

CAVALIER CAPERS

Newsletter of :



DECEMBER 2025 Edition

Editor's Report

Welcome to the December edition of our newsletter.

Since our last newsletter we have had our Cavalier King Charles Spaniel Open Show as well as our annual picnic.

Coming up for next year is a fund raiser at **Bunnings, Oxley on Sunday 22nd February**. Some help on the day would really be appreciated.

Memberships are due and you will find a membership renewal form as an attachment with this newsletter.

We hope you all have a happy and safe Christmas and we look forward to catching up with all at our functions next year.

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CAVALIER KING CHARLES SPANIEL CLUB OPEN SHOW



Our Cavalier King Charles Spaniel Open Show was held on 20th September. The weather was fine and not too hot and it was lovely to see our beautiful dogs, who like nothing better than a day out with their family.

CAVALIER KING CHARLES SPANIEL CLUB PICNIC



The Cavalier King Charles Spaniel Club held our annual picnic on 4th October at the Oxley Obedience Club. We had lots of cavaliers present who had a great time running around, and meeting and greeting the new friends they made that day.

We also had a sausage sizzle and a mutli-draw raffle – and it was a very happy and successful day.

These functions do not happen without the help of all our wonderful volunteers.

Many thanks to Bob, Linda and Charles, Kathy, Jodie and Glenn, Janelle, Michelle, Bronwen, Loraine and Elisa who made the day the success that it was.

It was wonderful to see so many of our members there too- and we look forward to seeing you all at our picnic next year.

A DOG'S LOVE



There is something profoundly humbling in the way a dog loves you. Their devotion is not measured, not weighed, not earned by accomplishments or diminished by failures. It is a current that flows without interruption, regardless of how tired you are, how flawed you feel, or how far from yourself you have wandered. When a dog presses its head against your hand, when it waits at the door with unshakable certainty that you will return, when it leaps with joy at the sound of your voice, you begin to understand that grace is not a lofty thing found in temples or scriptures—it is here, alive and breathing beside you.

A dog's love requires no translation, no proof, no perfection. It sees through your shadows and rests in the light that remains. They forgive without ever mentioning the wound, and they stay even in the silence of your loneliest nights. In their gaze you are not the

sum of your regrets but simply beloved, worthy of warmth and belonging. Their loyalty teaches you that to be loved without condition is the purest form of mercy, and to offer love in return—knowing it will one day break your heart—is the bravest act of all.

When the time comes to let them go, you realize the gift they have given you is not only companionship but a glimpse into the eternal. For love like this does not end; it lingers in the air, in the familiar absence at your feet, in the gentle echo of their memory. To have loved a dog is to carry that grace forward into every corner of your life—to become gentler, more patient, more forgiving, because you have known what it is to be seen by eyes that never judged you.

And so, in the quiet places of the heart, long after their paws have ceased to follow you, you will know: you were touched by something holy. You were taught how to love in the truest, most unselfish way. To have loved a dog is to have held the earth's greatest blessing, however briefly, and to be changed by it forever. (R M Drake)

THE TRUTH ABOUT GROOMING PRODUCTS

We use a variety of products in grooming, but do we always know what they do, and are we using them in the correct situations? The most probable answer is that, in most cases, we do. However, having a thorough understanding of the science, technique and proper use of grooming products can be life-changing. It allows us to work smarter, not harder.

Let's start with shampoos. Their primary purpose is to clean. They do this by grabbing dirt and removing oils. Think of dish soap (a detergent); it's designed to remove oil and grease from dishes and pans. The same basic principle applies to skin.

The amount of oil removed depends on the harshness of the product. Only a thin top layer of oil needs to be removed, because dirt and debris on the skin are lighter than the skin's natural oil and tend to remain on the surface. Therefore, mild detergents are usually sufficient.

Harsher or more aggressive detergents—such as dish soap or degreasing shampoos—can strip away too much of the oil layer, leading to dry skin or even overproduction of oils, which can leave the pet greasy in a short time. This is common in breeds like Basset Hounds and Yorkies, as well as in cats. Many groomers have experienced the dry skin effect on their own hands after a day of bathing pets.

The average shampoo is designed to clean, but we also have “specialty” shampoos that contain ingredients to kill bacteria, fungus and parasites, and even stimulate hair growth. However, not all shampoos can do all these things. If you need to target a specific issue, make sure you're using the right shampoo for the job.

The second product we commonly use is conditioner. This is a much more diverse group of products, and how and when you use them can significantly affect your results. Conditioners come in two main types (some products contain both): emollients and humectants.

The primary reason for conditioning is to replenish the oils that were removed by the shampoo. If we fail to do this, we leave the skin and hair in a compromised state, making them more prone to dryness, itching and eventual infection.

An emollient is a conditioner that consists of fats and oils. It forms a barrier on the skin that prevents moisture from escaping, but it also blocks moisture from entering. It is important to understand that oil and water don't mix, so you cannot hydrate with an oil.

If you apply an emollient to dry skin or hair, it will form a barrier and simply trap the dryness in. Using the example of the bather's hands, once the barrier of the emollient forms (just sitting on the surface) the next bath will strip off the oils and potentially leave the hands even drier.

In contrast, a humectant works to hydrate the tissue and hair. Unlike emollients that remain on the surface, humectants are absorbed by the skin and hair, drawing moisture in, much like a sponge soaking up water.

Returning to the bather example, the first bath of the day will help hydrate the hands. The second bath might remove some oils, but only a small amount of the hydration (sponge effect). Then, when conditioning the second pet, the hands absorb even more hydration. As a result, at the end of the day, the bather's hands will feel better than when the day began.

It's also important to understand that since most pets have hair as their first line of defense, their skin is often more sensitive to irritation or dryness. Pet skin is about six to eight times more sensitive than human skin (which relies on calluses and thickened layers for protection). Dry skin in pets often leads to itching, which is frequently misdiagnosed as allergies. Hydrated skin, on the other hand, is healthy skin.

Once we understand how these products work—especially conditioners—we can use them more effectively to make our lives easier. If we have a pet with dry skin, we know we need a humectant to replenish moisture and then an emollient to help retain it. As previously mentioned, many products contain both types, but not all do.

A common question I get is, "What ingredients should I look for to tell the difference?" Unfortunately, reading ingredient lists is only minimally helpful. Without knowing the quantities (which are proprietary), it's hard to draw conclusions just by scanning the label.

The best way to evaluate whether a product has humectant properties is by testing it on your hands or your pets. However, your hands may be your best judge. Are they better at the end of the day after bathing pets?

Let's take a look at one specialized technique—conditioning-shampoo-conditioning, which is often used to break up skin debris and dander, or during a de-shedding process. The type of conditioner you use here matters. The first conditioning step is designed to break down old sebum (not degrease it) so it can be removed during shampooing.

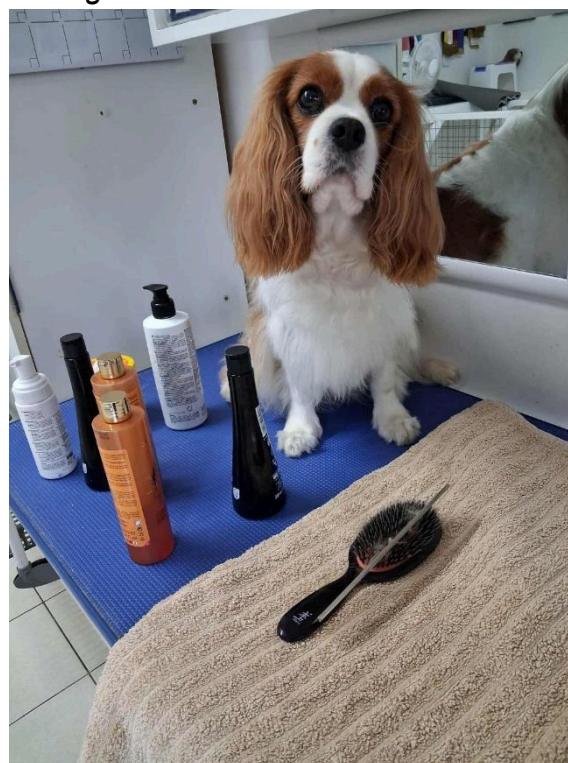
If we understand that oils break down oils, then we know we need to use oils to break down skin debris. But if the debris is dry, we must include humectants to hydrate it.

Without the humectant, the oil (emollient) sits on the surface and has little to no effect.

Oil density also plays a role. A heavy oil, such as coconut oil, may not penetrate well, while a lighter oil, like avocado oil, tends to be more effective. And remember—this is a process that takes time. If you apply a product and rinse it off before it has time to work, you shouldn't expect great results.

In summary, understanding your grooming products and using them strategically is a game-changer. Selecting the right product—just like reaching for the right tool when building something—is essential to achieving the best results.

Dr. Cliff Faver graduated with a BS in Biology/BA in Chemistry before getting a Veterinary degree in 1987. He is the past owner of Animal Health Services in Cave Creek, Arizona and now the US distributor for Iv San Bernard products, teaches the ISB Pet Aesthetician Certification program, and speaks internationally on hair and skin. His passion is to merge groomers and veterinarians to aid in helping and healing pets. He is also a member of AVMA, AAHA, AZVMA, Board member with Burbank Kennel Club, and has served on Novartis Lead Committee, Hill's International Global Veterinary Board, and a Veterinary Management Group.



CAN DOGS EAT CHEESE



Have you ever wondered if dogs can eat cheese? Most dogs enjoy cheese, and will happily eat it if you offer it to them.

However, it pays to be a bit cautious, because some types of cheese are not good for your dog, and too much can cause health issues!

Let's look at how often your dog should eat cheese, the benefits, the best cheese for dogs and some types of cheese that should be avoided.

How often can dogs eat cheese?

So is cheese good for dogs? Cheese offers lots of nutrients, including protein, calcium, essential fatty acids, vitamin A, and B-complex vitamins.

But as a concentrated milk product, cheese can often be high in fat. Feeding your dog too much fat can cause obesity, which can lead to a raft of other issues. Many cheeses are also high in salt.

So, while some cheese can be okay for dogs, it should be seen as an occasional treat, now and then, rather than a staple part of your dog's diet.

The benefits of feeding your dog cheese

Dogs generally love the taste, so it can be a useful [training](#) tool. Knowing they'll get a nibble of a favourite treat can often motivate them to learn more quickly!

Cheese can also be used to disguise medications, particularly if your dog isn't keen on swallowing tablets. Bear in mind though that some antibiotics should not be accompanied by dairy foods. In those cases, another treat like [peanut butter](#) would be more appropriate. Talk to your vet to find out more.

What are the best types of cheese to feed your dog?

If you plan to [feed your dog](#) cheese, it's important to know that the harder the cheese, the higher the fat and salt content.

According to the American Kennel Club, cottage cheese, ricotta, goat's cheese and fresh mozzarella are good low-fat options. An added bonus with cottage cheese is that it's lower in lactose, which reduces the chance of gastric upsets.

Which cheeses are bad for dogs?

When feeding your dog cheese, moderation is key - too much cheese of any kind can cause health issues.

However, there are some cheeses that can pose a particular risk to dogs, including:

Blue cheese and other 'ripe' or mold cheeses, such as stilton and roquefort

The mold in these cheeses can be toxic to dogs. If your dog does eat some by accident, keep a close eye on them for diarrhoea, vomiting or seizures, and call your vet if any of these occur.

Feta and haloumi

While lower in fat than many other cheeses, both of these are extremely salty.

Brie, camembert, and other washed rind cheeses

These cheeses are made from milk and cream, so are very high in fat. The washed rind varieties include the brine in which they're washed, adding to the salt content.

Cheese with additions

Many soft cheeses, such as cream cheese and various goat cheeses, have additional

ingredients like dried fruit, chives, garlic, chilli, and other foods that can be toxic for dogs.

What are the risks of dogs eating too much cheese?

The two main issues with cheese are the fat and salt content.

Too much fat in your dog's diet can cause obesity, which can create a range of other health issues. These include strain on joints, leading to arthritis, particularly later in life. The American Kennel Club warns that cheese can cause pancreatitis in dogs, particularly in breeds like cocker spaniels that are already prone to the condition. High quantities of salt in a dog's diet are a factor in both kidney and heart disease, which are serious and potentially deadly conditions.

Too much cheese can also lead to gastric upsets, so maybe don't share your macaroni cheese with your dog! (AKC)

DOG ENRICHMENT- IDEAS TO KEEP YOUR PUP ENTERTAINED

Looking for good ways to provide your dog with mental stimulation at home? try these enriching activities.

from snuffle mats to puzzle toys, there are a lot of good options for at-home canine enrichment. credit: Jae Thomas

dog enrichment activities cater to your dog's natural instincts to sniff, chew, forage, and more. enrichment is mental exercise for your dog, and while it shouldn't take the place of physical exercise like walks and running, it's part of giving your dog a holistically fulfilled life.

Enrichment activities like food puzzles have been proven to reduce stress and increase relaxation behaviours. in addition to being a great way to supplement your dog's daily routines, enrichment can help keep your pup from getting bored if it's too hot or too cold to take her out on her normal walk or if your dog has an exercise restriction due to injury or illness. it's also a fun way to keep puppies and high-energy dogs from becoming destructive during times when you can't entertain them yourself.

While many things can be considered enrichment for your dog (play, social interaction with people and other dogs, car rides, etc.), we're going to focus on five dog enrichment ideas that you can do indoors.

puzzle toys.

When introducing your dog to puzzle toys, it helps to start with something that's relatively easy to figure out. move up to more challenging puzzles as the dog begins to figure out the game. credit: Jae Thomas

[dog puzzle toys](#) offer fun challenges that keep your dog's brain working. The simplest puzzle toys, like the [kong wobbler](#) or the outward hound [orbee-tuff snoop](#), just require your dog to push them around to get the food out.

More challenging puzzle toys require your dog to push buttons, pull out drawers, open flaps, nudge sliding pieces, and more. I recommend getting two to three different puzzle toy options and rotating them so your dog doesn't get bored.

I like the [Nina Ottosson Outward Hound](#) line of dog puzzle toys, as they come in multiple levels depending on your dog's ability. You can start with lower-level toys and try harder ones once your dog gets the hang of them.

If your dog likes to chew or ingest plastic, opt for puzzle toy options that don't have removable pieces.

Lick Mats and Stuffable Toys



Licki Mat



KongWobbler

Lickable dog enrichment toys can be a great way to keep a busy dog entertained, but be careful you're not adding too many calories to her diet. Credit: Jae Thomas

My favourite lickable enrichment dog toys are [lick mats](#), [Kongs](#), [West Paw Toppls](#), and the [Woof Pupsicle](#). All of these options are easy to fill with food, pop in the freezer, and end up with an activity that keeps your dog busy licking for up to an hour.

Licking is a calming behaviour for dogs and many of these toys—like Kongs and West Paw Toppls—are relatively durable and chew-resistant. This makes them good options for crate training and leaving with your dog or puppy when you need to leave the house (if your dog isn't prone to destroying toys).

My favourite way to fill Kongs and Toppls is to soak my dog's kibble in water for a few hours until soft, then stuff it into the toy. I'll then top it with a small spoonful of wet food and a treat or two, then freeze the entire thing. This way, you don't add too many additional calories to your dog's daily diet, since she's getting enrichment with her normal allotment of food. You can use pre-made fillers or even plain peanut butter for lick mats, Kongs, and Toppls, but just be aware of the serving sizes for these options, as you can unintentionally add too many calories to your dog's diet if given regularly.

For the Woof Pupsicle, I find that the pre-made [Pupsicle Pops](#) take my dogs the longest to finish. The brand also has a treat mix that you just add water to and pour in the brand's [Pupsicle treat tray mould](#) before freezing. You can make your own pupsicle refills using the mould if you want to choose your own ingredients.

If you don't have a lick mat or toy that you stuff, add water or dog-safe chicken broth to your dog's food in a normal dog bowl and freeze it. Your dog will get the same enjoyment of licking without having to buy an additional product.

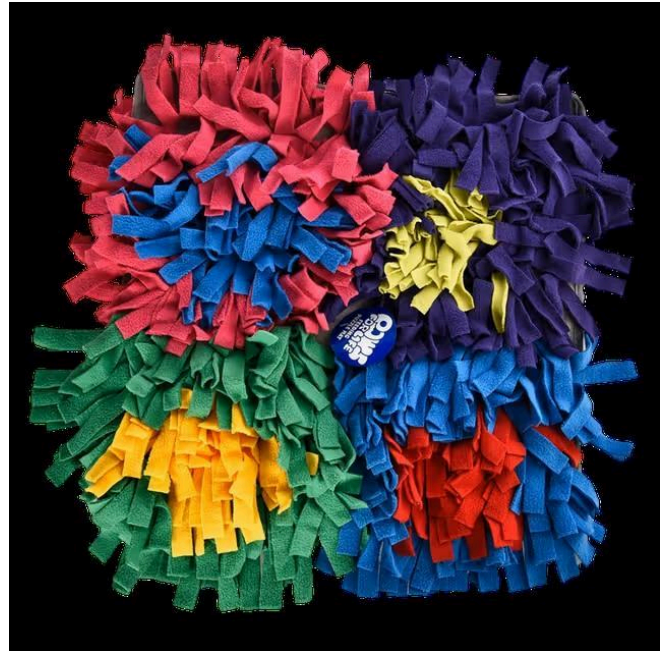
Snuffle Mats and Games

All you really need for a DIY snuffle mat is an old towel and some kibble. Credit: Jae Thomas

Snuffle mats for dogs are an easy way to prolong mealtime and let your dog use their nose. Snuffle mats generally consist of long pieces of fabric attached to a base that make good hiding spots for kibble and other small pieces of food. Your dog will sniff or "snuffle" their way around the mat to find and eat all the hidden food.

If you don't have a snuffle mat or don't want to buy one, it's easy to make DIY dog enrichment toys. Try filling a box with

shredded paper and scattering a cup of food in it, stuff toilet paper or paper towel rolls with newspaper and small pieces of food, or simply lay a towel down, sprinkle some treats on it, and roll it up and tie it in a knot. You don't need to spend a lot of money to enrich your dog through sniffing.



Snuffle Mat

Scent Work-Style Enrichment

Even easier than snuffle mats, scent work-style enrichment includes putting pieces of food in various containers (small boxes or Tupperware containers work well) around your home for your dog to find.

Put your dog in another room or in her crate while you set this game up. Start simple with five or six containers or boxes on the ground in the same room and put a few pieces of food in each of them. Release your dog into the area where the containers are, but don't say anything or show her the containers. Let her use her nose to find all the treats!

Once you've done this a few times, you can start putting food in only some of the containers, add additional containers, and start moving the containers to various places in the room.

This type of activity is the foundation that many instructors use to teach competition scent work, so if your dog enjoys this game, consider getting them into this sniff-centric sport.

Chews

Many dogs find the act of chewing enriching, and simply giving them a high-quality chew bone will keep them entertained. I mainly recommend beef cheek rolls as a long-lasting chew option. They're an easily digestible rawhide alternative and aren't as expensive as other dog chews.

If your dog doesn't like beef cheek rolls, bully sticks or collagen sticks paired with a bully stick holder, are also good picks.

Never leave your dog unattended with a chew, as they can be choking hazards depending on your dog's chew style. Instead f give your dog a chew while hanging out in the same room—that way you can monitor her for any signs of choking while she chews.

(Jae Thomson CPDT-KA)



Stuffable Toy.



Nina Ottosson- Outward Hound

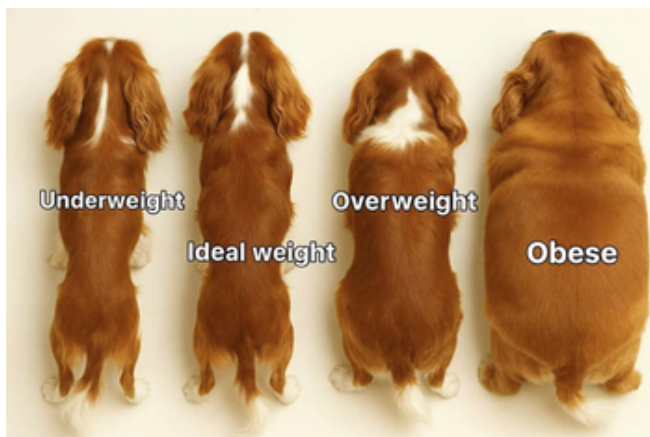


West Paw Toppls

OBESITY IN DOGS

Obesity is the most common nutritional disease in dogs and can lead to a range of illnesses and diseases. Cavalier King Charles spaniels are pre-disposed to obesity, according to evidence garnered in several veterinary research studies carried out over a number of years.

Body Condition Scoring



Canine obesity commonly is measured by a scaling system called Body Condition Scoring (BCS). BCS is used to evaluate the relative proportions of animal fat, called adiposity, at specific body locations and compare those to a lean musculoskeletal system. There are a few variations of the BCS system, but all of them may be summarized like this 5-point BCS scale, which ranges from 1 point (emaciated) to 5 points (obese), as follows:

1 = Emaciated. Ribs, lumbar vertebrae, pelvic bones and all body prominences evident from a distance. No discernible body fat. Obvious

absence of muscle mass.

2 = Thin. Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones less prominent.

Obvious waist and abdominal tuck.

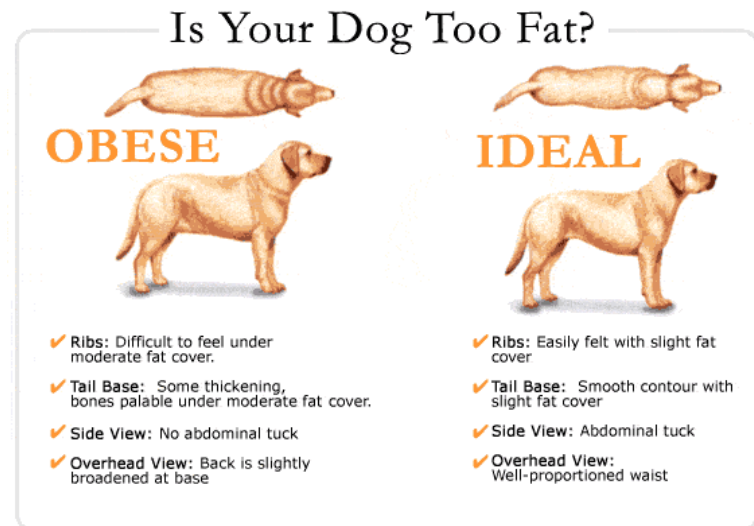
3 = Moderate. Ribs palpable without excess fat covering. Abdomen tucked up when viewed

from side. This usually is the ideal BCS.

Score. **4 = Stout.** General fleshy appearance. Ribs palpable with difficulty. Noticeable fat

deposits over lumbar spine and tail base. Abdominal tuck may be absent.

5 = Obese. Large fat deposits over chest, spine and tail base. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Abdomen distended.



WHAT SIZE DOG CRATE DO I NEED FOR MY DOG?

Many manufacturers list dog weight as a guide to selecting the right size crate for your dog. We recommend that you measure your dog by height (head up) and length, then compare those numbers to the crate dimensions, making sure there's room for bedding and being certain the dog can stand, sit, and turn around comfortably.

The crate you select for your dog should be secure and allow enough room for your dog to stand, sit, and turnaround but not much more than that. Credit: Claudia Luna | Getty Images

Choosing the right size crate for your dog is essential to your dog's comfort and safety.

Whether you are crate training, traveling, or simply providing your dog with a safe space to relax, an appropriately sized crate can make a significant difference in your dog's wellbeing.

Your dog should be able to stand up, turn around, and lie down comfortably in a crate. A crate that is too small can cause stress and discomfort, while one that is too large may

not feel secure and may make training more difficult. It can also pose safety concerns when traveling.

To select a crate that fits your dog, you will need to measure the dog with a measuring tape. It is more efficient if you have someone to help you hold the dog still when you measure. The measurements you need include:

- This is the distance from the tip of the nose to the base of the tail.
- This is the dog's standing height, or the distance from the floor to the top of their head being held in a comfortable position.

Once you have these measurements, you can start comparing them to manufacturer listed crate dimensions. You want to be sure your dog can move freely in the crate, plus, you are usually going to add a bed or mat to the floor, which can take up an inch or so of height space. Consider a crate that is several inches longer and taller than your dog.

Many crate manufacturers provide dog weight ranges for their products. This can give you an idea of the appropriate size, but it is important to remember that some dogs may need more space than others, even if they are within the recommended weight range, so don't go solely on the dog's weight as a recommendation for size. Measure height and length. Note: Some manufacturers may have specific ways for you to measure your dog, so be sure to doublecheck the website.

How Big Should a Dog Crate Be?

While dogs need enough space to stand, turn around, and lie down comfortably, it is important that the crate is not too large. Dogs generally prefer snug, enclosed spaces where they feel secure. In addition, a crate that is too large may lead to accidents, as your dog may be inclined to use one corner as a bathroom.

Types of Dog Crates

[Crates come in several materials and styles, each with their own benefits.](#) If you're flying, always check with the airlines for specifications and specific requirements for

their carrier. If you're shipping your dog by a ground transportation service, be sure you [choose the best carrier](#). And, if [you and your dog are taking an international journey](#), there's a lot more to consider besides the crate.

Wire crates

Wire crates are among the most common crates. They offer great ventilation and visibility for your dog, which can be especially helpful for crate training. They are easy to clean and are considered a secure crate if you have an escape artist.

If you're interested in a wire crate, but your dog doesn't like the open feel to the crate (many dogs don't), you can place a cover over the crate to give it more of a cave-like, secure feel. Wire crates can be folded for storage and are typically a durable option (see manufacturer information for how to collapse a wire dog crate).

Plastic crates. Plastic crates are typically made from hard plastic and are frequently used for travel. They provide a more enclosed, den-like environment, which some dogs prefer. They are easy to wipe or hose clean, although you may have to climb into the bigger ones a bit. These crates tend to be secure, and they have a natural cave-like feel.

Crash crates. There are also plastic and metal crates on the market designed for vehicle travel and have safety considerations built in to try to ensure your pet stays as safe as possible if a vehicle collision occurs. These include crates from Variocage, Impact Crates, Sleepy Pod (for small dogs), Gunner and Ruff Land Kennels.

Designed to endure a car crash, these dog crates come in metal and plastic materials, and many can be custom made to your car space and dog ventilation needs. Some can double as a house or competition crate, but these products tend to be heavy and expensive. Some companies have submitted their products to the Centre for Pet Safety and received safety certification.

Soft crates. Soft-sided crates are lightweight and made of fabric with a frame of metal or

plastic. They are lightweight and easy to transport, fold down for storage, and are comfortable for a dog to rest in. They are popular with people who have well-trained sporting or show dogs, but soft crates are not suitable for puppies or any dogs that scratch or chew. They should only be [used for dogs that are already fully crate trained](#). Most soft crates collapse for storage. Consult manufacturer information for how to fold a soft dog crate.

Selecting the right crate for your dogs is an essential step in ensuring their comfort, safety, and happiness. By measuring your dogs properly and considering their specific needs, you can create a space that helps them feel secure and content. (Mary CopePhD)

PUMPKIN PEANUT BUTTER DOG TREATS



Ingredients

½ cup pumpkin puree
3 tablespoons natural peanut butter (with no added sugar or xylitol- please check the ingredients)

2 large eggs

2 cups oat flour or whole wheat flour

Method

1. Preheat the oven to 175C
2. Combine the pumpkin puree, peanut butter and eggs in a medium bowl.
3. Stir in the flour until well combined.
4. Press the dough into moulds until they are level. Don't overfill as the treats will puff up a little as they bake.
5. Bake for 30 minutes or until the treats are dry and hard. If using small moulds the time will be less than this.
6. Remove from oven and allow to cool before transferring the treats to a cooling rack.
7. Store at room temperature in an airtight container for a week. For longer storage place in the fridge or the freezer.(Elaine)



CAN DOGS GET SUNBURN?

If you've ever spent a sunny day outdoors with your dog, you may have wondered: can dogs get sunburnt? While most people associate sunburn with humans, dogs are also vulnerable to sun damage, especially those with thin coats, light-coloured fur, or hairless breeds. The effects of sunburn in dogs can range from mild skin irritation to more serious complications. In sunny areas of Australia, protecting your pet from excessive sun exposure is a year-round concern. Below, we'll discuss how dogs can get sunburnt, what signs to watch for, and how to help protect your dog when temperatures rise.

How Can Dogs Get Sunburnt?

Dogs can absolutely get sunburnt, and the effects are very similar to what humans experience. The sun's ultraviolet (UV) rays can penetrate a dog's skin, causing damage that may lead to pain, inflammation, and long-term issues if left unchecked. Just like people, dogs are most at risk when they spend extended time outside during peak sun hours, which are typically between 10 a.m. and 4 p.m.

Sunburn in dogs occurs most commonly on parts of the body with little to no fur coverage. This includes areas like the nose, ears, belly, and inner thighs. These spots have thinner skin and are more exposed, especially if your dog likes to lay on their back while sunbathing. Even dogs with thick coats aren't completely protected, as UV rays can sometimes penetrate through the fur or affect the skin around their nose and eyes.

Dogs Most at Risk for Sunburn

While all dogs can get sunburnt, certain breeds and physical traits increase the likelihood of sun damage. If your dog falls into one of the following categories, they may need extra sun protection when outdoors.

Dogs with Light or Thin Fur

Dogs with white, cream, or light-coloured coats are more susceptible to sunburn. Their fur provides less natural pigment, which means reduced protection from UV rays.

Breeds such as Bull Terriers, Dalmatians, and Whippets often have thin or fine coats, leaving their skin more vulnerable.

Hairless breeds such as the Chinese Crested lack the fur that would normally act as a barrier to sunlight. These dogs require consistent protection from the sun any time they go outside.

Dogs with Shaved or Clipped Coats

If your dog has recently been shaved down for grooming or due to a medical procedure, their exposed skin may be more sensitive to sunlight. Shaving a thick-coated dog too short can also expose areas that are not normally affected by the sun.

Dogs with Pink or Exposed Skin

Some dogs naturally have pink skin or skin that is visible around the nose, ears, or eyes. This type of skin is more prone to burning, and should be monitored closely during outdoor activities.

Signs Your Dog May Have a Sunburn

Recognizing the symptoms of sunburn in dogs is essential to preventing further damage. The signs are often easy to spot if you know what to look for.

Redness and Inflammation

One of the most visible signs of sunburn in dogs is redness, especially in areas with sparse fur. You may notice your dog's nose, ears, or belly turning pink or red after spending time outside.

Dry, Flaky, or Cracked Skin

Sun-damaged skin may start to peel or feel dry to the touch. In some cases, the skin may crack or develop a scab, particularly if the sunburn is more severe.

Discomfort or Sensitivity to Touch

Dogs with sunburn often show signs of discomfort when touched. They may flinch, move away, or become irritable when the affected area is handled.

Licking or Scratching

If your dog keeps licking, chewing, or scratching at a particular area of skin, it could be a sign of irritation caused by sun exposure. Excessive grooming can also lead to further damage, so it's important to monitor this behaviour.

Long-Term Effects of Sunburn in Dogs

While a single sunburn might seem minor, repeated exposure can lead to long-term skin issues. Dogs that experience frequent sunburns are at greater risk for developing certain types of skin cancer, such as squamous cell carcinoma. Chronic sun exposure can also cause thickening or discoloration of the skin over time.

In addition to the increased risk of cancer, sunburn can compromise the skin's natural barrier, making it easier for infections or irritants to enter the body. If you suspect sunburn or notice changes in your dog's skin, it's always a good idea to have them examined by a veterinarian.

How to Help Prevent Sunburn in Dogs

Sun protection isn't just for people—your dog can benefit from a few smart precautions when spending time outdoors.

Limit Sun Exposure

Try to avoid walking or playing outside during peak sunlight hours. Early mornings and late afternoons tend to be safer and cooler. If your dog enjoys sunbathing, make sure they have the option to retreat to a shaded area.

Provide Shade and Shelter

Whether you're at home, at the park, or on a hike, make sure your dog always has access to shade. A covered patio, umbrella, or pop-up tent can offer relief from direct sunlight. If you're heading to the beach or an open field, bring along a travel shade.

Use Pet-Safe Sunscreen

There are sunscreens made specifically for dogs that are safe to apply to exposed areas like the nose, ears, and belly. Never use human sunscreen, as many contain zinc oxide or other ingredients that are toxic to pets if ingested. Ask your vet for recommendations on pet-safe options.

Dress for Protection

UV-protective shirts or vests made for dogs can help shield their body from the sun. These are especially useful for dogs with short or shaved coats, and they're often made from breathable materials to prevent overheating.



Check It.

Just like us, your dogs need regular skin checks. Watch for scabs, crusty patches or non-healing sores, especially in high risk areas such as the nose, ears and around the eyes in light-skinned animals.

The best approach is prevention, start sun protection early and stay consistent. (Campus Commons Pet Hospital)

TREAT OR TOXIN? THE FRUITS YOUR DOG CAN (AND CAN'T) GOBBLE UP

Who gets your bruised apple, or your left-over smashed avocado? The bin – or your salivating dog?

Well, we know fruit does wonders for human health. But when it comes to our furry friends, you'll need to trot with caution.

Some fruits are perfectly fine for dogs to 'woof' down, while others can be downright dangerous.

Why? There are certain chemical compounds found in fruit that are specifically toxic to dogs. And if consumed regularly (or just once), they can lead to long-term health problems – and can even be fatal.

But again, only some fruits are toxic. So to get the information straight, here are the most common fruits your loyal hounds can and can't eat.

So, what fruits can dogs eat?

Quite a few, actually! Eating a 'safe' fruit every now and then won't hurt them. In fact, it can even do your four-legged friend a whole lot of good.

However, moderation is key. Too much of even a 'safe' fruit can cause intestinal irritation, diarrhoea or bloating.

As a general rule, any food not part of your dog's usual [dry food](#) or [wet food](#) diet (i.e. a fruit treat) should only make up 10% of their daily calorie consumption.

Here are some 'safe' fruits to deal out occasionally:

Safe: Apples

Full of vitamins A and C, apples offer your dog's overall health and immunity a big boost. And with plenty of fibre, their bowel movements will be healthier than ever. (Note: Be sure to take a roll of doggy bags on your walks!)

Apples are also low in protein and fat – perfect for senior dogs watching their waistline.

But always remember to *remove the seeds and core*. These contain cyanide, which is fatal in high doses. (To animals *and* humans!)

Recommended portion size: 1 to 2 wedges

Safe: Bananas

Good. In. Moderation.

Why? Because although they're low in calories, cholesterol and sodium – and high in potassium, vitamins, biotin, fibre and copper – bananas also have a high sugar content.

Just like humans, too much sugar in your dog's diet leads to obesity, teeth problems and diabetes.

Recommended portion size: 1 to 2 small slices or half a banana, depending on your dog's size

Safe: Blueberries

Blueberries are a glorified superfood for humans. And luckily, dogs can get in on the act.

Rich in antioxidants, blueberries do wonders for canine cells. They safely remove toxins, protecting your pup from a myriad of long-term health issues.

These little health-savers are also great for teaching dogs to catch, without opting for a processed treat.

Recommended portion size: 2 to 3 berries

Safe: Watermelon

Made of 92% water, watermelon can keep your dog hydrated in the heat of summer.

And with its rich reserves of vitamins A, B-6, C, and potassium, watermelon can support their overall health, so they can enjoy their days frolicking at the dog beach.

But remember, *only the seedless flesh is safe*. So make sure to properly prepare it for your doggy highness before serving up.

Recommended portion size: 1 seedless slice

Other fruits they can eat:

- Cantaloupe (low-sugar option)
- Cranberries (in moderation)
- Mango (in moderation)
- Oranges
- Peaches
- Pears
- Pineapple
- Raspberries (less than a cup at a time)
- Strawberries (in moderation)
- Kiwis
- Blackberries
- Apricot

And what fruits can't dogs eat With their human-like appetites, it's hard to believe – but dogs' stomachs aren't built the same as ours.

So as tempting as it is to give in to those puppy-dog eyes looking longingly at your lychee, be wary of the following 'unsafe' fruits:

Unsafe: Grapes

Whatever you do, never feed your dog a grape.

Containing tartaric acid, they've been found to be extremely toxic to dogs of all breeds, sizes and ages – leading to acute kidney failure and death.

Also, be sure to keep away from dried grapes, aka sultanas and raisins. They contain the same toxin!

Unsafe: Cherries

Containing cyanide, cherries are highly toxic to dogs.

If your dog *does* get their paws on a cherry, look out for dilated pupils, difficulty breathing and red gums. These are the key signs of cyanide poisoning in dogs.

Unsafe: Avocado

The fruit (yes, it's a fruit!) that makes it onto many breakfast plates is *not* good for doggies.

The pit, skin, and leaves of avocados contain persin, a toxin that causes vomiting and diarrhoea. Although the flesh is less harmful, it still won't leave your fluff ball feeling very good.

So next time you simply can't finish your mound of smashed avocado, let the waiter take it away – before your dog does!

Unsafe: Unripe tomato

Red, ripe tomatoes are okay. Green, unripe tomatoes have a toxin called solanine.

Consumed by pooches, this toxin leads to severe gastrointestinal distress, lethargy, weakness, and even confusion.

But thankfully, they'll need to eat a lot of green tomatoes to make them as sick as a... dog. But it's best to steer clear (and be wary of your veggie patch!).

Unsafe: Fruit pips (and pits)

You know not to eat the pip. But your dog doesn't. So make sure you keep the pip from the pup.

Why? Because pips contain toxins that lead to cyanide toxicity and intestinal obstructions. And in some cases, they can even be a choking hazard.

Unsafe: Fruit syrup

Found in tinned fruit, fruit syrups contain a high amount of sugar. Once again, too much sugar is a no-no for a dogs' long-term weight maintenance and tooth health. So simply avoid tinned fruit at all costs!

What do I do if my dog eats an 'unsafe' fruit?

Firstly, remove the fruit from their reach.

Then give your vet a call. Depending on the amount and type of fruit your dog consumed, there'll be a different course of action.

That might involve taking your dog to the vet to induce vomiting, or simply keeping an eye on them for symptoms.

When it comes to feeding your dog fruits, knowing what's safe makes all the difference. Some fruits are packed with benefits, while others can be a no-go. By choosing the right ones and serving them properly, you can treat your dog to something tasty and nutritious without any worry. Just keep portions small, remove any risky bits like seeds or pits, and introduce new fruits with care. And if your dog ever gets into something they shouldn't, a quick call to the vet is always the best move. With a little knowledge, you can safely share the fruity fun with your furry friend! (PET POST)





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