

Newfie News



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Canine Massage

Canine massage isn't just part of a day at a doggie day spa. Massage can provide relief from pain (due to the release of endorphins), aid in recovery from injuries and surgery, improve movement, help reduce swelling, stimulate circulation, strengthen the immune system, and improve the flow of lymph fluid which aids in the removal of metabolic waste from your dog's muscles and internal organs. It can also provide relief from stress and anxiety and influence the nervous system by calming the fight-or-flight response.

Similar to humans, canine massage involves manipulating muscles, tendons, fascia, and ligaments through touch, such as rubbing, kneading, warming, pressing, and tapping.

Reducing pain

Although limited, there are research studies that indicate massage therapy is useful in reducing pain, especially from muscular injuries, arthritis, and other orthopedic conditions. It is most effective when used as part of a treatment plan, such as with pain medication or other types of therapy, so be sure to discuss the potential benefits with your veterinarian. Massage can also help with recovery after an operation, increasing range of motion and decreasing stiffness.

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Three acupressure points on the head and face are especially helpful for stress and anxiety and are linked to general well-being, calm, and focus. The first is the Yin Tang in the center of the forehead, between and just above the eyes. The other two points, the Yang Tang, are on either side of the eyes, where the dog's temples would be.

Source: <https://www.dogster.com/dog-health-care/benefits-of-massaging-dog>



Photo from:

<https://vitalvet.org/blogs/news/acupressure-for-dogs>

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Who's at TNP

4-year-old **Orion** is still looking for his forever home. This handsome boy loves to hang out with people and get rubbed. He will reward you with his own hugs, by leaning on you. He needs a home with no cats and traditional fencing.



Rambo was adopted by Nancy O'Neal Molnar and her partner Tom of Hudson, New Hampshire. Look for updates in future newsletters and the TNP Facebook page.

Interested in adopting from TNP?

All dogs are placed only in APPROVED homes. Email Nancy for an application: nancy@thatnewfoundlandplace.org. Home checks are also required (virtual or in person).

Keep in mind that TNP places dogs in homes that are in the best interest of the dog, but welcomes applicants to express interest in dogs through TNP Facebook posts.

Halloween Costumes for Dogs

Halloween costumes aren't just for humans anymore. Pets are increasingly included in the fall tradition. In fact, according to the National Retail Federation, Americans will spend more than \$700 million on pet costumes this year.

Signs Your Dog Doesn't Want to Wear a Halloween Costume

- Tail tucked between their legs
- Heavy panting
- Biting or snapping
- Your dog won't move. If your Newf feels trapped he may stand firm and refuse to budge.
- Trying to remove the costume by rubbing on the floor or chewing on the costume
- Whimpering or whining
- The whites of the eyes showing more than usual
- Ears pinned low and back
- Cowering or holding their body and head low

Source: <https://peoplelovinganimals.com/best-dog-halloween-costumes/>

Of course, our dogs aren't asking to don a costume for trick-or-treating. It is purely a whim of pet parents and usually an adorable photo opportunity. For safety and comfort, there are several factors to consider when deciding on a costume.

First, know your dog. If your Newf is shy or reserved, or really hates the idea of having a costume on their head or body, it's better to consider a festive bandana or collar. Never force a dog to wear something they feel uncomfortable or unsafe wearing. Or if they begin to show signs of discomfort (see side bar) while in costume, remove it immediately.

If your Newf doesn't mind wearing a costume, plan ahead to give them time to get accustomed to wearing the costume before Halloween. Introduce the costume slowly,

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Expert Excerpts

Roundworms

Roundworms are parasites that live in the dog's intestinal tract, where they feed on partially digested food. Adult roundworms can grow to be several inches long.

Nearly every dog will have roundworms at some point in their lives, typically as puppies. Puppies contract roundworms from their mother, as the larvae are often transmitted just before birth or through nursing. The worms can cause malnourishment, which can be concerning in puppies as young dogs do not have fully developed immune systems and aren't able to fight off the adult worms as effectively as an adult dog can.

How does the mother get roundworms?

If a dog has ever had roundworms – and most will as a puppy – a number of dormant larvae can remain in body tissues, even after the dog was treated and the adult worms killed. The larvae can remain dormant for the rest of the dog's life and reactivate when a female dog becomes pregnant. Larvae that have been reactivated during pregnancy can also remain in the female's body and make her sick.

Like other worms, roundworms can also be passed from the stool of an infected dog, or soil or other objects that have some in contact with infected stool. Worm eggs and larvae can

Continued on page 4

Got Hoodie?

Order Your Cathy's Crew Gear

Cathy's Crew is a special project within TNP that ensures elderly or hard to home animals have a beautiful farm in Connecticut with space, resources, and love to safely live out their lives forever. The farm is the life work of animal rescue legend Cathy Derench who was the divine intervention to thousands of animals that found a new beginning because they crossed Cathy's path. All animals that have been rescued, crossed paths, or helped in any way by Cathy are part of Cathy's Crew. Hoodies available in black, pink, and orange. Bibs are available in black.

Hoodies are \$65, bibs are \$25.

Email Krisy@ThatNewfoundlandPlace.org with your size/color and address.



Other benefits

For active dogs, such as those doing agility courses or dock diving, massage can help limber muscles in warm up and soothe muscles post-event. Massage can also slow breathing and heart rate, which has a calming effect.

Do Dogs Like Massages?

If your dog is not averse to touch, he will likely enjoy a massage, as long as it is introduced gently and gradually. It is important not to force any handling your Newf does not want and allow her to dictate how they massage is given. For example, let the dog choose whether to stand or sit or lay down for the treatment. Listen to what your dog is telling you.

Choosing a Canine Massage Therapist

Each state has its own laws regulating canine massage therapist so be sure to research those for your state. Also, ask the therapist where they received their certification (be sure it's from a reputable source) and their level of experience. If you're not sure where to start looking for a therapist, ask your veterinarian for a referral. Once you find a therapist you might want to ask them to show you a few techniques to use on your Newf at home.

In-Home Therapy

You are probably already performing a type of massage for your dog at home. Ear rubs are loved by most dogs. Stroking the ears with your thumbs and index fingers in a circular motion around their ear flaps is a great place to start a massage. If you'd like to take it a little further, below are some techniques you can try.

Make sure the environment is quiet and free

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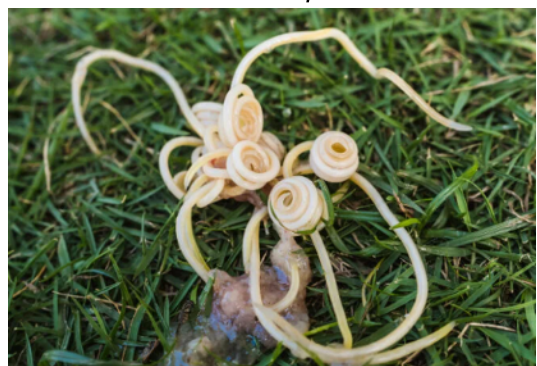
survive for weeks or years in parks, playgrounds, and yards. Dogs can also be infected by eating small animals such as rodents, earthworms, birds, and some insects that are carrying roundworm eggs.

Symptoms

Some dogs may not show symptoms of roundworms, but there are some symptoms to watch out for:

- Malnourishment (such as weakness, weight loss, and stunted growth). Since roundworms live in the intestines, they can rob a dog of nutrients from his food.
- Potbellied appearance. Left untreated, roundworms can multiply quickly and create a potbellied appearance.
- Coughing. Roundworm larvae can migrate to the lungs and cause coughing.
- Digestive problems such as vomiting and diarrhea.
- Worms visible in stools or vomit. If you notice pale-colored, spaghetti-like worms, possibly still moving, contact your veterinarian immediately.

Next month: Diagnosis, treatment, and prevention



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from distractions. Provide a soft, non-slip surface like a carpet, yoga mat, or dog bed.

Start the session with gentle stroking and petting your dog.

"Effleurage," is a simple long, sweeping stroke. Start at your Newf's head and, with your entire palm, gently stroke him using continuous gliding motions down his back, along the legs, to the tail. If your dog enjoys this you may want to move on to the neck and then the shoulders, chest, and front legs using circular motions. If your pet enjoys being groomed, try incorporating brushing or combing into the massage.

Other areas your dog may enjoy being massaged:

Nose to forehead - Start by stroking your Newf's nose with your thumbs and move upward to the forehead.

Backbone - Start on the back of their head and apply pressure with your hands around their spine. Do not press directly on the spine, only work around it.

Base of the tail - Rubbing this area can be very calming for your pup.

Glutes and thighs - Use your thumbs to massage these areas in a circling motion.

Having your hands on your dog also gives you the opportunity to assess their body. You can check for fleas and ticks, skin abnormalities, lumps and bumps, sensitivity to touch, quality of skin or fur, and swelling.

Cautions for Massage

Your dog can be over-massaged, which will cause more pain and inflammation.

Be sure to massage only the muscles around joints, not the joints themselves.

Don't perform a deep tissue massage on your Newf. This should be done only by a professional massage therapist.

A gentle and loving massage can be very relaxing and is a great bonding experience for you and your Newf. Just remember to go slow, apply only light pressure, and take cues from your dog and stop when they have had enough.

Resources/More information

<https://www.akc.org/expert-advice/health/dog-massage/>

<https://www.petmd.com/dog/general-health/dog-massage-everything-to-know-about-canine-massages>

<https://dogsandclogs.com/dog-massage-benefits/>

<https://topdoghealth.com/the-benefits-of-canine-massage-how-and-why-to-massage-your-dog/>

<https://www.dogster.com/dog-health-care/benefits-of-massaging-dog>



animalia-life.club



www.dreamstime.com

wearing it for small increments of time that are gradually increased. Be sure to use positive reinforcement to reward their good behavior. Never leave the dog alone when they are wearing the costume.

When choosing a costume, consider:

Potential choking hazard. Be careful of costumes that have small parts that could become choking hazards, such as buttons, snaps, pom poms, beads, sequins, loose strings, pipe cleaners, or small decorative items.

Fit is everything. Costumes that are too tight could restrict breathing, while loose costumes can be tripping hazards. Measure your dog's body accurately, including neck, chest, and back length. Consult the sizing chart on the package. The costume should allow them to move freely. Costumes with secure straps or Velcro that can be tightened might be a better option. Appropriate fitting costumes for giant breeds, like Newfs, can be especially difficult to find. You might want to opt for simpler accessories.

Don't obstruct vision (or nose and mouth). A mask may complete the costume but anything that obstructs your Newf's eyes is downright dangerous, as dogs rely heavily on their vision to navigate their surroundings. Be mindful of hoods or other accessories that can block vision as well.

Choose the right fabric. Your Newf is already wearing a fur coat. Choose a breathable fabric that won't make him too hot. If your dog has sensitive skin, be mindful of fabrics, materials, seams, and fasteners that can cause rubbing or irritation. Avoid costumes that contain harmful chemicals, dyes, or synthetic fabric. Look for costumes made from non-toxic materials. Fabrics that drag or dangle can be an extra hazard as they could come in contact with a candle or lit Jack-O-Lanterns.

You might also want to consider how other people will react to your Newf in costume. Pointing, laughing, or loud noises can make dogs feel uneasy or anxious.

Take cues from your Newf to make your Halloween safe and fun for everyone!

Sources/More Information:

<https://www.akc.org/expert-advice/lifestyle/dog-halloween-costume-safety/>

<https://www.splootvets.com/post/halloween-costumes-pets-safety>

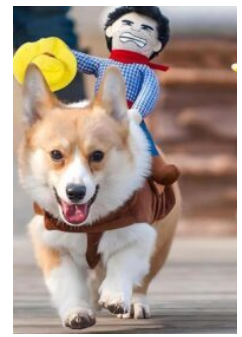
<https://barksydog.com/blogs/dogs/fun-and-safe-halloween-costume-ideas-for-dogs-in-2025>

Top Trending Dog Costumes for 2025

Looking for some Halloween costume ideas? Some of the top trending costumes for 2025 from Beyond The Dog may not be best for Newfs - outfitting an XXL breed is challenging - but they may provide you with some inspiration.

More photos on page 7





Source: <https://beyondthedogtraining.com/kansas-city-dog-friendly-guide/trending-dog-halloween-costumes-for-2025/>



Thinking of leaving a bequest to TNP?

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payable to:

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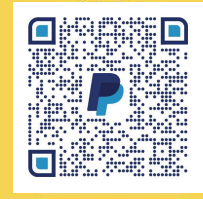
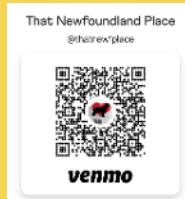
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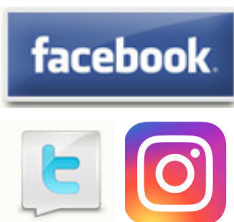
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<https://www.americanexpress.com/en-us/banking/round-up/frequently-asked-questions/>

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