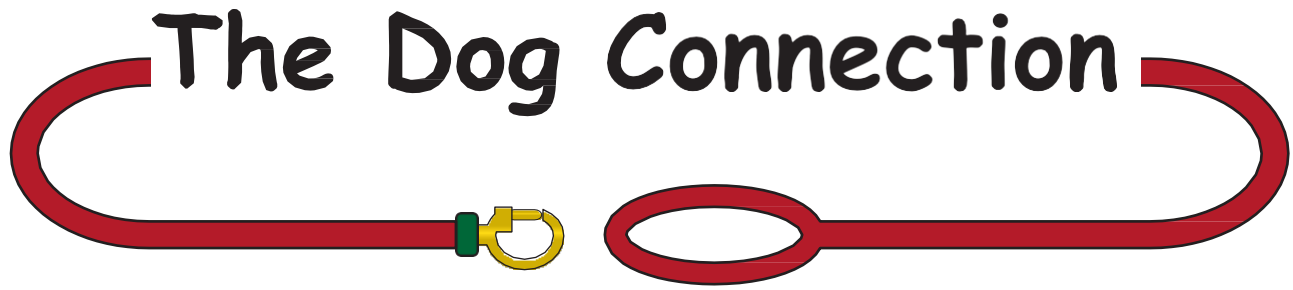


The Dog Connection



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The Rescue Dog

The first few weeks are very important when you are fostering or adopting a rescue dog. To ensure a successful transition, it's important to understand certain behaviors and introduce the dog into your home properly. The information provided in this document can help you and your new friend bond safely and confidently.

Below I will discuss adjustment time for the dog, separation anxiety, crate training, potty training and supplies needed to keep everyone happy.

Adjustment time for a rescue dog. Each dog is unique, just like people, so be patient and give them time to adjust to their new environment. If you are not seeing improvements in certain behaviors after three weeks, it is time to contact a trainer to evaluate the dog.

| What to Expect - 3 Days | What to Expect - 3 Weeks | What to Expect - 3 Months |
|--|---|--|
| <ul style="list-style-type: none">• Feeling overwhelmed• Scared• May not eat or drink• May shut down, curl up in crate• Test boundaries• Have potty accidents | <ul style="list-style-type: none">• Starts to settle in• More comfortable• Figuring out the household routine• Becomes a part of the routine• Guard is let down• This is when you may see some behavior issues that need training. | <ul style="list-style-type: none">• Completely comfortable• Trust building and bonding• Set in routine |

Separation Anxiety / Crate Training

When a dog goes in to a foster home or its new adoptive home, there is lots of love and care that the dog probably has not had before. Often, this new sensation of love and care is so overwhelming to dogs, they don't want to go without it, even for a few minutes, and so we find they can experience separation anxiety. The suggestions listed below will help ease the possibility of separation anxiety:

1. The dog is probably used to a crate if coming from a rescue or shelter. Continue to use the crate for the dog for sleeping at night and when you leave the home.
2. When putting a dog in his/her crate, always give them something safe to chew on such as a Kong toy or Zogoflex stuffed with cream cheese, peanut butter, canned dog food, treats or a combination of these.
3. Exercising a dog before going putting him into his crate is a good idea. A 20-30 minute walk or ball playing.
4. When dealing with anxiety of being crated, timing and practice is very important. Over two weeks follow the schedule below:
 - a. First day put the dog into the crate, after exercising, with a chew item. Leave him in the crate for 10-15 minutes without being in the room. You can be in the house but not visible to the dog. Stay away from the crate.
 - b. Do not look back at the dog as you walk away and do not respond if there is any barking or whining.
 - c. Return when the time is up and the dog is quiet. If the time is up and the dog is not quiet, then make a noise like tapping on the wall, and the dog will quiet to listen and then you can walk in the room. Go to the crate and let dog out of crate.
 - d. Do this timed routine for 3-4 days, then add 5 minutes every day until you have worked up to 30-45 minutes of the dog being crated.
 - e. You then can leave the house to run an errand leaving the dog for an hour.

If you have not seen progress after two weeks, consider contacting a trainer for help.

Potty Training

Most dogs from a shelter or rescue will not be potty trained. Obviously, potty training is important to everyone, including your dog.

1. Never let a new dog have the run of the house until they are potty trained.
2. A new dog should be taken out to the same place that you would like them to go potty (i.e. back yard, front yard, side yard, common area in complex). Bring a treat (or two!) with you when you go outside to potty.
3. Use a word "Go Potty"
4. When the dog goes potty, praise the dog verbally (be excited!!!) and then treat the dog.
5. During the waking hours that you are home, your dog should go out to potty every 90 minutes (every hour and a half).
6. Following this potty training schedule for 4-6 weeks will create a habit and by three months, the dog should be completely potty trained. Until that point, a dog should not have total freedom of the home without supervision.
7. Making a chart to record dog's habit will help you understand the dog's potty habit.
8. Night-time for a new dog should only be 6-8 hours for the first few weeks. Sorry, no sleeping in on the weekends!
9. If the dog has to go potty and is therefore whining in the middle of the night, take him to go potty, then put him back in the crate and go you back to bed.

Sometimes, little dogs may have more trouble with the potty training. Training aids such as Belly Bands or female diapers will help when added to the above training. The Belly bands or female diapers will help the dog to not go potty in the house. They can both be purchased on Amazon or local pet stores. Most Belly Bands are washable/ reusable and inexpensive.

Resource Guarding

Most rescue dogs don't know how to live in a home and they have not had the luxury of daily treats, bones or a toy box full of toys. While they love having these items, dogs can be possessive of them. The following items will help you and your dog so the dog can learn to give these items up when needed.

1. Never take an item away by grabbing it from your dog. The dog will find this as an aggressive move and may growl. If you have not built a bond with the dog, he will think he needs to defend the item (and if your dog is new to you then there is no bond yet).
2. If you need your dog to give up an item, always trade with them. Have several pieces of a very good treat, show the dog the treat, and then throw the treats away from where he is, so he has to get up and get it. Throw them about four feet from the dog. **Casually** pick up the other item they had as they eat the treats.
3. If you have time, hide the item you picked up. If not, your dog may want to jump to get it back from you and if this happens you will want to tell them to "leave-it" and use a correction voice.
4. Then put the chew item up until you want them to have it again.
5. You can also just let them chew till they are tired of chewing it and when they leave the room pick it up.
6. If you have another dog, you should let them chew in separate areas until the your new dog has bonded to you and he listens if he is trying to get to the other dog's item.
7. If the dogs are having the bone/chew items in their crates, let them chew until they are tired of it and then let them out of crate, let him go out of the area and then get the item from the crate.
8. Once a dog is more comfortable in your home and you have bonded, you can start more advanced training of asking for the dog to give up the item.

Supply List

Crate: A crate is important for any new dog brought into your home. A new dog does not know the routine in its new home yet and they need a place to sleep and a place to feel safe and be safe be when you are not home. Most rescue dogs are used to a crate so this will make them feel more comfortable in their new home. However, do not keep a dog in the crate all day and all night. Until you know if bedding will get chewed, it's best not to have blankets or bedding in their crate. Always put a stuffed Kong or safe bone in the crate during the day with the dog, this will help keep the dog busy in the crate.

Gates: The dog needs to get used to being out of their crate and in the home but without total freedom. If you can use gates to block doorways and have the dog in a kitchen, office, living room, etc, that will help a dog to get used to being around the activities in the home. This helps them get comfortable with sounds and voices that are part of the household and daily activities.

Bowls for water and food

Leash (prefer 6-foot)

Collar and harness (best kind of harness is Easy Walk Harness or Sensation Harness)

Chew items:

Good chew items are very important to keep a dog happy and busy.

Kong's (plain or filled with items like peanut butter and yogurt)

West Paws Topple

Beef Cheeks

Bully sticks

These items can be bought on amazon.com or Chewy.com

Treats are good for teaching and training your new foster or adoptive dog. The best are soft, small, and easy to consume.

