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Bringing Home Your New Dog

*A little bit about everything you
need to know*

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There are few things more enjoyable than welcoming a new dog into your family. There's a lot you need to know to make sure you get off on the right paw with your new best friend. Whether you've rescued your dog from a shelter or purchased a puppy from a breeder, the following guide will help.

A Few Things to Keep In Mind

- ➔ Assume the dog will have potty accidents or mark in the first few days, even if he was housetrained.
- ➔ Remind yourself and your family of the commitment you've made in getting a dog - daily care and exercise, medical visits and obedience.
- ➔ No single training approach is right for every dog.
- ➔ Keep an ID tag attached to a snug buckle collar on your dog at all times.
- ➔ During the transition period, a dog needs time to adjust to the rules and schedule of your household. And he needs your leadership! A dog is a pack animal looking for guidance, and it is up to you to teach him good, acceptable behaviors. If the human does not take charge, the dog will try to.
- ➔ A dog cannot do damage unless you let that happen. Watch your new dog during the transition period. When you can't supervise, keep her in a pen, small secure area, or crate with chew toys.
- ➔ Keep your dog on-leash when outdoors in unfenced areas. You'll be able to observe his drives and tendencies (e.g. he likes to chase squirrels, he's afraid of kids on bikes or skateboards, etc.) and you'll be able to maintain absolute control.
- ➔ Supervise your dog even when he's in a fenced yard. If there's a way to escape, most dogs will find it.
- ➔ Don't kiss your dog or place your face at the dog's eye level before you've begun obedience training and established yourself and other humans in the home as higher up in the hierarchy. Dogs often perceive a face placed at their eye-level as a threat.
- ➔ Beware of letting your dog on your bed or furniture if you haven't established all human family members as the leaders ("alpha"). Dominance-related problems often arise when a dog is on a higher physical level. Dogs don't seek equality; they seek and need leadership.
- ➔ Don't issue a command unless you are in a position to enforce it. Telling a dog to do something, then not guiding him to obey if he chooses not to, teaches him to ignore you.
- ➔ Beware of sending mixed signals that bad behavior is cute or entertaining.

- Do not keep dogs in dark, damp basements, garages, or non-family areas; this thwarts your efforts to raise a socialized, well-behaved, housetrained animal.
- Play nice; don't play tug-o-war, rough-house, or engage in other combative play. These practices encourage aggression and teach your dog to challenge you.
- Avoid separation anxiety-related problems by practicing the tips in this guide as well as consulting CompliantK9.
- Start day one by teaching your dog appropriate behavior through consistent, positive reinforcement.
- Realize there is always a solution to any problem.

Teach dogs good house manners from the start.

For the first few days you have a dog, keep him in the same room with you, so that if the dog needs to potty, you can rush him outdoors, and so that if he engages in inappropriate behavior, you can instantly correct the dog and substitute a more positive behavior. For example, removing the shoe from his mouth, then substituting a toy and praising.

Shopping List

When picking up your dog

1. **Buckle collar:** leather or non-stretch material. Make sure it is "2-fingers" snug and can't come off.
2. **ID tag:** attached securely to collar.
3. **Training (slip) collar, harness or head collar:** Measure the neck and add 3 in. for the proper length - just long enough to fit over the head. Learn how to put it on properly. Good alternatives include neck/body harnesses and head halters, which are fitted.
4. **Leash:** strong clasp and thick leather or double-ply woven for your comfort.

Note: use another person or a crate/carrier to transport a puppy to contain any "accidents."

Supplies to have ready at home

1. **Crate:** an invaluable tool, especially at the beginning. See CompliantK9's Crate Training Guide.
2. **Baby gates:** a good confinement alternative. Make sure dog can't get head/paws caught in gate, can't chew through or knock down the gate or jump the gate.
3. **Bedding:** easy to clean, thick enough for comfort.
4. **Puppy pen:** helpful when you want a pup confined but not crated.

5. **Water and food bowls:** use stainless steel or ceramic. Plastic can absorb bacteria and smell.
6. **Flea comb:** check for fleas, and comb to aid the skin. Good "shedding" control, too.
7. **Brush:** brush daily; good for skin and can be better than bathing.
8. **Grooming supplies:** get the right tools for your dog if you're going to bathe, clip claws and cut fur yourself. Different coats require different brushes.
9. **Pet-specific cleaners:** such as Simple Solution or Nature's Miracle, available from pet supply stores. They remove pet stains and odors.
10. **20-foot leash (a 'long line')**: good for training the "come" command (recall).

Feeding, nutrition & toys

1. **Food:** if you want to change the food your dog has been eating, gradually change over to the food of your choice. Use a good grade of dog food. Premium dog food can lead to lower vet bills. Dry food is good for teeth and digestion, but it's OK to add a little warm water to dry food to enhance the aroma. Get in the habit of 'scenting' the food (mixing it with your hands) so it carries your scent and reinforces you as the leader.
2. **Soft training treats:** use pea-sized treats for medium-to-large-sized dogs, and even smaller for little dogs. It's more rewarding for a dog to get multiple treats in a row than one big treat.
3. **White rice and low-fat cottage cheese:** good for calming the intestines of a dog that has been ill or has nervous diarrhea.
4. **Rescue Remedy (available in health food stores):** calms when traveling, nervous or injured.
5. **Toys:** use safe chew toys, such as bully sticks. Soft toys are good for some dogs, but others will pull them apart, so remove if this happens.

Getting your dog licensed

Contact animal control in your area to license your dog. You must have a rabies certificate. In some jurisdictions, proof of spay/neuter reduces the license fee.

The First Day

Dogs thrive on routine, so orient your new companion to your schedule. As long as you are consistent and provide leadership, the dog will adjust.

Manage the environment – dogs will explore everything, so puppy-proof your house and possessions.

Getting acclimated/housetraining helpers

When you bring your new dog home, walk him outside on-leash so that he can take in the smells of the turf and relieve himself. Pick a special place and encourage him

to potty there. Be patient; it may take 10 or 15 minutes. Always praise warmly when he relieves himself in an approved spot.

Next, enter the house and show him around. Keep him on leash. If he lifts his leg to mark, give him a quick leash correction (quick, short sideways yank on the leash and release) and tell him "No" to disrupt the action, then take him outside immediately. Offer him a training treat for going in the right place.

Remember, your dog will be excited and anxious about his new home. Don't be surprised at panting and pacing, whining, excessive yawning, houstraining accidents, excessive drinking or chewing, or gastric upset. Any dog, especially a male who was not neutered early, is likely to mark new territory - especially if other pets have lived there. Tell every member of your family to resist the temptation to overwhelm a new dog. Give him some time and space to get settled.

Next, take him to his crate. Encourage him to sniff around; reward him with small treats for entering and staying in the crate. Keep soft bedding and safe toys in the crate; rotate the toys for variety.

Crate facts.

Houstraining problems are a top reason people give up dogs. Crates aid in houstraining because of dogs' den instincts - they avoid messing where they sleep. Crating is cruel only if the dog is physically uncomfortable or if left too often or too long. Read CompliantK9's Crate Training Guide.

After the house tour, take him outside to potty again. Be sure to take him to the same spot.

If your dog is not housebroken, begin houstraining now. Stay tuned in and responsive to your dog's signals of when he needs to go. The more vigilant you are now, the more reliably houstrained he'll be later.

Unless you plan on having your dog regularly potty indoors on paper or a potty pad (e.g. you live in an apartment), try and restrict the use of papers and pads (except with puppies in a pen).

Having a few accidents the first week does not mean a dog is not housebroken. Excitement can lead to accidents. In addition, males tend to mark in the house the first day or two. Once he begins to settle in, and you begin educating him in acceptable behavior, he will relax and behave.

Use a leash indoors during the transition.

For the first couple of weeks (and only when you're around to supervise), leave a leash attached to the dog's buckle collar while indoors with you, so you can stop him immediately if he starts doing something you don't want - such as lifting his leg, chewing on a chair leg, jumping on the couch, or signaling aggression toward anyone in the household.

Warning: Don't leave a leash attached when you're not there; the leash could get caught on something or chewed up. Never leave a choke collar on a dog when indoors or out in the yard, or he could be strangled if caught on a drawer pull or fence post.

Introducing Your New Dog to Other Dogs

Before bringing a new dog home, be sure all animals are healthy, have current vaccinations and test negative for parasites. Realize that even if the dogs met successfully on neutral turf, things are different when you bring a new dog home. Make sure there's another person at the homecoming so the dogs can meet on-leash outside.

Collar for Control.

If you've brought home a big, strong dog, you might want to try using a head collar (Gentle Leader™ is one brand). They can help dogs feel more calm and safe, and will slow the dog down. Keep a traditional flat buckle collar on the dog for back-up, and attach a leash to both the head collar and regular collar.

Prior to the introduction, leash-walk the new dog outside. Then bring out the other dog (one at a time if you have multiple) on leash, preferably with choke/slip collars to provide full control. **GO FOR A WALK BEFORE YOU ALLOW THE DOGS TO SNIFF EACH OTHER.**

Make sure you are relaxed, so you don't telegraph anxiety through the leash. Avoid keeping the collar pulled tight, since "restraint frustration" elevates tension and the risk of aggression. The dogs will be more relaxed knowing they have some room to maneuver. Watch carefully so you can make a leash correction if necessary (like if the dogs start to eyeball each other).

Make the meeting fun with verbal praise and treats (timed to reward good, relaxed behavior). Introduce gradually, making sure the animals are calm. Pet the resident dog, assuring that everything's OK. If it's not OK, suspend introductions and resume the walk. Be careful to reward only good behavior.

Keep the dogs within sight of each other. If the animals are receptive to each other, praise each one and reward them with treats and petting to show that good things happen when they are together. If there is a negative reaction, move back to the

distance at which neither reacted. Watch for warning signs such as fur raised on the back, staring or stiffening up.

Meet and Greet

When introducing new dogs on a leash, you'll want to have a helper. The dogs should meet head-to-tail so they can smell each other's hind quarters. Walk in a circle, moving with the dogs as they sniff, so the leashes don't get tangled (tension on a leash because of tangles can cause the dogs to become nervous and a fight could break out).

If one dog reacts aggressively, don't punish the aggressor; instead, take him in a neutral or less valued area to settle down and ignore him. If both dogs act aggressively, remove each to different, neutral areas. Try re-introducing later in the day.

When correcting unacceptable behavior, timing is critical. Do not wait for the lunge; at the first hint of aggression, such as a stare, correct with a firm "No" and a quick (but not punishing) leash correction, and redirect the dog's attention to you. You must keep control at all times and show the dogs YOU are the alpha. Don't be alarmed if they don't warm up to each other immediately. Either dog may engage in aggressive posturing, barking, marking, houstraining accidents and possessiveness over toys and people. (If this persists beyond a week or so, consult a trainer.)

When the dogs come inside, a fight could break out, so leave the leashes on for quick control if needed. Keep all toys and treats out of sight until everyone is comfortable. An added advantage to having two people present when introducing dogs is that one can focus on praising each one. However, if you're alone, you can tie one dog's leash to a doorknob or sofa leg at a length that allows the animals to sniff each other at a safe range.

The resident dog might be insecure about his place in the pack.

Reassure him, but do not let him misbehave or mistreat the newcomer. Resist the temptation to spoil either dog or to allow bad habits you'll have to break later. Trainers often advise to greet, pet, feed and play with the senior dog first. Pack hierarchy may change as the new dog starts to integrate, so consult a trainer about pack management.

The more socialized both dogs are, the less time it will take for them to become friendly. Try not to be nervous or your dogs may sense the tension and even defend you from the other dog. To avoid injuries, keep new pets separate from others when you aren't able to supervise. (Some owners find it's best to continue to keep dogs separated at mealtime, and to keep toys off the floor, to prevent fights.) You might crate the newcomer in a family area. Avoid keeping him in a highly coveted area, such as near the other pets' food bowls.

Acclimation can take days or weeks. Be sure to give each pet 10 or 15 minutes of quality time alone with you each day - play, brush, massage, practice rewardable skills. Once the animals react well to each other, remove the leashes. Keep watch, and keep a spray bottle or whistle on hand to interrupt the pets if they begin to stare or otherwise misbehave. Continue rewarding good behavior with praise and training treats. Always let your dogs know what you expect of them, and they'll be responsive instead of confused.

Socialize your dog.

Start when she is a young puppy, so she feels at ease with other people and animals. Expose your dog to a variety of situations gradually and under controlled circumstances. Be cautious; don't put your dog in a position where she feels threatened. Teach her to not be nervous in these situations.

Socialization is critical - and is more than exposing the dog to new experiences. The owner must act as leader in all situations, as the dog will be gauging the owner's reactions. Remain confident and relaxed, which also allows you to be sensitive to cues from the dog. If a dog does not sense his person can handle a situation, he may try to take charge or react in the only way he knows how - which might be barking, growling, lunging or trying to bite in an attempt to control the environment.

Breaking up a fight.

Turning on a hose (or a squirt bottle indoors) works best. If water's not available, grab one of the dogs (preferably the aggressor) around the back hips, raising the rear legs off the ground, and pull away from other dog. The dog should turn around as if to say "huh?" which will give you time to grab the collar and separate the dogs.

Introducing Your New Dog to Cats

You'll need a highly controlled environment to introduce your new dog to a cat. It helps to have two people so that one person can hold the new dog while the other praises each animal.

Keep the dog on leash. A chase may ensue only if the cat runs, but dogs with a stronger prey drive pose a greater threat. Firmly correct your dog at the first hint of undesired behavior, and don't unleash her around your cat until they are interacting calmly.

While you shouldn't keep the pets entirely apart, make sure you are supervising when they are in the same room in case trouble breaks out. Warning signs in cats include a direct stare, elevated hindquarters, and fur standing on end. If the pets seem to be accepting each other, praise each animal and reward them with treats and petting.

Litter box accidents are likely, since cats will be disturbed about the newcomer. Your cat may hide or seek higher ground for days or weeks until she is ready to accept the dog. Make sure she has places to retreat that the dog cannot access. Also be sure to block the dog's access to the cat's food and litter box (dogs love to eat cat poop). You can attach a bell to the new dog's collar to keep track of his whereabouts.

Be careful not to praise undesired behaviors.

For example, petting and soothing an agitated or growling animal will reinforce the wrong response. Reward only calm, desirable or at least neutral behavior.

A dog with a high prey drive can be taught to coexist with cats; this requires concentrated practice involving the assistance of another person. First, you must train your dog to understand and obey the "Leave it" or "No" command. Put a training collar and leash on the dog and place him in a sit/stay. The other person stands at a distance, holding the cat. Do a firm leash correction at the start of any suspicious behavior and firmly state "Leave it" (or "No"). Praise and treat your dog for remaining calm and in the sit position. When the dog behaves, the other person can move closer; praise or correct the dog as needed. Continue for 15 minutes and try to end the training session on a positive note.

Training a dog to leave small animals alone requires patience, as it can take weeks. For the animals' safety, don't leave them alone together, and separate them at mealtime.

Leadership Tips

- ➔ Don't assume a fearful or insecure dog doesn't need strong leadership. A fearful dog is extremely relieved when his human is in control.
- ➔ Dogs are not little humans; they are predatory pack animals who follow a leader.
- ➔ Dominant dogs need to know that their owners are better leaders, and flight dogs need to know that they will be protected when their environment scares them.
- ➔ To be a true leader, give constant (and calm) feedback and keep control at all times.
- ➔ If a newly adopted dog growls or snaps, realize this is normal. The owners need to assert leadership to convey to the dog that they won't tolerate this behavior. If you back down, or become frightened, your dog gains power over you.
- ➔ Seek out an obedience program that focuses on teaching you how to provide leadership, relationship building and problem-solving.
- ➔ Meet for a Leadership Principles consult with CompliantK9 for hands-on instruction on how to be your dog's leader.

Introducing Your New Dog to People

A new dog feels bewildered and stressed by all of the changes, so surrounding her with too many people might cause her to cower or nip. So delay introductions to friends and neighbors until the dog has had a chance to settle in. (However, you should start obedience classes with a trainer right away.)

Make introductions one at a time, on leash for control. Exercise and calm the dog before meetings, and have training treats handy to shape and reward good behavior. You may want to have the dog on leash so that you can correct immediately as needed. Make sure the visitor is relaxed, and that you convey confidence.

Instruct visitors to ignore the dog at first meeting (this includes eye contact). Allow the dog to sniff the visitor first, before any petting. Beware: if the guest is tense, the dog may sense this as a direct challenge. So set the tone with your actions and attitude – keep business-as-usual with guests. Read cues from your dog: how comfortable does she appear? Many dogs love new people, while others feel overwhelmed.

Expect your new dog to engage in behaviors you'll need to correct, such as growling or jumping on people. Allowing a dog to jump on people is a common mistake, but to avoid exasperation down the line, teach your dog "off" from the start. In addition, don't let anyone engage your dog in aggressive play such as wrestling, tug of war, or play biting.

Dogs & Children

Never leave children alone with your dog.

Teach your own and visiting children:

- ➔ The proper way to approach a dog (avoiding direct eye contact, from the side, and hand extended with palm down).
- ➔ Not to rush up to, scream at, or pester a dog.
- ➔ Never harass or mistreat a dog. Don't jump on or rough-house with dogs.
- ➔ A dog can't whine or cry, so he tells you he's afraid by growling and nipping.

Mealtime

Food

A bargain brand dog food may not be the healthiest choice, so it can cost you more down the line. Look for a food that uses higher quality ingredients and contains fewer byproducts and preservatives that can trigger food allergies. Ask about your dog's previous feeding schedule and food. When you change dog foods, change over gradually, as dogs thrive on a consistent diet.

Feeding dry food helps keep teeth cleaner. For extra nutrients, supplement the daily diet with some fresh vegetables such as green beans and baby carrots and low-fat plain yogurt - dogs love them! Don't feed a dog table scraps, which typically leads to begging, weight problems and indigestion. If a vet prescribes a special diet, follow that advice.

Feeding plain rice can help a dog get through a digestive problem. If your dog is on antibiotics, add plain yogurt to his food to help replace the good bacteria in his system.

There's no free lunch. Don't let a dog grab food. Before feeding, giving treats or petting, give a command (such as "sit") for your dog to practice.

Feeding schedule & tips:

- Make sure your dog has free access to clean, fresh water.
- Free feeding can lead to housetraining accidents and spoiled food, so it may be best to feed at scheduled times. Young puppies are usually fed three times a day; older puppies and adult dogs twice a day. If the dog's a picky eater, remove the food bowl after 15 minutes and don't try again until the next feeding time. Feed other animals away from the new dog to prevent fights.
- Your new dog may not be interested in eating the first day, so just try again at the next feeding time.
- For health reasons, use stainless steel or porcelain bowls without painted surfaces. Plastic bowls are a breeding ground for germs. Wash food and water bowls between feedings.

Housetraining

The speed in which your dog becomes housetrained is based on your consistency. Acknowledge that sometimes it will be 'inconvenient' to follow the rules (like going outside in the cold or rain), but remember that the more consistent you are, the quicker you'll be able to trust your dog.

- **Watch for signs of discomfort, restlessness or circling, then whisk him outside to an established, close-by potty place.** Realize that when a dog relieves himself in the wrong place, it's not out of spite. It's because he had to go. The rush of relief the dog feels when he relieves himself (inside or out) is self-reinforcing, so try to catch him in the act.
- **Praise when she goes potty.** Give her a treat or kibble to reinforce the behavior. If 15 or so minutes pass without pottying, pick up a small dog, or bring a larger dog inside for about five minutes (supervised) and then bring her back out.

- **Confine when you can't watch...in a crate or a part of the kitchen or laundry room.** Don't leave food out. Do leave water, unless she'll be confined less than 2 hours. Make this her domain until house-trained.
- **Realize that puppies and dogs can't "hold it" for long periods.** Even adult dogs may need a mid-day dog walker if you work long hours. And puppies need to urinate and defecate frequently, so they'll need to go out at least every 4 hours to get housetrained.
- **Crate-train.** Crates are the quickest way to housetrain most dogs. Crate training is based on the premise they don't like to mess in their sleeping area. **Read CompliantK9's Crate Training Guide.**
- **Feed on a schedule.** Feed your dog the same times each day, then take him out a certain amount of time after feeding (this depends on age; often, young puppies must be taken within 15 minutes). Young puppies are usually fed three times a day; older puppies and adult dogs once or twice a day. Don't switch from food to food; keep the diet consistent.
- **Keep a potty routine.** Take your dog outside first thing in the morning, when you get home from work, within an hour after the dog eats, just before bedtime, and following vigorous play. Young puppies may need to be taken outside every two hours. They will get housebroken much faster and reliably if someone can take them out midday during the workday.
- **Don't end the walk outside when your dog potties.** Or she'll get the idea that outdoor fun ends when she relieves herself. This is why some dogs hold it until they are brought back inside. After your dog "goes," praise, give a treat and keep walking a bit longer.
- **Eliminate opportunities for accidents.** During the first two weeks, keep your dog close to you so that if she starts to potty indoors, you can correct immediately. Otherwise, she may relieve herself in other rooms - and if you don't catch her in the act, there's no use in scolding because the dog won't remember or make the connection. Close off unused rooms, and use a leash to keep her beside you, either holding the leash or attaching it to a furniture leg (for safety's sake, remove the leash when you can't watch her). Until housebroken, crate her when you're not home to watch.
- **Interrupt vs. scold.** And use your voice, not physical force. Typically, a dog goes because she just has to. If you catch her in the act, try to interrupt the action with a loud, startling EH-EH-EH!! or NO! and an immediate trip to the potty spot. Use a loud, deep, firm vowel sound; muttering or repeating commands won't convey the message. You want to alert, not punish, your dog. When she resumes relieving herself outside, praise lavishly.

- **Punishment teaches only fear (or to sneak off and go in private).** Never shove a dog's nose in his mess or smack a dog, which teaches him only to fear hands. Remember: dogs forget what they do after they do it. A dog is unable to associate past behavior with a punishment he is now receiving. He will, however, associate the pain and anger with the person administering the punishment.
- **Clean up.** Try not to let her see you clean up a mess, or she may think it's an interactive game. Use an enzyme-based pet odor neutralizer like Nature's Miracle™ to kill the urine scent (you can use this in the laundry as well). Using ammonia is counter-productive, since urine contains ammonia. Cleaning up extends to the outside, too. Many dogs dislike going in a poop-riddled yard. Note: paper training postpones learning the desired behavior.
- **Neuter and spay.** Intact dogs have a much greater tendency to mark. Alter by age 6 months.

Positive reinforcement.

It is better and easier to teach your dog that he is a “good boy” or “good girl” for going potty outside, rather than teaching him he is “bad” for going inside.

If problems persist, ask yourself:

1. Are you missing signals that your dog has to go out?
2. Do you keep your dog on a schedule she can count on?
3. Do you use an odor neutralizer on the spots, so your dog won't be tempted to mark there again?
4. Could your dog have a medical condition? See your vet right away. A urinalysis and fecal exam will help determine if the dog has an infection, parasites, or a pH imbalance requiring a special food.
5. Does your dog urinate when excited or frightened? This is submissive urination. Punishing the dog will only aggravate the problem. When arriving home, greet her quietly and take her right out to potty. If your dog is plagued with submissive urination (cowering and peeing when being greeted), arrange for greetings to be outdoors.
6. Is the dog eliminating in her crate? Pet store pups and other dogs that have spent much of their youth in a pen or cage become used to sitting in their mess. Take the dog outside 20 minutes after eating or drinking. Give her a chance to potty before crating.
7. If you keep the buckle collar on when crating, make sure it's snug so to reduce the risk of it getting caught on crate wires. Or remove the collar when crating, but be sure to put it back on properly as soon as you release the dog from the crate. Never leave chain, slip or pinch collars on a dog when not training or walking the dog as they can easily get caught on things, leading to injury. Don't attach tags to training collars either; attach tags only to the flat buckle collar.

New or visiting baby?

Include the dog in family activities to avoid behavioral problems. While one person's holding baby, the other should give the dog some attention. Place the dog in a sit/stay, and dispense small treats to reward good behavior toward the child. This way, the dog associates being near the child with good things.

Bedtime

Your dog can, especially at first and if he is fearful or insecure, sleep in a room with the pack - you and your family. The dog should have her own bed to sleep on. For some dogs, sleeping on the human's bed can aggravate dominant behaviors, so exercise caution. If your dog begins to growl or show other signs of aggression to any one in the household, work on obedience training immediately to reestablish who is in charge.

The first few nights, you may want to confine your new dog in a crate in the bedroom, but start teaching your dog house manners so that you can provide increased freedom. It is not unusual for your new dog to bark or whine if confined to a crate. Dogs want to be with their pack members. (This is why dogs kept outside often are nuisance barkers or destructive. They are stressed being kept apart.)

Place the crate or bed where she can see you. If she barks at bedtime, correct her with a firm "No Bark!" Praise softly when she quiets down.

Safe chew toys (especially if teething) will give your dog something to do until she falls asleep.

If you think you'll eventually want to wean your dog from her crate, pick a night after you've tired her out and keep the crate door open. You can transition to just a dog bed from there.

<p style="text-align: center;">A nighttime housetraining hint.</p>

<p style="text-align: center;">Put plastic bags in front of the bedroom side of the door.</p>

<p style="text-align: center;">If she gets up, the crackling sound will alert you to your dog's need to go out.</p>

Keeping a Routine

Dogs are creatures of habit. A consistent routine for feeding, exercising, and potty time will help your dog adjust.

Take your dog outside as soon as you wake up. If you feed him in the morning, leave him time to relieve himself after breakfast before you go to work.

After you return from work, take him out immediately to potty and exercise. If he has exercised heavily, wait an hour before his evening feeding. He'll need another

bathroom break anywhere from 30 minutes to several hours later depending on his age and habits.

Go out once more right before you go to bed. Withhold evening snacks.

Leaving Your Dog Alone & Avoiding Separation Anxiety

Initially, your new dog may experience separation anxiety when you leave. Using a crate can reduce accidents and other problems rooted in insecurity (inappropriate barking and chewing) by providing a safe and welcome haven. Most dogs like cozy places, which is why you often see dogs resting under tables. Teach your dog from the start that "all good things happen in the crate." Place nice bedding in the crate, along with dog toys that you can rotate for variety. Feed your dog in the crate. Give him praise and treats for venturing into the crate, and for resting there calmly.

You can also confine your dog in the kitchen or hallway using baby gates. Jumping dogs may require you to piggyback two gates atop each other.

Anxiety outlet.

Try a Kong™ (a rubber chew toy that lasts a long time, even with dedicated chewers). Smear the inside with peanut butter and your dog will spend hours trying to lick it out. Add dry kibble for more fun.

When you get ready to leave, quietly say "good dog!" and provide a small treat. Don't make a big deal out of leaving; just leave. When you return, quietly praise the dog for being good and take her out immediately.

Make your schedule as consistent as possible. Remember: it is not fair to get upset if a dog has an accident after being left alone a long time. One popular solution: hire a mid-day dog walker.

When you first bring your dog home, should you spend the whole day with her? No - this is one of the biggest mistakes dog adopters make. Instead: have her bed, safe chew toys and water in the confined area in which she'll stay when you're gone - whether it's a crate or in a gated-off kitchen area. Take her to that area, tell her to lie down, give her a chew toy and a treat and praise, using her name.

Next, step away. If she remains quiet, good; don't talk to her, because that will distract her from this desired behavior. Before she begins to grow restless, take her back outside again to play or walk.

Return her to the crate, then go into another room for longer periods. Next, leave the house and come back in right away. Gradually make those trips longer and longer; vary the duration you're out. Your dog will be less anxious as she learns that when you leave, you eventually come back.

Give her a treat while she's in the crate, and talk to her while she is in the crate, so she'll come to accept the crate. By being reliable, you'll gain her trust - and teach her that you decide what to do.

A tired dog is a good (and happy) dog. Before you leave your dog for extended periods, exercise her vigorously. Then, for 20 minutes before leaving the house, go about your business calmly - then just leave. Don't make a fuss saying good-bye. This doesn't guarantee she'll stay quiet for very long periods. In fact, it's counter-productive to crate more than 5 to 6 hours after the transition period. But used properly, the crate is an excellent tool for you and comfort zone for your dog.

Obedience Training & Owner Education

How important is obedience training and owner education? Essential! In fact, training is the biggest factor in whether you have a successful, healthy relationship with your dog. More than 90% of dogs in shelters are there because of common behavioral problems that can be addressed.

When we talk about training, we don't mean just having a trainer teach sit-stay-heel. We mean: YOU as the owner learning about dog behavior and training, and then YOU teaching and guiding your dog with patience and consistency so that he learns how to behave in a world of humans.

Dogs are pack animals that need leadership and rules to survive. Training will make your dog a trustworthy, socialized family member and forge a bond with your dog.

Reward and repeat: If a dog does something which results in reward, he will most likely do it again. If you work with your dog each day and reward desired behavior, he will learn what is expected of him. If a dog doesn't learn, it means the owner didn't take enough time to teach and guide him. That is why so many dogs given up as "impossible" turn out to be model canine citizens when lucky enough to be adopted by someone else.

Be patient, firm and consistent: Reward good behavior. Small soft treats work well; always accompany them with verbal praise and positive body language. This is reward-based training.

Put down that newspaper! Punishment teaches a dog to avoid the lesson and distrust the teacher. For example, if you hit a dog who just urinated indoors, he'll learn not to potty when you're looking. Instead, reward good behavior, set up opportunities for the dog to learn and display good behavior - and disrupt or ignore bad behavior.

Timing is essential: Correct immediately when an unacceptable behavior occurs, not afterwards, then praise enthusiastically when your canine modifies her behavior.

By correct, we mean a quick yank of the leash, immediately letting it go slack. Some people find spraying water, shaking a can of pennies or tossing a small sack of rattling items (such as beans) effective in disrupting a behavior. However, these aversive techniques should be used to interrupt the dog's action, not as punishment - **and they work best when you successfully conceal the fact you are causing the interruption.** It's better if the dog thinks his own action caused the surprise noise, spray or the landing of the rattle-sack. Never toss the sack at your dog, just in the vicinity of his misbehavior. And it's meaningless to throw it after the misbehavior occurs. Again, timing is key.

Ignoring can be the best medicine: Many modern-method trainers advise to ignore misbehavior such as jumping or grabbing at a sleeve. Instead, turn away - then praise and reward as soon as your dog calms down. Take that opportunity to instruct the dog to engage in a positive action such as "sit." Dogs thrive on attention (even negative attention is better than none at all), and often drop behaviors that don't pay off - while looking for ways to gain attention.

WooooHooo!! A chasing game! This is a big reason why a young dog runs off with shoes. (Another reason being that they like things that carry their people's smells.) He knows that you'll come looking for the shoe, and give him attention. Most dogs, similar to children, prefer negative attention to no attention at all. So try to remove the opportunity by putting away shoes and your other personal items.

Anticipate and avoid opportunities for misbehavior. For example, don't let the dog dash out the door. Take the time to teach him to sit-stay away from the door when people are coming and going. Before you have taught him to be trustworthy, keep him in another room or crate.

Give a verbal command only once - if the dog doesn't respond immediately, food lure her in the position of the command (i.e. "sit"). Repeating commands ("sit, sit, come on, sit, sit, SIT...") means the dog has not learned "sit" means sit.

Don't issue a command unless you are in a position to enforce it. For example, don't say "come" unless you have a long-line attached to guide him to you if your dog is not yet reliably complying. If you don't enforce a command, you are teaching the dog that listening is optional.

Another common pitfall is combining commands. "Sit" "down" and "come" are distinct and important commands. "Sit-down" and "come on sit" aren't. Be clear.

Once you have your dog reliably responding to a command, start practicing the command in situations with distractions. When you and your dog have accomplished that level of difficulty, it's time to generalize the response to other locations and people. For example, your dog may be great at sit-stays in your home. Now take him outside with several neighbors present.

Always praise a dog for coming to you. Never correct, scold or punish a dog when he comes to you, even if the response is delayed or it was preceded by something naughty. And don't call your dog to you for things like administering medication or nail trimming. Always keep coming to you a positive experience.

Remember: obedience training is more for you than the dog. It teaches you to train your dog. It teaches you how to be alpha, how to gain your dog's respect and obedience, and how to help your dog to live in the human world.

All family members who are old enough to interact with the dog should participate in training. Obedience commands need to be practiced and incorporated into your daily life. Certain commands, like "down-stay," can be invaluable in the house and a life-saver when out in public.

Practicing obedience also gives dogs a terrific outlet for their physical and mental energy. A well-trained dog can go more places with you. And a dog that's secure in his place in the family pack is happy to let his human be the leader.

Start teaching your puppy simple commands like sit and stay. Keep your training periods short and fun, using lots of praise and treats. Work on one command at a time and end the session when the pup has successfully completed a command. Puppy kindergarten classes for dogs under six months of age are highly recommended for early socialization with strangers and other dogs.

The first six months are critical in shaping the relationship between puppy and family. It will take time, knowledge and persistence to repair a relationship-gone-wrong. While it's easy to blame the puppy or the breed, the truth is that almost any dog can be adjust to almost any family if the owners spend make the daily effort during the first six months.

'Alpha' is an attitude. Become your dog's leader.

Your dog nips when you try to take a toy from him...rushes ahead of you out the front door...ignores your request to exit the couch...or yanks ahead on walks. If you feel like your dog is challenging authority, then he probably thinks he is the "alpha" of the home. He needs to be taught a new, well-defined pecking order - and a new, lower place in the family hierarchy - for everyone's welfare. He needs YOU to become his leader. Otherwise, he'll rebel, growl and possibly bite when faced with a challenge.

Dogs aren't looking for a democracy - they're looking for leaders. Dogs want to know their place in the family pack and what their people expect of them, otherwise they're stressed. Most often, an "aggression" problem is really a "stress and confusion" problem. If your dog tries to dominate you or someone else in your

household, it's probably because he sees role-confusion and responds by taking charge.

"Alpha" is an attitude. It is not achieved by force or punishment. Rather, it is earned through confident, authoritative, consistent behavior on the part of the owner, who we prefer to call the leader. Dogs can sense who's in charge immediately; they are continuously reading your body language and are aware each time their people don't enforce commands. Notice how most dogs watch a good obedience instructor - and how they seem to wait to be given direction. They express respect and interest, not fear.

Then notice how a good obedience instructor behaves. He or she will walk with confidence...stand up straight...use a firm tone of voice. And that voice expresses commands as a directive, not a question. The dog realizes this person makes the decisions.

Are you rewarding bad behavior? Anticipate and remove opportunities for undesirable behavior. Don't let your dog dash out the door, for the accompanying feelings of joy and freedom are self-rewarding. Don't leave food on the counter, because if the dog grabs a tasty sandwich, counter-surfing has just been reinforced.

For dogs, it's natural to try to control their world with their jaws. Natural, but unacceptable. We need to regain control by using our minds.

Arrange a Leadership Principles consultation with Ann at CompliantK9 for specific and hands-on how-to's in leadership.

Peeing and pooping indoors? Aggressive behavior? Hyperactivity? These can be symptoms of common health problems. For example, a dog with worms may potty indoors, and may eat a lot but not appear to put on weight. And a dog suffering from impacted anal glands or a leg injury might be in pain - and bite when someone tries to touch him. See a veterinarian to rule out a medical basis for behavioral problems.

Common Behavior & Behavioral Problems

"Undesirable behavior" is in the eye of the beholder. Many "bad habits" (chewing, mouthing, digging, jumping, chasing, barking) are natural, normal behaviors for a dog. But you can control and replace them with desirable behavior by taking the time to work with your dog. Give your dog opportunities to do something you can reward.

Most often, there is nothing wrong with reportedly 'hyperactive' dogs. Dogs need exercise and attention – in that order – and when people don't give them enough, the dog has to do something with that excess energy. By the way, dogs don't do things out of spite, which is a human concept. They do things that, right or wrong, seem like ways to cope.

Inappropriate chewing, barking, jumping, nipping and unruly house behavior are examples of normal, but usually unacceptable, dog behaviors. Ann can develop a CompliantK9 treatment plan specifically for your dog and your needs.

Health Care

When to go to the veterinarian

Begin a relationship with a vet now, before you need one in a panic. Bring your medical records. While your rescue dog should be current on shots, altered, and heartworm-tested, you still need to buy heartworm preventative, and you may want your vet to thoroughly examine your new dog. See your vet when a problem arises or if your dog continues to have housetraining accidents.

Medical checklist:

- ➔ Keep up on all shots.
- ➔ Give heartworm preventative year-round in this area. Heartworm disease is deadly.
- ➔ Regularly check between toes for debris or foxtails.
- ➔ Check and clean ears once a week.
- ➔ Red eyes can mean conjunctivitis or allergies.
- ➔ If a dog pays excessive attention to his anal area, he may have parasites or impacted anal glands. See your vet.
- ➔ Ask your vet for flea prevention recommendations. Some brands contain tick control too.
- ➔ Get a dog tooth brush and toothpaste and brush at least 2 times a week.

Cleaning your dog's ears:

If dirt, wax and excess moisture are not routinely removed, ear problems can result, especially if your dog has long ears that hang over the ear canal.

Here's how to clean your dog's ears at least once a week to keep them healthy:

1. Make a solution of 1/2 white vinegar and 1/2 lukewarm water.
2. Pour the solution into the ear.
3. Gently massage the base of the ear to distribute the solution.
4. Put a cotton ball over your fingertip and wipe the outer ear clean.
5. Let your dog shake out the excess solution.
6. Clean the ear again with a clean, dry cotton ball. Repeat as needed.

Home Cure

After a bout of diarrhea, make some white rice, adding extra water (instant rice is fine). Stop cooking before all of the water gets absorbed into the rice. Skim the starchy water off the top, and feed that liquid to your dog.

Pet Safety Essentials

Microchips and tattoos

All pets should wear a collar with an ID tag at all times, but in case they come off, microchips and tattoos offer added security. Microchipping involves a safe, permanent miniature implant injected over the shoulder beneath the skin using a hypodermic needle; the chips can be read by scanners found increasingly at animal shelters and veterinarian offices. Tattoos are easy to spot.

For details, contact:

- ➔ Home Again Companion Animal Retrieval Microchip System, 800-252-7894
- ➔ AVID Microchip, 800-336-2843
- ➔ National Dog Registry/Tattoos, 800-NDR-DOGS
- ➔ Tatoo-A-Pet, 800-TATTOOS
- ➔ If your pet gets lost, contact the Missing Pet Network at www.missingpet.net

Basic Safety Tips

- ➔ Don't leave your dog unattended in a car - especially in hot weather. Even with the windows open, a car can heat up like an oven in minutes. Hundreds of animals die in cars each year.
- ➔ Make sure your dog always has free access to water - inside the house and out.
- ➔ Before you let your dog in a yard, make sure the fence is secure. And keep watch!
- ➔ Unattended dogs can eventually dig under or climb/jump over fences, and can get injured or disturb neighbors.
- ➔ Keep your pets off the grass if you've just applied weed killer. They may lick their paws and get ill.
- ➔ Avoid heatstroke: don't leave your dog outside for long periods on a hot day. Some breeds are particularly sensitive to heat. When outside, a dog must always have a shady shelter and access to water.
- ➔ Use sunscreen on dogs with extremely short hair (this is especially true for all-white dogs where you can see the pink skin underneath)

- ➔ Don't chain dogs up. Chains and ropes cause injuries, and a chained dog cannot protect himself from stray animals. Chaining creates frustration that leads to aggression and other behavioral problems.
- ➔ Antifreeze kills - and unfortunately its taste appeals to pets. Tightly close and store all containers away from pets, and watch for puddles when you're walking your dog.
- ➔ Do not transport your dog un-tethered in the back of a pickup truck. Hundreds of dogs die each year from falling out of trucks. Also, dogs get head and eye injuries from sticking heads out car windows.
- ➔ Shield electrical wires and plug outlets in your home.
- ➔ Store cleaning products high or behind latched doors. Equip cabinet doors with child-proof latches.
- ➔ Don't let pets drink from a toilet that has freshener in the tank or bowl. The chemicals are toxic.
- ➔ Even a small amount of chocolate can poison and kill your dog, and dogs can detect its scent through wrappings and paper. Keep it away from your dog.
- ➔ Unless prescribed by your vet, don't give human medications like aspirin to your dog.
- ➔ Identify and move toxic plants out of reach.

Poisonous Plants

According to the National Animal Poison Control Center and other sources, some toxic plants include:

Aloe Vera	Cycads	Kalanchoe (Panda Bear Plant)
Amaryllis	Cyclamen	Lily of the Valley & other lily plants
Apple seeds	Daffodil	Marijuana
Apricot pit	Dieffenbachia & Dumb cane	Mistletoe
Asparagus fern	Dracaena	Morning Glory
Avocado - fruit and pit	Dragon tree Easter Lily	Narcissus
Azalea	Elephant Ears	Peach (pits and wilting leaves)
Baby's breath	English Ivy	Philodendron (entire plant)
Bird of Paradise	Fiddle-leaf fig	Plumosa Fern
Bittersweet	Foxglove (Digitalis)	Poinsetta (low toxicity)
Boxwood	Geranium	Poison Ivy
Buckeye	Ivy - Branching, Devil's, English, German, Glacier,	Poison Oak
Caladium	Needlepoint	Primrose (Primula)
Calla Lily	Hibiscus	Rhododendron
Carnation	Holly	Sago Palm
	Hurricane Plant	Schefflera

Chinaberry Tree	Hyacinth bulbs	Taro Vine
Chinese evergreen	Hydrangea	Tomato Plant (all parts except ripe fruit)
Clematis	Nightshade	Wisteria seeds
Cordatum	Oleander	Yew
Corn plant	Onion	
Cornstalk Plant	Indian Rubber Plant	
Croton	Jerusalem Cherry	

Dog-Proofing

- ➔ **Fences.** Check carefully for gaps, loose boards or bent bottom edges. Fix problems immediately. Move any woodpiles away from the fence so your dog can't use them as a ladder. Can your dog jump, climb, or dig under the fence? Or break through the pickets? If there's a way to escape, a dog will find it - either to chase other animals, go after passers-by, or to look for company. So don't leave your dog in the yard unattended.
- ➔ **Electric/invisible fences.** Convenient - but risky. The shocks can be unhealthy. When the power fails, your dog may run off - subjecting the dog to injury, and subjecting you to a liability claim. Also, many dogs would rather be shocked than miss the chance to chase a squirrel (and they soon learn the shock stops after passing the barrier). Electric fences do not keep animal or human intruders out. Consult with a trainer who is knowledgeable about perimeter training if you decide to use an electric/invisible fence.
- ➔ **Gate latches.** Can someone enter your yard or release your dog? Can your dog open the latch?
- ➔ **Screen doors.** A dog can easily kick open or tear through screen doors.
- ➔ **Doggie doors.** Block the door when you are not at home or cannot supervise your dog. Remember that other critters, such as raccoons, can use a doggie door to get into food or trash.
- ➔ **Stairs.** Block open stairs/railings using baby or puppy gates.

Travel Tips

- ➔ Make sure your dog's flat collar is secure and that the ID tag is, too.
- ➔ Bring your dog's leash, food, bowls, toys, brush, flea comb, towels - and lots of paper towels.
- ➔ Pack a copy of medical records, including rabies certificate (make an extra copy for your glove box). This will help in case you board your dog during your trip.
- ➔ Make sure your dog receives a bordatella vaccine prior to boarding.

- ➔ Pack heartworm pills and any other medication, plus a first aid kit including tweezers to remove ticks.
- ➔ Pack lots of ice - a treat for the dog, plus it melts down into water.
- ➔ Cut back on food starting the evening before a long drive, and avoid feeding 2 to 3 hours before leaving town, to reduce the chances of your dog becoming car-sick.
- ➔ For the car ride, use a doggie seat belt or confine in a crate.
- ➔ Don't leave your dog alone in a car.
- ➔ Be careful about leaving your dog in a hotel room alone, since she may bark or howl. Sometimes it's best to use a local kennel or doggie daycare facility.
- ➔ Don't bring your dog to places unless you know dogs are allowed.
- ➔ If you're traveling across borders, obtain a health certificate in advance.

Books, Web Sites & Other Resources

- *The Culture Clash and Dogs Are From Neptune* - both by Jean Donaldson
- *Don't Shoot the Dog and Clicker Training for Dogs* - both by Karen Pryor
- *Aggression in Dogs* - by Brenda Aloff
- *The Dog Who Loved Too Much* and *Dogs Behaving Badly* - both by Dr. Nicholas Dodman
- *The Complete Idiot's Guide to Getting and Owning a Dog* - by Sheila Webster Boneham
- *Choosing and Caring for a Shelter Dog: A Complete Guide* - by Bob Christiansen

For young people

- *A Kid's Best Friend* - by Maya Ajmera and Alex Fisher
- *Dog Training for Kids* - by Carol Lea Benjamin (Ages 9-12)
- *SuperPuppy: How to Raise the Best Dog You'll Ever Have!* - by Peter J. Vollmer (Ages 9-12)
- <http://www.kidsanddogs.bravepages.com> - A Kid's Guide to Dog Care
- <http://www.avma.org/careforanimals/kidscorner/default.asp> - Great info and activities for kids
- <http://www.healthypet.com/Library/index.html> - American Animal Hospital Association page
- <http://www.dog-play.com> - Agility, therapy and other fun activities for you and your dog
- <http://www.rescuecritters.com/cpr.html> - Pet CRP
- www.dogfriendly.com - Travel tips and places to go with your dog

Phone Hotlines

- ASPCA Ani-Med 888-721-9100
- ASPCA Animal Poison Control Center 888-426-4435
National Animal Poison Control Center 800-548-2423

NOTES: