

# THE Latham Letter

VOLUME XLI, NUMBERS 2 and 3

Spring/Summer 2020

PROMOTING RESPECT FOR ALL LIFE THROUGH EDUCATION

## BORN TO BE WILD: How one rescue organization helps nurture Florida's wild animals

*By Lisa Wayne*

*See page 6*



*Everyone loves learning at Busch Wildlife Sanctuary.*



**HUMANE EDUCATION/GRANTS** pp 5-15

**HUMAN-ANIMAL INTERACTIONS** pp 16-30

**THE LINK** pp 31

**SCIENCE & NATURE** pp 32

**MEDIA REVIEWS** pp 33

# MANDATE

## Edith Latham's **MANDATE:**

"To promote, foster,  
encourage and  
further the  
principles of  
humaneness,  
kindness and  
benevolence to  
all living creatures."



### **The Latham Letter**

Balanced perspectives on humane issues and activities

Search the Latham Letter archives by topic and learn more about all of our resources and grants at [www.Latham.org](http://www.Latham.org) or call 510-521-0920.



© 2020 The Latham Foundation for the  
Promotion of Humane Education

# The Latham Letter

Volume XLI, Numbers 2 & 3, Spring & Summer 2020

## BALANCED PERSPECTIVES ON HUMANE ISSUES AND ACTIVITIES



The *Latham Letter* is published by The Latham Foundation,  
1320 Harbor Bay Pkwy, Suite 200  
Alameda, CA 94502-6581.

Publisher and Editor Hugh H. Tebault, III  
Managing Editor Judy Johns, M.S.  
Associate Editor Deirdre Rand, Ph.D.  
Design Tula Asselanis

The *Latham Letter* welcomes manuscripts relevant to the  
Foundation's interests, but reserves the right to publish such  
manuscripts at its discretion.

### CONCERNING REPRINT PERMISSION:

Permission from the Latham Foundation to reproduce articles or other  
materials that appear in *The Latham Letter* is not required except  
when such material is attributed to another publication and/or authors  
other than the editors of this publication. In that case, permission  
from them is necessary. When republishing, please use this form of  
credit: "Reprinted with permission from *The Latham Letter*, (date),  
publication of the Latham Foundation for the Promotion of Humane  
Education, 1320 Harbor Bay Pkwy, Suite 200, Alameda, CA 94502,  
510-521-0920, [www.Latham.org](http://www.Latham.org)." Latham would appreciate receiv-  
ing notice of any publication or online source in which material is  
reproduced.

### ABOUT THE LATHAM FOUNDATION:

The Latham Foundation is a 501(c)(3) private operating foundation  
founded in 1918 to promote respect for all life through education.  
Latham welcomes partnerships with other institutions and  
individuals who share its commitment to furthering humane  
education.

### TO CONTACT LATHAM:

Voice: 510-521-0920  
Fax: 510-521-9861  
E-mail: [info@Latham.org](mailto:info@Latham.org)  
Web: [www.Latham.org](http://www.Latham.org)

### MEMBERS OF THE BOARD OF DIRECTORS:

Ms. Stacy Baar  
Mr. Eric Bruner  
Ms. Betsy Cohen  
Mr. James Olson  
Mr. Hugh H. Tebault, III  
Mrs. Mary Tebault

*The Latham Letter Spring & Summer 2020*

## CONTENTS:

### EDITORIAL

- Fear, Uncertainty, Doubt - 4  
Three Keys to Failure *By Hugh Tebault, President*

### HUMANE EDUCATION

- 2020 Grant Guidelines 5

### GRANT REPORTS

- BORN TO BE WILD: How one animal 6  
rescue organization helps nurture  
Florida's wild animals - *By Lisa Wayne*

- How the Victoria Humane Society (B.C.) 8  
is Reducing Animal Overpopulation  
in Rural First Nations - *By Daisy Jasser*

- Humane Society of Utah Reaches 10  
10,000 Children *By Karin Duncker*

- Promoting Empathy and Kindness 14  
through Books on Animals and More:  
One Mom and Educator's Methods for Promoting Her  
Own Son's Social and Emotional Development  
*By Karly Noel*

### HUMAN-ANIMAL INTERACTIONS

- All the Presidents' Mutts: 16  
A History of Dogs in the White House  
*Reprinted courtesy of Bring Fido, www.BringFido.com  
and Lauren Barker*

- Non-Human Animal Companionship: 23  
A Crucial Support for People During the COVID-19 Pandemic  
*By Janet Hoy-Gerlach, Mary Rauktis & Christina Newhill*

### THE LINK

- The LINK in Europe: Women Are Using CODE WORDS 31  
at Pharmacies to Escape Domestic Violence During Lock-  
down *By Ivana Kottasova and Valentina Di Donato, CNN*

### SCIENCE & NATURE

- Bats Get a Bad Rap  
Hurricane Season Begins in June

### MEDIA REVIEWS AND NEWS

- In Loving Memory of Sister Pauline Quinn 36





## Fear, Uncertainty, Doubt: Three Keys to Failure

*Hugh H. Tebault, President*

I have participated in many professional trainings in my career. An early one in strategic sales explained the concept of defending yourself against attacks based on fear, uncertainty or doubt (FUD). Simply put, when you have a product that is superior to your competition's, your competitors may defend themselves to customers by suggesting reasons to be fearful, uncertain, or doubtful about you or your good product. This same negative tool is used in courtrooms by lawyers who cannot show facts, but must instill doubt or uncertainty to gain a conviction or a successful defense.

FUD attacks are the opposite of values taught by humane education. Humane education encourages respect and truth in all things. FUD tactics are actually a way to create failures because rather than relying on facts and evidence, they rely on emotional manipulation and misdirection. FUD attacks are negative propaganda weapons that you should be aware of, and avoid reacting to.

Our world today is dramatically disrupted by the release from China of what is now called the COVID-19 virus. Much of the daily business of countries around the world has stopped as we try to control this new virus and better understand what it might do. Sadly, early information was not shared, and now test results show that early speculations about hospitals being overrun and death estimates of a million or more were inaccurate. While the COVID-19 virus is certainly real, the early statements about its severity were simply FUD.

When I look at Latham's history, I am reminded of Edith Latham's reaction to WWII. She was criticized by some at the time because she supported the US entry into the war. There were those who attacked her "supporting the military," because "no war is justified," and if you teach humane education you MUST be against war. While Edith Latham certainly did not want war, she was wise enough to see that only its success would allow for the future of humane education.

***"To these friends we would say that the whole future of humane education hangs upon our national ability to repel the enemy. Without victory the whole structure of humane education is doomed. Under the ruthless heel of the conqueror all our work for both human and animal welfare would perish. We are fighting now for the very life of our foundation."***

[https://www.latham.org/Issues/LL\\_03\\_SP.pdf#page=4](https://www.latham.org/Issues/LL_03_SP.pdf#page=4)

We must work together to repel the current attack on our country. We get COVID-19 attacks every day and they are a fact of life. In comparison, we have the annual influenza season where custom vaccines are developed by the American CDC in partnership with the WHO. The CDC notes for the 2018 influenza season, an estimated 80,000 people died, and the CDC vaccine had an effectiveness of 29%. So vaccines are not a panacea; they only help limit the need for extensive medical care. Knowing the facts can help you recognize FUD tactics for what they are.

# 2020 GRANT GUIDELINES



The 2020 Latham Grants program focus is again Promoting Humane Education through Animal-Assisted Activities, where both animals and people benefit.

Proposals will be accepted *only* between July 1, 2020 and July 10, 2020 and must be completed and submitted on our website [www.latham.org/grants/application](http://www.latham.org/grants/application).

Decisions will be announced in September, 2020.

Nonprofit organizations will have priority but grants shall not be limited to those who have attained nonprofit or 501(c)(3) status.

See [www.latham.org/grants](http://www.latham.org/grants) for additional information and the application form.

## ***Kindness to Animals***

builds compassion and empathy for other living creatures.

This is the first and truly foundational step that supports all the other steps above it.

## ***Kindness to Each Other,***

another important step, guides the interaction between people of the same family or social group.

## ***Kindness to Other People***

guides the interaction between people of different families or social groups when they meet in a common place.



# BORN TO BE WILD: How One Rescue Organization Helps Nuture Florida's Wild Animals

By Lisa Wayne

You might take the family to see all sorts of wild and exotic animals at the local zoo, but panthers, opossums and bears (oh my!) roam Florida's forests, fields and waterways just as free as can be. Our South Florida wildlife, including mammals, birds and reptiles indigenous to the region, are an important part of our ecosystem. We need to live in harmony with them, helping to protect them from harm and encroaching development.

With support from The Latham Foundation, **Busch Wildlife Sanctuary** educated almost 30,000 individuals last year and taught them about wild animals, their purpose, how to live alongside them, and have respect and compassion for all living creatures.

And if you love nature and wildlife, you can help, too — all while getting up close and personal with some of South Florida's most beloved creatures. Here are four reasons why it's so important to learn more about and protect our local wildlife.

## 1. There are wild animals all around us

Wild animals, birds and reptiles are all around us, living among us, just

trying to make their way in a world that has been steadily encroaching on their natural environment. Our urban wildlife is as much a part of our daily lives as the people we meet, and learning about them through humane education or environmental education programs is the first step to understanding how we can live together in harmony.

## 2. They are part of a healthy ecosystem

All animals are a part of a circle of life, and they're all part of keeping the local ecosystem and environment stable. If, for example, you find bats creepy, remember that they eat a lot of insects — including pesky mosquitoes. In fact, according to the U.S. Geological Survey, a loss of one million bats in the Northeast likely “resulted in between 660 and 1320 metric tons of insects” that were no longer being



*Crissy Page, Busch Wildlife Sanctuary Junior Naturalist Coordinator teaching children about reptiles and their importance to our environment and respect for all living creatures.*

eaten. Being a responsible human means understanding just how important our urban wildlife is, and also helping children understand. We believe it is important to teach people how we can help make sure our wildlife stays safe and the circle of life remains intact.

## 3. They really do need our help

Because our own lives — complete with cars, homes and highways — have moved into animals' natural habitats, it's important that there's a place where they can come to be rescued and rehabilitated when injured. Nearly 90% of the injuries treated at the Busch



Wildlife Sanctuary hospital are directly related to man-made causes, which include collisions with automobiles, fishing line entanglement, electrocutions, illegal gunshots and poisonings, as well as attacks by dogs and cats. Busch Wildlife Sanctuary's rescue

***Busch Wildlife Sanctuary's rescue program's goal is returning recovered animals to their homes once again by providing free comprehensive medical and rehabilitative care to more than 5,000 injured wild animals each year.***

program's goal is returning recovered animals to their homes once again by providing free comprehensive medical and rehabilitative care to more than 5,000 injured wild animals each year.

#### ***4. They provide a learning opportunity for future generations***

Former patients of the wildlife hospital that have suffered injuries too severe to allow them to return to the wild are provided a safe place to live. They also serve as ambassadors of the animal kingdom at area schools and for birthday parties right at the sanctuary, where you can bring the whole family to meet

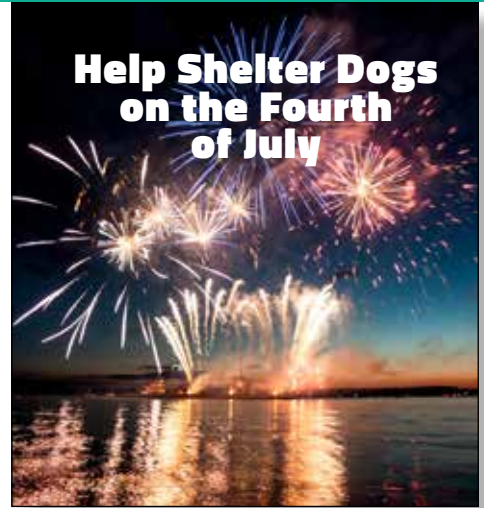
armadillos, bobcats, snakes, owls, and yes, even a Florida panther.

These animals offer the public a rare opportunity to experience an up-close encounter with nature, while creating a memorable message of respect for all living creatures and their habitats. There you'll learn more about the wildlife living right in your backyard. Programs at Busch Wildlife Sanctuary include a "Walk on the Wild Side" tour, storytime, junior naturalist and volunteer programs, scavenger hunts and more. Meet all of those cute, and sometimes not-so-cute but still lovable, animals at the Busch Wildlife Sanctuary, a non-profit organization dedicated to the protection and conservation of Florida's wildlife and natural resources.

Learn more at [buschwildlife.org](http://buschwildlife.org).



### **Help Shelter Dogs on the Fourth of July**



Most of us know these fireworks facts: Many pets are frightened, and even terrified. And many pets are lost as a result. If they're kept outside in a yard, they may panic and run off. As a result, shelter intake of lost pets increases around the country.

Pets in shelters likely can hear fireworks too. So Maricopa County animal shelters developed a novel solution. While the tradition can't continue this year because of COVID-19, we encourage other shelters to try this idea in future years. It's something to look forward to.

Last year, for the second year in a row, Maricopa County Animal Care and Control hosted its "Calming the Canines" event on July 4. The novel event proved a success, as volunteer humans helped soothe the shattered nerves of the dogs in the shelter. Spokesman Jose Santiago said volunteers helped the dogs sleep better throughout the night of fireworks. They read to pets, sang to them – if they desired – or just hung out. The mere presence of humans appeared to comfort the dogs and the volunteers enjoyed it too.



## How the Victoria Humane Society (B.C.) is Reducing Animal Overpopulation in Rural First Nations



*By Daisy Jassar*

***Our goal was to connect and establish effective working relationships with three First Nations communities. The program is on track and meeting our expectations. For example:***

### ***In-person Meetings***

In-person meetings took place in Lytton, Kitawanga and Cache Creek with a focus of gathering information regarding the challenges facing each community. The first meetings were with community members, followed by Band Council meetings. These separate meetings were valuable in assessing the needs from both a community and a council perspective, helping to ensure everyone agreed upon the issues regarding animal overpopulation and all were onboard with how best to move forward.

### ***Wellness Clinics***

We provided wellness clinics to each community in the summer, providing residents with the chance to sign up for spaying/neutering and provide their pets with a comprehensive physical examination that included vaccinations.

### ***Community Partnerships***

We established community partnerships with neighbouring/nearby community veterinarians who will now be providing veterinary care during times of emergency. Policies were also established in order to clarify expectations for both residents and partners.

### ***Animal Food Banks***

We set up animal food banks in each of the three communities and partnered with two truck drivers who deliver pallets of food to each Band office on an ongoing basis.

### ***Education Sessions***

We provided education sessions with the assistance of community volunteers (two in each community). Volunteers were trained and provided with various educational tools (books, videos, training outlines) equipping them to deliver sessions to their own community members.



### *Online Program Development*

Online Program development has taken shape including development with seven First Nations:

1. Cook's Ferry Indian Band
2. Nicomen Indian Band
3. Canoe Creek Band
4. Akisq'nuk First Nations
5. Boston Bar Indian Band
6. Nooiaitch Indian Band
7. Aitchelitz Indian Band

A program outline has been completed along with various materials and templates, all of which are now ready to go online. The portal development has not yet been completed but is on target to be launched within the next six months. This delay is a result of the current re-development of the VHS organization website which must be completed before the online portal can be integrated and launched.

In total, this grant has impacted 172 children and adults and 382 animals have been spayed and neutered within three First Nations communities.

### *Did you learn anything that you wish you had done differently?*

Going into the project, we were prepared for the challenges that can arise when Band Council membership changes. For example, lack of continuity that can result in delays in moving the project forward. To help mitigate this, we actively recruited dedicated

community members who were willing and able to work with us for the duration of the project. So far, this has proven effective and has helped us build and sustain momentum within each of the three in-person communities.



### *In-kind Services and Product Donations*

We successfully secured thousands of dollar's worth of various in-kind services and product donations including:


- Spay and neutering services
- Veterinary scans and CT services
- Medical supplies & parasite control
- Education materials
- Pet food
- Transportation costs

It was truly amazing to see the outpouring of support for this project from so many individuals and businesses.

### *Is there anything else you would like to tell us about how this grant affected your program?*

Having the Latham Foundation support provided us with a foundation to build upon that helped us leverage funding from many other sources.

### *Did this Project/Program Receive any Press/News Coverage?*

We have learned through our work with First Nations communities that building trust takes time and patience. While we asked the communities if they would be open to promotion or photo opportunities related to this project, our requests have been respectfully declined up to this point. 

# Humane Society of Utah Reaches 10,000 Children



By Karin Duncker

The Humane Society of Utah (HSU) is grateful for the grant from the Latham Foundation to support HSU's Humane Education Program. Our team provides engaging educational opportunities to 10,000 children ages 4-18 along the Wasatch Front in Utah. We accomplish this by providing free educational programs at schools and through the Humane Educators Reaching Out (H.E.R.O.) Camp, which is a week-long experience held in spring, summer, and fall. Our educators work hard to ensure that the next generation of pet owners and animal lovers will be knowledgeable, competent, and most importantly, compassionate.

## Free Educational Programs

We have developed a successful program that meets core curriculum in schools and teaches about humane care of animals. Our Humane Education Program staff is regarded among the very best in Utah, and stands out among others because:

- We have a variety of companion animals that are well-trained to visit classrooms and assist in teaching students how to interact with them.
- We provide each classroom with the option of follow-up presentations on topics that are of

interest to the teacher and might be complementary to a current lesson plan.

- Our presentations can be adjusted to best suit the needs of the classroom and participants (e.g. The team may know ahead of time that someone is fearful of dogs and can plan to make slow, easy introductions to help with that fear).
- Our trained education dogs are all Pit Bull types, which means students have a positive first experience with a dog while helping to dispel misconceptions about the breed.
- As a result of our thoughtful programming, we have developed a positive reputation in schools throughout Utah and are continuously asked to provide educational sessions for school and community groups.

During the grant period, we accomplished the following through our free educational programs:

- Visited nearly 200 classrooms to provide informative and thought provoking age-appropriate topics from basic pet care to complex ethical and moral issues.
- Out of the 200 classroom visits, 35% were held at Title I



*Third and fourth grade H.E.R.O. campers learn about the sheep, goats, chickens, and alpacas living at Berstrom Farms.*

schools (public schools that receive government funding because a high percentage of the student body comes from low-income families).

- Delivered a thoughtful presentation and opportunity to interact with a specially trained dog at the Girls Transition Center at the University of Utah's Neuropsychiatric Institute where teenagers 13-17 years old are being treated for issues like substance abuse, self-injury and eating disorders.
- Started the first in-depth, continuous visitation program at St. Vincent de Paul Parish School for an Animal Sheltering elective class that 7th and 8th grade students can choose to participate in. Presentations during the program focuses on topics such as shelter statistics and myths, animal welfare, and the environment.
- Visited ten classrooms regularly to educate students about the types of animals that are cared for at the shelter, what they need, and how to interact with a visit from those types of animals (e.g. rats, hamsters, chinchillas, hedgehogs, guinea pigs, rabbits, and cats).

### Educational Program Feedback

We stay in contact with the teachers of every classroom we visit, and rely on their feedback to help us tailor the presentations in the best way possible. Part of the dialog includes children's response to the visits, and we work hard to ensure students are enjoying their experience enough

to be interested and understand the importance of having compassion for all animals. The teachers and supervisors we work with consistently offer us positive feedback.

### Teacher Feedback

"This is my second year having the Humane Society come and educate my third graders about various pets, their backgrounds, and potential responsibilities for pet owners. My students look forward to their visits because they are very informative and incredibly engaging. Having animals visit our classroom helps these children learn compassion, empathy, and responsibility for all living things. This kind of life skill is so important and many students do not have sufficient experience with animals or training on basic care and compassion for them. We are so lucky to be able to expose our students to these real world social and emotional skills in such an impactful and enjoyable way."

- Jennifer Gelwix, 3rd grade teacher at Eastwood Elementary School

"Can you imagine anything better than having a different animal come to your classroom each month? I am a fourth-grade teacher in Salt Lake and having the amazing Humane



H.E.R.O. Campers learn about fostering animals and receive "foster pets" they take care of for the week.

Society volunteers come teach us about animals and their habitats, their character traits, and what it takes to care for these animals is the highlight of our month.

Many of my students won't ever have a pet in their homes, so helping educate them about the importance and responsibilities of pet ownership is so valuable. The employees are gifted teachers who know and understand young minds. They come prepared with Power Points and videos to help educate kids. The presentations are completely age appropriate and significant for each animal they introduce to us. The love and respect they have for each animal they bring sets the example of how we should treat helpless, living creatures.



I can't imagine anything more deserving of the generous funding than the Humane Society Education Programs. As we educate this generation about animal care and responsibility, we empower them to be responsible, proactive adults who will care deeply for animals everywhere. On behalf of students and teachers in the Salt Lake area, thank you for providing the funding for this fabulous program."

*-Heidi S. Jones, Fourth Grade Teacher at Crestview Elementary*

### H.E.R.O. Camp

Workshops held during H.E.R.O. camp are designed to give children a hands-on understanding of how to interact with different types of animals and provide them with tools that strengthen the human animal bond. We also strive to provide campers with information and experiences that will foster empathy, appreciation, and respect for all animals.

Some of the engaging educational activities we hosted during H.E.R.O. camp include the following:

- Touring the shelter and discussing what pets need to be safe, happy, and healthy.
- Using craft time to make things like "pupsicles" and "cat cakes" that can be used as enrichment tools for the animals at the shelter.
- Learning how to read the body language of cats and dogs to understand how much the animals communicate with humans and to help children know when an

animal is receptive to getting attention vs. not.

- Understanding the important jobs animals have in our community. For example, Rocky Mountain Rescue introduced a search and rescue dog while Labs for Liberty introduced service animals.



- Meeting veterinarians from Banfield who talked with the children about the importance of keeping pets happy, healthy, and engaged.
- Journaling exercises where the children reflect on topics they've learned that day. For example, on the day the students were taught about cats, their journaling assignment was to reflect on and write about how cats and humans have benefited from living together over the years.
- Meeting employees from various departments at HSU (e.g. marketing, development, and behavior program) to help

them understand how much work happens at a shelter each day.

- Learning about several different types of animals, meeting them, and learning about what type of care they need when kept as pets.
- Exploring types of animals not available for adoption at the shelter (e.g. farm animals) through presentations and field trips

During our week-long summer camps, the children receive their own stuffed animal (a cat or dog), which they foster throughout the week, and their toy is incorporated into activities designed to help the students learn about proper pet care. They name their animals, design collars and name tags for them, engage in various play time activities like assisting their "pet" through an agility course, learn where the microchip would

be inserted if they were real animals, discover which vaccinations they receive and when etc. At the end of the week, the campers get to adopt their stuffed animals by taking them home after the graduation ceremony.

### H.E.R.O. Camp Feedback

After the completion of camp, we solicit feedback from parents, and their remarks are overwhelmingly positive. A sample of comments from the parents of campers follow.

"This camp was a memorable experience for my daughter and she is already talking about going

back next summer. As parents, we share in her joy and were grateful she was able to have such a hands-on experience. We look forward to hearing about her adventures next Summer. What an incredible program! We hope it will carry on for years to come. Thank you Humane Society of Utah!”

*-Parent of H.E.R.O. Camp Participant*


“My son loved every minute of the Hero Camp! He was thrilled to learn about so many different types of animals – from dogs and cats to hedgehogs and chinchillas to rats and reptiles. He really enjoyed building a maze for the pet rats! I appreciated the knowledge that he came home with about how to respect and care for animals. And now he is insisting that we start brushing our dogs’ teeth! He can’t wait to do the camp again next summer. Thanks Humane Society!”

*-Parent of H.E.R.O. Camp Participant*

“This is the second year that my daughter has attended the HERO camp. She absolutely loves it! It provides opportunities to work with so many different kinds of animals. It teaches her compassion and empathy. We have enjoyed the camp immensely.”

*-Parent of H.E.R.O. Camp Participant*

### Conclusion

Everyone at the Humane Society of Utah is grateful to the Latham Foundation for helping us to provide students with memorable experiences and helping to ensure the next generation is caring and compassionate. 

## It's Your Time to Shine!

If you received a 2018 Latham Humane Education Grant and would like us to consider featuring your program here, please contact

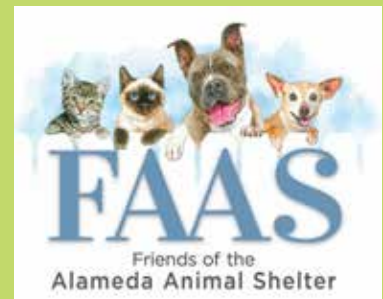
[JJohns@latham.org](mailto:JJohns@latham.org).

## Good News for Shelter Pets

On Petfinder.com, adoption inquiries in the four weeks between March 15 and April 15 jumped 122 percent from the previous four weeks. Americans are fostering, too, as shelters look to empty their facilities during the pandemic. Since March 15, more than 1,500 people have completed online foster applications for the ASPCA's New York City and Los Angeles foster programs, a 500 percent increase compared to typical application numbers usually seen in this period.

## Something New & Fun for Home Schooling

A quick Google search will lead you to many organizations that have developed creative online resources for kids who love animals. We are highlighting this one because it's right here in our back yard.



Friends of Alameda Shelter Animals (FAAS) has developed a series of learning modules about animals produced in partnership with middle-school teacher Kasey Brown. The online courses are based on her award-winning elective class, “Animal Care and Welfare.”

Each module offers easy-to-follow directions and opportunities to learn about different companion animals. Videos and light internet research will help your students uncover fascinating facts, and each lesson ends with fun projects to help educate others.

The first two courses, *Adoptable Pets* and *The Perceptive Pigeon*, are available now on the FAAS website, [www.alamedaanimalshelter.org](http://www.alamedaanimalshelter.org). They will add more soon.

We hope this new resource brings enjoyment to you and your family during these challenging days. Thank you, Kasey Brown and FAAS!

# Promoting Empathy and Kindness through Books on Animals and More

## *One Mom and Educator's Methods for Promoting Her Own Son's Social and Emotional Development*

By Karly Noel

Reprinted courtesy of *Confident Parents Confident Kids*, a site for parents actively supporting kids' social and emotional development [confidentparentsconfidentkids.org](http://confidentparentsconfidentkids.org)

See also Media Reviews, [page 33](#)

As a parent and an educator, I believe strongly in the power of social and emotional learning (SEL), and in the power I have as a parent to help my child develop into a healthy and kind person. There are several things I've done to encourage my son's SEL growth and development. I talked with my son from birth. I described everything in rich detail to him when he was an infant: all about the lights, stairs, sounds, and more, but I didn't stop at labeling objects. I frequently modeled using emotion words and explained what they mean. As a result, my son was highly verbal from a young age. In fact, despite him developing multiple ear infections, the doctor chose not to put tubes in his ears because he had such a strong vocabulary.

I have video of my son at about two-years-old making his face look sad, mad, happy, relaxed, excited, worried on cue when we prompted him with "show me a \_\_\_\_ face." I didn't stop at labeling and practicing our own emotions.

We paid attention to when other children were crying in a store and said, "I hear something. What is it? Yes, someone is crying. Why do you think that child is crying?" We did this to help him develop his sense of being aware of others so he would become

sensitive to how they express their needs. I also took him to the park and on play dates regularly so that my "only child" could practice his social skills and learn that the world is not only about him. As a parent, I did these things and continue to do them because I believe it will help my son better relate to others. In some ways, my child is my own little social science experiment: If I pour all of the intentional practice of SEL into him, will he be able to fill others' cups later in his life?



Illustration courtesy of Jennifer S. Miller


As an educator in the field of SEL, I believe in reinforcing the foundational skills he will need as an adult. Another intentional strategy I use with him comes straight from my work world and is from the RedRover Readers program ([redrover.org/readers](http://redrover.org/readers)). The RedRover Readers program is a literature-based, social and emotional learning program designed to promote empathy. Educators learn how to ask specific questions and invite students into



the stories. They invite children to share their thoughts, feelings and experiences in the context of animal-themed books about kindness and relationships. So, while reading books at night, I ask my son questions, and we delve into the story by taking the perspectives of each character to help him imagine how they might be feeling and what he might do if he was in that situation.

My intention as both a parent and an educator is to foster empathy and awareness in children – which contributes not only to their own wellbeing, but to a kinder, more compassionate world at large. By now, using SEL strategies with my son is second nature, and it is deeply rewarding to see how the social and emotional skills he has learned continue to develop and even influence those around him.

*RedRover is a national non-profit organization helping to strengthen the bond between people and animals and bring animals from crisis to care through emergency sheltering, disaster relief services, financial assistance and education. [www.RedRover.org](http://www.RedRover.org)*

*Karly is a parent and former classroom teacher who oversees the national RedRover Readers program. She has led workshops on topics including parenting, SEL, self-care and humane education. She lives in Sacramento, CA with her young son, husband, two dogs and one cat. *

## OHIO NAMES "SHELTER PETS" THE OFFICIAL STATE PET

Ohio's official state pet isn't a specific breed as it is in some states; instead it's any pet adopted from an animal shelter or rescue group.

In a bid to raise awareness about the number of animals in need of homes, Ohio made the legislation official, following the lead of a few other states including Colorado, California, Georgia, Illinois, and Tennessee. It's all part of a push called the Shelter Pet Project to encourage families to visit a shelter or rescue group when they're ready to add a pet to the family.

## POSTPONED UNTIL FEBRUARY 2021



*The Association of Professional Humane Educators (APHE) is a membership organization that provides networking opportunities and resources to those involved with or interested in humane education. Its goal is to empower those who promote empathy through education. For more information visit [www.APHE.org](http://www.APHE.org).*

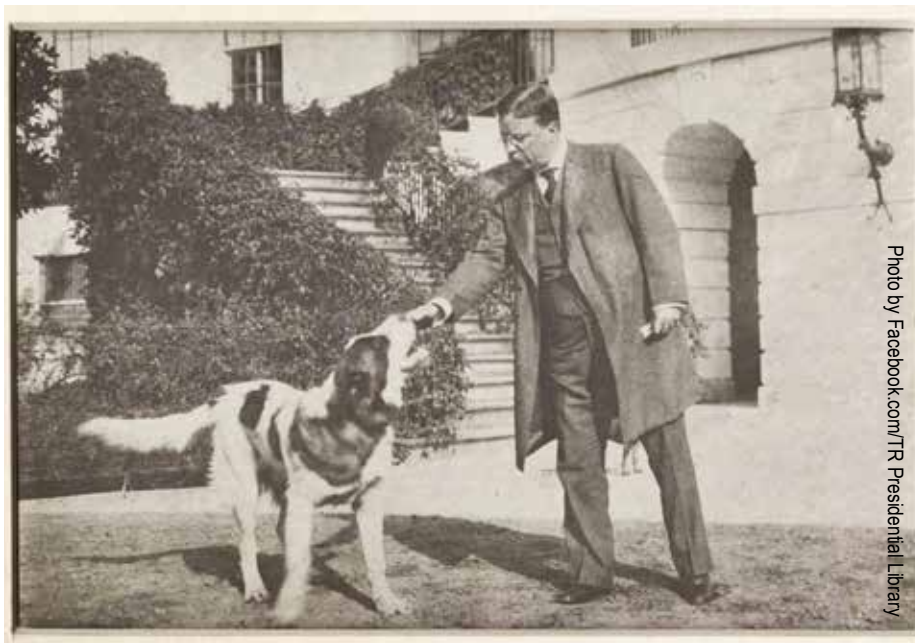
*Editor's Note: 2020 being an election year, we thought it would be fun to look back at some of the many animals who have joined presidential families in The White House. Reprinted courtesy of Bring Fido [www.BringFido.com](http://www.BringFido.com) and Lauren Barker.*



# All the Presidents' Mutts: A History of Dogs in the White House

*Dogs have long been a staple at The White House, beginning with its first resident, President John Adams. Even before Adams, George Washington was the owner of several Foxhounds and Coonhounds. But since its completion in 1800, the mansion has been home to a whole slew of animals. Many were gifted to the Commander in Chief. Some, like Jefferson's grizzly bear cubs, John Quincy Adams' alligator and Martin Van Buren's tiger cubs, for obvious reasons, didn't reside long and were moved to more appropriate habitats. Others, however, made a lasting impact. Here's a look at some of the prestigious pups who have marked their territory at 1600 Pennsylvania Avenue.*

Throughout his presidency from 1901 to 1909, Theodore Roosevelt and his family welcomed a menagerie of pets – rabbits, pigs, chickens, a pony and more. The family also cared for many canine companions, including a Chesapeake Retriever named Sailor Boy, Rollo the Saint Bernard, Jack the Manchester Terrier, Skip the Rat Terrier, Scamp the Fox Terrier and Pete the Bull Terrier. Manchu the Pekingese was a gift given to Teddy's eldest daughter, Alice, from an empress of China. Roosevelt often wrote about his “ruff” riders and his children's relationships with them.



*Presidential pup Rollo was reportedly very protective of the Roosevelt children.*





Photo by Library of Congress

## **Laddie Boy Harding**

Although many pups preceded him, the first dog to take the spotlight at the White House belonged to President Warren G. Harding. The Airedale Terrier was born in Harding's home state of Ohio and gifted to the president and first lady the day after the inauguration. Laddie Boy, as he was named, would receive regular coverage from newspaper reporters during Harding's presidency. He accompanied the family almost everywhere, including cabinet meetings where Laddie had his own personal chair. To this day, he has received more media attention than any other White House pet.

Laddie Boy's dog tags are part of an exhibit at the Harding Presidential Center in Marion, OH. One side of the tag is engraved with, "If found return to Warren G. Harding White House Washington D.C." Although not currently on display, a life-size statue of Laddie Boy is part of a collection at the Smithsonian Institution's National Museum of American History.

Rob Roy "was a stately companion of great courage and fidelity."

"Any man who does not like dogs and want them about, does not deserve to be in the White House," President Calvin Coolidge once said.

The Coolidge family cared for

many dogs as well as cats, birds and exotic pets like a black bear, raccoon, wallaby and duck. However, it was Rob Roy, a white Collie, who

became the head of the pack and often traveled with Mr. and Mrs. Coolidge on trips, even sleeping in the presidential bedroom. He was known for chasing squirrels at the White House, having a notable fear of riding in elevators, and being the first dog pictured in an official White House portrait.

Prudence Prim was also a white Collie, and was favored by Mrs. Coolidge. She was often spotted wearing a bonnet and can be seen in many photos, including on calling cards which the first lady would leave behind after visiting a new place.



Photo by Library of Congress

## **Rob Roy Coolidge**





## King Tut Hoover

If anyone could win the vote of the American people, it was King Tut. During his 1928 presidential campaign, Herbert Hoover distributed autographed photos of himself with his Belgian Malinois, King Tut. The goal was to give voters a more personable view of him, and

it must have worked. After Hoover won the election and moved into the White House, King Tut was given a patrol job with the White House police force, and he was charged with monitoring the home's perimeter.

One of the most well-known first dogs belonged to Franklin Delano Roosevelt. Fala, a Scottish Terrier, was a gift to the president and originally named

"Big Boy." FDR renamed him "Murray the Outlaw of Fala-hill" after one of his Scottish ancestors. Fala slept in a special chair at the foot of the president's bed and was treated to a

bone from the president's breakfast tray each morning. He also was doted on by staff. He tagged along on FDR's trips and met many world leaders. Fala even had followers from all over the country who would send him letters.

You and your dog can visit a statue of Fala at the FDR Memorial on the Tidal Basin Loop Trail in Washington, D.C.



## Presidential pup Heidi Eisenhower lived at the White House for a short time.

Although her time at the White House was short lived, Heidi, a Weimaraner, was a beloved family member of the Eisenhowers. Unconfirmed stories suggest that Heidi had a weak bladder and after a few too many accidents – one involving a very expensive rug – she was moved to the Eisenhower farm in Gettysburg, PA. She went on to live a happy life, even giving birth to a litter of four puppies.



*"Maybe one day, they'll make a statue of me." Fala Roosevelt*



**Charlie and Pushinka Kennedy were as photogenic as their human “pawrents.”**

When the Kennedy family moved to Pennsylvania Avenue, they brought with them the family dog, Charlie, a Welsh Terrier. Charlie was a gift from Jackie to her husband during his presidential campaign.

Later, during the Cuban Missile Crisis, President Kennedy called for Charlie to sit in his lap for comfort as he made critical decisions.

It wasn't long after his presidency began that the family's pack began to grow. There was Wolfie, an Irish Wolfhound; Shannon, a black and white Spaniel; and Clipper, a German Shepherd. Then, in 1961, Pushinka, whose name means “Fluffy” in Russian, was given to Jackie Kennedy from Soviet Premier Nikita Khrushchev. Pushinka was the daughter of one of the first Russian dogs in space. She even had her own passport! When Pushinka and Charlie started their own family with a litter of four puppies, thousands of letters poured in from hopeful adopters.

When Lyndon B. Johnson and his family moved into the White House in 1963, they were accompanied by two Beagles, Him and Her.

The pair were often photographed with the president and once drew scores of letters and phone calls after *Life Magazine*

published a photo of LBJ raising Him by the ears. The president issued a public apology for the incident.

The Johnsons had other dogs during their time on Pennsylvania Avenue. Edgar was a Beagle gifted to the president by J. Edgar Hoover after Him's death in 1966, and Blanco was a white Collie gifted to the family by a young girl from Illinois. Then, there's Yuki, the famous singing dog.



**“Oh say can you seeeeeeee....”**

The president's daughter, Luci, found the mixed breed pup at a gas station on Thanksgiving Day

in Texas. She gave him to her father on his birthday, and the two were nearly inseparable. Yuki and the president would often “sing” together for White House guests, always drawing laughs from the crowd. Today, Yuki's dog collar is on display at the Lyndon B. Johnson Presidential Library in Austin, TX.



**King Timahoe, Vicky, and Pasha Nixon**

In 1969, when President Richard Nixon was inaugurated, his daughters' dogs, a French Poodle named Vicky and a Yorkshire Terrier called Pasha, joined the family in the White House. However, not long after his inauguration, the president's staff presented him with an Irish Setter puppy for his birthday. Nixon named the dog King Timahoe (“Tim”), after a hamlet in Ireland where the president's family was from. The three dogs got along well, and resided together in a heated enclosure behind the West Wing, although they were frequently brought into the mansion or let loose to run on the White House lawn.





**Liberty Ford, "Now, this is the life."**

What better name for a presidential pup, than Liberty? The Golden Retriever's full name on her registration was "Honor's Foxfire Liberty Hume," and she was given to President Gerald Ford and his wife Betty by their daughter, Susan, soon after his term began. Liberty was often spotted and photographed in the Oval Office. In 1975, she was bred with an award-winning Golden Retriever, and gave birth to nine puppies. Mrs. Ford didn't immediately

allow photos to be taken of the pups, so when the public started to request them, a rubber stamp of Liberty's paw was made to sign all the requests.

Grits Carter, a Springer Spaniel-mix, was born the same night that Jimmy Carter won the 1976 election. The first family moved into the White House with their cat, Misty Malarky Ying Yang, but at 12 weeks old, Grits soon joined them. He was gifted to President Carter's daughter, Amy, by her fourth grade teacher and was named after Carter's campaign slogan, "Grits & Fritz." You can purchase your own plush version of Grits Carter at the bookstore at George Washington's Mount Vernon.



**Grits Carter, "It's an honor to be First Canine."**

During Ronald Reagan's presidency, two fortunate pups resided in the White House. Lucky, a female Bouvier des Flandres, was a gift for first lady Nancy Reagan, who named



**Lucky rides on Marine One**

the puppy after her mother, Edith Luckett Davis. Although the Reagans loved having Lucky, her size and energy proved to be too much for the presidential mansion, and she moved to the president's ranch in California.

Rex, a male King Charles Cavalier Spaniel, was gifted to Nancy Reagan by the president for Christmas in 1985. He was named after retired White House chief usher, Rex Scouten. The pup lived with the Reagans throughout the presidency and often participated in public events like the lighting of the Christmas tree. Upon leaving the office of First Dog, Rex was given a dog house replica of the White House.





Shortly after taking office, President George W. Bush and first lady Laura were gifted a Scottish Terrier named Barney. He was loved by the public and even had his own website with a “Barney Cam,” so viewers could see what he was up to and what famous White House guests he was meeting.

Miss Beazley, another Scottish Terrier, was given to the first lady by the president in

2005. Laura Bush named her new puppy after a character in the 1956 children’s book, “*The Enormous Egg*.” Miss Beazley was the niece

### **Millie Bush, “Oh, this is going to be so much work!” - Millie**

After the heartbreaking loss of the family’s dog, Fred, George H.W. Bush gifted his wife Barbara with an English Springer Spaniel. Barbara named her Mildred Kerr “Millie” Bush after one of their longtime friends. When the Bush family moved into the White House in 1989, Millie accompanied them and made herself at home. She sat in on meetings in the Oval Office and on morning briefings. She even gave birth to a litter of puppies during her reign.

In 1992, Barbara Bush published *Millie’s Book*, which gives readers a dog’s-eye view of what a day in the White House was like during George H.W. Bush’s presidency. Millie Bush Bark Park in Houston, TX, is named after her.

Buddy, a Chocolate Labrador Retriever, joined the Clintons when their daughter, Chelsea, left for

Stanford in 1997. Buddy’s bond with the president was strong. However, he did not get along with the family cat, Socks, and the two had to be kept in separate quarters. Nevertheless, Buddy was often allowed in the Oval Office and took walks on the grounds of the White House. He became a star of his own, even getting a fan club. Children would often write letters to him, and in 1998, Hillary Clinton published the book, *Dear Socks, Dear Buddy: Kids’ Letters to the First Pets*.



**Buddy Clinton “It’s the president’s desire to have one loyal friend in Washington.”**



Photo by @georgewbush

**Barney Bush, That feeling of excitement when Dad comes home from work.**

of Barney, and the two became inseparable friends. She was even a guardian of the family's two cats.

The White House's most recent furry residents were two Portuguese Water Dogs, Sunny and Bo Obama. During his 2008 campaign, President


2013. Since leaving the White House for a "regular" home in Washington, D.C., the former first lady says it's taken two years for Sunny and Bo to figure out the doorbell--something they never experienced on Pennsylvania Avenue. 



Photo by Pete Souza

**Sunny and Bo Obama, "The city is our playground, Bo."**

Barack Obama promised his daughters, Sasha and Malia, that they would get a dog. During his acceptance speech, he told the girls they had earned the puppy that would accompany them to The White House. Bo first joined the family in April of 2009, followed by Sunny in August




## Not Your Usual Horse Blanket

Fashion designer Dalia MacPhee makes red-carpet-ready dresses and counts Scarlett Johansson and Sandra Bullock among her clients. But lately MacPhee has been working with a different type of client. After last year's devastating California wildfires, which displaced thousands of horses, MacPhee, a lifelong equestrian, created the Equisafe blanket, a bright orange fire-retardant equine garment with a GPS tracker, for when there's no time to evacuate and horses must be let loose to seek safety.

Some of her other equestrian innovations (patents pending) include a high-tech helmet, stain-resistant turn-out blankets, and an enormous life jacket designed to keep a two-thousand-pound horse afloat.





## (NON-HUMAN) ANIMAL COMPANIONSHIP: A CRUCIAL SUPPORT FOR PEOPLE DURING THE COVID-19 PANDEMIC

By Janet Hoy-Gerlach <sup>1</sup>, Mary Rauktis <sup>2</sup> & Christina Newhill <sup>3</sup>

<sup>1</sup> The University of Toledo, 2801 W. Bancroft St., MS 119, Toledo Ohio 43606, USA. ORCID: 0000-0001- 5578-9684, Email: Janet.hoy@utoledo.edu

<sup>2</sup> The University of Pittsburgh, School of Social Work, 2117 Cathedral of Learning, 4200 Fifth Avenue, Pittsburgh, PA 15260, USA. ORCID: 0000-0002-0161-9337, Email: Mar104@pitt.edu

<sup>3</sup> The University of Pittsburgh, School of Social Work, 2117 Cathedral of Learning, 4200 Fifth Avenue, Pittsburgh, PA 15260, USA. ORCID: 0000-0002-8536-0325, Email: newhill@pitt.edu

SOCIETY REGISTER 2020 / 4(2): 109-120, ISSN 2544-5502, DOI: 10.14746/sr.2020.4.2.08

### ABSTRACT:

*Background: Human-Animal Interaction (HAI) offers benefits across physical, emotional, psychological, and social spheres of human functioning. The aim of this paper is to delineate how animal companionship, via provision of HAI benefits, offers vital support to people experiencing the COVID-19 pandemic and associated stressors. Method: Each of the empirically supported types of HAI benefits – physical, emotional, psychological, and social – will be situated within a biopsychosocial framework of human functioning and considered in terms of how they may help to ameliorate stressors specifically related to the COVID-19 pandemic. Findings: Benefits derived from animal companionship may help alleviate*

*physical, emotional, psychological, and social stressors specifically related to experiencing the COVID-19 pandemic. Discussion: Benefits of animal companionship may be particularly salient for well-being and coping when people are experiencing a dramatic increase in stressors via a pandemic crisis. Community responses need to include plans (pet food pantries, temporary foster care, veterinary access/zoonotic safety) for keeping people and their companion animals together during such difficult times. Originality/value: This article is unique in that it delineates the animal companionship benefits in terms of how such may help alleviate stressors associated with a pandemic.*



## Introduction

The COVID-19 pandemic, in addition to being a physical health and economic crisis, has generated a pandemic-sized wave of related psychosocial stressors which some have referred to as the “Shadow Pandemic” (Wan et al. 2020). Human beings by nature are social mammals, hard-wired to connect and interact with each other (Correia-Caeiro, Katia and Mills 2020). Unfortunately, one of the most useful tools in reducing fatalities related to the COVID-19 virus entails what is broadly referred to as “social distancing”; this can be more accurately described as physically distancing from others outside of one’s immediate household. U.S. guidelines at the time of writing this include: staying at least six feet from others; avoiding gatherings of ten or more people; and leaving home only for essential tasks such as caretaking, or obtaining food or medications (Pearce 2020). While the ability to connect widely via remote means remains for those who have access, people are nonetheless reporting feelings of increased loneliness, isolation, and stress (which has both physical and mental implications) (Stallard and Stallard 2020).

Animal companionship as a strategy to help reduce human loneliness and isolation had gained increased attention from a range of researchers, such as those focused on: isolation as a health risk factor via a social

determinants of health framework (Mueller, Gee, and Bures 2018); aging and isolation (Friedman and Gee 2019); and those interested in general population well-being (Wells 2019; Chandler et al. 2015). An emerging body of empirical research is being generated on the various benefits of having companion animals across human life stages; such research can be situated within biopsychosocial dimensions of human functioning as follows: physical benefits stemming from both direct contact with animals and increased activity related to animals; emotional benefits such as comfort and affection; psychological benefits such as motivation and feeling needed; and social benefits both directly related to the animal (e.g., companionship) and indirectly related to the animal (e.g., a bridge to connecting to others who enjoy animals) (Hoy-Gerlach, Vincent and Hector 2019; Hoy-Gerlach and Wehman 2017). These benefits are not experienced by people in a mutually exclusive way, rather, they occur within the integrated human experience across functional realms (Beetz et al. 2012).

The majority of households in the United States report having at least one companion animal, and the majority of those report that they consider their companion animal to be a family member (American Pet Products Association, 2019-2020). This is consistent with data from many other countries; a 2016 international study conducted

by the Nuremburg-based international marketing think tank Growth from Knowledge (GfK) in 2016 concluded that over half of people internationally have at least one pet (Growth from Knowledge 2016). The benefits of animal companionship are thus already accessible for many households; given the current pandemic situation, easily accessible ways to ameliorate stress warrant immediate increased consideration. [There are also numerous stressors related to having an animal, such as behavioral, financial, and logistical concerns; all of these concerns may be amplified by the pandemic. To limit scope and focus of this paper, we are focusing on benefits, however, we will include resources and strategies for addressing stressors (as a way to maximize benefits) in the discussion section.]

The aim of this paper is to delineate how each of the types of benefits associated with animal companionship – physical, social, psychological, and emotional – may specifically be helpful in coping with pandemic-related stressors.



## ***Pandemic Quarantine-Related Stressors***

While there is a body of research on general stressors related to various pandemics, Brooks and colleagues in February 2020 published a synthetic literature review – The psychological impact of quarantine and how to reduce it: rapid review of the evidence. This review is both rigorous and timely, and was written with a contextual focus on the emerging COVID-19 pandemic of 2020. Given such, we have chosen to situate the benefits of animal companionship within the stressors identified within this review. Brookes and colleagues (2020) define a quarantine as “the separation and restriction of movement of people who have potentially been exposed to a contagious disease to ascertain if they become unwell, so reducing the risk of them infecting others” (p. 912). Brooks and colleagues (2020) delineated stressors during quarantine as follows:

1. Duration of quarantine—longer durations were associated with increased post-traumatic stress symptoms, avoidance behaviors, and anger.
2. Fears of infection – including contracting infection and transmitting to others.
3. Confinement – loss of usual routine, reduced social and physical contact, and subsequent boredom and frustration [emphasis added].
4. Inadequate supplies – food, water, clothes, accommodation.

5. Inadequate information – poor information from authorities about actions to take and purpose of quarantine.
6. Financial – being unable to work and having to interrupt professional activities with no advanced planning

Animal companionship is by no means a panacea for addressing the above stressors; having a companion animal may worsen stress related to supplies such as pet food and vet care, and financial costs of such. There may also be increased stress related to lack of information about transmission risk. It is important to contextualize these stress risks; the majority of U.S. households who reported having companion animals also reported that they considered their animals as family members, and these same issues could present as stressors for other (human) family members. As related to pandemic-related confinement stressors, the empirically-supported benefits of animal companionship are highly salient, and can be leveraged and



amplified. We must use every strategy at our disposal to address pandemic-related stressors, and benefits associated with animal companionship are widely available due to the high numbers of people who keep companion animals. Temporarily fostering shelter animals may also offer a viable way for people who are not ready or able to make a long-term commitment to experience the benefits of animal companionship during the pandemic.

## ***CROSS-WALKING ANIMAL COMPANIONSHIP BENEFITS WITH PANDEMIC CONFINEMENT STRESSORS***

### ***Reduced Physical Contact in Confinement and Physical Benefits of Animal Companionship***

Pandemic-related confinement is associated with decreased physical contact and activity and increased anxiety; anxiety symptoms include physiological components such as increased heart rate, respiration rate, and blood pressure (American Psychiatric Association 2013). Physical benefits of animal companionship have the potential to help mitigate such physiological issues. The scientific evidence relating to the cardiovascular benefits of animal companionship is robust enough

that the American Heart Association came out with a scientific statement summarizing such in 2013 (Levine et al. 2013); evidence has continued to accumulate since then (El-Qushayri et al. 2020; Krittawong et al. 2020). Physical benefits from animal companionship can be divided into two categories: contact-related benefits and activity-related benefits (Levine et al. 2013).



Contact-related physical benefits of animal companionship are conveyed through holding, petting, cuddling, and even gazing at one's animal; when such happens with an animal one is bonded with, oxytocin is released (Beetz et al. 2012). Oxytocin is a bonding hormone that was first discovered in studies on breast feeding mothers and their infants; it was later determined that oxytocin was released between unrelated adults, and even across species (Beetz et al. 2012). Oxytocin release is associated with a generally pleasant feeling and a decrease in heart rate, respiration rate, and blood pressure, and has long been hypothesized to mediate the benefits of positive interactions between humans (Uvnäs-Moberg

1998); more recently oxytocin has also been hypothesized to mediate benefits of positive interactions between people and companion animals (Beetz et al. 2012). The physical responses of a human experiencing stress and/or anxiety include increased heart rate, respiration rate, and blood pressure (Clemente-Suárez and Ruisoto-Palomera 2020); contact with an

animal one is positively affiliated with thus has the potential to directly mitigate such. People living through a pandemic who are quarantined or restricted in movement

are susceptible to increased anxiety related to such (Brooks et al. 2020); seeking out one's companion animals during times of exacerbated anxiety has the potential to reduce distressing-related physical symptoms. The mere act of touch may also be increasingly important during a pandemic for people who live alone or don't have other sources of physical contact/affection; companion animals can provide an invaluable source of touch and contact during a pandemic.

Having a companion animal – a dog in particular – may also be associated with increased physical activity (Potter and Satore-Baldwin 2019; Levine et al. 2013).

Depending on the restrictiveness of the confinement order issued, people may still be permitted to walk their dogs. Engaging in play with companion animals indoors also offers a physical activity, albeit less rigorous. People are anecdotally reporting increases in dog walking (Hamilton City Council 2020); memes are even being widely generated showing dogs weary of walking due to dramatic increases in walks since quarantine. In addition to the physical health benefits associated with exercise, there are also protective mental health effects (Ashdown-Franks et al. 2020). In a meta-review of how exercise affects mental health; Ashdown-Franks and colleagues found that exercise reduced anxiety and depression in children, adults and older adults (Ashdown-Franks et al. 2020); walking a dog during confinement – provided safe physical distance from others is maintained – hence may be a way to help ameliorate confinement-related anxiety and depression.

### *Reduced Social Contact in Confinement and Social Benefits of Animal Companionship*

Perhaps at the heart of stress related to confinement and quarantine during pandemics such as COVID-19 relates to the separation from others that must occur – e.g. physical distancing – as a public health tool to reduce spread. The companionship of non-human animals is not a substitution for human companionship (Vivers 2014); however, it is a unique



companionship venue and with host of related benefits. People who live with companion animal report what is referred to as direct social benefits, e.g. the social benefits that directly relate to the animal's presence and company. People who lived alone, in a recent study of Emotional Support Animals, reported that "I still have a furry somebody to be with at home" and "I'm not alone, I have him [the dog]" (Hoy-Gerlach 2019). Within this study, people experienced statistically significant reductions in loneliness on the UCLA Loneliness Scale after residing with their animals, and the reduction in loneliness was strongly corroborated in qualitative data as associated to the presence of the respective animals (Hoy-Gerlach 2019).

The indirect social benefits of animal companionship, e.g., the ability of animals to connect us to like-minded humans who enjoy animals, also holds up if considered in the context of a pandemic. While people are much less likely to interact with other people in person about animals during a pandemic, through remote and online contexts, the bridge to others continues to extend through posts and pictures about one's animals, which invites commentary from others. This may serve as both a distraction and a way to engage with others that is not pandemic-specific in focus.

Such may help to address boredom and frustration experienced by individuals who are confining themselves during a pandemic (Brookes et al. 2020).



### *Emotional Benefits of Animal Companionship In Confinement*

Social support is often depicted along two dimensions: instrumental and emotional (Otsuka et al. 2019). Instrumental social support includes the provision of assistance related to tasks and information; concrete and specific help; in contrast, emotional social support is understood to be more subjectively experienced and related to comfort, affection, and other subjectively experienced emotional states (Otsuka et al. 2019). It is thus reasonable to extend the social stress associated with confinement to encompass a reduction in accessing emotional support. The presence of and interaction with companion animals can fill a crucial void during such times. Companion animals have active agency and both initiate and respond to initiations with people, related to petting, playing, and

otherwise positively interacting and/or expressing affection (Vitztum and Urbanik 2016). In a study on individuals with cancer and their companion animals, participants reported their companion animals as primary sources of emotional support (Nitkin and Buchanan 2020); individuals with Emotional Support Animals likewise reported that their animals were a crucial provider of emotional support via affection and comfort (Hoy-Gerlach 2019).

### *Psychological Benefits of Animal Companionship During Confinement*

Psychological benefits of human-animal interaction include but are not limited to: a sense of purpose; self-efficacy; behavior activation/motivation; and having routine/structure (Brookes et al. 2018). In considering the loss of routine experienced during pandemic confinement, as noted by Brookes and colleagues (2020), living with a companion animal may offer some continuance of typical daily activities and routines. Companion animals are typically creatures of habit; they quickly learn and anticipate routines, and respond in various ways when such routines are not maintained. Companion animals may thus serve to prompt their humans to maintain daily routines related to walking, feeding, interacting, and so forth, even within

a confinement situation. In the recent study on people with ESAs, the majority of participants did not work, and described how having a companion animal resulted in them following a more prescriptive routine each day: “I had to get up, I had to feed her and take her out in the morning, I couldn’t lay in bed all day” (Hoy-Gerlach 2019).

The commitment to maintaining such roles for companion animals is likely associated with another psychological benefit; feeling a care-taking role/needed with regards to the companion animal. Several studies have identified this as a benefit in having a companion animal (Brooks et al. 2018). Again, in looking at the recent ESA study, participants illustrate such: “she can’t do for herself, if it was just me I’d lay in bed all day, but she needs me to get up and take care of her at a decent time”; and “I have someone who needs me, I just can’t lay around” (Hoy-Gerlach 2019).

Other psychological benefits related to animal companionship that likely undergird maintenance of structure and routine include self-efficacy and motivation/activation (Hoy-Gerlach 2019; Rauktis 2019). Self-efficacy pertains to feeling competent in being able to care for one’s animal; while many other things may be uncertain, one’s animal’s health and well-being may be clearly maintained through taking good care of the animal. Having a companion animal has been associated with motivating self-care behavior associated with obtaining healthy food (Rauktis

2019) and general self-care (Hoy-Gerlach 2019); both of these studies indicated that participants explicitly linked their increased self-care behavior with their animals’ dependence upon them. With regard to obtaining food, a study on food-security among individuals found that people with companion animals were actually more food-secure – a surprising finding as there are many anecdotes of people sharing their food with pets and thus having less food resources – due to proactively seeking food resources for their animals.

## Discussion and Conclusion

In sum, our animals may motivate us to take better care of ourselves in a quarantine/ confinement situation, because we know they are dependent upon us. In addition, they are likely to provide an invaluable resource of comfort, physical contact, activity motivation, and connection to others.

With regards to public health considerations to such, supports for benefits related to animal companionship – including mitigation of associated stressors – should be built in to system-wide infrastructure and responses. It’s already widely known that people tend not to leave

animal family members behind, be it in personal crises such as intimate partner violence (McGraw and Jeffers 2015), or mass disasters such as Hurricane Katrina (Glassey 2018). It’s reasonable to extrapolate that people will likewise include their animal family members in their responses to a mass disaster such as a pandemic. Hence, addressing companion animal stressors related to finances and resources may be especially helpful during a pandemic. Examples of supports that address resources include: pet food banks; pet food bank delivery service; temporary foster care in the event of illness or inability to care due to workload (e.g. healthcare providers); and other pet care supports such as free dog walking for those in healthcare positions who are working double shifts.

Examples of supports that explicitly address cost concerns include accessible, affordable veterinary care, which is an ongoing problem



in general societal times, and is likely to be exacerbated due to COVID-19 concerns. The University of Tennessee in the United States (Larkin 2018), the Humane Society of the United States (Humane Society of the United States 2020) and the American Society of Prevention of Cruelty to Animals (American Society for the Prevention of Cruelty to Animals 2020) have each launched national initiatives in the United States to support people in keeping their companion animals; the partnership of human healthcare and service organizations will be invaluable in the success of such efforts. It is through a One Health/One Welfare approach (Menna et al. 2019) that efforts of human welfare and animal welfare organization efforts can be maximized for the best possible outcomes, for people and animals.

Simply put, One Health refers to the interconnectedness between human, (non-human) animal, and planetary well-being (Menna et al. 2019). What is good for one is generally good for the others; it is through working across disciplines and sectors that solutions and supports for well-being will be found for the COVID-19. The relationships of people with their companion animals are a pre-existing condition and potentially invaluable support for well-being, especially during this time of confinement to mitigate COVID-19 risk. Understanding and supporting these benefits, as well as proactively working to mitigate stressors related to having a companion animal, are crucial strategies to promoting well-being during this pandemic.

## Biographical Note

*Janet Hoy-Gerlach is associate professor of social work at the University of Toledo, USA.*

*Mary Rauktis is assistant research faculty at School of Social Work, The University of Pittsburgh, USA.*

*Christina Newhill is professor at School of Social Work, The University of Pittsburgh, USA.*



FUNDING: This research received no external funding.

CONFLICT OF INTEREST: The authors declare no conflict of interest.

## References

- American Pet Products Association. 2019-2020. "APPA National Pet Owners Survey Statistics." Retrieved March 30, 2020 ([https://www.americanpetproducts.org/press\\_industrytrends.asp](https://www.americanpetproducts.org/press_industrytrends.asp)).
- American Psychiatric Association. 2013. Diagnostic and statistical manual of mental disorders: DSM-5. Arlington, VA: American Psychiatric Association.
- American Society for the Prevention of Cruelty to Animals. "What are Pet Safety Net Services?" 2020. Retrieved March 30, 2020 (<https://www.asPCA.org/animal-protection/safety-net>).
- Ashdown-Franks, Garcia, Joseph Firth, Rebekah Carney, Andre F. Carvalho, Mats Hallgren, Ai Koyanagi, Simon Rosenbaum et al. 2020. "Exercise as Medicine for Mental and Substance Use Disorders: A Meta-Review of the Benefits for Neuropsychiatric and Cognitive Outcomes." *Sports Medicine* 50(1): 151–70. <http://search.ebscohost.com/login>.
- Beetz, Andrea, Kerstin Uvnäs-Moberg, Henri Julius, and Kurt Kotrschal. 2012. "Psychosocial and Psychophysiological Effects of Human-Animal Interactions: The Possible Role of Oxytocin." *Frontiers in Psychology* 3 (July). <http://search.ebscohost.com/login>.
- Brooks, Helen Louise, Kelly Rushton, Karina Lovell, Penny Bee, Lauren Walker, Laura Grant, and Anne Rogers. 2018. "The Power of Support from Companion Animals for People Living with Mental Health Problems: A Systematic Review and Narrative Synthesis of the Evidence." *BMC Psychiatry* 18(1): 31. DOI: 10.1186/s12888-018-1613-2.
- Brooks, Samantha K., Rebecca K. Webster, Louise E. Smith, Lisa Woodland, Simon Wessely, Neil Greenberg, and Gideon James Rubin. 2020. "The Psychological Impact of Quarantine and How to Reduce It: Rapid Review of the Evidence." *Lancet* 395 (10227): 912–20. doi:10.1016/S0140-6736(20)30460-8.
- Chandler, Cynthia K., Delini M. Fernando, Casey A. Barrio Minton, and Torey L. Portrie-Bethke. 2015. "Eight Domains of Pet-Owner Wellness: Valuing the Owner-Pet Relationship in the Counseling Process." *Journal of Mental Health Counseling* 37(3) (July 2015): 268–82. doi:10.17744/mech.37.3.06.
- Clemente-Suárez, Vicente Javier, and Pablo Ruisoto-Palomera. 2020. "Effects of the Psychophysiological Stress Response in Human Behavior." *Physiology & Behavior* 214 (February): 112761. doi:10.1016/j.physbeh.2019.112761.



## References (cont.)

- Correia-Caeiro, Catia, Kun Guo, and Daniel S. Mills. 2020. "Perception of Dynamic Facial Expressions of Emotion between Dogs and Humans." *Animal Cognition*, February 12, 2020. doi:10.1007/s10071-020-01348-5.
- El-Qushayri, A. E., Kamel, A. M. A., Faraj, H. A., Vuong, N. L., Diab, O. M., Istanbuly, S., Elshafei, T. A., Makram, O. M., Sattar, Z., Istanbuly, O., Mukit, S. A. A., Elf-aituri, M. K., Low, S. K., & Huy, N. T. 2020. "Association between pet ownership and cardiovascular risks and mortality: a systematic review and meta-analysis." *Journal of Cardiovascular Medicine* (Hagerstown, Md.). <https://doi.org/10.2459/JCM.0000000000000920>.
- Friedmann, Erika, and Nancy R. Gee. 2019. "Critical Review of Research Methods Used to Consider the Impact of Human-Animal Interaction on Older Adults' Health." *Gerontologist* 59(5): 964–72. doi:10.1093/geront/gnx150.
- Glasse, Steve. 2018. "Did Harvey Learn from Katrina? Initial Observations of the Response to Companion Animals during Hurricane Harvey." *Animals* (2076-2615) 8(4): 47. doi:10.3390/ani8040047.
- Growth from Knowledge (GfK). 2016. "Pet owners Dominate in Latin America, Russia, and the United States." May 24, 2016. Retrieved March 30, 2020 ([https://www.gfk.com/fileadmin/user\\_upload/website\\_content/Global\\_Study/Documents/20160524\\_PM\\_Pet\\_ownership\\_efin.pdf](https://www.gfk.com/fileadmin/user_upload/website_content/Global_Study/Documents/20160524_PM_Pet_ownership_efin.pdf)).
- Hamilton City Council. 2020. "Keep Dogs on Lead". April 2, 2020. Retrieved March 30, 2020 (<https://www.scoop.co.nz/stories/AK2004/S00049/keep-dogs-on-a-lead-help-prevent-the-spread-of-covid-19.htm>).
- Hendrik. 2014. "The Psychology of Animal Companionship: Some Ancient and Modern Views." *Hervormde Teologische Studies* 70(1): 1–8. doi:10.4102/hts.v70i1.2705.
- Hoy-Gerlach, J. 2019. "The Hope and Recovery Pet (HARP) Program Evaluation: A Final Report to the Kenneth A. Scott Charitable Trust". Prepared by Janet Hoy-Gerlach, LISW, PhD Associate Professor of Social Work, University of Toledo December 31, 2019. Unpublished manuscript.
- Hoy-Gerlach, Janet, Aviva Vincent, and Becca Lory Hector. 2019. "Emotional Support Animals in the United States: Emergent Guidelines for Mental Health Clinicians." *Journal of Psychosocial Rehabilitation and Mental Health* 6(2): 199–208. <http://search.ebscohost.com/login>.
- Hoy-Gerlach, Janet, and Scott Wehman. 2017. *Human-Animal Interactions: A Social Work Guide*. Washington DC: NASW Press.
- Humane Society of the United States. 2020. "Keeping Pets for Life." 2020. Retrieved March 30, 2020 (<https://www.humanesociety.org/issues/keeping-pets-life>).
- Krittanawong, C., Kumar, A., Wang, Z., Jneid, H., Virani, S. S., & Levine, G. N. 2020. "Pet Ownership and Cardiovascular Health in the US General Population." *The American Journal of Cardiology* 125(8): 1158–1161.
- Larkin, Malinda. 2018. "\$2.8M Grant to Aid Access to Veterinary Care: Maddie's Fund to Support Research and Development of AlignCare." *Journal of the American Veterinary Medical Association* 253(6): 666–67. <http://search.ebscohost.com/login>.
- Levine, Glenn N., Karen Allen, Lynne T. Braun, Hayley E. Christian, Erika Friedmann, Kathryn A. Taubert, Sue Ann Thomas, Deborah L. Wells, and Richard A. Lange. 2013. "Pet Ownership and Cardiovascular Risk: A Scientific Statement from the American Heart Association." *Circulation* 127(23): 2353–63. doi:10.1161/CIR.0b013e31829201e1.
- McGraw, C. & S. Jeffers. 2015. "The importance of considering the treatment and care of family pets in domestic violence risk assessments." *Journal of Health Visiting* 3(9): 483–488.
- Menna, Lucia Francesca, Antonio Santaniello, Margherita Todisco, Alessia Amato, Luca Borrelli, Cristiano Scandurra, and Alessandro Fioretti. 2019. "The Human-Animal Relationship as the Focus of Animal-Assisted Interventions: A One Health Approach." *International Journal of Environmental Research and Public Health* 16(19). doi:10.3390/ijerph16193660.
- Mueller, Megan K., Nancy R. Gee, and Regina M. Bures. 2018. "Human-Animal Interaction as a Social Determinant of Health: Descriptive Findings from the Health and Retirement Study." *BMC Public Health* 18(1): 305. doi:10.1186/s12889-018-5188-0.
- Nitkin, Patricia and Marla J. Buchanan. 2020. "Relationships Between People with Cancer and Their Companion Animals: What Helps and Hinders." *Anthrozoös* 33(2): 243–59. <http://search.ebscohost.com/login>.
- Otsuka, Tatsui, Yasutake Tomata, Shu Zhang, Fumiya Tanji, Yumi Sugawara, and Ichiro Tsuji. 2019. "The Association between Emotional and Instrumental Social Support and Risk of Suicide Death: A Population-Based Cohort Study." *Journal of Psychiatric Research* 114(July): 141–46. doi:10.1016/j.jpsychires.2019.04.012.
- Pearce, Katie. 2020. "What is Social Distancing and How Can it Slow the Spread of COVID-19." March 13, 2020. John Hopkins University COVID-19 Online Hub. Retrieved March 30, 2020 (<https://hub.jhu.edu/2020/03/13/what-is-social-distancing/>).
- Potter, Katie and Melanie Sartore-Baldwin. 2019. "Dogs as Support and Motivation for Physical Activity." *Current Sports Medicine Reports* 18(7): 275–80. doi:10.1249/JSR.0000000000000611.
- Rauktis, M.E. 2019. "The Impact of Pets on Food Security." Manuscript in Revision at *Anthrozoös* March 2020.
- Stallard, Michael Lee and Katharine P. Stallard. 2020. "COVID-19 Is Coinciding With a Loneliness Epidemic." *Government Executive*, March, N.PAG. <http://search.ebscohost.com/login>.
- Uvnäs-Moberg, Kerstin. 1998. "Oxytocin May Mediate the Benefits of Positive Social Interaction and Emotions." *Psychoneuroendocrinology*, Is there a neurobiology of love?, 23 (8): 819–35. doi:10.1016/S0306-4530(98)00056-0.38635&site=e-host-live.
- Uvnäs-Moberg, Kerstin. 1998. "Oxytocin May Mediate the Benefits of Positive Social Interaction and Emotions." *Psychoneuroendocrinology* 23(8): 819–35. doi:10.1016/S0306-4530(98)00056-0.
- Vitzum, Coley and Julie Urbanik. 2016. "Assessing the Dog: A Theoretical Analysis of the Companion Animal's Actions in Human-Animal Interactions." *Society & Animals* 24(2): 172–85. doi:10.1163/15685306-12341399.
- Viviers, Hendrik. 2014. "The Psychology of Animal Companionship: Some Ancient and Modern Views." *Hervormde Teologische Studies* 70(1): 1–8. doi:10.4102/hts.v70i1.2705.
- Wan, William, Joel Achenbach, Carolyn Y. Johnson, and Ben Guarinao. 2020. "Report: Radical Restrictions for 12-18 Months could be 'the only viable strategy'." March 19, 2020 *The Washington Post*. Retrieved March 30, 2020 (<https://www.boston.com/news/health/2020/03/19/report-radical-restrictions-for-12-18-months-could-be-the-only-viable-strategy>).
- Wells, Deborah L. 2019. "The State of Research on Human-Animal Relations: Implications for Human Health." *Anthrozoös* 32(2): 169–81. doi:10.1080/08927936.2019.1569902.



## The LINK In Europe Women Are Using CODE WORDS at Pharmacies to Escape Domestic Violence During Lockdown

*By Ivana Kottasová and Valentina Di Donato, CNN*  
 Updated 9:56 AM ET, Thu April 2, 2020

(CNN) Recently, a woman walked into a pharmacy in the French city of Nancy, one of the few public places still open after the government imposed a nationwide lockdown to prevent the spread of a dangerous virus. But the woman wasn't there for medicine; she was there to tell the pharmacist that her partner had abused her. Soon after, the woman's spouse was arrested by police.

As the coronavirus pandemic forces countries everywhere to take unprecedented steps to restrict the movement of their citizens, victims of domestic violence have suddenly found themselves trapped at home with their abusive partners. Some are unable – or too afraid – to call the police, experts say.

So France, inspired by a similar scheme in Spain, has started telling victims to head to drugstores. If they can't talk openly in the store, they can simply say the codeword

“mask 19” to the pharmacist behind the counter. The woman in Nancy was the first to seek help since the government launched the initiative last week, the spokesperson for Marlene Schiappa, the French minister for equality, told CNN.

As lockdown measures across Europe get stricter, charities and police forces are raising the alarm over a potential spike in domestic violence. Being confined at home with their abuser makes victims more vulnerable, because there is no escape. On top of that, multiple studies have found that emotionally stressful events can lead to an increase in aggressive behavior at home. Researchers identified such spikes during the 2008 economic crisis, when major natural disasters hit, and also during big football tournaments.

Christophe Castaner, the French Interior Minister, said there had been a 36% increase in police intervention for cases of

domestic violence in Paris after the lockdown measures were enacted. The government has announced that it will pay for 20,000 nights in hotel rooms for victims of domestic violence and open pop-up counseling centers at supermarkets.

There are worrying reports from other countries, too. “There has always been gender violence, but this crisis makes it all worse,” Simona Ammerata, who works at the Lucha y Siesta women's shelter in Rome, Italy told CNN.

One young woman who contacted Lucha y Siesta recently said her partner of four years had always been controlling and abusive but had become much worse during the lockdown. “The dynamic of violence in the house is getting very serious,” said Ammerata. “She asked him to leave and he doesn't want to. She says she has no place to go.”



The public health crisis has overwhelmed Italy and local authorities have been forced to redirect much of their resources to fighting the virus. “The court procedures are working slower than usual because most people are working from home,” Ammerata added. “The fear is that the legal decrees to protect women won’t be put in place in time.” And the problem isn’t limited to Europe.

In Australia, the government said that Google has registered the most searches for domestic violence help in the past five years during the outbreak, with an increase of 75%. The government has introduced an AUD \$150 million (\$92 million) package to support victims of domestic, family and sexual violence due to the fallout from coronavirus.

Refuge, a leading British charity focused on fighting domestic violence, said one of the biggest concerns is that victims may find themselves unable to report their ordeal. “We know that ordinarily the window of opportunity for women with abusive partners to make a call and seek help is often very limited,” said Sandra Horley, Refuge’s chief executive. “Now, it is likely that window has become even smaller,” she added. Refuge is advising women to use the “Silent Solution” emergency call, which allows people to reach the police using touch phone without the need to speak. It has also put in place a chatbot.

The Telefono Rosa domestic violence helpline in Italy said it received 55% fewer calls in the first two weeks of March because many women found it difficult to ask for help during the lockdown. It said many women are “whispering to avoid being heard by their partner in the room next door.” Delphine Beauvais, the director of a women’s shelter network Rosa in the north of France, told CNN the organization is experiencing a similar drop in calls: “We believe this could be due to women’s inability to reach out to us as a consequence of confinement.”

Ammerata has had a similar experience. Victims have been reaching out during their brief trips to supermarkets or sending messages while taking showers. She said the strict rules are making it difficult for vulnerable women to escape their abusive relationships.

“In a normal situation, leaving the house and the abuser is already hard,” she said. “Today, this has quadrupled, because you can’t go to your friends or family because the government decree says you can’t go... leaving now is very, very hard. Harder than ever.”

CNN’s Pierre-Eliott Buet, Fanny Bobille, Stephanie Halasz and Samantha Beech contributed reporting.

© 2020 Cable News Network. Turner Broadcasting System, Inc. All Rights Reserved.



## BATS GET A BAD RAP

**Fact: 99% of bats in the wild are estimated to be rabies-free.**

## HURRICANE SEASON BEGINS IN JUNE

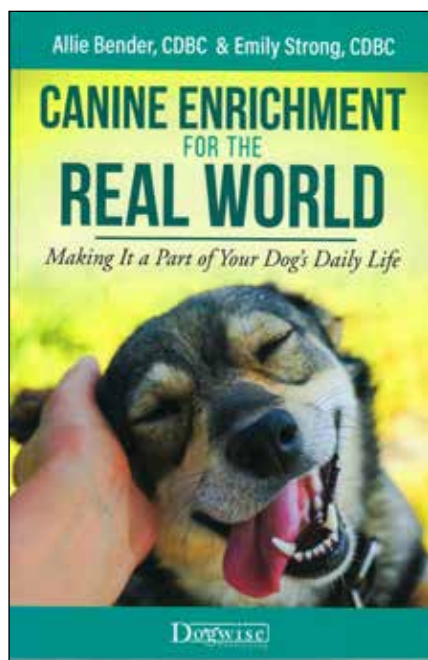
Three cows that Hurricane Dorian swept out to sea from the Outer Banks have been discovered living on a nearby island. After being hit with a 9-foot wall of water on Cedar Island, the bovine trio apparently swam several miles across North Carolina’s Core Sound to Cape Lookout National Seashore park.

B.G. Horvat, a spokesman for the park, said the valiant cattle “appear to have a bond.”

“If the cows could talk,” Horvat said, “imagine the story they can tell about enduring that rush of water.”







### ***Canine Enrichment for the Real World***

By Allie Bender, CDBC, CPDT-KA, SBA and  
Emily Strong, CDBC, CPBT-KA, SBA

In the world of dogs, there is now more awareness than ever of the need to provide enrichment, especially in shelters, but the authors explain that it's not enough to give animals things to do, or to create an environment that looks good to us.

"It is our responsibility to make sure that all of an animal's needs are met. Having domesticated dogs, and in doing so created their dependency on us, the onus is on us to make sure they are able to reach their full potential.

"For this reason, we need to define enrichment carefully when talking to people who work with and own dogs: Enrichment is learning what our dogs' needs are and then structuring an environment for

them that allows them, as much as feasible, to meet those needs."

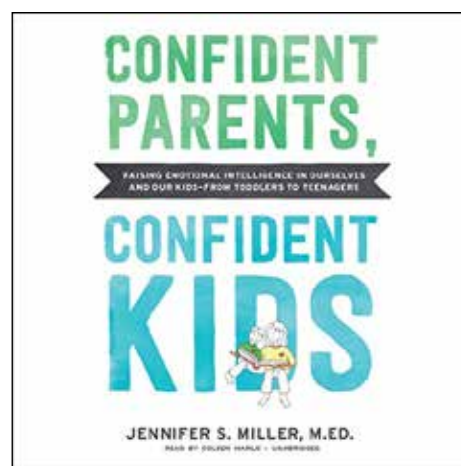
The book is divided into three parts. Chapters 1 through 3 discuss the origins of the concept of enrichment and provide a clear definition of what enrichment is and what it is not. The second section, Chapters 4 through 12, delve deeper into the nuts and bolts of enrichment, discussing various types and why they are important. The final section, Chapters 13 through 17, provides practical suggestions for creating and implementing your enrichment plan based on what you learned in the rest of the book.

Authors Allie Bender and Emily Strong are certified behavior consultants who work with all companion animal species. They co-founded and operate Pet Harmony, LLC, and First Train Home.

"Don't let the word "enrichment" in the title fool you into thinking that the scope of this book is too narrow or not something you will find valuable. It focuses comprehensively on meeting your dog's needs and is written in a holistic, science-based, practical, straightforward, and easy-to-understand way. I love this book!"

Ken Ramirez, author of *Animal Training: Successful Animal Management Through Positive Reinforcement*

[www.Dogwisepublishing.com](http://www.Dogwisepublishing.com)  
ISBN: 978-1617812682



### ***Confident Parents, Confident Kids: Raising Emotional Intelligence In Ourselves and Our Kids — From Toddlers to Teenagers!*** By Jennifer S. Miller

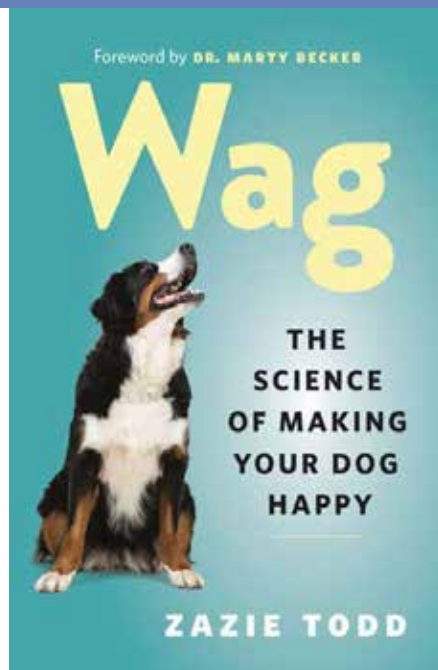
*Confident Parents, Confident Kids* lays out an approach for helping parents – and the kids they love – hone their emotional intelligence so that they can make wise choices, connect and communicate well with others (even when patience wears thin), and become socially competent and confident human beings.

How do we raise a happy, confident kid? And how can we be confident that our parenting is preparing our child for success? Our confidence develops from understanding and having a mastery over our emotions – and helping our children do the same. Like learning to play a musical instrument, we can fine-tune our ability to skillfully react to those big feelings that naturally arise from our child's constant growth and changes, moving from chaos to harmony. We want our children

to trust that they can conquer any challenge with hard work and persistence; that they can love boundlessly; that they will find their unique sense of purpose; and they will act wisely in a complex world. This book shows you how.

With author and educator Jennifer Miller as your supportive guide, you'll learn:

- The myths we've been told about emotions, how they shape our choices, and how we can reshape our parenting decisions in better alignment with our deepest values.
- How to identify the temperaments your child was born with so you can support those tendencies rather than fight them.
- How to align your biggest hopes and dreams for your kids with specific skills that can be practiced, along with new research to support those powerful connections.
- About each age and stage your child goes through and the range of learning opportunities available.
- How to identify and manage those big emotions (that only the parenting process can bring out in us!) and how to model emotional intelligence for your children.
- How to alter challenging patterns we fall into responding to turn around even our toughest moments into teachable ones.



***Wag: The Science of Making Your Dog Happy***

By Zazie Todd

Certified Fear-Free trainer and social psychologist, Zazie Todd, distills the latest canine science and shares recommendations from leading veterinarians, researchers, and trainers to help you cultivate a rewarding and respectful relationship with your dog.

Author: Zazie Todd

Forward By: Marty Becker DVM

Publication Year: 2020

ISBN: 9781771643795

Publisher: Greystone Book

***Click with your Chick: A Complete Chicken Training Course Using the Clicker***

By Giene Keys

Many people look at a group of chickens and see just that – a group of chickens.

But not chicken farmer and animal behavior specialist Giene Keys.

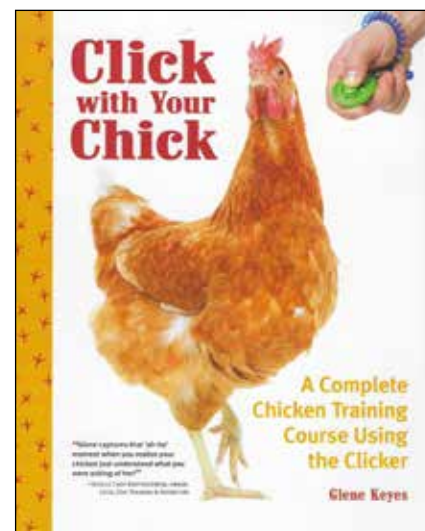
“Each chicken has their own personality with unique likes and dislikes,” Keyes says. “They even form close bonds with their friends.”

Keyes is one of the many individuals who joins the growing population of people who keep poultry in urban or suburban neighborhoods in the United States. She is also a clicker trainer. In this book she shows how you can build a special rapport with your chicken(s) in ways you never thought possible by using positive reinforcement. You'll be able to house-train and crate-train your chickens, and even teach them tricks.

As Keyes explains, “The amazement you'll feel when your chicken ‘gets it’ is awesome, but the truly wonderful part is that you'll find yourself bonding with your chicken, and your chicken will be bonding with you.”

This book is an enjoyable read for any chicken, or clicker training, enthusiast.

ISBN 978-1-62008-344-4







***The Ultimate Service Dog Training Manual: A One-Stop Shop for Anyone Interested in Learning How to Obtain, Train, Raise, and Live with a Service Dog***

By Keagen J. Grace

*The Ultimate Service Dog Training Manual* is the essential resource for laypeople, handlers, and trainers alike who deal with service dogs. Covering everything from obtaining, training, and living with service dogs, this comprehensive guide provides practical dos and don'ts, tips and tricks, and advice on raising the perfect service dog for various situations.

It includes the history of service dogs, the legalities of where they are allowed in public and who is permitted to have them, and what rights are in place to protect them.

Also Covered:

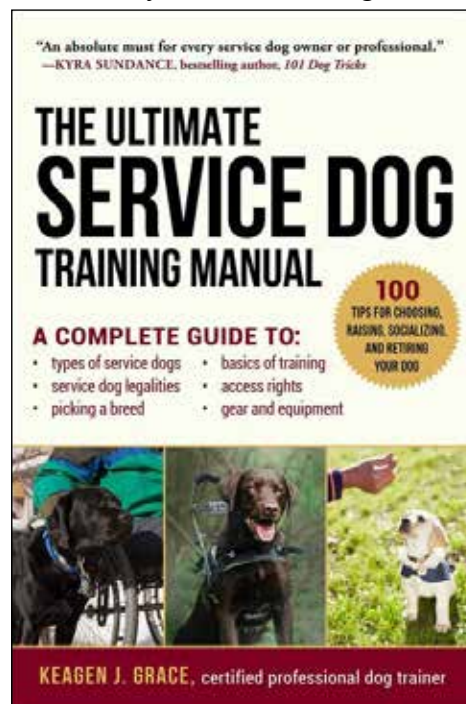
- The path to becoming a service dog
- Service dog jobs, from allergen alert dogs to psychiatric and seizure dogs
- Costs of owner-training
- “Fake” or under-trained service dogs
- What service dogs should and should not do in public
- What makes a dog unsuitable as a service dog
- Overview of standards, requirements, certifications, and gear
- Task training, from opening doors to assisting pick up, and more
- Service dog socialization
- Service dogs at work and school
- Service dog retirement
- The difference between service dogs, therapy animals, and emotional support animals

“The philosophy of the book is ‘first do no harm,’ and it is one that I, as a veterinarian, fully endorse and appreciate. This is a philosophy Kea lives by, and because of this her dogs thrive and willingly work with her and for her. I recommend this book to dog trainers, but also to owners who wish to learn more about how to train their dogs and improve the human-animal bond and communication.”

– Jill M. Patt, DMV

*Keagen J. Grace is a Certified Professional Dog Trainer (CPDT-KA) and Certified Trick Dog Instructor (CTDI). She serves as a consultant for service and assistance dog organizations all over the world. She lives in Glendale, Arizona, with her border collie, Sony, a crazy Sphynx cat named Soleil, and a young Sulcata tortoise named Shoogway.*

Author: Keagen J. Grace  
ISBN: 9781510703162  
Skyhorse Publishing





## In Loving Memory of Sister Pauline Quinn (1942-2020)



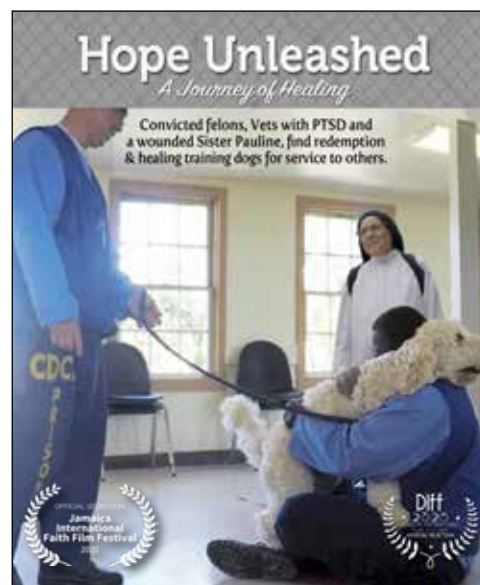
Sister Pauline Quinn, formerly known as Kathleen (Kathy), died on Friday, March 13, 2020, at the Dominican Life Center in Adrian, Michigan.

As a young woman, Sister Pauline experienced much trauma and homelessness. Her discovery of the unconditional love of a dog companion provided her a sense of safety, self-confidence,

and belonging. For Sister Pauline, dog was God spelled backward.

In 1981, she initiated a dog-training program in prisons, creating the Prison Pet Partnership in the Washington State Corrections Center for Women. Sister continued her Prison Pet Partnership mission by giving talks around the world.

Thanks in large part to Sister Pauline, prison dog-training programs are flourishing all over the world, improving the lives of inmates and the men and women who receive the dogs. Our *Hope Unleashed* video takes you behind the scenes at two such transformative programs – the original one in Washington State that Sister Pauline Quinn helped start in 1984, and another at the Men's Colony in San Luis Obispo, Calif. You'll see moving, in-depth interviews and training sessions in both the 40- and 20-minute versions. Streaming now on Latham's Vimeo page.



[vimeo.com/ondemand/hopeunleash20min](https://vimeo.com/ondemand/hopeunleash20min)

## LATHAM VIDEO COLLECTIONS *Streaming on Vimeo*

EDUCATIONAL VIDEOS FOCUSED  
ON EMPATHY AND KINDNESS



All videos in the Latham Video Library are copyrighted by The Latham Foundation.  
[vimeo.com/lathamfoundation/portfolios](https://vimeo.com/lathamfoundation/portfolios)



For our complete Video Library please go to  
Vimeo: [vimeo.com/lathamfoundation](https://vimeo.com/lathamfoundation) or  
Latham website: [latham.org/publications-resources/videos/](https://latham.org/publications-resources/videos/)





Courtesy of the American Bird Conservancy www.abcbirds.org Photo: ANC Inc. Shutterstock

“The pleasures of spring are available to everybody, and cost nothing.”

-George Orwell



## **The Latham Foundation**

**PROMOTING RESPECT FOR ALL LIFE THROUGH EDUCATION**

1320 HARBOR BAY PKWY  
SUITE 200  
ALAMEDA, CA 94502-6581 USA  
[WWW.LATHAM.ORG](http://WWW.LATHAM.ORG)