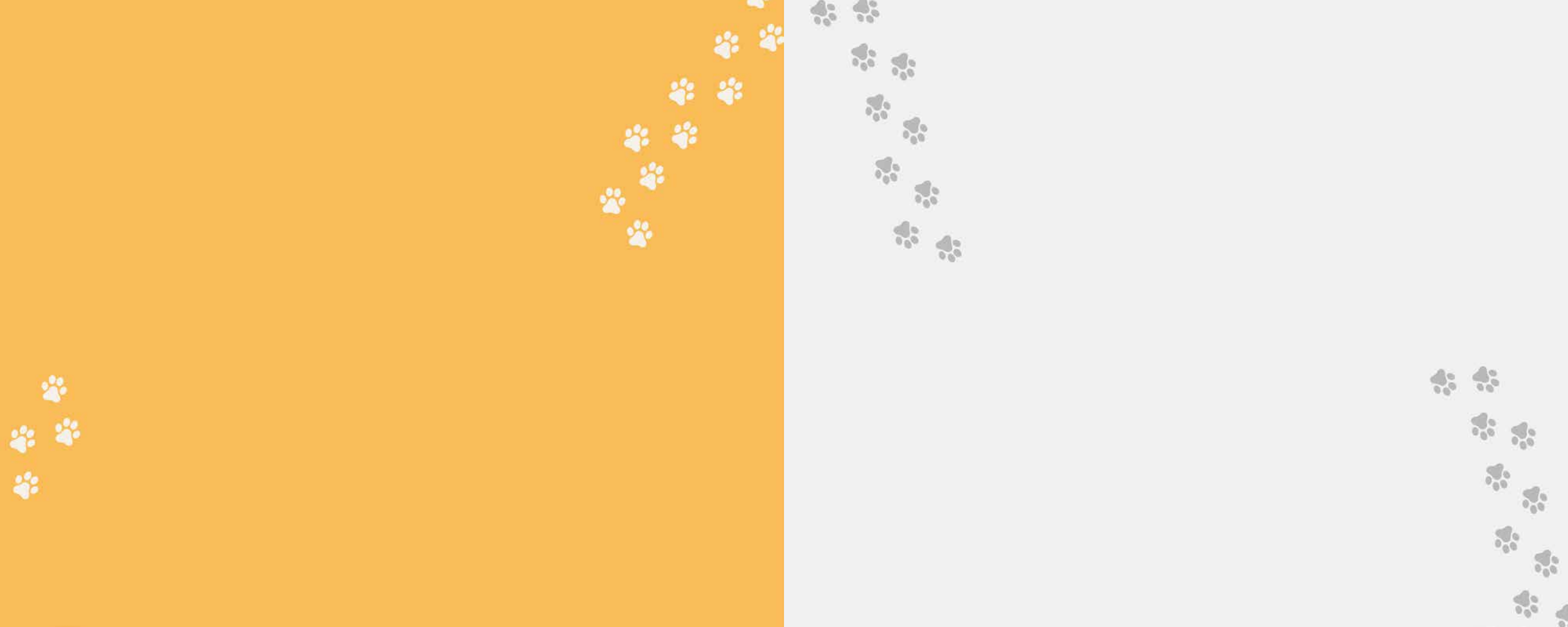


PAWS ON PURPOSE



By Anita Carman



Inspire
women
find your spark and change the world™



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Dedication

Inspire Women and Inspire Doodles thank the following people
for their contributions to this book:

*Maureen Kidd, instructor and evaluator for Pet Partners,
for continuing her legacy through Inspire Doodles.*

Jaana Eleftheriou for the gift of her photography.



Dog Facts

Dogs are pack animals.

A pack is a group of dogs. Dogs find security by knowing their place in a pack. When they are in a human family, they look at each human in the household as part of their pack.

When a dog sees a pack, the first question the dog asks is, "Where do I fit in this pack?"

Do you know where you fit in your family? Who is the boss?

God made every creature beautiful and for a purpose.

That includes me.

My name is Zoe.

I am a white doodle with red ears and red patches on my eyes.

I belong to **two special families**, my family with a human Mom and my family of dog friends.





Dog Facts

What is a Doodle?

A Doodle is a dog that is part Poodle and part of a different breed. For example, a Poodle mixed with a Golden Retriever is a Goldendoodle.

A Poodle mixed with a Mountain Bernese Sheepdog is a Bernedoodle. Dogs that have Poodle in them are known to shed less.

What physical look or character strengths do you have that have come from different parts of your family?

I began life as a walking ball of joy,
and then something happened.

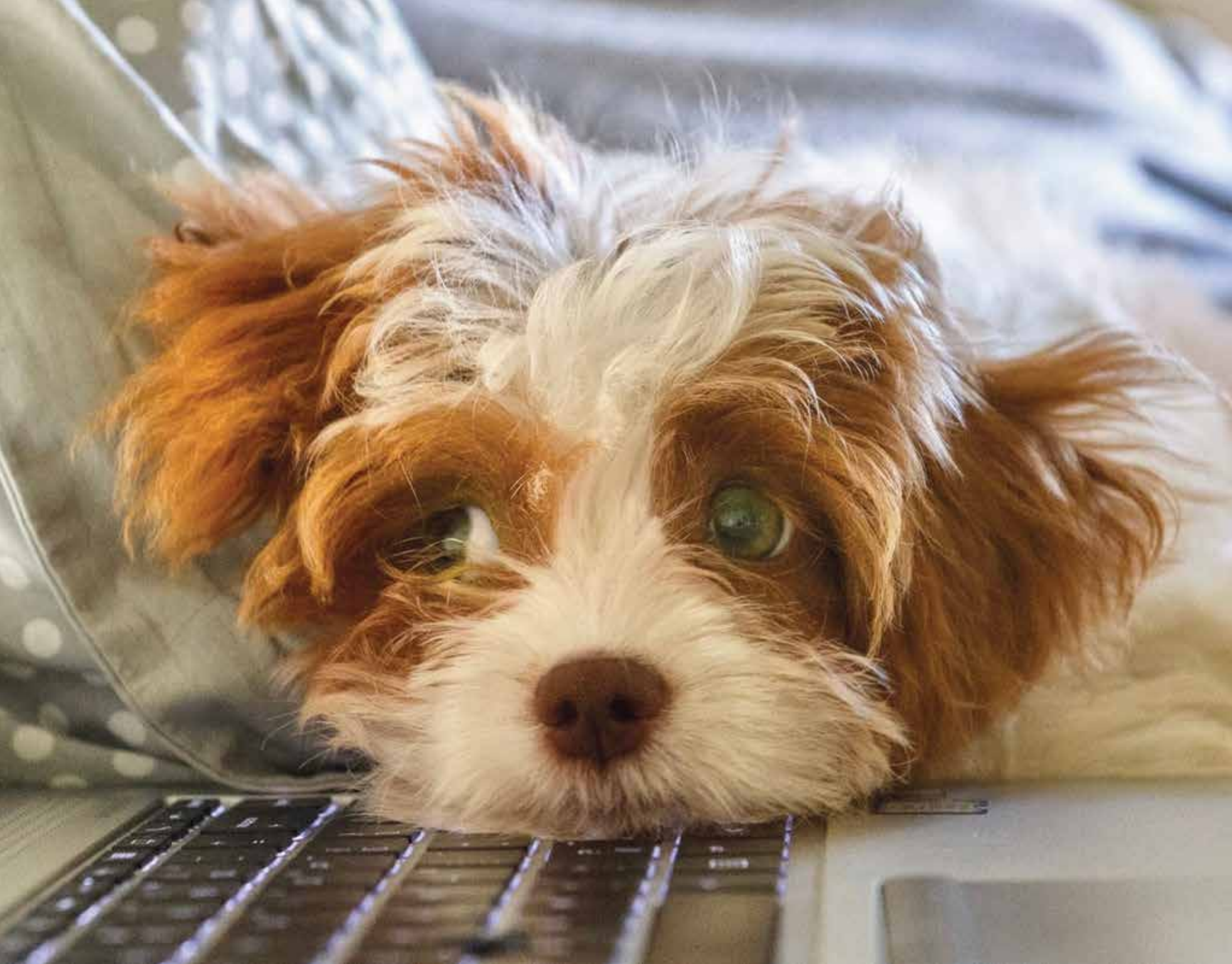
It wasn't even something I could
hide, and I felt so tired trying
to fix my problem!

Worse of all, the plans for
my life changed!

I was looking forward to being part of the Inspire Doodles therapy team. Inspire Doodles trains dogs for a purpose. I wanted to bring comfort to those who need a safe friend.

But the more I walked around, the more it was clear I needed special attention. I could no longer join the program to become a therapy dog. I wondered, "What will I be when I grow up?"





My Special Human Family

At first, I was nervous because I had a **special need**. But I learned that having a special need meant I was born for a **special purpose** and a **special family**.

My new human mom was so smart, she researched how to help me. I watched her look up information about my condition on the computer.

She took me to a university with a teaching animal hospital.

The vet said a physical part of my body needed to be connected better, or else I will always be like a bathtub where the faucet is on all the time and spills water everywhere.

This meant I leaked pee whenever I stood up or walked anywhere!

I was glad the hospital wanted to help me.





When I woke up from surgery,
I saw many smiling faces
looking at me. I wasn't sure
what had happened.

Did the surgery go well?

A few weeks later, I heard my mom talking to the vet on the phone about me. She said I was so much better, but I still had a leaky problem.

She wasn't upset.

She didn't feel bad, so I didn't feel bad. She was sure that God put us on a journey together. So she asked the vet to try again.





I didn't know how long it would take to heal me, but Mom said, "No matter how long it takes, we will wait together."

My Special Dog Pack Family

Mizu is a doodle with three colors and was training to be a therapy dog. He hopes to make it but is working through different problems.





Mizu is Japanese for "water."
He came to stay over
to cheer me up.



Dog Facts

Barking as a Warning

When the dog barks at a stranger, it's because he senses danger. He barks as a warning. When we shout, we reinforce to the dog that there is something to be concerned about.

The best way to keep a dog calm is to speak softly.

Have you ever calmed someone down just by speaking softly?

Mizu likes to talk when he's nervous.
He sounds like he's complaining.

Grrrr! Rrrrrr!

He tries to control himself,
but he can't help it.
He goes vocal whenever he sees
a strange dog or a person he
doesn't know. He doesn't go vocal
around me because he feels safe.

He likes telling me about all
the other dogs in
the training program.





Freedom and **Favor** are both white doodles.
When they walk into a dark room, it's like
they bring in *God's* light and mercy.

Freedom is the beautiful one and knows it, because people tell her she's pretty all the time.

She has long eyelashes, and her hair blows in the wind like models in a shampoo commercial.





Dog Facts

Hiding During Storms

In a storm, a dog won't like to be in a crate because he'll feel trapped.

He needs the freedom to hide somewhere. Some dogs hide under the bed. Some hide in the closet.

Where do you hide when you're afraid?

Freedom is always the top pick to be dispatched to comfort those in need of a friend.

Her sister Favor feels bad when Freedom gets picked for the mission and she is left behind.





When Favor feels bad,
she likes to find a place to
hide with her toy Luvy.

Favor thinks
Freedom always gets
the treat because
she's more beautiful.





Dog Facts

Dogs Get Jealous

They can tell if you like another dog better. They will try to get your attention by putting their head under your hand or pushing another dog away with their nose.

Has someone you wanted to be your friend chosen someone else as a best friend?

Favor's hair is white like her sister's, but she doesn't have the long lashes. Her nose is a little too long, and she's a little too tall. She's also ten pounds heavier than her sister.

Most people flock to her sister.

But how long is a nose before it's too long?

How tall is too tall?

How heavy is too heavy?

Favor found out she has something her sister doesn't have.



Dog Facts

A Dog Who Wants to Please

When you build a relationship with a dog, he wants to please you. When you reward a dog for good behavior, he knows what pleases you.

When you have a dog that wants to please you, you have a dog who follows because he wants to, not because he is forced to.

Have you ever done something nice just because you wanted to, not because someone made you?

Favor walks quietly into a room and is calmer than her sister. She doesn't demand attention. She waits to be invited.

She is the chosen one for someone like your gentle grandmother, someone sick, or someone who just needs a friend.

Favor gets chosen as well, just for a different purpose.





Favor started to feel better.
When you are loved,
everything feels better!

Because Favor is loved, she learned
to sit right next to Freedom and
feel great about herself.





Dog Facts

Different Ways to Make Friends

Favor prefers to be with people who are calm. She stands by and waits for everything to get still before she starts to make friends.

She's not like her sister Freedom, who is first to say hello. One is not better than the other. They are simply different.

What about you? Do you make friends quickly or slowly?

Favor no longer cared that Freedom had longer eyelashes than her.

Courage is a dark brown doodle
with orange highlights.

He's Mizu's best friend.

They spot the same fun thing they
want to do together and they see
it at exactly the same time!





Dog Facts

Learning to Stay in Place

The word "Place" or "Stay" tells the dog to stay in the same spot. Some dogs will stay even if you walk a long distance away.

They will wait for the "Free" command before they leave their spot.

How good are you at waiting and staying where you are?

Courage and Mizu give each other boldness to take off together. How could something so good get them into so much trouble?

The trainer said, "Place!" This means you stay in place until the "Free" command.

But Mizu and Courage decided to take off instead.



Dog Facts

Dogs Watch Their Leaders

The dog looks to a human leader for direction. He watches if the leader is afraid. If the leader is calm, the dog knows there is nothing to worry about and he stays calm.

Is there someone in your home you wish would stay calmer?

Courage is also the one who makes Mizu mad.

When alone with Mizu, he's the toddler who runs off with the toy. When Mizu says, "That's my Luvy!" Courage answers, "Not anymore!"





Mizu tells me he loses all control when his friend Courage gets him upset. He tries to tell Courage not to mess up his training, but Courage likes to get him stirred up.

Courage thinks it's a game to get Mizu upset.

When upset, Mizu starts running in circles like a crazy dog.



Dog Facts

Keep It Simple

A dog does best when we speak single words. When we talk in sentences, a dog's brain can't follow our conversations.

Dogs can easily learn key words such as Sit, Stay, Heel. We confuse the dog if we use too many words.

Do you listen better when someone gives you short and clear instructions?

Both Mizu and Courage got into trouble with the trainer.





Dog Facts

Trust Is Built With Time

The dog needs to trust you before you can train him to follow. One way to build trust is to just sit with the dog. There is no shortcut to building a relationship than spending time together.

Help your dog see that you are the bearer of good things like treats, a bone, or a toy.

How do you show someone that they can trust you?

Mizu was put in "time out" to reflect on his behavior. From the tone of the trainer's voice, he knew he was in trouble. He wasn't sure where Courage went. He probably got away with the toy.

They were both told they were not showing the right behavior for a therapy dog.



Dog Facts

Leading With Confidence

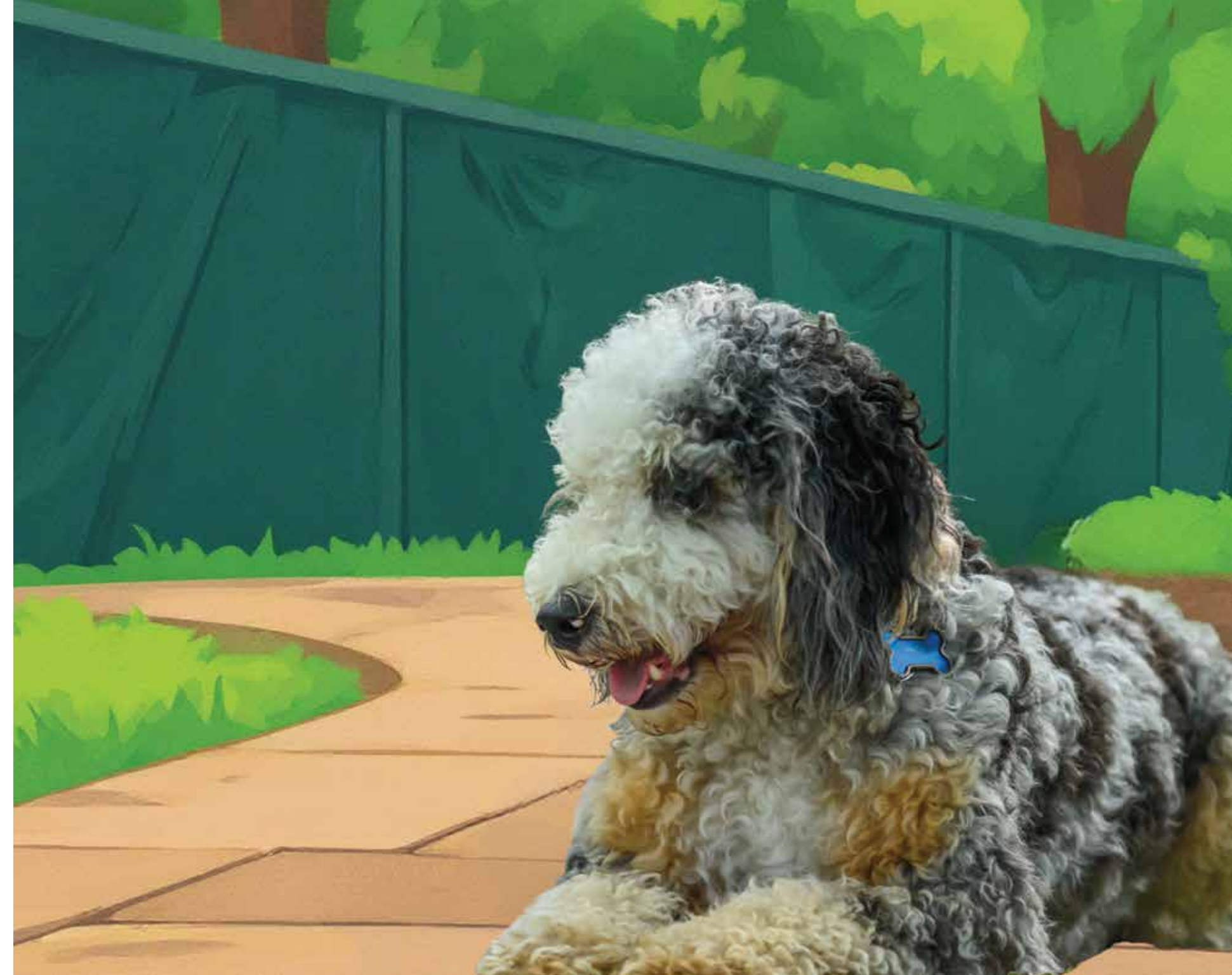
When the dog is unsure who the leader is, the dog feels unsure. When you get a dog, remember, your dog will feel more secure if you are sure of the rules.

He wants to know that you are the leader.

Do you feel better when someone else knows what to do?

Mizu took time to reflect.

He really cared about becoming a therapy dog one day and wanted to do better.





Dog Facts

Courage Is Extra Chill

Nothing bothers Courage. From a young pup, he stood still in a bathtub and even stood still when the groomer cut his nails.

In fact, he is too relaxed. Sometimes he needs to be nudged before he will get up from rolling on his back.

How relaxed are you? Do you need encouragement to get up and get going?

Courage just rolled on his back like he was sorry. Then he got everyone to think he was so cute and got all the hugs.

No one but Mizu knows he rolls on his back, not because he's sorry, but because he likes having the sun warm his tummy.

Mizu said the trainer was
not fooled for long.
She looked right through Courage and
knew he was bluffing.

I told Mizu not to worry.

I told him I'm sure both he and Courage
will pass their therapy dog exam.





Follow is the most recent addition to the therapy dog team. He's a little fella, weighing eight pounds.

Follow has so much energy
he never walks in a straight line.
He spins around in circles
while walking.

Sometimes he makes everyone dizzy.
When he runs, his feet move so fast
they hardly touch the ground.





At first, Mizu said they were all friends but then things began to change.

Courage started playing with Follow
more than with Mizu.





Mizu decided that was fine,
because he could start playing more
with Favor.

Mizu picked Favor because she was
calm and thoughtful.
She doesn't take his toys.

It's nice when you have many
friends to pick from.

Mizu told Follow not to listen to Courage and, most of the time, Follow leans towards what Mizu is saying.





Dog Facts

Follow Learns “Settle”

Follow learned the “Settle” command. We can teach dogs to make good decisions. For example, when they bark for no reason, we pretend we don’t see them.

As soon as they settle down, we go over and play with them. They soon connect that being still gets them more attention.

Have you ever learned that being calm helps more than making noise?

Follow was learning the command “Settle” so he could sit on the laps of those who want a lap dog for comfort.

Mizu didn’t think Follow was cut out to be a quiet lap dog because it was hard for him to sit still.

He preferred to run faster than anyone and to get his picture taken.



Dog Facts

The Power of "Sit"

The word "Sit" can be used to tell the dog to stop in his tracks, especially when a car is coming or when you don't want him running into you when you're carrying a bag of groceries.

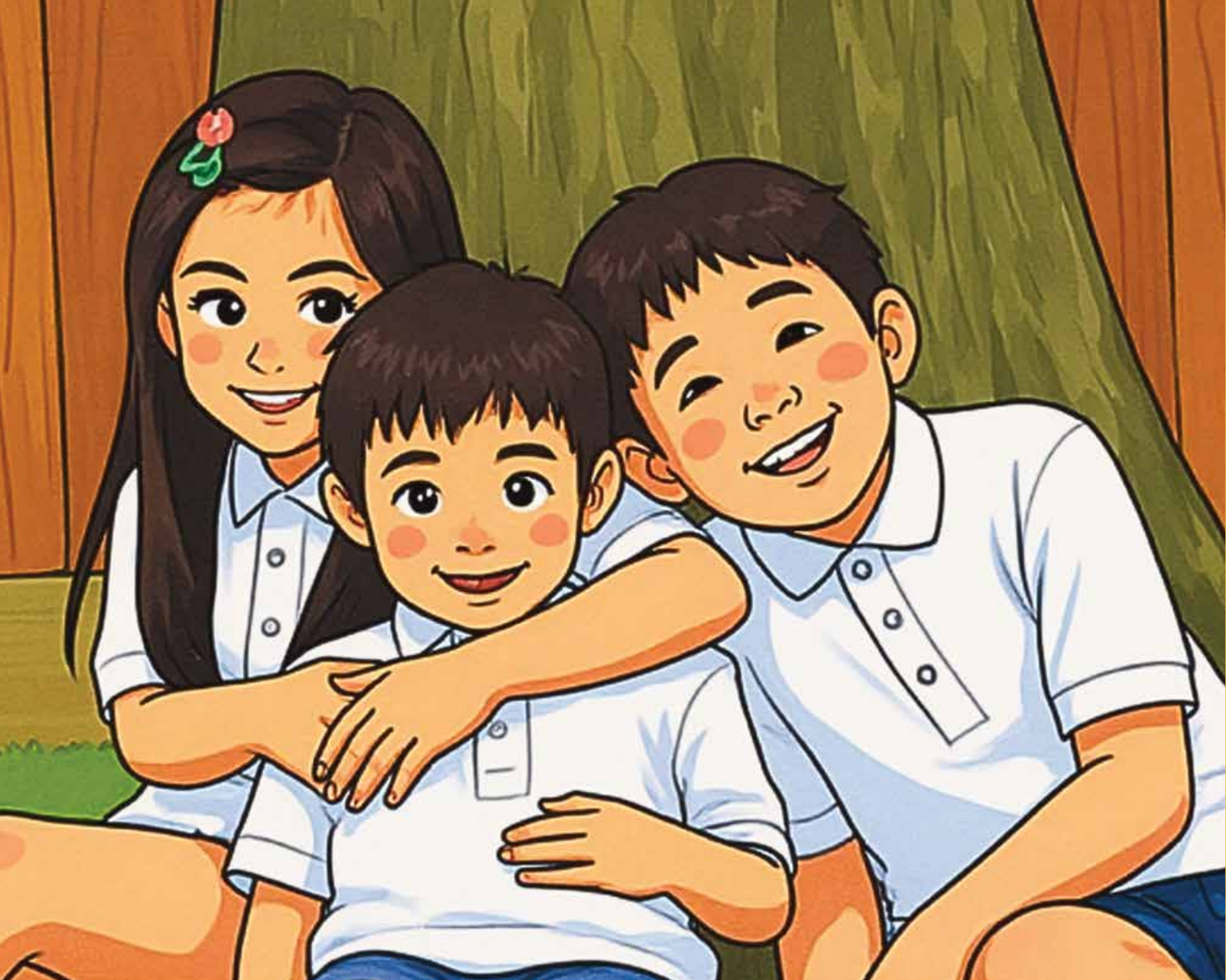
Have you ever been told to sit in a store where there were things that could be easily broken?

Mizu was surprised that such a tiny dog had such a brave soul. Follow double dares the Pack all the time.

"Come on, everyone!"
he barks. Nothing stops him.

He challenges the Pack
to follow him.





Dog Facts

Therapy Dogs Make Friends With Everyone

Therapy dogs that are trained to be friends with everyone in the community are taught to be around children, grownups, old people, homeless people, those with disabilities.

Are you comfortable with people who don't act or look like you?

Follow was ready to go. He says:

"Imagine all the kids who need a friend."



Dog Facts

Therapy Dogs Stay Calm in a Crisis

Therapy dogs that are trained to bring comfort in a crisis are exposed to loud noises. They learn to remain calm when sirens are going off.

Do you get upset around loud noises or loud voices?

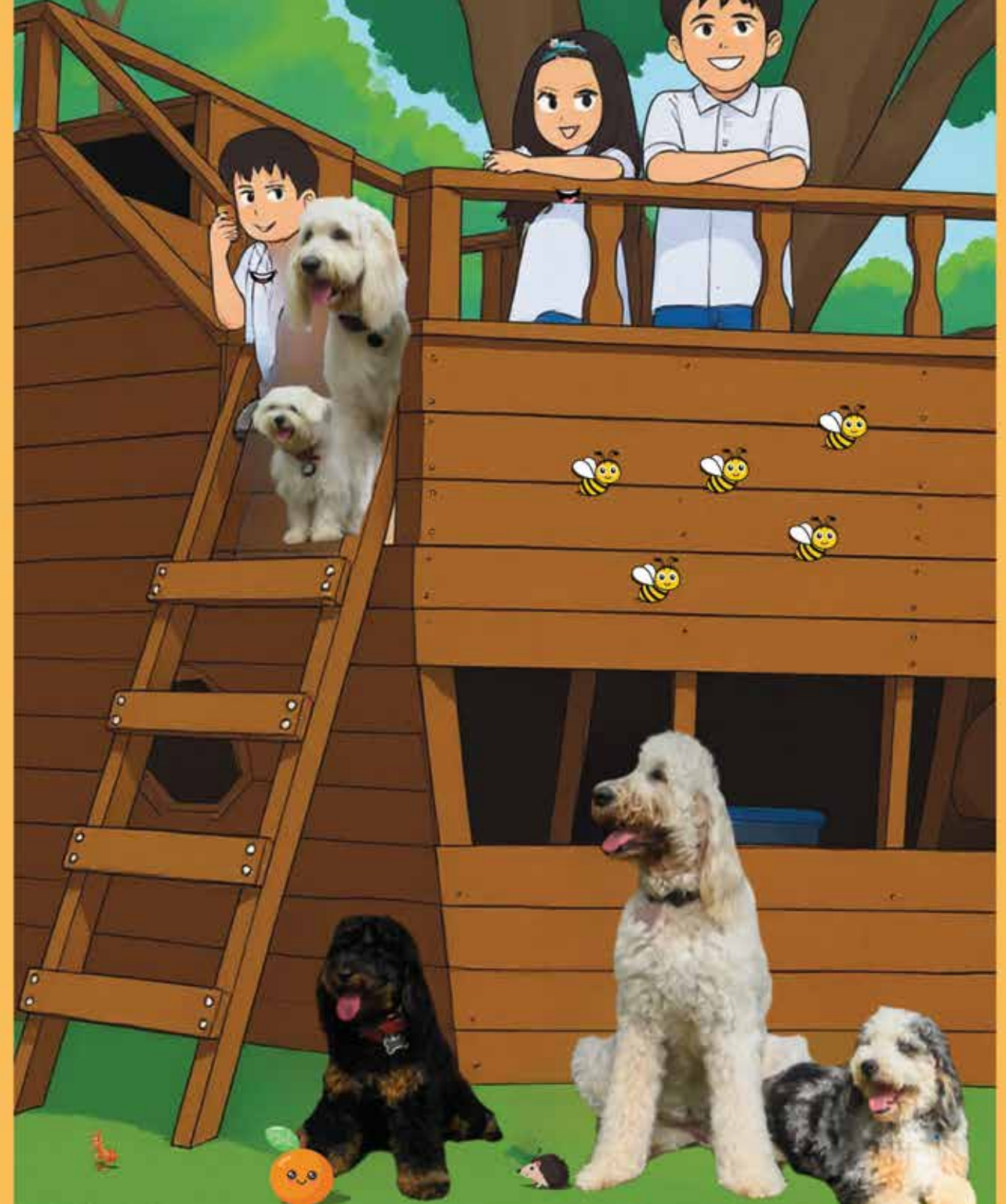
"Imagine a child who wants to talk about her sadness."





"Imagine we can give a child a safe place and turn her sadness into joy!"

"Imagine spending time together!
We can even play games with the
children and race them
down the slide!"





"We're not allowed to go down the slide!"
the Pack answered. But Follow ignored
them and ran to the top of the slide.

I said, "Imagine it!"

The Pack still ignored him.

The Pack went into the house. "Come on!" Follow said, "You can't hide in the house all day. We were trained to be a best friend to someone who needs a hug!"

The Pack ignored him again.





Dog Facts

Follow the Explorer

From a young pup, Follow was not afraid of anything. If something fell on him, he crawled out from under it and then went back to explore what fell on him.

He's not easily spooked.

Are you easily spooked? Have you ever run away or faced something that spooked you?

Follow made himself dizzy running in circles. He accidentally ran into a plant that fell on him. He looked stunned but he was not afraid.

Mizu said he would have barked at the plant and gone into hiding for a long time.

Follow convinced the Pack that life is better when we find the courage to step into the community. He said we must never stop trying to be someone's friend because God wants us to love everyone.





Dog Facts

***Mizu Likes to Be Close;
Courage Likes to Play Alone***

Mizu is always first to sit next to anyone on a couch. He loves the feel of being close to someone. Courage prefers to play alone with any toy he snatched from the others.

***Do you prefer to be alone
or to be with others?***

I told Mizu we can learn something from each other.



Dog Facts

Stubborn or Obedient

Some dogs listen as soon as they understand what you want them to do.

Others understand what you want but pretend they didn't hear you.

Do you listen to your teachers or do you ignore them?

We can learn to be persistent like Follow and encourage our friends to be bold.

We can learn to be friendlier like Freedom who welcomes everyone.

We can learn to walk up to people quietly like Favor.

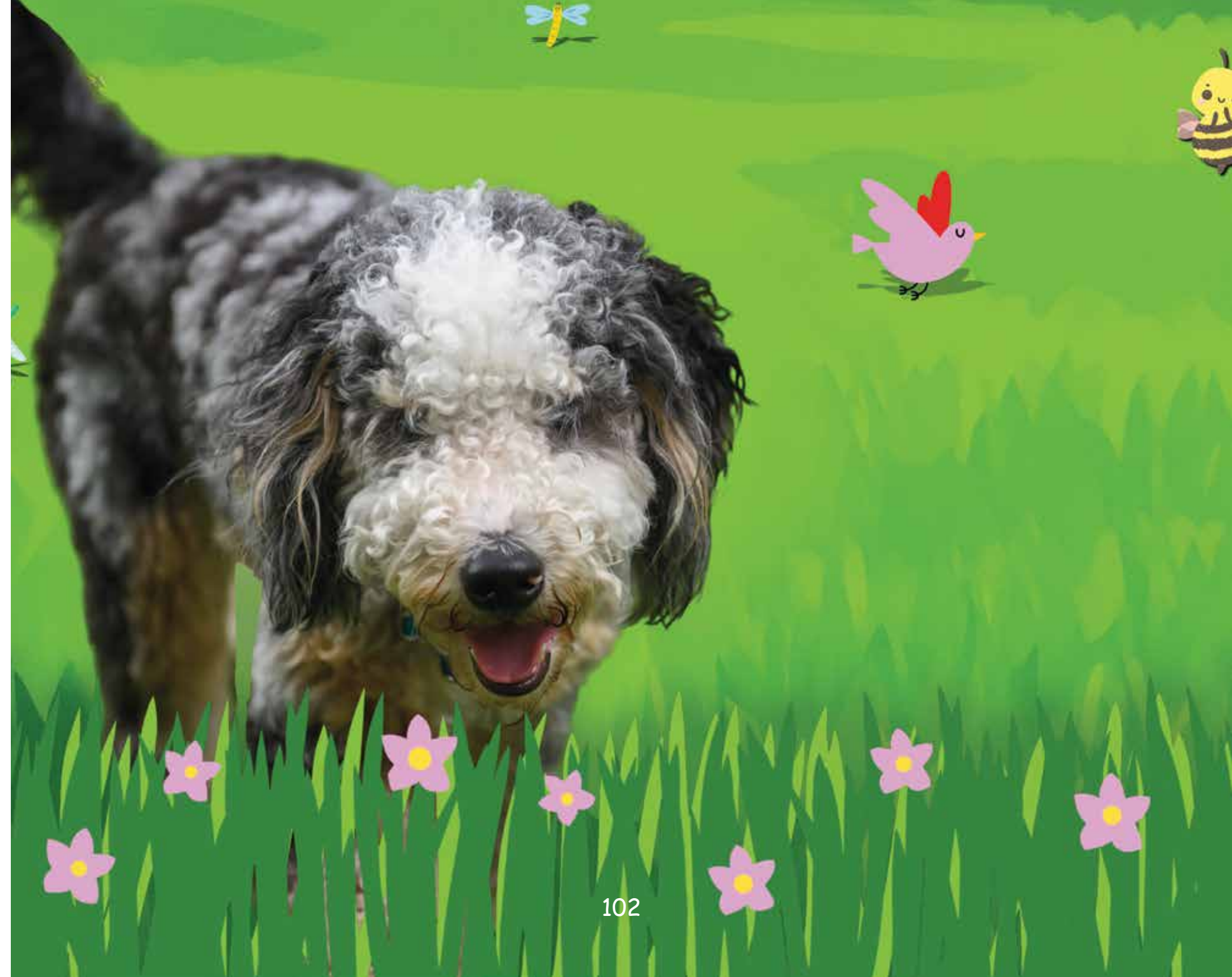
We can learn to roll on our backs and relax like Courage.





We can learn to be a loving friend like Mizu, who comes to visit and snuggles up to you, especially when you're not feeling well.

I was sad when Mizu had to leave, but
he promised to visit again.





Dog Facts

Recognizing Good Sounds

Dogs recognize sounds such as the sound of your car when you return home. They wag their tail when they connect sounds with good things that are about to happen, such as you walking in the door.

What sounds do you listen for that tell you something good is about to happen?

Whose voice makes you happy?

When Mizu went home, my mom took me back to the teaching hospital.

The vet said I needed another surgery.

Today, I don't leak anymore. I have a lot of love to give, and I hear all the time that I complete my family.

I feel so blessed that my mom loves me. But I hear she feels so blessed to have me to love.

I don't know who loves who more.



Dog Facts

Learning to Follow a Leader

The dog is most secure when he learns to follow. The reason is because he is not capable of solving the problems in our world. When he tries to be the leader, he won't do a good job and gets into trouble.

He does best under the direction of a human leader.

Do you sometimes feel better when someone helps guide you?

Life is good! Spring is here, and I see blue bonnets everywhere.

Mizu learned to stop barking, passed the test, and is now a registered therapy dog.

Follow stopped spinning on command. Freedom still gets the most attention.

Courage still runs off with his toy, but shows everyone that life is better when you roll on your back. Favor doesn't feel insecure anymore when her beautiful sister is around because she is calmer than her sister in a crisis.





They each get dispatched for different groups. Sometimes they go to schools. Sometimes they visit women's shelters. Sometimes they comfort firemen or policemen. Sometimes they visit someone who just needs a pup to pull them out of their sadness back into our world.

They are always ready to bring God's love and mercy into the community!

As for me, Zoe, I don't serve as a therapy dog like my dog pack family, but I get to give kisses to my very special human family. And, my mom takes lots of photos of me.

I learned that in the eyes of those who love you, you will always be the most beautiful one in the photo.

Inspire Doodles - The Therapy Dog Team



Name: Mizu
Breed: Miniature Bernedoodle
Color: Tri color
Weight: 25 lbs
Strengths: Very affectionate, loves to lean up against you



Name: Courage
Breed: Miniature Bernedoodle
Color: Bi color, with dark brown and orange highlights
Weight: 25 lbs
Strengths: Very calm, loves to roll on his back



Name: Freedom
Breed: Standard Goldendoodle
Color: White
Weight: 70 lbs
Strength: Loves making new friends



Name: Follow
Breed: Maltese
Color: White
Weight: 8 lbs
Strength: Spreads joy wherever he goes



Name: Favor
Breed: Standard Goldendoodle
Color: White
Weight: 78 lbs
Strength: Waits quietly until invited to approach

Discussion Questions For Parents and Educators to Discuss with Children

1. Which of the pups do you relate to best? Are you like **Favor** who felt someone was prettier than her? Are you like **Follow** who was a ball of energy? Are you like **Mizu** who gets afraid? Are you like **Courage** who teases everyone? Are you like **Freedom** who gets all the attention?
2. What are you better at than your friends? Are you kinder? Do you make friends easier? Are you faster in Math? Are you better at drawing? Are you good at writing stories?
3. Can you name one friend who is stronger at something you wish you were strong at? What can you learn from this friend?
4. God made you and He loves you. How does that make you feel to know that the God of all Heaven and Earth did a happy dance the day you were born?

"I will praise you because I have been remarkably and wonderfully made..." (Psalm 139:14 HCSB)



Purchase of the book *Paws On Purpose* supports the ministries of **Inspire Women** and **Inspire Doodles**.

Inspire Doodles, led by the ministry of Inspire Women, is available to visit women's shelters, schools, veteran hospitals, firemen, and policemen, etc.

For additional copies or to request a visit from a therapy dog, please call **713-521-1400** or email info@inspirewomen.org.

For more information, please visit our website at inspirewomen.org.





Paws On Purpose



Pictured Above: Anita Carman, Founder of Inspire Women,
with Zoe and five therapy pups from Inspire Doodles.

Zoe, the special needs pup, did not make it on the therapy dog team, but she found her value in two special families: her **Human Family** and her **Dog Pack Family**. The pups that made it onto the team each found their unique strengths and overcame their weaknesses to serve as registered predictable therapy dogs. Meet the Pack and fall in love with them as you embrace God's unique design in differences.

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