








Helpful Dog Handouts for Foster Caregivers

How to Greet a Dog (and What to Avoid)

Appropriate greetings are common sense. Imagine if someone greeted you the way many people greet dogs!

Human to Human INCORRECT	Human to Dog INCORRECT	Human to Dog CORRECT
 <p>HEY!!!</p> <p>Avoid reaching into their safety zone.</p>	 <p>Avoid reaching in or towards the dog's car.</p>	 <p>Stand a safe distance away so that you are not a threat.</p>
 <p>CREEP!</p> <p>Avoid rushing up.</p>	 <p>YIKES!</p> <p>Avoid rushing up.</p>	 <p>Approach slowly (at a relaxed walk).</p>
 <p>STRANGER DANGER!</p> <p>Avoid interactions without asking.</p>	 <p>STRANGER DANGER!</p> <p>Avoid interacting with unfamiliar dogs, especially if they're tied up.</p>	 <p>MAY I PET YOUR DOG?</p> <p>Ask if you can interact first.</p>
 <p>Avoid staring at people. This is scary.</p>	 <p>Avoid staring at or approaching head-on.</p>	 <p>Approach sideways and look using your peripheral vision.</p>
 <p>Avoid looming over.</p>	 <p>Avoid leaning over or towards dogs even when you change position to squat or get up.</p>	 <p>Stay outside the dog's bubble and present your side to the dog.</p>
 <p>Avoid reaching into personal space.</p>	 <p>Avoid reaching your hand out for the dog to sniff.</p>	 <p>Let the dog approach at his own rate.</p>
 <p>Avoid close interaction if the person is afraid of you.</p>	 <p>Avoid petting if the dog looks nervous or tense. Just admire him instead.</p>	 <p>It's OK to pet the dog if he looks relaxed, comes up to you, and solicits your attention by rubbing against you.</p>
 <p>SQUEEZE</p> <p>AAARGH! DON'T LIKE!</p> <p>Avoid touching inappropriately.</p>	 <p>Avoid hugging, kissing, and patting roughly. This is too familiar and disliked by many dogs.</p>	 <p>Pet gently.</p>

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Questions@cattledogpublishing.com



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drsophiayin.com
 A VETERINARY CORPORATION



(530) 757-2383

P.O. Box 4516, Davis, CA 95617

Support@lowstresshandling.com

Body Language of Fear in Dogs



Slight Cowering



Major Cowering



More Subtle Signs of Fear & Anxiety



Licking Lips
when no food nearby



Panting
when not hot or thirsty



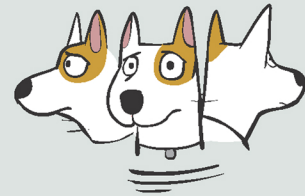
Brows Furrowed, Ears to Side



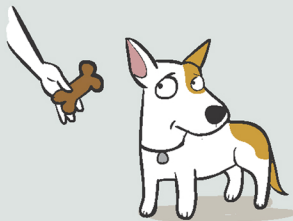
Moving in Slow Motion
walking slow on floor



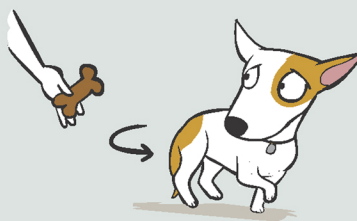
Acting Sleepy or Yawning
when they shouldn't be tired



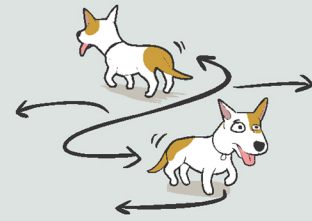
Hypervigilant
looking in many directions



Suddenly Won't Eat
but was hungry earlier



Moving Away



Pacing

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How Kids SHOULD Interact with Dogs

Use common sense.

Be polite and kind to pets



Learn to recognize when your dog is scared or anxious



Play appropriate games with pets, such as:

Fetch



Training tricks (like roll over, shake, beg, etc.)

Walking and running with a dog



Playing hide-n-seek

Always remember:

Supervise all interactions. Accidents can happen in a split second.



Train your dog to associate the kids with positive experiences so he'll be more likely to tolerate your child in case she accidentally interacts inappropriately.



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Bringing Home a New Dog

Bringing a new dog into your home is a very exciting time, but remember that your dog is going through a transitional period. He has been separated from everything he knows and is familiar with; his new life is bound to be confusing to him at first. No matter how caring the shelter staff is, being in a shelter environment is hard on an animal and it may take him a while to feel comfortable and secure enough to relax. Some animals adapt readily to new places while others need a good deal of reassurance and understanding. As your dog becomes more settled, you will be able to watch his personality come alive and enjoy his exploration of his new home.

The Honeymoon Period

The first two to three weeks after you take your new dog home can be called the “honeymoon” period. It takes this long for most dogs to settle into a new routine, especially if there are other pets or children in the home.

One of the best ways to prepare for a new dog’s arrival in your home is to make sure that you are as prepared as possible.

Some topics to make sure that you have taken into consideration include:

Exercise Requirements. How much exercise will this dog need every day? Can you realistically fit time for this into your schedule?

Most dogs need at least sixty minutes of exercise EACH day. While this can be broken up into segments, it can be hard to find an extra hour EVERY day in an already busy schedule.

Compatibility with Children. If you have children, or if you are planning to have children, your dog must be comfortable around kids. There are many different types of dog behaviors that may not be appropriate for a home with children.

Housebreaking Status. Puppies, and some more mature dogs, need help with housebreaking. Make sure that your daily schedule will accommodate the number of outings per day that your new dog requires.

Your Neighborhood. Single-family neighborhoods, townhouse communities and apartment or condo living can all factor differently into how well a dog fits into where you are living. For example, an apartment complex usually has tight spaces (such as an elevator or stairwell). Can the dog you want to adopt handle such situations? Townhomes and some single-family homes share fence lines. Will it be important for this dog be compatible with your neighbors, their dog and/or their children?

Training Needs. If the dog you are adopting needs training (and most shelter dogs do), you should consider if the price of an obedience class or behavior consultation fits into your budget.

Some of the items on your “to-do” list before you bring your new dog home might include:

Deciding what the rules are. Can the dog get on the furniture? Whose room will he sleep in? What will his bathroom and exercise schedule be? Where will he be fed? At what time will he be fed? Dogs usually accept the new rules as part of their new environment. It is also much easier to teach a rule than to break a bad habit a few months later. The combination of praise and consistency on your part will help your dog learn the rules of his new home.

Doggie-proofing your home. This is definitely a worthwhile investment of your time. A safe environment will help to keep your dog safe as well as protect your belongings. Even the most well behaved dog will want to explore his new home. Anything on the floor should be considered fair game — be sure to put away socks, shoes, purses, kids’ toys, etc. Breakable items should be removed for the time being; some dogs’ tails can unintentionally clear off a coffee table in a matter of seconds. Keep electrical cords out of reach. Cigarette butts in an ashtray can lead to nicotine poisoning. Some plants, when eaten, can be hazardous to your dog’s health. Keep cleaning products out of reach or in a secure cabinet. Secure trash cans or put them in a locked cabinet — they are irresistible to some dogs.

Giving him a name. Most dogs will readily accept a new name, provided enough treats and good things happen when you call him by that new name. For young dogs (or dogs found as a stray), just pick a name, call your dog, and then either give him a treat or praise him or throw a toy to reward him for coming when called. Don’t call him by his new name and then discipline him or tell him “No”.

With older dogs, you may find that there are benefits to keeping the dog’s original name. It may help the pet settle in faster and help him to respond to his new family members more readily. It might give you some additional control when teaching the animal his new house rules. If you really want to change a dog’s name, we recommend finding a name which sounds similar, and following the steps for changing a younger dog’s name.

Doggie Do's (and Dont's)

By taking control and managing your dog's environment, you can set him up to be successful.

- **Teach the house rules.** You must teach your new pet what is acceptable behavior in his new home. Your idea of what acceptable behavior is may differ greatly from what your dog thinks it is, depending on what he learned in his previous home.
- **Establish a vocabulary list.** Sit down with your household members and decide what word means what. For example, will you say "sit" to your dog, or will you say "sit down?"
- **Take responsibility for your own belongings.** If you do not want it in your dog's mouth, don't make it available. Keep clothing, shoes, books, trash, eyeglasses and television remote controls out of your dog's reach.
- **Set a schedule** for housebreaking, feeding, walking, playtime and cuddling. A schedule will help your dog know what to expect and when to expect it.
- **Don't confuse your dog** by offering him shoes and socks as toys and then expect him to distinguish between his shoe and yours. Your dog's toys should be obviously different from household goods.
- **He needs to earn the right to have free run of the house.** This may be a few days (in the case of the well-behaved mature dog) or many months (if he is an adolescent or a puppy). Until he learns the house rules, confine him when you are unable to keep an eye on him.
- **Choose a "safe place"** that is dog-proof with fresh water and "safe" toys. If your dog is crate trained, you may also crate him as appropriate.
- **Give your dog plenty of people-time.** Your dog will not know how to behave if you do not teach him alternatives to inappropriate behavior and he cannot learn these when he is in the yard by himself.
- **If, and only if, you catch your dog chewing on something he shouldn't, interrupt the behavior** with a loud noise, offer him an acceptable chew toy instead, and praise him lavishly when he takes the toy in his mouth.
- **Have realistic expectations.** It is virtually inevitable that your dog at some point will chew up something you value. This is often part of the transition to a new home. Your dog needs time to learn the house rules and you need to remember to take precautions and keep things out of his reach.



Cozy Confinement

At some point after your new dog arrives home, you are going to have to leave him alone, perhaps just to run an errand, perhaps to go to work. As there is no way to predict what your dog will do while you are away, we strongly suggest that you confine him during your absences. Once he proves that he is trustworthy, you can begin allowing him more and more freedom. However, depending on your dog's age and maturity level, you should plan on confining him until you are more familiar with his behavior. Dogs can be confined with a crate, a baby gate or an exercise pen. There are pros and cons to each method.

Using a Crate

Crate training will take some time to introduce to your dog. Crates are portable, easy to clean and for most dogs, the most secure method of confinement. You can put a crate almost anywhere in your home and most dogs accept crates readily (provided you have appropriately introduced your dog to the crate). Crates are available at most pet supply stores; also consider asking friends if they have a crate they are not using any longer. Your dog should be able to comfortably stand and turn around in the crate. He should also be able lie down in a relaxed position (with plenty of leg-room).

Using a Baby Gate

For some dogs, a baby gate will be sufficient to keep them in a certain area; the kitchen is often recommended because the floor is easy to clean. You will need to "puppy-proof" the area each time you leave the dog there (put food away, remove towels or kitchen utensils). Baby gates are inexpensive and available at pet supply stores, baby supply stores and some department stores. Another advantage is that the gates can easily be moved from room to room. Many dogs, however, will jump over a baby gate or simply push through the gate.

Using an Exercise Pen

An exercise pen is like a playpen or a corral for your dog. The sides are wire panels that come in heights from 24-60 inches. There is no top or bottom to the exercise pen, which creates a more open feeling for some dogs. Exercise pens are often good for dogs who have a bad association with being crated, or for owners who would prefer not to use a crate. Similar to baby gates, exercise pens are not always successful means to confine all dogs as they may push out of the pen or knock the pen over.

One popular method of confining a dog has been omitted from this section — **we absolutely do not suggest that you confine your dog behind a closed door in your home.** Doing so generally leads to an upset, anxious animal who cannot understand why he has been isolated and may actually try to hurt himself trying to get out of the room. Dogs are social creatures who want to be with other family members. The frustration and anxiety caused by being isolated may encourage the dog to chew doors, molding, pull up floor tile, dig up carpet and/or destroy furniture.

Confinement Needs Based on Age

Puppies

A puppy needs an extraordinary amount of supervision to avoid getting into trouble. We strongly recommend crate-training a puppy. Puppies and adult dogs do not want to eliminate in the same area where they sleep, and crating your puppy helps with housebreaking. Crating also keeps your dog safe, and helps your dog learn how to

be in your house but not at your side. Baby gates and exercise pens can be very useful when you are at home, but still want to limit the dog's access to other areas of the house.

Adolescent Dogs

An adolescent dog also needs to be confined to areas where he can safely stay during your absence. Young dogs can be active, curious, and may have had very little training prior to being surrendered to the shelter. Until the dog follows basic house rules, allowing him free run of the home can lead to destructive behavior. Giving your dog a safe spot to relax in during the day will keep your dog safe and will give you peace of mind. The method of confinement you choose should be based on your dog's behavior and activity level.

Adult Dogs

Many people choose adult dogs specifically because they may be more calm, housebroken and trustworthy when left alone. Even if you know that your dog was safely allowed free run in his previous home, the shift in environment and routine may upset your dog until he acclimates. If you are adopting a mature dog, we recommend you confine the dog for the first few weeks he is home to evaluate his house manners and self control. Keep in mind that many dogs were crate-trained by their previous owners and may feel more comfortable or secure if confined to a crate or smaller space.



Crate Training Your Dog

The Crate Training Process

Crate training can take days or weeks, depending on your dog's age, temperament and past experiences. It is important to keep two things in mind while crate training. The crate should always be associated with something pleasant, and training should take place in a series of small steps – do not go too fast.

Step 1: Introducing Your Dog to the Crate

Put the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or towel in the crate. Bring your dog over to the crate and talk to him in a happy tone of voice. Make sure the crate door is securely fastened opened so it will not hit your dog and frighten him.

To encourage your dog to enter the crate, drop some small food treats near it, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, do not force him to enter. Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If he is not interested in treats, try tossing a favorite toy in the crate. This step may take just a few minutes or several days. Throughout the day, drop several treats in the crate for your dog to discover as he passes by. Your dog should start to associate the crate with good treats.

Step 2: Feeding Your Dog His Meals in the Crate

After introducing your dog to the crate, begin feeding him his meals near or in the crate. This will create a pleasant association with the crate. If your dog is readily entering the crate when you begin Step 2, put the food dish all the way at the back of the crate. If your dog is still reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little further back in the crate.

Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he is eating. At first, open the door as soon as he finishes his meal. With each successive feeding, leave the door closed a few minutes longer, until he is staying in the crate for ten minutes or so after eating.

Step 3: Crating for Longer Time Periods

After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you are home. Call him over to the crate and give him a treat. As he enters, give him a verbal cue to enter such as, "kennel up." Encourage him by pointing to the inside of the crate with a treat in your hand. After your dog enters the crate, praise him, give him the treat and close the door. Leave the room for a few minutes, then return and release the dog. If your dog begins to whine, ignore him and only release him once he is silent. Repeat this process several times a day. With each repetition, gradually increase the length of time you leave him in the crate and the length of time you are out of his sight.

Once your dog will stay quietly in the crate for about 30 minutes with you out of sight the majority of the time, you can begin leaving him crated when you are gone for short time periods and/or letting him sleep there at night. This may take several days or several weeks.

We suggest that once you start leaving your dog in the crate for longer periods of time, you leave a treat-filled Kong or Nylabone in the crate with your dog, to keep him occupied.

Step 4: Crating Your Dog When Left Alone

After your dog can comfortably spend 30 minutes in the crate without becoming anxious, you can begin leaving him crated for short periods when you leave the house. Put him in the crate using your regular command and a treat. You might also want to leave him with a few safe toys in the crate. Do not make your departures emotional and prolonged, but matter-of-fact. Praise your dog briefly, give him a treat for entering the crate and then leave quietly. When you return home, do not reward your dog for excited behavior by responding to him in an excited, enthusiastic way. Keep arrivals low key. Continue to crate your dog for short periods from time to time when you are home so he does not associate crating with being left alone.

Crating Concerns

Too Much Time in the Crate

A crate is not a magical solution. If used incorrectly, a dog can feel trapped and frustrated in his crate. For example, if your dog is crated all day while you are at work and then crated again all night, he is spending too much time in a small a space. Other arrangements (such as a mid-day break or dog daycare) should be made to accommodate his physical and emotional needs. Also remember that puppies under six months of age should not stay in a crate for more than three or four hours at a time. They cannot control their bladders for longer periods.

Whining

If your dog whines or cries while in the crate at night, it may be difficult to decide whether he is whining to be let out of the crate, or whether he needs to be let outside to eliminate. If you followed the training procedures outlined above, your dog has not been rewarded for whining in the past by being released from his crate. Try to ignore the whining. If your dog is just testing you, he will probably stop whining soon. Yelling at him or pounding on the crate will only make things worse. If the whining continues after you have ignored him for several minutes, he probably needs to go out. This should be a trip with a purpose, not play time.

If you are convinced that your dog does not need to eliminate, the best response is to ignore him until he stops whining. Do not give in, otherwise you will teach your dog to whine until he gets what he wants. If you have progressed gradually through the training steps and have not done too much too fast, you will be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

Mid-day Breaks

Ideally, adult dogs should not be crated for more than four hours without a break. If you are crating your recently adopted adult dog while you are at work for nine to ten hours you must make arrangements for a mid-day break. If you cannot make the trip home, a trusted friend or neighbor may be willing to walk your dog. Professional dog walkers can also provide mid-day breaks. The profession has become a big business and it is important that you choose someone who is reliable. Moreover, they should be licensed and insured. When considering a dog walker, ask for references and expect that the person come for a preliminary visit to meet your dog before they are hired.



Dog to Dog Introductions in Home

A proper introduction between pets can help your pets' relationship get off to a good start. Remember to go slowly, stay calm and remain patient. A good frame of perspective would be to consider how would you feel if one of your household members brought home another person and announced that he/she would be living with you. It would be generally upsetting to your routines, your personal space and your habits. The same holds true for our pets.

One goal to keep in mind is to try to convince your current pet that life really is better with the addition of the new animal.

Homes with more than one dog

Your current dog and the dog you are adopting will have already met at the shelter so you should have an idea of how they will interact with one another. However, you must remember that all kinds of things can happen when the adopted dog gets on the resident dog's territory. Even if they appear to adore each other, you should monitor the situation carefully.

When you first bring the new dog home. Have the animals meet outdoors on neutral territory, such as a neighborhood park. Take the animals for a walk. After the walk, introduce the new dog to the house but keep him leashed. When you feel comfortable, take his leash off but supervise both dogs closely. In the beginning, if no one can be home to watch the dogs, you should separate them until you are sure that they are getting along well.

Feed them in different places to alleviate resource guarding. Even dogs who get along beautifully do not often want to share their food. Do not leave food down 24 hours per day.

Establishing hierarchy. Dogs are social creatures who are designed to live within the group called a dominance hierarchy. This dominance hierarchy normally serves to maintain order, reduce conflict and promote cooperation among group members. It is very difficult for any social group to be successful with prolonged conflict; generally, dogs within a household will generally work their hierarchal issues out among themselves.

It is normal for dogs to communicate via snarling, growling, snapping and teeth baring. Don't be alarmed if there is some of this as the dogs establish the rules of their hierarchy.

You cannot choose which dog you want to be dominant. The dogs will establish this among themselves, and any attempt to interfere may result in increased conflict. Where each dog ranks in the dominance hierarchy is determined by the outcomes of interactions between the dogs themselves. Individual personality, as well as breed characteristics, are important factors. The dog that demands to be fed first, petted first and through the door first is usually the dominant dog. Remember that the rankings may be different in different contexts (one dog may control food, while another may control resting places) and they may change over time. Don't interrupt or interfere with the dominant dog's ability to control the preferred items (food, toys, beds, attention) in his environment by giving preferential treatment to the subordinate dog(s). Punishing either dog will not solve the problem and can actually make the problem worse.

Sue Sternberg, in her book Successful Dog Adoptions, writes, "There is something to be said for having one dog on which to shower all your love, praise, devotion, and attention. There is equally as much to be said for having two dogs to complete your family. There is nothing easy about having two dogs, let alone *easier*. Some people think two dogs will keep each other company and entertain each other when the owners are not around, but the truth is that having more than one is usually more work. With many added benefits. But usually more work as well. Almost no dog will teach another his good habits; dogs teach each other their less-than-pleasant habits. The quiet dog rarely teaches another dog to be quiet, but the barking dog readily encourages his friends to bark with him."

She continues by saying, "But having two can add to the joy and fun of their lives and our own lives. Life is less lonely with a dog, and even less lonely with two dogs. That goes for your dog(s), too — life is less lonely for them. Dogs don't necessarily play together while you are away at work — in fact you usually have two dogs pining away for you. But when you do come home, two dogs make for an even bigger and better homecoming event. And whether or not dogs play together during the long hours you leave them for during your work schedule doesn't mean they aren't keeping each other good company."

The book from which these quotes are taken, Successful Dog Adoptions (Howell Book House, 2003), contains a 20-page chapter on adding another dog to your home and is well worth reading.

What should I do to prepare my current dog for the arrival of a second dog?

Here are two suggestions:

- If you typically leave food out 24 hours a day for your dog, you should plan on stopping this and putting both dogs on a regular feeding schedule.
- If you leave toys or rawhide out for your dog, plan to add new ones so that there are plenty for each dog. Be forewarned, however, that it's common for dogs to always want whatever toy the other dog has.



Dog to Cat Introductions

- If you've decided to introduce a dog and a cat in your household, here are some pointers:
- **Slow and steady:** a safe and proper introduction can take up to a few weeks/months. Give the dog a few days to settle into the new environment/routine before starting the introduction. **Be sure to keep your new animals separated during this time.**
- **"Safety Room"** for your cat(s). Prepare for your cat(s) to live in this room for up to a few weeks. Make sure their food, litter boxes, scratching posts, places to hide/sleep and places to get up high such as a cat tree are in the room. It is important for your cat to have access to get out of view of the dog if they choose or to get up on a high surface if they choose. Cats find safety from places up high, so it may be wise to purchase a cat tree if you do not already have one.
- **Baby gates:** Place a baby gate in the doorway of the "Safety Room". You will want to keep this here even when the door is closed. This will work as a safety net for when you have to enter and exit the room. The baby gate will also play a critical role during the introductory period. We recommend a baby gate that has a door you can open and a small cat door at the bottom that the cat can go through but the dog will not fit through.
- **High value food:** have high value food ready for both the cat and the dog. Albacore tuna and meat flavored baby food can work as a good treat for both species. Sliced hot dogs or deli meats are also another option for the dog.
- Start with as much distance as your home will allow. Begin with a short session 10-15 minutes. Begin to increase the sessions as you close the distance gap between the dog and cat(s). The goal is to have both animals nice and relaxed while they are within close proximity to one another.
- When you and the animals feel comfortable, you can start opening the door to the cat room. Always give your cat choice to come out on their own. The first few times the cat comes out of the room, keep the leash dragging on the dog. Again, always have high value food on you for the dog when the cat is around.
- For the first few introductions always keep the dog on leash in the event you need to quickly gain control of the dog.
- Be aware of both dog and cat's body language during introductions. Feed the high value treats to all animals. We want cat to equal yummy treats to the dog and dog to equal yummy treats to the cat.
- Never force the cat (or dog) into proximity by holding her, caging her or otherwise restricting her desire to escape. This is stressful and does not help.

- Monitor your cats stress levels. Some signs that your cat is stressed may be change in appetite, inappropriate litter box use, constant hiding, etc. It can take weeks for a cat to acclimate to a new dog in the home. Be patient and aware of your cat's stress signals.
- In the first few weeks, observe the trend: are things getting better or worse? Monitor interactions until there is a pattern or plateau in their relationship.
- If the dog is the newcomer, be sure to give plenty of extra attention to the cat so she does not associate this change with reduced attention and affection. If the newcomer is a cat, it's also a good idea to make sure the dog associates the new intruder with good things for him. Shoot for positive associations always.
- Dogs should not have access to the cat litterbox – it is too stressful for the cat and the dog may eat cat feces and litter. Most dogs will also eat cat food the cat leaves behind – we suggest feeding cats in the cat's "safe" room or on a high surface. This is where the baby gate with a cat door at the bottom will be useful.
- If after all efforts, your new dog and cat(s) are not integrating well this is not a failure on your part. Some dogs and cats do not do well living with one another. If you have newly adopted a dog from AWLA, we will always take our dogs back. We fully understand that some dogs cannot be integrated into a home with cats.



Housetraining Your Adopted Dog

Most adopters have to deal with housetraining to some degree. Patience, a strict schedule, good cleaning methods and supervision are all the keys to having a reliably housebroken dog.

Housetraining and Adult Dogs

Many adult dogs adopted from animal shelters were housetrained in their previous homes. While at the shelter, however, they may not have gotten enough opportunities to eliminate outside, and consequently, they may have soiled their kennel areas. This tends to weaken their housetraining habits. Additionally, scents and odors from other pets in the new home may stimulate some initial urine marking. Remember that you and your new dog need some time to learn each other's signals and routines. Even if he was housetrained in his previous home, if you don't recognize his "bathroom" signal, you might miss his request to go out, causing him to eliminate indoors. Therefore, for the first few weeks after you bring him home, you should assume your new dog isn't housetrained and start from scratch by following the steps outlined below for successful housetraining. If he was housetrained in his previous home, the re-training process should progress quickly. The process will be much smoother if you take steps to prevent accidents and remind him where he's supposed to eliminate.

- Take your dog out at the same times every day. For example, first thing in the morning when he wakes up, when you arrive home from work, and before you go to bed.
- Praise your dog lavishly every time he eliminates outdoors. You can even give him a treat. You must praise him and give him a treat immediately after he's finished and not wait until after he comes back inside the house. This step is vital, because rewarding your dog for eliminating outdoors is the only way he'll know that's what you want him to do.
- Choose a location not too far from the door to be the bathroom spot. Always take your dog, on leash, directly to the bathroom spot. Take him for a walk or play with him only after he's eliminated. If you clean up an accident in the house, leave the soiled rags or paper towels in the outdoor bathroom spot. The smell will help your dog recognize the area as the place where he's supposed to eliminate.
- While your dog is eliminating, use a word or phrase like "go potty," for example, that you can eventually use before he eliminates to remind him of what he's supposed to be doing.
- Feeding your dog on a set schedule, once or twice a day, will help make his elimination more regular. Do not leave food out. If you don't control his eating schedule, you won't know when he has to go out.

Housetraining and Puppies

Housetraining a puppy requires time, vigilance, patience and commitment. Following the procedures outlined below, you can minimize house soiling incidents, but virtually every puppy will have an accident in the house (more likely several). Expect this – it's part of raising a puppy. The more consistent you are in following the basic housetraining procedures, the faster your puppy will learn acceptable behavior. It may take several weeks to housetrain your puppy, and with some of the smaller breeds, it might take longer.

Establish A Routine

- Puppies do best on a regular schedule. Take your puppy outside frequently, at least every two hours, and immediately after he wakes up from a nap, after playing and after eating.
- Praise your puppy lavishly every time he eliminates outdoors. You can even give him a treat. You must praise him and give him a treat immediately after he's finished eliminating, not after he comes back inside the house. This step is vital, because rewarding your dog for eliminating outdoors is the only way he'll know that's what you want him to do.
- Choose a location not too far from the door to be the bathroom spot. Always take your puppy, on a leash, directly to the bathroom spot. Take him for a walk or play with him only after he has eliminated. If you clean up an accident in the house, take the soiled rags or paper towels and leave them in the outdoor bathroom spot. The smell will help your puppy recognize the area as the place he is supposed to eliminate. While your puppy is eliminating, use a word or phrase, like "go potty," that you can eventually use before he eliminates to remind him of what he's supposed to be doing.
- If possible, put your puppy on a regular feeding schedule. Depending on their age, puppies usually need to be fed three or four times a day. Feeding your puppy at the same times each day will make it more likely that he'll eliminate at consistent times as well. This makes housetraining easier for both of you.

Paper Training

A puppy under six months of age cannot be expected to control his bladder for more than a few hours at a time. If you have to be away from home for more than four or five hours a day, this may not be the best time for you to get a puppy. If you're already committed to having a puppy and have to be away from home for long periods of time, you'll need to train your puppy to eliminate in a specific place indoors. Be aware, however, that doing so can prolong the process of teaching him to eliminate outdoors. Teaching your puppy to eliminate on newspaper may create a life-long surface preference, meaning that he may, even in adulthood, eliminate on any newspaper he finds lying around the house.

When your puppy must be left alone for long periods of time, confine him to an area with enough room for a sleeping space, a playing space and a separate place to eliminate. In the area designated as the elimination place, you can either use newspapers or a sod box. To make a sod box, place sod in a container, like a child's small, plastic swimming pool. You can also find dog litter products at a pet supply store. If you clean up an accident in the house, take the soiled rags or paper towels, and put them in the designated elimination place. The smell will help your puppy recognize the area as the place where he is supposed to eliminate.

Supervise, Supervise, Supervise

Don't give your puppy an opportunity to soil in the house. He should be watched at all times when he is indoors. You can tether him to you with a six-foot leash, or use baby gates, to keep him in the room where you are. Watch for signs that he needs to eliminate, like sniffing around or circling. When you see these signs, immediately take him outside, on a leash, to his bathroom spot. If he eliminates, praise him lavishly and reward him with a treat.

Confinement

When you're unable to watch your puppy at all times, he should be confined to an area small enough that he won't want to eliminate there. It should be just big enough for him to comfortably stand, lie down and turn around in. This area could be a portion of a bathroom or laundry room, blocked off with boxes or baby gates. Or you may want to crate train your puppy and use the crate to confine him (see our handout: "Crate Training Your Dog"). If your puppy has spent several hours in confinement, when you let him out, take him directly to his bathroom spot and praise him when he eliminates.

It's extremely important that you use the supervision and confinement procedures outlined above to minimize the number of accidents. If you allow your puppy to eliminate frequently in the house, he'll get confused about where he's supposed to eliminate which will prolong the housetraining process

Other Types Of House-Soiling Problems

If you've consistently followed the housetraining procedures and your dog continues to eliminate in the house, there may be another reason for his behavior.

- **Medical Problems.** House soiling can often be caused by physical problems such as a urinary tract infection. Such an infection can occur for a number of reasons but it is mentioned here with specific regard to shelter environments. Dogs at the shelter have no set schedule in terms of elimination. Some housebroken dogs who are used to being walked in order to urinate or defecate will frequently refuse to go in their kennel and instead wait for an opportunity to go outside. These dogs will "hold it" for quite some time. Because the urine is not being eliminated, bacteria can grow in the urinary tract. If your dog is difficult to housebreak (especially if the previous owners indicated that he had been housebroken) or if he eliminates frequently in odd places, especially after just being walked, you should take him to your veterinarian for a physical exam and a urinalysis.

A parasite infection could also contribute to housebreaking difficulties, such as diarrhea. Check with your veterinarian to rule out any possibility of disease or illness.

- **Submissive/Excitement Urination.** Some dogs, especially young ones, temporarily lose control of their bladders when they become excited or feel threatened. This usually occurs during greetings, intense play or when they're about to be punished. Please see the next section for more details.
- **Medication.** Certain types of medication can make your dog have an increased desire to urinate

- **Territorial Urine-Marking:** Dogs sometimes deposit urine or feces, usually in small amounts, to scent-mark their territory. Both male and female dogs do this, and it most often occurs when they believe their territory has been invaded.
- **Separation Anxiety.** Dogs that become anxious when they're left alone may house soil as a result. Usually, there are other symptoms, such as destructive behavior or vocalization .
- **Fears Or Phobias.** When animals become frightened, they may lose control of their bladder and/or bowels. If your dog is afraid of loud noises, such as thunderstorms or fireworks, he may house soil when he's exposed to these sounds .

Submissive and/or Excitement Urination

Submissive urination occurs when a dog feels threatened. It may occur when he's being punished or verbally scolded, or when he's approached by someone he perceives to be threatening to him. It's important to remember that this response is based on the dog's perception of a threat, not the person's actual intention. Submissive urination may resolve as your dog gains confidence. You can help to build his confidence by teaching him commands and rewarding him for obeying. You should also gradually expose him to new people and new situations and try to make sure all of his new experiences are positive and happy.

Your Dog May Be Submissively Urinating If:

- Urination occurs when he's being scolded.
- Urination occurs when he's being greeted.
- Urination occurs when someone approaches him.
- He is a somewhat shy, anxious or timid dog.
- He has a history of rough treatment or punishment after the fact.
- The urination is accompanied by submissive postures, such as crouching or rolling over and exposing his belly.

What To Do If Your Dog Has A Submissive Urination Problem:

- Take your dog to the vet to rule out medical reasons for the behavior.
- Keep greetings low-key.
- Encourage and reward confident postures from him.
- Give him an alternative to behaving submissively. For example, if he knows a few commands, have him "sit" or "shake" as you approach, and reward him for obeying.
- Avoid approaching him with postures that he reads as dominant, for example:
- Avoid direct eye contact – look at his back or tail instead.
- Get down on his level by bending at the knees rather than leaning over from the waist and ask others to approach him in the same way.

- Pet him under the chin rather than on top of the head.
- Approach him from the side, rather than from the front, and/or present the side of your body to him, rather than your full front.
- Don't punish or scold him - this will only make the problem worse.

Excitement urination occurs most often during greetings and playtime and is not accompanied by submissive posturing. Excitement urination usually resolves on its own as a dog matures, if it's not made worse by punishment or inadvertent reinforcement.

Your Dog May Have An Excitement Urination Problem If:

- Urination occurs when your dog is excited, for example during greetings or during playtime.
- Urination occurs when your dog is less than one year old.

What To Do If Your Dog Has An Excitement Urination Problem:

- Keep greetings low-key.
- Don't punish or scold him.
- To avoid accidents, play outdoors until the problem is resolved.
- Ignore him until he's calm.
- Take your dog to the veterinarian to rule out medical reasons for the behavior.

What do I do when my dog has an accident?

Expect your dog to have an accident in the house – it is normal for both an unhousebroken puppy as well as an adult dog who is adjusting to a new schedule.

· When you catch him in the act of eliminating in the house, do something to interrupt him, like make a startling noise (be careful not to scare him). Immediately take him to his bathroom spot, praise him and give him a treat if he finishes eliminating there.

· Don't punish him for eliminating in the house. If you find a soiled area, it's too late to administer a correction. Do nothing but clean it up. Rubbing your puppy's nose in it, taking him to the spot and scolding him, or any other punishment or discipline, *will only make him afraid of you or afraid to eliminate in your presence*. Animals don't understand punishment after the fact, even if it's only seconds later. Punishment will do more harm than good.

· Consider why the accident happened? Does the dog need more supervision? A smaller area to be confined in? Different food? Less food? Usually by making changes to some of these areas, you can get your dog on the right track to being housebroken.

It is true that small dog can be difficult to housebreak?

Yes. The toy breeds, such as Yorkshire Terriers, Chihuahuas, and Maltese, all have small bladders and generally can not “hold it” for a long period of time. Housebreaking toy breed puppies can take months, and even then you may not have a dog who can “hold it” for a normal eight-hour workday. Many small breed dogs are paper-trained, even through adulthood. A newer approach to the problem of housebreaking small dogs is to try litterbox training.

When do male dogs who have recently been neutered stop marking?

When some unneutered male dogs hit maturity, they begin to “mark” territory by urinating on it. This is not a housebreaking issue, and the problem is nearly always solved through having the dog neutered. It takes about 30 days for the hormones that encourage marking behavior to leave a dog’s system. During that time, your recently-neutered male dog may mark in your home once or twice. He will still most likely mark when taken for walks, or when taken to places other dogs have marked, such as the veterinarian’s office.

My dog seems embarrassed to “go” in front of me. What should I do?

We have known some adopted dogs who seemed to have “modesty” problems. In researching these cases, they seem generally to have been dogs who had become used to going to the bathroom off leash in their previous homes and are not used to having a person so close to them. If you don’t have the ability to let your dog off leash in a fenced area for regular housebreaking outings, try using a long, 10ft. leash (you can use inexpensive clothesline) and then ducking behind a tree on walks. This may give your pup a sense of privacy and encourage her to go. If this doesn’t work, call our counseling department for more ideas.



How Your Dog Can Have Fun with KONG Toys

Kong Dog Toys are enjoyed by most dogs, especially when you stuff the toy full of delicious treats! The large opening in the Kong is just wide enough for your dog to get his tongue into and therefore just wide enough to give him a taste of the tempting food inside. Most dogs find a stuffed Kong to be quite interesting and challenging and will occupy themselves for long periods of time trying to get the food out. We suggest you keep an extra stuffed Kong at the ready (perhaps in the freezer) for moments when your dog needs something to do (such as when Aunt Betty, who doesn't like dogs, comes to visit). Stuffing Kongs is also a good way to get rid of unwanted left-overs!

The following recipes are from the Kong company and can be utilized to promote good behavior in your dog.

Kong Stuffing Recipes

As you create recipes, be sensitive to your dog's tummy as you experiment. **REMEMBER: Some foods are not healthy for dogs. Check with your vet first.** Following are recipes created by veterinarians, dog trainers and dog lovers worldwide.

- ✓ **Simple, Tried, and True:** Peanut butter · appropriate Kong Toy. Smear peanut butter inside the cavity of your Kong Toy. It's that easy!
- ✓ **Banana Rama:** 1 fresh banana · 2 tbs wheat germ · 1 tbs plain yogurt (can use your pet's favorite flavor as well) · Kong Toy that best fits your pet's chewing temperament. In a bowl, mash up banana. Then, add wheat germ and yogurt. Mash all ingredients together and use spoon to add to Kong. Freeze for 4 hours. Makes 1 serving for Medium Kong. Double for every Kong Size that is bigger.
- ✓ **Cheesy Dental Kong Delight:** 3 slices of your pet's favorite cheese · Dental Kong Toy. A very simple and creative way to make any pet drool in delight. Just place the 3 slices of cheese directly onto the grooves of your pet's Dental Kong (if model has rope - make sure cheese does not get onto it). Melt in microwave for 20 to 30 seconds. Give to pet after it cools.
- ✓ **Philly Steak:** steak scraps · 1 ounce cream cheese · appropriate Kong Toy Place small scraps of the steak inside Kong toy. Spread cream cheese in large hole to hold scraps.
- ✓ **Fruit Salad:** apple and carrot chunks · 1/4th of a banana · appropriate Kong Toy. Place apples and carrots in Kong Toy. Mash the banana in large hole to hold fruit in place. You can include other fruits and veggies: orange slices · peach and/or nectarine chunks · celery sticks · broccoli and/or cauliflower · tomato and black olive mixture.
- ✓ **Veggie Kong Omelet:** 1 egg · your choice of shredded cheese · any vegetables that your pet may like · appropriate Kong Toy. Scramble egg and fold in vegetables. Put into Kong toy. Sprinkle some cheese over the top and microwave for about 20 seconds. Cool thoroughly before giving to dog.
- ✓ **Mac N' Cheese:** Leftover macaroni and cheese · small cube of Velveeta · appropriate Kong Toy. Melt Velveeta in microwave until gooey. Add mac 'n cheese to Kong Toy. Pour heated Velveeta into Kong. Make sure it has cooled before giving to your pet.



Separation Anxiety

Here are some suggestions for people who have animals that exhibit signs of separation anxiety.

- ❖ Give your dog more exercise, a tired dog is a good dog. Most dogs can sleep a good portion of the day if they are worn out.
- ❖ Don't underestimate the importance of mental stimulation. Use treat dispensing/puzzle toys, stuffed Kongs, etc. along with training and new places/interactions/dog meetings to keep your dog's mind busy so they don't get bored. If your dog doesn't need to be crated hide treats in random spots around the house for them to find during the day while you're gone.
- ❖ Make your arrivals and departures very low key, don't make a big fuss while saying hello and goodbye. Be casual and calm; interactions with your dog should be on your terms, give them attention when you want to, not every time they seek it or they will come to expect it all the time.
- ❖ Place an article of worn clothing in or near the crate to help the dog stay calm in your absence.
- ❖ Turn on a radio or television with calm talking or gentle music that will possibly help relax and remove stimulation from outside noises. This can also help some dogs bark or whine less.
- ❖ If you have an especially loud dog that barks while you are gone, get a Gentle Bark collar which sprays citronella (not harmful just foul smelling) in the dog's face when it barks.
- ❖ If your dog isn't destructive while you're gone you can switch from crating to baby gating. Having more space can help some dogs relax more and feel less confined.
- ❖ Get your dog accustomed to things that you do before you leave, like getting your keys out, putting on your coat etc. without actually leaving the house. Some dogs get very worked up as soon as they notice patterns of behavior, long before you even leave the house. Reduce this stress by making these "departure behaviors" common place.
- ❖ Vary your schedule if you can. They do not get as worried if they know you aren't always leaving for such a long time.

- ❖ If you return home and find an accident or something destroyed, don't punish the dog; they don't know what they did wrong and it will just confuse them and increase anxiety.
- ❖ Doggie day care can be a good but costly option for some dogs who can't handle being alone for prolonged periods of time. When choosing a doggie day care, make sure they separate the dogs by size so the smaller dogs are not interacting with the large dogs to avoid the risk of injury.
- ❖ Try using Rescue Remedy (an additive that you put on the dogs tongue or in the water) to lower stress.
- ❖ Sprays or diffusers that release aromas into the air made from lavender (only real lavender extract works, imitation smells won't help) which is a natural calming agent, or DAP: Dog Appeasement Pheromones (imitate the pheromones of a nursing mother dog) can also be used to relieve anxiety.
- ❖ If none of the above seem to help, you can speak with your vet about medication. Many medications such as Melatonin, Prozac and others can help with anxiety and stress in dogs.