

# Adopted Dog Booklet



Congratulations on your new dog! Bringing home a new dog is very exciting and can be overwhelming not only for you as a new pet parent but for your new dog as well. The key to making a successful transition from a shelter to a home is being prepared and patient. Throughout your adoption booklet we have many resources to answer your questions and to help this transition go as smoothly as possible. Please call us if you need additional information or advice.

**SoHumane 541-779-3215**

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## 1. New Dog Check List

**When adopting a dog, they are going to need some necessary supplies in order to live happily in your home. These are the items SoHumane recommends all adopters to purchase and have ready by the time you take your adopted dog home:**

- Crate:** for house training and providing down time for your dog. Having a safe place to rest while you are unable to supervise your dog can be comforting and will help keep your newly adopted friend out of mischief.
- ID Tag:** One of the most important things you can get for your dog is an ID tag with your phone number on it. Accidents happen, and if your dog gets out it is important for whoever finds him to be able to contact you.
- Martingale, Collar or Harness:** Your dog will need to go on walks so buy a collar or harness he can't slip out of.
- 6-foot leash and poop bags for your walks.**
- Water and Food Dishes**
- Dog bed:** To provide a comfortable place in the house so your dog can relax with the family.
- High-Quality Dog Food and treats:** Purchase a high quality food with healthy ingredients. When you start training, you'll need treats as well.
- Toys and things to chew.** (Kongs or treat dispensing balls are highly recommended by trainers)



## Set Your Dog up for Success: Do's

**Make sure your dog's collar or harness is properly fitted.** This is important to keep your new friend safe. If your dog gets loose it will be very difficult to catch him because he does not yet recognize you or his surroundings.

**Take your dog straight home.** It is not a good idea to go to a pet store, dog park, groomer, or vets office (unless the dog needs immediate medical attention) because the dog is unfamiliar with you and this may be too overwhelming. Your new dog will need some time to adjust to you and his new life at home before going out around town.

**Have your dog eliminate outside before going into your home.** Doing this will prevent your dog from having accidents in the house. It is not uncommon for dogs to have accidents in an unfamiliar environment. Be sure to offer lots of praise for proper elimination habits in the future.

**Show your dog around the house on leash.** Letting the dog discover its new home is a great way for you to begin bonding. Show him where he will eat, sleep, eliminate, and play.

**Always reinforce him for good behavior.** Offer praise and treats when your dog does something good and he will likely repeat that behavior.

**Always Monitor Children.** Do not let kids crowd the dog, take him for a walk, hug or pick up the dog and do not allow any unsupervised interactions.

## Set Your Dog up for Success: Don'ts

**Don't allow too much freedom.** Keep your dog on a leash at first (even inside your home, especially if kids or cats are present).

**Don't bathe or groom your new dog right away.** This is overwhelming for a new dog and can cause the dog to become fearful of you.

**Don't have visitors over for the first few days.** Allow your new dog to relax and get comfortable with his surroundings before inviting friends over to meet him.

**Don't take him to the dog park (even if he is good with other dogs).** Dog parks are not safe because you never know who will be there. Take some time to get to know your dog before considering play at the dog park.

**Don't physically force your dog to do anything.** Use your leash and treats to lead or lure him where you need him to go rather than using physical force.

### 3. Bringing home your puppy.

Bringing home a puppy can be a wonderful experience but it does bring its challenges as well. Being prepared for your new fuzzy bundle of joy is one of the most important things you can do to start your pup off on the right paw.

Before you bring your puppy home it is important to consider the amount of time and commitment it takes to raise a puppy. Figure out who will be available to take your puppy out to relieve itself and exercise the pup while you are gone, how you will ensure the pup is feed 3-4 times a day, and establish a relationship with a veterinarian so your puppy will get a health exam and routine vaccines.

Be sure to puppy proof your home. Pick up and keep the floor clear of anything that your pup may have access to that it will chew on (shoes, clothing, cords, etc.)



Keep your puppy contained at all times when it is not being directly supervised. This will assist with house training and reduce the opportunity to chew on various household items.

Begin training and socializing your pup immediately. Puppies begin learning as soon as they are born from their mother, littermates, and other environmental factors. It is critical you begin teaching your pup from the moment you bring it home to create a good foundation. You do not need to teach physics to an infant, but you should begin teaching them a basic routine and housetraining from the very first day home. Little by little you can increase what they learn and for how long just be sure to keep sessions short and keep an upbeat attitude.

Last but not least **DO NOT TAKE YOUR PUPPY ANYWHERE WHERE OTHER UNVACCINATED DOGS HAVE BEEN OR PLACE HIM ON THE GROUND ANYWHERE OTHER DOGS MAY HAVE BEEN.** Due to the high risk of your puppy contracting parvo or other dangerous diseases. Parvo is an intestinal virus infection that is a highly contagious illness that affects dogs and cats. It is spread through exposure to urine and feces of infected animals and often results in serious injury or even death. For more information on Parvo and how to protect your puppy contact your veterinarian.

For more information on raising your puppy contact a local professional trainer.

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### Common Behavior Problems and Solutions

If you are having trouble with your new dog adjusting to your home and or lifestyle, give us a call at 541-779-3215. We are happy to help answer questions and address concerns you may have.

Additionally this booklet has information on several common behavior problems seen in shelter dogs and how to address the issues.

# House Training

Because your dog came from a shelter and may have an unknown background we cannot guarantee it is house trained. Here are some



tips to help you ensure your new dog gets off on the right paw with house training:

Supervision is the key to success in house training your dog. By keeping your dog on the leash with you in the house at all times it will allow you to easily watch your dog for signs that it may need

to go out. If you are unable to supervise your dog, your dog should be placed in a crate or small safe area in the house. **(See Crate Training on page.....**

Keeping your dog contained is the next best thing you can do for him. If you have him contained in a portion of the house it is easier to supervise and will reduce the chances of having an accident.



You can use an ex-pen or baby gate to help with containment.

Create a routine for feeding time and potty breaks. Doing this it will allow you to better predict when your dog needs to go out. Punishment is counterproductive. If your dog had an accident in the house that means you

need to be more proactive with the techniques listed above. If you punish your dog for having an accident it may become fearful of you which will cause the dog to only go potty when you are not around which may actually increase accidents in the house. Instead reward your dog for getting it right! This will increase your chances of success.



Signs your dog needs to go out for a potty break:

- Restless, circling or pacing
- Whining or barking
- Sniffing the ground more than usual
- Sitting or standing near a door. (The door may not be a door that leads outside)

**What to do if you have done everything above but your dog is still having accidents in the house?**

- Be sure you are thoroughly cleaning the area where your dog had an accident with a special pet odor remover cleaning product. These products break down the enzymes in the urine and feces that will remove the scent to discourage your dog from repeatedly going in the house
- Take your dog to the vet to rule out a medical issue that may be causing your dog to lose control of its bladder.
- Seek professional help. Sometimes it could be a behavioral issue that is causing your pet to eliminate in the house. By contacting a professional you will be able to better understand what is causing the house soiling.

# Excessive Barking

No one should expect a dog to never bark because it is a form of communication for them. However when it is excessive it can become a problem in your home.



The first thing you should ask yourself is why is my dog barking? Next, assess the situation. Is there someone or something causing your dog to bark? Before you can find a solution you need to figure out the cause.

Getting your dog to bark less will take time, patients, practice, and consistency. It won't happen overnight, but with proper exercise, techniques and time, you will start to see progress.

## Reasons why dogs bark:

**Boredom/Loneliness:** Dogs are social animals and need attention and companionship to prevent boredom. Dogs left alone for long lengths of time, can become bored or sad and often will bark because they are unhappy.

**Attention Seeking:** Dogs often bark when they want something, such as going outside, playing, petting, or food.

**Territorial/Protective:** When a person or an animal comes into an area your dog considers his territory, it often triggers out of control barking.

**Alarm/Fear:** Some dogs bark at any noise or object that catches their attention or startles them.

**Greeting/Play:** Dogs often bark when greeting people or other animals. It's usually a happy bark, accompanied with tail wags and sometimes jumping.

**Separation Anxiety/Compulsive Barking:** Dogs with separation anxiety often bark excessively when left alone. They also usually exhibit other symptoms as well, such as depression, pacing, destructiveness, and inappropriate elimination. Compulsive barkers seem to bark just to hear the sound of their voices. They also often make repetitive movements as well, such as running in circles or along a fence. If you feel your dog may have separation anxiety you should get in contact with a professional to help set up a behavioral plan.

## Here are a few tips to remember as you start your efforts to control your dog's barking:

- Shouting only stimulates your dog to bark more so the first rule is to speak calmly and firmly, but don't yell. Train your dog to understand the word "Quiet"
- Teach Quiet: When your dog is barking, say "Quiet" in a calm, firm voice. Wait until he stops barking, even if it's just to take a breath, then praise him and give him a treat. Never reward him while he's barking. Eventually he will figure out that if he stops barking at the word "quiet" he gets a treat.
- You can also teach your dog to "speak." Once he's doing that reliably, signal him to stop barking with a different command, such as "quiet". Practice these commands when he's calm, and in time he should learn to stop barking on your command, even when he wants to bark at something.

Avoid using shock collars for a solution. The collar may stop the barking but will only increase the behavior problem which often leads to extreme fear or aggression. As always if the behavior is causing issues contact a local professional for help.

## Destructiveness

Chewing and digging are natural behaviors that most dogs really enjoy and need to take part in on a regular basis. It can become a problem though when your dog begins to destroy items that are important to you or that are costly to repair.



Here are some tips to curb the unwanted destructive behavior:

Provide your dog with appropriate things to chew on such as a bone, kong, or other chew toys. (Not all dogs like the same toys so you may have to get creative to gain their interest.) Be sure to praise your dog for chewing on the appropriate toy, this will encourage him to chew on it again.

Pick up everything you do not want your dog chewing on such as; shoes, clothing, trash cans, etc. to remove the opportunity to destroy items left around the house. If your dog is chewing up furniture or items that cannot be removed from the room,



consider crate or kennel training to manage the destructive behavior.

Exercise is extremely important and will usually counter act destructive behavior. Some dogs require several hours per day of activity (Border collies, Huskies, German Shepherds, ect.) while others don't require as much but it is still very important they get their physical requirements met. Try taking your dog for a jog, hike, or walk each day. You can also play fetch or have a playdate with another dog to burn off some excess energy. If you are not sure how much exercise your dog needs research your dogs breed or seek professional help.



If you have tried everything listed above and are still having issues with your dog being destructive you should seek professional help to determine what is causing your dog to be destructive.



## A. Helping your shy dog-

Adopting a dog is a huge commitment, but adopting a dog that may have behavioral concerns such as fear or anxiety can be even more of a commitment.

Imagine living in a home with your family and for whatever the reason maybe you lose your home. You are now living in a loud, scary place with a bunch of strangers. Everything you know is now gone. This happens every day in shelters, some dogs can handle the changes and others cannot. Fearful or shy dogs tend to have a harder time in a shelter and it is important to remember that fear is a behavior that needs to be slowly changed over time.

The first thing you need to do when bringing home your shy dog is to provide a quiet comfortable place (a crate or small room is best) for it to rest. Have fresh water available. Do not smother your dog with attention because it may make the dog feel uneasy. After your dog has had some time to settle in, put it on a leash and take it out to the yard to explore and go potty. Keep some tasty treats (string cheese, hot dogs, chicken) on hand to encourage brave behavior and reward your dog for doing good things. This will help boost your dog's confidence. You may also try hand feeding your dog's meals as this will help your dog begin to trust you. As always seek professional help if you feel it is necessary.



### Resources for Shy/ Fearful dogs:

*The Cautious Canine -How to Help Dogs Conquer Their Fears* by Patricia B. McConnell

[www.fearfuldogs.com](http://www.fearfuldogs.com)

*From Fearful to Fear Free: A Positive Program to Free Your Dog from Anxiety, Fears, and Phobias* by Marty Becker and Lisa Radosta

*Help your shy dog gain confidence:*

[http://www.whole-dog-journal.com/issues/9\\_4/features/Dog\\_Behavior\\_15800-1.html](http://www.whole-dog-journal.com/issues/9_4/features/Dog_Behavior_15800-1.html)

## B. Introducing a Cat and a Dog By: Sherry Woodard

Some dogs do fine living with cats; others simply cannot live safely with felines. Sometimes, a dog can live with certain cats (depending on their age, temperament and activity level), but not others. Even if your dog has successfully lived with cats in the past, it is important to remember that each dog and each cat is an individual and therefore each introduction is different.

When introducing your dog to a cat, pay attention to the body language of both animals. If the cat's ears are pinned back or his tail is swishing back and forth, this is a good indicator that he is displeased. You particularly want to be aware of dog body language that could be potential warning signs. If your dog has a strong prey drive (the inclination to seek out, chase and potentially capture animals seen as prey — usually smaller animals such as cats or rabbits), she might become very focused on the cat. She'll stiffen, stare, and may start barking or whining. If you see these signs, do not let her near the cat. Ideally, her body language will be loose and relaxed around the cat. It's OK if she pays attention to the cat, but you don't want to see her fixated on him.

In addition, a dog's interaction with a cat can change depending on the environment. Just because your dog is OK with the cat inside the house doesn't mean she'll exhibit that same behavior outdoors. She might fixate on the cat and start stalking him when they are outside together. So, be aware of her body language around the cat in each new situation, until you know how she is going to respond toward him.

There are many different ways to introduce a dog to a cat. If the first method of introduction you try doesn't work or you don't feel comfortable with it, try a different option. Even if the dog has had experience with cats and the cat has lived with a dog before, proceed cautiously during the introduction. It's best to have two people present — one to intervene with each animal, if necessary. If you have

more than one dog, introduce each dog separately to the cat.

### **Option 1 - Slow and Steady Desensitization:**

If your dog is too fixated on the cat, you can try desensitization, the goal of which is to reduce your dog's reaction to the cat by gradually increasing her exposure to him. Put the cat in a room (e.g., a bedroom, a bathroom or a spare room) with a tall baby gate across the door. The room you choose should be one the dog cannot access and doesn't need to access. For example, if the dog sleeps in the bedroom with you at night, don't pick that room for the cat. The idea is to separate them and only allow them to view each other during specific times.

In his room, give the cat all needed supplies:

litter box, toys, food and water. Keep in mind that cats are good at squeezing through small gaps and are also



good climbers and jumpers. So, make sure your cat can't get past the gate you put up. The gate needs to be a barrier that allows the cat and dog to see one another, but does not allow them to access each other.

To begin desensitization, let the dog view the cat briefly through the gate, and then get the dog to focus on something else, such as playing with a toy or practicing cues.

Sometimes it helps to keep the dog on leash so that you can move her away from the cat when you try to refocus her attention. Praise and reward the dog for being able to focus elsewhere. Continue to give the dog short viewings of the cat throughout the day.

Sometimes, even seeing the cat at first is too exciting for the dog. If this is the case, close the door and begin feeding each animal on his

or her side of the door: The cat eats his food in his room, right next to the door, and the dog eats her meal on the other side of the door. This allows each animal to associate the smells of the other with something good: food. You can also swap out the blankets and bedding of each animal, giving it to the other. That way, the dog can get used to the cat's smell and the cat can get used to the dog's smell, without overstimulating either of them.

Hopefully, through this process of slowly letting the dog see the cat and get accustomed to the cat's presence, the dog will eventually become desensitized and lose interest in the cat. In some cases, the dog will lose interest in the cat within a couple of hours, but it can take days, weeks or even months. Each dog (and each cat) is an individual and will learn at his or her own pace.

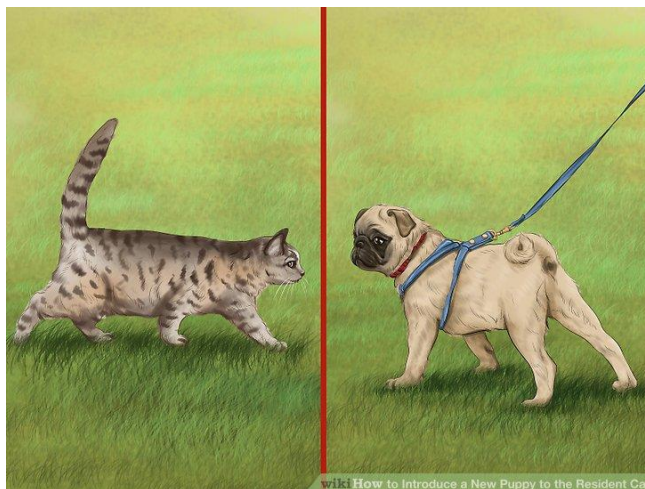
With that said, though, it is possible that your dog may not ever be able to safely share space with a cat. If you don't feel you can trust your dog around your cat, you should keep them apart. Many dogs can injure or kill a cat very quickly, and your dog can also be injured by the cat. Your first priority should be ensuring that everyone stays safe.

### **Option 2 - Face-to-Face Introduction:**

This is a more fast-paced introduction. One person should hold the dog on a loose lead and watch the dog's body language. Someone else should watch the cat's body language. If the cat is not raising his back or hissing around the dog, he can be allowed to move around freely. A cat is rarely a threat to a dog, but some cats will be on the offensive when meeting dogs.

If the dog is calm around the cat, you can ask the dog to sit, or lie down and stay, if she has been taught those cues, while the cat moves about freely, sniffing the dog if he wishes. The dog should be praised and rewarded if she ignores the cat. If the dog is too fixated on the cat (e.g., staring at the cat, has stiff body language, will not listen to you when you call her name) or if she lunges and tries to chase

the cat, you should try a different strategy for getting them to share space, such as Option 1 or Option 3.



### **Option 3 - Look at That:**

If the quick introduction did not work and your dog is not becoming desensitized to the cat, you might need to try some more structured training. By playing Look at That (LAT) with your dog, you can help to teach her not to fixate on the cat. You'll be teaching her to look at the cat and then look back at you for a treat. Essentially, she'll learn that it is more rewarding to not pay attention to the cat.

To start working on LAT, you need to figure out the dog's threshold while on leash: At what point does she notice the cat, but still respond to you when you say her name? That is her threshold. Each dog has a different threshold. For one dog, five feet away from the cat might be her threshold; for another dog, it might be 25 feet. You'll know you have gone past the threshold when she starts barking or lunging at the cat. Another sign that you're getting too close to the cat is if she starts moving more slowly, staring and stiffening her body. If you call her name and she doesn't respond to you, move a few feet away from the cat.

Once you've figured out the dog's threshold, grab a clicker and some really delicious, pea-sized treats. If you don't have a clicker, a verbal marker (a word like "yes" or "good") will work just fine. Put 10 treats in your hand and keep the bag close by for later.

When you see the dog looking at the cat, click the clicker or use your verbal marker and give her a treat. The first few times, you might have to put the treat right in front of her nose, but fairly soon she should start looking expectantly at you as soon as she hears the marker. That's because the marker (either a clicker or a word like "yes") always means a treat is coming. Use up the 10 treats, clicking as soon as she looks at the cat.



The 11th time, before using the marker, wait and see if she will look at the cat and then look right back at you. If she does that, either click or use the verbal marker when she looks at you and then give her a treat. If that doesn't happen, go back a step. Mark her 10 more times for looking at the cat and then try again. Once she is reliably looking at the cat and then looking back at you, you can slowly start moving closer and closer to the cat. If the dog becomes fixated on the cat when you move closer, you've gone past the threshold and need to move back.

As you train, her threshold decreases, which means that the two of you will be able to move closer and closer to the cat. Continue practicing LAT with your dog until she can be

right next to the cat without an issue. How quickly your dog's threshold decreases will depend on you (how much you practice and the types of treats you use), your dog (since every dog learns at a different pace) and your cat's comfort level.

### **Introducing Kittens and Puppies:**

If you are introducing a kitten to a dog, keep in mind that kittens may not have any fear of dogs, so you must watch the dog carefully. Because kittens are small and want to run and play, dogs with a strong prey drive may be very excited by a kitten's movements. Even if your dog is OK with your adult cats, it is important to watch her closely when she's with a kitten. If your dog is young and high-energy, she could hurt or kill the kitten simply by trying to play. So, for safety's sake, keep kittens and dogs apart any time you are not watching them.

Introducing adult cats to puppies can sometimes be easy, since a well-socialized adult cat might be fine with a puppy acting like a puppy. However, if your rambunctious puppy is chasing your shy cat, it is up to you to intervene. Until the puppy is old enough to have more self-control and has had some training, you will want to manage their interactions. You don't want your puppy to learn that chasing the cat is a fun game. Baby gates can be used to keep the animals safely and comfortably apart. To help you keep an eye on your puppy, you can also put her on a leash. That way, if she begins to chase the cat, you will be able to easily direct her away from that behavior.

### **Seeking help from a professional:**

Animals with good past experience often adjust well and quickly to a new pet in the house. But if introductions don't go well, seek help from a professional dog trainer or behavior consultant. Don't ever use punishment: It will not help and it could make matters much worse.

## C. Introducing Dogs to Each Other By: Sherry Woodard

If you have a dog and a new one will be entering or visiting your home, there are things you can do to ensure that the meeting goes off without a hitch. A new dog can mean you are bringing home a foster or a new family member, someone who has a dog is moving into your house, or someone is visiting with a dog.

If you know that both dogs are very social with a variety of other dogs, the meeting should be easy. However, some dogs don't get out and mix with other dogs that much, or may have only had one or two dog friends in their lives.



These dogs may seem to have better social skills than they actually do, so introducing them to new dogs may require more care and

effort. Another factor to consider is whether or not the dogs have been spayed or neutered; if not, the meeting may be more difficult.

If you are uncertain how one (or both) of the dogs will react, be cautious. First, plan to have the dogs meet on neutral ground. Choose a place where neither dog is likely to feel territorial. Even your dog's favorite park is not a good spot, unless it is a dog park (since dogs are often used to meeting other dogs there). If you are adopting a dog from a shelter, ask the staff if they can help to introduce the dogs. If your dog is accustomed to meeting dogs at a pet supply store like PetSmart or Petco, you can ask the store's trainer to help with the introduction. The dogs could casually meet while you are on a shopping trip. If either dog has a history of difficulty getting along with other dogs, the best strategy would be to hire a certified professional behavior consultant to help you gradually introduce the two dogs to each other.

When the meeting occurs, have each dog on lead, each with a calm, relaxed adult handler. Keep the leads loose, since tension on the leash might communicate to the dogs that you are fearful or anxious about their meeting, which will in turn make them more fearful and anxious. Walk the dogs side by side with a safe distance between the dogs. Then, cross paths (still maintaining that distance) and allow the dogs to smell where the other has walked. If either of the dogs barks, snaps and lunges toward the other, consider hiring a certified professional dog trainer or behavior consultant to teach you how to do the Look at That game to help the dogs feel calm and happy around each other before proceeding to the next stage of introduction.

Next, let the dogs meet. As the dogs approach each other, watch their body language closely, paying attention to the entire body. The dogs may need to do a little posturing or make a little noise, but if you don't know how to tell the difference between dogs getting to know each other and dogs who don't like each other, have someone there who does.

If the dogs have shown no signs of hostility toward each other up to this point, take them to an enclosed area, drop their leashes, step back and give them space to get to know each other. We have a tendency to micro-manage these interactions, but in general it's best if we allow the dogs to work it out with minimal interference. Humans hovering and getting too involved can be frustrating to the dogs, which can make them tense and spoil the interaction.

For the most part, dogs in this situation respond well to verbal feedback from humans. For example, if the dogs are getting too tense around each other, saying something in a soothing tone of voice (such as "It's OK, guys, cool your jets") can help them to take it down a notch, shake off and start fresh. If one dog is getting too overbearing and the other isn't correcting her, we can often help out by saying

something like “Hey, knock it off!” If the dogs do shake off their tension and engage with each other in polite, appropriate ways, we can reward them for those behaviors and encourage more of them by speaking in a happy tone (“Good dogs! Well done!”). In most cases, that kind of verbal guidance is all the

interference they need from us. We must only step in and physically separate them when they are becoming too excited and cannot give themselves a break, or when it becomes clear that their relationship is headed for conflict.

Here are some general body language signs to look for to get a general idea of where the interaction is headed:

- If they stiffen their bodies and stare into each other’s eyes with their hair up and their teeth bared, they probably aren’t going to become fast friends. If they lunge at each other and try to fight, separate them and don’t try further introductions without help from a certified professional behavior consultant. Some dogs cannot safely interact with other animals and therefore should be the only pet in the home. Most of these dogs can be taught to ignore other animals while out in public, but they may never be able to safely interact with them.
- Be wary of nose-to-nose greetings. This type of greeting is very stressful for many dogs, particularly those who are fearful or feel threatened by eye contact. For these dogs, nose-to-nose greetings may cause them to make a bad decision and bite out of fear and defensiveness. When dogs first look into each other’s eyes, the appropriate behavior is to give a glance and then look away. A hard stare into another dog’s eyes is a challenge — not a friendly way to greet. If the dogs practice inappropriate behavior like stiffening or staring, try to get the dogs to calm down by offering verbal feedback. If that doesn’t work, you can pick up their leashes and walk them around until they shake off and loosen up, then try again.
- If the dogs rush up to each other — with or without the hair raised at their shoulders and at the base of the tail — and engage in loud, raucous play, stay alert. This type of play can often escalate to fighting if the dogs do not know how to calm themselves down.
- If one dog pursues the other continually and ignores the other dog’s corrections (e.g., lip curls, growls or air snaps) or requests to take a break, it can turn from play into bullying. These kinds of corrections are frequently mistaken for aggression, but they are actually part of healthy, normal dog communication. Dogs should be able to correct each other when one is being inappropriate; likewise, they should be able to pay attention to another dog’s corrections. It is also important for dogs to take turns being the chaser and the one being chased, and to take breaks when they get too amped up. If they are not able to do that for themselves, pick up their leashes and walk them around until they shake off and loosen up, then try again.
- If the dogs try to play by pawing or play-bowing with their legs stretched out in front of them, they may want to be best buddies. Allow them to get to know each other, and give praise for each nice interaction.

If the dogs seem fine with each other, drive them home, preferably in separate crates or cars so that the close quarters of a vehicle won’t create unnecessary tension between

them. At home, let them settle in, but make sure you’ve put away your dog’s toys, bones and food bowls first, since these items may be sources of conflict. Whenever you feed the dogs, and certainly if you’re going to offer high-

value items like Kongs or chews, it may be best to separate them while they eat. Once the dogs are good friends, they may be more willing to chomp side by side on food and high-value items.

To introduce a puppy to a dog, use the same procedure as above. If the puppy is under six months old, both the dog and the puppy may

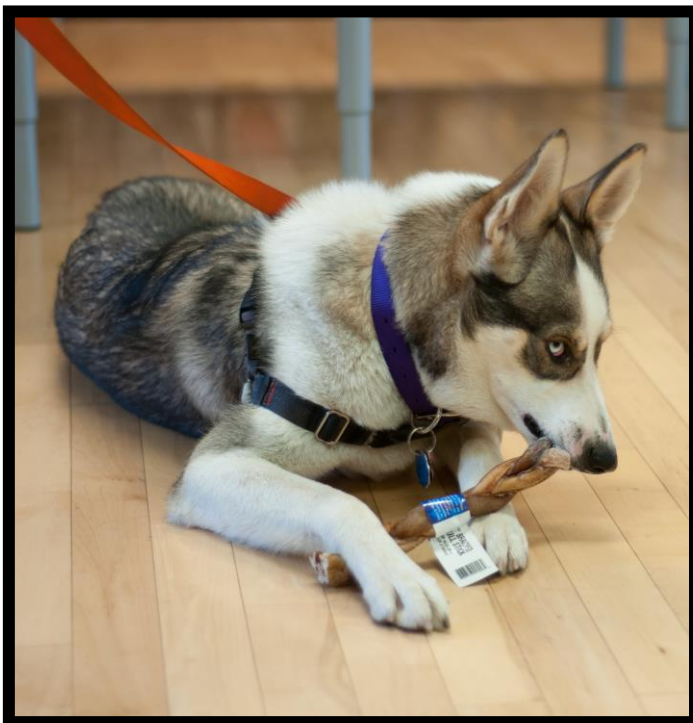
need frequent breaks from each other. Some adult dogs will quickly lose patience with puppy energy. If the dog does not like the puppy, do not leave them alone together.

Finally, if you are not confident or comfortable at any point, please seek help from a relationship-based trainer who has ample experience with dog to dog interactions.

**If you have any problems, questions, or concerns please contact SoHumane at 541-779-3215**

#### **D. Food and Toy Guarding**

Food and toy guarding is commonly seen in dogs from shelter environments. The dogs have had their world turned upside down, and they are stressed that they have lost nearly everything. When coming into a new home, they are suddenly showered with all the food, toys and treats they will ever need, yet they still feel the need to protect the resources from other pets and/or people. The severity of food/toy guarding can range, but here are a few important training habits to practice if you have a dog that does not like to share:



- If there are children in the home, it is crucial that they understand and respect that the dog will not want to share their food and toys.
- It's important that the dog is fed separately from other pets and people. A crate is a wonderful tool to use during feeding time to ensure everyone's safety.
- If your dog finds something they are not supposed to have, do not try to take away what they have. Instead, offer them a treat or favorite toy in exchange for the item they are not supposed to have.

If you believe that your dog's possessiveness may be a safety risk, please contact a professional trainer for evaluation and assistance.

## **Crate Training/Housebreaking**

### **What is Crate Training?**

Crate training is the process of conditioning your dog to accept being in a crate, which will eventually become his own “den.” Crate training is used for a variety of reasons: it is an effective tool for housebreaking, and gives your dog a safe, secure place of his own. Having a dog who is comfortable being crated is also useful for confinement for short periods when necessary, for safe transportation via car or plane, and for keeping a dog calm and confined when recovering from surgery.

### **Why Does it Work?**

Dogs have a natural instinct not to soil where they sleep, and this is what makes crate training such an effective housebreaking tool.

### **What Type and Size of Crate will I Need?**

There are two main types of crates. The better choice is the hard plastic kind that consists of a top and bottom that snap together, has ventilated slats on the sides, and a metal grille door. A new, quality crate can cost anywhere from \$35-125. While that might sound like a lot, the investment is well worth it in the long run. A damaged carpet alone would cost you more than that to replace! There are also crates made of heavy gauge wire that fold down into a suitcase shape. These are not approved for airline use, but some people prefer them for heavy-coated breeds because they offer better ventilation. If you must use a wire crate, place a dog bed or other barrier in such a position that your dog cannot stick a paw through the bottom horizontal openings; otherwise your dog's paws may get stuck or be injured.



The crate should be just big enough for your dog to stand up and turn around in. If your dog is a puppy, do not buy a huge crate for him to grow into. Having all that room will defeat the purpose. You may need to buy a puppy-sized crate now and a larger one later. Or, purchase a crate that comes with dividers so you can gradually expand the puppy's space as needed.

### **Is Crate Training for Adult Dogs, too?**

Yes, absolutely! Many people are under the false impression that crate training is just for puppies, and that older dogs will not “take” to a crate. Untrue! Older dogs often learn faster than puppies, and most will appreciate the comfort and security a crate offers.

### **How do I Introduce my Dog to the Crate?**

Put a blanket or old sweatshirt that has your scent on it in the bottom of the crate. This will not only be comfortable for your dog, but helps the bonding process as well. (Note: There are some dogs who will urinate if soft bedding is present; if this is the case with your dog, remove the bedding altogether.) Keep the crate where you want your dog to sleep, for example, by the side of your bed. When you first introduce the crate, be sure the door is propped open so as to not swing shut by accident. If your dog doesn't go in to explore on his own, toss treats inside, or feed a few meals in there. Try not to force your dog into the crate (this could form an unpleasant association and make things more difficult for both of you). Each time your dog goes into the crate, say, “Go to bed” in a high, pleasant voice. Your dog will eventually come to associate the verbal cue with going into the crate.



The first night, say, “Go to bed” as you gently help your dog in, then softly close the door. You may want to put a toy in with him. It is perfectly normal for a dog to whine, bark, or even throw tantrums the first night in a crate. Do NOT reward the behavior by petting your dog, whispering soothing words, or worse, by letting him out. Try simply ignoring him for a while. If he doesn't stop after a reasonable amount of time, simply say, “No” in a firm voice, or tap the top of the crate and say, “Quiet.” Just don't get into the cycle of your dog whining and you saying, “Quiet” each time, thereby reinforcing the behavior by responding to it at all. There are some dogs who will have trouble holding their bladder all night (usually young pups). You will quickly come to know the difference between a normal whine and a need-to-urinate whine. If the whining becomes frantic during the night, open the crate door, *pick your dog up*, and bring him out to the spot where you want him to eliminate. As he does, praise him in a high, happy voice, then immediately return him to the crate. Most dogs get used to this routine very quickly and soon sleep through the night without interruption.

### **The Routine**

First thing in the morning, open the crate door and *carry* your dog to the preferred elimination spot. (If you let him walk out on his own he might urinate before making it to the door.) As soon as your dog begins to circle and sniff, or otherwise indicates that he is about to potty, use a soft verbal coaxing, “Go potty!” Over time, by repeating your instruction just before he urinates, your dog will eventually become conditioned to urinate upon hearing your verbal cue. (Use the verbal cue each time you take your dog out to potty—just be sure to wait for signs that he is about to go before you say it.) As your dog finishes, offer calm verbal praise. After the morning elimination, either place your dog in a baby-gated area such as the kitchen, or keep him with you, tethered to you with a long line or tethered to a nearby piece of furniture where he'll be within your sight. *Do not let your dog out of your sight*, as accidents happen in a split second; you need to be there to interrupt as they happen. Your dog can also be crated for brief periods during the day if you are unable to keep an eye on him, for example, if you need to take a shower.

If you notice your dog starting to circle and sniff or squat, startle him with a sharp verbal, “Eh-eh!” (or if necessary, by clapping your hands), then quickly bring him to the proper elimination spot. If he goes, don't forget the praise! If you find an accident that has already happened, consider it your own mistake and clean it up quietly. A dog will not associate a correction with what he did wrong if it's after the fact. *Take your dog out to eliminate upon waking and after naps, after meals, after playtime, and before bedtime.* That means standing outside with him so you can praise him when he goes, as opposed to letting him out and assuming he's done his business. Be sure to keep an eye on him right after he's returned indoors as well, as that is when most of us are less vigilant, and is therefore when accidents are most likely to happen.

If you must leave the house, you can leave your dog crated up to three hours at a time. This will prevent housebreaking accidents as well as preventing unwanted chewing or destruction. Potty your pup before placing him in the crate, and place a favorite *safe* toy or bone in the crate with him. As a general rule, do not leave your dog crated longer than three to four hours at a time, except overnight when you are there.

### **What Then?**

Once your dog is housebroken, you can still use the crate for confinement periods if necessary. Many people end up taking the door off the crate entirely, and their dogs still sleep, hang out, and take refuge in their “dens.” Crate training is well worth the time and investment, and giving this permanent place of safety and comfort to your dog is really a gift to you both.

For more information on the Association of Professional Dog Trainers, visit our Web site at [www.apdt.com](http://www.apdt.com) or call 1-800-PET-DOGS (738-3647) or email [information@apdt.com](mailto:information@apdt.com).

## Exercise

Exercise is a necessity for maintaining optimal physical and mental well-being not only for humans, but for dogs too. Unfortunately, many dog owners ignore this basic health requirement for a variety of reasons, sometimes because it's simply inconvenient. Being a responsible dog owner means keeping your dog healthy and happy which includes making sure your best friend gets daily exercise.

Here are 5 reasons why your dog - no matter the size - **NEEDS** exercise:

### 1. Exercise Reduces Anxiety and Boredom-

Ensuring your dog gets sufficient daily exercise and mental stimulation means you will be less likely to come home to a house that has been torn apart by an anxious or bored dog. If you notice your furry friend becoming destructive it might be time to step up the fitness routine

### 2. Exercise Promotes Good Behaviors –

When you are out walking your dog it is a great time to practice obedience training which helps strengthen the bond between you and your dog as well as teaches good manners. By spending just a few minutes during your walk to do basic training you will see an overall improvement in your dog's behavior.

### 3. Activity Slows the Aging Process-

Getting old is a part of life. However by keeping your aging dog physically active it will help ward off certain age-related difficulties. The key is figuring out what the appropriate activity level is for your aging dog. Get advice from your veterinarian about how much exercise and what types of exercise are appropriate for your dog.

### 4. Keep Your Dog Healthy-

Obesity is becoming one of the leading health issues in dogs. It prevents them from living a fulfilling life because they are unable to enjoy physical activities; it also decreases speed, stamina and makes it more difficult for dogs to deal with heat. Obesity is also associated with many medical problems including; arthritis, higher risk of torn ligaments, back problems, heart problems, breathing difficulties, increased surgical risks, skin problems, and increase in risk for some cancers. Obesity is easily prevented with proper diet and exercise, help your pet live a happy and healthy life by committing to a regular exercise routine.

### 5. Exercise Promotes Good Social Skills-

It's important your dog learns how to play and interact well with other dogs. Social interactions teach important skills that translate to scenarios in everyday life. Quality time at the dog park or visiting a friend for playtime promotes socialization and ensures that dogs are getting enough exercise because a relaxed stroll around the block once or twice a day just isn't enough for most dogs.

## Importance of Training

Many pet parents start their search for a new pet looking for the “perfect dog”. One that is house trained, doesn’t get on the furniture, doesn’t bark, gets along with all dogs, kids, cats, and will be well mannered while they are gone 8-10 hours a day for work. While these “perfect dogs” do exist, what people need to understand is they did not get that way because someone waived a magic wand. Someone at some point in that dog’s life took the time to teach the dog good manners.

There are many good dogs in shelters that just need some guidance and someone to take the time to teach them what is right and wrong. The key is finding a dog with a personality and behavioral traits that fit your lifestyle.

There are several reasons why training your dog is important, here are just a few:

- 1. It builds a positive relationship.** One of the best ways to bond with your new dog is by training him/her. When you take the time to understand your new dog’s needs it builds mutual trust and respect strengthening your overall bond.
- 2. Teaches life skills.** Every dog needs to learn how to live successfully in a home environment. Teaching your dog basic manners and providing him/her with mental enrichment and physical exercise will prevent him/her from developing anxiety and other stress related behaviors. Destructive chewing, inappropriate barking and aggression are all behaviors that can be prevented through training. An important part of the learning process is to set your dog up for success by managing his/her environment and making it easy for him/ her to do well.
- 3. Promotes good social skills.** Training your dog to have good manners and behave well in all situations requires effort, but consistent commitment ensures success. As humans we have high expectations for our dogs, encouraging them to be friendly with everyone they meet even if they are uncomfortable, expecting them to ignore other dogs passing on the street even when they want to play, and expect them to remain calm even in scenarios that terrify them. With that being said it is vital to socialize your dog by giving him/her good experiences in the presence of all kinds of people, animals and environments.

## **Safety with Kids & Dogs**

Many dogs are uncomfortable with children because children have higher pitched voices, get easily excited, run and fling their arms about, and are closer to the dog's size. Dogs have to learn that children are not dangerous but it is our job to teach our kids how to interact with dogs appropriately. Dogs interact in play with the children, just as it would with other dogs/puppies. They nip, jump up, bang into, knock over and wrestle with children. Also, young children are not capable of handling dogs with proper gentleness because they want to hug and squeeze the dog and are often too rough despite their sweet intentions. For this reason:

**\*\*\* SUPERVISE ALL INTERACTIONS WITH CHILDREN AND ANIMALS\*\*\***

If the dog is getting overly excited, teach the children to stand still "like a tree" fold arms and hide hands, then walk away slowly and calmly.

Here are Several Do's and Don'ts when teaching children how to interact with your new dog.

### **DO:**

- Allow the dog to approach you when the dog is ready.
- Pet the dog under the chin or chest.
- Keep your children's faces away from the dogs face.
- RESPECT YOUR DOG—and encourage others to do the same.

### **Don't:**

- Look directly into the dog's eyes.
- Disturb a dog who is eating, chewing or sleeping.
- Allow children to climb on the dog, hug tightly, pull the tail, or grab feet.
- Run from a dog; his natural instinct will be to chase.

Always watch for warning signs that a dog is anxious:

The dog is standing stiffly.

He is looking sideways at the child.

He is trying to get away or hide.

His tail is tucked.

He emits a low, deep growl.

He is staring your child in the eye, with a raised lip.

## **Kennel Cough**

Kennel cough is common, contagious and very rarely fatal. The disease is caused by bacteria and/or viruses that spread among dogs and cats in shelters. Kennel cough is spread by air and hands, therefore it is as common in an animal shelter as the common cold is in a day care center. Kennel cough could spread to your other dog(s). Vaccinated, healthy dogs in a home usually develop mild if any signs of kennel cough after exposure to a new dog. However, in some cases serious illness may be transmitted. Talk to your veterinarian if you have concerns.

Kennel cough is manageable in a home. The BEST thing to do for a dog with kennel cough is provide them with a warm, stress-free home. In this environment most dogs will recover within a few weeks. There are vaccines that either prevent kennel cough or reduce the severity, but giving these vaccines to an animal that is already infected will not help the animal recover any quicker.

Sometimes antibiotics are used in treating kennel cough and may help the dog deal with the disease.

These medications can be obtained through your regular veterinarian. RARELY, an immunocompromised person (with AIDS or undergoing cancer chemotherapy) could be infected with *Bordetella bronchiseptica*, one of the bacteria involved in kennel cough. If someone in the family is severely immunocompromised, please discuss kennel cough with your physician.

## **When should you seek treatment for your dog?**

We recommend that all newly adopted dogs be seen by a veterinarian a few days after adoption for a routine health check.

If your dog or dogs develop a hacking cough, discharge from eyes and nose, lethargy or loss of appetite, you should make an appointment with a veterinarian.

## **Heartworm**

A heartworm is a parasitic worm (*Dirofilaria immitis*) that lives in the heart and pulmonary (lung) arteries of an infected animal. The worms travel through the bloodstream – harming arteries and vital organs as they go – ultimately completing their journey to the vessels of the lung and the heart chamber about six months after the initial infection. Several hundred worms can live in one dog for five to seven years. Heartworm disease is serious, and can be fatal.

Symptoms of heartworm infestation can include labored breathing, coughing, vomiting, weight loss and listlessness, and fatigue after only moderate exercise. However, some dogs exhibit no symptoms at all until late stages of infection.

The good news is that heartworm is easy to prevent with an inexpensive, chewable pill available with a vet's prescription. The pills can be given to dogs under 6 months of age without a blood test, but older animals must be screened for the disease prior to starting medication. We recommend that heartworm preventative be given year round for complete protection.

## People foods to avoid feeding your pet!

### **Alcohol**

Alcoholic beverages and food products containing alcohol can cause vomiting, diarrhea, decreased coordination, central nervous system depression, difficulty breathing, tremors, abnormal blood acidity, coma and even death.

### **Chocolate, Coffee and Caffeine**

These products all contain substances called methylxanthines, which are found in cacao seeds, the fruit of the plant used to make coffee, and in the nuts of an extract used in some sodas. When ingested by pets, methylxanthines can cause vomiting and diarrhea, panting, excessive thirst and urination, hyperactivity, abnormal heart rhythm, tremors, seizures and even death. Note that darker chocolate is more dangerous than milk chocolate. White chocolate has the lowest level of methylxanthines, while baking chocolate contains the highest.

### **Citrus**

The stems, leaves, peels, fruit and seeds of citrus plants contain varying amounts of citric acid, essential oils that can cause irritation and possibly even central nervous system depression if ingested in significant amounts.

### **Coconut and Coconut Oil**

When ingested in small amounts, coconut and coconut-based products are not likely to cause serious harm to your pet. The flesh and milk of fresh coconuts do contain oils that may cause stomach upset, loose stools or diarrhea. Coconut water is high in potassium and should not be given to your pet.

### **Grapes and Raisins**

Although the toxic substance within grapes and raisins is unknown, these fruits can cause kidney failure. Until more information is known about the toxic substance, it is best to avoid feeding grapes and raisins to dogs.

### **Macadamia Nuts**

Macadamia nuts can cause weakness, depression, vomiting, tremors and hyperthermia in dogs. Signs usually appear within 12 hours of ingestion and can last approximately 12 to 48 hours.

### **Milk and Dairy**

Because pets do not possess significant amounts of lactase (the enzyme that breaks down lactose in milk), milk and other dairy-based products cause them diarrhea or other digestive upset.

### **Nuts**

Nuts, including almonds, pecans, and walnuts, contain high amounts of oils and fats.

The fats can cause vomiting and diarrhea, and potentially pancreatitis in pets.

### **Onions, Garlic, Chives**

These vegetables and herbs can cause gastrointestinal irritation and could lead to red blood cell damage. Although cats are more susceptible, dogs are also at risk if a large enough amount is consumed.

### **Salt and Salty Snack Foods**

Large amounts of salt can produce excessive thirst and urination, or even sodium ion poisoning in pets. Signs that your pet may have eaten too many salty foods include vomiting, diarrhea, depression, tremors, elevated body temperature, seizures and even death. As such, we encourage you to avoid feeding salt-heavy snacks like potato chips, pretzels, and salted popcorn to your pets.

### **Xylitol**

Xylitol is used as a sweetener in many products, including gum, candy, baked goods and toothpaste. It can cause insulin release in most species, which can lead to liver failure. The increase in insulin leads to hypoglycemia (lowered sugar levels). Initial signs of toxicosis include vomiting, lethargy and loss of coordination. Signs can progress to seizures. Elevated liver enzymes and liver failure can be seen within a few days.