

Getting the Most Out of Social Media

by Marylou Zimmerman

We all know the time drain that can happen, the mindless scrolling through funny cat videos, or the endless crock pot meals that's, lets face it, we're never going to make, but did you know there are some nuggets of treasure hiding out there? Here are some useful Facebook™ Groups, YouTube™ Channels, Podcasts and TikToks™ to follow:

Facebook™

Canine Conditioning and Body Awareness Exercises - A group that deals with canine conditioning and body awareness from an evidence based, best practice perspective. They have quite a few rehab and fitness professionals who give targeted advice and provide information. <https://www.facebook.com/groups/CanineConditioning.BodyAwareness>

Canine Construction and Conformation - A worldwide educational forum for purebred dog enthusiasts to discuss all aspects of the purebred dog with emphasis on fundamental structure and locomotive mechanics. A large number of conservation breeders and mentor judges from around the world. <https://www.facebook.com/groups/caninecandc>

Dog Carting - Advice and information on training, equipment, upcoming events and more. All breed group. <https://www.facebook.com/groups/dogcarting>

There are also a large number of local/state level carting groups that share meet-ups and practice sessions

Some Newfoundland Specific Groups on Facebook are:

Newfoundlands - Upcoming Water Tests, Draft Tests, and Training Events - primarily announcements <https://www.facebook.com/groups/317802824965688>

Working Newfs- Training, Tips, and Problem Solving! Discussion of training tips & problem solving for working activities--water, draft, rally, tracking, etc. <https://www.facebook.com/groups/1381860465440625>

Newfoundland Water Rescue & Draft Training - For helpful tips and practice invites. We are a group of Newfoundland enthusiast committed to our dogs and the joy they get from doing the work they were created to do. <https://www.facebook.com/groups/295793910556871>

YouTube™

@SitStay with Stacy Slade - Enjoy videos of Bernese Mountain Dogs training, being groomed, drafting, puppy training, talking with breeders and more! Conformation ring, tracking, draft with carts and competing in rally and obedience! <https://www.youtube.com/@SitStaywith-StacySlade>

@RealDogs with Greg Roder - Demonstrates dog training principles and practice from basics through to advanced; Obedience, Water Rescue, Scent Discrimination, Tracking. Note this is a UK Channel, so the Water Work is from a UK Perspective. <https://www.youtube.com/@RealDogs>

Podcasts – available on Apple and Spotify

Animal Training Academy - Professional animal trainer Ryan Cartlidge hosts this show featuring interviews with the world's most proficient professionals in all things animal training and behaviour.

Sexier Than a Squirrel - In Sexier Than a Squirrel, the Official AbsoluteDogs Podcast, veterinary behaviourist Tom Mitchell and international agility competitor and professional dog trainer Lauren Langman talk about training your dog, transforming your dog training struggles and getting real-life results through GAMES!

The Canine Paradigm - This podcast is another one of the best dog training podcasts out there, especially if you are interested in dog sports and working dogs. If you want to really get some insight on who are some of the other best dog trainers in the world, these guys set the precedent and have conversations with many of them.

TikTok™ -

@methodK9 – Stephanie Vichinsky of Idaho is the head trainer at Method K9 where they specialize in reactivity and other problem issues. Her TikTok feed is filled with commentary on basics of dog behavior and advice for the average dog owner on structuring training and every day life to get the most out of your relationship with your dog. Sensible and down-to-earth advice

@kat_thetiredpooch - Dedicated to teaching owners how to better connect, communicate, read and understand their dogs. Having a mutually beneficial relationship where both canine and handler are thriving together. Lot's of content on body language, evaluating gear and routine behavior challenges.

Opportunities abound on social media and the web to increase your skill set, add to your knowledge base or build your network of training colleagues to brainstorm and collaborate with. Take advantage of these many opportunities, but remember that you should check in with your veterinarian to make sure that your Newf is fit and healthy before undertaking any fitness, training or other strenuous exercise programs.