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SPCA of Westchester

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Thank you to the ASPCA, Center for Shelter Dogs and Best Friends Animal Society



**Congratulations! You have chosen a quality shelter pet.**

1. What to expect.
2. When to call the shelter for advice.
3. A letter from your dog.



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## WHAT TO EXPECT WHEN YOU BRING HOME YOUR NEW DOG

before problems occur.

Count on a dog marking or having accidents the first few days, even if he was house-trained. Have pet-specific cleaning products on hand. Also be prepared for other transitional behavioral problems - read this guide cover to cover now,

Along with the rewards of having a dog come responsibilities - daily care and exercise, medical visits, obedience training and many years of commitment. Make sure you're ready.

**Owner knowledge and training are the key to a successful adoption.** It's all up to you. No one training approach is right for every dog. This guide is based on positive reinforcement - the essence of effective training and behavior modification.

**During the transition period, a dog needs time to adjust to the rules and schedule of your household.** And he needs your gentle leadership! A dog is looking for guidance, and it is up to you to teach him good, acceptable behaviors. Be persistent, patient, and calm

**A dog cannot do damage unless you let that happen.** Watch your new dog during the transition period. When you can't supervise, keep him in a kitchen, crate, or other secure area with chew toys. Management is the first step in any training program.

**Keep dogs on-leash when outdoors in unfenced areas.** Otherwise, you'll have no control if your dog obeys instinct and chases a squirrel into the street, tussles with another dog, or runs after a child.

**Supervise even when the dog is in a fenced yard.** If there's a way to escape, most dogs will find it.

**Remember: Many adopted dogs have not had the luck to be socialized yet.** Their baggage may include unacceptable behavior. Re-educate your dog with the help of books and qualified professionals.

**Don't kiss your dog or place your face at the dog's eye level; let them come to you first.** Dogs often perceive a face placed at their eye-level as a threat, and may bite.

**Don't issue a command unless you are in a position to enforce it.** Telling a dog to do something, then not guiding him to obey if he chooses not to, teaches him to ignore you.

**Beware of sending mixed signals that bad behavior is cute or entertaining.**

*Teach dogs good house manners from the start.*

For the first few days you have a dog, keep him in the same room with you - so that if the dog needs to go potty, you can rush him outdoors, also, if he engages in unapproved behavior, you can instantly correct the dog and substitute a more positive behavior. For example, removing the shoe from his mouth, then substituting a toy and praising.

- Do not keep dogs in dark, damp basements, garages, or non-family areas; this thwarts your efforts to raise a socialized, well-behaved, house-trained animal.
- Play nice: Don't play tug-of-war, rough-house, or engage in any other combative play unless you know the correct rules of the game.
- Avoid separation anxiety-related problems by practicing the tips in this guide as well as consulting other sources.
- Start day one by teaching your dog appropriate behavior through consistent positive reinforcement.
- Realize there is always a solution to any problem - read up and consult trainers.

*Changing a dog's name:*

A dog can learn a new name quickly if you use it consistently. Start by linking it with the previous name. Say the new name first and then the old name. Gradually fade out the old name.

## When to Phone the Shelter for Advice:

- Any signs of rough play from the dog towards a child
- Any signs or displays of physical strength from the dog towards a child.
- Any growling (even during play).
- Any snapping or nipping.
- Any humping or mounting of children or adults.
- Any avoidance or resentment of physical contact (dog backs off or leaves room when child hugs or pets or gets close to the dog).
- Any signs the dog is afraid of a child (dog backs away or tries to escape when a child appears or gets close).
- Dog seems “jealous” of intimacy or physical affection between parents or especially between child and parent (dog barks or cuts in between people during intimacy).
- Any signs the dog is guarding his food bowl, his toys, or “stolen” items (dog may tense up, freeze, stiffen, growl, snap, show his teeth, snarl, or just glare at anyone approaching or coming near the dog’s item).
- Your dog seems out of control or disobedient and “wild” with children who are playing or running around.



No matter how well behaved and gentle your child may be, there will come a time when a child will push the dog past his tolerance threshold. A dog that starts out with a huge buffer of love, affection, and adoration of children is apt to tolerate much more before reaching that threshold. Likewise, a well behaved, well supervised, gentle child is less apt to push a dog to its limits.

During the first few days and weeks of the adoption, we would like you to be observant of the developing relationship between your child and your new dog.

**We can help prevent many potential problems IF WE HEAR FROM YOU AS SOON AS YOU HAVE A QUESTION OR SUSPECT A PROBLEM. Your child’s safety is of the utmost concern for us.**

## A LETTER FROM YOUR DOG

Dear Mom and Dad,

Sometimes it is hard for me to be good. I really try, but you humans can be really confusing. I made a list of what I need to be a good dog. Please read it and don't get mad at me. I'm not perfect, but I love you.

- I need consistent rules. I really don't mind rules, in fact, knowing the rules and that you will be consistent and fair makes me feel more secure.
- I need to know what you want me to do. I get so discouraged when all I hear is "NO" from you. Please train me so I know what to do to stay out of trouble.
- I need lots of exercise. You might think I am exercising when you put me out in the yard, but sometimes I just lay there and get bored. Please take me for a walk or throw my ball for me. Sometimes I need to run and play with other dogs. I like to use my nose to find things too.
- I need to be with you. Please let me be in the house with you. I get so lonely that I dig or bark or jump the fence when I am outside alone too long.
- My ancestors had a job to do to keep them busy. Maybe it was herding, bringing back ducks or killing rats. What is my job now? Everyone says they want a smart dog but us smart dogs get bored! When I find things to amuse me and keep me busy sometimes it makes you mad. Please find something for me to do.
- If I growl, please take the time to figure out why. I might be hurting somewhere, or maybe the kids are playing too rough with me and I have to warn them.
- I need a quiet place that is mine. Sometimes I just want to rest.
- I need a way to release tensions and amuse myself. Chewing is one of my favorite activities, even after I'm grown-up. Please give me safe chew toys so I don't make a mistake and make you mad.
- Please take me places with you and let me meet different people. If I stay at home all the time the world seems like a scary place and when I'm scared I might have to growl to make people go away.
- I need to know where I stand. I really want you to be the boss so I don't have to make all the decisions. I am happy to follow your rules but please don't yell at me. Just be consistent so I can learn what to do.
- Pay attention to me when I am being good and praise me. If you ignore me too much I will find ways to get your attention even if it means you get upset!

Love (and muddy paw prints),

Rover





## **BRINGING YOUR DOG HOME**

1. House Training
2. Toys
3. Responsibilities of the parents
4. Important guidelines for the next 2 weeks
5. Positive reinforcement training
6. Tactics for handling boredom in dogs
7. Separation Anxiety
8. Shy or Fearful dog
9. Resource Guarding

## HOUSETRAINING CHECKLIST

- Expect confusion & mistakes in first few days even in a trained dog.
- It is important to use a crate and/or confinement area so as to not allow opportunities for accidents during the first week or two - also helps chew training and sets the dog up for success.
- If using a crate, it should be just large enough for dog to turn around in and stretch out.
- If using a confinement area, confine to one uncarpeted room (kitchen is best) with pet proof gates.
- Provide extra opportunities to eliminate outside:

- ◆ First thing in the morning
- ◆ After eating
- ◆ Every 2-3 hours
- ◆ Last thing before bed

**\*\*If dog doesn't eliminate on any particular outing, try again and hour later.**

- Accompany dog to eliminate - go with him rather than sending him alone so that you know whether he's gone or not and you can reward him with praise and treats as he finishes.
- Praise and reward all outdoor elimination for the first few days - later you can slack off on treats but continue praising.
- Interrupt him ("Let's go outside") at the start of any mistakes indoors (DO NOT PUNISH HIM OR YELL) then hustle him outside to finish. Never, ever punish - there is zero connection to the act that happened several behaviors ago. Punishment is not a good idea. The dog might become hesitant to eliminate in front of you and then won't eliminate outside at all.
- Clean all accidents thoroughly with an enzymatic cleaner. I.E. Natures Miracle.
- Add one extra room of the house at a time every few days if dog is successful - supervise closely every time a room is added.



## DOG TOYS

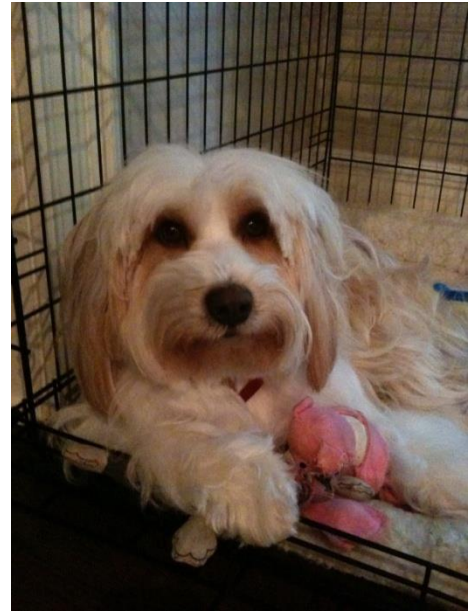
For dogs and other animal companions, toys are not a luxury, but a necessity.

Toys help fight boredom in dogs left alone, and toys can even help prevent some problem behaviors from developing.

### Be cautious

The things that are usually most attractive to dogs are often the very things that are the most dangerous. Dog-proof your home by removing string, ribbon, rubber bands, children's toys, pantyhose, and anything else that could be ingested.

Toys should be appropriate for your dog's size. Balls and other toys that are too small can easily be swallowed or become lodged in your dog's throat.



Avoid or alter any toys that aren't "dog-proof" by removing ribbons, strings, eyes, or other parts that could be chewed off and/or ingested. Discard toys that start to break into pieces or are torn.

### A note about rawhide

If you're thinking about giving your dog rawhide chew toys, be sure to check with your veterinarian because these toys may pose choking hazards. Only give them to your dog when you're there to supervise.

\*Take note of any toy that contains a "squeaker" buried in its center. Your dog may feel that he must find and destroy the source of the squeaking, and he could ingest it. Supervise your dog's play with squeaky toys.

## Toys we recommend

### Active toys

- Very hard rubber toys, such as Nylabone type products and Kong type products, are available in a variety of shapes and sizes and are fun for chewing and for carrying around.
- "Rope" toys are usually available in a "bone" shape with knotted ends.
- Tennis balls make great dog toys, but keep an eye out for any that could be chewed through, and discard them.

**Distraction toys:**

Kong type toys, especially when filled with broken-up treats—or, even better, a mixture of broken-up treats and peanut butter—can keep a puppy or dog busy for hours. Only by chewing diligently can your dog get to the treats, and then only in small bits. Double-check with your veterinarian about whether or not you should give peanut butter to your dog. Be sure to choose a Kong type toy of appropriate size for your dog.

"Busy-box" toys are large rubber cubes with hiding places for treats. Only by moving the cube around with his nose, mouth, and paws can your dog get to the goodies.

**Comfort toys:**

Soft stuffed toys are good for several purposes, but aren't appropriate for all dogs. For some dogs, the stuffed toy should be small enough to carry around. For dogs who want to shake or "kill" the toy, the toy should be the size that "prey" would be for that size dog (mouse-size, rabbit-size, or duck-size).

Dirty laundry, such as an old T-shirt, pillowcase, towel, or blanket, can be very comforting to a dog, especially if the item smells like you! Be forewarned that the item could be destroyed by industrious fluffing, carrying, and nosing.

**Get the most out of toys**

Rotate your dog's toys weekly by making only a few toys available at a time. Keep a variety of types easily accessible. If your dog has a favorite, like a soft "baby," you may want to leave it out all the time.

Provide toys that offer variety—at least one toy to carry, one to "kill," one to roll, and one to "baby."

"Hide and Seek" is a fun game for dogs to play. "Found" toys are often much more attractive than a toy which is obviously introduced. Making an interactive game out of finding toys or treats is a good "rainy-day" activity for your dog, using up energy without the need for a lot of space.



## Responsibilities for the Parents of the Newly Adopted Dog

Children need to learn what kinds of games are appropriate to play with dogs, how to touch the dog properly, how to interpret the dog's body language and when the dog is not to be disturbed. Children should be taught to never hit dogs with their hands or an object, to lower their voices when playing with the dog, to leave the dog alone when he is sleeping, eating, or ill, and to NEVER tease a dog in any fashion. Remember that what your dog tolerates from your own children may not be tolerated from someone else's.

1. NEVER leave a child alone with your new dog, not even for a second to turn your head and answer the phone. Especially children under 6.
2. NO ONE in the family should encourage rough play or wrestling. No one should let the dog play with his mouth on human body parts or clothes. If an adult plays with the dog in this manner, the dog may be stimulated to play as roughly with a child, putting the child at risk for injury. An example is this video on the right.
3. Feed your dog in an area completely protected and away from children to give the dog some peace and privacy especially in the first few weeks. The bowl should be picked up after 20 minutes even if the dog hasn't finished.
4. Children should never hug a dog that is not their own and should only hug their dog very gently if the dog can tolerate it.
5. The dog should have a place he can call his own, a crate, a private room, a den. The children should never be allowed to bother the dog when he is in his safe place.
6. Teach children not to run past the dog and scream for this can excite the dog. The dog WILL chase the children and likely grab their clothes during the chase. This can result in unintentional injuries caused by over-arousal.

## **IMPORTANT GUIDELINES FOR AT LEAST THE FIRST 2 WEEKS WITH YOUR NEW DOG**

### **SOME DOGS WILL TAKE LONGER TO ADJUST, SO BE PATIENT**

- DO; take your dog to the designated toilet area once an hour, every hour, on a leash (except overnight). Allow supervised free time only after he relieves himself in the appropriate area. If your dog does not go to the bathroom on one of these trips, confine him to his “doggie den” or keep him on leash and supervised, until the next scheduled potty break.
  - DO; confine your dog to a “doggie den” or Kennel whenever you are physically (or mentally) absent. Such as when you are at work, paying bills, talking on the phone, sleeping etc.
  - DO; feed your dog out of a hollow Kong or other chew toy stuffed with kibble and snacks in his “doggie den” when you are going out for a few hours.
  - DO; provide plenty of chew toys to keep your dog busy and prevent chewing “casualties” in your home and yard. Redirect any chewing “mistakes” by directing your dog to an acceptable alternative.
  - DO; introduce your dog to new people and other pets gradually so as not to overwhelm him. Use treats to help form a positive association to new people. Be sure he has access to his “den” in case he needs a break from all activity.
  - DO; enroll in a basic obedience class right away! This will help you to understand how to better communicate with your dog in a way she will understand.
  - DO; look for a Certified Pet Dog Trainer (CPDT) that uses positive reinforcement training.
- 
- ❌ DON'T; allow your dog free run of the entire house right away, or else your new friend may learn all sorts of bad habits. Take the time to teach him good habits.
  - ❌ DON'T; take your dog off-leash in public until you have successfully completed an obedience class.
  - ❌ DON'T; yell **“NO”**. It only confuses the dog and he doesn't understand.
  - ❌ DON'T allow children to enter his/her crate if the dog has gone in for some alone time.



# Positive Reinforcement Training

## Just say yes to training your dog with treats and praise

Dogs don't care about money. They care about praise ... and food. Positive reinforcement training uses



praise and/or treats to reward your dog for doing something you want him to do. Because the reward makes him more likely to repeat the behavior, positive reinforcement is one of your most powerful tools for shaping or changing your dog's behavior.

Rewarding your dog for good behavior sounds pretty simple, and it is! But to practice the technique effectively, you need to follow some basic guidelines.

### **Timing is everything**

Correct timing is essential when using positive reinforcement.

The reward must occur immediately—within seconds—or your pet may not associate it with the proper action. For example, if you have your dog sit but reward him after he's stood back up, he'll think he's being rewarded for standing up.

### **Keep it short**

Dogs don't understand sentences. "Daisy, I want you to be a good girl and sit for me now" will likely earn you a blank stare.

Keep commands short and uncomplicated. The most commonly used dog commands are:

watch me

Sit

Stay

Down (which means "lie down")

Off (which means "get off of me" or "get off the furniture")

Come

Leave it

## **Consistency is Key**

Everyone in the family should use the same commands; otherwise, your dog may be confused. It might help to post a list of commands where everyone can become familiar with them.

## **Types of rewards**

Positive reinforcement can include food treats, praise, petting, or a favorite toy or game. Since most dogs are highly food-motivated, food treats work especially well for training. A treat should be enticing and irresistible to your pet. It should be a very small (pea-size or even smaller for little dogs), soft piece of food, so that he will immediately gulp it down and look to you for more. Keep a variety of treats handy so your dog won't become bored getting the same treat every time. You can carry the treats in a pocket or fanny pack. Each time you use a food reward, you should couple it with a verbal reward (praise). Say something like, "Yes!" in a positive, happy tone of voice. If your dog isn't as motivated by food treats, a toy, petting, or brief play can be very effective rewards.

By understanding positive reinforcement, you'll see that you're not forever bound to carry a pocketful of goodies. Your dog will soon be working for your verbal praise, because he wants to please you and knows that, occasionally, he'll get a treat, too.

**Caution!** Don't decrease the rewards too quickly. You don't want your dog to become frustrated.



## TACTICS FOR HANDLING BOREDOM



Bored dogs cause problems. If you don't keep your dog's mind and body stimulated, chances are that he'll find activities to stimulate his mind, himself. And you won't like those activities.

1. **The Secret Stash:** Keep a stash of toys that you only give him when he has extra energy and is starting to demand your attention. Your dog will be so excited to gain access to the secret stash; he'll occupy himself by playing with the special toys! Some of these toys should included doggy puzzles.
2. **Exercise, Exercise, Exercise!!** Dogs with extra energy are going to find a place to expend this energy and if they're the only dog in the house, they're going to expect that you're willing to be their playmate. Take your dog on a long walk to burn off excess energy.
3. **Play Games Together:** Just like exercise burns excess energy, mental exertion does too, your dog will feel proud, tired, and have a new vocabulary to show off!
  - a) Hide and Go Seek: With a sit or down stay, go and hide with special treats and then say "Find me" and praise your dog and give the yummy treats. If you're building up to a longer stay, have your partner sit with the dog and release the dog at your command "Find me." Playing this game outside in a fenced area is really fun too!
  - b) Practice stay and hide: Hide a toy or a treat, then say "Find it" (ideally a toy from the secret stash for your dog to find). To start, put your dog in a down-stay and place a treat (food or toy) within sight. Release dog with "okay" so they know it's ok to retrieve the treat/toy. Repeat this, varying where you put the treat/toy. Next time, "hide" the treat where the dog can't see it, but he can see you putting it there (behind a piece of furniture, for example).

Release him, and let him get the treat (show him if necessary by pointing). Next, hide the treat in further away, then in another room, out of sight, and if he stays in his "stay" let him find it. You can increase the distance, difficulty, and even number of treats or the value of the treats (several small food bits or extra special meat) as your dog gets better at "stay".

c) Run away, fall down and let your dog catch you.

d) You can never practice "Come" enough. Come needs to be the sweetest word your dog ever hears; it should always mean love, praise and rewards. Never, ever call your dog to you to punish him, to give him a bath or for anything he might think is unpleasant. "Come" must always mean that something good will happen to him, something your dog will appreciate.



## SEPARATION ANXIETY

### What is separation anxiety?

Separation anxiety is a serious emotional state in which a dog becomes anxious and panicked when his owner is absent. The physical manifestations of it have been compared to a panic attack in humans.

Shelter dogs are at an increased risk for developing separation anxiety. They have had bonded relationships with humans in the past which have been severed and so they may likely bond more strongly in subsequent human relationships. In addition, it may have been the animal's separation anxiety that brought about his surrender to the shelter in the first place.

### Common Symptoms of Separation Anxiety

- vocalization: barking, howling, or whining
- destruction: chewing, digging or scratching, often around entrances and exits
- self-mutilation: repeated licking or chewing of certain body parts in an effort to self comfort
- physical manifestations: panting or drooling, sweaty pads, dilated pupils, trembling or shaking
- elimination: breaking of house-training practices
- refusal to eat or drink in your absence

### How best to start your relationship together

Start prevention protocols from day one. All too often new owners spend every moment of their first days together with their dog. Eventually they will have to return to work leaving a distraught dog at home alone. Make sure to start exercises in separation from your new dog right away.

## **Will crate-training my dog help prevent/treat separation anxiety?**

Attempting to use the crate as a remedy for separation anxiety won't solve the problem. A crate may prevent your dog from being destructive, but he may injure himself in an attempt to escape from the crate. Separation anxiety problems can only be resolved with counter-conditioning and desensitization procedures. You may want to consult a professional animal-behavior specialist for help.

### **Separation Anxiety prevention protocols**

- \* Leave your dog in his crate, or safe place, with a Kong stuffed with something yummy like special treats and close the opening with peanut butter. Start with short absences from the room, just a few seconds. Gradually increase the duration of your absence making sure that your dog is still happily working away at his toy. Keep everything low-key while drifting in and out of the room.
- \* When you return, pick up his toy. The yummy treats are his only when you are not present.
- \* Remember to randomize the duration of your absences.
- \* If your dog has begun to get anxious, protesting from the crate, you may have increased the duration too quickly.

### **Treatment protocols**

- Certain triggers may become associated with your departure. Putting your shoes and coat on, grabbing your purse or briefcase, jingling your keys all may be indicative of departure to your dog - even their ordering may become a chain of events that the dog recognizes. Work on changing the order of these triggers: i.e. - jingle your keys and then drop them back on the table. Fiddle with the front door lock, even open the front door, then simply close and lock it again.
- During the treatment phase, your dog should not be left alone for more than 30 minutes. This is because you are working on lowering intensity below threshold sessions of aloneness. If you need to, find a pet sitter, doggie day care, a friend or maybe take him to work.

### **Some things to consider**

- ◆ Exercise is a great way to prepare your dog for time alone. A dog whose energy has been spent on a nice brisk run will be more ready to settle down quietly for a little rest.
- ◆ Practice low key departures and arrivals. Emotional histrionics only serve to emotionally charge the time around your comings and goings.
- ◆ For a dog with severe separation anxiety, your vet can prescribe a medication to take the edge off the anxiety giving you the opportunity to do the behavior modification protocols.



## FEARFUL OR SHY DOGS

Developing a relationship with a shy dog can be so rewarding because, as her trust grows, your dog's personality will blossom and your bond for each other will deepen. Starting your relationship out on the right paw is crucial to strengthening that bond and growing her trust. You must become a master in dog body language, interpreting her signs of unease and then alleviating the situation for her.

### The Body Language of a Shy Dog

In showing active submission a shy dog will:

- make herself smaller, keeping her body low
- keep her tail low or even tucked
- lower her head
- pin her ears back and down
- squint or blink her eyes

In an act of passive submission, she may roll on her back to reveal her belly indicating vulnerability. This does not mean she wants a belly rub.

**A dog expresses her unease by performing gestures in an attempt to calm herself.** Behaviors performed outside of their normal contexts are called displacement activities and can indicate that the dog is uncomfortable and is seeking to comfort herself. These include:

- ★ lip licking
- ★ yawning
- ★ sudden excessive grooming
- ★ scratching or sniffing

### When meeting a shy dog:

The best way to approach a shy dog is not to! Let her approach you. Do **NOT**:

1. stare at the dog
2. lean forward
3. reach out your hands

### DO:

1. avert your eyes
2. crouch or sit on the floor
3. offer treats by tossing them toward her getting closer to you
4. don't touch her, let her sniff and touch you first

Over time you and your dog will become comfortable with each other and she will become more confident. Still keep an eye out for what she's telling you around other people - strangers, your tall male friends, loud people or people who move in fast, erratic ways. Does she lip-lick, shrink a bit at your side, or even hide behind you? Take note of these signals and do what you can to move her to a safer distance. Then ask the person to ignore her (i.e., avoid looking at her) while tossing treats. Take it slowly; this may take a few times meeting this person.

### **Going Away**

Remember that, especially with a shy dog, the bond she has with you is very special. She may not have the same love or level of comfort with anyone else. This can be particularly troublesome when you must go away for an extended period of time.

- Instead of having your dog live in someone else's home during your absence, have a dog-sitter stay at your home where your dog is comfortable and happy.
- If a house-sitter isn't possible, consider using a boarding kennel. Having a secure kenneling facility will be the best safeguard against her getting loose and lost.
- A scared dog may try to escape by slipping through a cracked doorway or jumping a fence so caution the caregiver to be vigilant.
- If your dog is dog friendly, arrange for her to go for walks with other dogs who will give her an added level of confidence on the street.

\* If you are having problems, please contact our office or a certified trainer for help.



## RESOURCE GUARDING

### FOOD AGGRESSION & MANAGEMENT

Guarding (possessiveness) is a natural, normal behavior for dogs. Some dogs will guard any valued item or space: their food, food bowls, toys, treats, chewies, bones, beds, couches. But, object guarding can be dangerous if a dog sees a person as someone he needs to guard against. You can easily get bitten trying to take something away from a dog who is a serious guarder.

To manage guarding behavior, you'll do two things: hand-feeding and practicing trades. Start hand-feeding and practicing trades at the same time. To hand-feed, stop using a food bowl and start hand-feeding all meals to the dog, giving him a few pieces of kibble at a time. By doing this, you'll change the association of hands near the dog's food from negative to positive. When you practice trades with the dog, you'll teach him to always expect something better, making it worth trading.

When doing the hand-feeding and trading exercises, work with only one dog at a time. No other dogs should be within sight of your guarder. To stay safe and for the best chance of success, work at the dog's pace. Do not move on to the next step if the dog is not improving.

If the dog becomes threatening (growling, stiffening up, etc.) toward you at any point, back up to the step where she was relaxed and work forward from that step again. If the dog is a serious guarder already when you start training, you must be very careful and pay close attention to the dog's body language to detect any signs of guarding. Again, if you become uncomfortable while doing the exercises, stop and get help from a reward-based trainer.

Here are the steps for teaching trades:

- 1 Start by giving the dog something she has never cared enough about to guard (a "low-value item"). Tell the dog to give it up (say "give it" or "give"). Take the item and hand the dog a small yummy treat that you have tucked in your hand out of sight. If at any time you feel that you cannot take the item away easily, try dropping the treat near the dog to get him to drop the item so he can eat the treat. Give the low-value item back and walk away. Wait two minutes. Then, approach again and repeat the exercise six times.
- 2 Practice for three days — doing six approaches daily. Each day, change the low-value item to a different low-value item.
- 3 After three days of practice, approach the dog and hold out an object that she has guarded in the past (a high-value item), but don't allow her to take it. Say "give" as if you are asking for the item and take the item away while handing her a small yummy treat.

- 4 Again, practice six approaches each day for three days. Change the item each day to a different high-value item that the dog has guarded before.
- 5 After three days of practice, approach and hand her one of the high-value items that you have used before. Walk away (at least six feet) and wait two minutes. Then, take a deep breath, relax, smile and approach the dog. Say “give,” take the item, and hand her a small yummy treat.
- 6 Again, practice six approaches each day for three days. Remember to change the high-value item daily to other previously guarded items.
- 7 After three days of practice, lay all the high-value items on the floor and wait for the dog to settle on one. Then, approach with a small treat tucked in your hand. Practice six approaches, exchanging the high-value item for the small treat. Between approaches, remember to walk away and wait two minutes before approaching again.
- 8 If the dog is still doing well, leave the high-value items on the floor and practice the exercise at least three times each day for at least a week.

To reinforce the lesson, it’s a good idea to have other adults work with the dog. Start them off with the low-value items and have them work their way through the exercises. Supervise their interactions so you can see how the dog is doing. It also helps to practice in a variety of locations by taking high-value items and treats on outings.

If you have a dog that guards food or objects, you should practice the above routine often to prevent any future problems.

\* If you encounter any problems or have questions please contact a certified trainer for help.





## SECTION III

### INTRODUCTIONS

1. Introducing the new dog to the resident dog
2. Introducing the new dog to the resident cat
3. Introducing the new dog to children



## Introducing Your Dog to a New Dog

Adding another dog to your household can bring you and your current dog more fun and companionship. However, it's important to realize that your current dog might feel similar to how you might feel if your parents picked your friends and then told you to share your toys with them. In the long run, things will probably work out fabulously, but in the beginning it's a

very smart idea to take a few extra steps to make everyone feel good about the new arrangement. This provides some guidelines for making smooth and safe introductions and ensuring that your dogs' relationship gets off to a great start.

### **Introductions**

When you are adopting a new dog to your household most shelters require you to bring your existing dog with you for an introduction. Introductions should be at the shelter on neutral territory. Don't force any interactions between the dogs. If the dogs ignore each other at first, or if one dog seems reluctant to interact with the other, that's okay. Give both dogs time to get comfortable. They'll interact when they are ready. Make sure you bring at least one crate so that you can separate the dogs in the car going home. One of the worst things you can do is to just throw the two of them together in your car and hope for the best.

Before you take them inside, walk them together around your house or apartment building. Be patient. Bringing a new dog home requires that everyone make some adjustments, especially your current pets. And it will take time for your dogs to build a comfortable relationship.

### **The First Couple of Weeks at Home**

It's crucial to avoid squabbles during the early stages of your dogs' new relationship. Pick up all toys, chews, food bowls and your current dog's favorite items. When dogs are first forming a relationship, these things can cause rivalry. These items can be reintroduced after a couple of weeks once the dogs have started to develop a good relationship.

Give each dog his own water and food bowls, bed and toys. For the first few weeks only give the dogs toys or chews when they're separated in their crates or confinement areas. Feed the dogs in completely separate areas. Pick up bowls when feeding time is over. (Some dogs will compete over bowls that recently contained food.)

Keep the dogs' playtime and interactions brief to avoid overstimulation and over arousal, which can lead to fighting. Confine the dogs in separate areas of your home whenever you're away or can't supervise their interactions. Give your new dog his own confinement area. When the dogs are separated, it might be a good idea to let them get to know each other through a barrier, like a baby gate. Your new dog should be gated in his confinement area, and your current dog should be free to move around and visit when he wants to.

If your dogs seem to react poorly to each other often, don't hesitate to contact a professional who can help you, such as a Certified Applied Animal Behaviorist (CAAB), a board-certified veterinary behaviorist (Dip ACVB) or a Certified Professional Dog Trainer (CPDT) who's experienced in treating problems between dogs.

Be sure to praise your dogs when they are interacting nicely. Spend time individually with each dog. Give each of them training time with you and playtime with other dogs outside your home. If your dogs are very different in age or energy level, be sure to give the older or less energetic one his own private space where he can enjoy rest and down time.

## INTRODUCING YOUR CAT TO A NEW DOG



### Dog and cat looking at each other

Many dogs and cats get along very well. Dogs who are gentle and friendly and are not squirrel-chasing, predatory types can be great housemates with cats. Even dogs that chase small prey outdoors can often learn not to chase or harm cats indoors once they have grown accustomed to their household cats as family members. Although you should carefully prepare and supervise your new dog, you should have little trouble integrating him into your household if he's lived peacefully with a cat before or if your cat has lived with a dog. But keep in mind that dogs and cats, like people, need time to get to know each other. If they have never seen each other before, they probably won't be instant friends.

### Know What to Expect

Dogs that have never lived with cats usually react to them one of three ways:

**Play:** Your new dog might treat your cat like another dog and try to play with her, particularly if your dog is young and your cat is inquisitive and approaches him. If your cat is young and your dog is small, this interaction can lay the groundwork for a strong, relationship between the two. However, it's more common for cats to react defensively to an invitation to play from a strange dog—or even a new, young cat. Cats generally don't play as rambunctiously as dogs, and dogs often chase and bite during play. If your cat is older or your new dog is large, your dog's playful behavior can be even more problematic. Play between dogs and cats should be closely monitored. Playful dogs often don't respond appropriately to a cat's signals to stop, and the tension or aggression between the two can escalate rapidly, causing the cat distress and putting her in danger. Keep in mind that a dog can kill a cat easily, even in play. And a scared or angry cat can use her claws to seriously injure a dog.

**Prey:** Unfortunately, dogs often perceive cats as prey. This is especially likely if your cat runs when she sees a dog. Your new dog might respond to your cat's movement as he would to the movement of a fleeing prey animal. He might chase and even kill your cat. Similarly, cats that have never lived with dogs will likely view them as predators and will run or become defensively aggressive.

**Cautious interest or avoidance:** An older or quieter dog might be intimidated by your cat, particularly if she's young or rambunctious. He might approach your cat cautiously or watch her from a

distance and avoid her whenever possible. Cats that have never lived with dogs generally react to them one of three ways: **Cautious interest, avoidance, or defensive antagonism.**

### **How to Set Up Safe, Successful Introductions**

It's up to you to protect your cat and set up introductions carefully so that she feels safe and has a pleasant experience getting acquainted with your new dog.

### **Here are some suggestions for making the most of introductions:**

Trim your cat's claws to keep the interaction as safe as possible for your new dog. First impressions are important to a cat, so you want the initial meetings to be as stress-free as possible for her.

At first, confine your new dog to a room using a baby gate. Don't restrict your cat or change her environment any more than necessary. You can start to introduce your cat and your dog near the doorway to that room, with the baby gate between them.

To prepare for this first meeting, start by taking your dog outside and running him around to help him work off a bit of energy. Bring delicious treats that your new dog will love, like bite-sized pieces of chicken or cheese. Practice sit, down and stay after he's run around for a while and seems to be getting tired. Then bring him inside and put him in his room, behind the baby gate.

Next, fill your pockets with your cat's favorite treats. If your new dog is rambunctious, put his leash on him and have someone on his side of the gate to handle the leash. Sit in front of the door and call your cat. Have your dog lie down or sit to keep him from behaving threateningly as she approaches. When your cat comes, toss her a treat. Praise and treat your dog as well if he behaves calmly in her presence. Do this several times each day for a couple of days. This way, your cat will associate your dog with delicious treats and vice versa. If your dog overreacts to your cat and does something that makes your cat back away from him, distract him and get his attention focused on you. Avoid accomplishing this by using leash corrections. Instead, get your dog's attention by asking him to sit or lie down. Use treats to reward him for his fabulous obedience when something as interesting and distracting as your cat is nearby! Your cat should be free to approach the baby gate and get closer to your dog or to retreat if she wants to. Reward her any time she approaches the baby gate by tossing her treats.

Let your cat set the pace. Never attempt to force any interactions by holding your cat, putting her into a crate or carrier or restricting her movement in any way. If she doesn't seem afraid of your dog, or if she even tries to jump over the gate to see him, you can introduce them in your living room or another large room with your dog on leash. Once you're in the larger room, make sure your cat can get away from your dog during the introduction. She should have the freedom and room to retreat, run and hide, slip beneath a piece of furniture where the dog can't follow, or jump up on something that puts her above your dog. Continue introductions until your pets interact in a calm, friendly manner. Cats often bat at a dog they accept with their claws sheathed or rub against him, and dogs respond by gently nudging back or offering a play bow. Keep your dog on-leash during these introductions in the living room and for

the first couple of weeks. Allow the leash to be loose, but hold it firmly in case your dog decides to try to chase your cat.

When you're not around or can't directly supervise, keep your cat and dog confined in separate areas of your house. Most dogs and cats can share a home in harmony once they have gradually become accustomed to each other over time. However, if your dog chases your cat or ever shows intolerance toward your cat in your presence—such as growling when she walks past while he's chewing a bone or being petted by you—keep them separated in your absence.

Your dog should not have access to your cat's litter box. If he does, it will be highly stressful to your cat, and your dog might eat the feces and litter. To prevent your dog from eating your cat's food, consider feeding her on a high surface, like a windowsill, a dresser, and a shelf or cat tree furniture.

## MANAGING INTERACTIONS BETWEEN DOGS AND KIDS

### What Can Go Wrong?

Even if you've got the friendliest dog on the planet, a dangerous situation can develop in mere seconds. Although they mean no harm, children can do a number of things to trigger aggression in dogs:

- Startling or hurting a dog.
- Getting too close to resources - toys, food or bones.
- Playing inappropriately
- Triggering a predatory response - Children often trigger predatory behavior from dogs by running away and yelling.

### Supervise to Prevent Problems

The best way to avoid potentially dangerous situations is to supervise all interactions between your dog and your kids—even if your dog is friendly and gentle. Remember, it takes only a few seconds for things to go awry. Monitor both your children's and your dog's behavior when they're together and watch for signs of trouble. If you supervise diligently, you can step in when necessary and prevent bad experiences.

### Learn to Read Your Dog

Some signs of trouble are obvious. If a dog shows his teeth or growls at a child, he's clearly feeling uncomfortable and aggressive. But it's unwise to wait until you see these dramatic behaviors. It's much safer to learn to recognize your dog's early, subtle warnings.

### Signs that a dog is getting uncomfortable in order of progression are:

1. Freeze - a momentary pause in what he's doing.
2. Hard Stare - or hard eye. You can often see the whites of their eyes.
3. Showing Teeth
4. Snarling
5. Growling
6. Snap

If the snap doesn't work to repel the child, the dog may deliver an actual bite.



## **When You Can't Supervise**

When you're not able to supervise the interaction between your dog and your children, it's best to confine your dog to a safe area away from the kids. If you teach your dog to be comfortable in a crate, in an exercise pen or behind a baby gate, you can easily put him there when necessary. A crate can also provide a safe place for your dog to sleep, eat or chew on things without worrying about a child bothering him.



Make sure that your child can't access your dog's confinement area. Some children get bitten when they reach through crate bars to touch or taunt a dog who wants to be left alone. When your child is very young, physically prevent her from wandering into your dog's confinement area. When she's old enough to understand the rule, teach her that the area is off limits to her. Training your dog is only half of your job! In addition to teaching your dog how to behave around kids, you need to teach your kids how to behave around dogs.

- Children need to understand that not all dogs love them. Teach your kids to always ask pet parents for permission before approaching any animal.
- In addition to learning that they should never touch strange animals without permission, kids must understand that they should never reach through fences or car windows to pet dogs who are unattended—even if they know the confined dogs.
- Teach your children how to handle dogs gently.

## **The Statue Game**

If your dog becomes excited and unruly when he's around children, he needs to learn to control his impulses. Playing the Statue Game is a great way to get started.

- First, round up some kids to help with training. Explain how the game will work in advance so they know exactly what to do.
- Now go get your dog. Keep him on a leash at first if he's really excitable or might knock the children down.
- Tell the kids to "Go wild!" When they hear this phrase, they should start running around, waving their arms and jumping up and down.
- Watch your dog carefully as the kids run around. At the moment he starts getting excited, tell the kids to "Freeze!"
- With the kids frozen in their statue poses, ask your dog to sit. When he does, you or the child standing closest to him can give him a treat.
- Then start the game over by telling the kids to "Go wild!" again.



When your dog gets the hang of this game, he'll probably sit as soon as the kids freeze—whether you give him his “Sit” cue or not. The freezing will become his cue to sit! At this point, you can start using your dog's new skill in real life. Tell children who interact with him to freeze if he starts getting too rambunctious. If he sits in response, be sure to give him a reward for his polite behavior.



## YOUR NEW PUPPY

1. Crate Training
2. Toys
3. Mouthing
4. Socialization
5. Destructive Chewing

# CRATE TRAINING



## Why should I crate-train my dog?

- \* To help with house-training (dogs generally do not like to pee or poop where they sleep)
- \* To keep him safe when traveling in a car, or being transported in an airplane.
- \* To help gradually introduce a new puppy or dog to a household.
- \* To make sure your dog doesn't chew on dangerous or valuable things while you're away from home or asleep.

## What size crate should I buy?

- \* For house-training, the crate should only be big enough that the dog can stand up, turn around and lie down comfortably. If it's too big, a dog will be able to pee or poop at one end and sleep at the other.
- \* Once the dog is house-trained, you can use as big a crate as you want! Some dogs that have had a previous bad experience in a crate may do better with an exercise-pen or a dog-proof room to keep them out of trouble when you're not watching them.

## How do I teach my dog to love his crate?

- \* Sit down in front of the crate with your dog and some treats he really likes. Show him a treat and toss it just inside the crate.
- \* The dog should step toward the crate and get the treat. Repeat several times, each time tossing the treat a little further inside the crate. Let him run back out; don't shut the door just yet!
- \* Show the dog a treat and move as though you are tossing it inside the crate. When the dog looks in the crate, say "yes!" and toss the treat inside. After a few repetitions, wait for the dog to actually take a step toward the crate before tossing the treat inside.
- \* Soon your dog should be happily running in and out of the crate, and perhaps not wanting to leave it at all. At this point you can introduce a cue to tell the dog to go inside the crate, such as "go to your bed", "kennel up", etc. Say this just before your dog moves toward the crate.
- \* You can ask your dog to sit or lie down at this point, if your dog knows these words.
- \* Once the dog is happily running into the crate and staying there for 10 seconds, start closing the door. Give a treat through the door, and then let the dog out immediately.
- \* Next, close the door and give two treats, waiting longer and longer before giving the second one.
- \* Continue to increase the time the dog is inside the crate, with the door latched shut. If the dog stands up or scratches at the door, say "uh uh" and ask him to lie down again.

- \* Once the dog is happy running into the crate and lying down, give him something nice to eat or chew while in the crate, such as a stuffed Kong or Goodie Ship, a Dentabone, or a chew bone.
- \* At this point, you can also have your dog sleep in his crate at night. If the crate is right beside your bed, your dog is less likely to fuss. You can also easily put your hand up to the cage for him to sniff to know you're right there.

### **What if my dog hates his crate or cries to get out?**

- \* If your dog has had a previous bad experience with a crate, you may have to take things more slowly. With these dogs, it helps to do many short practice sessions and feed all meals in an open crate.
- \* Any time the dog is whining, barking, or scratching to get out of the crate, always ask him to sit or lie down before opening the door. The dog will learn that sitting or lying down is the best way to get you to open the door.
- \* Make sure you don't accidentally teach the dog to whine, bark, or scratch to get out. You must make sure that most of the time you let the dog out of the crate before he starts these behaviors. If he is always demanding to be released, you need to go back to the beginning of these instructions and gradually increase the amount of time he is happy to be in the crate.

### **Can a crate be misused?**

- \* Yes. The crate should NOT be used to cage a dog simply because the dog is a getting into trouble and requires attention.
- \* A dog should never be left in a crate for long periods of time. Young puppies should **NOT** be crated for more than an hour or two at a time, except at night.
- \* An adult dog should only be crated during an 8-hour workday if it has been given at least 30-60 minutes of aerobic exercise beforehand. This is even more of a concern if the dog is crated at night as well- these dogs will need aerobic exercise morning and evening until they have been potty and chew-trained. Most dogs will eventually be OK loose in the house.

### **Should crating ever be used as a means of punishing the dog?**

**ABSOLUTELY NOT!**

## THE BEST PUPPY TEETHING TOYS

**Sturdy, safe puppy teething toys are a must for growing puppies.**

If little Fido is in the throes of losing baby teeth and growing in those big, shiny adult ones, then he's in the 'teething stage', and this can be a challenging time - for everyone.

Between about 8 weeks and 6 months (sometimes longer), your puppy will be absolutely determined to spend a LOT of time with his jaws clamped firmly around *something*.



**The desire to chew is a natural canine instinct**

Good puppy chew toys should give you a lot of 'bang for your buck', and be multi-functional and long lasting.

**Chilly Bone**

These freezable toys are great for teething puppies or cooling off during the dog days of summer. The patented Chilly Bone contains a unique non-toxic water-absorbing sponge like material inside that can be frozen time and time again. The Chilly Bone can even help clean and stimulate your dog's teeth and gums.

**Rope Toys**

Rope toys are some of the best teething toys as they are inexpensive, easy to clean, versatile and last a long time. Rope toys are great for teaching fetch, tug or for solitary chewing activities. They also promote dental health by helping to clean teeth and strengthen gums. Rinse the toys with plain soap and water every few days, and freeze them while still wet for extra soothing chewing.

**Nylabone**

Satisfy your dog's urge to chew with long-lasting Nylabone Durable Shapes. The bone-hard texture wears down slowly and will not break or splinter. These are excellent for the determined chewer with a medium to hard bite. Nylabones are flavored with real meat juices, clean easily, and are odor-free.



## PUPPY MOUTHING

Puppies spend a great deal of time playing, chewing and investigating objects. All of these normal activities involve puppies using their mouths and their needle-sharp teeth. When puppies play with people, they often bite, chew and mouth on people's hands, limbs and clothing. It's important to help your puppy learn to curb his mouthy behavior.

### **Bite Inhibition: Teach Your Puppy to Be Gentle**

Bite inhibition refers to a dog's ability to control the force of his mouthing. A puppy or dog that hasn't learned bite inhibition with people doesn't recognize the sensitivity of human skin, and so he bites too hard, even in play. Puppies usually learn bite inhibition during play with other puppies. If you watch a group of puppies playing, you'll see plenty of chasing, pouncing and wrestling. Puppies also bite each other all over. Every now and then, a pup will bite his playmate too hard. The victim of the painful bite yelps and usually stops playing. The offender is often taken aback by the yelp and also stops playing for a moment. However, pretty soon, both playmates are back in the game.

When you play with your puppy, don't let him mouth on your hands. When he does bite too hard, immediately give a high-pitched yelp, as if you're hurt, and let your hand go limp. This should startle your puppy and cause him to stop mouthing you, at least momentarily. Praise your puppy for stopping or for licking you. Resume whatever you were doing before. If your puppy bites you hard again, yelp again. Repeat these steps no more than three times within a 15-minute period. If you find that yelping alone doesn't work, you can switch to removing your hands from play. This can be very effective for curbing mouthing in puppies. When your puppy delivers a hard bite, yelp loudly. Then, when he startles and turns to look at you or looks around, remove your hand. Ignore him for 10 to 20 seconds. Play with your puppy until he bites hard again. When he does, repeat the sequence above.

### **What to Do Next: Teach Your Puppy That Teeth Don't Belong on Human Skin**

- Substitute a toy or chew bone when your puppy tries to gnaw on fingers or toes.
- Puppies often mouth on people's hands when stroked, patted and scratched (unless they're sleepy or distracted). If your puppy gets all riled up when you pet him, distract him by feeding him small treats from your other hand. This will help your puppy get used to being touched without mouthing.

Encourage non-contact forms of play, such as fetch and tug-of-war, rather than wrestling and rough play with your hands.

If your puppy bites at your feet and ankles freeze and wait for your puppy to stop mouthing you. The second he stops, praise and get a toy to reward him. Repeat these steps until your puppy gets used to watching you move around without going after your feet or ankles.

Provide plenty of interesting and new toys so that your puppy will play with them instead of gnawing on you or your clothing.

Provide plenty of opportunities for your puppy to play with other puppies and with friendly, vaccinated adult dogs. Playing and socializing with dog buddies is important for your puppy's

development—and if he expends a lot of his energy playing with other puppies, he'll feel less motivated to play roughly with you. Consider enrolling your puppy in a good puppy class, where he can have supervised playtime with other puppies *and* learn some important new skills!

Because mouthing issues can be challenging to work with, don't hesitate to enlist the help of a Certified Professional Dog Trainer (CPDT).

### **General Precautions**

- Avoid waving your fingers or toes in your puppy's face or slapping the sides of his face to entice him to play. Doing these things can actually encourage your puppy to bite your hands and feet.
- Do not discourage your puppy from playing with you in general. Play builds a strong bond between a dog and his human family. You want to teach your puppy to play gently, rather than not at all.
- Avoid jerking your hands or feet away from your puppy when he mouths. This will encourage him to jump forward and grab at you. It's much more effective to let your hands or feet go limp so that they aren't much fun to play with.
- Slapping or hitting puppies for playful mouthing can cause them to bite harder. They usually react by playing more aggressively. Physical punishment can also make your puppy afraid of you—and it can even cause real aggression. Avoid scruff shaking, whacking your puppy on the nose, sticking your fingers down his throat and all other punishments that might hurt or scare him.



# PUPPY SOCIALIZATION

## IS PART OF TRAINING A PUP

Socialization and puppy training are of utmost importance as puppyhood is a critical time in your dog's development. What you do and do not do right now will affect your dog's behavior forever. A properly socialized puppy is well adjusted and makes a good companion. It is neither frightened by nor aggressive towards anyone or anything that it would normally meet in day to day living.

### **Socialization Do's**

Make sure that each of the following events is pleasant and non-threatening. It's better to go too slow and assure your puppy is not frightened or injured than to rush and force your pup to meet new things and people.

- \* Invite friends over to meet your pup. Include men, women, youngsters, oldsters, different ethnic backgrounds, etc.
- \* Invite friendly, healthy, vaccinated dogs, puppies and even cats to your home to meet and play with your new puppy. Take your puppy to the homes of these pets, preferably with dog-friendly cats.
- \* Carry your pup to shopping centers, parks, school playgrounds, etc; places where there are crowds of people and plenty of activity.
- \* Take your puppy for short, frequent rides in the car. Stop the car and let your puppy watch the world go by through the window.
- \* Introduce your puppy to umbrellas, bags, boxes, the vacuum cleaner, etc. Encourage your puppy to explore and investigate his environment.
- \* Get your puppy accustomed to seeing different and unfamiliar objects by creating your own. Set a chair upside down. Lay the trash can (empty) on its side, set up the ironing board right-side up one day and upside down the next day... you get the idea.
- \* Introduce your puppy to new and various sounds. Loud, obnoxious sounds should be introduced from a distance and gradually brought closer.
- \* Get your puppy accustomed to being brushed, bathed, inspected, having its nails clipped, teeth and ears cleaned and all the routines of grooming and physical examination.
- \* Introduce your puppy to stairs, his own collar and leash.
- \* Introduce anything and everything you want your puppy to be comfortable with and around.

**\* TAKE YOUR PUPPY TO CLASSES**



## Socialization Don'ts

\* Do not put your puppy on the ground where unknown animals have access. This is where your puppy can pick up diseases. Wait until your puppy's shots are completed. Do not let your pup socialize with dogs that appear sick or dogs that you don't know, that may not be vaccinated.

\* Do not reward fearful behavior. In a well meaning attempt to sooth, encourage or calm the puppy when it appears frightened, we often unintentionally reward the behavior. It's normal for the puppy to show some signs of apprehension when confronting anything new and different.

\* Do not allow the experience to be harmful, painful or excessively frightening. This can cause lifetime phobias in your dog.

\* Do not force or rush your puppy. Let your puppy take things at its own pace. Your job is to provide the opportunity.

\* Do not do too much at one time. Young puppies need a lot of sleep and tire quickly. It is much more productive to have frequent and very brief exposures than occasional prolonged exposures.

\* **DO NOT WAIT!!** Every day that goes by is an opportunity of a lifetime that is lost forever. You can never get these days back. If socialization does not happen now, it never will.



## DESTRUCTIVE CHEWING

It's normal for puppies and dogs to chew on objects as they explore the world. Chewing accomplishes a number of things for a dog. For young dogs, it's a way to relieve pain that might be caused by incoming teeth. For older dogs, it's nature's way of keeping jaws strong and teeth clean. Chewing also combats boredom and can relieve mild anxiety or frustration.

### How to Manage or Reduce Your Puppy's Destructive Chewing

The desire to investigate interesting objects and the discomfort of teething motivate puppies to chew. Much like human infants, puppies go through a stage when they lose their baby teeth and experience pain as their adult teeth come in. This intensified chewing phase usually ends by six months of age. Some recommend giving puppies ice cubes, special dog toys that can be frozen or frozen wet washcloths to chew, which might help numb teething pain. Although puppies do need to chew on things, gentle guidance can teach your puppy to restrict chewing to appropriate objects, like his own toys.

### Useful Tips

“Dog-proof” your house. Put valuable objects away until you're confident that your dog's chewing behavior is restricted to appropriate items. Make it easy for your dog to succeed.

Provide your dog with plenty of his own toys and inedible chew bones. Pay attention to the types of toys that keep him chewing for long periods of time and continue to offer those. Try Nylabones, Dental KONGs and natural marrow bones from the pet store that can be stuffed. It's ideal to introduce something new or rotate your dog's chew toys every couple of days so that he doesn't get bored with the same old toys. (Use caution: Only give your dog natural bones that are sold specifically for chewing. Do not give him cooked bones, like leftover t-bones or chicken wings, as these can splinter and seriously injure your dog. Also keep in mind that some intense chewers may be able to chip small pieces off of natural bones or chip their own teeth while chewing. If you have concerns about what's safe to give your dog, speak with his veterinarian.)

Offer your dog some edible things to chew, like bully sticks, pig ears, pig skin rolls, other natural chews, Dentastix, Dentabones, and Nylabone®/Healthy Edibles® bones. Dogs can sometimes choke on edible chews, especially if they bite off and swallow large chunks. If your dog is inclined to do this, make sure he's separated from other dogs when he chews so he can relax. Also be sure to keep an eye on your dog whenever he's working on an edible chew so that you can intervene if he starts to choke.



## Lack of Exercise or Mental Stimulation

Some dogs simply do not get enough physical and mental stimulation. Bored dogs tend to look for ways to entertain themselves, and chewing is one option. To prevent destructive chewing, be sure to provide plenty of ways for your dog to exercise his mind and body. Great ways to accomplish this include daily walks and outings, off-leash play with other dogs, tug and fetch games, clicker training classes, dog sports (agility, freestyle, flyball, etc.), and feeding meals in food puzzle toys, like the KONG, Squirrel Dude, Twist 'n Treat, TreatStik, Tricky Treat Ball or Buster®Cube.

## Stress and Frustration

Sometimes a dog will chew when experiencing something that causes stress, such as being crated near another animal he doesn't get along with or getting teased by children when confined in a car. To reduce this kind of chewing, try to avoid exposing your dog to situations that make him nervous or upset. The best intervention for this problem is to anticipate when frustration might happen and give your dog an appropriate toy for shaking and tearing. In a class situation, carry a tug or stuffed toy for your dog to hold and chew.

## What NOT to Do

- Do not show your dog the damage he did and spank, scold or punish him after the fact. He cannot connect your punishment with some behavior he did hours or even minutes ago.
- Do not use duct tape to hold your dog's mouth closed around a chewed object for any length of time. This is inhumane, will teach your dog nothing, and dogs have died from this procedure.
- Do not leave your dog in a crate for lengthy periods of time (more than six hours) to prevent chewing.
- Do not muzzle your dog to prevent chewing.

