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AN INDEPENDENT NON-PROFIT ORGANIZATION
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WWW.BCSPCA.ORG

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Helping A Shelter Dog Adjust To A New Home

Written and Revised 12/12 for The Bucks County SPCA by Diane Herstine

CONGRATULATIONS to you and your newly adopted dog!

The first few months in a new home for a dog, is a transitional period. Your new dog may act like a guest until he/she is comfortable. If you have any questions or are experiencing a problem, please call our Behavior Helpline at 267-347-4674 ext. 109 or email behaviorhelp@bcspca.org. We can help!

Adoptive owners view their dog's new life in their home as a wonderful change from a shelter pen, but the transition presents an adjustment for a dog. He was adjusted to the shelter surroundings, to the daily routine, and to the shelter personnel. In the kennel he could do as he/she pleased, chew on or eat anything found there, jump up and down or bounce off the walls, bark, go to the bathroom, etc.

When the dog enters your home, he suddenly confronted with a whole new set of social companions in a totally new environment filled with unfamiliar sights, sounds, and smells. It may be confusing, stimulating and a little frightening. He is facing a big adjustment as he learns his way around and develops relationships with his new family. In the process you may have to contend with some undesirable behavior. **DON'T PANIC!** By modifying or re-directing his actions, you can help him become a model member of the family.



WHAT TO EXPECT

A new dog doesn't know your rules immediately upon arrival. Expect a few housetraining accidents, maybe some raids on trashcans and cabinets that are not dog proof, jumping up, exploratory behaviors like sniffing, mouthing and some chewing and maybe losing something you value. At one time, the dog may have had a housetraining schedule but that schedule maybe different in your house. It will take a little time for your new dog to learn your house rules and boundaries.

Stealing Food: In your home, which the dog perceives as a huge new pen, he follows the old rules. His nose leads him to kitchen cupboards, garbage pails, and used paper napkins. Certain breeds like hounds may be most predisposed to these foraging behaviors.

Jumping Up: He may try to get up on furniture, kitchen counters, windowsills, and people. It is normal for a dog to try to look out the window or jump up on people especially if these behaviors were rewarded by people paying him attention or pushing him off.

Exploratory Behavior: This includes sniffing, mouthing and chewing new things. Your dog makes an adaptive response in trying to find out, the canine way, what things have what uses. Sometimes this exploration can cause damage to your home or injury to the dog.

Play In the House: Frequently children and adults, encourage this behavior as a way of making friends. Rough housing does not help a new pet feel at home. It will only help the animal feel more insecure about the rules.

You will lose something of Value: To most animals, anything can be considered a toy. Animals have no idea which items, in the home we consider to be valued treasures.

MANAGING YOUR DOG DURING THE TRANSITION

Dogs are impressionable in a new environment. Plan to invest some time during this period to socialize, teach, and get acquainted with your new pet. For a well socialized dog, the adjustment process can take, on average, two weeks to two months. For under-socialized dog it can take up to a year or longer to become accustomed to the new environments, people and routine. So how a dog acts within that initial two-week period may or may not be how a dog will act once he's comfortable. Set your expectations accordingly during your dog's adjustment.

FIRST THINGS FIRST When you arrive home with your new pet:



1. Take him immediately outside (on lead) to see if he needs to go potty.
 2. If he does both things, praise him effusively and then reward with a few minutes of play, sniffing or a walk. Bring him back inside for supervised freedom of a dog proofed room with an easy to clean floor (dragging the leash).
 3. If not, introduce your dog to his safe area and give him something to do while he is there like a stuffed kong.
- When your dog is empty, allow a bit of supervised freedom in a dog proofed room with an easy to clean floor. No carpet! **Let him drag the leash around.** If for some reason, you need to stop the dog, you have a leash to grab and not a strange dog.
 - Introduce him/her to your house on your regular schedule. Spending all of your free time doting on him, will only make it harder when it is time for you to go back to work. Use this time to practice leaving him alone in your house while you are at home, for short periods of time with something to do.
 - If you cannot supervise, confine. **DO NOT GIVE RUN OF YOUR HOUSE.** The most important thing a new dog needs for the first few weeks is *STRUCTURE* - rules for living in your house. Total freedom will come later, as he develops the responsibility to handle it. (See section on CRATING)

What rules should you teach?

House Training: *Urinating and defecating should happen outside the house.*

- Take your dog outside (on a leash), frequently (2-3 hour intervals), more often for a puppy. Go to a designated bathroom area in yard and stay there until your dog goes potty.
- Praise verbally or with food right then and there when the dog "goes potty".
- Allow the dog to drag the leash around, inside the house. If the dog does start to have an accident, interrupt with "Whoops", immediately take the dog outside.

Stealing Food: *Dog proof your house and never trust a dog to watch your food.*

- Make sure food is put away and behind "doggie proof" doors.
- Lock up the garbage pail or trashcans to remove temptations.

No Jumping up: *Don't encourage jumping up by ignoring your dog until all four are on the floor.*

- Teach the dog to "**Sit**", for everything as part of Nothing In Life is Free Program.
- Highly reward your dog each and every time he sits. All sits should appear on your radar.
- Observe your dog's behavior and use "UH OH" to remind your dog that paws up on things is not a good choice. Remember, people should ignore dog who jump up on them.

Chewing: *Chewing and mouthing should only be permitted on dog toys.*

- Trade your dog with a better appropriate toy (chew bone/toy) for an inappropriate item.
- Teach your new dog to "Leave it" or "Drop" on cue
- Never just take or you may inadvertently teach your new dog to protect his stuff from you.

Play: *Rough house play should not be encouraged.*

- Teach your dog when to play by using a cue word like "LET'S PLAY" before play begins.
- Cue "DONE" to signal the play session has ending then engage your dog elsewhere.

Losing Something of Value: *Keep the things you value in "dog proof" place until after transitional period.*

BUILDING TRUST WITH PEOPLE

Building trust is the foundation of your relationship with this new member of the family. It is important to allow enough time for your new pet to get to know his new family. A rushed relationship is bound to hurt all members of the family. *Remember: This new pet is a stranger!* It will take time to get to know his/her likes and dislikes.

DO'S AND DO NOTS



DO incorporate a family routine into your new pet's schedule. Encourage everyone to plan individual times, every day, to get to know the new pet. Plan time together as a family too!

DO use feeding times to strengthen your relationship. Feed set meals and encourage the dog to sit/wait while you place his food down. Make him wait a few minutes then signal him to begin. Dogs know who feeds them.

DO find fun appropriate things to do with your new pet. Be creative!

DO use positive reward based training. Dogs learn faster and enjoy learning if you use praise rather than punishment. Punishment often will make behavioral issues worse.

DO NOT to do too much with your new pet. Avoid baths, nail trimming, hugging and *grabbing your new dog by the collar*. Give your pet some time to adjust to its new surroundings before attempting any grooming. If a clean dog is absolutely necessary, seek professional help.

DO keep your new dog on its leash when outside for a walk. Even if you have a fenced in yard, walk the dog along your property's boundaries. **DO NOT** let the dog off the leash until he/she comes reliable on a recall regardless of what may be happening in their environment.

DO NOT remove objects from his mouth until after you know the dog. Encourage children to avoid situations that might encourage a dog to take things from their hands. *Trade rather than take*. Adults should use a treat to trade for toys and rawhides.

After your pet has been spayed or neutered: Your pet may be sleepy from surgery today.

1. Keep him/her in a quiet area away from other pets or children (ex. Put cats in a bathroom or dogs in a crate) for the first twenty four hours after surgery.
2. Discourage jumping, running or vigorous exercise for one week to allow healing at the surgery site.
3. Feed a *small* amount of food later tonight and be sure he/she eats tomorrow.
4. Take your pet to the veterinarian in 7-10 days for suture removal/incision check. Go sooner if your pet is licking (an E-collar is needed!) OR if you notice swelling, discharge or excessive redness at the surgical site.
5. Take your pet to the veterinarian if he/she does not eat for 24 hours Or if he/she vomits more than once.
6. Sutures **DO** / **DO NOT** need to be removed in 10 days.
7. Do *not* bathe your new pet for 7-10 days.
8. Call the Bucks County SPCA with *any* questions. Lahaska (215) 794-7425 or Quakertown (267) 347-4674
9. Enjoy your new family member!

Be glad your pet will never contribute to pet overpopulation!

Join Bucks County SPCA animal alumni by sending us photos and letters about your newly adopted pet once they get adjusted into your home. We love to read letters and share pictures of animals adopted from the Bucks County SPCA with everyone.

Email: alumniphotos@bcspca.org or snail mail to:

Alumni Photos
Bucks County SPCA
P.O. Box 277
Lahaska PA 18931

We look forward to hearing from you!

Nothing In Life Is Free

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Does your dog: Get on the furniture and refuse to get off? Nudge your hand, insisting on being petted or played with? Refuse to come when called? Defend its food bowl or toys from you? “Nothing in life is free” can help. “Nothing in life is free” is not a magic pill that will solve a specific behavior problem; rather it’s a way of living with your dog that will help him behave better because he trusts and accepts you as his leader and is confident knowing his place in your family.

How to practice “nothing in life is free:”

- ❖ Using positive reinforcement methods, teach your dog a few commands and/or tricks. “Sit,” “Down” and “Stay” are useful commands and “Shake,” “Speak” and “Rollover” are fun tricks to teach your dog.
- ❖ Once your dog knows a few commands, you can begin to practice “nothing in life is free.” Before you give your dog anything (food, a treat, a walk, a pat on the head) it must first perform one of the commands it has learned. For example:

YOU:

Put your dog’s leash on to go for a walk
Feed your dog
Play a game of fetch after work
Rub your dog’s belly while watching TV

YOUR DOG:

Must sit until you’ve put the leash on
Must lie down and stay until you’ve put the bowl down
Must sit and shake hands each time you throw the toy
Must lie down and rollover before being petted

- ❖ Once you’ve given the command, don’t give your dog what it wants until it does what you want. If it refuses to perform the command, walk away, come back a few minutes later and start again. If your dog refuses to obey the command, be patient and remember that eventually it will have to obey your command in order to get what it wants.
- ❖ Make sure your dog knows the command well and understands what you want before you begin practicing “nothing in life is free.”

The benefits of this technique:

- ❖ Most dogs assume a neutral or submissive role toward people, but some dogs will challenge their owners for dominance. Requiring a dominant dog to work for everything it wants is a safe and non-confrontational way to establish control.
- ❖ Dogs who may never display aggressive behavior such as growling, snarling, or snapping, may still manage to manipulate you. These dogs may display affectionate, though “pushy” behavior, such as nudging your hand to be petted or “worming” its way on to the furniture in order to be close to you. This technique gently reminds the “pushy” dog that it must abide by your rules.
- ❖ Obeying commands helps build a fearful dog’s confidence; having a strong leader and knowing its place in the hierarchy helps to make the submissive dog feel more secure.

Why this technique works:



Animals that live in groups, like dogs, establish a social structure within the group called a dominance hierarchy. This dominance hierarchy serves to maintain order, reduce conflict and promote cooperation among pack members. In order for your home to be a safe and happy place for pets and people, it’s best that the humans in the household assume the highest positions in the dominance hierarchy. Practicing “nothing in life is free” effectively and gently communicates to your dog that its position in the hierarchy is subordinate to yours. From your dog’s point of view, children also have a place in this hierarchy. Because children are small and can get down on the dog’s level to play, dogs often consider them to be playmates, rather than superiors. With the supervision of an adult, it’s a good idea to encourage children in the household (aged eight and over) to also

practice “nothing in life is free” with your dog.

Positive Reinforcement: Training Your Dog With Treats And Praise

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Positive reinforcement is the presentation of something pleasant or rewarding immediately following a behavior. It makes that behavior more likely to occur in the future, and is one of the most powerful tools for shaping or changing your pet's behavior.

 Correct timing is essential when using positive reinforcement. The reward must occur immediately, or your pet may not associate it with the proper action. For example, if you have your dog "sit," but reward him after he's already stood up again, he'll think he's being rewarded for standing up.

 Consistency is also essential. Everyone in the family should use the same commands. It might be helpful to post these where everyone can become familiar with them. The most commonly used commands for dogs are "watch me," "sit," "stay," "down" (means lie down), "off" (means off of me or off the furniture), "stand," "come," "heel," (or "let's go" or "with me") "leave it" and "settle." Consistency means always rewarding the desired behavior and never rewarding undesired behavior.

For your pet, positive reinforcement may include *food treats, praise, petting or a favorite toy or game*. Food treats work especially well for training your dog. A treat should be enticing and irresistible to your pet. It should be a very small, soft, piece of food, so that he will immediately gulp it down and look to you for more. If you give him something he has to chew or that breaks into bits and falls on the floor, he'll be looking around the floor, not at you. Small pieces of soft commercial treats, hot dogs, cheese, cooked chicken or beef, or miniature marshmallows have all proven successful. Experiment a bit to see what works best for your pet. You may carry the treats in a pocket or a fanny pack on the front of your belt. There are even special treat packs available in many pet stores. Each time you use a food reward, you should couple it with a verbal reward (praise). Say something like, "Good boy" in a positive, happy tone of voice.



Note: Some pets may not be interested in food treats. For those pets, the reward could be in the form of a toy or brief play.

When your pet is learning a new behavior, he should be rewarded every time he does the behavior (continuous reinforcement). It may be necessary to use "shaping," with your pet (reinforcing something close to the desired response and gradually requiring more from your dog before he gets the treat). For example, if you're teaching your dog to "shake hands," you may initially reward him for lifting his paw off the ground, then for lifting it higher, then for touching your hand, then for letting you hold his paw and finally, for actually shaking hands with you.

Intermittent reinforcement can be used once your pet has reliably learned the behavior. At first, you may reward him with the treat three times out of four, then about half the time, then about a third of the time and so forth, until you're only rewarding him occasionally with the treat. Continue to praise him every time, although once he's learned the behavior, the praise can be less effusive - a quiet, but positive, "Good boy." Use a variable schedule of reinforcement, so he doesn't catch on that he only has to respond every other time. Your pet will learn that if he keeps responding, eventually he'll get what he wants. If you have a dog who barks until you reward him by paying attention to him, you've seen the power of intermittent reinforcement.

By understanding reinforcement, you can see that you're not forever bound to carry a pocketful of goodies. Your pet will soon be working for your verbal praise, because he really does want to please you and he knows that occasionally, he'll get a treat, too! There are many small opportunities to reinforce his behavior. You may have him "sit" before letting him out the door (helps prevent door-darting), before petting him (helps prevent jumping up on people) or before giving him his food. Give him a pat or a "Good dog" for lying quietly by your feet or slip a treat into his Kong toy when he's chewing it, instead of your shoe.

Punishment, including verbal, postural and physical, is the presentation of something unpleasant immediately following a behavior which makes it less likely that the behavior will occur again. To be effective, punishment must be delivered while your pet is engaged in the undesirable behavior, in other words, "caught in the act." If the punishment is delivered too late, your pet will feel "ambushed." From his point of view, the punishment is totally unpredictable, and he's likely to become fearful, distrusting and/or aggressive. This will only lead to more behavior problems. What we humans interpret as "guilty" looks, are actually submissive postures by our pets. Animals don't have a moral sense of right and wrong, but they are adept at associating your presence and the presence of a mess, with punishment.

If you've tried punishment and it hasn't worked, you should definitely stop using punishment and use positive reinforcement instead. Physical punishment usually involves some level of discomfort or even pain, which is likely to cause your pet to bite, as that is the only way he knows to defend himself. Scruff shakes and "alpha rolls" are likely to result in bites, especially if the dog doesn't perceive you to be his superior. Also, punishment might be associated with other stimuli, including people, that are present at the time the punishment occurs. For example, a pet that's punished for getting too close to a small child may become fearful of or aggressive to that child.

The Educated Dog

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When you feel frustrated with your dog's behavior, remember that someone must teach a dog what is acceptable behavior and what is not. A dog that hasn't been given any instructions, training or boundaries can't possibly know what you expect of him. By teaching your dog how you want him to behave, you'll not only have a saner household, but a healthier and happier dog as well.

An Educated Dog:

- ❖ Allows you to handle every part of his body, to check for injury or illness and to give him medication.
- ❖ Has good manners, so he can spend most of his time indoors with his people. That means more supervision, less boredom and fewer opportunities for dangerous mischief. The more time you spend with your dog, the more likely you'll be to notice when something is wrong with him, like a limp, a cough, a sensitive area or a loss of appetite. By recognizing such irregularities early, you can seek medical attention immediately and, hopefully, prevent more serious problems.
- ❖ Wants to stay near you, listening for instructions (and praise). This means he'll have less opportunity to stray into danger.
- ❖ Will walk or run beside you on a leash without pulling, dragging or strangling, so you and your dog can get more exercise and spend more time together.
- ❖ Knows that "drop it" and "leave it alone" are phrases that mean business, so he'll have fewer opportunities to swallow dangerous objects. He also can be taught what things and places are out of bounds, like hot stoves, heaters or anxious cats. However, you'll still need to limit his access to dangerous places when you cannot supervise or instruct him.
- ❖ Will "sit" immediately, simply because you say so. No matter what danger may be imminent, a dog that is suddenly still is suddenly safe. And a dog that will "stay" in that position is even safer.
- ❖ Understands his boundaries, knows what's expected of him and has fewer anxieties. Less stress means a healthier dog.

By training your dog, you can help prevent tragedy and develop a better relationship with him. Keep in mind, however, that even an educated dog needs supervision, instruction and boundaries -- sometimes even physical boundaries. Allowing your dog, no matter how educated he may be, to walk, run or roam outside of a fenced area or off of a leash, is putting him in danger. Please see our Socialization Handout to help your dog become an educated, socialized dog.

Selecting a Class

Search Association of Pet Dog Trainers website, www.apdt.com by zip code for certified trainers in your area. *Bucks County SPCA offers group obedience classes at both our locations.* Here are some tips to help you select an obedience class that's right for you:

- ❖ Good obedience instructors are knowledgeable about many different types of training methods and use techniques that neither the dogs nor their owners find consistently unpleasant.
- ❖ Good training methods focus primarily on reinforcing good behavior and use punishment sparingly, appropriately and humanely. Excessive use of choke chains or pinch collars or using collars to lift dogs off of the ground ("stringing them up") are not appropriate or humane training methods.
- ❖ Good obedience instructors communicate well with people and with dogs. Remember that they're instructing you about how to train your dog.
- ❖ Specific problems you may have with your dog may not be addressed in a basic obedience course. If you're seeking help with house soiling, barking, aggression or separation anxiety, ask if the course covers these issues -- don't assume it will.
- ❖ Ask the instructor what training methods are used and how they (the instructor and staff) were trained. Also ask to observe a class before you commit to one. If you're refused an observation, or if your observation results in anything that makes you uncomfortable, look elsewhere.
- ❖ Avoid anyone who: guarantees their work; whose primary methods focus on punishment; or who want to take your dog and train him for you (effective training must include you and the environment in which you and your dog interact).



Crate Training Your Dog

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Crate training your dog may take some time and effort, but can be useful in a variety of situations. If you have a new dog or puppy, you can use the crate to limit his access to the house until he learns all the house rules – like what he can and can't chew on and where he can and can't eliminate. A crate is also a safe way of transporting your dog in the car, as well as a way of taking him places where he may not be welcome to run freely. If you properly train your dog to use the crate, he'll think of it as his safe place and will be happy to spend time there when needed.



Selecting A Crate

Crates may be plastic (often called “flight kennels”) or collapsible, metal pens. They come in different sizes and can be purchased at most pet supply stores. Your dog's crate should be just large enough for him to stand up and turn around in.

The Crate Training Process

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

Step 1: Introducing Your Dog To The Crate

- ◆ Put the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or towel in the crate. Bring your dog over to the crate and talk to him in a happy tone of voice. Make sure the crate door is securely fastened opened so it won't hit your dog and frighten him.
- ◆ To encourage your dog to enter the crate, drop some small food treats near it, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, that's okay – don't force him to enter. Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If he isn't interested in treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.



Step 2: Feeding Your Dog His Meals In The Crate

- ◆ After introducing your dog to the crate, begin feeding him his regular meals near the crate. This will create a pleasant association with the crate. If your dog is readily entering the crate when you begin Step 2, put the food dish all the way at the back of the crate. If your dog is still reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little further back in the crate.
- ◆ Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he's eating. At first, open the door as soon as he finishes his meal. With each successive feeding, leave the door closed a few minutes longer, until he's staying in the crate for ten minutes or so after eating. If he begins to whine to be let out, you may have increased the length of time too quickly. Next time, try leaving him in the crate for a shorter time period. If he does whine or cry in the crate, it's imperative that you not let him out until he stops. Otherwise, he'll learn that the way to get out of the crate is to whine, so he'll keep doing it.

Step 3: Conditioning Your Dog To The Crate For Longer Time Periods

- ◆ After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you're home. Call him over to the crate and give him a treat. Give him a command to enter such as, “kennel up.” Encourage him by pointing to the inside of the crate with a treat in your hand. After your dog enters the crate, praise him, give him the treat and close the door. Sit quietly near the crate for five to ten minutes and then go into another room for a few minutes. Return, sit quietly again for a short time, then let him out of the crate. Repeat this process several times a day. With each repetition, gradually increase the length of time you leave him in the crate and the length of time you're out of his sight. Once your dog will stay quietly in the crate for about 30 minutes with you out of sight the majority of the time, you can begin leaving him crated when you're gone for short time periods and/or letting him sleep there at night. This may take several days or several weeks.

Step 4:

Part A Crating Your Dog When Left Alone

After your dog is spending about 30 minutes in the crate without becoming anxious or afraid, you can begin leaving him crated for short periods when you leave the house. Put him in the crate using your regular command and a treat. You might also want to leave him with a few safe toys in the crate (see our handout: "Dog Toys and How to Use Them"). You'll want to vary at what point in your "getting ready to leave" routine you put your dog in the crate. Although he shouldn't be crated for a long time before you leave, you can crate him anywhere from five to 20 minutes prior to leaving. Don't make your departures emotional and prolonged, but matter-of-fact. Praise your dog briefly, give him a treat for entering the crate and then leave quietly. When you return home, don't reward your dog for excited behavior by responding to him in an excited, enthusiastic way. Keep arrivals low key. Continue to crate your dog for short periods from time to time when you're home so he doesn't associate crating with being left alone.

Part B Crating Your Dog At Night

Put your dog in the crate using your regular command and a treat. Initially, it may be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy. Puppies often need to go outside to eliminate during the night, and you'll want to be able to hear your puppy when he whines to be let outside. Older dogs, too, should initially be kept nearby so that crating doesn't become associated with social isolation. Once your dog is sleeping comfortably through the night with his crate near you, you can begin to gradually move it to the location you prefer.

Potential Problems

❖ Too Much Time In The Crate

A crate isn't a magical solution. If not used correctly, a dog can feel trapped and frustrated. For example, if your dog is crated all day while you're at work and then crated again all night, he's spending too much time in too small a space. Other arrangements should be made to accommodate his physical and emotional needs. Also remember that puppies under six months of age shouldn't stay in a crate for more than three or four hours at a time. They can't control their bladders and bowels for longer periods.

❖ Whining

If your dog whines or cries while in the crate at night, it may be difficult to decide whether he's whining to be let out of the crate, or whether he needs to be let outside to eliminate. If you followed the training procedures outlined above, your dog hasn't been rewarded for whining in the past by being released from his crate. Try to ignore the whining. If your dog is just testing you, he'll probably stop whining soon. Yelling at him or pounding on the crate will only make things worse. If the whining continues after you've ignored him for several minutes, use the phrase he associates with going outside to eliminate. If he responds and becomes excited, take him outside. This should be a trip with a purpose, not play time. If you're convinced that your dog doesn't need to eliminate, the best response is to ignore him until he stops whining. Don't give in, otherwise you'll teach your dog to whine loud and long to get what he wants. If you've progressed gradually through the training steps and haven't done too much too fast, you'll be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

❖ Separation Anxiety

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

Successful Cleaning to Remove Pet Odors and Stains

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Has your pet left “scent marks” of urination and/or defecation on your floor or furniture? To successfully re-train your pet to avoid those areas, follow these basic steps:

- 🐾 Find all soiled areas using your nose and eyes. A black-light bulb will usually show even old urine stains. Turn out all lights in the room; use the black-light to identify soiled areas and lightly outline the areas with chalk.
 - 🐾 Clean the soiled areas appropriately to remove the odors (see below).
 - 🐾 Make the areas unattractive and/or unavailable (see our handouts on dog and cat aversives).
 - 🐾 Make the appropriate “bathroom” area attractive (see our handouts regarding positive reinforcement, house soiling and/or litter box issues).
 - 🐾 Teach your pet the appropriate place to eliminate by using positive reinforcement (see our handouts mentioned above).
- These steps work as a team! In order for your efforts to be successful, you need to follow all of these steps. If you fail to completely clean the area, your other re-training efforts will be useless. As long as your pet can smell that personal scent, he'll continue to return to the “accident zone.” Even if you can't smell traces of urine, your pet can. Your most important chore is to remove (neutralize) that odor.

Methods To Avoid

You should avoid using steam cleaners to clean urine odors from carpet or upholstery. The heat will permanently set the odor and the stain by bonding the protein into any man-made fibers. You should also avoid using cleaning chemicals, especially those with strong odors, such as ammonia or vinegar. From your pet's perspective, these don't effectively eliminate or cover the urine odor and may actually encourage your pet's inclination to reinforce the urine scent mark in that area.

To Clean Washable Items

- 🐾 Machine wash as usual, adding a one pound box of baking soda to your regular detergent. If possible, it's best to air dry these items.
- 🐾 If you can still see the stain or smell the urine, machine wash the item again and add an enzymatic cleaner. Be sure to follow the directions carefully.
- 🐾 During the re-training period, a good way to discourage your pet from using the bedding is to cover the bed with a vinyl, flannel-backed tablecloth. They're machine washable, inexpensive and unattractive to your pet.



To Clean Carpeted Areas and Upholstery

- 🐾 Soak up as much of the urine as possible with a combination of newspaper and paper towels. The more fresh urine you can remove before it dries, especially from carpet, the simpler it will be to remove the odor. Place a thick layer of paper towels on the wet spot and cover that with a thick layer of newspaper. Stand on this padding for about a minute. Remove the padding and repeat the process until the area is barely damp.
- 🐾 If possible, take the fresh, urine-soaked paper towel to the area where it belongs -- your cat's litter box or your dog's designated outdoor “bathroom area” -- and let your pet see you do it. Don't act angry when you do this, but try to project a “happy” attitude to your pet. This will help to remind your pet that eliminating isn't a “bad” behavior as long as it's done in the right place.
- 🐾 Rinse the “accident zone” thoroughly with clean, cool water. After rinsing, remove as much of the water as possible by blotting or by using a “wet-vac,” “shop-vac” or “extractor.”
- 🐾 If you've previously used cleaners or chemicals of any kind on the area, then neutralizing cleaners won't be effective until you've rinsed every trace of the old cleaner from the carpet. Even if you haven't used chemicals recently, any trace of a non-protein-based substance will weaken the effect of the enzymatic cleaner. The cleaner will use up its “energy” on the old cleaners instead of on the protein stains you want removed.
- 🐾 To remove all traces of old chemicals and clean old or heavy stains in carpeting, consider renting an extractor or wet-vac from a local hardware store. This machine operates much like a vacuum cleaner and is efficient and economical. Extracting/wet-vac machines do the best job of forcing clean water through your carpet and then forcing the dirty water

back out again. When using these machines or cleaners, be sure to follow the instructions carefully. Don't use any chemicals with these machines – they work much more effectively with plain water.

 Once the area is really clean, you should use a high-quality pet odor neutralizer available at pet supply stores. Test the affected surface for staining first, and read and follow the instructions.

 If the area still looks stained after it's completely dry from extracting and neutralizing, try any good carpet stain remover.

 If urine has soaked down into the padding underneath your carpet, your job will be more difficult. You may need to remove and replace that portion of the carpet and padding.

 Using the suggestions in our aversives, positive reinforcement and housetraining handouts, make the “accident zone” unattractive, the appropriate “bathroom” area attractive, and teach your pet where you want him to eliminate, instead. The re-training period may take a week or more. Remember, it took time to build the bad habit, and it will take time to replace that habit with a new, more acceptable behavior. Treat your pet with patience and give him a lot of encouragement!

To Clean Floors and Walls

If the wood on your furniture, walls, baseboard or floor is discolored, the varnish or paint has been affected by the acid in the urine. You may need to remove and replace the layer of varnish or paint. Employees at your local hardware or building supply store can help you identify and match your needs with appropriate removers and replacements. Washable enamel paints and some washable wallpapers, may respond favorably to enzymatic cleaners. Read the instructions carefully before using these products and test them in an invisible area.



Dog Toys And How To Use Them

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“Safe” Toys

There are many factors that contribute to the safety or danger of a toy. Many of those factors, however, are completely dependent upon your dog's size, activity level and personal preference. Another factor to be considered is the environment in which your dog spends his time. Although we can't guarantee your dog's enthusiasm or his safety with any specific toy, we can offer the following guidelines.

Be Cautious

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

- ✓ Toys should be appropriate for your dog's current size. Balls and other toys that are too small can easily be swallowed or become lodged in your dog's mouth or throat.
- ✓ Avoid or alter any toys that aren't “dog-proof” by removing ribbons, strings, eyes or other parts that could be chewed and/or ingested. Avoid any toy that starts to break into pieces or have pieces torn off. You should also avoid “tug-of-war” toys, unless they'll be used between dogs, not between people and dogs.
- ✓ Ask your veterinarian about which rawhide toys are safe and which are not. Unless your veterinarian says otherwise, “chewies” like hooves, pig's ears and rawhides, should be supervision-only goodies. Very hard rubber toys are safer and last longer.
- ✓ Take note of any toy that contains a “squeaker” buried in its center. Your dog may feel that he must find and destroy the squeak-source and could ingest it, in which case squeaking objects should be “supervision only” toys.
- ✓ Check labels for child safety, as a stuffed toy that's labeled as safe for children under three years old, doesn't contain dangerous fillings. Problem fillings include things like nutshells and polystyrene beads, however, even a “safe” stuffing isn't truly digestible.
- ✓ Remember that soft toys are not indestructible, but some are sturdier than others. Soft toys should be machine washable.



Toys We Recommend

Enrichment Toys:



- ♦ Is any toy that can dispense dry or canned food like a Kong. These are available in a variety of shapes, sizes and have varying levels of difficulty.
- ♦ Fill with kibble or stuff with canned food, put it down and watch your dog knock it around, lick it, paw at it and toss it to get the food to spill out. Enrichment feeding often replaces boring “bowl” feeding and can help a dog feel full faster.
- ♦ Great for young, active, over-weight or food inhaling dogs. Enrichment feeding provides an outlet for normal dog drives like scavenging, hunting and foraging.

Active Toys:

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



Distraction Toys:

- ♦ Kong-type toys, especially when filled with broken-up treats or, even better, a mixture of broken-up treats and peanut butter. The right size Kong can keep a puppy or dog busy for hours. Only by chewing diligently can your dog access the treats, and then only in small bits - very rewarding! Double-check with your veterinarian about whether or not you should give peanut butter to your dog.
- ♦ “Busy-box” toys are large rubber cubes with hiding places for treats. Only by moving the cube around with his nose, mouth and paws, can your dog access the goodies.

Comfort Toys:

- ♦ Soft stuffed toys are good for several purposes, but aren’t appropriate for all dogs. For some dogs, the stuffed toy should be small enough to carry around. For dogs that want to shake or “kill” the toy, it should be the size that “prey” would be for that size dog (mouse-size, rabbit-size or duck-size).
- ♦ Dirty laundry, like an old t-shirt, pillowcase, towel or blanket, can be very comforting to a dog, especially if it smells like you! Be forewarned that the item could be destroyed by industrious fluffing, carrying and nosing.

Get The Most Out Of Toys!

- ❖ Rotate your dog’s toys weekly by making only four or five toys available at a time. Keep a variety of types easily accessible. If your dog has a huge favorite, like a soft “baby,” you should probably leave it out all the time, or risk the wrath of your dog!
- ❖ Provide toys that offer a variety of uses - at least one toy to carry, one to “kill”, one to roll and one to “baby.”
- ❖ “Hide and Seek” is a fun game for dogs to play. “Found” toys are often much more attractive than a toy which is blatantly introduced. Making an interactive game out of finding toys or treats is a good “rainy-day” activity for your dog, using up energy without the need for a lot of space.
- ❖ Many of your dog’s toys should be interactive. Interactive play is very important for your dog because he needs active “people time.” By focusing on a specific task, like repeatedly returning a ball, Kong or Frisbee, or playing “hide-and-seek” with treats or toys, your dog can expend pent-up mental and physical energy in a limited amount of time and space. This greatly reduces stress due to confinement, isolation and/or boredom. For young, high-energy and untrained dogs, interactive play also offers an opportunity for socialization and helps them learn about appropriate and inappropriate behavior with people and with other animals, like jumping up or being mouthy.



Please check out www.bcsPCA.org/general/animal-behavior-helpline.html page for a Kong Stuffing handout and more!

Introducing Your New Dog To Your Resident Pets

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Animals that live in groups, like dogs, establish a social structure within the group called a dominance hierarchy. This dominance hierarchy serves to maintain order, reduce conflict and promote cooperation among pack members. Dogs also establish territories, which they may defend against intruders or rivals. This social and territorial nature affects their behavior when a new dog is introduced to their household.

Introduction Techniques

- ❖ **Choose A Neutral Location:** Introduce the dogs in a neutral location so that your resident dog is less likely to view the newcomer as a territorial intruder. Each dog should be handled by a separate person. With both dogs on a leash, take them to an area with which neither is familiar, such as a park or a neighbor's yard. If you frequently walk your resident dog in a park near your house, she may view that park as her territory, so choose another site that's unfamiliar to her. We recommend bringing your resident dog with you to the shelter and introducing the dogs before adopting the new dog.
 - ❖ **Use Positive Reinforcement:** From the first meeting, you want both dogs to expect "good things" to happen when they're in each other's presence. Let them sniff each other, which is normal canine greeting behavior. As they do, talk to them in a happy, friendly tone of voice - never use a threatening tone of voice. Don't allow them to investigate and sniff each other for a prolonged time, as this may escalate to an aggressive response. After a short time, get both dogs' attention, and give each dog a treat in return for obeying a simple command, such as "sit" or "stay." Take the dogs for a walk and let them sniff and investigate each other at intervals. Continue with the "happy talk," food rewards and simple commands.
 - ❖ **Be Aware Of Body Postures:** One body posture that indicates things are going well is a "play-bow." One dog will crouch with her front legs on the ground and her hind end in the air. This is an invitation to play that usually elicits friendly behavior from the other dog. Watch carefully for body postures that indicate an aggressive response, including hair standing up on the other dog's back, teeth-baring, deep growls, a stiff legged gait or a prolonged stare. If you see such postures, interrupt the interaction immediately by calmly and positively getting each dog interested in something else. For example, both handlers can call their dogs to them, have them sit or lie down and reward each with a treat. The dogs will become interested in the treats which will prevent the situation from escalating into aggression. Try letting the dogs interact again, but this time for a shorter time period and/or at a greater distance from each other.
 - ❖ **Taking The Dogs Home:** When the dogs seem to be tolerating each other's presence without fearful or aggressive responses, and the investigative greeting behaviors have tapered off, you can take them home. Whether you choose to take them in the same, or different vehicles, will depend on their size, how well they ride in the car, how trouble-free the initial introduction has been and how many dogs are involved.
-  If you have more than one resident dog in your household, it may be best to introduce the resident dogs to the new dog one at a time. Two or more resident dogs may have a tendency to "gang up" on the newcomer.

Introducing Puppies To Adult Dogs

Puppies usually pester adult dogs unmercifully. Before the age of four months, puppies may not recognize subtle body postures from adult dogs signaling that they've had enough. Well-socialized adult dogs with good temperaments may set limits with puppies with a growl or snarl. These behaviors are normal and should be allowed. Adult dogs that aren't well-socialized, or that have a history of fighting with other dogs, may attempt to set limits with more aggressive behaviors, such as biting, which could harm the puppy. For this reason, a puppy shouldn't be left alone with an adult dog until you're confident the puppy isn't in any danger. Be sure to give the adult dog some quiet time away from the puppy, and perhaps, some individual attention as described above.



Cat To Dog Introductions



Dogs can kill a cat very easily, even if they're only playing. All it takes is one shake and the cat's neck can break. Some dogs have such a high prey drive they should never be left alone with a cat. Dogs usually want to chase and play with cats, and cats usually become afraid and defensive. Use the techniques described below to begin introducing your new cat to your resident dog.

- ❖ **Practice Obedience:** *If your dog doesn't already know the commands "sit," "down," "come" and "stay," you should begin working on them. Small pieces of food will increase your dog's motivation to perform, which will be necessary in the presence of such a strong distraction as a new cat. Even if your dog already knows these commands, work with obeying commands in return for a tidbit.*
- ❖ **Controlled Meeting:** *After your new cat and resident dog have become comfortable eating on opposite sides of the door, and have been exposed to each other's scents as described above, you can attempt a face-to-face introduction in a controlled manner. Put your dog's leash on, and using treats, have him either sit or lie down and stay. Have another family member or friend enter the room and quietly sit down next to your new cat, but don't have them physically restrain her. Have this person offer your cat some special pieces of food or catnip. At first, the cat and the dog should be on opposite sides of the room. Lots of short visits are better than a few long visits. Don't drag out the visit so long that the dog becomes uncontrollable. Repeat this step several times until both the cat and dog are tolerating each other's presence without fear, aggression or other undesirable behavior.*
- ❖ **Let Your Cat Go:** *Next, allow your cat freedom to explore your dog at her own pace, with the dog still on-leash and in a "down-stay." Meanwhile, keep giving your dog treats and praise for his calm behavior. If your dog gets up from his "stay" position, he should be repositioned with a treat lure, and praised and rewarded for obeying the "stay" command. If your cat runs away or becomes aggressive, you're progressing too fast. Go back to the previous introduction steps.*
- ❖ **Positive Reinforcement:** *Although your dog must be taught that chasing or being rough with your cat is unacceptable behavior, he must also be taught how to behave appropriately, and be rewarded for doing so, such as sitting, coming when called, or lying down in return for a treat. If your dog is always punished when your cat is around, and never has "good things" happen in the cat's presence, your dog may redirect aggression toward the cat.*
- ❖ **Directly Supervise All Interactions Between Your Dog And Cat:** *You may want to keep your dog on-leash and with you whenever your cat is free in the house during the introduction process. Be sure that your cat has an escape route and a place to hide. Keep your dog and cat separated when you aren't home until you're certain your cat will be safe.*
- ❖ **Precautions:** *Dogs like to eat cat food. You should keep the cat food out of your dog's reach (in a closet or on a high shelf). Eating cat feces is also a relatively common behavior in dogs. Although there are no health hazards to your dog, it's probably distasteful to you. It's also upsetting to your cat to have such an important object "invaded." Unfortunately, attempts to keep your dog out of the litter box by "booby trapping" it will also keep your cat away as well. Punishment after the fact will not change your dog's behavior. The best solution is to place the litter box where your dog can't access it, for example: behind a baby gate; in a closet with the door anchored open from both sides and just wide enough for your cat; or inside a tall, topless cardboard box with easy access for your cat.*

A Word About Kittens And Puppies

Because they're so much smaller, kittens are in more danger of being injured, of being killed by a young energetic dog, or by a predatory dog. A kitten will need to be kept separate from an especially energetic dog until she is fully-grown, and even then she should never be left alone with the dog. Usually, a well-socialized cat will be able to keep a puppy in its place, but some cats don't have enough confidence to do this. If you have an especially shy cat, you might need to keep her separated from your puppy until he matures enough to have more self-control.

When To Get Help

If the introduction of a new dog to a household doesn't go smoothly, contact a professional animal behaviorist immediately. Dogs can be severely injured in fights, and the longer the problem continues, the harder it can be to resolve. Conflicts between dogs in the same family can often be resolved with professional help. Punishment won't work and could make things worse.

See our handouts

"Explaining Canine Rivalry"

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
PEOPLE continued	7-8 w	8-9 w	9-10 w	10-12w	3-4 m	4-6 m	6-10 m
People wearing hats							
People wearing helmets							
People with an odd gait							
People with a limp							
People with baby carriages							
People with back packs							
People with bears							
People w canes/ crutches							
People with shopping carts							
Police officer							
Postal Workers							
Roller bladers							
Santa Claus							
Skate boarders							
Street vendors							
Tall people							
Timid people							
Toddlers (boys and girls)							
Uniformed people							
Young Adults 18-20yrs							
OTHER ANIMALS (dog/puppy safe)	Notes:						
Adult Dogs							
Puppies							
Cats/Kittens							
Small Pets							
Livestock							
Horses							
PLACES	Notes:						
Ballgame/sports events							
Beach/ocean							
Boarding kennel							
Boat rides							
Busy intersection							
Campground							
Car wash							
City Streets							
City vs. country							
Country vs. city							
Crate							
Dog training facility							
Fairs/community day							
Friends' homes							
Gas station							
Grocery store parking lot							
Grooming Parlor							
Hiking trail							

PLACES continued	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	7-8 w	8-9 w	9-10 w	10-12w	3-4 m	4-6 m	6-10 m
Outdoor restaurant							
Outside a schoolyard							
Parks							
Party							
Pet Store							
Riding in a car							
Shopping malls							
The bank							
Tunnels							
Vet's Office							
Woods							
THINGS	Notes:						
Airplanes							
Bicycles							
Buses							
Construction equipment							
Flags and banners							
Garbage cans							
Garbage trucks							
Hammocks							
Helium balloons							
Kites							
Motorcycles/ATVs							
Shopping Carts							
Skateboards							
Street cleaners							
Trucks							
Umbrellas							
NOISES	Notes:						
Baby crying							
Cars backfiring							
Clapping							
Clothes dryer/buzzer							
Clothes washer							
Construction activities							
Dish Washer							
Doorbell							
Fireplace/camp fire sounds							
Fireworks							
Guests (people talking)							
Gun shots							
Hair dryer							
Kettle whistling							
Kids crying							
Knocking at the door							
Live music band							
Loud music							
People laughing							
Phone ringing							
Shouting							

T.V. sounds							
Thunderstorms							
Trucks backing up							
Vacuum							
SURFACES	Notes:						
Bathtub							
Carpet							
Cement							
Ceramic tiles							
Elevated surface							
Grass							
Grates							
Gravel							
Linoleum							
Mud							
Pavement							
Puddles/streams							
Rubber mats							
Sand							
Slippery surfaces							
Stairs up and down							
Wood							
HANDLING	Notes:						
Check teeth							
Clipping nails							
Collar touching/grabbing							
Examine ears							
Examine face							
Examine feet							
Hold/brush tail							
Holding feet (duration)							
Kid Hug (around the neck)							
Pill practice using treats							
Sticking head though something							
Vet Hug (neck and body)							
SMELLS	Notes:						
Strong perfume							
Others:	Notes:						