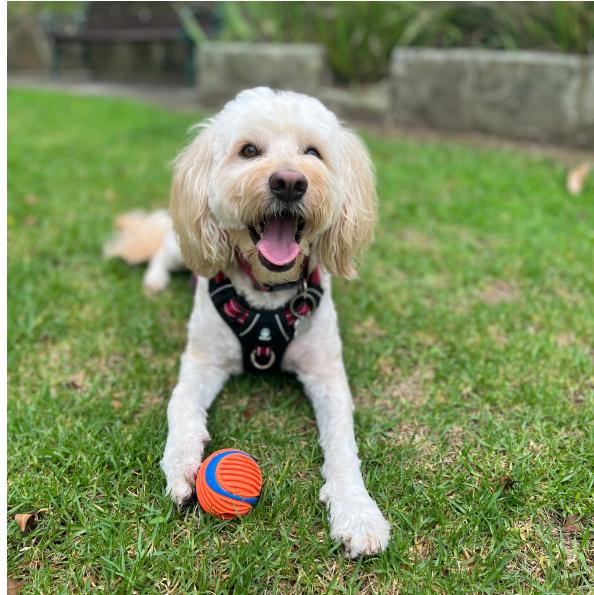


Figure 2.1: Molly minding her ball

! Note

Molly is very possessive of her ball so please **never** let her play with her ball around other dogs. If a dog approaches her while she is “minding” her ball she will snap at the dog.

2.3 Games

Molly loves lots of games and these are a great complement to her more physical exercise (or a good substitute if it is too wet for a proper walk).

Games we play with Molly include:

- Find the toy (hide toys around the house and Molly will find them and bring them to you)
- Fetch the slippers (Molly finds the slippers and brings them to you)
- Find the treat (hide a treat in another room and let Molly sniff it out)
- Hide and seek (have Molly stay in one room then hide in another room; call her to find you)
- Tug-of-war
- Other mental stimulation e.g. lick mats and kongs

2.4 Tricks and commands

Molly knows lots of tricks and commands, and is always ready to learn more. These can be chained together in any combination for a fun exercise session. The most useful commands we use include:

- Sit
- Paw
- Down
- Down (from a distance)
- Stay
- Come
- Leave it
- On your bed/on your blankie
- Mind the house
- Hop up (jump on to a seat or bench)
- Paws up (put front paws onto a low wall, step or kerb)
- High five
- Hide
- Heel (Right: “Heel to me”; Left: “Switch sides”)
- Cheers
- No barking
- No jumping
- Tummy tax (if lying down say *tummy tax* and Molly will roll onto her back for tummy rubs)
- Clean the paws (after a walk say *clean the paws* and Molly will offer her front paws to be dried)

3 Health

3.1 Vet

Molly's vet is Hurlstone Park Veterinary Hospital:

- 02 9558 4181
- hurlstoneparkveterinaryhospital.com.au
- 739 New Canterbury Road, Dulwich Hill, NSW 2203
- hpvets@hurlstoneparkvet.com.au

3.2 Health Insurance

Molly has pet health insurance with RSPCA Pet Insurance.

3.3 Vaccination

Molly is fully up-to-date with annual vaccinations (C7). She receives her vaccines annually in June.

3.4 Fleas and Worms



Figure 3.1: ¹³No fleas here!

Molly takes a monthly tablet for fleas, worms, ticks etc. She takes [NexGard Spectra](#) (for 15-30kg dogs) on the 13th of every month.

3.5 Desexing

Molly is desexed.

3.6 Hip Dysplasia

Molly has hip dysplasia. This is generally doesn't cause any issues and is kept in check by limiting the extent of her physical exercise sessions. In her morning meal we include 1ml of [4cyte joint supplement](#). Molly will get lame, stiff, or sore if she is given too much physical exercise. If she does overdo it and is stiff or limping, we give her Meloxicam (1.2ml once a day with food).

3.7 Grooming

Molly is fastidious with her own grooming and will usually spend some time every morning and evening grooming and “cleaning” her paws. Her coat is non-shed and can get matted easily so we pick out any burrs etc straight away and comb her regularly, especially her ears which are prone to knots otherwise. If Molly needs a wash we use [Dermcare Alovene Oatmeal Shampoo](#).

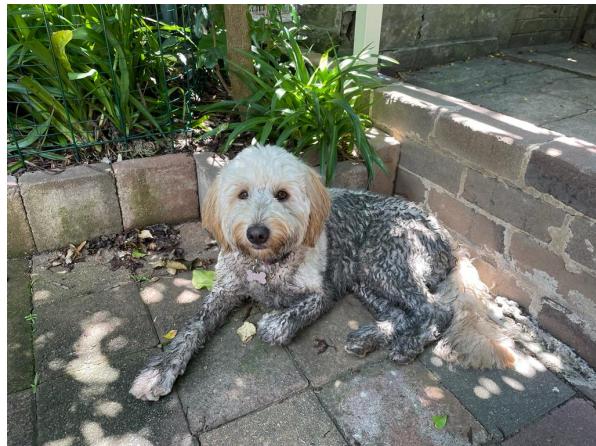


Figure 3.2: Molly is generally clean but sometimes but if a bath is unavoidable you can use the shampoo provided

4 Behaviour

4.1 At home

Molly is a very good girl at home and between her morning and evening walks will spend most of the day asleep. She generally won't bark at passers-by, doorbells etc (and we sternly tell her "no barking" if she ever does). She does like to sit in a comfy spot and at home she is allowed on the couch but she knows she has to be "on your blanket". She likes a little snuggle in the morning and evening and she has an inbuilt alarm clock set to 5pm for evening walks. She doesn't counter surf or chew things (apart from her toys).



Figure 4.1: Between her morning and evening walks Molly will spend most of the day asleep

4.2 Being left alone

Molly is fine to be left alone in the home and will usually just sleep on our bed when we are out during the day. As a puppy she would get anxious and whine when we left her alone but we got through that by following some common advice, which we recommend:

- Give her some time to get comfortable in a new space before leaving her alone
- Make sure she is toileted, fed, and exercised before leaving
- Don't make a fuss when leaving, just say "Molly, mind the house"
- Don't make a fuss when returning - we will usually completely ignore her for a minute before saying hello with a treat.

4.3 With other people

Molly is generally great with other people and will sometimes want to stop and say hello to people on walks. If she gets too excited she might try to jump up to say hello (we discourage this and say "no jumping"). She is always very gentle with children.

4.4 With other dogs

The main behavioural issue to be aware of is with other dogs. Below are scenarios to be aware of where Molly can snap or be reactive:

- If a dog approaches her while she is playing with her ball (this is a real trigger so please avoid playing with the ball around other dogs)
- If another on-leash dog barks or lunges towards her while out walking
- If you sitting at a cafe or outdoor seating area and another dog is too much in your space. Molly would be fine meeting the same dog out walking; it seems to be the sitting/resting that makes her disposition more reactive. We are always practicing with Molly to get her used to cafes/pubs. She can go to quieter places for shorter visits but doesn't do great with longer visits or places with too many other dogs.

4.5 Grass eating

Molly often tries to eat grass. We discourage this, but it doesn't necessarily mean that something is wrong, as it might for other dogs.

4.6 Going off leash

We do off-leash exercise with Molly in open areas far from roads and without too many other dogs. Because of the issues described below, please avoid contexts with too many other dogs, like busy or enclosed dog parks. If you are unsure, it is safest to just do off-leash play in the garden.

4.7 Other behaviours

Sometimes at the end of a walk if Molly is over-stimulated or doesn't want to go home she will stop listening to commands and start acting up (yes, like a small child). When she flips in to this mode she will do things like:



Figure 4.2: Molly will jump in a puddle if she gets a chance

- **Puddles** Molly doesn't like to swim but she will happily jump in a puddle
- **Recall** Molly comes on command, unless there is something more interesting to do which is about 25% of the time

- **Protest rolling** Instead of leaving the park Molly will stop, drop, and roll.
- **Chase me** Instead of leaving the park Molly will run away with her ball or a stick.

If Molly flips into this disobedient mode the best thing to do is (i) ignore her if she is running away from you; (ii) get her on leash; and (iii) use a treat or a ball to encourage her to start moving.

5 Appendices

5.1 Nicknames

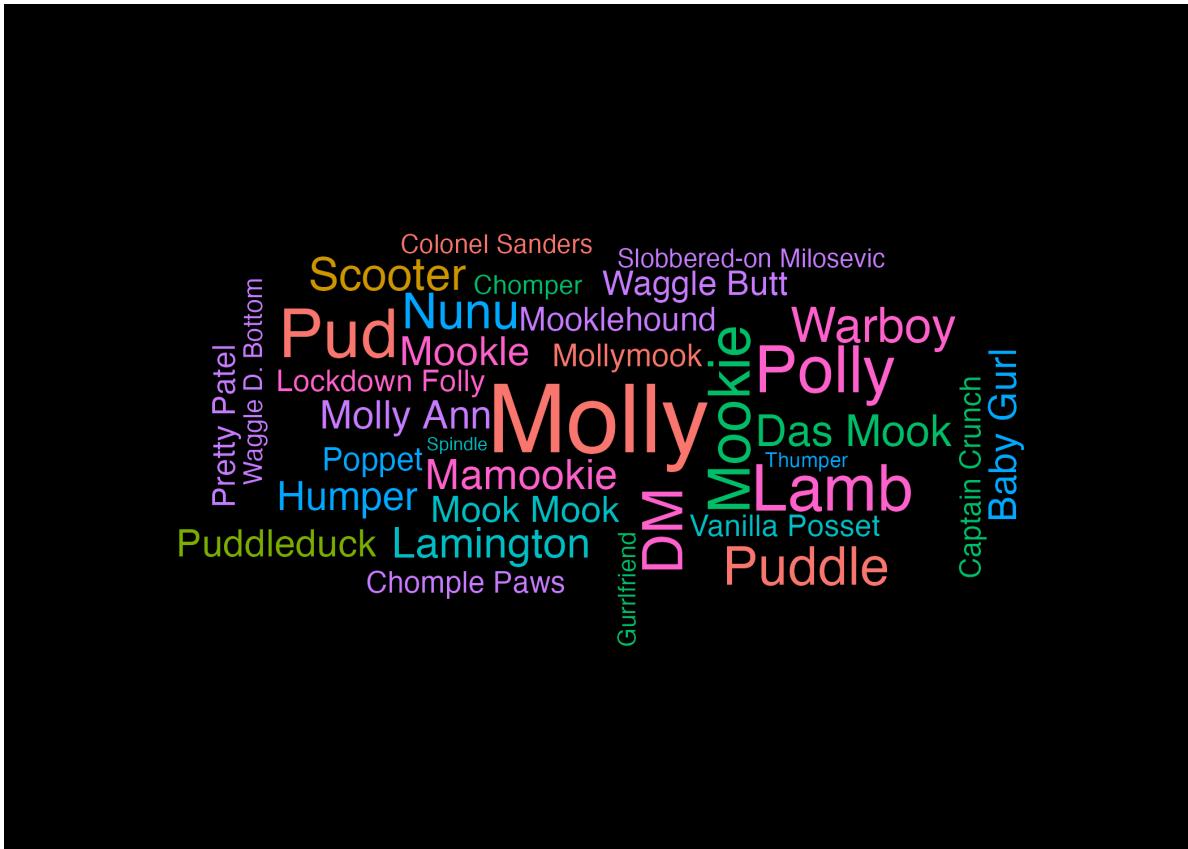




Figure 5.1: Our Molly