



# Congratulations on Adopting Your New Dog!



*Source: Content adapted from San Francisco Animal Care & Control*

Penticton Animal Care & Control 2330 Dartmouth Drive 250-492-3801



# Congratulations on Your New Dog!

Starting off your relationship with your dog is fun, exciting, and quite the adventure – but it never hurts to be prepared!

In this packet, you will find general information, frequently asked questions, and behavior & training advice from a variety of exceptional animal welfare organizations.

If you ever have any questions regarding your dog's behavior, please feel free to call us at the Shelter!

**General Shelter Services - 250-493-3801**

## Adoption Supply Checklist



- ☐ Leash
- ☐ Collar & Walking Aids
- ☐ ID Tag
- ☐ Dog Food
- ☐ Food & Water Bowls
- ☐ Toys & Chewies
- ☐ Flea Control
- ☐ Crate & Confinement Tools
- ☐ Training Treats
- ☐ Grooming Tools
- ☐ Waste Clean-Up





## What To Expect From Your Furry New Friend!!!

It is important to remember that – while your new dog is SO lucky to have you – transportation, new caretakers, and new surroundings are awfully stressful and can prove overwhelming.

### **The First Few Hours**

We recommend taking your buddy on a nice, quiet walk before settling in. This helps calm pup down, make sure they have had a chance to go potty, and creates a great opportunity for you both to bond & learn each other's style.

After your walk, bring your new dog into your home, give them a quick tour on-leash, and then directly to their previously setup quiet area to have a five-minute break with a stuffed Kong or chewy. If pup begins to cry or bark, wait for 5-10 second lull before presenting yourself. Make sure to leave your new dog alone for brief intervals several times in the first few hours – this is all part of alone-training and they should learn early on that you are sometimes separated.

### **Feeling a Little Shy**

If your friend seems shy during the first few days, they probably are – and it's completely normal. It takes time for many rescued animals to trust and respond to their guardians. Possibly the greatest part of adoption is seeing your animal blossom into dog the dog they were meant to be. Having patience and letting the dog approach you first is critical for instilling confidence & comfort in a new environment. They will come around - just be patient!

### **Is It Normal When...?**

Penticton ACO's aim to be a resource for all of our adopters when you are feeling overwhelmed, confused, or just need some facts! Please feel welcome to give us a call whenever you need to and we will do our best to answer your questions or get you the referrals you need. Please let us know how you and your new companion are faring, after all, everyone loves to hear a happy ending!



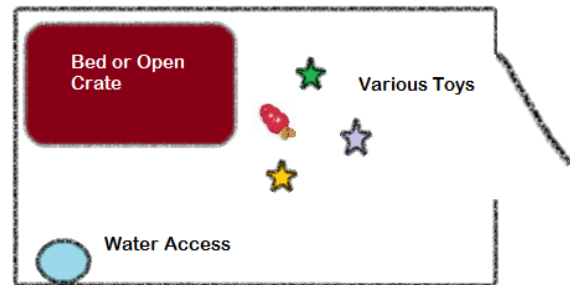
# Starting Off on the Right Paw

## *Setting Your Companion Up For Success!*

### Setup

The first thing any new adopter wants to do is let your new dog get comfortable in their new home. For the best transition, ensure you have a properly set up area for your dog. This should be a space that is puppy-proofed, easily cleaned, and easy to close off with either a door or baby-gate. Many people opt to use a bathroom, kitchen, or laundry room for the initial welcoming space.

While “quiet area” sounds like a punishment, this area should actually act as a safe space for your new dog to learn how to settle into their new home and catch a break from constant stimulation. Ensure comfortable accommodations by furnishing the space with a bed or comfy open crate to sleep in, access to water, various chew toys, and a safe bone or stuffed frozen Kong to occupy him. Make sure to feed his meals in here as well.



When used appropriately, utilizing a quiet area will help with housetraining, alone-training, and prevent problem behaviors such as inappropriate chewing from occurring.

### Bedtime

Try to get a lot of mental and physical energy out before putting your new dog to bed. Make sure your dog is “empty” right before bedtime and put a chew toy in their confinement space before you leave him for the night.

There may be some initial fussing but they should relax and snooze eventually. Remember: you can inadvertently reinforce fussing by letting them out of the quiet area while whining or barking so power through! If you would like your dog to sleep in bed with you eventually, you certainly can once they have gotten the basics!

### Settling In

**Providing structure and consistency** for your new dog is very important and aids in transitioning them to their new home. A feeding schedule and regular walks, bedtimes and consistent placement of resources will make your dog feel more secure in this novel environment.

**Supervise your dog to keep them out of trouble.** Many make the well-intentioned but flawed decision to allow full access to the home immediately (or at least far too early) in the transition process. This mistake can result in housetraining setbacks and development of problem behaviors



like destructive chewing and counter-surfing, and potential exposure to hazards your dog has not encountered before.

Utilize your quiet space when you cannot supervise your dog 100% in the first few days. You may also use a long leash tied to your waist for “umbilical training” - this keeps them close and allows you to reward in the right moment. You may taper off a bit with the amount of supervision over several weeks, once you’ve seen and trust your dog to navigate the house rules!



### **Exercise & Mental Stimulation**

A bit of physical exertion goes a VERY long way towards having a happy, healthy, and well-adjusted dog! Regular aerobic activity should be a part of the everyday routine for your dog, whether that is jogging by your side, active play time at the park, or a hearty game of tug-o-war in the backyard. This is especially true for adolescent dogs or the newly adopted. When they say “a tired dog is a happy one,” this is just as true for the adopter as well!

Mental stimulation can be as simple and time-efficient as stuffing your dog’s food into a puzzle toy or Kong. Yes, throw those food bowls out and start a “Work-To-Eat” program ASAP – your new dog needs something to think about!



**A Work-To-Eat Program** is a simple and incredibly effective approach to solving “Bored Puppy Syndrome” – think of it as Doggie Sudoku. Toys such as the Kong, Busy Buddy, or Tricky Treat Ball are food-dispensing items that work as your dog manipulates it using their paws and mouth. Feed your dog meals or treats out of these amazing toys and watch just how smart your dog can be! We recommend freezing the Kong after stuffing it, this will provide hours of stimulation for your dog.

## **Housetraining:**

### ***Preventing the Potty Blues***

In a shelter environment, it is especially difficult for us to say whether or not a dog is housetrained. Even in a previously-trained adult dog, confusion and mistakes are a part of transitioning so expect a few accidents and be prepared to **reinforce the right behavior in the right place!**

#### **Set Up a Routine**

Give your new dog extra opportunities to go the bathroom outside to make sure they are empty and ALWAYS accompany them to reinforce with a treat immediately after doing their business.

**While housetraining, puppies up to 5 months old and seniors should have an opportunity to go at least once an hour while adult dogs should every 2-3 hours.**



You also control the feeding so remember that a regular meal schedule will translate to a regular elimination schedule. Typically a new dog will want to go to the washroom:

- When they wake up
- After mealtimes
- After vigorous exercise or play
- Every 2 – 3 hours (More frequently for Puppies / Seniors)
- Right before Bedtime

### Supervision

When you are at home, keep your dog in sight at all times. If you cannot 100% supervise, ensure your dog goes into their quiet space. If your dog is not yet fully housetrained and ends up having an accident while unattended, the likelihood is much higher you will not find it and the pattern will continue. If you are confining a puppy and anticipate leaving them alone LONGER than you've trained, place a potty pad in the far end of the space so they have an *approved outlet*.

- Accompany dog to eliminate – go with them rather than sending them so that:
  - You know whether they have gone or not
  - You can reward at the right instant – praise and a treat as they finish!
- Go to the same spot to make it easier, or at least the same kind of surface
- Praise and reward all outdoor elimination for first week at least – later you can slack off, but it's more than okay to continue praising.
- Praise and reward every time they get it right
- When accidents in the home happen, it can be frustrating but IGNORE it – in housetraining only the trainer has made the mistake. Clean all accidents thoroughly with an **enzymatic** cleanser (e.g. Nature's Miracle)

Note: **DO NOT PUNISH** – this is a common misconception and pitfall for many owners. Most importantly, never ever punish if the dog makes a mistake unsupervised - there is zero connection to the act that happened many dozens, hundreds or even thousands of behaviors ago! Punishment is not a good idea in early relationship with a new dog, and of dubious value at any time.

Once you have seen the dog begin to connect going potty in the right location...

- Add one extra room of house at a time every few days if dog is successful – supervise closely every time a room is added.
- Gradually extend the duration between opportunities, adding ~a half hour per week



- If they have gone several days without an accident, you may interrupt them (“Ah! Ah! Let’s go outside!”) at the *start* of any mistakes indoors hustle them outside to finish. If they finish outside, praise and reward this.
- It is reasonable to expect an adult dog to hold on 4 – 5 hours max. Many dogs *can* hold on longer but is it humane to make them?
- Sudden onset of indoor elimination in a trained dog may indicate a medical problem, so please be sure to consult your veterinarian immediately before getting behavior help.

It’s important to remember that this isn’t forever and you can and will be able to relax this management later. Keep in mind that it’s very difficult to work backwards, so setup your friend to do his very best early on!

## Puppy-Proofing 101:

### *Identifying & Controlling Household Hazards*

In addition to keeping your new family member safe & healthy, there are a few added benefits to proofing your home before the big homecoming. Puppy-proofing (or doggie-proofing) is perhaps the most under-utilized way to teach dogs to behave appropriately in the home. Remember – if they can’t practice bad behaviors, they may never start!

The best way to find hazards is to take a “dog’s eye” view at your home. What looks tempting? What looks dangerous? Here’s a checklist of things to prep for your pup!

- ✓ Tuck in loose electrical cords
- ✓ Pick up any clothes on the floor
- ✓ Secure any household cleaners, especially the often forgotten...
  - Antifreeze
  - Mothballs
- ✓ Pick up and/or secure garbage cans
- ✓ Put away any food they MIGHT be able to reach – remember, where there’s a will, there’s a way!
- ✓ Throw away any stagnant water sources in the yard
- ✓ Check your plants against a list of common poisonous varieties @ <http://www.purina.com/dogs/Safety/PoisonousPlants.aspx>
- ✓ Keep your toilet lid down
- ✓ Take care of loose nails, splinters, and plastic bags



Always provide plenty of chewies & toys for your new dog to play with. Boredom, low exercise, and a lack of appropriate outlets often lead to naughty, and sometimes destructive, behaviors in the home. Without these things it’s certain that “a dog will be a dog!”

*“In order to really enjoy a dog, one doesn’t try to train him to be semi-human. The point of it is to open oneself to the possibility of becoming partly a dog.” - Edward Hoagland*



# Crate-Training

Owners may be unsure whether they should crate-train their puppies or newly adopted dogs or whether to simply confine them in a dog-proofed area when gone. Here is some information to help you decide:

Crate training uses a dog's natural instincts as a den animal. A wild dog's den is his home, a place to sleep, hide from danger, and raise a family. Crate training helps with the following:

- **Housetraining:** Prompts the dog to hold bladder and bowels when unsupervised to expedite housetraining
- **Future confinement:** Dogs that are used to close confinement are less likely to be stressed when caged during a hospital stay or travel



## Crating Caution:

A crate isn't a magical solution. If not used correctly, a dog can feel trapped and frustrated.

- **Never use the crate as punishment.** Your dog will come to fear it and refuse to enter it.
- Don't leave your dog in the crate too long. A dog that's crated day and night doesn't get enough exercise or human interaction and can become depressed or anxious. You may have to change your schedule, hire a pet sitter, or take your dog to a doggie daycare facility to reduce the amount of time he must spend in his crate every day.
- Puppies under six months of age shouldn't stay in a crate for more than 3 hours at a time. The same goes for adult dogs that are being housetrained. No dog should spend more than 3 hours crated.

## The Crate Training Process

Training should take place in a series of small steps - don't go too fast!

- Choose the proper size crate: it should allow enough room for standing, sitting, and stretching out, but you don't want the crate to be so big that your dog has enough room to soil in it

**Make the crate comfortable.** Have a blanket to fold up and place on the floor of the crate. If your dog already has a bed that they're accustomed to, you can use that too. The idea here is not only to create a comfortable place for your dog to lie, but also to remind your dog that the crate is for sleeping and comfort, not for going to the bathroom.

- If your dog soils the bedding, be sure to remove it as quickly as possible to avoid it happening again. Not only will a pee-soaked blanket stink, it will encourage your dog to use the area as a bathroom again.



**Make the crate appealing.** Keep the crate in a high-traffic area. By keeping the crate in an area with a lot of people, such as a living room or kitchen, your dog will associate the crate with being surrounded by people rather than completely lonely and isolated.

- Allow the crate to sit there for a little while before you ask your dog to go into it.
- Use positive reinforcement. Praise your dog every time you see him enter the crate and toss treats into and around it to build his positive association. While exploring the room and new object, your puppy will begin to associate it with delicious treats.
- Never try to push, pull, or force your puppy into the crate.

**Feed your dog in the crate.** Once your dog is comfortable entering the crate, begin feeding meals in the crate. Proceed to shutting the door after a few times.

- If your dog starts to whine, you've increased the time too quickly. Leave the door closed for a shorter amount of time next time. Remember not to let your dog out while he is whining, or he will cry and whine every time he wants to be let out.
- Lengthen the crating periods. After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you're home.
- Once your dog will stay quietly in the crate for about 30 minutes with you mostly out of sight, you can begin leaving him crated when you're gone for short time periods.

When you return home keep arrivals low key to avoid increasing their anxiety over you when your return. Continue to crate your dog for short periods from time to time when you're home so they doesn't associate crating with being left alone.

---

## Household Introductions

### *Resident Dog-to-Dog Intro*

Dogs are social animals and most enjoy the company of other dogs, however, it can be tricky to introduce a new puppy or dog into the family. The resident dog may not be accustomed to having other dogs in the home or they may not appreciate having to share your attention, so set them both up for a successful interaction at the start of the relationship.



#### **Preparation**

Before you bring the new puppy or dog home, get two of everything and carefully manage resources; separate anything your resident dog might guard, especially beds, toys, food, and you! Even if your dog has never exhibited possessive tendencies before, it is best to exercise caution.



**The Initial Meeting:**

The dogs will need to meet on neutral ground, outside of the home. Bring the dogs together and allow them to greet each other - do your best to keep slack in the leashes so the dogs won't feel like they are being held back. Allow them to sniff and greet with as little tension as possible.

**Bringing the New Dog Home**

If you have a yard, go there first and let the dogs off leash to hang out while you supervise. This will let them get some energy out before being enclosed. When the dogs are ready, bring them into the house. If they got along well in the yard, let the resident dog off the leash first. Permit the new puppy or dog to explore the room on the leash, then give them a little break from one another.

Always supervise interactions between the dogs until they have been friendly with each other for one to two weeks. They should not be alone together before you feel confident in their relationship.

**WHAT NOT TO DO:**

- Do not put the dogs in small spaces together. Each dog should have their own food bowl, bed, and toys. Place the food bowls far apart until the dogs are relaxed when eating together.
- Do not give "high value treats" when dogs are together such as bones, stuffed Kongs, or bully sticks. The dogs can enjoy these fun chews but only when they are separated.
- If a fight breaks out, DO NOT let them "fight it out." Interrupt and separate the dogs if they begin to aggress. It is always better to interrupt fighting so the dogs do not develop a pattern.
- Do not use your hands or body to intervene during a dog quarrel. Use your voice, a loud noise or water to stop the fight as there is a chance a dog could injure you without meaning to.

*Resident Cat-to-Dog Intro*

Before embarking on the journey of cross-species integrating, it is very important that you expect to give adequate time for your new dog & kitty to co-exist – what's a few weeks of training for a lifetime of friendship?! Dogs will look at cats one of three ways: Playmate, Prey, or Benign. While your new dog has passed the cat test, expect mediation until both animals are comfortable and a few rough days where one or both animals find each other a bit stressful.

The Introduction Process – ensuring a successful meeting:**Separate the animals**

- Over a few days, rotate which animal has freedom and which is confined to allow each animal plenty of time to investigate the other one's scent.
- Confine the dog off and on to allow the cat time to roam free and investigate.



- **When no one is home, the dog and cat MUST be physically separated.**
- Once the dog is calm (or at least not obsessed with the cat) and the cat is calm, eating and using the litter box normally, you can proceed.

### Make leashed introductions

- Allow both animals to be in the same room at the same time, but keep the dog securely leashed and reward his attention on YOU when he turns from the cat.
- Continue with this type of introduction until the dog is calm and ignores the cat.
- If there is any fear or aggression displayed on either animal's part continue to keep them separated.
- Continue indefinitely until both the dog and cat seem happy and relaxed around each other.
- When no one is home, the dog and cat MUST be physically separated.

### Allow unsupervised interactions

- Unsupervised time together can occur after the cat and dog have been supervised around each other for a significant period of time (a month or so) and you see they are comfortable in each other's presence. Most importantly, **always make sure your cat has an escape route** as this will keep him "in control" when he begins to get uncomfortable. Never force them to be nearer to one another – allow this to happen naturally.

### Warning Signs

- If the dog remains fixated, completely ignores you or lunges suddenly as soon as the cat moves, this is probably a dangerous match.
- If it is your cat who is growling, hissing or swatting, give the cat a break and try again on another day. If the cat stops eating, drinking, using the litter box or visiting with family members, they are not happy. You might want to consider finding a better match or contacting a professional animal behaviorist for advice.

### Introducing Your Dog to Children

- **Use Common Sense** and do not leave your child and new dog unsupervised.
- Teach your child to leave the dog alone while eating.
- Allow frequent breaks and read your dog's body language to see if it's too much.
- Do not allow your child to "roughhouse" with the dog.
- Build up positive associations by having your child toss treats to the new dog.
- Teach your child some tricks to build their bond!



# The Savvy City Dog:

## **Q: Why should I train my dog?**

**A:** Training is an important part of helping a dog through our crazy, noisy, human world! It helps build our bonds, socialize to other dogs & people, understand each other's needs, and teach the dog skills to be a great companion indoors & out on the town!

## **Q: What is Positive Reinforcement Training?**

**A:** Positive Reinforcement Training is using rewards (treats/praise) to teach and support various aspects of your dog's obedience and behavior. At its core, positive training gives your dog something to work for, and thus the results are far more concrete. It's important to remember that this is NOT bribery; it's giving the dog incentive. *You wouldn't go to work without getting a paycheck – why should they?* At Penticton Animal Care & Control, we are firm believers in positive reinforcement and giving the dog clear direction. With time, patience, and a bit of elbow grease, a dog learns behaviors that stick with them, without any discomfort or confusion.



## **Q: Should I take a Group Class?**

**A:** Depending on the dog you are adopting, you may be required to participate in a group class – especially if adopting a puppy. Group classes are fun for both the owner & the dog! They aid in socializing to people & dogs, teach you how to give your dog reachable goals, and troubleshoot problems such as pulling on-leash or jumping up.

## **Q: When should I seek Private One-on-One training?**

**A:** If your dog is showing signs of fear, high anxiety, avoidance, or aggression to dogs or people, you should consider and research Private trainers for specifically-tailored plans to modify your dog's behavior. Private trainers will be able to diagnose behavior problems and coach you on how to be proactive and a dependable advocate for your furry friend. If you need referrals, please contact us!



# Good Dog!!! Dog Training Tips for Life

**Fact: Dogs learn by associations & consequences**

## How to be a great teacher:

- Patience
- Consistency
- Treats!
- Positive Handling
- Having a Good Time!

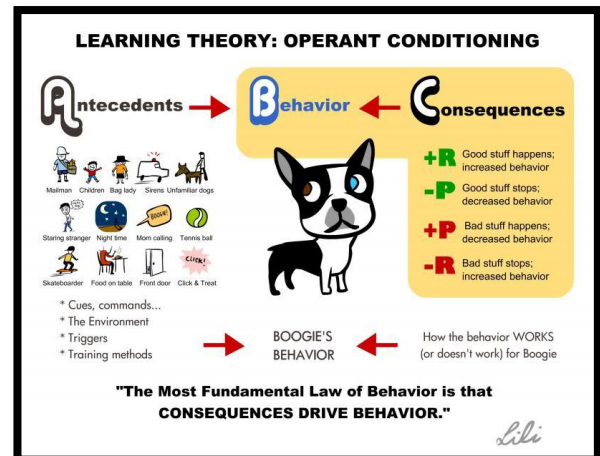
1.) **If you're not having fun, chances are your dog isn't either.** One of the best things about training is that we will happily make a fool of ourselves when our dog shows off his brilliance! Throw him a party with happy-talk, treats, and praise! Who's a good owner?? You Are!

2.) **Reinforce the right things.** To quote Trish King from the Marin Humane Society, "Concentrate on and reinforce the things your dog is doing right. Try to ignore behavior you don't want to see repeated. If you can't ignore it, manage it." This is where Patience comes in!

3.) **Use the right motivation.** Not every dog will jump at the offering of food – and that's okay! Does she like Tug? Tennis Balls? After you've tried several types of treats, it may be that your dog needs a different kind of reward to make what you ask of her worth doing!

4.) **Always know exactly what you are asking your dog to do.** A great example of this is "Sit." Most people will assume that a dog learns this fairly easily – Not True! For some dogs, sitting is quite the training process. "Sit" in addition to being an exercise in impulse control, "sit" might be a step by step process – taking a leg slightly bent, then both legs bent, and so on!

5.) **Make it easier.** Sometimes we try and train our dog in very distracting places, and doggone it, they're not listening! That's okay – we just



need to make it easier. Take it to a quieter place, shoo the cat out of the room, put all those awesome toys away – these are all leading to your dog's wandering focus.

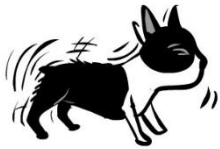
6.) **"Never take a behavior completely for granted.** That leads to the Straight-A Student Syndrome. If no one pays attention to you when you're being good....you'll be bad!" Take Trish King's word on this one - pay attention to the correct behavior!

7.) **Always end on a good note!** While Rover is in the groove, end it with something that you know he can do really well, so training sessions stay fun and light for the both of you!

8.) Perhaps most importantly - in the words of Jean Donaldson - **"Expect your dog to act like a dog.** Don't take it personally when he exhibits typical canine behavior [such as digging, chewing, jumping up, etc]. He's not being "bad," he's just being a dog." Provide outlets for these behaviors and teach your dog what you want him to do.



# Reading Dog Body Language



**STRESS RELEASE**  
shake off



**"NEED SPACE"**  
whale eye



**STRESSED**  
yawn



**ALERT**



**BEING FRIENDLY**

## TALKING DOG

Dogs communicate using body language more than they do vocally. Here's a quick guide to get a good idea of what your dog is telling you. Look at the whole of the dog: head, face, body and tail to get a more accurate idea of what the dog is saying.

### FEARFUL / ANXIOUS / STRESSED

In all cases, respect the dogs need for space and offer signs of appeasement and peace: See the Doggy Dos and Don'ts poster



If not read correctly, stress, anxiety and fear often lead to behaviour commonly termed "aggressive", as the dog attempts to make it clearer that they are uncomfortable: raised hackles are a sign of fear:



#### TAIL POSITIONS

tucked



in line with spine



high and rigid



low and wagging slowly



### CONTENT / HAPPY / SOCIAL

These dogs pose no immediate threat.



#### TAIL POSITIONS

relaxed



high and wagging quickly



casually at 45 degrees



Brought to you by JezRose



For further resources and information on dog training and behaviour, see [www.JezRose.co.uk](http://www.JezRose.co.uk)

Copyright 2011 Jez Rose. All rights reserved.



# Approved Informational Resources



Source: Content adapted from San Francisco Animal Care & Control

## Kids & Dogs

The Family Dog – [www.thefamilydog.com](http://www.thefamilydog.com)

Doggone Safe – [www.doggonesafe.com](http://www.doggonesafe.com)

How To Love Your Dog – [www.loveyourdog.com](http://www.loveyourdog.com)

Living With Kids & Dogs – [www.livingwithkidsanddogs.com](http://www.livingwithkidsanddogs.com)

## Bully Breed-Specific

The Stubby Dog – [www.stubbydog.org](http://www.stubbydog.org)

Pit Bull Rescue Central – [www.pbrc.net](http://www.pbrc.net)

Your Pit Bull & You – [www.yourpitbullandyou.com](http://www.yourpitbullandyou.com)

## Books

Jean Donaldson – *Culture Clash*  
*Oh, Behave! From Pavlov to Premack*

Patricia McConnell *The Other End of the Leash*  
*The Puppy Primer*

Pat Miller *The Power of Positive Training*  
*Do Over Dogs: Give your dog a Second Chance at a First Class Life*

Melissa Alexander *Click For Joy!*

Ian Dunbar *How To Teach an Old Dog New Tricks*  
*Before & After You Get Your Puppy*

Victoria Stilwell *Train Your Dog Positively*

Sophia Yin *How to Behave So Your Dog Behaves*

