

# CARING FOR YOUR DOG

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Learn valuable information about *how to care for your new dog* in this resource guide. >>



If you have additional questions about the behavior or health of your new pet, or just want to update us with photos of them as they grow, please do not hesitate to contact us at **1.877.580.PETS** or **[info@foundanimals.org](mailto:info@foundanimals.org)**





# Congratulations on adopting your new dog!

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You will find a lot of valuable information about how to care for your new dog in the following pages. This resource guide will act as a valuable reference tool for you and your new pet from day one.

If you have additional questions about the behavior or health of your new pet, or just want to update us with photos of them as they grow, we're here!

Please do not hesitate to call us at:  
877-580-PETS(7387) or [info@foundanimals.org](mailto:info@foundanimals.org)



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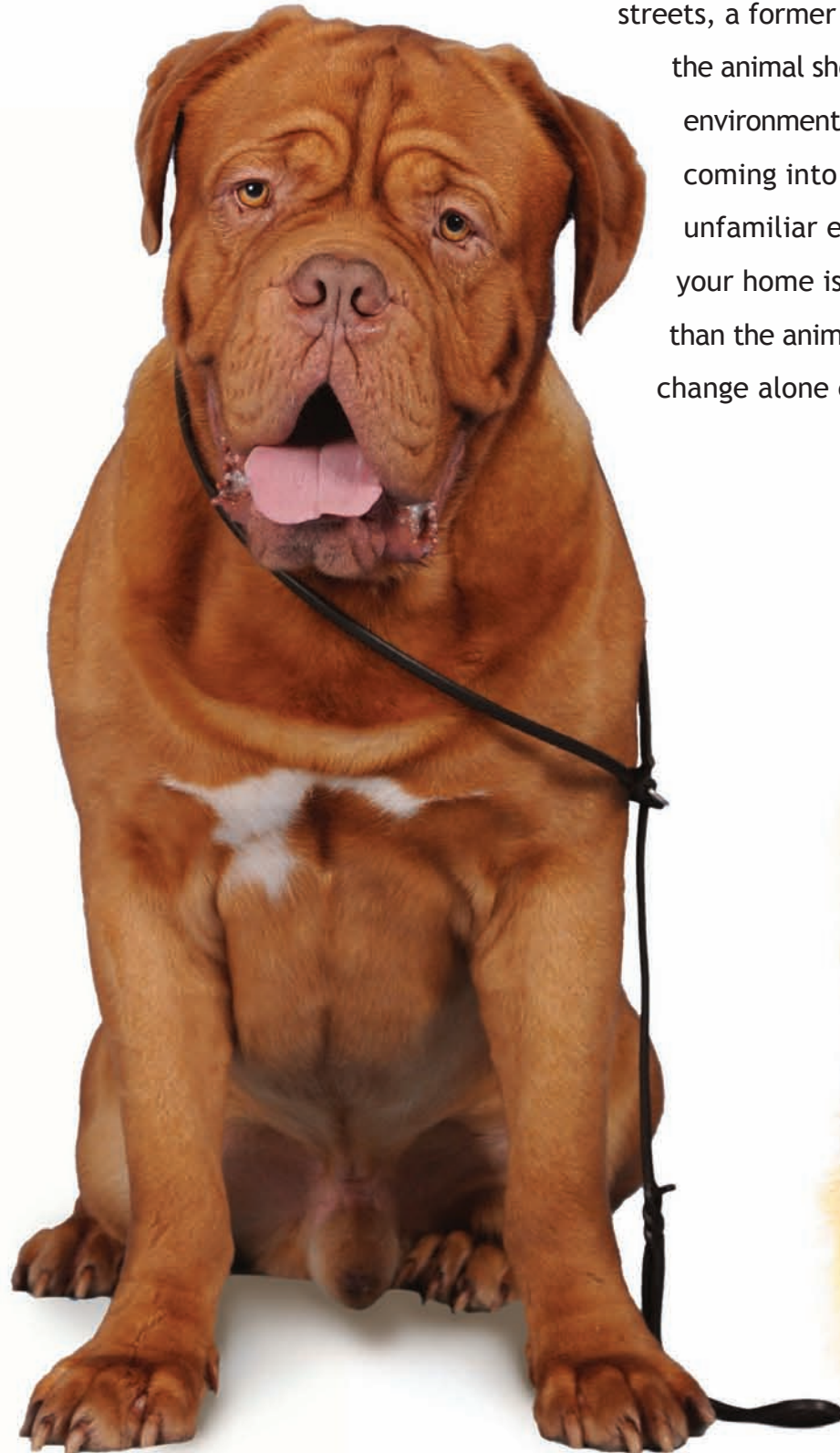
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# Congratulations...

...on the newest addition to your family! Adopting and bringing home a new dog is a joyous and exciting occasion, but it also requires some careful planning and understanding. It is important to consider that your new dog has been taken out of some circumstance (be it the

streets, a former home, or etc), placed into the animal shelter (which is a very stressful environment for animals), and is now coming into yet another new and unfamiliar environment. Undoubtedly, your home is much more comfortable than the animal shelter, but the environment change alone can be very stressful on your



new dog. With this said, we advise you to prepare your home accordingly prior to your new dog's arrival.

This manual is meant to offer helpful suggestions to you in caring for your new dog. The contents of this manual are for informational purposes only. It is not intended as a substitute for professional veterinary advice, diagnosis, or treatment. Always seek the advice of your veterinarian with any questions you may have regarding a medical/dental condition. Never disregard veterinary advice or delay in seeking it because of content found in this manual. Reliance on any information provided by Found Animals Foundation, Inc. is solely at your own risk. In addition, any links to external websites provided in this manual are provided as a courtesy. They should not be construed as an endorsement by Found Animals Foundation, Inc. of the content or views of the linked materials. Found Animals Foundation, Inc. makes no guarantees, or warranties of the services or products of the companies and organizations for which it has provided website URLs in this manual. If you choose to visit any website listed in this manual, or conduct business with any business or company listed in this manual, or choose to employ, contract or retain their services, etc., then you are doing so at your own discretion and risk.





# BASICS

## How to Prepare for the First Few Days

### Supply Checklist

- Secure collar, leash, and identification tags\*
- Nutritious food
- Crate or carrier
- Bedding
- Food and water bowls
- Grooming tools
- Toys
- Treats

\* We strongly suggest that you get identification for your pet within the first day. Even if you're not sure what your new friend's name is yet, having your name and contact information can make the difference in recovering your pet.

### Dog Proofing Your Home

When welcoming a dog into a new home, you should prepare your home much like you would for a toddler. Examine your home in terms of what your new dog may have access to, such as drawers, kitchen counters, fragile items, or even hazardous materials. Dogs are not beyond searching for snacks from beneath the bathroom sink, nor are they conscious of their tails that can knock all precious items off a coffee table. Here is a quick check-list that can help you in this process that we suggest you go over before bringing home your new dog:

- Are all fragile items off coffee tables?
- Are your candles out of the dog's reach?
- Are your electrical cords (or anything else your new dog can trip or entangle itself in) secured?
- Are your other pets kept in a safe and secure area?
- Is your yard completely fenced in?
- Are there any loose panels or gaps in your fence that your new dog can escape through?
- Are any of your plants or any of the chemicals you use in your home or yard poisonous to dogs?
- Do you have a pool? Is it covered?
- Are all of your trash cans secured?





## What to Make Available for Your New Dog

- It can be overwhelming to an animal who has only known a small cage for the past days, weeks, or months to have full access to your home. Provide your dog with a “safe place,” such as a snuggly crate, a warm bed, or a safe zone such a bathroom or bedroom.
- Provide your dog with daily exercise. Keep in mind that anytime your dog is outside of a securely fenced area or your home, it should be on a leash.
- Constant access to fresh water is important for your dog to stay/keep healthy, hydrated, and comfortable.
- Toys are an important part of keeping your dog entertained and they can also serve as a stress reliever, especially for his first few days in a new home. See our section on dog toys for more information.
- Provide a safe, quiet place for your dog to eliminate (outside or inside on litter or pee pads) in order to make house training run much more smoothly.
- Daily human contact and positive socialization is extremely important, particularly for the first few days.

Your dog might cry or whine, sleep a lot, seem stressed, pace, or show anxious behavior during its transition into your home and family. Do your best to be patient with these behaviors, even if they are difficult for you to see. Keep in mind that dogs love routine—try to get your new pet on to a schedule as soon as possible. Having a set idea of what to expect each day will make your dog feel more comfortable. Additionally, try not to coddle your dog while he is displaying this type of behavior, as this can reinforce it and lead to anxiety issues.



When introducing your new dog to your existing pets (dogs, cats etc), all of the initial time together should be supervised. The following are some tips you can use to ensure a smooth dog-to-dog introduction:

## The Setup

- Choose a neutral location like an unfamiliar park so that there is no sense of dominance/ submission implied by the location.
- You should have the two dogs on leashes held by two different people so that you can maintain control over the interaction.
- Have treats ready to reinforce any good behavior.
- If you already have more than once dog in the home, introduce each of them individually to the newcomer. Make sure that each dog is comfortable with one another before putting them together in your home.

## The Introduction

- Use a happy and upbeat tone of voice during the introduction and praise good behavior.
- Give your dog familiar commands so that he remains attentive to you throughout the introduction.
- Be patient, as forcing them together prematurely will not help the dogs and can be potentially be scary or dangerous for all parties involved.

## Behavior

- A normal, acceptable greeting has loose body postures, as well as each dog allowing and engaging in sniffing the other dog.
- Tail wagging doesn't necessarily mean that the dogs are happy. Lip curling, growling, staring, and stiffening of the body or tail are all warning signs.
- If you do notice any tension building between the dogs, back the dogs away and try reintroducing them once they each have calmed, perhaps putting a greater distance between them. Each time they are able to get closer, reward them and praise to encourage this excellent behavior.
- A “play bow” (lowering their front legs to the ground while keeping their butts in the air), indicates that the dog seeks to engage in play. However, just because one dog wants to play does not mean the other dog is ready. Again, watch both dogs' body language during each interaction.
- It is possible that your dog(s) display indifference about the interaction - this is still a good thing. Praise the dogs and give them treats for this great behavior.

## After the Introduction

- Keep the dogs in separate rooms until you are successful at introducing them and completely confident in leaving them alone. They don't have to be best friends, only get along.
- Be sure to feed each of the dogs separately (either in separate rooms or crates) so that there is no possessiveness over food.

## Introducing Dogs of Different Ages

When introducing a new puppy to your existing dog, you will probably not have any problems. However, you should definitely supervise their first few interactions. If your dog has a history of aggression, biting or growling, it is better to keep the two separated until your puppy is a bit larger and able to handle an adult dog. Again, introduce them in a neutral area and on leashes. Senior dogs might take a bit longer to warm up to a new puppy, so be patient.

## Introducing Dogs to Other Pets

If you're introducing your new dog to an existing cat or other small pet, be sure to supervise the interaction even more closely as there is more potential for harm. The smaller animal should have a place to go to get away from the larger one. That might mean the top of the cabinet, a safe spot in their cage, or another room. Never force the interaction. They must get to know one another on their own terms but should always have separate places to go if they feel threatened or frightened. Cats can flee to higher perches and bunnies to their cages. Any "pocket pets" that are generally kept in cages should have a secure lid that is dog-proof and a place where they can go inside their cage and not see the dog. They see the dog as a predator and need to feel safe and secure in their home.

## Troubleshooting

If you have tried repeatedly to get your new dog integrated into the household with no success, contact a professional animal behaviorist. Your veterinarian can recommend someone in your area who can expedite their positive interaction. Don't hesitate to contact an expert—dog fights can be serious and can potentially cause harm to both dogs. Getting the right start can set the stage for a long and loving relationship.

**Make sure that your dog has proper identification on them at all times**—your dog should wear an identification tag at all times. The tag should have your name and contact information as well as possibly your pet's name. Some cities require that the dog wear their license at all times as well as their rabies tag at all times. Check with your local animal control for details.

**Follow local laws for vaccinations and license registration.** Most dogs are required to have a current rabies vaccination, which protects both you and your dog. Often your local shelter will have information on where to obtain low cost vaccines and can also let you know which are required in your area.

**Keep your dog on a leash when they are off of your property.** It protects your dog from traffic, other dogs and dangers, and ensures that you are able to control them at all times.

**Spay or neuter your dog.** Sterilizing your pet will help to keep them healthy. Some of the benefits include easier care, better behavior, better health and no unexpected pregnancies. Please see the chapter entitled "Healthy Dogs: Myths about Spay/Neutering" for more information. Your local animal care center is a great resource for finding low cost clinics for altering your new dog, if they were not already fixed when you adopted them. Puppies as young as six months old can become pregnant or impregnate other dogs.

**Provide appropriate and regular veterinary care.** Choose a great "regular" vet for routine check-ups, vaccinations, etc. and also locate your closest emergency veterinarian for when you need them. Twice yearly visits to the vet are a great idea—they will provide a baseline for what to expect. A month before the visit, start assembling questions about behavior or health so that you're prepared when you're finally with your veterinarian.

**Give your dog nutritionally appropriate food and constant access to fresh water.** Consult with your veterinarian about the right kind and amount of food for your dog. Many common problems (hyperactivity, loose stools, gas, etc) can be solved with proper nutrition. Read the label of your dog's food the same way that you would read the label on your food. Avoid food with meat by-products (feathers, hooves, eyes, etc).

**Exercise and socialize your dog.** Not only does spending time with your new dog forge a bond that will last a lifetime, it also teaches your dog about you, your expectations and your needs. It will also teach you about your dog, their expectations and their needs. Exercise is good for the both of you! Studies show that people with dogs have lower blood pressure, lower blood cholesterol levels, higher rates of survival after serious illness, fewer doctor visits, better mental health, less stress, less depression and overall better health.

**Give your dog proper shelter.** Having a doghouse in the yard in addition to access to your home is great. However, dogs should not be left outside for long periods of time. They are pack animals and need to spend time with your family—their pack. Leaving them alone in the yard makes for a bored, lonely dog, and can often lead to destructive behavior.

**Train your dog.** Plan on taking your dog to a basic obedience class. Teaching them good doggie manners is essential to making them welcome in your house and in your neighborhood.

**Be loyal to and care for your dog.** Nobody is perfect, nor is any dog. Please be sure that your expectations of your new dog are fair and reasonable and know that almost any behavior issue can be helped. If you are ever struggling with your pet, contact Found Animals, your veterinarian, or your local animal care facility for advice.



Since your dog was adopted from one of the local animal care centers, he has been equipped with a microchip. This microchip is roughly the size of a single grain of rice and has been implanted just beneath your pet's skin, between their shoulder blades. All animal control officers, animal care facilities, and veterinary hospitals scan stray animals for microchips. It is important for you to register your pet's microchip with the microchip company. You must also keep your microchip information up to date! Owners frequently fail to update their microchip information when they move or change their phone number and pets end up stranded at the local animal care facility without any owner information.

Microchips are a great identification tool, but they are no substitute for ID tags. Be sure to equip your pet with a personal ID tag, complete with current phone numbers and address.

## Common Household Hazards

There are food and common household items that can be dangerous to your new dog. They should be stored safely beyond their reach in locked cabinets or away from reach. There are more comprehensive lists available online; however what follows is a list of the most common household hazards:

- Not all food consumed by humans are safe for pets. Here is a list of foods that can be hazardous:

Alcoholic beverages	Caffeine
Chocolate	Fatty foods
Chicken and turkey bones	Grapes and raisins
Onions	Macadamia nuts
Salt and sugar	Yeast dough

- Be conscious of the everyday items that are poisonous to your dog and keep them secured:

All medications	Anfreeze
Rodent poison	Batteries
Car care products	Fertilizer
Household cleaners	Nicotine products
Insecticides	Pools and ponds

If your pet ingests a dangerous substance, don't hesitate. Call the ASPCA's poison hotline at 1-888/426-4435 (some fees may apply).

Depending on the age of your new dog, he will need different types of toys. These toys are great stimulation for your dog and will help provide entertainment for them when you're not around. There are many, many different types of toys in the stores—everything from squeaky plush toys to teething toys to intelligence toys. Try each of them out to see if your dog is interested in them. And keep in mind that different toys appeal to different dogs—and even that some dogs don't enjoy playing with toys.

If your dog is less than one year old, it's important to provide them with a teething toy. These are generally harder rubber (but not stiff) that provide good gum stimulation while allowing them to work on a toy rather than a piece of your furniture. When they are losing their baby teeth and swapping for adult teeth, there are 42 coming through—TEN more than humans. If you have a small breed dog, baby toys are also often appropriate.

Some dogs also enjoy "game" toys—one where they are required to use their brains to figure out how to get at whatever's inside—a squeaky toy or kibble. These are great toys for your dog as it challenges them to think differently and problem solve.

Furry or soft toys are great comfort to your dog. They remind them of being in their litter and they find them to be rewarding and relaxing.

In any situation, it's a good idea to monitor your dog's toys and check them regularly for wear and tear. Some toys have parts that can be chewed off and your responsibility is to protect your pet from ingesting anything dangerous. Using their favorite toy to hide-and-seek is also a great way to exercise your pet and mentally stimulate them.





# Fun Things to do with Your Dog

**Agility trials** involve human handlers guiding dogs through elaborate obstacle courses. This sport can vary from the hobbyist to the highly competitive. Agility trials are a great way for your dog to exert a lot of their energy and learn to focus while highly aroused. For more information, visit [www.agilitytrial.com](http://www.agilitytrial.com).

**Animal Assisted Activities (AAA)** are those in which animals and their handlers visit nursing homes and hospitals in order to achieve general goals such as cheering up patients or promoting socialization. Animals and handlers may or may not require certification for AAA, depending on the facility or event.

**Animal Assisted Therapy (AAT)** have goals that are more specific than AAA and are typically tailored for a patient's particular condition. Like AAA, pets and handlers will be visiting nursing homes and hospitals for the purpose of improving human health. For more information on AAA and AAT and the certification process, visit [www.deltasociety.org](http://www.deltasociety.org).

**Backpacking and hiking** are great ways for both you and your dog to get outdoors and exercise. Make sure to go prepared with food, water, first-aid, and proper weather appropriate accessories such as dog boots for extreme hot or cold terrain. Also make sure to consider the health and physical condition of you and your dog while planning your trip; you do not want to over exert yourself or your dog. For more information, visit [ww.hikewithyourdog.com](http://ww.hikewithyourdog.com).

**Day trips** are a great way to spend time with your dog while going on with your daily life. You can take your dog with you to visit family and friends or to the local pet supply store (most of which allow dogs inside). The visual, olfactory, and mental stimulation provided by simple day trips are a special treat for your dog.

**Dog parks and beaches** are open areas specifically designed to allow dogs to roam free and socialize with other people and dogs. Be sure that you and your dog are confident, comfortable, and socialized before visiting a dog park. Be sure to keep a close watch over your dog as he interacts with the other dogs at the park as there is no guarantee that the other dogs are confident, comfortable, and socialized. For more information, visit [www.dogparkusa.com](http://www.dogparkusa.com).

**Freestyle Musical Dance** is an activity in which handlers and dogs perform a choreographed set of moves to music. This is a good way to exercise your dog while building your relationship and exercising your creativity. For more information, visit [www.dogplay.com/Activities/musical.html](http://www.dogplay.com/Activities/musical.html).

**Flyball** is a relay race in which dogs race over hurdles, retrieve a tennis ball from a spring loaded launcher, and then race back. These competitions are done in teams of four dogs. Like agility trials, handlers and dogs that participate range from hobbyists to the highly competitive. Flyball can be a great activity for any dog but particularly for high energy, intelligent dogs. For more information, visit [www.flyball.org](http://www.flyball.org).

**Frisbee** is another great activity that can keep both you and your dog healthy and fit. Frisbee can be played leisurely or competitively. Note that because Frisbee involves a lot of jumping, it is advised that you consult your veterinarian before beginning your dog on a vigorous Frisbee training schedule. For more information, visit [www.skyhoundz.com](http://www.skyhoundz.com).

**Obedience training** can go beyond the basic training that every dog should undergo. Obedience trainings are common and offered to fit a variety of preferences and interests. You will begin by branching off the most basic of obedience commands and you can move as far as competing in serious obedience trials. You and your dog will benefit from any type of obedience training.

**Tracking** is essentially playing hide-and-seek with an item for your dog to search for. For example, you can hide a treat in a glove or stuffed animal and bury it under shallow dirt, snow, or pile of leaves. This is a simple and often impromptu game you can play to keep your dog mentally stimulated.

**Trick training** is a fun way to bond with your dog as well as teach him tricks you can show off. For more information, see [clickertraining.com](http://clickertraining.com).

**Vacations** with your dog are becoming more popular as more and more hotels are available with pet-friendly rooms. It can be very rewarding for your family and your dog to vacation together. When planning your vacation, be sure to research pet-friendly hotels, parks, beaches, and other attractions prior to your trip. For more information, visit [www.dogfriendly.com](http://www.dogfriendly.com) and [www.petfriendlytravel.com](http://www.petfriendlytravel.com).

*Whenever you consider involving your dog in any strenuous activity or extended trip, be sure to schedule a health check in order to ensure that your plans are safe and healthy for your dog.*





# TRAINING



## *Crate Training and Housebreaking*

Your new dog might have been housetrained at its last home, or he might have never been trained. After having been in the animal care facility, he is likely to have forgotten many of his old habits and could use a refresher. If you have adopted a new puppy, he will need the training from scratch. The best, most efficient and easiest way to housetrain your new puppy or dog is crate training. Crate training will require time and patience on your part, but it will greatly benefit you and your relationship with your dog.

### ***Selecting the Right Crate*** ←-----

Crates are available in different shapes and sizes. It is important that you select a crate that is properly sized for your pet. Your dog must be able to comfortably stand and turn around in the crate, but make sure it is not large enough for him to eliminate at one end of the crate and retreat to the other side. If your dog is still growing, choose a crate made for his adult size and simply block access to the excess area.

### **Step 1: Introducing Your Dog to the Crate**

It is important to create positive thoughts for your dog with his crate. Set up your crate so that it is in an area of the house where the family spends a lot of time, such as the living room. You should make the crate a comfortable, welcoming place for your new dog. If it's a puppy, it might be their first night away from its littermates or mom and a snuggly crate can be a reassuring location. Encourage your dog to investigate and enter the crate by using a happy tone of voice and treats. Do not force your dog into the crate. If he is reluctant, try tossing treats or a favorite toy into the crate. If he does not enter the crate the first time, it's okay—just continue praising him for investigating the crate. Some dogs will enter almost immediately while other may take days to coerce.

### **Step 2: Feeding Your Dog His Meals in the Crate**

If your dog is still reluctant to enter the crate, put his food as close to or as far inside the crate that your dog will comfortably go, slowly moving it deeper into the crate at each feeding. If your dog is comfortably entering the crate, feed him so that he is completely inside the crate. Once your dog is comfortably standing and eating inside the crate, close the crate door while he is eating. The first time you do this step, open the door as soon as he is done with his meal. For each subsequent feeding, increase the time he spends in the crate in small increments until he is comfortable being in his crate for ten minutes or so after eating. If he begins to whine while in the crate, you may have increased the time he spends in the crate too quickly. Next time, try leaving him in for a shorter period of time. DO NOT let your dog out until he stops whining. Otherwise, he will learn that whining and crying is his ticket to getting out of the crate and he will continue doing so.

### **Step 3: Conditioning Your Dog to Crate for Longer Periods of Time**

Once your dog is comfortable taking his meals in the crate, you can begin confining him for short periods of time while you are home. Call your pet over to the crate and give him a command to enter, such as "inside" or "kennel." Praise your dog, give him a treat, and close the crate door. Sit quietly next to the crate for five to ten minutes, and then exit the room so that your dog cannot see you. After a few minutes, return, sit quietly next to the crate for another five to ten minutes, and release your dog. Again, do not let him out if he is whining. Repeat this process several times a day and slowly increase the amount of time he spends in the crate with you out of sight. Once he is comfortably crating for thirty minutes or so, you can begin crating him for short periods of time while you are out of the house or begin crating him at night.



#### Step 4: Crating When Your Dog is Left Alone and at Night

After your dog is comfortably crating for thirty minutes or so while you are home, you can begin crating him while you are gone for short periods of time. Have your dog enter the crate with the regular command and treat that he is accustomed to. You may want to consider leaving him with some safe toys while you are gone. It is advised that you kennel your dog at different points during your "getting ready to leave" routine. You may crate your dog from five to twenty minutes before you actually leave and then make your goodbye brief, relaxed, and uneventful. When you get back, remain relaxed and do not reward any excited behavior from your dog. Keeping your departures and arrivals as low-key as possible will help avoid increasing your dog's anxiety about being left alone. Continue to crate your dog for short periods of time while you are home so that your dog does not associate the crate with being alone.

If you would like to crate your dog overnight, you may want to move the crate into your bedroom or a nearby hallway just during training. Puppies typically need to eliminate during the night, and you will want to be close enough to hear his whining if he needs a potty break. Older dogs should initially be kept closer so that they do not associate the crate with social isolation. Once your dog is comfortably crating overnight with the crate near you, you can begin moving it gradually further away.

#### Housebreaking Tips

Use the following tips and techniques in conjunction with crate training in order to housebreak your dog:

- The amount of time that your new dog can be kept in its crate will need to start at short intervals and then gradually lengthened. Once trained, an adult animal can control its bladder for up to 10 hours at night.
- Puppies cannot be left in crates more than three or four hours at a time. A puppy will need time and training to develop the muscles. Plan on taking your puppy out 45 minutes after it eats or drinks.
- When your new dog is out of their crate, keep your eye and leash on them. If they start to relieve themselves, tell them "no!" and quickly grab the leash or the dog and rush them outside.
- When your dog relieves itself in the specific or appropriate place, praise them verbally and perhaps with a small treat.
- Keep in mind that smaller dogs have smaller bladders and might need to go out more often than large dogs.
- Do not punish your dog for any accidents in the house, as it is not an efficient mode of training and can traumatize your dog, causing him to fear you.
- Make sure that you carefully clean up any accidents with an enzymatic cleanser that will remove any trace of the waste, as animals are inclined to eliminate in areas that smell of urine or feces.
- All dogs will have accidents inside—it's through your consistent training, praise, and routine that you will minimize them till your pet is 100% housebroken.

#### Potential Crating Problems:

- Too much time in the crate: If not used correctly, your dog can feel trapped and anxious while in their crate and the benefits of crate training will be lost. You dog should not be crated for more than 40% of their day. You dog should not be kept in the crate all day and all night. Puppies under six months of age should not spend any more than three or four hours in the crate because of their small bladders.
- Whining: At first, it may be difficult to determine if your dog is whining because he wants out or if he is whining because he needs a potty break. If you work to avoid reinforcing the former, it will increase the likelihood of the latter. Do not reward your dog for whining (by letting him out or paying him attention) and do not punish him by yelling at him. The best thing to do if your dog is simply whining is to ignore him. If you suspect that your dog is whining because he needs to eliminate, use the phrase he associates with potty breaks and see if the whining stops or if he gets excited. If so, take him out to eliminate but do not play with him as sole purpose of this trip should be eliminating.
- Separation anxiety: Crate training is not a solution for separation anxiety. Though the crate may keep your dog from being destructive, he may injure himself attempting to escape the crate. Separation anxiety can be helped by medication, counterconditioning, and desensitization. Consult a professional behaviorist and your veterinarian in order to work out a treatment plan.





# Choosing a Dog Trainer

Training classes are a fun, social activity that can help your dog become an obedient, safe, and valued member of your family. Because many dogs are given up due to destructive or unruly behavior, investing in a good training class will greatly benefit both you and your dog. The following are a few questions to guide you to the right trainer and class environment that best fits you and your dog's needs:

## Why is training necessary? <<-----

Like children, dogs (even adult dogs) need boundaries. Your dog needs to be taught what behaviors are acceptable and what behaviors are not acceptable. If you choose not to train your dog properly, it can result in destructive, unsafe, or unruly behavior. Good training classes enable handlers to safely and humanely modify and control their dog's behaviors while strengthening the bond between owner and dog.

## What should I look for in a trainer? <<-----

Seek a professional, reputable behaviorist that promotes the use of humane training and positive reinforcement such as food, attention, praise, or play. Avoid trainers that practice techniques such as yelling, choking, scruff shaking, tugging of the leash, alpha rolling (forcing the dog onto his back), or other aversives that may frighten or inflict pain on your dog.

## Where can I find a trainer? <<-----

Start by asking for recommendations from friends, neighbors, veterinarians, humane societies, kennels, or groomers. You can also search your local listings for trainers in your area. Research your potential trainers and find out how long they have been practicing, how they were educated, what type of certification they have, and what methods they use. Request a tour of their facility and inquire if the trainer has clients that can provide references on their behalf. Do not assume that the trainer's certification or membership to an association qualifies him or her as a suitable trainer, as not all certifications or memberships will meet your standards.

## Which class format is best? <<-----

In group classes, your dog will learn to socialize with other dogs, accept handling from other people, and respond to your commands despite distractions. You benefit from watching other owners interact and train with their pets and you will build a sense of camaraderie with your fellow handlers and pets. You lose these types of benefits in self-help training, private lessons, and dog-only training. Also, there is no guarantee that your dog will obey your commands in the same way he learns to obey his trainer in dog-only classes. All members of the family should participate as much as possible in training so that commands and training will be consistent between all family members. This will also strengthen your family members' relationships with your pet.

## What should I seek in a group class? <<-----

- Are there separate classes for puppies and adults?
- Are there different levels (beginner/intermediate/advanced) of classes offered?
- Are the methods humane and varied?
- Is proof of vaccination required?

- Does the class size allow for individual attention?
- Are the students, human and K9, enjoying themselves?
- Is praise given frequently?
- Are voice commands given in a positive tone?
- Are the dogs and handlers actively encouraged?
- Are handouts available?
- Is information available on how dogs learn, basic grooming, problem solving, and other related topics?

## How much does training cost? <<-----

The cost of training will vary depending on where you live and what type of training you want. Group classes can cost \$40-\$150 for 4-8 weeks of classes and private classes can range \$240-\$600 for 6 weeks. Some animal care facilities offer subsidized training programs for dogs that have been adopted from their facility. Be sure to research all your local options in order to get a feel for the prices in your area.

## What is the best age for training? <<-----

Although the best time to train and socialize a dog is between 8 and 16 weeks of age, your dog will greatly benefit from training at any age. Puppies should be enrolled in training classes designed specifically for puppies and dogs older than 16 weeks of age should be enrolled in basic training or those tailored for your specific interests.

Once you have selected and signed up for a training program, congratulations! You have put your dog on the path to becoming a well behaved and value member of your family as well as a safe member of your community. In order be successful in with your training:

- Have your dog examined by your veterinarian prior to class
- Feed your dog a modest meal because most trainers
- use treats as motivation
- Come equipped with all the training equipment required by your trainer
- Practice in between sessions with brief lessons that end on a positive note





## Teaching "Sit" <<-----

Hold a treat in front of your dog's nose and just beyond his reach. Slowly raise the treat above his head so that as his eyes follow the treat, his backside naturally sits. As soon as he begins the sitting motion, say "sit." Once his bottom is firmly placed on the floor, give him the treat and praise him with "good sit!" If your dog is jumping for the treat, you may be holding the treat too high above him. If your dog backs up instead of sitting, try training him next to a wall that can limit his movement backwards.

## Teaching "Down" <<-----

Begin with your dog sitting in front of you. Hold the treat against the floor and close to the dog's body. Slowly move the treat away from your dog so that a laying down motion would enable him to follow the treat. As soon as he begins the laying motion, say "down." Once the dog is down, reward him with the treat and praise. If your dog stands up instead of laying down, try again and note that this trick will likely take some time to learn.

## Teaching "Stand" <<-----

Begin with your dog sitting in front of you. Slowly move the treat close to your body and take a step backwards. Your dog should stand in order to follow the treat. As soon as he begins the standing motion, say "stand" or "up." Once the dog is standing, reward him with the treat and praise him.

## Teaching "Sit" from "Down" <<-----

Start with the dog in the down position. Hold the treat in front your dog's nose and move it slowly above his head. Like with the normal sit command, your dog should naturally sit up while he follows the treat. As soon as he begins the sitting motion, say "sit." Once he is sitting, reward him with the treat and praise him.



Unlike the methods above, the "nothing in life is free" technique that instills a sense of respect and understanding between your dog and his owners.

## How to Practice "Nothing in Life is Free" <<-----

- Start with teaching your dog the basic commands we included in the previous section. You must be sure he knows these basics before you can use them in "nothing in life is free."
- Once your dog has mastered his basic commands, you can begin the "nothing in life is free" technique. Before you give your dog anything (food, a walk, a treat, attention), require that he first performs one of the commands. For example, before you take him out, have him sit patiently and quietly before you put on his leash.
- Do not give your dog what he wants until he has performed the required command. If he fails to do so, walk away, come back a few minutes later, and start over. Be patient and realize that this process will take some time. Eventually your dog will realize that in order to receive what he wants, he must obey you.

## Benefits of this Technique <<-----

- Some dogs will naturally assume a neutral or submissive role in the owner-dog dynamic, while others will continually challenge his owners for dominance. "Nothing in life is free" is a safe, way to establish control on a day-to-day basis.
- Dogs quickly learn how to manipulate their owners if given the chance. Nudging your hand for attention or worming their way onto the couch may seem adorable, but these are simply cute ways of your dog demanding things from you. "Nothing in life is free" ensures that your dog understands that you set the rules and he must abide by them in order to get what he wants.
- Fearful or anxious dogs often benefit from the stability that "nothing in life is free" provides. They flourish and gain confidence when their environment is structured and they are able to follow your commands.
- Dogs often view children as playmates rather than superiors, so by teaching your child and your dog "nothing in life is free," it will keep your children safe and confident with your dog.



# Positive Reinforcement

It is much more effective to teach your dog what he CAN do rather than what he CAN'T do. Thus, positive reinforcement is the best method to train your dog. Positive reinforcement can be treats, praise, petting, or even playtime with a favorite toy. Correct timing and consistency are vital in positive reinforcement. The positive reinforcement must come immediately after the act in order for your dog to make the proper associations between the reward and the act. Everyone in the home must be consistent in what behaviors are being praised. For example, if your dog is newly housetrained, be sure to give him a treat and praise him each time he eliminates in the appropriate areas immediately after he eliminates. Once your dog is more accustomed to eliminating in the proper areas, you can begin to wean him off treats and lower the intensity of praise.

Negative reinforcement can also be used, but be careful to only use it properly and only under the appropriate conditions. Just as positive reinforcement works by associating positive thoughts with desired behavior, negative reinforcement works by associated negative thoughts with undesired behavior. Negative reinforcement can be a posture, noise, or a physical act meant to deter your pet from a specific action. Punishment is only effective when administered while the dog is doing the undesired action. If the negative reinforcement is given too late, even by a few seconds, the link will not be made. Punishment will seem unpredictable and frightening to your dog. If done improperly, negative reinforcement can worsen or even create new behavior problems in your dog. No physical punishment should cause pain or discomfort. Be very careful with the severity of your punishment so as not to harm or shock your dog, both for the safety of your dog as well as your own.

For your own safety and the sake of your relationship with your dog, it is best to work through aversives to distance yourself from the applied negative reinforcement:

- Textures: Double-sided carpet tape, heavy plastic carpet runners (turned upside down), irregularly shaped rocks, or chicken wire can be applied to surfaces to discourage dogs from entering an area.
- Tastes: Certain sprays and gels are made specifically for the application to objects that you do not want your dog to chew on. They are often potent citrus smells and tastes.
- Human controlled tools: Spray bottles, air cans, or whistles can be used to interrupt and stop undesired behavior.
- Remote-controlled tools: Motion detectors that deliver a sharp sound when crossed can be used to provide correction when you are not around.

Remember to be patient with your dog throughout the training process. As you work to modify undesired behaviors, be sure to provide your dog with proper outlets for his natural dog behaviors. Train, play, and exercise your dog regularly to ensure a healthy and happy relationship between you your dog.

## Dealing with Normal Puppy Behavior

As cute as they are, puppies are a handful to train! You need be patient and understanding with your puppy, you must work on training him as soon as he comes home with you. If left unattended, cute puppy behavior will evolve into adult dog behavior problems. For example, mouthing or gnawing is a very normal puppy behavior but it can be difficult to break the habit once your dog is grown and biting. This behavior can be helped by offering a chew toy with one hand and petting your puppy with the other. If your puppy still attempts to mouth on your hands, immediately look at your pup, make an abrupt "ouch!" and cease any petting or attention you were giving the puppy. Ignore your puppy, leaving the room if you must, in order to stress to him that mouthing is an unacceptable behavior. Once your puppy is calm again, return and try the chew toy method again.

Another common puppy behavior that must be correct is jumping up. Dogs will jump on and at their owners in order to get attention. If you push your dog away, he is still receiving a type of attention. When your dog is jumping on you, fold your arms, and command "off." If your dog knows the "sit" command, then give it. Keep your back turned and ignore him until he has all four paws on the floor, then calmly turn to him and praise him. If he begins jumping once you face him, repeat the ignoring process.

Never tap, slap, or hit your dog for nipping or jumping. These are ineffective for training purposes and will likely backfire in the following ways:

- Your dog will become "hand-shy" and develop a fear of hands
- Your dog will become fearful of you and begin avoiding you
- Your dog will respond defensively towards you and your family
- Your dog will misinterpret the slap as an invitation for rough play, in which he will get even more aroused and likely to nip and jump

Tugging or wrestling games may be fun, but it encourages undesirable behavior such as grabbing, lunging, and competition with you. Please review the "Fun Things to Do with Your Dog" portion of this manual for appropriate outlets for your dog's energy. The whole family should be using the same techniques. Otherwise, it can be very confusing to your dog and can make the training process difficult.

## Dogs and Children

As it can be difficult for children, aged 9 years and younger, to consistently adhere to the training outlined here, it is important for adults to closely monitor the dog's interaction with any children.

- Teach children to never approach any unfamiliar dogs or other animals because not all dogs are comfortable with strangers, let alone children.
- Teach children to properly approach and meet dogs. Make sure that they know to approach dogs calmly and to ask the handlers for permission first.
- Hugging is not a normal or comfortable act for dogs. Some dogs learn to tolerate hugs because they have learned to trust and love their family. Dogs that do not know your child may bite if hugged.
- Teach children to be respectful and kind towards all animals. Never allow your children to tease or pester a dog, as this can place your child at serious risk.
- Do not leave children unattended with a dog, particularly unfamiliar dogs. Even family pets have their breaking points. It is up to you to monitor your dog and children in order to keep everyone safe.
- Do not allow children to eat or keep food around an unfamiliar dog or a dog that has not yet learned that snatching food is inappropriate. Keep in mind that children are much smaller than you and are often regarded as playmates rather than superiors to dogs.
- Make sure children know when it is appropriate to run and scream when there is a dog present. The high energy of children playing, running, and screaming can get your dog highly aroused, causing him to instinctively chase, jump, or bite the children or redirect on any pets or people near them.



# HEALTHY DOGS



## *Choosing a Veterinarian*

The worst time to search for a veterinarian is when you really need one, so it is important to plan ahead and research them now. You should evaluate the practice as a whole and whether or not the practice fits you and your dog's individual needs. The best place to start is by personal referral by other pet owners, behaviorists, shelter workers, or pet sitters. Once you have a few clinics in mind, schedule a visit and request to meet the different members of the staff and tour the facility. Here are some things to consider when choosing a veterinarian:

- Location of the practice
- Cleanliness and organization of the practice
- Number of veterinarians and their history and specialties
- Friendliness, competency, and professionalism of the staff
- Fees and whether they fit in your budget
- Location and accessibility of the practice
- Availability of emergency services
- Whether x-rays, ultrasounds, bloodwork, and other common diagnostics are done on-site or referred elsewhere





# Affording Veterinary Care

There have been wonderful developments in veterinary medicine that enable pet owners to keep their pets healthy and happy. Unfortunately, such treatments or procedures can often be expensive, particularly in emergency situations. Here are some tips for you to follow in order to keep your veterinary costs less detrimental:

- Keep a pet savings account from which you can pull when disaster strikes
- Purchase pet health insurance, which come from a variety of companies with a wide range of plans
- Request to work out a payment plan with your veterinarian
- Contact your local shelter, veterinary school, or technician program and inquire what type of low-cost services they offer to the public
- Use your credit card or request a cash advance from work
- Seek financial assistance from friends and family such as a small cash loan
- If your dog is a specific breed, contact the National Club for that breed or local breed specific rescue organizations and inquire if they are able to help subsidize any major veterinary bills
- Seek the assistance from organizations that provide financial assistance to pets in need such as the following:

## National:

IMOM Inc.: [www.IMOM.org](http://www.IMOM.org)

Help-A-Pet: [www.help-a-pet.org](http://www.help-a-pet.org)

The Pet Fund: [www.thepetfund.com](http://www.thepetfund.com)

Good Sam Fund: [www.goodsamfund.org](http://www.goodsamfund.org)

United Animal Nations LifeLine Fund: [www.uan.org](http://www.uan.org)

Angels for Animals: [www.angels4animals.org](http://www.angels4animals.org)

Brown Dog Foundation: [www.browndogfoundation.org/home](http://www.browndogfoundation.org/home)

The Perseus Foundation (cancer-specific): [www.PerseusFoundation.org](http://www.PerseusFoundation.org)

Canine Cancer Awareness: [www.caninecancerawareness.org](http://www.caninecancerawareness.org)

Cody's Club (radiation treatments): [www.codysclub.bravehost.com](http://www.codysclub.bravehost.com)

Diabetic Pets Fund: [www.petdiabetes.net/fund](http://www.petdiabetes.net/fund)

The Mosby Foundation: [www.themosbyfoundation.org](http://www.themosbyfoundation.org)

Magic Bullet Fund (cancer-specific): [www.themagicbulletfund.org](http://www.themagicbulletfund.org)

The Binky Foundation: [www.binkyfoundation.org](http://www.binkyfoundation.org)

## Local:

Actors and Others for Animals: North Hollywood: [www.actorsandothers.com](http://www.actorsandothers.com)

Pet food, spay/neuter assistance, assistance for veterinary care

PAWS Los Angeles: [www.pawsla.org](http://www.pawsla.org)

Assistance programs for senior, disabled, or ill pet owners.

Animal Health Foundation: [www.animalhealthfoundation.net](http://www.animalhealthfoundation.net)

Veterinary care assistance

Voice for the Animals Foundation: [www.vftafoundation.org](http://www.vftafoundation.org)

Veterinary care assistance programs for senior, disabled or ill pet owners

# Routine Veterinary Care

Your dog will be spayed/neutered, dewormed, and vaccinated by the time your adoption is complete. You should schedule an appointment with your veterinarian as soon as you know you will be adopting, so that you can be positive that your new dog has a clean bill of health. Be sure to bring all the health records from the shelter to your first vet visit. If you are adopting a puppy, discuss your puppy's vaccinations schedule with your vet, as puppies should receive booster shots approximately every 3 weeks until they are four months of age. Adult dogs or puppies older than 4 months should start seeing the vet annually for a physical examination, vaccines, parasite tests, dental check, and any necessary tests recommended by your vet. Older dogs will need to be checked more frequently than once a year, as advised by your veterinarian.

## Take your dog to the veterinarian if:

- You have a puppy that is not gaining any weight
- Your dog is lethargic or is gaining/losing weight
- Your dog appears to be in some type of discomfort
- You notice a change in your dog's general health such as his coat losing its luster or his eyes missing their brightness

Regular veterinary care is imperative to your dog's health. Remember that daily exercise, a balanced diet, and regular veterinary checkups are the best preventatives to serious health risks.

# Flea and Tick Control

Fleas and ticks are a common problem on cats and dogs, particularly those that spend time outdoors. Because fleas and ticks can transmit diseases such as tapeworms and Lyme disease and cause serious health conditions such as anemia, it is recommended that you make use of the simple flea and tick treatments available.

A flea infestation can be seen through the "flea dirt" on your pet's coat (this will look like a fine, black grime that will dilute red in water), excessive licking, biting, or scratching, skin irritation, hairloss, pale gums, and tapeworms.

Ticks often do not irritate the host, so you will have to examine your pet closely in order to monitor for ticks. Consult your veterinarian for treatment if you notice any fleas, ticks, or characteristics of fleas or ticks. Do not rely on over the counter treatment unless advised by your veterinarian, as pets have suffered negative health effects.



# Preparing for Disaster: What to Keep Prepared for Your Dog

Your pet depends on you for everything, so when disaster strikes, you must be prepared on their behalf. Here is a checklist of what you should have prepared:

- Pet carrier and/or crate
- Two week supply of food and water
- Food and water bowls
- Leash
- Bedding
- Prescriptions, medications, and dosing instructions
- Medical records
- Proof of ownership (licensing and microchip paperwork)
- Veterinarian and emergency clinic contacts
- Plastic bags for waste disposal
- Toys and treats
- Disinfectants
- Pet first-aid kit
- Printed "lost" flyers, complete with photo and contact information

Pet first-aid kits are available for both dogs and cats at local pet supply stores. They contain a wide range of supplies made specifically for your cat or dog that could potentially save your pet's life. Do not, under any circumstances, administer medication designed for humans to your pet unless under the instruction of a veterinarian. For example, aspirin can be particularly harmful to your dog. We also suggest that you keep an emergency supply of printed "lost" flyers just in case you are separated from your pet when disaster strikes. Be sure to keep them up to date with recent photos and the correct contact information.

## Dental Care for Your Pets

Did you know that dental disease is one of the most common health issues in dogs? In fact, dental disease can undermine your pet's good health and can be a very painful and expensive. Dental disease is caused by tartar buildup, which irritates the gums, loosens the teeth, exposes the tooth roots, and causes infection, tooth abscesses, and eventual tooth loss. If left untreated, an infection in your pet's mouth can spread to other parts of his body.

Many people are under the impression that dry kibble and certain chewing toys designed for it will prevent dental disease. Only professional cleaning by your veterinarian can remove tartar once it forms and prevent dental disease. The rate at which your pet builds tartar and develops dental disease depends on your pet's own body chemistry. It varies from pet to pet and small dogs are particularly prone to dental disease. Bad breath, yellow-brown teeth, barnacle-like textured teeth, and irritated gums are all signs of dental disease. If you observe any of these signs, consult your veterinarian for a dental health checkup.

If your veterinarian determines that your pet needs a dental cleaning, you will be scheduled to return for the procedure. Your pet will be completely anesthetized for the duration of the procedure. Your pet's teeth will be cleaned, scaled with an ultrasonic cleaner, and polished. Your veterinarian will determine if any teeth require removal or if there are any abnormalities that will need special attention. Post-surgery, your veterinarian will likely prescribe antibiotics and advise you to keep your pet on a soft diet for a few days. This simple and common procedure will help your pet lead a more comfortable, longer life.

# Myths About Spaying and Neutering

**MYTH:** Pets get fat and lazy after they are spayed or neutered.

**FACT:** As long as you correctly monitor your pet's diet and provide them with plenty of exercise, your pet will remain healthy and active. This is true of any pet, independent of spaying and neutering.

**MYTH:** It's better to have one litter first.

**FACT:** There is compounding medical evidence that reflects that spaying your pet, especially before her first heat cycle, reduces or eliminates the risk of developing mammary tumors or ovarian and uterine cancers.

**MYTH:** I want my children to experience the miracle of birth.

**FACT:** Birthing in cats and dogs typically occur at night, so it is unlikely your children will witness the actual birthing process. Furthermore, mothers tend to prefer privacy while they are giving birth, thus watching the process may add unnecessary stress to the situation. An alternative you should consider is fostering homeless kittens and puppies for your local animal care center or rescue organizations. This way, your children can get the same experience, but they also learn the social responsibility of caring for animals and the impacts of pet overpopulation.

**MYTH:** My pet is a purebred.

**FACT:** There are networks of responsible, professional breeders that work to preserve the breed. 25% of dogs in animal care centers are, in fact, purebred. It is unnecessary for you to breed your purebred dog just because your dog is purebred.

**MYTH:** I do not want my male pet to feel less "manly," or I do not want my female pet to miss out on the miracle of birth.

**FACT:** Cats and dogs do not have any concept of sexual identity or ego. Spaying and neutering does not have any emotional affect on your pet.

**MYTH:** My pet is so special and I want to produce more just like him.

**FACT:** It is possible for the offspring to look similar to your pet. However, when you factor in the new genes from your pet's mate as well as the different environmental factors, it is virtually impossible for your pet's offspring to be just like your pet. The offspring will have individual animals with entire personalities of their very own.

**MYTH:** I will find good homes for all the puppies.

**FACT:** You may be able to find homes for each of the offspring, but what about when each of them have litters? Will each of those offspring be placed into a good home? The fact of the matter is that there are more pets than there are homes for them. Pet overpopulation is created and perpetuated with each new litter.

**MYTH:** Dogs are less protective if they are spayed or neutered.

**FACT:** Spaying and neutering does not affect a dog's instinct to protect their home and family. A dog's propensity for protectiveness is dictated by personality, training, and genetics - not by sex hormones.

**MYTH:** It is too expensive to spay or neuter my pet.

**FACT:** The cost of care for a pregnant female and her litter or for a pet that has developed ovarian, uterine, or prostate cancer is MUCH more than the cost of a simple spay or neuter. Also, there are a number of low-cost spay and neuter clinics and programs throughout California.

If you are interested in spaying or neutering your pet, please research low-cost spay and neuter clinics in your area such as:





# Your Dog's Diet

Because there are so many high-quality, nutritious dog foods available, owners now have the luxury of selecting their dog's food according to their personal standards. Most owners opt to feed their dog's dry food because it is the most convenient to store, it is less smelly than wet food, and it can help reduce tartar buildup. Some owners feed their dogs nutritionally balanced wet foods or they use them as treats, to hide medication, or to increase their dog's water intake.

The following are tips on diet and feeding:

- Whenever purchasing food, be sure to read and evaluate the ingredients
- Supervise your dog while he eats to ensure that he is eating normally and receiving the correct portions
- Be sure to adhere to the "nothing in life is free" rule and ask your dog to sit before feedings
- If your dog eats too much or too fast, or if he exercises too soon after eating, he can get gastric dilation-volvulus (GVD) or bloat. This is a very painful and potentially fatal condition. Deep-chested dogs are particularly prone to GVD, though any dog showing signs of bloat or discomfort after eating will likely need immediate attention. Consult your veterinarian or your local emergency clinic.
- Consider purchasing elevated feeders for your dog's food and water. These can reduce intestinal gas in dogs and discomfort for older, arthritic dogs.
- Be sure to tailor your dog's diet (composition, texture, and feeding frequency) to his specific needs. For example, 2 month old puppies should be offered 3 meals of dry food a day because of their high metabolism and need for excess calories.
- Consult with your veterinarian and determine what your dog's healthy weight is and monitor his intake and exercise to best fit it.
- Some special conditions may occur that will require you to change your dog's diet such as food allergies, medical conditions, and life stage. As always, consult your veterinarian.
- If you elect to change your dog's diet, change his diet gradually. That is, begin by mixing in a small amount of your new food with the food the old food. Each day, increase the amount of your new food and decrease the old food per serving.
- Avoid feeding your dogs foods excessive in salt, sugar, and fats as they can cause diabetes, obesity, and dental problems as well as create a finicky eater.

# Pickup Trucks and Dogs Don't Mix

Though many dogs can enjoy a ride in the back of a pickup, it is extremely dangerous. Even dogs leashed to the truck are at danger, as there have been dogs that have been strangled or dragged after being tossed from a truck. If your dog decides to jump out of or is simply tossed from the truck, this could likely severely injure or kill your dog. It is also likely that this could cause other cars to swerve and crash. If you must transport your dog in a pickup truck, make arrangements to confine him in a pet crate or carrier in the passenger's seat. If you have an extended cab, crate your dog in the back portion of the cab, away from your windshield.

Other tips for traveling with your dog:

- NEVER leave your dog in your vehicle unattended as temperatures can reach 120°F in minutes. Pets have been known to suffer from heatstroke when left in unattended vehicles, even those left with the window cracked.
- Be sure that your pet is wearing a collar and ID tag at all times. If you are traveling long distances, consider having your dog wear two IDs: one with your home information and the other with your destination's information as well as your contact information while traveling.





# Grooming Your Dog

Grooming your dog at home is a great way to save money and bond with your dog at the same time! Also, it can help you familiarize yourself with any health-related abnormalities on your dog that would otherwise go unnoticed.

## **Here is a list of supplies you might need to groom your dog:** <<-----

- Shampoo (appropriate for your dog's age and skin)
- Detangler or conditioner
- Large cup or small bucket
- Brushes
- Cotton balls
- Ear cleaning solution
- Metal comb
- Nail trimmer and styptic powder
- Eye solution
- Hair dryer
- Toothbrush and animal toothpaste
- Safety scissors
- Clippers

## **Grooming Tips:** <<-----

- Brushing should be performed daily or several times a week, depending on coat type. When bathing, brush your dog prior to the bath. Be sure to brush gently and use detanglers on any stubborn knots.
- Different types of coats require different types of brushes. Research what type of comb will work best for your dog's coat. You can start by asking your local groomer or your veterinarian for advice.
- Keep the bathwater at a comfortable, warm temperature, even on hot days. You want to make the bath experience as pleasant as possible so that your dog does not resist them. Try massaging your dog's body while you lather him with the shampoo and conditioner.
- Be sure to dry your dog completely, particularly if they are very young or elderly or if it's cold outside. You can utilize a hair dryer, but be sure to introduce it slowly so as to avoid frightening your dog.

- Patiently work with your dog to get him accustomed to you handling his paws and nails. Once he is comfortable, introduce the clippers and wait until he is comfortable with the clippers as well. Examine your dog's nails closely and determine where the quick is. The quick houses the nail's blood supply and nerve endings, so you will want to avoid clipping the quick in order to save your dog some pain and bloodshed. If you cut into the quick, do not panic. Apply pressure with your styptic powder to the nail for 30 seconds to stop the bleeding. Begin by cutting only one nail a day and praise your dog each time so that he can associate nail trimming with a positive experience.
- Use a toothbrush and pet toothpaste to massage your dog's teeth and gums each time you bathe your dog. This will help prevent tartar buildup and it will enable you to familiarize yourself with your dog's dental condition so that you can spot any problems before they become painful or major.
- Be gentle when cleaning your dog's ears. Dampen cotton balls with the appropriate ear cleaning solution and gently massage the innards of his ear. Be careful not to venture in too deep - generally, do not go any deeper than you can see. If your dog's ears are particularly dirty, irritated, or smelly, do not disturb his ear and consult your veterinarian.







## *Solving Barking Problems*

If your dog has a barking problem, it can be a very stressful situation for both you and your neighbors. First and foremost, you will need to determine what is causing your dog to bark. This may prove to be more difficult if your dog is barking when you are not home. If this is the case, ask the neighbors if they notice any probable causes or even consider setting up a camera (video or webcam) so that you can view the situation yourself. The solution to your dog's barking problem will depend on the cause of his barking.

### ***Social Isolation/Frustration/Attention-Seeking*** <-----

Your dog likely is barking due to loneliness or boredom if he is barking when:

- He is left alone for long periods of time
- His environment is void of companions, toys, or any other mental stimulus
- He has few appropriate outlets for his energy
- He is particularly high energy dog

Recommendations for social isolation/frustration/attention-seeking barking:

- Walk your dog at least twice daily
- Engage your dog in other physical activities such as Frisbee or fetch
- Attend training classes regularly
- Provide safe and interesting toys for your dog to play with while you are not home
- Make sure to set aside time for your dog daily, in which he has your full attention
- Keep your dog inside while you are not available to supervise him
- Let your neighbors know that you are actively working on the behavior issue
- Once socialized, inquire if you can bring your dog to work with you
- If your dog must spend an extended amount of time alone, take him to a doggie day care, hire a pet sitter, or ask a friend or neighbor to stop in and play

### ***Territorial/Protective Behavior*** <-----

It is likely that your dog is barking to guard his territory if he is barking when:

- He sees or hears strangers
- His posture appears defensive (tail flagged, ears forward, tall stance)
- He hears or sees something outside

Recommendations for territorial/protective barking:

- Teach your dog a "quiet" command: when is barking, interrupt him with a firm and abrupt "quiet!" As soon as he stops barking, praise and reward him with a treat.



- Desensitize your dog to the people, sights, and sounds that he finds alarming. For example, teach him that your mail carrier is a friend and good things happen when the mail carrier is around. Start by asking someone to walk by your home, far enough so that your dog is not already barking, while you stand outside with your dog. As this “stranger” walks by, reward your dog for quiet behavior. When the “stranger” has come close enough without your dog barking, have the “stranger” reward your dog with a treat.
- Do not encourage your dog to react or bark to stimulus such as passersby, neighborhood cats, or etc.
- If your dog is barking while you are at home, call him over and have him obey “sit” or “down.” Reward him for his obedience and quiet behavior.

## Fears and Phobias

Your dog may be barking due to a fearful response if he is barking when:

- He is exposed to loud noises such as fireworks, thunder storms, or construction
- His body language conveys fear (body low, ears pinned back, tail low or between his legs)

Recommendations for fears and phobias barking:

- Identify what your dog has come to fear and desensitize him.
- Consider working with a professional trainer, as fears and phobias can be difficult to work with
- Under no circumstances should you attempt immersion techniques, as they will likely be more traumatizing, cause your dog to redirect his fear energy in the form of a bite, and not effective. An example of an immersion technique would be taking a child that fears swimming into the ocean.
- Be careful not to coddle your pet while he displays fearful behavior as he may misunderstand this as a reward for his fearful behavior. Instead, try to get him to engage in play.

## Separation Anxiety

Your dog may be barking due to separation anxiety if he:

- Barks whenever you leave him alone and the barking begins immediately or shortly after your departure
- Displays behaviors indicative of an attachment to you, such as following you from room to room, reacting anxiously when you prepare to leave, and greeting you frantically when you arrive home
- Is destructive when he is separated from you

Recommendations if your dog has separation anxiety:

- Consult your veterinarian and inquire if your dog qualifies for anti-anxiety medication

The first step in training your dog to walk properly on a leash is to properly fit him with a collar. Martingale collars are a common and simple style that is appropriate for most dogs and typically makes leash training much easier. Martingale collars are useful because they prevent your dog from slipping out of their collars, apply an appropriate amount of pressure while walking your dog, and can be used as an everyday flat collar for your pet’s ID tags.

In order to fit your dog properly, begin by measuring your dog’s neck behind his ears and select the appropriately sized martingale collar. Adjust the collar so that when pulled, the metal rings are approximately 1 inch (or two fingers) apart. If you cannot fit two fingers comfortably between your dog’s neck and the collar, the collar is too tight and you may need to switch to a larger size or loosen the collar. Make sure that you check the fit of the collar before each walk to ensure that your dog will be safe and comfortable.

Here are some tips to prevent leash pulling:

- Try playing with your dog in your yard before you leash him up for a walk. This way, he can exert his excess energy and will be prepared for a much more relaxed walk.
- Use positive reinforcement to teach your dog to walk on a loose lead. Start by practicing in your yard. Reward and praise your dog when he walks nicely on the leash. As soon as your dog creates tension on the leash, stop and wait until he stops pulling. Once your dog stops pulling and the tension is released, reward him and continue walking.
- If your dog continues to pull on the leash even once you have stopped walking, turn and walk in the opposite direction. This forces your dog to follow and refocus on you. A good exercise is to frequently change directions while walking so that your dog learns to focus on and take direction from you, rather than walking at his own pace.
- If these techniques and the martingale collar are not successful with your dog, you may consider using a head collar such as a Halti. Each manufacturer will provide different fitting instructions for each collar. Some dogs are not comfortable with head collars, so it is important to fit them properly and to be aware that your dog simply may not like head collars.
- Be patient and reasonable in your expectations of your dog. With some time and hard work, you will have a polite and well-mannered dog.



# Understanding Aggression in Dogs

Though aggression is often perceived as a natural response, it is not a normal or acceptable behavior in dogs that have been properly socialized. However, because aggression is so complex and its consequences can be very dangerous, we recommend that you consult a professional behaviorist if your dog is displaying signs of aggression. In order to learn a little more about the common types of aggression seen in dogs, please review the following:

## **Dominance Aggression** <<-----

Though you may not notice it, your dog is constantly monitoring the dominance hierarchy in your home and evaluating his place in the pecking order. If your dog perceives his own ranking in this hierarchy to be high than yours, he will likely challenge your position in certain situations. Because dogs and people communicate differently, owners often inadvertently challenge their dog's dominance. For example, a dominance aggressive dog may head turn or snap at you abruptly when you reach for his collar. He may growl when disturbed while resting or asked to move from a favorite spot. Dogs that display dominance aggression often are described as having split personalities because they can be friendly in one moment and then suddenly aggressive when unintentionally, challenged. Be careful to note that dominant-aggressive dogs can be aggressive to people as well as other animals. Most fights among family dogs are rooted in instability of the dominance hierarchy.

## **Fear-Motivated Aggression** <<-----

Your dog may react aggressively when he feels that he is in danger of being harmed. Keep in mind that what your dog perceives as frightening may not be something you would ever identify as a threat. For example, a new person's friendly hand may seem harmless to you, but to a Teacup Chihuahua, this stranger is a very large and possibly too close for the Chihuahua's comfort. Dogs of any size can display fear aggression, towards people, animals, and even inanimate objects.

## **Protective, Territorial, and Possessive Aggression** <<-----

These types of aggression are all very similar in nature. Protective aggression occurs when a dog acts aggressively towards perceived threats to his family. Territorial aggression occurs when your dog reacts aggressively to anything he believes is a threat or challenge to his ownership of an area. Keep in mind that what your dog understands to be "his territory" can extend further than the simple boundaries of your home and can extend as far as his entire walking route. Possessive aggression is displayed when your dog identifies a threat of losing his possessions such as toys, food, and any other object with perceived value.

## **Redirected Aggression** <<-----

This is a commonly displayed form of aggression that owners often misunderstand. Dogs that display redirected aggression do so when their arousal level is heightened and they do not have an appropriate outlet for their excess energy. For example, your dog may get overstimulated by passing neighborhood cat and because he is not able to exert his energy on that cat, he may redirect his energy onto you in the form of a bite. Though this type of aggression may seem innocent in nature, it is potentially very dangerous.

It is important to realize that each dog will react differently to different stimuli. Watch your dog closely and examine every aspect of the situation if or when he displays any type of aggression. In any case, it is important for you to work with a professional behaviorist if you observe any type of aggression in your dog. The following are tips you can use if your dog is acting aggressively:

- Safety first: your priority should be the safety of people and other animals. Restrict, confine, and supervise your pet until you are able to obtain professional assistance.
- Take your pet to veterinarian for a full checkup to ensure that what you perceive as a behavior issue is not, in fact, a medical problem.
- Avoid situations that have upset from your dog in the past.
- If your dog is territorial or possession aggressive, prevent his access to these things. In an emergency, offer him something of higher value such as a particularly tasty treat and then confine or restrict him.
- Spay/neuter your pet: intact pets are often more likely to act aggressively.
- Do not attempt to punish your pet for aggressive behavior, as it will likely worsen the situation.
- Do not encourage aggressive behavior by playing tug-of-war or wrestling games or by teaching your dog to bark in response to outside noises or people.





# Destructive Chewing

Much like how your dog uses his sense of smell and hearing, dogs have an innate desire to chew in order to better understand the world around him. Unfortunately, this behavior can be potentially destructive to your property. In order to manage the situation properly, adhere to the following suggestions:

- DO NOT punish your dog for destructive behavior, as it is usually not effective and can worsen the situation.
- If you do not want your dog to chew and destroy an item keep it out of reach.
- Do not confuse your dog. Often times, people offer their dogs old shoes to play with. Note that your dog cannot tell the difference between an old and a new shoe.
- Confine your dog when you are can't watch him and until he learns what behaviors are acceptable and what behaviors are not acceptable.
- Provide your dog with plenty of exercise and attention. Not only will this strengthen your bond with your dog, but it allow offers him appropriate outlets for his energy.
- Keep your expectations realistic. Your dog will eventually chew up something that you did not want him to. All you can do is work with your dog and take preventative action.

Chewing is a normal and, depending on what he is chewing, acceptable behavior for dogs. If your dog is chewing something you don't want him to chew, find out why. Please review the following common causes and recommended solutions for destructive chewing:

## **Play, Boredom, and Social Isolation**

Your dog may be destructively chewing for entertainment if he is:

- He is left alone for long periods of time
- He has no companions, toys, or any other mental stimulus
- He has few appropriate outlets for his energy
- He is particularly high energy dog

Recommendations for play, boredom, and social isolation barking:

- Walk your dog at least twice daily
- Engage your dog in other physical activities such as Frisbee or fetch
- Attend training classes regularly
- Provide safe and interesting toys for your dog to play with while you are not home
- Teach your dog a variety of tricks and commands in order to keep him mentally stimulated
- Rotate his toys in order to keep them interesting and continually seek new and interesting toys
- If your dog must spend an extended amount of time alone, take him to a doggie day care, hire a pet sitter, or ask a friend or neighbor to stop in and play

## **Fears and Phobias**

Your dog may be barking due to a fearful response if he is chewing when:

- He is exposed to loud noises such as fireworks, thunder storms, or construction

Recommendations for fears and phobia chewing:

- Provide your dog with a quiet, "safe" place where he can go when he is feeling anxious.
- Be careful not to coddle your pet while he displays fearful behavior as he may misunderstand this as a reward for his fearful behavior. Instead, try to get him to engage in play.

## **Separation Anxiety**

Your dog may be chewing due to separation anxiety if he:

- Chews whenever you leave him alone and the barking begins immediately or shortly after your departure
- Displays behaviors indicative of an attachment to you, such as following you from room to room, reacting anxiously when you prepare to leave, and greeting you frantically when you arrive home

Recommendations if your dog has separation anxiety:

- Consult your veterinarian and inquire if your dog qualifies for anti-anxiety medication
- Work with your trainer on a counterconditioning or desensitization plan

## **Attention Seeking**

Sometimes, owners will unintentionally pay more attention to their dogs when they are misbehaving. Your dog may be chewing because he is seeking attention if:

- He is destructive in front of you
- You have not had much time to devote to your dog

Recommendations if your dog is seeking attention:

- Provide enough daily play, exercise, and attention for your dog
- Practice "nothing in life is free" in order to show your dog what are acceptable behaviors and provide him with plenty of positive attention
- Reward good behaviors and ignore bad behaviors so that your dog does not learn that bad behaviors can results in attention
- Teach your dog the "drop it" command

# Submissive and Excitement Urination

Even dogs that are well house trained can suffer from submissive and excitement urination. Submissive and excitement urination are not bladder problems, rather they are involuntary reflexes that can be changed with patience, effort, and training.

Submissive urination is rooted in your dog's lack of confidence. Your dog may have submissive urination if he:

- Urinates when he is being scolded, approached, or greeted
- Has been handled roughly or punished for inappropriate behavior long after the actual behavior was performed
- Is generally anxious or timid
- Crouches, rolls over to expose his stomach, or tail tucks while he urinates

Recommendations for submissive urination:

- Consult your veterinarian to rule out medical causes
- Greet your dog in a relaxed, low-key manner
- Reward confident postures (sitting and standing)
- Give commands when greeting him so that he has an alternative to submissive postures
- Avoid greeting him with dominant postures
- Avoid direct eye contact
- Greet him at his level by getting down on your knees
- Pet from under the chin rather than on top of the head
- Approach him from the side rather than facing forward and approaching him head on

Excitement urination stems from an enthusiastic, involuntary loss of bodily control. Your dog may have excitement urination if he:

- Urinates during greetings or playtime, WITHOUT submissive posturing
- Urinates when excited and is less than a year old

Recommendations for excitement urination:

- Consult your veterinarian to rule out medical causes
- Greet your dog in a relaxed, low-key manner
- Ignore him until he has calmed

# Removing Pet Odors and Stains

- For the freshly soiled, try to soak up as much of the urine as possible before applying any cleaners. Rinse the area with clean, cool water and then dry thoroughly.
- If the item is machine washable, wash the items as usual with baking soda or with enzymatic cleaner from the pet supply store that has been made for this purpose. Similar products are offered for carpet and upholstery.
- For a stain that has already set, use an extractor or wet vacuum followed by an enzymatic cleaner. Extractor or wet vacuums are typically available at your local hardware or grocery store.
- Avoid using steam cleaners, as they can set the stain and odor permanently.
- Also note that cleaning products not specifically designed for eliminating pet odors, particularly those containing ammonia or vinegar, do not effectively eliminate or mask the stains and odors and may even encourage your dog to continue the inappropriate behavior.
- If your pet has soiled your floor or wooden surfaces, the paint or varnish may have reacted with the acid of the urine and you may need to remove and replace the paint or varnish.

## Behavior Helplines

If you are having difficulty with your pet's behavior, please utilize the following contacts:

- Found Animals Foundation  
877-580-PETS(7387) or [info@foundanimals.org](mailto:info@foundanimals.org)
- Riverside Humane Society Pet Adoption Center  
[info@petbehaviorhelp.org](mailto:info@petbehaviorhelp.org)
- Denver Dumb Friends League  
1.877.738.0217
- Tufts University School of Veterinary Medicine: PETFAX Behavior Consultation
- The fee per PETFAX consult is \$250 and must be received before the consultation  
<http://www.tufts.edu/vet/petfax>



# Finding Animal Friendly Rental Housing

# Resources for Finding Pet-Friendly Rental Housing

## Give yourself enough time.

This process can take weeks or months, so be sure to start far enough in advance. You do not want to put yourself in a position where you and your pet are homeless or, worse yet, you are forced to forfeit your pet.

## It can be difficult to convince large rental communities to waive a no-pet policy.

Your efforts will be better spent on working with a smaller agency or home-owner where individuals are responsible for deciding whether or not you are allowed to house animals.

## Find out what aversions the landlord has about pets in their property.

It is likely that the landlord's no-pet policy stems from a previous negative experience. Find out what the negative experience was, you will be better equipped to argue your case against it.

## Prove to your potential landlords that you are a responsible owner.

When are making your argument, bring a letter of reference from your previous landlord, proof of obedience training, and a letter of reference from your veterinarian. Promote yourself as a responsible pet owner and ideal tenant and promote your pet as a quiet, clean, safe, and well behaved animal.

## Make a formal request to the ultimate authority.

Find out who has the power to alter the no-pet policy for you. Submit a written request with copies of any documents you have to support that you are a responsible owner.

## Offer to pay additional rent or put down a larger deposit.

By offering to sweeten the deal, your landlord may feel better about the situation and be more inclined to alter their no-pet policy.

## Get it in writing.

If you are successful in convincing your landlord to alter their no-pet policy, make sure to get the proper documentation. Make sure that your lease explicitly states that you are allowed to own and house your pet on the property.

## Be honest.

The worst thing you can do is lie or try to sneak you pet into a new residence. Even if you are successful at hiding your pet during the initial move in, it is just a matter of time before your neighbors, maintenance staff, and eventually landlords find out. You can be subject to immediate eviction and financial penalties.



## National:

101apartments.com  
apartmentguide.com  
apartmentsearch.com  
apartments.com  
doghouseproperties.com  
equityapartments.com  
forrent.co  
homewithpets.com

hubbuzz.com  
move.com  
myapartmentmap.com  
mynewplace.com  
onlineapartmentguide.com  
peoplewithpets.com  
rent.com  
simplerent.com

## California:

colonialprop.com  
fidofriendly.com

freelists.com

## Los Angeles and San Fernando Valley:

freelists.com

petrent.net

## Orange County:

ocdogfriendly.com

petrent.net

## San Diego:

sandiegoapartments.com

petrent.net

## San Francisco Bay Area:

Marin Humane Society; call 415-883-4621 for a housing packet  
Peninsula Humane Society; call 650-340-7022, ext. 344  
for a housing packet sfrent.net





[www.foundanimals.org](http://www.foundanimals.org)