SAFE & HAPPY PLAYTIME WITH YOUR DOG

FLIRT POLE FUN

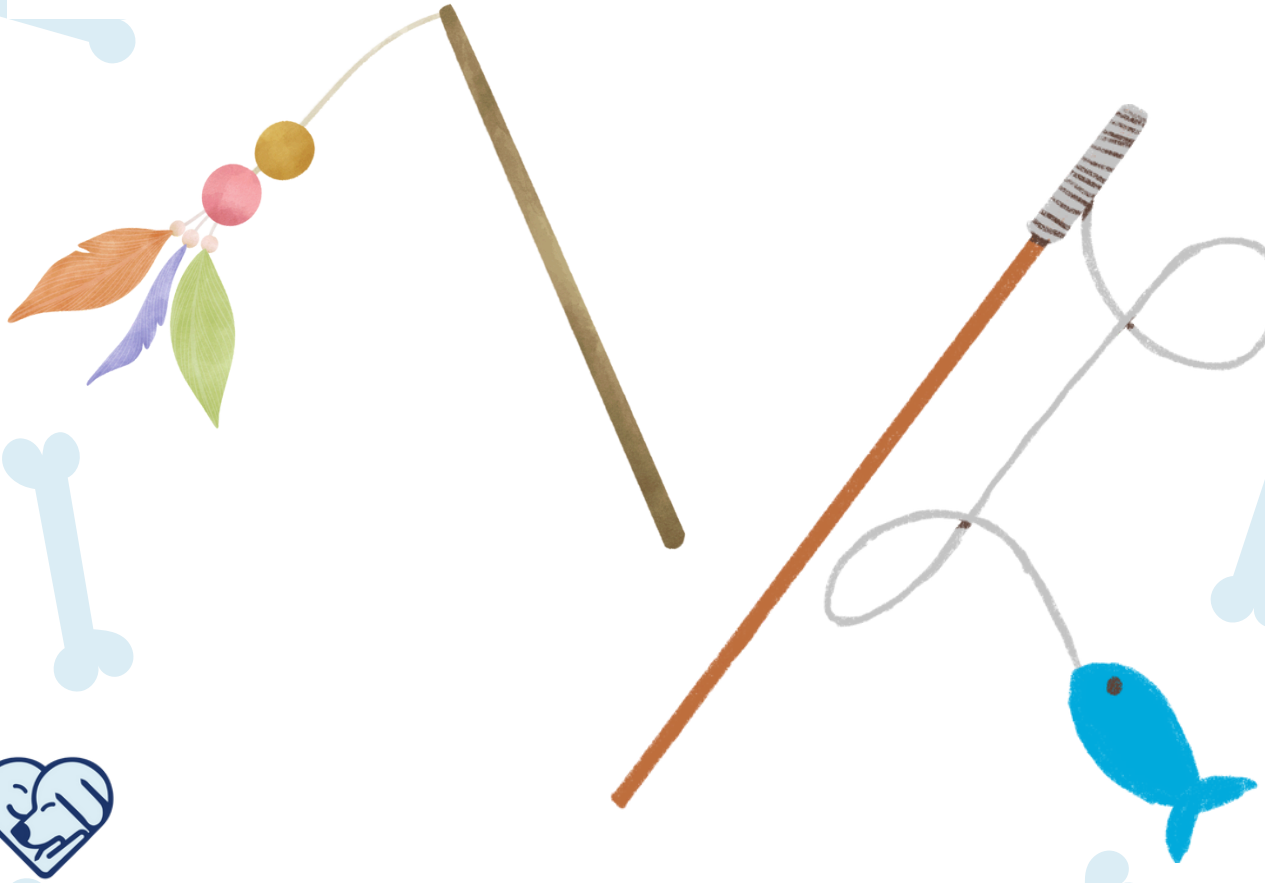


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What Is a Flirt Pole?

A flirt pole is like a giant cat toy for dogs! It's a long pole with a bungee rope attached and a toy with a squeaker on the end. You move the toy around the ground in quick, darting motions – and your dog gets to chase, pounce, and play. It's great physical and mental exercise, especially for dogs who love to chase moving things!



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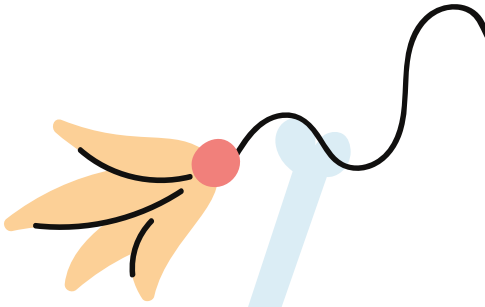
Getting Started: Build Excitement and Love for the Game

Start by teasing playfully — drag the toy slowly along the ground, stop suddenly, and then dart it away. Let your dog's natural chase instinct kick in! For rescue dogs you may need to start with the toy just lying on the ground and scatter feeding around it for a few days. :)

- Use light, wiggly movements that make the toy look "alive."
- Allow your dog to catch the toy regularly so the game is fun.
- Keep sessions short — a few minutes at a time is plenty!

This stage is about helping your dog fall in love with the flirt pole, not about intense exercise yet.





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Safety First: How to Play the Right Way

To keep your dog's body safe and joints healthy:

- Keep the toy and the dog on the same plane — the ground. Avoid encouraging your dog to jump up to grab the toy. Jumping and twisting midair can strain joints or cause injury. Please do not have your dog jump up for the toy, please don't flip the toy through the air!
- Move the toy in smooth, low arcs or circles. Change directions consistently and work both directions evenly.
- Move clockwise and counterclockwise to build balanced muscle tone and prevent repetitive strain.
- Always warm up first — a quick walk or stretch before play helps prevent injuries.



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Teaching “Let Go”

When your dog catches the toy, it’s natural for them to hold on proudly! Here’s how to teach a gentle release:

Option 1: Trade for Treats
Offer a tasty treat near your dog’s nose. When they drop the toy to take the food, mark and praise, then restart the game!

Option 2: The “Dead Toy” Technique
Gently hold your dog’s collar (to keep them from running off) and make the flirt pole completely still. Don’t pull or tug. Just wait patiently. When the toy stops moving, it becomes “boring,” and most dogs will let go on their own. Mark with a "yes" and restart the game. Once your dog learns the pattern you can say "out" immediately before your dog releases the toy.
Once your dog releases, immediately bring the toy “back to life” and let the fun continue — this teaches that letting go makes the game start again!

Option 3: Toggle Between Two Flirt Poles
If your dog really doesn’t want to let go, use a second flirt pole! When they drop one toy to chase the other, calmly pick up the first. This builds flexibility and teaches them that releasing one toy means more fun is coming.

End each session on a success — a great chase or a nice "let go."

Keep it lighthearted and positive so your dog always looks forward to flirt pole time.

We recommend the original large sized flirt pole on Amazon.

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Happy flirt pole training, contact us **LoveDogs@CourteousCanine.com** if you need us!