



ADOPTER'S MANUAL

DISCLAIMER: Information provided herein is a collection of best practices from our partner shelters, volunteers, and adopters. Professional opinion is to be obtained from a certified veterinarian and/or dog trainer should your dog require further assistance.

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Welcoming Your New Rescue Dog Home:



Congratulations on adopting your new rescue pup!

It's an exciting time, and you've probably dreamed about going for long walks, hiking, playing fetch, and cuddling on the sofa with your new fur baby. However, each rescue dog comes with its own unique history, experience, and personality. This manual has been designed to help you get your dog settled in its new home.

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1. A PERIOD OF ADJUSTMENT

As with any dog, your rescue will need time to adjust to the new environment. Your dog is adopting you as its new family member as well. Please remember the journey your pup has taken to find you – waiting in a crowded shelter to be selected, boarding the airline cargo in a crate for many hours, and then being brought to an unfamiliar space with new faces who are likely speaking a foreign language. We must be reasonable and realistic with our expectations.

Some dogs will settle into their new homes right away as if they've lived there all along. For most dogs, the period of adjustment can be anywhere between **6 to 12 weeks or longer** before their personality truly comes through. For some others, the process is a slow progression. Please provide your new rescue with time, space, patience and your love. In time, your pup will reward you with a lifetime of unconditional loyalty, happiness, and companionship.

IMPORTANT REMINDER: Refer to the [Safety Protocol](#) from your adoption agreement package. You can [download a new copy through the hyperlink provided herein](#).

2. PREPARING YOUR HOME



Each dog is unique. It will take time for you to get to know your dog's personality and make adjustments accordingly. However, this doesn't mean you should not be prepared. Preparations must be made **BEFORE** your dog arrives in your home.

ALWAYS SET YOUR DOG UP FOR SUCCESS, NOT FAILURE.

If you don't want your shoes to be chewed on, or the garbage bin to be rummaged through, do not give your dog the opportunity to do so. Dangerous objects must be kept out of reach (e.g. cleaning materials kept on floor level cabinets, candles, or other decorative items placed on coffee tables, etc.) **Be proactive in identifying these items around your home.**

Ensure your fence is fully secure – double check for any gaps or loose boards. Check the gates for any issues with hinges or locks. Make sure baby gates are in place, wires and cords concealed, and electrical units put away. **IMPORTANT:** Your dog should always be supervised when it is outdoors, even in a fully fenced area. Dogs can and will find a way to escape, whether out of skittishness or from chasing a squirrel.

All supplies must be purchased and ready before arrival:

- | | | | |
|-------------|---------------------|------------|----------------------------------|
| ✓ ID tag | ✓ Martingale Collar | ✓ Dog Bed | ✓ Food & Water bowls |
| ✓ Leash | ✓ Harness | ✓ Treats | ✓ Non-Toxic Floor/Carpet Cleaner |
| ✓ Chew Toys | ✓ Pet First Aid Kit | ✓ Pee Pads | ✓ Waste Disposal Bags |

IMPORTANT REMINDER: Refer to our [safety protocol](#) for details on the martingale collar, harness, and hands-free leash requirements.

For those who may travel in vehicles frequently:

- ✓ Seat Belt Harness/Travel Crate

A consistent schedule is important. Here are some questions to consider:

- | | |
|----------------------------------------|------------------------------------------|
| ✓ When will they go for walks? | ✓ How many times a day and for how long? |
| ✓ What time will they eat their meals? | ✓ When will they go out to potty? |

Our Recommendations:

- ✓ Dogs should be taken outside upon waking up, after breakfast, mid-day, after dinner & before you go to bed at night.
- ✓ **CONSISTENCY IS KEY** in the first few weeks of arrival. It will help the dog relax & settle in easier when it learns the routine. All members of the household should abide by the same training approaches. A lack of solidarity in training within the household results in confusion.

3. SETTLING IN & ADJUSTING TO A NEW LIFE



Your dog's previous life was most likely spent roaming the streets, scavenging, resting, socializing with other dogs, and being in control of where it went and what it did. Sudden restriction of four walls, closed doors, enclosed spaces, collars, set meal times, human rules, and new sights, sounds, and smell can be extremely overwhelming for all dogs. The sense of control they once had is lost and they find themselves highly dependent on you for everything. Try to acknowledge these changes your dog is experiencing and find ways to reduce the pressure to help them feel safe in your home.

THE FIRST 3 MONTHS will be the most important time you spend with your dog. While we recognize not everyone can take time off to spend with their new family addition, we do encourage you to spend as much time at home as possible. This is crucial in creating a strong bond between you and your dog - you will get to know and trust each other. Feeding, playing, training, walking, and cuddling are all bonding activities. The more your dog associates you with a positive experience, the quicker you will gain their trust and strengthen your relationship.

You should also take this time to watch your dog closely in order to reward or redirect the desired behavior (e.g. watch for cues that your dog exhibits when it needs to go potty. This can include sniffing or circling around a certain area of the room.) Once you recognize these cues, take your dog out **BEFORE** it goes potty in the house and reward your dog for doing a great job outdoors. Also take this time to practice [leadership exercises](#) to start your relationship off on the right foot. The more you strengthen your bond, the easier it will be to communicate with each other and progress with training.

While friends and relatives may be excited to meet the newest member of the family, don't rush introductions. Meeting new people too early and too quickly can be confusing and overwhelming for dogs, especially if they are nervous or skittish. Wait until your dog has bonded to you before making new introductions. This will make it easier for your dog when meeting new people as it will be able to look to you for comfort and guidance.



3.1 Settling in with a Nervous or Anxious Dog

If you notice your dog is nervous or anxious, be sure to give extra time and space before it warms up to you. If your dog prefers to stay tucked away in a corner, resist the temptation to approach, pet, or cuddle against its will. Instead, respect its space and leave food and water nearby so your dog is able to eat or drink in its comfort zone. Do not attempt to begin potty training (or any sort of training) if it chooses to relieve itself in the house. First and foremost, your dog needs to trust you before beginning any training exercises. It may take a few days, or even weeks for your dog to warm up. Let your dog approach you on their own terms and time.



Signs of stress can include:

- Shivering
- Excessive drooling
- Pacing
- Excessive panting
- Avoiding eye contact
- Tail tucked between legs
- Standing hunched over
- Raised heckles (the hair at the back of a dog's neck)
- Drinking lots of water (due to excessive panting/drooling)
- Barking &/or growling in close proximity
- Potty inconsistencies (including constipation and diarrhea)

While it is important to respect your dog's space, do not leave your dog to its own devices completely. Stay close by, without invading your dog's privacy, and talk to them often so that your voice and mannerisms become familiar. Even if you are sitting down reading a book or working on your laptop, do so in its presence so your dog can get accustomed to being in your company.

Create a sanctuary space for your dog. This can be their travel crate, bed, or a corner they find cozy (in which you can place their bed). Let the dog choose the spot, within reason, and be willing to respect this space. Think about ways you can reduce sights and sounds in their sanctuary to lessen stressors. Consider that sounds we are familiar with, such as a vacuum, TV, or laundry machine are foreign sounds that may startle your dog. Try to minimize the use of these appliances and aim to provide a calm environment.

While it is natural to be very excited about your new dog and idealize your new life together, keep expectations low and resolve to take little steps at a time. Understand that you will need to become your dog's safe place, which means advocating for them if you see they are getting stressed or uncomfortable. Build trust and form positive relationships.

Finally, think about purchasing a few tasty and nutritious treats, or learning about regular, healthy food items that make good treats for dogs. Forming positive associations with new and possibly scary things is easier for most dogs if they are rewarded with something yummy. This includes associating your own presence with a positive, treat rewarding experience. Remember, a reward doesn't have to be big - just one delicious little taste at a time can really help your new dog to accept new things, stay focused on you, and become more confident and resilient.

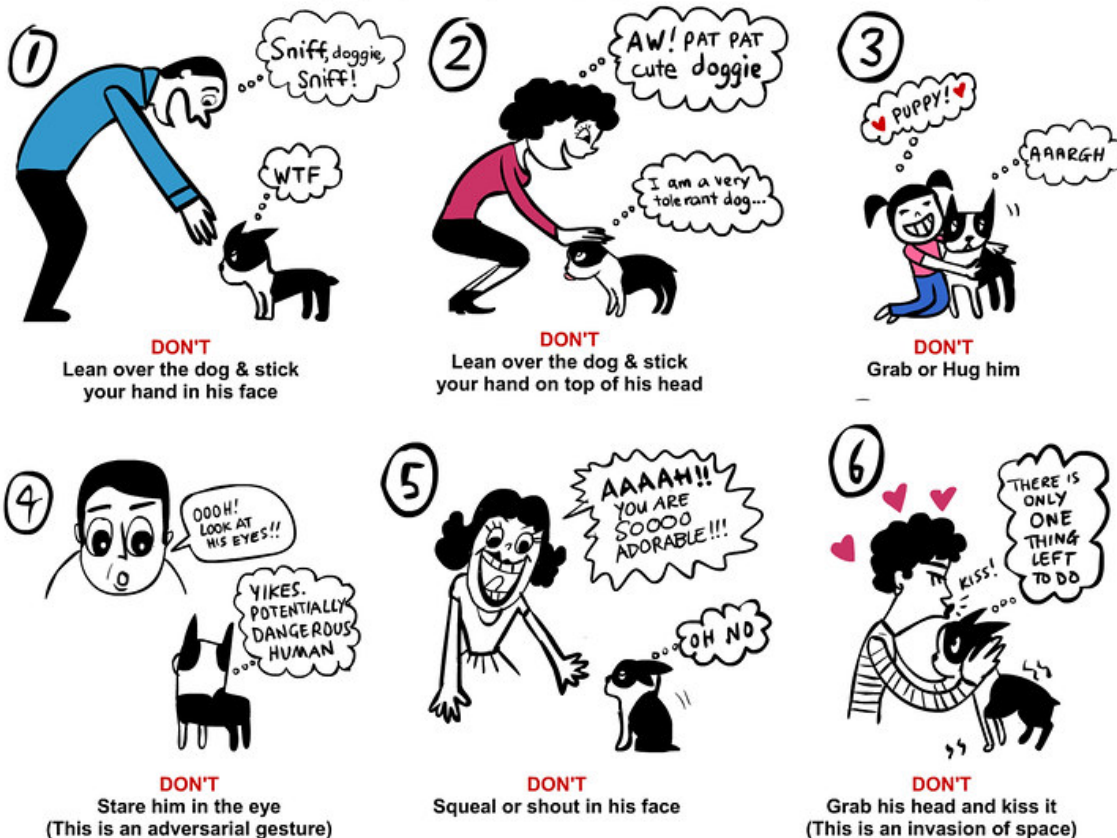
Trust and leadership are the basic foundations to a healthy relationship with your dog. Building your dogs' own confidence as well as their confidence in you are the first steps. Achieve this by spending time learning their body language, triggers, likes and dislikes, and actively working to create a positive environment for them. Building confidence means minimizing stressors and slowly turning negatively perceived situations into positive ones (see section 7 on [desensitization and counter conditioning](#)). Don't be afraid to take things slow. Pushing your dog too hard by forcing them to face situations they are uncomfortable with will effectively deepen their fear and cause further negative association(s).

How to Interact with a Nervous or Anxious Dog

A common misconception is that petting a dog will show them affection and therefore comfort them. But consider if you were in a new place wishing you were invisible and people were constantly reaching out and trying to pet you. Respect personal space for nervous and anxious dogs.

HOW **NOT** TO GREET A DOG

*Most people do this stuff and it stresses dogs out so they BITE!
I don't care how cute you (or your kid) think Boogie is. Please show him some respect.*

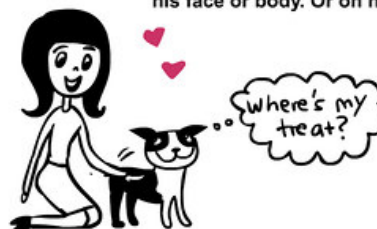


Doing this to a dog who doesn't know you is like a perfect stranger giving you a great big hug and kiss in an elevator. Wouldn't that creep you out? And wouldn't you have the right to defend yourself?

THE CORRECT WAY:



- * No Eye contact
- * Let the dog approach you in his own time
- * Keep either your **SIDE** or **BACK** towards the dog (non-threatening posture)



- * Pet or stroke him on the **SIDE** of his face or body. Or on his back.

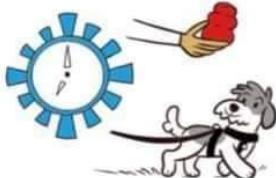
Decompress for Success

Adopting a new dog is all about changes for both of you. Use this guide to make the first few weeks fun and stress-free. You will build a foundation for a lasting relationship if you follow these steps to ...



ROUTINE

Dogs crave predictability. Stick to the same times when feeding, walking, training, and departing from your home.



PRIVACY

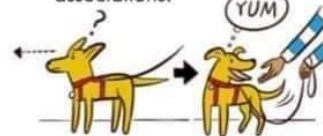
Dogs, like people, need time to themselves. Create a spot with a crate or mat. Call your dog to leave their space, rather than invading their space.



POSITIVE

SOCIALIZATION

Limit interactions with new people, places, and things. Let your dog explore gradually in short sessions. Build positive associations.



TRAIN AT HOME FIRST

Start positive reinforcement training at home for a distraction-free setting. This is the fastest, clearest way to establish communication.



TRAIN WITH FOOD

Shift calories out of the food bowl and use in short (5 minute) training sessions. Spread training sessions throughout the day, including reinforcing loose leash walking.



AVOID LEASH GREETINGS

Meeting other dogs can be stressful. Dogs don't always like each other. Limit or avoid greetings until you learn more about how your dog shows unease.



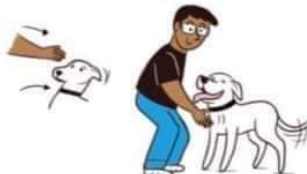
OBSERVE YOUR DOG

When your dog is relaxed, what do their ears, mouth, tail position, and entire body look like? Learn your dog's body language to know when your dog is concerned and to identify triggers.



LET YOUR DOG INITIATE CONTACT

Let your dog initiate contact with people. Never force an interaction. If your dog solicits attention, pet on the chest, not on top of the head.



HAVE FUN WITH YOUR DOG!

Playing, feeding, walking, and interacting with your new dog builds a lasting bond. Take it easy the first month and get to know each other before widening the circle. After all, you have a lifetime together!



Trigger Stacking

Trigger stacking is a phenomenon that occurs when a dog experiences multiple scary or stressful situations without sufficient time in between to recover, causing them to feel overwhelmed and leading to an extreme reaction to something seemingly small. Because of the slow and gradual accumulation of stressors, humans don't immediately see signs and keep moving forward, inadvertently making their dog more anxious. This may cause your dog to react in a manner that is out of character, and can manifest in barking, growling, lunging, and even biting.

How to avoid trigger stacking?

Every dog is different, with different triggers and threshold levels. In order to avoid overwhelming your dog, you should

- ✓ Establish a routine. Predictability and consistency are comforting. Knowing what to expect and what comes next avoids additional adjustment and subsequent stress
- ✓ Take the process slow, and introduce new experiences/concepts one at a time. Understand how your dog reacts to each one before introducing the next. Every dog has a different recovery time. Some can recover within minutes, others may take days
- ✓ Take time to understand what triggers your dog, and allow them sufficient time to recover. This can mean cutting a walk short or cancelling the rest of the day to stay home and decompress.
- ✓ Actively work to control and reduce stressors when possible
- ✓ When stressors are beyond your control, work to change the situation to a positive one. Give space or provide treats and other comforts to counter condition

TRIGGER STACKING 101
Why does your dog suddenly react? Probably because they have had enough for the day!

What's a trigger?
A trigger is any addition to the environment that causes your dog to increase their awareness /fear/reaction. These 'triggers' can stack up and over load your dog causing them to act 'out of character'.

Dogs function better on structure and routine - they have daily expectations. Give them time to relax when the unexpected happens.

Mightydoggraphics.com (c) 2017

Consent and Cooperative Care:



Consent does not only apply to humans, but to all sentient beings, which include your dog. We dictate so much of our dog's lives - when they eat, what they eat, when it is time for a walk, etc. We also expect them to behave in certain ways, which they will oblige most of the time. Through our relationship with dogs, we often forget we take so much of their freedom away, including their ability to make their own decisions and be willing participants in a given situation.

As humans, we instinctively associate human touch with affection, to show others of our love and care for them. This is true for dogs too - but like humans, the affection needs to be welcomed to be accepted.

Some common mistakes people make during the early days of their dog's arrival is trying to shower them with *too* much affection. This leads to the dog snapping or growling in a seemingly innocent situation (ie: sitting together on the sofa) when they have reached their threshold.

On the contrary, to love one is to respect one, which means respecting personal space. Sometimes, dogs want to remain close to you for comfort, but do not wish to be touched and will communicate this. They are allowed to advocate for themselves, their own comfort, and refuse consent.

How do we know when a dog is consenting to petting?



Start by learning your dog's body language. If you are petting them and their eyes are wide, ears pinned back, neck or body are stiff, these are signs they are not comfortable. Tolerating a behavior does not equate consent. Some dogs have a higher tolerance than others, and will sit uncomfortably while humans continue to pet them. Others with a lower tolerance will react and make their feelings known.

Start by extending your hand and allowing the dog to sniff it. If they nudge or turn themselves towards you, slowly pet them in a calm manner. Stop after 5 seconds and put your hands to your side. If they continue to nudge or turn towards you, it is a sign they are ready to engage. If at any point they step back, withdraw, or walk away, it means it is time to disengage.

Petting a dog on the head or belly can be intimidating. Instead, opt for the back or chest.

How To Meet A Dog

Do

- ✓ Kneel and turn to side
- ✓ Keep your face up and away from dog's face



- ✓ Walk up slowly and speak softly
- ✓ Allow dog to approach you
- ✓ Pet gently for a few seconds then stop
- ✓ Always ask before petting

Don't

- × Reach towards or over head
- × Make direct eye contact
- × Make quick movements or loud noises
- × Hug a dog you just met
- × Pet a dog while holding a baby



A dog is afraid if you see:

- Wide, worried eyes
- Leaning or looking away
- Ears back, tail low or tucked

Courtesy of Pets and People in Harmony, Columbus Dog Connection, and CattleDog Publishing

This applies to other aspects. We often hear adopters say “he never minded baths before, but now he hates it and runs away”, or “she used to enjoy walks, but now she snaps when we put on her harness”.

Although the dog was being compliant, the more they experienced something they were not fully comfortable with, the more they formed a negative (or even fearful) association.

Taking time to build positive associations rather than plow through in order to get a task done because the dog is being compliant helps dogs decide to willingly participate in the activity, which makes it both more enjoyable for you and them.

“Just because we can force someone into compliance, doesn’t make it right. Force, fear, and coercion are not values consistent with any healthy relationship, be it with our friends, family, significant others, children, or animals.”

– Jenny Efimova, certified fear free dog training professional

Body Language Communication

Getting to know your dog and learning how to communicate with each other's body language is one of the pillar foundations of towards a healthy relationship.

DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"
look away/head turn



STRESSED
yawn



STRESSED
nose lick



"PEACE!"
sniff ground



"RESPECT!"
turn & walk away



"NEED SPACE"
whale eye



STALKING



STRESSED
scratching



STRESS RELEASE
shake off



RELAXED
soft ears, blinky eyes



"RESPECT!"
offer his back



FRIENDLY & POLITE
curved body



FRIENDLY



"PRETTY PLEASE"
round puppy face



"I'M YOUR LOVEBUG"
belly-rub pose



"HELLO I LOVE YOU!"
greeting stretch



"I'M FRIENDLY!"
play bow



"READY!"
prey bow



"YOU WILL FEED ME"



CURIOUS
head tilt



HAPPY
(or hot)



OVERJOYED
wiggly



"MMMM...."



"I LOVE YOU,
DON'T STOP"

3.2 Mental Enrichment

Enrichment refers to any activity your dog finds satisfying. Dogs by nature love to play, chase, dig, scavenge, sniff, lick, chew, shred, etc. Allowing them to indulge in their senses is essential to their psychological and mental wellbeing. Such activities can be just as stimulating and important, if not more, than fulfilling daily exercise needs. Mental enrichment exercises can also be helpful with decompression and building confidence in skittish dogs by simply allowing them to engage in natural, instinctive behaviors.

How do we ensure mental stimulation? It can be as simple as taking your dog to a new area (ie: exploring a new street, park, or hiking trail) and allowing them to sniff the new smells around them. At home, find creative ways to stimulate their natural instinct to scavenge by using interactive food dispensing toys and puzzles. [Kongs](#), [Wobblers](#), [Tricky Treat Balls](#), and [Snuffle mats](#) are all great options.

A Dog's Emotional Cup

Every dog has a cup that needs to be filled—with social connection, security, access to reinforcers, and enrichment.

Some dogs seem to have a full cup most of the time, either because of a genetic pre-disposition, or because they have learned good ways to get a refill.

Most things that dogs do are completely normal—including the annoying stuff, like DIGGING up the garden, CHASING cats, or BARKING at the mailman. But all dogs show signs of stress when their cups get near empty.



Signs your dog may be coping with an empty cup

- * hoarding resources, over-protective
- * over-reacting, or shutting down when exposed to new things
- * restlessness
- * slow to recover from exciting events
- * changes in appetite
- * escalating behaviors to get something or to get away from something
- * increased grumpiness, or flare-ups
- * intense social appeasement

what refills a dog's cup:



- ▼ Doing Dog Things: SNIFFING, CHEWING, FORAGING, BARKING, DIGGING, PLAYING
- ▼ Being included in the family (dogs/humans)
- ▼ Freedom to move
- ▼ Freedom to make choices
- ▼ Ability to control outcomes and get reinforcement
- ▼ Unconditional love and attention
- ▼ Good health: nourishing food, no parasites, etc.
- ▼ Having a safe, quiet place to rest
- ▼ Predictable routines and interactions
- ▼ Getting to do things a dog loves to do

what empties a dog's cup:



- ▲ Social isolation
- ▲ Long periods of confinement with no enrichment
- ▲ Poor nutrition, untreated illness, or pain
- ▲ Denied access to reinforcement
- ▲ Scary or unpredictable reactions from important humans
- ▲ Over-stimulation (over-exercised) or not enough
- ▲ Set up to fail, and then punished for it
- ▲ No preparation for challenging situations
- ▲ Unclear training: not knowing how to get reinforcement
- ▲ No one responding when expressing a need
- ▲ Too much "impulse control" (i.e. no sniffing, no eating, no exploring, no barking, no doing Dog Things) for too much of the day

Words by Sarah Owings Art by Lili Chin Inspired by THE EMOTIONAL CUP by Upbility

3.3 *Introducing and Integrating Resident Dogs*



Establish a neutral meeting place	It's best to introduce your dog to other dogs, especially family dogs, in a neutral place outside the home to avoid any risk of territorial behavior. Let them follow each other, giving them the opportunity to catch whiffs of the other dog's scent. Don't force them to interact, and watch for any distressed body languages.
Provide each dog with their own personal space	Once they are indoors, have your dogs in separate rooms or areas divided by a safety gate. This will allow them to acknowledge each other's presence without feeling threatened or stressed.
Supervise during meal times	Set up separate food and water bowls for each dog to avoid altercations. Feed them in the same room where they are close enough to each other, but still allowing for personal space. Use the aid of baby gates and play pens if necessary. Slowly allow them to get used to one another and feel secure eating in each other's presence.
Supervise toys and playtime	Avoid resource guarding . Manage "what" to give "whom" and "when". There are no free rewards. Ensure all doggy items are put away and off the floor when not supervised.
Privileges are equal and fair	Both dogs should be treated equally. Attention, treats, and rewards are balanced. For the first few weeks, do not allow either dog sofa privileges or to sleep with you in your bed to avoid either dog viewing you as a "resource"
Intervene only when needed	Dogs for the most part will figure out their relationship on their own and it is important to remain neutral and as "hands off" as possible. Allow them to communicate with each other by letting each other know their boundaries, likes and dislikes, alpha and beta roles, etc. This sometimes means growling or snapping at one another, which is normal. It's how they establish their roles in the relationship. Intervene only when problems escalate too far and safety is compromised.

3.4 *Introducing Your New Rescue to the Resident Cat*



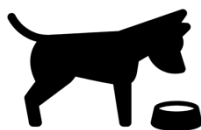
Although your dog may have had experience with cats in the past, each relationship is different. For information on how to integrate resident cats and dogs, please see our detailed guide on our website [HERE](#).

4. POTTY TRAINING & AVOIDING ACCIDENTS



Establish a clear boundary	To reduce marking behavior, consider establishing a clear boundary. Simple steps to establish a clear boundary include not allowing your dog to sleep on the bed with you until the desired behavior is achieved. For some dogs, sleeping on owners' bed may create confusion. (e.g. an unclear / confused status for the dog or potential resource guarding where the owner(s) become the dog's resource)
NEVER yell or physically punish your dog	Your dog won't get the point! Instead, focus on changing the relationship between you and your dog to establish that you are the leader.
Take your dog out frequently and consistently	Remember, consistency is the key. Take your dog outside to potty on a consistent schedule and praise them when doing so. Start with small intervals (2-3 hours) and gradually lengthen the time in between.
Be proactive vs. reactive	Be proactive in identifying areas and items where your dog might want to pee or mark. Dogs generally like to relieve themselves on soft areas like rugs, and standing objects like table legs, floor lamps, etc. Do not bring the dog to soiled area and scold them after the fact. Dogs live in the moment and won't understand.
Supervise your dog closely to get him to stop before it happens	Catching them "in the act" is an effective way to curtail marking behavior. As your dog is about to lift the leg, say "No" with a firm voice or create a distraction to get their attention. Give your dog the command not to pee and when they don't, praise and reward them for not peeing. This helps to send positive messages and encourages your dog not to mark/pee.
Remove all urine odors from affected areas	Don't leave an invitation to re-mark an area again. Your dog may think, "Oh yeah, that's mine!" Use an enzyme deodorizer to completely remove the urine odor.
Use training aids	Urine marking due to a new environment or nervousness may happen. Using good quality pee pads that have a scent that attracts dogs can allow you to control where your dog relieves itself. Play-pen/baby gate training may be considered to prevent your dog from urine marking, because dogs generally will not urinate in an enclosed space.
Explore dog populated areas	Dogs generally like to relieve themselves where other dogs have previously marked in order to leave their scent. Taking them to areas frequently visited by other dogs such as a park or lamp post might encourage them to relieve themselves more. You can also bring a soiled item (such as a pee pad) outside to induce the urge.
Talk with your veterinarian	Sometimes marking may be the result of anxiety. Your vet may be able to prescribe proper medication that will help them to experience less anxiety when you leave them at home. Dogs are more likely to mark if they are sick or have an underlying condition such as an ear or bladder infection. Your vet will be able to examine your dog to look for physical conditions that may be the cause of marking.

5. FEEDING YOUR DOG



5.1 *What to Feed*

Like humans, dogs have their own food preferences and reactions to food types. Whether you choose to feed your dog a dry, wet, or raw diet, ensure it is of high quality. Proper nutrition is a direct contributor to long term health. Dogs have their own nutritional needs which are determined by their age, breed, and current state of health, and it may take some trial & error to find the food that best suits your canine companion. Choose a high-quality dog food, as this will save keep your dog healthy and save you on vet bills in the long run. As a general rule, brands sold/found in grocery stores and big box stores are NOT good quality foods and should be avoided (eg: Iams, Pedigree, Purina, Beneful). Each dog breed may also digest foods differently. Again, it may take some time until you find what works best.

Your dog's coat, poop, and breath can be an effective way to assess whether or not it is benefiting from the nutritional value of the meals. If you notice changes in these areas such as bad breath, more shedding than usual, or changes in poop consistency, it could be the result of improper nutrition. As a general reference, your dog's poop should be soft, yet firm in texture (like play-doh) and dark brown in color.

Important Reminder: Dogs have sensitive stomachs; when you decide to switch the food or try out a new brand, do it gradually by adding the new food/diet to your dog's existing food over the course of 5-7 days. (i.e. day 1 add 10% new food to existing diet, day 2 – 20%, day 3 – 1/3, etc. and monitor progress closely)



5.2 *The 15 Minute Rule*

If your dog is a picky eater, leave the food bowl out during meal times for 15 minutes. If it does not attempt to eat during this time, take the bowl away and wait until the next meal. A dog's instinct is survival, and if it gets hungry - it will eat. Essentially you are telling your dog here is your meal, take it or leave it – there is no room to be picky or hold out for something better. If your dog remains uninterested in food, you can also try walking them before meals to induce an appetite. (However, remember to wait 30 minutes after a walk to feed in order to reduce the risk of [bloat](#). For more information, see section "[Avoiding bloat](#).”)



5.3 *Feeding Your Dog Table Scraps*

While it may be tempting to give into your dog's big, beady puppy eyes, feeding your dog table scraps is not recommended. This can create bad habits and encourage poor obedience that teaches them they can gain rewards without working to earn them. Chances are, once your dog has tasted your juicy steak or scrumptious pie, dog food will no longer be appealing and they will hold out on a “hunger strike” for something better. Dog foods are specially formulated to meet dogs' nutritional needs. Although tasty, your table scraps are likely not contributing to good health.



5.4 Hand Feeding

Hand feeding your dog from the palm of your hand can have many benefits, as it can:

- 1) Build trust:** It helps your dog to associate you with a positive experience in close proximity which builds confidence in your dog and strengthens the bond.
- 2) Strengthen your leadership:** Hand feeding shows your dog you are the provider of food. When humans are around, good things (food) happen! It also shows you are in control. This can help prevent resource guarding ([see definition](#)) behaviors from developing.
- 3) Build attention:** Getting your dog to focus and make eye contact with you are the basic needs of training and leadership. Hand feeding allows you to reinforce these habits and behaviors, which makes training easier.
- 4) Control impulses:** Being in control of the availability of your dog's food allows you to focus on training behaviors as well. As an extension of attention building, use this time to teach your dog acceptable behaviors (e.g. Ask your dog to sit & wait patiently before giving the meal. This shows jumping and/or barking for food are not acceptable behaviors.)



5.5 Providing Variety

Sometimes you may find your dog eats well for a few weeks, and then loses interest in their meals. Understandably, dogs can get bored of eating the same meal day in and day out. Don't be afraid to add some variety into the meals, whether it is adding liquids to change the consistency, adding wet foods to dry kibble, or rotating proteins through the week on a raw diet. However, keep in mind dogs also have more sensitive stomachs than we do. Drastic changes can lead to upset stomachs and diarrhea. Whatever changes you decide to make, ensure you are making gradual introductions to the diet. This can become a trial and error process until you find what works best for your dog's appetite and health needs.



5.6 Avoiding Bloat

Simply speaking, bloat occurs when there is too much air in a dog's stomach which causes it to balloon and in serious cases, contort. While the exact causes are unknown, there are measures you can take. If your dog is a very quick eater, chances are it is inhaling a lot of air while eating which may cause bloat. If it is a "food inhaler," try hand feeding, splitting up the meals in smaller portions during mealtime or use a [slow feeder bowl](#) to discourage fast eating.

Excessive exercise before or after meals can also impact your dog's digestive system. Wait at least 30 minutes after a walk to feed your dog, or at least one hour after feeding to walk him/her. This is especially true for larger breeds that are more susceptible to bloat. Signs of bloat can include: vomiting (or trying to vomit without success), heavy breathing/panting, excessive drooling, noticeable discomfort, and a tight, swollen, or enlarged abdomen.

5.7 Dangerous Foods for Dogs



6. TRAINING & THE IMPORTANCE OF LEADERSHIP



Although your dog is your companion, it is still a pack animal. Dogs thrive and seek strong leadership. This does not mean you need to break down your dog's will in order for them to obey. Instead, you need to gain their trust through your leadership and your dog's own self confidence. [Your dog should be obeying your commands out of respect, not fear.](#)

The best way to nurture this relationship is through the use of [positive reinforcement](#) (e.g. rewarding your dog with praise, petting, treats and toys when exhibiting desirable behaviors). When your dog stops doing "good things", the rewards disappear.



6.1 *What is a Leader?*

Leaders take charge, set the example of proper behavior, and provide guidance. Leadership coaching with your dog should be incorporated into daily activities, and not just during training sessions. An effective way to achieve this is to carry food around with you at all times and reward appropriate behavior. This can include sitting and waiting to be pet (instead of demanding attention), sitting to greet you instead of jumping, waiting at doorways until a 'release' cue is given, etc.



6.2 *Positive Reinforcement and Training Tips*

There is no single training method that is universal for all dogs. Much like humans, each dog is unique in its ability to learn and follow commands. However, your training approach should always follow a [positive reinforcement technique](#) – the essence of effective training and behavior modification. The following tips can help complement your training endeavors:



1) Teach your dog to trust and recognize you as the leader.

Dogs are social animals and look to their owners/leaders for guidance. Set aside time to teach commands. Leaders are firm, fair and consistent. Being inconsistent or giving up part way is effectively teaching your dog to ignore you.

Before you begin to issue commands, your dog should recognize you as the "leader". Leaders are fair and consistent. They set their dogs up for success, and never deliberately push them into stressful situations to teach them to cope. Leaders respect their dog's boundaries, actively acknowledge feelings, advocate for their dogs, and work to understand and address root causes in behaviors, while working to build a strong relationship based on trust and positivity.

Training & the importance of leadership (Con't)



2) NEVER hit or yell at your dog.

This only creates fear, anxiety, and violates the trust between you and your dog. A dog who does not respect you will not obey your commands. Instead, try using marker sounds, such as a clicker, or “marker words”. Every time your dog obeys a command, sound the clicker or say “Yes” out loud before rewarding. Likewise, when it does not obey, tell your dog “No” and withhold clicking and withhold any treats/reward.



3) Always remain calm and assertive.

Yelling at your dog creates further confusion because of the inconsistency and varying energy level you are exuding. A strong leader is one who is calm, assertive, and can maintain your dog's attention through consistency.



4) Reward your dog with small rewards.

Show your dog even the smallest rewards, such as being petted, needs to be earned. Wait until your dog is calm and focused before petting. This will reinforce the dog's self-control and acceptable manners before getting what it wants (in this instance, your affection).



5) Never offer free treats

Doing so tells your dog it can behave in any manner it chooses and still be rewarded. Confusion can arise during training because it is sometimes rewarded for good behavior then sometimes rewarded for doing nothing.

Positive reinforcement and strong leadership are the foundations of basic obedience and training. Working with your dog to learn new tricks and behaviors is a great way to strengthen your relationship and nurture the bond between you. Many training approaches which advocate for [punishment](#) or [physical dominance](#) are outdated and have been proven to violate that bond. It only takes one negative experience to do so. Positive reinforcement should be the only training method to maintain a happy and healthy relationship between you and your dog.

Know that when employing [punishment correction](#) or [dominance training](#) approaches, you are compromising the trust and relationship between you and your dog which can lead to psychological harm and subsequently worsen behaviors directly and indirectly.

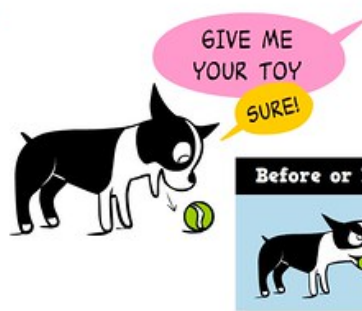
6.3 What is Positive Reinforcement Dog Training?

What is Positive Reinforcement Dog Training?

- Teaching dogs desirable behaviors using SCIENCE-based & REWARD-based methods.
- Helping dogs learn and succeed step by step.
- Motivating dogs with fun exercises and games. No force! No pain!
- Encouraging dogs to think more for themselves.
- Valuing dogs' voluntary behaviors.
- Understanding dogs' feelings from their body language.
- Understanding how dogs learn, their needs and wants.
- Using methods that work humanely with ANY dog. Big dogs, small dogs, puppies, senior dogs, disabled dogs, fearful dogs, reactive dogs... can all learn and have fun!



1. develop dog's self-control
2. develop a trust relationship
3. develop dog's self-confidence



Positive Reinforcement Training
= HAPPY RELATIONSHIP



Concept by Miki Saito www.markandreward.com Drawings by Lili Chin www.doggiedrawings.net
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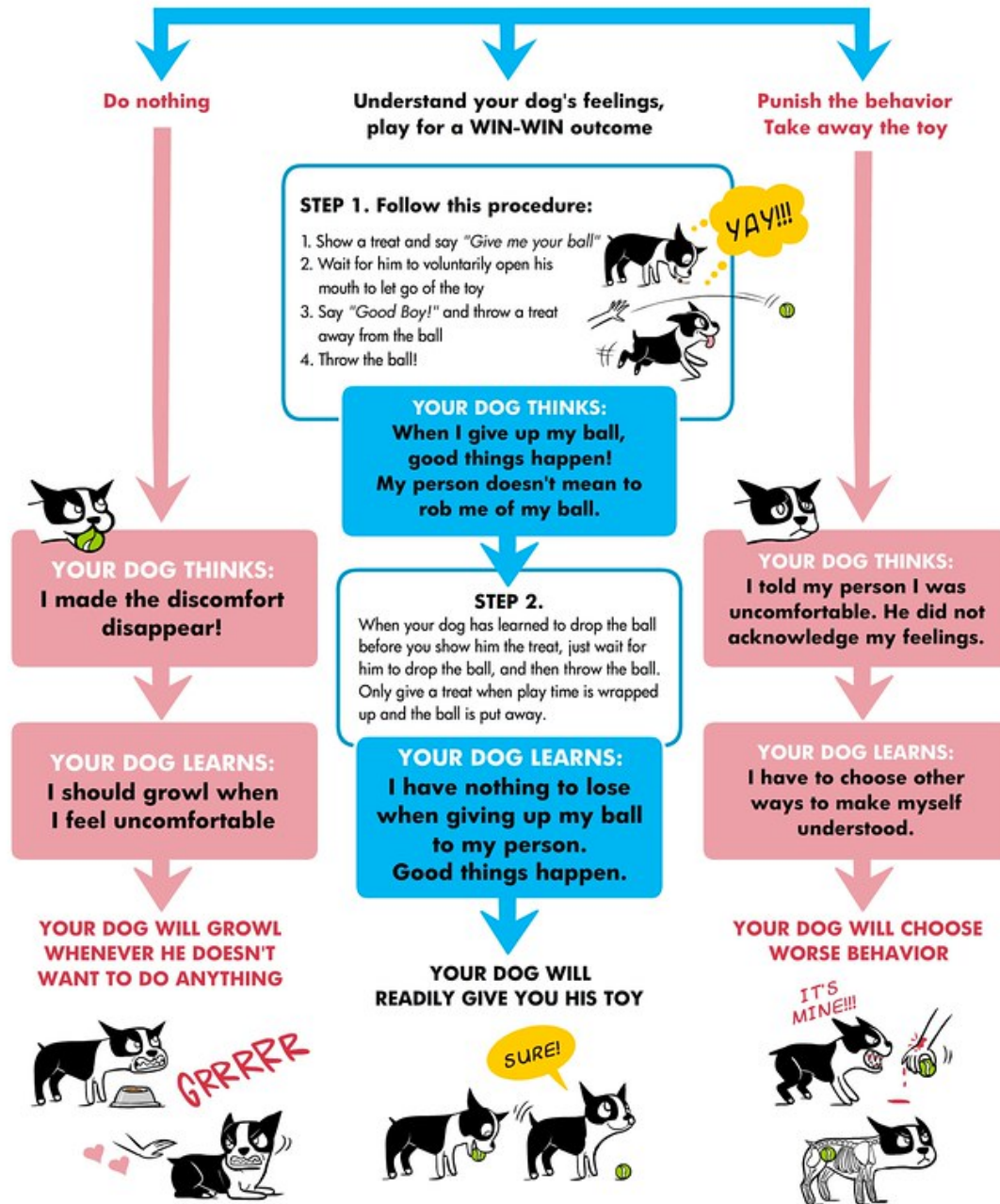
YOUR CHOICE Affects Your Dog's Choice.



GRRRRR

- A case of GROWLING to guard a toy -

YOUR CHOICES



Your dog can make better choices if YOU make better choices!

Let's learn more about dogs and Positive Reinforcement Training!



7. DESENSITIZATION & COUNTER CONDITIONING

Desensitization and counterconditioning are two common treatments for fears, anxiety, phobias, and aggression. These treatments are usually done at the same time that can help both animals and people to eliminate the underlying reason for their behavior problem. For animals, they involve training several times a day, progressing in small, carefully planned increments. It may take several months before significant results are seen.

Desensitization

A systematic desensitization starts with exposure to the least scary version of the feared event/item (i.e. making it smaller, slower, short lasting, farther away, less noisy, or motionless rather than moving) and then gradually moving to stronger versions of it until full exposure is reached. Keep a good record of the intensity, interval, and timing as you and your dog progress to different stages.

For example, if a dog is afraid of male visitors to your home: You may expose your dog to a man who is far away and not moving—an exposure that your dog notices but without fear. Over time, the same gentleman can gradually come closer without looking at your dog or reaching for it. Eventually, you can have the man moving around the dog normally in your house, and then slowly approaching your dog for some greeting, petting, and play time.

Counterconditioning

Counterconditioning is achieved by associating the fear with something good so it teaches them that whenever the negative event occurs, a positive outcome will result. Ideally, use treats that your pet values highly or something amazing that they've never tasted before. Utilize these specific “rewards” only for the treatment sessions.

Start each session at the same level of exposure where you ended in your last session. Stay at that level until your dog handles the level well and shows that they are relaxed and unworried when exposed to the negative item/event. This may take several sessions across days or weeks.

Avoid the Following:

- Frightening your dog further - if they show fear, quickly increase the distance, or reduce some parts of its intensity.
- Exposure to the “scary item” between treatment sessions. Ideally, exposure to the negative event or item should be limited to treatment sessions only. The exposure is controlled and you're actively counterconditioning with treats.
- Carrying treats in a special bag. Owners need to teach the dog the correct association: the item of fear predicts treats and not the appearance of the treat bag. If you do use a treat bag, try to carry it around the house without giving the treats, even if you're not in treatment session.

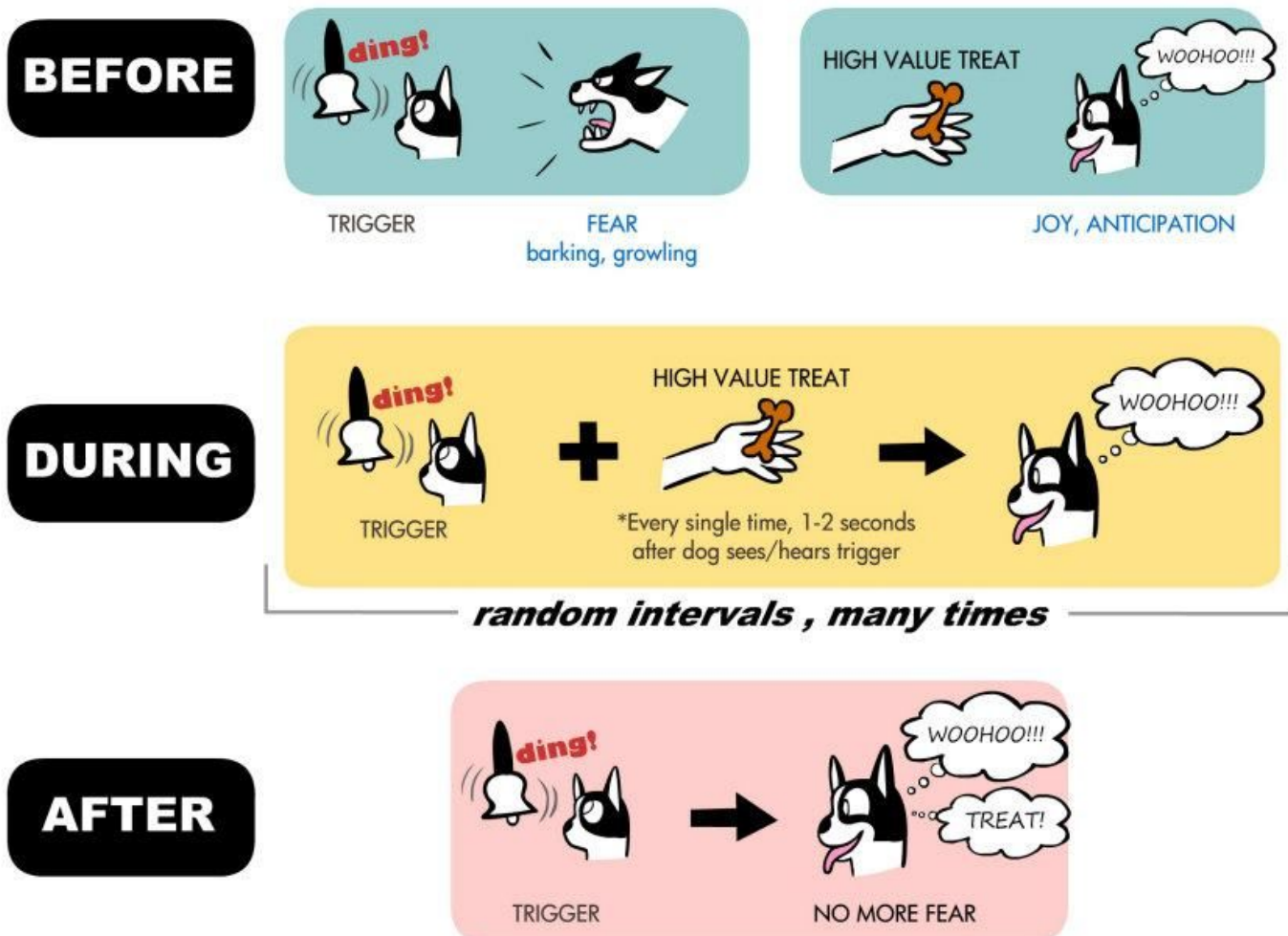
Desensitization & Counter Conditioning (Con't)



Continue to Perform:

- ✓ Longer sessions rather than short sessions (min. 10 minutes plus for each session)
- ✓ Sessions with some variations; i.e. make some changes to the location and/or the kinds of treats you use.
- ✓ Practice at least twice a month to prevent fear from returning, even after your dog has overcome its fear and is comfortable with the normal version of the once-feared event/item.

CLASSICAL COUNTER CONDITIONING



Lili 2013

8. WHEN TO ENGAGE A PROFESSIONAL TRAINER



We understand your desire to start off on the right foot, but stating training too early can be overwhelming, confusing, and counter-productive for your dog.

We recommend waiting until you have been together for **at least 3 months** before working with a professional trainer. Training requires a level of bonding and mutual understanding in order to work together successfully. The early weeks and months should be focused on helping your dog decompress and settle in. Getting to know your dog better will also help the trainer better understand the root cause of your dog's behavior and issues(s).

This does not mean you should not **start with the basics**, such as asking them to wait for food, make eye contact, or settle down before receiving a treat/reward. Establishing these basic bonds and level of communication are the foundations of future success.

8.1 *Choosing the Right Trainer*

Not all trainers are created equal, regardless of their professional designation claims. Choosing the right fit for you and your dog are extremely important. A good trainer is one that uses fear-free and force-free methods, focuses on positive reinforcement, understands dog psychology and behaviors, how to address root issues (not 'easy fixes'), and can effectively communicate with both you and your dog. It is perfectly acceptable to shop around until you find the right fit.

Words from Jean Donaldson, Academy of Dog Trainers, author of "The Culture Clash":

BE A SMART **DOG TRAINING** CONSUMER.



- ASK:**
1. What exactly will happen to my dog if my dog gets it right?
 2. What exactly will happen to my dog if my dog gets it wrong?
 3. Are there less invasive/aversive alternatives to what you propose?

If you don't get clear, concrete answers or are at all uncomfortable, keep shopping.

illustration by Lili Chin doggiedrawings.net

The Do's and Don'ts of Dog Training

DO's



DO use rewards like treats to train your dog so your dog will enjoy training.



DO use comfortable, dog friendly equipment so that your dog feels relaxed and happy.



DO have your dog work for valued resources like meals, walks and toys so your dog looks to you for guidance.



DO build a cooperative relationship based on mutual respect, communication and trust so both you and your dog enjoy being with one another.

DON'T's



DON'T use force or punishment when working with your dog or your dog will not think training is fun and will be afraid of you.



DON'T use aversive equipment like choke collars, prong collars or shock collars or training will be painful and scary for your dog.



DON'T use confrontational methods that may frighten your dog or worse, cause your dog to react aggressively.



DON'T use methods or equipment that are uncomfortable, painful, forceful, scary or intimidating to your dog. Positive reinforcement training is so much more fun for both the dog and owner.



EAST BAY DOG TRAINERS

www.eastbaydogtrainers.org

illustrated by Lili Chin | doggiedrawings.net

9. LEAVING YOUR DOG HOME ALONE

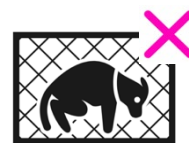
It is understandable you may be nervous leaving your dog home alone during the first few weeks, especially if you need to leave before they are fully settled. In time, your dog should be able to roam freely in the home (within safety limits). Until it has earned that privilege, leave your dog in a baby-gated area of your home.

The space should be minimal but have all the necessities, such as water and toys. Before leaving your dog, ensure their exercise needs have been met. A tired dog is a happy dog, and one that is less likely to chew or engage in destructive behavior. Provide toys for your dogs to play with. Puzzle toys such [Kongs](#) and [Tricky Treat Balls](#) are great in keeping your dog occupied and mentally stimulated. It is recommended to reserve some toys which are only given when your dog is left alone to keep them engaged while you are away.

ONGOING CRATING IS STRICTLY PROHIBITED.

Your dog must **NOT** be confined to a crate at any time, such as when you leave the house for errands or to sleep during the night. Provide your dog with a sectioned off area using baby gates and gradually expand the permitted space.

DO NOT leave your dog alone if they display signs of stress or anxiety in the crate.
NEVER leave a leash on your dog or have anything inside that could cause harm.



Please remember most of our dogs have spent many years of their lives locked to crates at dog meat farms, shelters, and pounds, and many have traumatizing experiences in small spaces. We are often told dogs are natural “den animals”, but there is nothing natural about being confined in an enclosed crate. If your dog chooses to stay inside their crate, the door should be left open so they have the freedom to choose when they want to come out.

If your dog does not make a fuss being in a crate, know that this does not necessarily mean they enjoy it; they are simply accepting it or shut down. Allowing your dog the freedom to make their own choices and sniff their new surroundings can be calming and allows for better decompression and self confidence. Please be sensitive and understanding of their past lives and the trauma and lack of freedom they have experienced.

9.1 Separation Anxiety



Separation anxiety occurs when a dog becomes stressed when the owner leaves home or just leaves the room. Generally, separation anxiety is considered a behavioral problem when there are symptoms like excessive salivation, barking, whining, destroying items in the home, scratching at walls, doors and floors, and attempting to escape. Some breeds and younger dogs are more susceptible than others.

Separation anxiety can be trained, but the process will take time, a lot of repetition, consistency, and patience. There are no quick fixes here. If your dog displays signs of anxiety when left alone, here are some exercises you can try.

Staged “goodbyes”	<p>Allow your dog to slowly grow their independence and confidence when being left alone. Start by simply leaving the room for a few minutes, and coming back. Gradually build up the length of time to about 20-30 minutes.</p> <p>After your dog feels comfortable being in a different room, practice “leaving” the house by merely standing on the other side of the door and slowly build up the time your dog is able to tolerate. Once he has become secure, walk away from the door further from the house for about 5-10 minutes. Dogs are very intuitive and can smell/sense your presence.</p> <p>Finally, you can start leaving the house and running quick errands. Practice these “goodbyes” as many times as possible. Do not graduate or increase the time if your dog has not become adjusted to the given time yet. Using a “sink or swim” approach and suddenly leaving them for 2-3 hours in hopes they will calm down will only heighten anxiety.</p>
Maintain a calm and composed demeanor	<p>Many people instinctively kiss their pet goodbye, or immediately shower them with love as soon as they come home.</p> <p>Do NOT make a big deal when you are leaving or coming home. Instead, ignore your dog when you leave (don't engage, make eye contact, pet, talk, etc.) and do the same for the first 10-15 minutes when you come home. This reinforces independence and shows them leaving or coming home is no big deal.</p>
Disassociate leaving cues	<p>If your dog is associating something with you leaving (i.e.: sees you put your shoes on, knows it is a sign you are leaving and starts to get anxious), slowly try to disconnect the association. Put your shoes on but just sit at the table and go about your business. Repeat this as many times as possible.</p>

Separation Anxiety (Con't)



Leave your scent behind	Dogs are heavily guided by their senses. Leave behind items that carry your scent, such as an old tee shirt or blanket you use to help simulate your presence and bring comfort.
Create a safe space	Use a designated area of the house (using baby gates and play pens) and provide a minimalist space with his water and toys when you leave the house. Try using puzzle toys to keep them occupied and distracted. Smaller spaces make dogs feel more secure than larger, open spaces. However, a crate will likely only heighten anxiety and make it worse.
Stimulation. And lots of it!	<p>A tired dog is a happy dog, and one that becomes less anxious. Walking a few rounds around the block won't do the trick. You can try a weighted vest that helps tire out your dog on regular walks. If you are a jogger and your dog enjoys running with you, go for it! **NOTE: please continue to ensure all safety measures and protocols are in place. Safety is still a priority!</p> <p>Stimulation includes emotional and psychological needs as well. Keep your dog engaged with mental enrichment activities.</p>
Use noise distractions	<p>Leave an audiobook or podcast on when you are away to simulate someone is talking to them.</p> <p>Classical and 432 hertz music are also said to reduce stress for dogs.</p>
Other training aids	Calming aids such as thundershirts can be helpful. These “shirts” swaddle the dog and make them feel secure/less anxious by applying a gentle pressure on the dog’s torso.
Professional aids	<p>Talk to your vet to determine the suitability of prescription anti-anxiety medications or other commonly used alternatives such as CBD oil that might help your dog through the training and transition period.</p> <p>**NOTE: These aids can help reduce the level of stress to help with training, but addressing root problems and behavior modification is still required.</p>

9.2 Effects of Too Much Isolation

Long periods of isolation is mentally and emotionally straining for dogs, even for those who are generally well behaved and settled. This can cause dogs to seek emotional outlets in other ways.

AIN'T MISBEHAVIN'!

The most common cause for nuisance behaviors in dogs is boredom.
Dogs are social creatures and crave attention and affirmation.



Ignoring a dog for long stretches at a time and then reprimanding him for seeking attention is counterproductive. Reprimands are a form of attention. Behaviors that earn the dog attention will increase in frequency. Reprimands only confuse the dog.

1. **KEEP YOUR DOG BUSY: GIVE HIM SOMETHING TO DO.**
2. **WHEN YOU TAKE BREAKS, (PLEASE) DON'T FORGET TO PAY ATTENTION TO YOUR DOG.**
3. **TEACH/REWARD YOUR DOG TO RELAX ON HIS BED.**
4. **GIVE YOUR DOG EXERCISE, PLAY AND MENTAL STIMULATION EVERY DAY.**



Lili 2012



10. EXERCISE AND GETTING COMFORTABLE OUTDOORS

Long walks are not a must during the first few weeks, especially with a nervous dog. In fact, keeping your dog at home allows them to familiarize with the new environment and decompress without additional stress. Practicing short walks using a harness or loose lead in the backyard can be bonding moments between you and your new rescue. The relationship between a rescue dog and its new owner is an extraordinary gift on both sides. Indoor life can be just as good when an owner is fully aware of the dog's feelings and needs. Remember, every dog is unique; being a patient and gentle owner can be seen as the rescue's protector, leader, and provider in the long run.

10.1 Neck Sensitivity

Necks can be a very sensitive area for dogs. Your dog may become very anxious about wearing a collar and lead. Instead, a harness is a kinder and more comfortable alternative for your dog. It avoids the risk of any pressure in the neck area and allows your dog to sleep in it initially.

10.2 Familiarizing Your Dog with a Collar, Leash, and Harness

Some rescue dogs won't immediately take to their collar, leash, and harness. If your dog shows any fear or anxiety when presented with the items, you can work to desensitize them from the fear association (see section: [Desensitization and Counter Conditioning](#))

Break down the steps as small as possible. Start with creating a positive association with the presence of the gear. Let your dog casually see and sniff the item and reward them when they do, or feed them their meals with the items lying close by. Continue to do this at random times without any preparations to go for a walk.

After they have established a positive association, slowly put the items on your dog,. Leave the items on and let them go about their business during the day so they are able to get used to the feeling of wearing them, again using a positive association. As they get more comfortable, you can attach the leash and let them drag it along (indoors, with supervision) to acclimatize the feeling of have something tugging at their neck.

When your dog is ready to go outdoors, space out the time intervals between putting on each item and going outside to allow decompression time in-between (ie: put on the harness first, and wait 10 minutes before attaching the leash). Going too fast and pushing too hard can result in taking two steps back. If your dog is anxious, bring them straight back home so you are seen as the protector. Always help them associate a scary situation with something positive. Sometimes you may only make it to the front door before they refuse to go further, and that's great progress in itself. Go slowly. Small steps lead to bigger victories.

When you've reached the stage when you are finally ready for walks, take the same route every time. This allows your dog to get comfortable in a predictable environment with minimal surprises. Try to find a quiet route or area to walk in. Refer to the [safety protocol](#) for more info.

11. MANAGING PROPER DOG GREETINGS



Just because your dog may typically be happy-go-lucky, it doesn't mean that all dogs are easy to get along with and it doesn't guarantee that the chemistry will be good between your dog and the new dog right from the start. If you happen to stumble across a dog out in the world and you don't feel comfortable with having your dog engaged in the meeting - that's okay, you can politely excuse yourself from the greeting by saying that your dog is in training and you need to keep your dog focused.

Know your dog. If your dog has a history of biting or aggression, your situation is beyond the scope of this manual. Consult a dog training professional to help your dog with its particular needs. Also, both dog owners need to agree and be comfortable to let their dogs engage. Don't allow yourself to be talked into a meeting you don't feel good with. Do not try to convince someone else if they don't seem at ease with the idea. It's perfectly reasonable to ask the other owner if their dog is dog-friendly. If you are both comfortable with allowing the two dogs to meet, you should make sure everyone is calm, both dogs and humans. Do so with a loose leash. Be sure to have an exit strategy. Don't allow their leashes to become a tangled mess.



Tips for owners:

- Be present and alert. (Don't text while a dog meeting is taking place)
- Eye to eye greetings are a recipe for disaster. If there is a stare down going on, don't allow them to meet.
- *Tails tell a tale.* If tails are stiff, tucked, or only the tip is wagging like a rattle snake, this is a sign that you either need to disengage or closely watch the dogs.
- If one dog is positioning its head over the top of the other dog's head, walk away.
- If their jaws are tight and they're not breathing, walk away.

A relaxed posture with loose wagging tails & relaxed jaws is what you want. It is common & good for dogs to sniff each other's private areas as greetings. Facilitating a proper greeting lays the foundation for your dog to have strong relationships not only with other dogs, but with you as well. It is another opportunity for your dog to know that you've got things under control which builds trust. [\(See Section: Interacting with other Dogs\)](#)

12. INTERACTING WITH OTHER DOGS



Over stimulating a new rescue can bring negative results. Taking the dog to busy places (e.g. dog parks) can overstimulate the dog and make it difficult for them to process new sights and sounds.

If your dog is reactive towards other dogs, try keeping a distance from other dogs while getting your dog's attention by using positive methods (i.e. giving high value treats). This can help your dog identify other dogs with a positive association. Be patient, practice and repeat – this process cannot be rushed. When you feel that your dog is relaxed and focused on you, you can gradually reduce the distance between your dog with other nearby dogs. This may take weeks or months, but it is necessary for the dog to be desensitized and counter conditioned to everything they may react negatively to in the past (from people, movements, or other stimuli they dislike). Reading the signs to identify whether your dog is going to lunge at another dog is difficult:

- Both a wagging tail (up, stiff, or moving quickly) and ears up or forward (to indicate interest, excitement, and arousal) are precursors to aggression.
- A low tail that is held neutral or loosely wagging (especially in a circular motion) and a pose with ears down, mouth open, loose body, and wriggly can indicate that the dog wants to interact.

However, if a dog is biting in response to being sniffed, it is clear they're not comfortable at being approached. These interactions should be avoided because each time it occurs, it builds further negative association to the event. If an unforeseeable incident occurs, immediately remove your dog from the situation and do not punish or hold them down. **IMPORTANT REMINDER:** it is very fearful for a dog that was once a street dog to be held down.

It is up to the human family to control the dog's environment and exposure to other dogs. It is completely acceptable to tell other dog owners to keep their dogs from approaching. Keep being observant, patient, and alert to how your dog interacts with others. If your dog is leash reactive ([see definition](#)) specifically, you will need to employ counter-conditioning and desensitization methods.

Does My Dog Love Other Dogs?

			
DOG SOCIAL I generally LOVE all dogs, even the ones who get in my face and do rude, annoying stuff. I am either a PUPPY or a VERY SOCIAL ADULT. <i>*Most puppies start here</i>	DOG TOLERANT I get along with most dogs. I am generally tolerant of rude behavior, and stay pretty calm on leash. I'm cool and relaxed, and have good communication skills.	DOG SELECTIVE I have dog friends but am picky about new dogs. Seeing unfamiliar dogs when I am on leash is really stressful. I don't cope well with some types of dogs or styles of interaction. I need human supervision, positive guidance, and proper introductions.	DOG AGGRESSIVE NOPE. Not into other dogs. If I have to select 1 or 2 dog friends, I am super sensitive around them too, and may act like a jerk when triggered. I need extra management and patience from my humans, whom I love more than dogs!

13. BATHING & CLEANING YOUR DOG



Bathing plays an important role in the health of your dog's coat and skin, helping to keep your dog clean and free of dirt and parasites.

How Often? Dogs don't require daily scrub downs like we do. It depends on several factors: the dog's environment, activity level, & type of coat. Your veterinarian can give you advice on how much bathing is appropriate for your individual dog. Here are some general guidelines:

- Bathing once a month works for most dogs.
- Dogs with an oily coat, like [Basset Hounds](#), may need bathing as frequently as once a week.
- Many short-haired breeds with smooth coats, such as [Beagles](#) and [Weimaraners](#), do just fine with less frequent baths. Short-coated [Basenjis](#) are fastidious in their personal hygiene and rarely need a bath.
- Breeds with water-repellent coats, such as [Golden Retrievers](#) and [Great Pyrenees](#), should be bathed less often so as to preserve their natural oils.
- Dogs with thick, double coats—such as [Samoyeds](#) or [Malamutes](#) do best with fewer baths and a lot of extra brushing, which gets rid of loose, dead hair and helps distribute natural oils that keep your dog's skin and coat healthy.

If your dog likes to go swimming, is obsessed with mud puddles, or lives in the country and does a lot of rolling in who-knows-what, then you may want to bathe more frequently than if that same dog lived in a condo. **Avoid** bathing more often than **truly** necessary, or you'll strip your dog's coat of its natural oils, making it dry and more prone to dandruff, frizzies, and mats. Some [shampoos](#) may dry or irritate the dog's skin more than others, in which case you should bathe less often or try a different shampoo.

Where to Bathe Your Dog? Owners of small dogs can use a sink or laundry tub. But if your dog can't fit in a sink, use the bathtub or get in the shower with the dog and use a detachable nozzle. A portable doggy tub is also an option. Using a garden hose is okay if the dog is truly filthy or the weather is good, but make it an occasional experience. Dogs don't like being cold any more than we do, and most don't like having a hose shot at them.

How to Bathe Your Dog?

Once you're prepared to take on the task (with your dog's cooperation), here's what to do:

- Brush your dog before a bath. Matted hair holds water, leaving your dog with irritated skin. (If you can't brush or cut the mats out yourself, take your dog to a professional groomer.) Put a cotton ball in each ear to keep water out. It helps prevent ear infections & irritation.
- Use lukewarm water. Dog skin is different from ours; hot water can burn dogs more easily. Bath water should never be hotter than what you'd run for a human baby. Keep it even cooler for large-breed dogs, who can easily overheat.
- Talk to your pet in a calm/reassuring voice. Some dogs will eventually learn that you're not torturing them, although others will continue to hide whenever you get out a towel.
- Keep treats on hand and continue to use desensitization and counter-conditioning.
- Use dog shampoo - it dries their skin less than human shampoo. Work the shampoo into a gentle lather & massage it all over your dog's body. Be careful not to get soap in its eyes.
- Rinse well. Any soap left in the fur can irritate your dog's skin once dried. Rinse, rinse, & repeat the rinse.
- Air-dry - hot air from a human blow-dryer can be too hot for their skin. Either air-dry or use a blow-dryer designed for dogs; its lower temperatures won't cause itching or dandruff.
- Ensure ears are thoroughly dried to avoid infection.
- Reward your dog - follow up with abundant praise, petting, or play.



When to Go with The Pros?

Groomers will not only bathe your dog but they'll clip the nails, express anal sacs (upon request), and trim near the eyes. Professional dog groomers are highly recommended for certain breeds, such as [Poodles](#), [Yorkies](#), [Maltese](#), [Springers](#), and others with hair that grows long. Unlike fur, hair doesn't shed & it will keep growing until it gets cut – just like yours. Even if your dog has fur instead of hair, [groomers](#) are helpful if your dog deeply hates baths. They've got lots of tried-and-true techniques for making the experience tolerable for even the most bath-averse canines.

14. ACCEPTING YOUR DOG FOR WHO THEY ARE



Like people, each dog has its own personality which is largely influenced by its history, experiences, environment, and breed. While proper training can help solve unwanted behaviors, keep in mind certain behaviors cannot be completely corrected. For example, you cannot expect a high-energy dog to assimilate into a low activity lifestyle. Similarly, you may be able to help a nervous dog to grow their confidence, but you can't expect the same dog to become a social butterfly. Training development has its limitations - your dog is who he/she is, and sometimes you need to learn to accept this fact.

15. EVERYONE MAKES MISTAKES



This includes both humans and dogs. Even experienced dog owners can lose their dogs. Alternatively, even well-trained dogs can get into trouble by letting their curiosity get the best of them. The important thing is to focus on the solution, not the problem. Don't feel discouraged if your dog is taking longer than you anticipated to warming up, settling in, or learning new obedience skills. The choice to adopt a rescue dog can be hard work and overwhelming, but exponentially rewarding in the end. Give your dog credit for all it has been through and how far it has come along; and give yourself credit for choosing to adopt and bringing your companion home to a life they deserve!

16. VETERINARIAN SELECTION



Not all vets are created equal - do your research and ask questions. Good vets will be open to discussing their practice philosophy & why they are making certain recommendations. They will listen to your concerns and engage you in wellness decisions, and will not make you feel disempowered and confused. Consider looking for a veterinary practice that has completed their Fear Free Certification as it will ensure they are considerate of any special handling needs of your rescue dog.



We're here to help.

Free Korean Dogs is a strong and dedicated network of adopters.

We are always here to answer any questions or concerns you may have, big or small, no matter if it has been a few months or years after you've brought your dog home. Never hesitate to reach out to us by phone, email, or social media.



Contact Info



info@freekoreandogs.org



FreeKoreanDogs



@FreeKoreanDogs

Canadian Charity BN: 80580 0166RR0001

Appendix A: Common Behaviors When Settling In

Skittishness: The most common part of the adjustment period. This can include refusal to leave the crate or safe space, hiding under furniture, running away when approached, having potty incidents on the spot, or becoming startled over sudden movements or noise.

Barking: Barking is a communication method of dogs, and also an emotional outlet. Your dog may become vocal when it is reacting to something it is triggered by (ie: barking at people, especially men, when they are too close for comfort).

Noise sensitivities: A dog's hearing ability is heightened in new and unfamiliar places because they, by instinct, are on high alert. They may respond by barking or attempting to flee the scene.

Reversed sleep patterns: Given the vast time difference, it is not uncommon for dogs to be jetlagged, just as humans are. Dogs who are more skittish may be more active in the middle of the night when everyone is asleep, at a time they feel more at liberty to roam and explore their surroundings.

Agoraphobia: It is not uncommon for a dog who is accustomed to life within a kennel or boarding house to be afraid of wide, open spaces. This includes outdoor dog parks, and may also include condo hallways and foyers.

Fear towards harness, collar, and/or leash: Such items can feel restrictive and be fearful for a dog with limited or no experience with them. Consider how a human would feel when put into a straight jacket without any context of the situation. It will take time for your dog to understand their new "gear".

Fear of being left alone (also known as separation anxiety): Dogs are naturally social creatures, and may feel insecure, stressed, and anxious without their guardians. Symptoms can include excessive barking, whining, chewing, scratching, attempts to escape, and general destructive behavior when left alone.

Refusal to relieve body fluids and waste: Relieving themselves is a vulnerable position for a dog, and some are not comfortable doing so in the presence of people. Stress can also impact the digestive system, commonly causing either constipation or diarrhea.

Refusal to eat or drink: A dog who is nervous typically will not eat nor show any interest in food or water due to physiological effects. Interest in food will resume when stress levels have lowered. (Also note: Not all dogs are food driven.)

Possessiveness of space, food, toys, or people (also known as resource guarding): Dogs had few things to call their own in their past life and can fear their belongings (which they consider of high value) to be taken away. Responses are commonly exhibited by barking or growling to ward off "thieves" but can also include hoarding and hiding items.

Scent marking: Leaving traces of urine in several places are dogs' communication of marking/claiming territory. This is more common in males, although not exclusive.

Submissive urination: Dogs will sometimes urinate on the spot when feeling exceptionally excited or anxious. It is a communication method of showing social appeasement and that they are not a threat to others.

Excessive energy: New people and experiences can be exciting too! And sometimes excitement can be difficult to contain. Dogs will learn to control these emotions over time, especially for younger dogs.

Leash Reactivity (also known as leash aggression):

Occurs when a dog becomes anxious or over excited when they encounter another dog only when attached to a leash. This may include barking and/or lunging and can be placated by approaches such as understanding your dog's triggers, teaching your dog to focus on you, practicing impulse control, and setting your dog up for success by diffusing the situation before it escalates into anxiety or over excitement.




DO	DO NOT
Take things slow, one small step at a time	Set expectations on what milestones should happen, and when
Give them space and time to decompress	Hover around or crowd their space
Allow them to choose their own safe space and respect boundaries	Dictate or determine space and boundaries for them
Create positive associations when possible	Introduce new concepts too quickly
Try to understand their feelings by looking at the situation through their eyes	Push them into uncomfortable situations to teach them to cope
Resist the urge to pet	Frequently pet or cuddle
Maintain a calm and composed body language and environment	Make fast movements or loud sounds
Establish a routine	Drastically change schedules or environment

REMEMBER...

- Hope for the best and prepare for the worst. Every dog is different and each have their own individual and unique adjustment periods.
To compare a dog's settling in timeline with another's is effectively comparing apples and oranges. Providing time, patience, and understanding is the name of the game.
- Predictability and consistency are comforting. Knowing what to expect and what comes next avoids additional adjustment and subsequent stress.
- Respecting personal space is the best approach with nervous dogs. Allow them to take in their new environment and determine the pace of their own adjustment period. When you violate personal space, it no longer feels safe. This includes resisting the urge to peek at them, make eye contact, and approach them to pet. Let them decide when they feel comfortable enough to come to you. Your dog will be with you for the rest of its life. There is no urgency.

- A “safe space” is subjective. What is comforting to one may be frightful to another. Allow your dog to determine what ‘safe’ means for them.
- Avoid forcing the situation, as this will deepen their fear and cause further negative associations. It is your role to advocate for your dog when you see they are getting stressed and uncomfortable.
- A common misconception is that petting a dog will show them affection and therefore comfort them. But consider if you were in a new place wishing you were invisible and people were constantly reaching out and trying to pet you. Respect personal space.
- Dogs equate positive experiences with what makes them happy. For example, if your dog is food motivated, but scared to go outside, leave a trail of treats to encourage their first steps, and they will eventually associate the outdoors with something pleasant.

Common Training Approaches and Ideologies

 Positive Reinforcement Training	<p>A rewards-based system, and the only acceptable method of training. Using this method, dogs will repeat good behavior when it is followed by a reward, while bad behavior is not rewarded or acknowledged. “Punishment” comes in the form of withholding rewards (like a toy or treat being taken away), or removing the dog from the situation to allow them to calm down and refocus. Harsh punishments and physical reprimands are unnecessary and ineffective.</p>
 Punishment Correction Training	<p>This method employs the use of “aids” such as shock and prong collars. It relies on the punishment of bad behavior rather than rewards, meaning the dog learns what it is not supposed to do instead of what it is supposed to. This can create a great deal of stress and anxiety for dogs.</p>
 Dominance Training	<p>An old and dated method of training with the belief that owners need to be the “alpha” of the group and force submission of dogs towards obedience. Common approaches include physically subduing the dog on its side until it calms down. This results in an emotional shut down and is an instinctive coping mechanism to get the threat to move away.</p> <p>Research has shown when forcefully and physically dominating a dog, its cortisol (stress hormone) levels elevate to a level that causes the dog to shut down in hopes the threat will disengage. This approach breaks the trust between a dog and its owner.</p>

Appendix B: Safety Equipment 101:



HANDS-FREE LEASH

In order to prevent dropping the leash and the dog bolting as a result, the hands-free leash should be attached around your waist at all times.

Most double ended (having clips on both ends) can be configured to become a hands-free leash attached around the waist. If you have trouble adjusting the leash, please see [this video](#) or connect with us.



MARTINGALE COLLAR

A properly fitted martingale collar is more effective at preventing escape and provides more control over the animal without the choking effect of a slip lead or choke collar.

Martingales are specifically designed NOT to be cruel. Unlike choke collars, you can set the limit to which the collar can close when your dog is pulling, so that it will never cause them serious harm.

It is fitted like a regular collar. When worn, you should be able to comfortably fit 2 fingers in between the collar



WEBMASTER HARNESS

After pulling the harness over your dog's head, their right leg goes through the front loop. Make sure the chest section and both body straps are buckled and secured.

All straps of the harness should be perfectly tapered to the dog's body when standing up or sitting down, but not restricting movement. You should be able to comfortably fit one finger through the strap. Please see a video reference [HERE](#) on how to adjust and fit the harness properly.

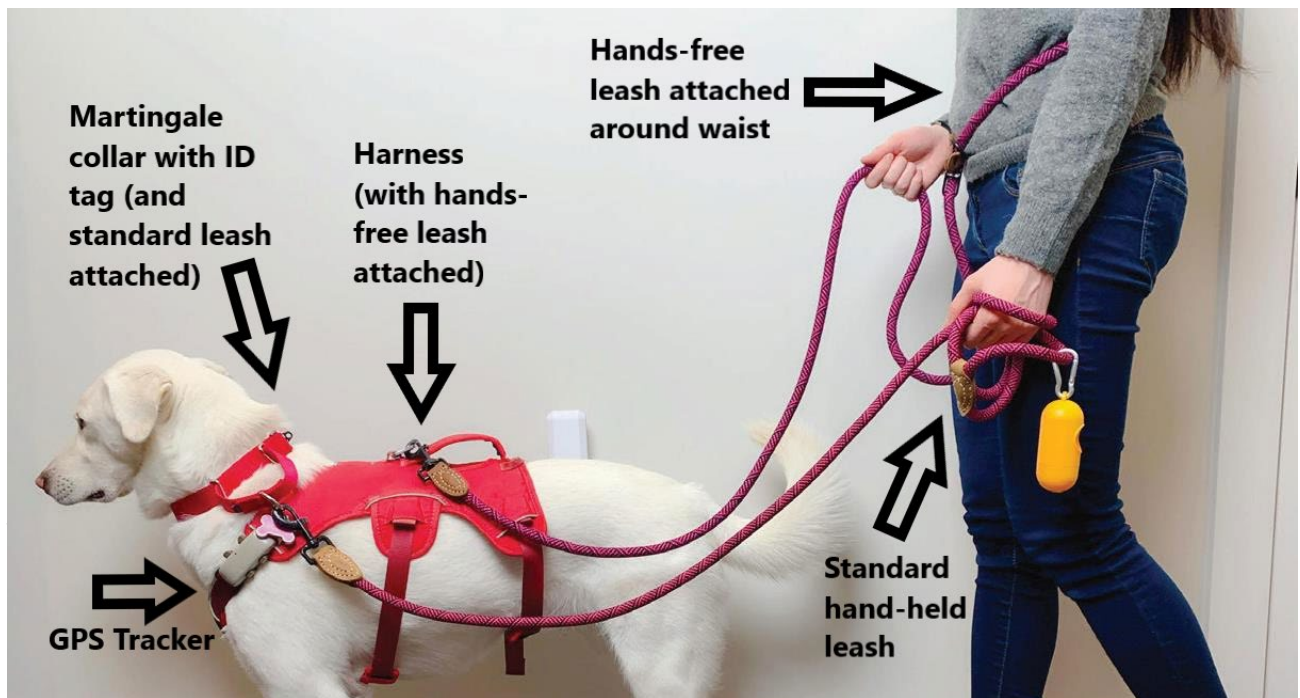


HARNESS SAFETY STRAP (or “Back up collar”)

The harness safety strap provides a back-up if the harness or leash clip breaks/detaches.

If the harness or leash clip becomes detached, the dog will still be securely connected to the collar thanks to the safety strap!

2 LEASH SYSTEM (FOR DOGS 12KG/25LB & OVER)



OTHER USEFUL TIPS & REMINDERS:

- Remember to inspect all safety equipment on a regular basis to ensure everything is in working order and free of any faultiness, wear and tear, etc.
- If the GPS unit is a bit bulky for your dog, attach it to the harness rather than the collar for more comfort.
- If the straps become long after tightening the band, tuck in the excess into the belt's protective padding.





Appendix C: Lost Dog Protocol: How to Find Your Missing Dog

Prevention: Bonding

Most dog losses happen within the first 2 to 3 months, as the dog is still learning its new environment. Make sure your dog bonds with you as soon as possible through hand feeding sessions, lots of walking, some light jogging/exercising together, and going to dog training classes together. Schedule some vacation time from work. Consider setting aside two to four weeks to help your dog settle in and get familiar with the areas around your home.

IMPORTANT REMINDER: Rescue dogs are **NOT** prepared to go off leash during **the first 3 months** (minimum). Going off leash is not recommended, regardless if the park is fenced or unfenced.

Identifying key locations and path

Think about the key locations your dog could go to, from the location you've lost it to your home. Most dogs, when lost, will go back and forth between these places in an attempt to find you. From the second day onwards, it will be very hungry so it will likely show up near sources of food such as dumpsters and/or garbage cans.

Put posters up – lots of them

A few pointers to create a successful poster:

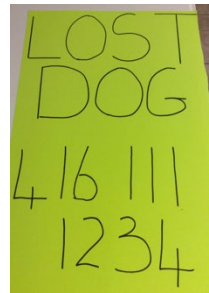
1. **Print in color:** If your dog was wearing something (harness, collar) at the time of disappearance, try to find a picture of it wearing exactly the same item. If not, find the most colorful picture possible – or add a colorful border. A color photo attracts the eye more than a black and white photo.
2. **Include your phone number & a back-up:** Most people won't bother to call back after a missed call. Even if you know you can't make it on time, you want to catch ALL sightings so that you can have a clear sense of where your dog has been roaming.
3. **Include "Do not chase. Don't whistle or call out. No eye contact. Please keep in sight & call numbers below" in big, bold letters:** Most people, with their good intentions, will chase after a loose dog and try to grab it. This will only drive the dog to run further from the original location, making the search harder.



4. Post at strategic locations with high traffic: 400 flyers go fast. You want to make sure you have enough to cover the entire area your pup could possibly be. Pedestrians are most likely to come across your pup and to call so make sure to cover community mailboxes, park benches, lamp posts, and even shops. Most post offices, shops and gas stations can't hang posters up without their franchise or shop owner's approval, but most are willing to leave the poster on their counter for the day.

Alternative Method

You can also use Bristol boards (normally half of a whole Bristol Board) in addition to printing out posters. Tape them around posts at high traffic areas for visibility from vehicles/passengers. Owners can also be holding ¼ size Bristol Boards with important information (i.e. LOST DOGS, WHITE, Phone number) during their searches in order to get more attention and to talk to more people who are willing to help.



Share the workload!

You want to leverage all the help you can recruit; so focus on getting the word out immediately. Ask for friends and/or volunteers to help put the posters up. For greater efficiency, divide the areas and/or assign task(s) to each person accordingly. Best practices: leave a small stacks of posters in envelopes in owner's mailbox and let the helpers pick them up to distribute while owners are out.

When calls come in, ask the caller for a picture if possible.

If not possible, ask for the location of the sighting, the direction your pet went, whether it was still wearing its harness/collar (if any), and what it was doing at the time. If you are heading over immediately, ask them if they can stick around and keep your dog in sight.

Please, please, please take down the posters once you've found your pet!

This really helps the next pet in need to get the attention they deserve. Yes, when you find your pooch you will be tired and relieved with no care in the world – but please be responsible and clean up the neighborhood that has so gracefully helped you in your search.

Ask Help from Friends and Strangers

If you're located elsewhere, search on Facebook or Google for similar groups in your city.

1. Free Korean Dogs

FKD is NOT a dog search group, but we are always willing to help - don't hesitate to reach out!

2. Team Chelsea Lost Pet Search Group

They are located in the Durham area (east of GTA). Their team is incredibly experienced, responsive, have someone on-call to track and share sightings in real-time with the team.

3. Lost and Found Pets of Ontario, Canada

This team manages both lost and found pets in the entire province of Ontario. They will help share “lost dogs” Facebook posts, as well as “dogs found” ones. Be sure to check their Facebook group from time to time to make sure your pooch didn’t show up there. They also cross post announcements from both Team Chelsea and Helping Lost Pets.

4. Helping Lost Pets

This group also has a corresponding Facebook group. They are the group the City of Toronto and the Toronto Humane Society refer to on their Lost and Found Pets pages. Once you submit a lost pet listing, they will review it and post it up on their Facebook page to get the word out. They also list found pets so be sure to take a look.

5. Ontario SPCA and Humane Society (call 1-888-668-7722 ext. 319)

Be sure to alert the nearby shelters to ensure they are on the lookout for your pup. Many dogs found are sent to the shelters so you want to make sure they have yours on file.

6. Local vet clinics

A common protocol when finding a lost dog is to have the finder bring the dog to a vet to scan for a microchip. Some clinics will hold dogs in their facilities before turning them over to municipal animal services or humane societies.

7. City of Toronto Lost and Found Pets

Their web page does have some useful resource and links though so be sure to check it out.

8. Friends and personal social media!

Ask friends to spread the message, help you put posters up, and to help look. It may be hard for some of us to ask friends to drive across town, brave the cold, put hundreds of posters up and look for a dog, but you just have to toughen your skin up as the first few days are crucial. At the very least, make sure to type up a Facebook post with pictures of your pooch on your own profile (not in a group as it won’t be shareable) with the security settings set to “Public”, and ask your friends and networks to share.

Set up a scent station and a safe space

If your dog finds its way back to the house, it will also need a safe space to rest. Leaving the garage door partly open, with your dog’s bed inside and some smelly clothing will help. Water is fine too, but be careful about leaving food at night, when neighboring animals may decide to crash.

Read past success stories

At night, research and read up some success stories. Not only it can boost your morale, it will give you a good sense of what you need to do if you do come across your pup, which leads to the next point.

Ways to prepare seeing your dog:



1. Build a mental scene of how you will act.

Before you start your search, understand how to react when you see your dog.

2. Make sure to have a leash on hand.

Slip-on leashes work the best. If you know your dog is still wearing its collar, a regular leash is okay.

3. Make sure you have treats on hand.

Smelly food like hot dogs, bacon, grilled chicken.

4. Keep your distance.

Make sure your pup does not get spooked by onlookers.

5. Do NOT share eye contact.

Eye contact feels threatening to dogs, so as difficult as it is, look sideways. Keep your pup in your peripheral vision.

6. Communicate with helpers through phone.

Do not yell out. If your friends are beyond hearing distance, call them on your phone and speak softly to avoid scaring your dog.

7. Have people block any escape route.

Do NOT try to surround the dog and then have everyone pounce on it at the same time! Simply have some people be on standby near exit points in case it does try to flee.

8. Crouch or squat down.

You need to get your pup to calm down so it can let itself be caught. Squat to make yourself smaller to appear less threatening.

9. Talk in a soothing voice or sing.

Talk softly to your pup in your usual doggy talk voice to build familiarity. If it's too stressful to keep uttering nonsense, think of a song you often sing at home and hum it until it shows signs of recognizing you.

10. Offer treats or clothing.

Once your pup has calmed down a little, gently toss or hold out treats. Alternatively, toss over some of your worn clothes for it to sniff at.

11. Wait or move slowly.

Let your pup come to you. If it doesn't bulge, move very slowly and read his body language carefully. Reach out and let it smell you. Slowly move to petting it if it allows you.

12. Leash up before grabbing.

Try to leash your pup up before attempting to pick it up. You'll have to keep up with its body language and act accordingly.

Finally, go out and search!

Having a huge search time to spread out and search on foot while the dog owner drives the car to the sighting location is more strategic than having the dog owner roam on foot. Of course, this does not apply to all cases – be sure to think about what works for your case and set a plan accordingly. Pace yourself to avoid burnout. Keep your hopes up and keep looking!