



## **"Early Neurological Stimulation"**

### *Bio Sensor/Early Neurological Stimulation for New Puppies*

Critical brain development happens in the first few weeks of a puppy's life. Stimulation of their brain will enhance the efficiency of the brain cells and cause the brain to grow faster. Exposing our puppies to the Bio Sensor/Early Neurological Stimulation Training in these first critical weeks increases our puppy's learning potential.

Starting at 3 days of age, we follow the Bio sensor/Early Neurological Stimulation program once daily.

This early brain training accelerates development. It kickstarts the olfactory and neurological systems and may result in earlier proficiency and improved performance over what would normally occur without intervention.

Essentially, we are helping to build the brains of the puppies by taking advantage of this sensitive period. Once a day, we handle each puppy separately from its mother and its litter.

We expose the puppy to several exercises, for 3-5 seconds each:

- Tactical Stimulation (tickle between with a cotton swab)
  - Head held straight up
  - Head held straight down

- Supine position (resting belly up, supported on its back)
- Thermal Stimulation (place puppy on its stomach on a cold cloth)

### Bio Sensor/Early Neurological Stimulation Training

The importance of early puppy handling cannot be stressed enough, which is why many reputable breeders use a system known as the Biosensor Routine. This is often just used with breeders with a high focus on raising Therapy/service dogs but my belief is that all breeders today should be implementing this routine. This routine was discovered by the U.S. military during wartime and instituted into the country's military canine training program. Dogs that were handled using the biosensor routine were found to outperform littermates that were not handled using the biosensor routine in high-intensity situations. Not only did they out-perform, but they were also found to have an increased tolerance to stress, stronger immune systems, stronger heart rates and breathing rates, stronger nervous systems, and better and more consistent temperaments. They were also found to have longer life spans being used as service dogs later into life than their unexposed siblings.

The Biosensor Routine is a series of these five simple exercises. They are performed on each puppy once a day, starting at three days of age. Each exercise lasts a minimum of three seconds to a maximum of five seconds per exercise. The last exercise is completed on the 16th day. The way that this routine works is that it puts the neonatal puppies under a very small and very controlled amount of stress. Because the stress is mild, the puppies are able to recover from it quickly and easily.

This allows the puppies to learn to cope with and recover from small amounts of stress at an early age. This, in turn, helps them use these coping mechanisms later in life when dealing with higher levels and intensities of stress. The ability to cope with stress as an adult has a positive effect on the body. Because the dog is able to cope and rebound, the body isn't flooded with stress hormones (which hinder thought, cognition, reasoning, immune system functioning, maturity, growth, healing, recovery from illness and injury, and other life processes).

### In Conclusion

Breeders can now take advantage of the information available to improve and enhance performance. Generally, genetics account for about 35% of the

performance, but the remaining 65% (management, training, nutrition) can make the difference.

It is my hope that each Hoekema Homestead Goldens Pup leave here with the highest chance of development and the potential for the greatest individual performance.