

HuMane

FORT WAYNE



DOG OWNER'S GUIDE

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When pets have safe, forever homes, they thrive. And with their loving companionship, so do we.

At Humane Fort Wayne, we work tirelessly for the benefit of pets and the people who love them. Everything we do—from adoption and retention programs, to wellness services, community outreach and education—helps to promote their happiness and well-being.

From our staff, to our members, to our volunteers—we are Humane Fort Wayne.

We're for people. We're for pets. **We're for Love, Unleashed.**

Our Shelter

We take in animals from all kinds of circumstances. Once they enter our care, we provide medical and/or rehabilitation services, behavioral assessments, and of course, lots of love and attention to prepare them for their adoption! Each pet available for adoption is spayed or neutered, current on all vaccines, has been given the current month's flea & tick preventative, and is microchipped.

In addition to our adoption and clinic services, we also provide a variety of programs to help pets and the people who love them. From fostering to In-Home Services, our outreach programs provide supplies and assistance during difficult times—keeping pets in their homes.

Our Clinic

Humane Fort Wayne is here for your pets every step of the way. We offer low-cost clinic services including vaccinations, spay/neuter, online pharmacy and more!

Get Involved

Passionate about pets? Visit our website, www.HumaneFW.org, to learn how you can become a Humane Fort Wayne Volunteer.

Your New Dog

Congratulations! We are happy and thankful that you have decided to adopt a new dog from our shelter. We want to help make this transition as easy as possible so that you and your new dog can spend the rest of your lives together. You can always contact Humane Fort Wayne for questions, or consult this book which has many tips and suggestions to help you get started.

The First Day Home / Supplies You'll Need: Leash and Collar, Food, Water, Bed, Toys

Now that you have committed to a new furry family member, you need to remember that this can be a stressful and exciting time for everyone involved, including your dog. Your dog has probably been through a lot and will need some time to adjust. The first day home should be spent allowing your dog to get used to their new space. It could take days or even months for them to get used to you and your home. Let them go at their own pace. Establishing a routine will ensure no surprises and will help your dog adjust quickly.

Decompress For Success

Adopting a new dog is all about changes for both of you. Make the first few weeks fun, stress-free, and build a foundation for a lasting relationship by following these steps.

- 1 **Routine:** Dogs crave predictability. Stick to the same things when feeding, walking, training, and leaving the house.
- 2 **Privacy:** Dogs, like people, need time to themselves. Create a spot with a crate or mat. Call your dog to leave their space, rather than invading their space.
- 3 **Positive Socialization:** Limit interactions with new people, places, and things. Let your dog explore gradually in short sessions. Build positive associations.
- 4 **Train At Home First:** Start positive reinforcement training at home for a distraction-free setting. This is the fastest, clearest way to establish communication.
- 5 **Train With Food:** Shift calories out of the food bowl and use in short (5 minute) training sessions. Spread training sessions throughout the day, including reinforcing loose leash walking.
- 6 **Avoid Leash Greetings:** Meeting other dogs can be stressful. Dogs don't always like each other. Limit or avoid greetings until you learn more about how your dog shows unease.
- 7 **Observe Your Dog:** When your dog is relaxed, what do their ears, mouth, tail position, and entire body look like? Learn your dog's body language to know when your dog is concerned and to identify triggers.
- 8 **Let Your Dog Initiate Contact:** Let your dog initiate contact with people. Never force an interaction. If your dog solicits attention, pet on the chest, not on top of the head.
- 9 **Have Fun With Your Dog:** Playing, feeding, walking, and interacting with your new dog builds a lasting bond. Take it easy the first month and get to know each other before widening the circle. After all, you have a lifetime together!

Rule of Three When adopting a dog		
3 Days  Your new dog is trying to figure out their new home and family.	3 Weeks  They have figured out they will live with you and start a routine.	3 Months  Your dog has become a part of the family. Welcome home!
Give the dog time to adjust! Don't throw in the towel. Enjoy your new best friend!		

Post Spay/Neuter Instructions

Your new dog has undergone major surgery and anesthesia. Listed below are a few helpful tips to make your dog's recovery easier for both of you.

- 1 Keep your pet quiet for 7-14 days following surgery.
- 2 Discourage vigorous exercise and play for the next 7-14 days. Normal exercise can be encouraged following this time period.
- 3 DO NOT allow your pet to lick, scratch, or chew its incision. If you see your pet doing this, use an Elizabethan Collar (e-collar) for 10-14 days as necessary. Collars are available at most pet stores and your vet clinic.
- 4 The surgery incision is either glued or has internal sutures. No sutures will need to be removed unless informed otherwise.
- 5 Check the incision site twice daily. EXPECT SWELLING AND/OR BRUISING or a hard lump at the incision site. This is a normal reaction to the absorbable suture material. Swelling should disappear in 2 weeks.
If any bleeding or discharge from the incision occurs, please call your vet clinic or Humane Fort Wayne for instructions.
- 6 Keep the incision dry for 2 weeks after surgery. NO BATHING OR SWIMMING. DO NOT use alcohol or peroxide to clean the incision.
- 7 DO NOT give your pet aspirin or Tylenol. It can be toxic or fatal. Pain medication is available, if needed, by prescription only at your vet.
- 8 Some coughing may occur up to three days post-op due to intubation (the process of inserting a tube into the mouth and then into the airway).
- 9 If these instructions are not followed, the incision might open up which requires further treatment.

**If you have any questions or concerns, please contact your veterinarian or Humane Fort Wayne. HUMANE FORT WAYNE IS NOT A 24 HOUR CARE FACILITY, NOR IS IT A FULL SERVICE VETERINARY CLINIC.*

**Humane Fort Wayne will not be responsible for any medical care and/or expenses once the Adoption Contract and Release have been signed and the pet is sent home with the new owners.*



Kennel Cough

In a shelter, all of the animals are exposed to one another, and some have not received proper health care before or are already carrying infectious diseases when they come in. Canine Kennel Cough is the dog equivalent of a human respiratory infection, and is often found in shelter dogs due to their close contact. It is species specific so it can't affect humans. Kennel cough is normally a mild disease that can be easily treated. However, if left untreated, it's debilitating and can lead to pneumonia.

Signs that your new dog or puppy may have kennel cough may include a hacking or honking cough, which may be followed by gagging, or just a runny nose. If you notice your new dog showing these symptoms, seek veterinary care as soon as possible, especially for puppies or adult pets that stop eating.

To help your pet get well quickly, follow your veterinarian's instructions closely. Use any medications exactly as prescribed, even if you think your pet is getting better. Have your pet rest as much as possible in a quiet space. Gently wipe any discharge from your pet's eyes and nose with a warm, damp towel.

This is not a good time to introduce your new pet to family members and other pets. Give your pet lots of love and be patient. Your new companion will be able to integrate into your family once they're feeling better.

Rabies & Yearly Vaccinations

Establishing a vet for your new dog is essential to keeping your pet happy and healthy. It is a requirement of adoption that your dog makes at least one yearly visit to the vet. This will allow your vet to check your dog's overall health, and can provide your dog with its yearly required vaccinations.

The state of Indiana requires a 1 year or 3 year rabies vaccination for your dog. Per our Adoption Contract, your dog will also need to stay up to date on Heartworm testing, Heartworm preventatives, and Flea preventatives. Set a reminder now to talk to your vet about the vaccinations and preventatives your dog needs at their 10 Day Vet Check!

The City of Fort Wayne also requires that all dogs living within the city limits are registered with Fort Wayne Animal Care & Control. If you chose a yearly registration for your dog upon adoption, make sure to register your dog again in 1 year.



Introducing Your New Dog to Your Resident Dog

Proper introductions are important to help dogs adjust to one another and start to build their relationship. If you have a dog at home, here are a few tips to introduce your new dog:

Choose a Neutral Location: Introduce the dogs in a neutral location so that your resident dog is less likely to view the newcomer as an intruder. Each dog should be handled by a separate person. With both dogs on leash, take them to an area with which neither is familiar (a park, neighbor's yard, or going for a walk together). If you have more than one resident dog in your household, it is best to introduce the resident dogs to the new dog one dog at a time. Two or more resident dogs may have the tendency to "gang up" on the newcomer.

Use Positive Reinforcement: From the first time meeting, you want both dogs to expect "good things" to happen when they're in each other's presence. While keeping the leashes loose, let them sniff each other. As they do, talk to them in a happy, friendly tone of voice. After a short time, get both dogs' attention and give each dog a treat in return for obeying a simple command, like "sit". 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 their front legs on the ground and their 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 escalation in response, including hair standing up on the 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 gently getting each dog interested in something else. For example, both handlers can call their dog 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 a greater distance from each other.

Taking the Dogs Home: When the dogs seem to be tolerating each other without fearful or aggressive responses and the investigative greeting behaviors have tapered off, you can take them home.

Once Home: Do not leave the dogs alone until you are confident they get along.

Puppies and Adult Dogs

Puppies usually pester adult dogs, and before the age of four months, may not be able to recognize subtle body postures from adult dogs signaling 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. 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 some individual attention, too!

Introducing Your New Dog to Your Resident Cat

Dogs and cats can usually live together peacefully, although creating a harmonious blended family requires planning, patience, and careful guidance on your part. Remember that a dog can kill a cat very easily, even if they are only playing, so ensuring you take proper step to introduce your pets is crucial.

Before you bring your new dog home, do the following for your resident cat:

- Create a safe place/room for your cat that your dog cannot access. Your cat should have a safe location in every room, even if it is only the top of a bookcase.
- Put your cat's litter box in a safe area. Many dogs eat cat feces, and if the dog ambushes the cat in the litter box, the cat may become afraid to use the litter box and relieve themselves somewhere else in the house.
- Keep the cat's food and water dishes in a safe area as well.

If you are introducing a dog to a household with a kitten, use extra caution. A kitten is more likely to be injured by a young, energetic dog.

First Day/Week Introductions

Put your cat in their safe space and let the dog roam the house for 30-45 minutes. This allows the dog to "meet" the cat by smell only. Then, take your dog for a walk and allow your cat to roam the house, so that your cat may "meet" your new dog by smell only.

When you return from your walk, keep your new dog on a short leash. This will allow you to correct your dog if they see your resident cat. Your cat's first reaction to your new dog will likely be to hiss and/or run and hide. This is normal! Do not allow your dog to bolt after your cat. Keep them separated for now, until they are comfortable for meeting face-to-face.

Eating

For the first week or two, have your cat and new dog eat on opposite sides of the door to the cat's safe place/room. This will establish a positive association with each other's smells. Don't put the food so close to the door that the cats get too upset to eat. Gradually move the bowls closer to the door until they can both eat calmly.

Smell

Switch blankets or beds between your cat and your new dog so they can get used to each other's scent. You can also rub a towel on your new dog and put it underneath the food bowl of your cat. This step can be done with all pets in the home.

Greetings From a Distance

As your new dog and cat see each other in the home, let them check each other out from a distance. Talk to them soothingly, and reward them with treats and praise for good behavior. Once your dog (on leash) and cat can be in the same room together, you are ready to start face-to-face interactions.

Face-to-Face Introductions

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, you can attempt a face-to-face introduction in a controlled manner.

If your dog doesn't already know commands, "Sit," "Down," "Come," and "Stay," you should begin working on them. This will help keep your dog calm in your new cat's presence.

Put your dog's leash on, and using treats, have them sit or lie down and stay. Have a family member or friend enter the room and quietly sit next to your new cat, but don't have them physically restrain the cat. Have this person offer your cat some special treats or catnip to make them feel more comfortable. At first, the cat and dogs should be on opposite sides of the room. Remember, many of short visits are better than a few long visits. Don't drag out the visits 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.

Next, allow your cat freedom to explore at their own pace, with the dog still on-leash and in a "down stay." Meanwhile, keep giving your dog treats and praise for their calm behavior. If your cat runs away or becomes aggressive, you're progressing too fast. Go back to the previous introduction steps.

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, high perches, 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.



Enrichment in Your Dog's Life

Taking care of your dog's physical and mental enrichment is a large part of being a pet owner. Dogs that get enough mental and physical exercise are happier and healthier, and happier and healthier dogs are less likely to have behavioral issues.

Examples of good physical and mental enrichment include:

- 1 Walking, running, and hiking. Two 15 minute walks per day can make a huge difference. Remember to allow your dog stop to sniff. Letting your dog use their nose is perfect mental enrichment!
- 2 Playing fetch or playing with toys for just a few times per day is both great physical and mental enrichment for your dog.
- 3 Swimming is a fun way for dogs to expend their energy, and it's easy on their joints. Make sure your dog is safe and use a lifejacket!
- 4 Doggie Daycare can be a good option for dogs who are left alone for long periods of time. This option, however, doesn't work for every owner OR every dog.
- 5 Dog sports, such as scent work or nose work, urban herding, rally obedience, flyball, barkour, doggie dancing, dock diving, or agility can be something to consider for your dog!
- 6 Keep your dog busy with puzzle toys that make them use their brain in order to find a tasty treat. These should be used for a fun mealtime! Expanding mental energy can be just as tiring as physical exercise.
- 7 Create Search or Find-It Games by hiding treats around your house or tossing them into tall grass. It's a great way to engage your dog's sense of smell.
- 8 Training your dog at home for five minutes per day or taking them to a group class can help to enrich your dog both mentally and physically.



Training

Training your dog should begin early, no matter how old your new dog is. Socializing dogs is crucial to their development and will help you to have a well-rounded pet. Talking to, playing, and touching your dog can help them to become more socialized. Clicker training is a great form of positive reinforcement that can help teach your dog manners and even relieve stress.

Positive Reinforcement

Positive reinforcement training is rewarding the behaviors you like and ignoring the behaviors you do not like. In this type of training, you do not punish your dog for their behavior; instead, you teach them appropriate ways to behave. This type of training is recommended because it develops the dog's self-control and self-confidence, and it establishes a trusting relationship between you and your dog.

Positive reinforcement motivates and encourages your dog, and should be fun for both of you! Rewards can come in the form of treats, praise, touch, or whatever else your new dog enjoys. Because the reward makes them more likely to repeat the behavior, positive reinforcement is one of your most powerful tools for shaping your dog's behavior.

Basic Guidelines

Timing: Correct timing is essential when using positive reinforcement. The reward must occur immediately (within seconds) or your pet may not associate it with the proper action. For example, if you have your dog sit but reward them after they've stood back up, they'll think they're being rewarded for standing.

Keep it Short: Dog's don't understand sentences. In fact, dogs learn first from our body language, so work on luring your dog into doing the behavior first with a hand cue before asking them with a word. Once they have figured out the behavior, start adding the word in a calm voice. Keep commands short and uncomplicated, such as, "Sit," "Stay," "Down," "Off," etc.

Consistency is Key: Everyone in the family should use the same commands; otherwise, your dog may get confused. Consistency also means rewarding the desired behavior and never rewarding undesired behavior.

When to Use Positive Reinforcement

Be careful that you don't inadvertently use positive reinforcement to reward unwanted behaviors! For example, if you let your dog outside every time they bark at a noise in the neighborhood, you're giving them a reward (access to the yard) for behavior you want to discourage.

Puppy Socialization Checklist

The first 16 weeks of a puppy's life are the most critical time for socialization. During this time dogs are more accepting of new environments and experiences. Puppy-hood is a time to be proactive and prevent problem behaviors from developing.

Keep in mind:

- Exposure alone is not socialization
- Your dog is the one who determines if an interaction or experience was positive. Not you!
- NEVER force your dog into an interaction

People

- Women
- Men
- Infants
- Toddlers
- Teenagers
- People with deep voices
- Elderly
- Delivery people
- People with hats, helmets
- People with canes, walkers, wheelchairs
- Joggers
- Bicyclists

Animals

- Small dogs
- Large dogs
- Fluffy dogs
- Young dogs
- Old dogs
- Male dogs
- Female dogs
- Cats and kittens
- Birds
- Horses
- Cows
- Sheep
- Chickens

Environments

- Vet
- Car
- Parks
- Playgrounds
- Elevators
- Stairs
- Stores
- Crowds
- Tile
- Wood
- Grass
- Sand
- Carpet
- Gravel
- Puddles
- Mud
- Bridges

Handling

- Ears
- Tail
- Paws, toenails
- Brushed
- Bathed
- Teeth check, brushed
- Cleaning eyes
- Wearing collar, harness
- Dried off

Training Resources

All About the Dog

www.allaboutthedog.us
Janis Crary • (260) 433-2212

Polite Paws

www.politepawswfw.com
(260) 602-7311

My Best Friend Dog Training

(In-Home Classes)
www.mybestfrienddogtraining.com
Judy • (260) 238-3073
Marjorie • (260) 456-5255

Fort Wayne Obedience Training Club

www.fwotc.com
(260) 637-2121

Better Behavior Consultants

www.betterbehaviorconsultants.com
(260) 691-0103

Green Dog Goods

www.greendoggoods.com
(260) 483-1267

PetSmart

1760 Apple Glen Blvd
(260) 436-7323

10260 Maysville Rd
(260) 486-6151

10035 Lima Rd
(260) 489-0870

Perfect Potty Training Tips

When do I bring my new puppy outside to go potty? Immediately after:

- Eating
- Playing
- Sleeping

Don't:

- Punish your dog for an accident. Do not rub their nose in it, yell, or get angry.
- Never leave your potty training pup unsupervised!

Do:

- Reward your dog for generously going in the correct place (outside or potty pad).
- Clean up accidents immediately using an enzymatic cleaner.
- Keep your puppy supervised at all times.
- Keep your puppy on a regular schedule. It will be easier for your puppy and you!

Children and Dogs

Owning a dog can be a wonderful experience for all family members, especially children. Dogs can enhance a child's self-esteem, teach them responsibility and help them learn empathy. However, children and dogs may not always automatically start off with a perfect relationship. Parents must be willing to teach both the dog and their children acceptable limits of behavior in order to make their interactions pleasant and safe. Visit www.TheFamilyDog.com for more information.

Below are some guidelines to help you start off on the right foot.

Remember, children should never be left alone with a dog or puppy without adult supervision.

Petting and Giving Affection

Children often want to hug dogs around the neck, but dogs can see this gesture as a threat, and may react with a growl, snap, or bite. Teach your child to pet the dog under their chin rather than hugging them reaching over their head. You should also teach them to avoid staring at, or looking directly into your dog's eyes.

Holding Puppies and Small Dogs

It's safest for both your child and puppy if your child is sitting down whenever holding the puppy. Puppies are squirmy and wiggly and may easily fall out of a young child's arms and become injured. If held insecurely, a puppy may become frightened and snap or nip in response. Instead, have your child sit and offer the puppy a toy to chew while being petted. This will help divert the puppy's teething mouth away from your child's hands and arms. This will also teach your puppy pleasant consequences (getting a toy) with being held by your child.

Holding Medium and Large Dogs

For larger dogs, have your child sit in your lap and let the dog approach both of you. This will allow you to control your child and not let them get carried away with pats that are too rough. You are also there to teach your new dog to treat your child gently.



Supervising Play

Children running, jerky movements, and high-pitched voices can be very stimulating for a dog, which may lead them to chase or jump on your child. Encourage your child to play quietly around your new dog until they become more comfortable with each other. Your dog also needs to learn what behaviors are acceptable and which ones aren't. It's helpful to teach your dog a "leave it" command for when play gets too rough. Punishing your dog for inappropriate behavior will not help; in fact, it may reinforce that being around your child results in "bad things", which may make your dog become defensive in their presence.

Possessions

Your dog won't know the difference between their toys and your child's toys until you teach them. Your child must take responsibility to keep their toys out of the dog's reach. If you catch your dog chewing on something they shouldn't, interrupt the behavior with a loud noise, then give them an acceptable chew toy and praise them when they take the toy in their mouth. Don't confuse your dog by giving them objects to play with that closely resemble things that are off limits, such as old socks, old shoes, or old children's toys. Dogs can also be possessive of their food, toys, and space. Although it's normal for a dog to growl or snap to protect these things, it's not acceptable. At the same time, children need to learn to respect their dog.

Dog Bite Warning Signs

Knowing why dogs bite and what to do to keep yourself safe is important. Dogs may bite for the following reasons:

- Fear or Surprise
- Excitement
- Pain or Sickness
- Protecting Property

Watch and listen for the warnings that a dog will give you to let you know when they are upset. If their ears are laid back against their head, their legs are very stiff and/or the hair on their back is standing up, it is probably a warning that the dog feels threatened. If a dog is growling or barking with their teeth showing, it may mean they are ready to bite. A dog's warning signs mean that you are doing something the dog does not like, so stop!

If you think a dog is about to bite you:

- Freeze and look at the ground
- Count to five, slowly and silently
- Move away very slowly, sideways or backwards
- If the dog jumps on you, act like a rock by curling up into a ball and covering your face and head with your arms

Do NOT:

- Stare at the dog
- Run, jump, or wave your arms around
- Scream
- Throw anything at the dog or hit the dog

Separation Anxiety

Dogs with separation anxiety exhibit problems when they are left alone. Usually, their anxiety response will occur within 20-45 minutes after their owners leave. The most common behaviors are: digging/chewing/scratching at doors and windows, howling/barking/crying, and urination and defecation (even with housetrained dogs).

What to Do

If you suspect that your dog may have separation anxiety, you should have a discussion with your vet to see what they recommend.

For a minor separation anxiety problem, the following techniques should be helpful. For more severe problems, these techniques should be used with the desensitization process described in the next section.

- 1 Keep arrivals low key. You can try ignoring your dog at first and then petting them when they calm down.
- 2 Give your dog an article of clothing that smells like you, such as an old shirt you slept in recently.
- 3 Establish a “safety cue” – a word/action that you use every time you leave to let your dog know you’ll be back. Dogs usually learn to associate certain cues with short absences of their owners. For example, when you take out the trash, your dog knows that you’ll be right back and won’t get anxious. Therefore, establishing a safety cue for practice departures and short-duration absences is helpful. Some examples of safety cues are: leaving a radio or television on, or giving them a safe toy or bone. A bone may be a good choice for a dog that is destructive. Don’t use the safety cue for an absence that will be longer than your dog can tolerate.

Why Do Dogs Suffer from Separation Anxiety?

While it’s not fully understood why some dogs have dramatic responses, these behaviors are not your dog’s attempt to punish you for leaving them alone. It is simply a panic response.

Separation Anxiety sometimes occurs when:

- 1 A dog has never or rarely been left alone
- 2 The owner is away from the dog for an extended period, such as a vacation
- 3 After a traumatic event, such as spending time at a shelter or boarding kennel
- 4 There is a change in the family’s routine or structure (change in work schedule, a child goes to college, moving to a new home, new pet or person in the house, etc.)

How Do I Know if My Dog has Separation Anxiety?

Your dog most likely has separation anxiety if most, or all, of the following statements are true:

- 1 The behavior always occurs when your dog is left alone, no matter how long.
- 2 Your dog follows you from room to room.
- 3 Your dog displays frantic greeting behaviors.
- 4 Your dog reacts with excitement, depression, or anxiety as you prepare to leave.
- 5 Your dog dislikes spending time outdoors alone.

Desensitization Techniques

The primary treatment for more severe separation anxiety is a systematic process of getting your dog used to being alone. You must teach your dog to remain calm during practice departures and short absences. Here is a recommended procedure:

- 1 Begin by engaging in your normal departure activities (getting your keys, putting on your coat, etc.), then sit back down. Repeat this step until your dog shows no signs of distress.
- 2 Next, engage in your normal departure routine: go to the door, open it, and then sit back down.
- 3 Step outside the door, leaving it open, and then return.
- 4 Finally, step outside, close the door, and immediately return. Slowly get your dog accustomed to being alone with the door closed for several seconds.
- 5 Proceed very gradually from step to step, repeating each step until your dog shows no signs of distress. If your dog begins to show signs of anxiety, you have moved too quickly. Return to the previous step and repeat until your dog seems comfortable. Then continue to the next step.
- 6 When your dog is tolerating being alone behind the door, begin short-duration absences. Give your dog a verbal cue ("I'll be back" for example), leave and then return within a minute. Your return should be low key: ignore your dog or greet them quietly. Repeat until your dog shows no signs of distress. Gradually increase the length of time you're gone. Practice as many absences as possible that last less than ten minutes. You can do multiple during one day if your dog calms down sufficiently between departures.
- 7 Once your dog can handle short absences (30 – 90 minutes), they'll usually be able to handle longer intervals alone. The hard part is the beginning, but it gets easier as you go. However, you must go slowly in the beginning. How long this process takes depends on the severity of the problem.

Interim Solutions

Because these treatments can take a while, these are some suggestions to help in the short term:

- 1 Practice the Sit-Stay and Down-Stay exercises with your dog. Gradually increase the distance you move away from your dog. Your goal is to move out of your dog's sight while they remain in the "stay" position, and teaching your dog to remain calm when you move to another place. As you progress, you can practice this during normal daily activities. For example, if you want to get up from the couch for a snack, tell your dog to stay. When you come back, praise them and give them a treat.
- 2 Talk to your vet about anti-anxiety medications.
- 3 Take your dog to a day care facility/boarding kennel, or leave with a family member or neighbor.
- 4 Take your dog to work with you, even for a half day, if possible.

What Not To Do for Separation Anxiety

- 1 Punishment is not effective for dealing with separation anxiety. It can actually make things worse.
- 2 Crating your dog will not stop your dog from feeling anxious. Your dog may even injure themselves by trying to escape.
- 3 Obedience school. While obedience training is always a good idea, it won't fix a separation anxiety problem since it is a panic response.

Destructive Chewing

It is normal for dogs to chew, especially puppies who are teething. However, until you teach them what items are appropriate to chew on, you need to know how to manage your dog's attempts to chew on your personal items.

Managing the Situation

Take responsibility for your own items and keep them out of your dog's reach. Don't confuse your dog by offering them things such as shoes or socks and then expect them to know the difference between shoes they can and can't chew. Dog toys should be obviously different from household items. Until they learn, confine your dog when you can't keep an eye on them. Have your dog go to obedience training to learn commands, such as "leave it". Classes may also help by burning off some of your dog's excess energy.

If you actually catch your dog in the act of chewing on something they shouldn't be, interrupt the behavior with a loud noise and offer an acceptable chew toy. Be realistic with your expectations, as well. Chances are, your dog will, at some point, chew on something you care about. This is often a part of a dog's transition into a new home. Dogs will engage in destructive behavior for many reasons. To deal with this behavior, you must determine the reason why your dog is being destructive.

Play, Boredom, and/or Social Isolation

Normal playing for dogs can result in destruction since it may involve digging, chewing, shredding, and/or shaking toy-like objects.

Your dog may be chewing for entertainment if:

- 1 They are left alone for long periods of time without interaction.
- 2 Their environment is barren without playmates or toys.
- 3 You have a puppy or young dog less than 3 years of age and they don't have other outlets for their energy.
- 4 You have a very active type of dog who needs an active lifestyle to be happy.

Solutions:

- 1 Play with your dog daily.
- 2 Go on walks. These walks should be longer than just allowing your dog to go to the bathroom.
- 3 Increase your dog's opportunities to be mentally stimulated. Teach them new commands and tricks.
- 4 Provide many toys. Rotate out the toys so your dog doesn't lose interest. Try different types of toys, but make sure to watch your dog so they don't tear them up and eat the pieces. You can also try toys that can be stuffed with food so that your dog focuses on these toys instead of unacceptable objects.
- 5 Make your dog's favorite unacceptable objects unattractive by covering them with heavy plastic, aluminum foil, hot pepper sauce, or a commercial "anti-chew" product.
- 6 Consider a doggie daycare program for a few days a week to work out some of your dog's excess energy.

Chewing Behaviors from Separation Anxiety & Fears/Phobias

We often pay more attention to our dogs when they are misbehaving. From a dog's perspective, negative attention is better than no attention at all. So, to get your attention, sometimes dogs will chew on unacceptable objects.

Attention-Seeking Behavior

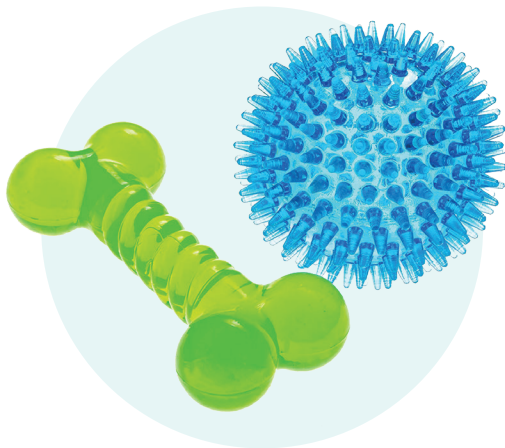
In order to get your attention, dogs may dig, chew, shred, and/or shake toy-like objects.

Solutions:

- 1 Make sure your dog receives plenty of positive attention every day. This includes playing, walking, grooming, or just petting.
- 2 Ignore bad behavior (as much as possible) and reward only good behavior. Remember to praise your dog when they play with appropriate toys.
- 3 Make your dog's favorite off-limits chew objects unavailable or unattractive.
- 4 Teach your dog a "drop it" command so when they pick up an off-limits object, you can instead praise them for dropping it after you say the command. The best way to teach this type of command is to offer food and exchange it for their toy.
- 5 Practice "Nothing in Life is Free" with your dog. This gets your dog in the habit of listening to your commands and this also ensures your dog gets lots of positive attention for doing the right things. Start by using positive reinforcement methods to teach your dog some behaviors and/or tricks, such as sit, down, stay, shake, speak, or roll over. Once your dog has learned some of these things, you can begin to practice "Nothing in Life is Free." Before giving your dog anything (food, treats, a walk, or a pat on the head) they must perform one of the behaviors they have learned when you ask. Once you've given the cue, wait until your dog does what you want before you reward them. If your dog refuses to perform the desired behavior, walk away and try again in a couple minutes. If your dog still won't do it, be patient and know that eventually your dog will do it. Don't always ask for the same behavior. Make it vary so your dog is waiting for the cue and is focused on you. As a dog succeeds in learning new behaviors, they become more confident and less stressed. It encourages good behaviors with guidance that your dog needs, and it's a gentle way to build healthy communication between you and your dog.
- 6 Increase your dog's opportunities to be mentally stimulated. Teach them new commands and tricks.

Chewing Behaviors from Separation Anxiety & Fears/Phobias

Never punish your dog after they have already finished chewing on something they shouldn't have. Your dog will not understand why they are being punished, and instead, will become fearful of you.



Housetraining Your Dog

Housetraining a puppy or adult dog can take time, patience, and commitment, but it will help to minimize house soiling incidents. If you are very consistent with the housetraining procedures, your dog will quickly learn the acceptable behaviors. It may take several weeks to housetrain your dog and even longer for some smaller breeds. A dog can be considered housetrained when they have not had any accidents for two to three months.

Adult dogs in shelters were probably housetrained by their previous owners, but while at the shelter, they may not have had enough opportunities to go outside and soiled their kennel areas. This can weaken housetraining habits. Your new dog must learn to adjust to you and your routine. You must also try to work with your dog to learn their “bathroom” signal so you know when to let them out. Therefore, for the first few weeks you should assume that your new dog has not been housetrained and start at the beginning. If your dog was previously housetrained, this process should go quickly. It will also go much smoother if you take steps to prevent accidents and remind your dog where they are supposed to eliminate.

Establish a Routine

Take your dog out at the same times every day. For example, when your dog first wakes up in the morning, when you get home from work, and before going to bed. Puppies will do best if they are taken outside on a consistent and frequent schedule, such as after napping, playing, and eating. Praise your dog when they eliminate outside. You can even give them a treat. However, this must be done immediately so your dog knows what they are being praised for. Choose a location not too far from the door for the bathroom spot. Take your dog, on leash, to the bathroom spot immediately. Play and walk with your dog only after they eliminate.

If you clean up an accident in the house, leave the soiled rags or paper towels in the bathroom spot so your dog will recognize the smell as a place where they should go. While your dog is eliminating, use a word/phrase like “go potty” that you can eventually use before they go outside to remind them of what they should be doing. Feeding your dog on a set schedule, once or twice a day can help with regular eliminations.

Supervision and Confinement

Don't give your dog an opportunity to soil in the house. You should watch your dog at all times when they are indoors. You can use a leash or baby gates to keep them near you. Watch for signs that they need to eliminate, such as sniffing around or circling. If you see these signs, take them outside to the bathroom spot. If your dog eliminates, praise them!

When you're unable to watch your dog closely, they should be confined to an area small enough that they won't want to eliminate there. It should be just big enough for them to comfortably stand, lie down, and turn around. This could be a bathroom or laundry room blocked off with a gate. A crate could also be an option. If your dog has spent several hours in confinement, when you let them out, take them directly to the bathroom spot and praise them when they eliminate.

Accidents

Most dogs, at some point, will have an accident in the house. This should be expected, as it can be a normal part of your dog adjusting to their new home. If you catch your dog in the act of going inside the house, make a noise to interrupt them (be careful not to scare your dog). Immediately take them to the bathroom spot outside and then praise them as they finish eliminating there. Do not punish your dog for eliminating in the house. Punishment after the fact will only make things worse. Simply clean up the mess.

Other Types of House Soiling Problems

If you have consistently worked with your dog on these housetraining procedures and it doesn't work, there are many other reasons why your dog could be eliminating inside.

Medical Problems: House soiling can be caused by physical problems. See your vet to rule out possibilities of illness.

Fearful/ Excitement Urination: Some dogs, especially young ones, can lose control of their bladders when they feel threatened or get excited. This usually happens during greetings, intense play, or when they are about to be punished. Dogs with phobias can also lose control of their bowels as a result of dealing with something that scares them.

Urine-Marking: Dogs sometimes will eliminate to scent-mark. See below for more information.

Separation Anxiety: Dogs that get anxious when they are left alone may house soil as a result. [See Page 16 for more information.](#)

Surface Preferences: When a dog has been trained to eliminate on only one type of surface, such as newspapers, or has not been offered a variety of surfaces, a surface preference may develop. This behavior can be difficult to change but is often managed by ensuring the preferred surface is offered both inside and outside.

Marking Behavior

Urine-marking can occur when the dog is feeling anxious or there is instability in the dog's relationships. This is not a house soiling problem. Dogs don't mark because they are angry or jealous. To solve this problem, you need to address the underlying reasons for your dog's need to mark.

Your dog may be urine-marking if:

- 1 The problem is primarily urination. Dogs rarely mark with feces.
- 2 The amount of urine is small and found primarily on vertical surfaces. Leg-lifting and spraying are versions of urine-marking, but even if your dog is not making these postures, they may still be marking.
- 3 A pet in your home is not spayed or neutered. Without these procedures, your dog is more likely to urine-mark. However, even spayed or neutered pets may mark in response to pets that aren't fixed.
- 4 Your dog urinates on new objects with unfamiliar smells or has another animal's scent.
- 5 Your dog is having conflicts with other animals in your home.
- 6 Your dog has contact with other animals outside your home or sees animals through the window/door.
- 7 Your dog marks frequently on neighborhood walks.

What You Can Do About Marking Behavior

- 1 Spay or neuter your pets as soon as possible. This may stop urine-marking altogether, but if this behavior has been established over a long period of time, it may take more than just the surgery.
- 2 Resolve conflicts between animals in your home.
- 3 Restrict your dog's access to doors and windows where they can see animals outside. If this isn't possible, discourage the presence of other animals near your house.
- 4 Clean soiled areas thoroughly. Don't use strong smelling cleaners since your pet may try to "over-mark" the spot.
- 5 Make previously soiled areas inaccessible or unappealing to your dog.
- 6 Keep new objects that cause marking out of reach. New purchases, guests' belongings, etc. should be placed in a closet or cabinet.
- 7 If your dog is marking in response to a new family member in the house, have the new resident make friends with your dog by feeding, grooming, and playing together. Make sure the dog creates a positive association with them.
- 8 Watch your dog at all times when they are indoors for signs of urine-marking. When the dog begins to urinate, interrupt them by making a loud noise and take them outside. Then praise them and give a treat when they urinate outside. When you can't watch your dog, confine them to a crate or small room where they haven't marked.
- 9 Practice "Nothing in Life is Free" with your dog. Have them perform at least one behavior before you pet them, feed them, or throw a toy for them. This, along with clicker training, can help to build your dog's confidence and reduce anxiety. [See Page 19 for more information.](#)

What Not to Do

Don't punish your dog after the fact. Your dog won't understand why they are being punished and can become fearful of you.

Anxiety

Some dogs will urine-mark when they feel anxious or because of changes in their living situation, like a new baby for example. If you think your dog is feeling anxious, you could talk to your veterinarian about medication to reduce anxiety while you work on changing this marking behavior.



Jumping Up

Rather than teaching your dog “not” to do something, we can teach them to do something else. You can use “sit” or another behavior as an alternative to jumping up on people.

Teaching Your Dog New Behaviors:

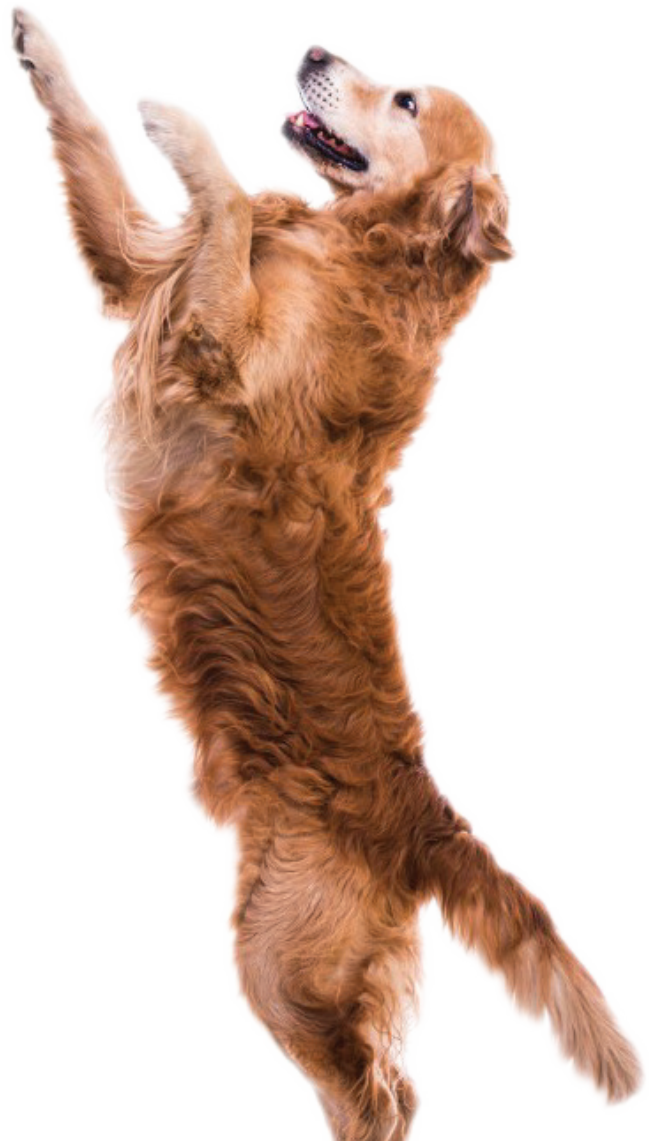
When your dog starts to jump, use an alternate behavior, such as sit or touch, and give the cue. If the dog jumps and doesn't sit, stand still and wait. Don't repeat the command; just wait for them to sit. Give your dog a treat if they listen to your command.

Practicing with other people: Use a leash or tether, but don't pull or put tension on the leash. Have someone approach your dog. When the person gets within your dog's range, say your command. If your dog listens, have the person give them a treat. If they don't listen, have the person stand still and wait. Don't repeat the command.

To ensure that your dog always follows the alternative behavior when approached by someone, you and your family must be consistent during the training process.

Tips for When Your Dog Jumps:

- 🐾 When a dog jumps, they want attention. Even if you push them down, that is attention.
- 🐾 When your dog realizes they will get no attention from you when jumping, but gets rewarded when they stop, they will begin to use the alternative behavior.
- 🐾 If your dog jumps, just turn your body away and wait for them to offer the alternative behavior.
- 🐾 Be patient, persistent, and consistent. It will take time for your dog to unlearn their jumping habit, and it will take the entire family's continued efforts to change your dog's behavior.
- 🐾 Remember to reward your dog when they perform the alternative behavior.



Barking

Barking can be the result of your dog being pre-genetically disposed to barking, like hounds. If you have a breed that's known to bark, then working on the "quiet" command and providing toys and outlets for their energy should help.

Anxiety-related barking, especially if it is a new behavior, may be the result of a medical issue, so you should take your dog to the vet. If the vet doesn't find anything medically wrong, you need to determine when your dog barks, for how long your dog barks, and what is causing them to bark. If your dog barks when you're not at home, you can ask your neighbors, try driving/walking around the block while watching and listening, or set up a camera when you leave. By observing your dog, you can hopefully discover the cause to your dog's barking.

Social Isolation / Attention Seeking / Separation Anxiety

Your dog may be barking because of boredom or loneliness if:

- 1 They are left alone for long periods of time without interaction.
- 2 Their environment is barren without playmates or toys.
- 3 You have a puppy or young dog less than 3 years of age and they don't have other outlets for their energy.
- 4 You have a particularly active dog (like herding or sporting breeds) who need a "job" to be satisfied.

Recommendations:

Walk your dog daily. Teach your dog new commands or to play fetch, and practice with them every day for 5 - 10 minutes. Provide toys to keep your dog busy when you aren't home. Rotating the toys helps to keep them interesting. Keep your dog inside when you can't supervise them. Take your dog with you to work sometimes, if possible. If your dog barks for attention, make sure you are spending enough time with them. Doggie daycare or having a friend/neighbor visit your dog can be good if you work long hours. Ignore your dog until they stop barking for at least three seconds and then reward them.

Fears and Phobias

Your dog may be barking out of fear if:

- 1 The barking happens when there are loud noises, such as thunderstorms or firecrackers.
- 2 Your dog's posture indicates fear – ears back or tail held low.

Recommendations:

Identify the source of your dog's fear and desensitize them to it. You can also try muting the noise from outside by leaving your dog in a basement or windowless bathroom and leaving a fan, television, or radio on. Close curtains or doors to avoid your dog seeing something that frightens them, too.

What Not to Do

Bark collars are not recommended, especially electric shock collars. These specially designed collars deliver an aversive to your dog when they bark. However, if your dog barks due to anxiety or fear, this collar will not solve the problem, but make it worse. These collars do not address the cause of your dog's barking, so your dog may become destructive or aggressive since they feel they can no longer bark.

Crate Training

Crate training may take a lot of effort, but it can be very useful. A crate is a great way to limit your new dog's access to the house until they learn all the rules. It is also a great way to transport your dog in a car. If you properly train your dog to use a crate, they will think of it as a safe space and won't mind going inside if needed. Always provide water while your dog is in the crate. Spill proof bowls or bowls that attach to the kennel gate are the best.

Selecting a Crate

There are many crates to choose from. There are plastic (often called "flight kennels") or collapsible, metal pens in varying sizes that can be bought at most pet supply stores. Your dog's crate should be large enough for them to stand up and turn around in. Collapsible fabric kennels are designed for when the owner is present and won't house the dog for long periods of time unsupervised.

The Crate Training Process

Training can take days or weeks depending on your dog's age, temperament, and past experiences. This process should be positive and take place in a series of small steps.

Step 1: Introducing Your Dog to the Crate

Bring your dog over and talk in a happy tone of voice. Make sure the crate door is securely opened so it won't hit and scare your dog as they investigate. Use treats to have them slowly go farther into the crate. If they won't do it right away, don't force them. Continue tossing treats in until your dog will calmly walk all the way inside. If treats don't work, use a toy.

Step 2: Feeding Your Dog Meals in the Crate

After the introduction to the crate, start feeding your dog their meals by the crate. This will create a positive association with the crate. If your dog will go inside the crate from step 1, try putting the bowl inside the crate, but don't force your dog if they aren't ready yet.

Once your dog will stand inside and comfortably eat, you can try closing the door while they eat. At first, open the door as soon as they are done eating. After each meal, leave the door closed for a few minutes longer, until they are staying in the crate for about 10 minutes after eating. If your dog begins to whine to get out, you've increased the amount of time in the crate too quickly. After the next meal, leave them inside for a shorter period of time. If your dog whines to get out, wait until they stop to let them out or else they will learn they can get out of the crate that way.

Step 3: Conditioning Your Dog to the Crate for Longer Periods of Time

Once your dog is eating their regular meals in the crate with no signs of fear or anxiety, you can confine them there for short periods of time while you're home. Call them over with a treat in your hand and give a command, such as "kennel up". After your dog enters, give them the treat and close the door. Sit quietly by the crate for 5-10 minutes and then go to another room for a few minutes. Return, sit quietly for a few more minutes, and then let them out. Repeat this process several times a day. With each repetition, gradually increase the length of time. Once your dog can stay quiet in the crate for about 30 minutes with you not there, you can begin to leave them crated for short periods of time and/or let them sleep there at night. This process may take several days or weeks.

Step 4: Crating Your Dog When Left Alone

When you think your dog will be comfortable to stay alone in the crate for a while, you can use your normal crate command and give them a treat to get them inside. You'll want to vary at what point in your "getting ready to leave" routine you put your dog in their crate. You can crate your dog anywhere from 5 – 20 minutes before leaving. Don't make your departures prolonged. Praise your dog, give them a treat, and leave quietly. You can also leave a few safe toys with your pet. When you return home, don't reward your dog for being excited by responding in an enthusiastic way. Keep arrivals low key so your dog doesn't associate the crate with being left alone.

Crating Your Dog at Night

Put your dog in the crate using your regular command and a treat. It may be a good idea to have the crate in your bedroom or a nearby hallway, especially if you have a puppy. Puppies often have to go outside during the night and you'll want to be able to hear them. Older dogs should initially be kept nearby so crating doesn't become associated with social isolation. Once your dog is sleeping comfortably through the night in the crate nearby, you can gradually move the crate to a location you prefer. Healthy puppies can have their water taken from them a few hours before bed to help decrease the frequency of potty trips during the night.

Potential Problems With Crates

Too Much Time in the Crate

A crate is not a magical solution to your problems. If not used correctly, your dog can get frustrated. For example, if your dog is in the crate while you're at work and then goes back into the crate for bed, they are spending too much time in the small space. Other arrangements should be made to avoid having your dog in their crate this much.

The amount of time a puppy will need to spend in a crate may vary depending on the puppy. In the beginning, puppies will need to be crated when you can't keep an eye on them to make sure they don't get into anything and so you can avoid accidents in the house. However, puppies under 6 months shouldn't stay in a crate from more than 3 – 4 hours at a time because they can't control their bowels or bladders for that long. You can work on housetraining your puppy so they don't have to stay in their crate as much.

[See Page 20 for more information.](#)

Whining

If your dog whines in the crate, it can be difficult to tell if they want to go outside or if they just want to be let out of the crate. Try to ignore the whining. If your dog is testing you, they will stop. If the whining continues after several minutes, use the phrase your dog associates with going outside. If your dog becomes excited, take them outside. Make sure the trip has a purpose and isn't play time. Do not give in to your dog if you believe they don't need to go outside or they will only whine louder to get what they want. Do not yell at your dog or pound on the crate. If the whining becomes unmanageable, you will have to start the crate process all over again.

Separation Anxiety

The crate is not a remedy for separation anxiety and destructive behavior. Your dog may injure themselves by trying to escape. [See Page 16 for more details on separation anxiety and how to handle it.](#)

Emergency Pet Info

Your new pet will be curious to explore their surroundings, and it is your responsibility to keep them safe! Below is a list of common household pet dangers. If your pet is hurt, injured, or needs emergency medical care, take them immediately to the nearest emergency pet hospital.

Products

- Medication
- Vitamins
- Tobacco products
- Detergents/fabric softeners
- Cleaning products
- Mothballs
- Antifreeze/coolant
- Gasoline
- Paint/paint thinner
- Lighter fluid
- Insecticides/Pesticides
- Fertilizer
- Compost
- Non pet-safe de-icing salts

Objects

- Coins
- Buttons
- Jewelry
- Nylons
- Yarn/thread/needles
- Batteries
- Paper clips
- Rubber bands
- Twist ties
- Plastic wrap
- Cotton swabs
- Hair pins
- Eye glasses
- Dental floss
- Towels
- Rugs
- Razors
- Electrical cords

Foods

- Chocolate
- Coffee/Caffeine
- Grapes/Raisins/Currants
- Macadamia Nuts
- Avocados
- Onions
- Garlic
- Salt
- Tea leaves
- Raw dough/yeast
- Xylitol - check your peanut butter label!
- Alcohol
- Fatty foods (butter, oils, drippings, scraps)

Areas & Appliances

Watch your pet closely around these common areas where escapes or accidents can happen:

- Doorways
- Windows
- Balconies
- Fireplaces/fire pits
- Gates
- Bathtubs
- Sinks
- Toilets
- Washer/Dryer
- Pools/hot tubs
- Grill

SHELTER

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Fort Wayne, Indiana 46806

CLINIC

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Fort Wayne, Indiana 46805

HumaneFW.org
260 744-0454



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