

NEW DOG - NEW HOME
WHAT TO EXPECT FROM YOUR NEW FAMILY MEMBER

Ganley/Lyon (1999)

CONGRATULATIONS ON THE ADOPTION OF YOUR UVHS DOG! We are so pleased that you chose to save one of our dogs through UVHS.

You have been given training Manual and dog packet. The Dogs are extremely routine oriented, so it is good for you to find out as much as you can about your new UVHS dogs previous schedule so you can duplicate what you are able to and slowly reorient him to your schedule without too much fuss. We include the following hints with our adoption packet; we hope they may be useful to you as well.

WHEN YOU ARRIVE HOME

Your UVHS Dog will be excited, and most likely a little anxious, about his/her new home. This stress can take the form of panting and pacing; housebreaking accidents, excessive chewing, and/or gastric upset in the form of vomiting and diarrhea or loose stools. If you've received a written evaluation or information concerning your new Dog, you should consult them to determine how quickly your dog settled into his foster/previous home. Don't worry if your UVHS Dog suddenly seems a little "home sick" or nervous. He is not sure what is going to happen to him next. He may have just gotten comfortable at his fosterer shelter home and now he is being uprooted again. He feels like a guest in your home--is he allowed on the furniture? How should he tell you he needs to go out (and which door)? It is very confusing for him in the beginning.

When you bring your UVHS Dog home, be prepared to leash walk him outside for at least 10-15 minutes or until he relieves himself. (Even in a fenced yard) Let him get the "lay of the land" by sniffing and becoming acquainted with all the smells associated with your yard. The combination of the car ride home, coupled with all the excitement of a new family and home will cause him to have to relieve himself more often. So give him plenty of opportunities in the beginning. If you have a special place in your yard you wish him to use for urination and elimination, encourage him to go in that area (and praise him warmly when he does.) If your new family member is a male that was not neutered early, he will most likely want to mark his new territory (especially if he detects there have been dogs living there previously.) This is his way of making himself at home and should only occur outside.

A male may still accidentally mark a doorway, plant or chair when he first walks in your home. This is out of nervousness (or he may smell remnants of another dog), so it is best to keep him on the leash when first bringing him inside. If he starts to lift his leg on something, give him a short check on the leash and tell him "No, and he should stop immediately and remember his manners. Watch his body language he will be obvious in what he is about to do. (This is the time to remind him to stop) Most of the UVHS Dogs are completely or mostly housetrained before they are adopted out, so this article assumes your dog is likewise. If not, you will need to begin housetraining immediately.) Bear in mind, that if your dog has a few accidents, it does not necessarily mean he is not housetrained. We can't emphasize enough how much nerves and excitement can cause uncharacteristic accidents. Once he begins to settle into a routine in your house, and he learns what is acceptable behavior and habits with you, he will relax and all of his

manners will return! Read about Ringing the Bell for communication between you and your new friend. (It's in your training Manual) It's easy and fun to teach.

MAKING INTRODUCTIONS TO OTHER 2 AND 4 LEGGED FAMILY MEMBERS

UVHS requires all human and canine family members to participate in the selection and adoption of one of our Dogs. For the adoption to work, everyone must be in agreement including your other dogs. We also Cat Test dogs that are going to homes with feline family members.

The meeting between dogs may have gone wonderfully at the neutral turf of the shelter. But, now you are bringing another dog into your current dog's home. He may not be comfortable with this initially and make his displeasure known in a number of ways, including excessive marking; spiteful housebreaking accidents; and the sudden attachment to toys he used to not care about (but doesn't want the new dog to have.) In a nutshell, he is simply jealous and a little insecure about his place in your family's pack. He will need reassurance during this time, but should not be permitted to Misbehave or treat your new Dog poorly. While it may be hard on you to watch one or both dogs being insecure during this transition period, don't be tempted to spoil either dog or otherwise encourage bad habits you will later have to break. If you are bringing your new dog home to meet the rest of your canine and feline pack members for the first time, be sure that your pets are in a secure place and unable to escape when the new dog arrives. Meeting outside (preferably in a fenced yard) can be less threatening for canine introductions. Introduce each dog one at a time. Do not force a confrontation, and make sure all dogs are leashed (with secure Buckle collars, sensation harness or Gentle Leaders for better control during the intros). If there is any sign of hostility, remind the dog saying in a firm tone "Be Nice". Keep the pressure OFF the leash. You must be matter of fact not worried. YOU are in control and are aware of their body language and thoughts. Don't be concerned if they don't warm up to each other immediately. Give encouragement for good behavior. (Gooood be nice) The more socialized your dog and new UVHS dog are the less time it will take for them to make friends. As hard as it may be, try not to be nervous yourself, or you will telegraph it to the dogs. Your dog may feel you are in need of being defended from the new dog or even visa versa. As each dog becomes comfortable with the other, you can drop the leashes (if in a fenced environment). However, with the leashes still on, you can more easily grab one and make a "point" if needed quickly. As the dogs come inside, you may find this tighter, more personal space will cause a squabble or two, so you may still want to leave the leashes on for quick control if needed. You may also want to put all toys (and especially all treats, like rawhides, etc.) away until everyone is comfortable. This may take a few days or weeks depending on your two dogs. If you are having a really bad time please call and talk with our Trainer/Behaviorist. You will need a more controlled environment to introduce your new dog to a new feline friend. Keep your dog on leash and have him meet the cat where she cannot run away and hide. This is a great place to click and then treat your dog while the cat is around. Getting the dog to do a relax down while the cat investigates the dog. Look for any neutral greeting behavior not for alert forward body language. (You may need to hold or even leash your cat during these introductions.) If you have a crate put the dog or cat into this and let them meet quietly, give food treats for quietness and calmness.

Being a dog, he will most likely only want to chase the cat if it runs, but occasionally, a stronger prey drive may make the Dog more cat aggressive. Again, speak to your dog to go easy and to be nice and don't unleash him around your cat until you feel comfortable with their interaction. Reward the dog positively for calm greetings of the cat. Chances are once the cat can leave your "meeting room", you will not see it for several days or even weeks until it is ready to accept your new Dog! It may also take a liking to sleeping on tall tables and perches until it feels comfortable around him. Be prepared for there to be some spiteful litterbox accidents, as cats can be even more routine oriented and angry when their world is changed. You may need to also rethink how you feed your cat, so that your new Dog will not get into its food.

Hopefully, all family members participated in the selection of your newly adopted Dog and those introductions have already been done. But, you may have friends and neighbors anxious to come over and meet him. Don't forget that he is already nervous and too many people reaching out to touch him or crowding around him, might panic him a bit. It is not unusual for kids to get bitten or nipped if they rush up screaming at the dog and try to pet him roughly. He has no idea what these intentions are and has not yet become relaxed in his new environment. You may want to put off introductions to outside people until the next few days till after he has had a chance to settle in.

Teach your children and any others that will come into contact with your new Dog how to properly behave around the dog, and never allow them to mistreat, harass or Hug the dog. It is also wise to not let young or inexperienced kids be unsupervised around your new dog (or any dog). New human introductions should also be one at a time, preferably on leash for extra control should it be needed. Let the dog take the initiative to greet the new person. He may want to sniff the person first, before any petting is done. Also be prepared he might try to jump up on the new person. Just ask that person to step away until the dog can sit. If dog tries to jump up again repeat till he can sit nicely. (have treat ready for nice sit have friend give treat.) Take your cues from your new UVHS Dog-how comfortable does he appear with all of this extra attention? Many dogs are real hams and love to be engulfed by people and attention. For them, the more the merrier with new people. Others may be a bit more overwhelmed with their new situation. Common sense should rule the day. We also strongly recommend you become familiar with dog behavior and why dogs do what they do. ("Culture Clash" By Jean Donaldson is great.) There are many fine books that will explain and clarify what seems to humans as strange canine behavior. The more you can understand your dog from a canine perspective, the easier it will be to modify behaviors and integrate him into your Human-dog pack

FEEDING TIME

Because of your new UVHS Dogs nerves and excitement, it is best to withhold food and water for the first 12 hours (or until he begins to relax). If it is a hot day or your Dog is extremely thirsty, it is better to offer a few cracked/chipped ice cubes. (Nervous dogs have a tendency to drink too much water too quickly, taking in too much air and causing them to throw it back up almost immediately.)

The UVHS will give the new adoptive owner(s) an information sheet outlining the dog's current schedule. This will include his feeding schedule and what he is currently eating. If

you don't have such information, try to establish a routine that will be as consistent as possible. We recommend two feedings (morning and evening). Most likely your new Dog will be so overwhelmed with his new home, he may not be interested in eating at all the first day. Still, put the food bowl on the floor where you wish him to eat and leave it there for 5 minutes. At the end of that time, remove the bowl and any uneaten food. Do not offer food again until the next scheduled feeding time. (We often times put their evening feeding into a Buster Cube for dog to entertain himself for a while) This teaches your Dog when and where mealtime occurs, and that he is expected to eat at this time.

Free feeding (leaving food out at all times) encourages housebreaking accidents since he may be nibbling constantly. And some behavioral problems so please don't do this. If you have a dog that is used to nibbling, he can be retrained to eat at a scheduled time. In fact, until everyone is comfortable, other dogs should be fed away from the new Dog to prevent fights over food. (UVHS tests its Dogs for food aggression with people and other dogs, but during this insecure transition period, dogs can become more possessive of their things, including food.) You will have been told if your dog has shown this problem and given information on how to desensitize this problem behavior.

Try to get information concerning what your new Dog is eating, so you will know what food to buy. You may also want to check with your vet to make sure it is the right type (i.e., puppy, adult, light, senior.) We recommend a premium dry food, including brands such as Natural Life (this is what we are feeding your dog), Nutromax, Nature's Recipe, Wellness, Wysong, Solid Gold and many others. The premium brands generally have less by-products which normally results in less dog waste. They also tend to have fewer preservatives or other products, which can trigger food allergies. Feeding dry food will help to keep his teeth cleaner. Table scraps saved from the previous meal are a wonderful good source of quality foods, given of course into the dog's bowl not from the table. There are times when adding plain rice and hamburger drained of fat to your dog's diet will help him get through a gastrointestinal problem. And, plain green beans and carrots added to his food can help a dieting dog feel fuller. If your dog needs to be on antibiotics, adding plain yogurt to his food will help replace the good bacteria back into his system.

SLEEPING ARRANGEMENTS

There is a good chance that your new UVHS Dog will show his insecurity by following you everywhere. This will include trying to go in the bathroom with you (and perhaps the shower!), watching TV with you, checking the garden with you, and undoubtedly wanting to sleep with you. You (or one of the members of the family) will become his new security blanket until he becomes comfortable in his new home. If another family member throws a ball, he will bring it back to whichever family member he has temporarily latched onto. Eventually, he may choose another family member with which to bond, but for now, he may very well be needier than you might expect (or than you witnessed at the shelter or foster/previous home). It is perfectly natural for both new family and new dog to be nervous, so don't be too concerned if he appears shy or withdrawn for the first few days.

The first few nights you may want to confine your new Dog in the bedroom with you or a crate. Age, behavior, and your preferences will dictate which you choose, but

you will not want to give him too much freedom until you are sure he is trustworthy. Normally, a dog will not relieve himself where he sleeps. If you are confining the dog to your bedroom, close the door and put newspapers, trash bags, old wrapping paper, bubble wrap, aluminum foil or something similar in front of the bedroom side of the door. If the dog gets up in the middle of the night to relieve himself, you will hear the crackle of The papers and be alerted to the dog's needs and movement. Continue to keep your new Dog confined until he sleeps through the night with no accidents and/or does not go on a destructive chewing frenzy. It is not unusual for your new dog to bark or whine if confined to a crate to sleep. While UVHS tries to crate train all of our Dogs, they will still often cry the first few nights in a new foster or adoptive home. Most dogs are people dogs, and they don't like to be separated from their family pack members when it is time to turn out the lights--and especially in a new place. (This is why dogs who are kept outside often become nuisance barkers or destructive chewers and diggers. They want to be with their Human family pack as much as possible, and are very miserable and nervous when they are not allowed to be.) If the dog needs to be crated at night, you need to be as consistent as possible. If you can put the crate close to your bedroom or someplace he can see you, he may feel more secure. If he whines or cries you will be right there to help him to be quiet. (Reinforce quietness. Ignore barking.)

Safe chew toys in his crate (especially if he is teething) will give him something to do until he falls asleep. A special treat with a marrowbone smeared with something good like Peanut butter or cheese works well. Remember the dog should be crated when you are home for a few hours a day too. (This will help him know it's a good place to be.) The faster you can establish a sleeping routine; the more sleep everyone will get! You may eventually want to wean him from his crate. We suggest you pick a day or weekend when you will be home all day and able to get him especially tired (and less likely to have any out of crate problems.) Start by letting him loose out of the crate for a few hours at a time. If any accidents then he loses his privileges for 10 days then try again.

To let him on the bed or not? There are two definite opinions on this: YES and NO! As long as it is comfortable for both human(s) and dog(s), UVHS sees no reason not to. Most of us UVHS folks invite our dogs to sleep on our beds. Those who frown on dogs sleeping with their humans in bed usually base their concerns on the possibility that the humans' happiness will be compromised. Dogs sleeping in their masters' beds may begin to think of themselves as equals which may lead to other problems. Dominant dogs that sleep with their humans may try to take control as leader of the family pack, ultimately trying to intimidate the human by not letting him move the dog while on the bed, or not letting him in bed at all. Should your Dog begin to growl at you or exhibit other signs of hostility or intimidation, he needs more than just being kicked out of your bed! He (and you) needs to see a behaviorist to help with your relationship. A "No Free Lunch" Program will probably be suggested. This dog may never be aloud to have this privilege. Choosing whether your dog sleeps in a crate, on a dog bed, or in your own bed is your decision.

DEVELOP A ROUTINE

Try to develop and use a consistent daily routine for feeding, exercising, and bathroom duties. Dogs are creatures of habit. If you do the same things in the same way and in the same order, he will settle in more quickly and learn what is expected of him and when. For example, walk your new Dog or let him out in the fenced yard as soon as you rise in the mornings. If you will be feeding him in the morning, do so after a short walk or romp in the yard. Give him one more chance to relieve himself after breakfast and before you go to work. Upon return from work, he should get a bathroom break and exercise after you have changed your cloths. If he has exercised heavily, wait about an hour before you give him his evening feeding. He will need another bathroom break anywhere from 30minutes to several hours later depending on his age. He should be given at least one potty break right before you retire for the evening. (Make sure you have him on leash so he doesn't chase a skunk or some other nocturnal animal.) To keep middle of the night bathroom breaks to a minimum; you may need to withhold water and dog biscuit snacks after a certain time in the evening. (If he is really thirsty on a hot late night, treat him to a little cracked or chipped ice instead.) Watch his water intake that way you can anticipate when he needs to go out. Remember to teach him to *ring a bell* to let you know when he has to go out.

LEAVING YOUR NEW DOG ALONE DURING THE DAY

Initially, your new Dog may have varying degrees of separation anxiety when you leave him. (This is why UVHS suggests crate training our dogs as well as some times placing them into foster homes to experience different home environments and schedules.) Crating the dog in the beginning will eliminate accidents, chewing, destruction (which may be dangerous besides frustrating), and any other mischievous activity that may Be rooted in nervousness and insecurity. A crate can provide a place where the dog feels safe in your absence. It may also be a lifesaver should a fire or natural disaster dictate the need for people other than you to rescue your dogs from danger. (He should also be crated while you are home for a few hours each day this will help him to know it's an OK place to be.) A crated dog cannot panic and run to another part of a house unfamiliar to a fire fighter or rescuer. (If you need a crate till you can buy one just ask.) If you prefer not to crate but still want to confine, you may want to try baby gates in the kitchen or hallway during the day. This allows your dog to be in a familiar place with familiar things without being totally confined. If the area of confinement is too large, however, you may begin to have problems with housebreaking accidents. For those with bigger Dogs, you may need to piggyback a set of gates atop each other. Each time you leave your dog confined, whether to an area or crate, make sure the dog knows he is a good boy. If the Dog is particularly anxious or emotional, try making the good-byes (and hellos) as nonchalant as possible. When you return, if all is in order, praise the dog for being good while you were away and take him out as soon as you change you cloths. (Note: It is not fair to get upset with the dog if he has an accident, but was left alone for 8 or more hours. How long can you hold it?) If you must be away from home longer than the dog's bladder (whatever his age) can comfortably hold it, you may want to consider hiring a dog walker for a mid-day walk. Most Dogs will go out of their way to earn their owner's praise and affection, so he will do his best to please you (as long as you are realistic and consistent in your expectations and demands.) Remember if you correct the dog must be in the action of

doing what's wrong, correcting doesn't promote learning. Good management on your part will help your dog become the best he can be!

OTHER QUESTIONS AND COMMENTS

1. Is it OK to change the dog's name? UVHS encourages their new adoptive families to change their new family member's name if they so desire. Many times, the Dogs come to a rescue/shelter as strays, and names are given at random. The dog usually learns the new name quickly, especially if you overuse it in the beginning. Giving lots of treats for looking when name is spoken. Many folks believe changing the dog's name will help the dog to build a deeper bond with his new family. UVHS has seen dog's 10 years + have their names changed to something completely different and do just fine. It is in no way traumatic to the dog (or the rescue/Shelter person that named him!)

2. When should we go to the veterinarian? UVHS requires its adoptive homes to visit their vet within the first 7-10 days, regardless of health. For their free vet visit. This ensures that new dog owners will find, select and begin a relationship with a vet before needing one in a panic. Owners who already have vets will be able to introduce their new pet to their doctor while he is reasonably healthy. While your rescue dog should be current on shots, altered, and heartworm tested and on preventative at a minimum, you will still need to buy your supply of heartworm preventative, and it is a good idea for your vet to give your new Dog a thorough examination as a baseline. Make sure you take whatever medical records you were given with you so your vet can become familiar with your Dogs medical history (if available).

3. How important is obedience training? Extremely important! One of the best ways for you to establish a relationship with your new Dog and begin to develop a bond is through obedience training. Even if you are not a new dog owner, obedience training can be as valuable for you as it is for your dog. A

Class taught by a professional instructor and full of positive reinforcement will get you and your dog off to a great start. If you go to a class with other students, you will not only learn to handle your new best friend but also how to communicate effectively with your dog with distractions, and it will provide an opportunity for him to practice socializing. The more socialized you can keep your dog, the more places you will feel comfortable taking him.

Many AKC dog training clubs offer the Canine Good Citizen test. This tests your dog's ability to behave himself amiably in a variety of situations. Often telling a hotel your dog is a CGC, coupled with bringing his crate, will open more doors to you and your dog when traveling. Learning a command like the emergency down, where the dog must drop to the ground instantly when commanded to do so, may save his life someday. There are many practical reasons for taking a series of obedience classes, and all family members should participate to reinforce their relationship and their bonds. We here at UVHS offer Basic OB classes just ask for times and places.

Above all, be patient, manage well and be consistent with your new Dog Friend. Use positive reinforcement and lots of praise when he is a good boy. When he makes a mistake, limit his freedom and manage him better and then praise him as you give him more freedom and are watching for good behavior. Undoubtedly, you will get lots of

advice--good and bad--from other dog owners. Read and research as much as possible to become familiar with responsible dog ownership practices. (Don't Shoot the *Dog* by Karen Pryor, Culture Clash By Jean Donaldson) But, understand that sometimes you need to try more than one approach to a problem because each dog is Different. Most rescues/shelter will be following up with their new adoptive families to make sure all is going well. Don't be afraid to ask questions and bring up situations that you were unsure of how to handle. Our goal is to make sure our rescue /shelter dogs never have to be uprooted again, so we are quite interested in helping you troubleshoot any problems--the sooner the better before they become big problems. Most of all be prepared to give and receive more love, affection and loyalty than you ever thought possible. Enjoy your UVHS Dog for many years to come, and thanks again for helping us save him!