



ACTION 4 ANIMALS

BRINGING YOUR RESCUE DOG HOME

Please read the following guide. This information aims to set up our adopters/fosters and their dogs for success.



Things to Consider Before Adopting

What type of dog are you looking for? Do you want a puppy, adult, or senior dog? A big dog or a little dog? You will need to consider her energy needs and decide how much time and effort you are willing and realistically able to put into her care.

If your new dog is coming into a family home, who will be responsible for exercise? Training? How much time do you intend to devote to his training and exercise?

Feeding? Type of food and how often?

You may want to consider crate training for the first little while as your dog transitions to her new home. A crate will give your dog her own space to relax and decompress, especially if she is overwhelmed. However, they should NOT be in a crate for more than 2-4 hours.

Think about your lifestyle: Do you work long hours? A dog should not be left alone for more than 7-8 hours, and the day should begin and end with long walks. Can you include a dog in your leisure activities?

Your New Dog Comes Home

Please register your dog's microchip at my24pet.com and petcolove.org/lost/ for FREE. If your dog gets lost, many rescues, veterinary offices, and places like Petco can scan a microchip. 24Pet and PetcoLove then connect the finder to the pet parent. You run a high risk of not finding your dog if you do not register their microchip.

Your New Dog Comes Home!

3-3-3 Guidelines

	3 Days	3 Weeks	3 Months
What to expect	<ul style="list-style-type: none">- Feelings of fear, confusion, overwhelmed, not being comfortable, and not feeling safe.- Testing boundaries- Limited appetite- Hiding	<ul style="list-style-type: none">- Starting to settle in and feel more comfortable- Figured out their environment- Starting to learn the households routine- Lets their guard down and starts showing true personality.	<ul style="list-style-type: none">- Completely comfortable and settled- Building true trust and a bond- Feeling secure in their new family- Set in a routine

Consider the dog may be overwhelmed by their new surroundings. The 3-3-3 Guidelines are good to keep in mind.

You can read more about this at:

www.rescuedogs101.com/bringing-new-dog-home-3-3-3-rule/



Your New Dog Comes Home!

Introducing Your Dog to Children



1. Make sure the dog and child meet in a neutral space. Going outside for a walk is a great idea.
2. Ensure the children are aware of **appeasement signals**. Look out for the possibility the dog may be uncomfortable. For more info on appeasement signals, please go to the **More Helpful Hints** section, as well as the **Interpreting Dog Language Chart** at the end of the pamphlet.
3. Give the dog space, and allow the dog to approach the children. They should never be pushing the dog's boundaries or invading their space, especially in the beginning.
4. Give the dog their own allocated space and make that a boundary for the children so the dog can have a safe space of her/his own.
5. Participate in bonding activities that are controlled and safe (play, training, walking, feeding). Watch out for **resource guarding**. Even dogs who don't show signs of resource guarding may guard food and toys in the beginning. For more info on resource guarding, please refer to the **Common Behavior Issues** section.

Your New Dog Comes Home!

Introducing Your Dog to Children

Teach your kids safe behavior around dogs



SPIRITDOG
Training

X NO



Running up to
unknown dogs



Cornering dogs



Chasing after dogs



Reaching through
fences



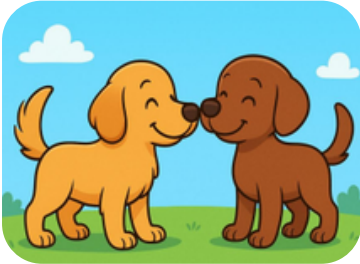
Disturbing resting
dogs



Taking resources
away

Your New Dog Comes Home!

Introducing Your Dog to Another Dog in the House



Slow and steady introductions and interactions are necessary in the beginning. Make sure they each have their own space, and that they are respecting each other's boundaries.

Here are a few things to keep in mind:

1. Find a **neutral spot** to make initial introductions (like outdoors).
2. Watch for **positive dog body language**. Please refer to the **Interpreting Dog Language Chart** at the end of this pamphlet.
3. Walk the dogs together side-by-side and with space in between. Get closer as the dogs get comfortable with each other.
4. Allow the dogs to interact off-leash in a controlled environment.
5. Monitor mealtimes. Feeding separately is strongly recommended.
6. Give each dog their own bed.
7. Introduce toys slowly.
8. Separate the dogs when you are not home.
9. Consider separating the house into sections for the new dog to have his own space, be able to decompress, and approach the other dog on his own terms.

Your New Dog Comes Home!

Introducing the Dog to a Cat in the House



1. 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.
2. Sometimes the dog should be confined to a crate or another room (or taken to another location if s/he can't be left alone) to allow the cat time to roam free and investigate the smell of the dog.
3. If the dog obsessively digs at the separation barrier or barks at the cat for more than a day or two, the interaction likely won't work without proper training.
4. When no one is home, the dog or cat must always be securely confined, so unsupervised interactions are not possible.
5. 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 to the next step.

Your New Dog Comes Home!

Introducing the Dog to a Cat in the House cont'd

6. Allow both animals to be in the same room at the same time, but keep the dog securely leashed. Securing the cat in a harness with a leash for the introduction is also a good idea if the cat is comfortable wearing a harness.
7. Continue with this type of introduction until the dog is calm and ignores the cat, and the cat is calm, eating and using the litter box normally.
8. If there is any fear or aggression displayed on either animal's part, stay at the previous step longer.
9. Continue indefinitely until both the dog and cat seem happy and relaxed around each other.

Training Tips: If the dog stares at the cat or the door separating the animals, try to distract him and get him to look away with treats, a happy voice, or by gently guiding the dog away on a leash. Once the dog is away from the cat, try offering a treat. If he takes it, repeat this process until he is no longer focused on the cat or the door. For more information:

<https://www.americanhumane.org/fact-sheet/introducing-dogs-to-cats/>

Your New Dog Comes Home!

More Helpful Hints as Your Dog Settles in

As your new dog settles into your home routine, we offer the following tips for any behavioral issues that may appear.

1. **Give the dog space:** Let them come to you. You are a stranger to them and they don't know you yet. Take it slow, respect their boundaries, and prioritise a calm, stable environment. All interactions should be consensual. Never force or invade their space.
2. **Learn appeasement signals:** It is a dog's way of communicating with us. It is important to learn and watch out for these signals. It lets us know how they are feeling in a particular situation. Try searching YouTube with the search heading **Understanding Dog Body Language** (for example, <https://www.youtube.com/watch?v=vqP453qscMg>), to better read dogs' behavior. Also, please refer to the chart at the end of the pamphlet describing dog language.
3. **Think about boundaries:** Establish which ones you want to set for the dog before they come into your home and enforce them from the beginning. Remember to be gentle when enforcing these boundaries and always be kind. A new dog will be sensitive and will need time to adjust. Dogs respond well to positive reinforcement.

Your New Dog Comes Home!

More Helpful Hints as Your Dog Settles in

4. **Treat stations:** Keep treat stations around the house to enforce good behaviour and reward with treats promptly.
5. **Keeping a leash on in the house:** This will allow you to correct behaviour from a distance, without invading the dogs personal space and not having to be next to them 24/7.
6. **Furniture is a privilege:** The more space you give in the early stages, the more overwhelming it can be for the dog. Limiting areas and furniture in the house will allow the dog to adapt properly. This can also help avoid the possibility of resource guarding the furniture.
7. **Watch for other possible signs of resource guarding:** Even if the dog isn't known to show signs of it, a dog in an unfamiliar environment needs their space and body to be respected. Toys that aren't often highly valued may be valued in this situation, as it's the only thing they know belongs to them. Never try to forcibly remove food or toys from a dog's mouth. A better solution is to offer an exchange. Give a treat or an acceptable toy to the dog in exchange for the thing he is guarding. As he accepts the treat or toy, he will drop what is in his mouth. Pick it up and remove it. For more info on this, please see the [Common Behavior Issues Section](#).
8. **Most important, be consistent!** Your dog will settle in faster if you are consistent. He will learn what is expected of him and learn to settle into a routine.

Your New Dog Comes Home!

The new Environment can be Very Stressful for a Dog

Upset Stomach

Often due to stress, a dog will have soft stool, liquid stool, or even the presence of blood due to irritation of the intestines.

What you can do:

1. **Divide daily portions of food into more frequent doses:** If the dog eats 1 cup twice a day, try to feed ½ cup four times a day. It will help give their sensitive stomachs a chance to digest the food properly.
2. **Pure pumpkin puree:** If it is canned pumpkin, make sure there are no additives. You can feed 1–4 tablespoons a day. Start adding it slowly to their food.
3. **Rice:** Pure rice, no additives. Start by mixing 2–3 tablespoons with their meal twice a day.
4. **Rice water:** Save the water you cook the rice with, and add it to their water bowls, and even with their food (dogs often get dehydrated when they have liquid stool).

Lack of Appetite

This can be very normal at the beginning! You can try these tips to stimulate their appetite:

1. Adding warm water to their food, it enhances the smell!
2. Crush treats into a powder, or buy “meal toppers”. Sprinkle this on top of their food.
3. Adding chicken broth or bone broth to their food.
4. Tuna water.

If all else fails, you can try mixing them altogether. Further steps can include adding canned dog food or homemade, unseasoned cooked proteins to their meals.

Please see the [Healthy Treats to Supplement the Dog's Diet](#) chart at the end of the pamphlet for safe foods for dogs.

Your New Dog Comes Home!

How to Help Manage Their Stress Levels

There are very simple and natural ways to reduce stress levels in dogs.

1. **Exercise:** running, walking, and playing are great outlets for stress and will help calm them down.
2. **Mental stimulation:** games, puzzles, or trick training are great outlets for stress.
3. **Lick mats:** Dogs naturally lick to destress! Lick mats (especially frozen ones) are a natural way to calm them down. Please see the list of safe foods for dogs at the end of the pamphlet.
4. **Dog training classes:** Consider taking a class with a local dog trainer. Basic Obedience, Agility, Hoopers (a slower pace than agility, but just as much fun), Frisbee, or Scent detection classes will help you bond with your dog, reduce stress, give you and your dog some exercise, and best of all, you will both have fun!

For more info, please see the [Enriching a Dog's Mind and Body](#) section below.

Common Behavioral Issues and Enriching Your Environment

Common Behavior Issues

What is Resource Guarding?

Resource guarding is a behaviour in which dogs protect resources such as food, or toys. They may show signs of guarding through



body language such as freezing, or whale eye. It may escalate to growling and biting if their signs are ignored. Toys and food should never be forcefully removed from the dog's mouth. Dogs may present with this behaviour before coming into your home. It's important to inform yourself on the behaviour and how to correct it in a positive manner. Some rescue dogs may show resource guarding when you first bring them home due to feeling insecure, unstable, and being unfamiliar with their environment. It's important for you to be respectful of their space, their boundaries, and be aware of their body language.

For more information on resource guarding, please watch the following video:

<https://youtu.be/NDXBD7LFKwk>



Common Behavior Issues

What is Leash Reactivity?

Leash reactivity is a behaviour that presents itself when the dog is reacting to a specific stimulus (another dog, a child, a stranger, a vehicle, etc.) by barking,



growing, jumping, pulling, and/or pacing on leash. Leash reactivity can be due to the dog wanting to increase or decrease the space between them and the stimulus.

1. **Increasing Space:** This is usually out of fear and insecurity. A dog will react to get the stimulus further away from them, as they can't physically run away because they are attached to the leash.

2. **Decreasing Space:** This is usually due to frustration and/or being overly socialised. They react because they want to say hello to the stimulus, and being unable to leads to frustration. Leash reactivity can be counterconditioned through positive reinforcement training, i.e., changing their emotional response to the stimulus through repetitive exposure. This can eventually allow the dog to have a different reaction when exposed to the trigger.

Common Behavior Issues

What is Separation Anxiety?



Separation anxiety is showing signs of panic when they cannot detect your presence. Signs of anxiety includes pacing, whining, barking, howling, panting, or even being destructive. Practicing independence and desensitising your dog to you leaving/returning home can help your dog remain calm when left alone. Begin with short periods away, such as 15–20 minutes, so your dog knows you always return. Gradually increase the periods away. Give your dog a Kong filled with peanut butter so they are distracted by something they like. They begin associating your departure with a special treat.

Some dogs can benefit from crate training to help with this problem. Counterconditioning and positive reinforcement tools can help resolve the issue.

For more information on separation anxiety, please see: <https://www.aspca.org/pet-care/dog-care/common-dog-behavior-issues/separation-anxiety>

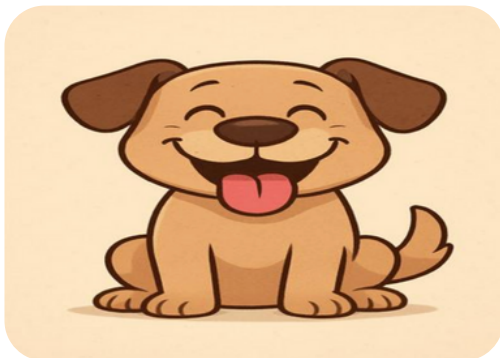
For help with crate training, please see <https://youtu.be/6b6dH9zpJd>

www.akc.org offers informative articles on training and expert advice.

Enriching a Dogs Mind & Body

Physical Exercise

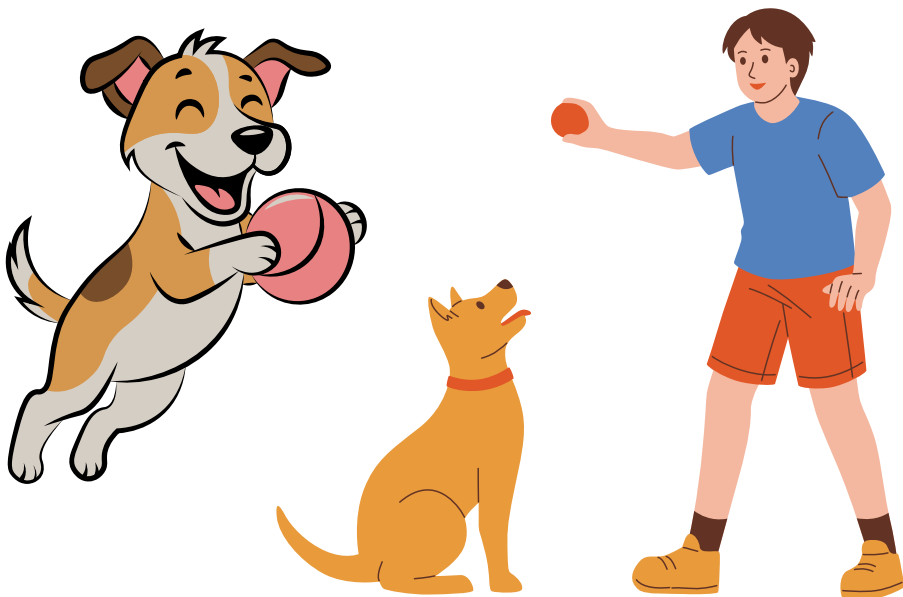
Requirements for physical stimulation depend on the breed, age, and medical characteristics of the dog.



It's always recommended to do your research on the breed(s) of your dog and see what kind of exercise routine benefits them the most.

Lack of proper physical exercise can result in anxiety, restlessness, and undesired behavioural issues as a result of having an inadequate outlet for their energy.

Learn more about your dog's exercise needs based on their breed here: <https://www.akc.org/dog-breeds/>



Enriching a Dog's Mind & Body

Mental

Stimulation

Mental stimulation is often overlooked and not held up to the same calibre as physical exercise, when in reality it is just as important!



Mental stimulation can include activities that involve sniffing, foraging, chewing, barking, digging, and playing.

15 minutes of mental stimulation=30 minutes of physical exercise.

How can we incorporate mental stimulation into a dog's daily routine?

1. Bones for chewing. Make sure they are raw!
2. Interactive feeders: Let them work for their food!
3. Lick Mats
4. Kongs stuffed with treats, or frozen treats to last longer
5. Snuffle mats to encourage sniffing
6. Puzzle toys to encourage dogs to use their brain power to work out a problem
7. Focused training: Dogs only have the capacity to be extremely focused for 10–15 minutes at a time. Put a timer, teach them a new trick, and watch them take a great nap afterwards.

Learn more about your mental stimulation at:

<https://animalwellnessmagazine.com/mental-enrichment-dog/> <https://www.puppyleaks.com/more-mental-stimulation/>

Enriching a Dogs Mind & Body

Healthy Treats to Supplement the Dogs Diet

Fruits	Benefits	Caution
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Apple	<ul style="list-style-type: none">• High in fiber and low in fat• Vitamins A and C which are essential for maintaining healthy bones and tissue.	Avoid the seeds!
Bananas	<ul style="list-style-type: none">• Great source of potassium which can support heart and kidney functions.	High in sugar
Blueberries	<ul style="list-style-type: none">• Help prevent cell and tissue damage• Antioxidant properties• Good source of fiber and Vitamin C• Lessen the chances of developing urinary tract infections	
Raspberries	<ul style="list-style-type: none">• Contain lots of fiber and vitamin C• Anti-inflammatory properties	Should be given in moderation as they contain very small amounts of naturally occurring sweetener called xylitol
Strawberries	<ul style="list-style-type: none">• Strengthen the immune system• Slow issues related to aging	
Water melon	<ul style="list-style-type: none">• Contains Vitamins A, C, and B-6, as well as potassium which helps maintain healthy muscle and nerve function	

Enriching a Dogs Mind & Body

Healthy Treats to Supplement the Dogs Diet

Vegetables	Benefits	Caution
Bell peppers	<ul style="list-style-type: none">• provide beta	Remove stem

	<p>carotene, fiber, and antioxidants</p> <ul style="list-style-type: none">• Boosts immune system	
Carrots	<ul style="list-style-type: none">• Contain fiber and beta-carotene• Helps maintain healthy skin and eye health	
Spinach	<ul style="list-style-type: none">• Contains almost every vitamin and mineral.• May help in all area of your pet's health.	Avoid giving in large amounts or if they have kidney disease
Peas	<ul style="list-style-type: none">• Contains vitamin B, thiamin, and potassium• Boost energy levels and improve bone health	
Pumpkin	<ul style="list-style-type: none">• full of fiber and may help pets suffering from both constipation and diarrhea• Rich in vitamins and minerals	Pure, single ingredient, no additives
Green beans	<ul style="list-style-type: none">• Good source of protein and iron	

Enriching a Dogs Mind & Body

Healthy Treats to Supplement the Dogs Diet

Other	Benefits	Caution
Rice	<ul style="list-style-type: none">• Low in fat and sodium• Contains antioxidants, calcium, phosphorus, and vitamin D• Protects against disease, cognitive dysfunction and supports healthy bones.• Soothes gastrointestinal issues	
Plain yogurt	<ul style="list-style-type: none">• Contains protein, calcium, and probiotics,• Boosts immune system	

All foods above must be given in moderation. Introduce slowly for allergy purposes.

Read more about fruits and vegetables that benefit dogs here: <https://trupanion.com/canada/pet-care/fruits-and-veggies-for-pets>

Enriching a Dogs Mind & Body

Interpreting Dog Language And

Appeasement Signals Chart

Levels	Type of behaviour	Signals
1	Displacement Behaviour (Occurs when an animal performs an act that is irrelevant to the behavioral context.)	Avoiding interaction by instead: <ul style="list-style-type: none"> - Sniffing the ground - Stretching - Shaking off - Self licking
2	Calming Signals (Ways they try to calm themselves down when stressed.)	<ul style="list-style-type: none"> - Yawning - Nose/lip licking - Head or body turning away from you - Slow movements/ tense
3	Stress reactions (Failure to calm themselves down, especially if stressful stimuli is still present)	<ul style="list-style-type: none"> - Panting - Dilated pupils - Shaking/tremblings - Whale eye
4	Fixation (Escalation of stress reactions that are being ignored)	<ul style="list-style-type: none"> - Calming signals stop - Tense body/ Frozen - Mouth closed tight
5	Defence Preparation (signals ignored, preparing to defend themselves to create space from stressful stimuli)	<ul style="list-style-type: none"> - Teeth showing - Growling
6	Bite	



Thank You

Further Helpful Online resources


www.akc.org is the American Kennel Club website, which has many good articles under the training advice section


www.domorewithyourdog.com is a great site for tricks and games ideas

www.helpmydog.com is a pay-per-month online games-based training website with help available from vet behaviorists



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