



When you think that you have forgotten everything _____ told you, read this.

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- C.A.R.E.'s Law #1: Don't panic if your new dog doesn't eat for the first day or two – he (or she) is under a lot of stress and not eating is one response.
 - C.A.R.E.'s Law #2: Don't panic if your new dog has diarrhea – this is the other common response to stress. If it seems severe, try feeding him or her some cooked white rice. You can mix in a little boiled chicken if you want. If it doesn't get better in a day or so, call C.A.R.E. or your vet.
 - Make sure you call Trupanion within 24 hours of the adoption to take advantage of the free 30 days of pet insurance! It does not include any obligation to continue the insurance and you don't need to give them a credit card number.
 - Let your new dog get comfortable with the family before bringing strangers into the house – this particularly applies to children. If your dog still seems uncertain of him (her) self and you are expecting company, you may want to crate or confine your dog when company arrives.
 - Supervise children (your own and guests) when they are with the dog. Do not let your dog feel trapped by a group of children. Show children how to be gentle with an animal. See "Information For Adopters With Children".
 - Read up on how to use a dog crate. See "Crate Training Made Easy".
 - In the beginning, restrict the areas of the house to which your dog has access; you can always expand the area available to your pet, but it is more difficult to reduce it. See "Help for the First Few Weeks".
 - Don't bathe or groom your dog the first week. This is a high stress period, and bathing and grooming is very intimate for a dog. Wait until your dog is more comfortable.
 - If your new dog is destructive or has accidents when left alone, crate your dog. See "Crate Training Made Easy".
 - Even if your dog is already housebroken, you don't know how he or she communicates that it's time to go out; watch for clues such as pacing, whining, or standing at the door; develop rituals around going out so that your dog knows how to communicate with you. See "Housebreaking" for guidelines
 - Make an appointment with your vet...even if your animal is totally up-to-date on everything. You will need to get your dog monthly heartworm preventive, and you should establish a relationship between you and your dog and a local vet. Bring the medical information sheet you got with your adoption materials to your vet.
 - If your dog has been recently spayed or neutered, they will have stitches. Typically females must have their stitches removed in 10 days or so after their procedure, and stitches used when male dogs are neutered typically dissolve on their own. Female dogs may require an appointment with your vet in order to remove the stitches.
 - DO NOT hit your dog – not even with a rolled up newspaper. If you need ideas for how to train your dog, please contact your adoption counselor.
 - Most dogs do best eating twice a day; ask your vet about how much to feed your dog. Unless your dog is extremely active, the recommended amounts on the dog food bags are usually too much. If your dog is having housebreaking issues, allow up to 10 minutes for the dog to finish and pull the uneaten food. Feed fresh food at the next meal.
 - Feed your dog the highest quality of food you can afford. The better the diet, the healthier the dog, which can mean fewer vet visits. Unless your dog has a grain sensitivity, grain-free food is not the best food for him.
 - If your dog sounds like he or she is coughing and/or wheezing, your pet may have kennel cough and should visit the vet to be checked.
 - Obedience classes are excellent ways for dogs and their owners to bond and learn how to respond to each other. A list of positive-reinforcement programs is included in this packet.
 - There are 13 common foods we enjoy that are dangerous to your dog. See "Emergency Information" handout and be informed.
 - Don't wait for little problems to become major problems. If you have concerns about your dog's behavior, contact your adoption counselor.

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Remember: Your new dog wants to please you but doesn't know your expectations. Be patient, gentle, and loving and most dogs will learn how to behave with the family.



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HELP FOR THE FIRST FEW WEEKS

By Sue Sternberg. www.suesternberg.com

Tips to help you and your adolescent dog through the first few weeks:

We're so glad you chose an adolescent or adult dog to bring home – they have so much to give in return for your initial efforts. Remember, there is no dog out there without a behavior problem; if your dog's basic temperament is sound, we can help make his transition into your home a permanent one, where you'll both be grateful you have each other.

We Want It To Work Out

There are a few things you can predict when opening your home and heart to a new dog: a little less freedom and flexibility in your schedule, to find a poop or pee or two around the house in the first few days, and to sacrifice some personal item or belonging of value to nibbling K-9 teeth. You can also expect to be entertained by, in awe of, and in love with your new dog.

Most of the behavior problems and questions that come up in the first few weeks are easily addressed and solved. Call us right away for advice. We really want to help.

Being Left Alone

Teaching your dog that you are not going to abandon him when you leave him alone is not an easy task. Dogs who have come from a shelter or from the streets are very ready to bond to you, and they usually bond rapidly, closely and deeply. The same often holds true for the humans. People who choose to save a life by adopting a dog from a shelter usually form just as intense a bond with the dog. So both parties can feel devastated when the time comes to leave the dog alone. There are some things you can do to make this easier:

- Be very casual about departures and arrivals
- AS SOON AS YOU BRING YOUR DOG HOME, depart frequently. Just step outside the house and close the door for a few seconds to teach him that you leave and return frequently.
- Ignore your dog COMPLETELY for 20 minutes before departing. Just get up and go.
- Leave the radio or TV on.
- Feel OK about leaving and your dog will too.



What You Need To Know

The more structure and guidance you give your new dog in the first few weeks, the better he'll adjust. Just when you feel sorry for him and feel like over-pampering him – the kindest thing to do is to set firm, clear limits. Lay down some rules (you can always break them later). Give him a schedule. Don't let him dictate all the interactions; let him know immediately what pleases you and what displeases you. Teach him to 'sit' and ask him to sit throughout the day. It's a great way to speak the same language. Your new dog will appreciate being told what to do. He'll feel calmer with your confidence.

Housebreaking

You're likely to have a few accidents in the first few days, even from a housebroken dog. Don't let this freak you out! When your dog first arrives home, he'll want to sniff and explore the house, and this very act of sniffing can cause your dog to have an accident. Keep the dog on leash to explore your home, and then quickly walk him outside, where his permanent area will be.

Clean up any messes with an enzymatic odor neutralizer. We like [Nature's Miracle](#), but there are several lines available. Don't get angry at your dog, you don't ever need to punish him. Dogs learn very quickly where you'd prefer them to eliminate by repetition and success. Be patient, and be there when he goes, and REWARD!





HOUSEBREAKING

By Sue Sternberg. www.suesternberg.com

The key to training your dog to eliminate outside (where you want him to go) is to prevent accidents, and to reward success. Adult dogs have better bladder control and can “hold it” for a longer period of time than puppies. The rule of thumb with puppies is: Take their age in months and add one, and that is the number of hours the puppy can “hold it” during the day. An example is a 4-month-old puppy can be expected to be clean for up to 5 hours during the day.

- Feed your dog on a schedule, then he’ll eliminate on a schedule too.
- Keep his diet simple and consistent. A high quality diet with very few treats will help build success.
- Choose an area about ten square feet outside where you wish your dog to potty.
- Take your dog on leash to the area and allow the dog to pace back and forth (movement promotes movement) and chant encouraging phrases like “do your business, do your business” or “go potty, go potty”.
- Do this for a maximum of 3 minutes.
- If he eliminates, huge praise – treat and play.
- If he doesn’t eliminate, keep him on a leash – go back indoors and either keep him on a leash with you or confined in a crate.
- Try again in 1 hour. Eventually your dog will eliminate appropriately and you can give huge praise and play.
- After each success allow 15 minutes of freedom in the house before placing the dog back on leash or in the crate.
- After 3 consecutive days of success, increase freedom by 15 minutes.
- If there is an accident, decrease freedom by 15 minutes for 3 days.
- If there is an accident, be sure to clean it up with an enzymatic cleaner.

REMEMBER! DO NOT PUNISH ACCIDENTS! IGNORE THEM AND REWARD SUCCESS!



CRATE TRAINING MADE EASY

Teaching your new dog these critical lessons will pay off all his life.

By Pat Miller as published in The Whole Dog Journal - Pat Miller is a freelance author and a professional dog trainer in Chattanooga, Tennessee. http://www.whole-dog-journal.com/issues/3_8/features/5135-1.html

Some twenty years ago I got a new puppy. Keli was an Australian Kelpie, acquired by the Marin Humane Society to be my Canine Field Agent, partner and assistant in my daily duties as an Animal Services officer. Being selected for this program was a huge honor and responsibility. I was determined to do everything right in caring for and training my pup.

I had heard about a new technique in puppy-raising, called crate-training, where you put your dog in a small kennel at night, and whenever you had to leave him alone. I was skeptical. Put a puppy in a cage? It sounded cruel! Still, determined to provide cutting-edge care for my pup in this cutting-edge program, I decided to try it. After all, the puppy would be with me most of the time in the animal services truck, so we were really only talking about nighttime crating. Unconvinced but determined to try, prior to bringing the pup home I purchased a crate and set it up in my bedroom.

When I brought the 10-week-old pup home, I braced myself for the two most trying challenges of puppy-raising; house training and chewing. I was about to be pleasantly surprised. The first night in her crate, Keli cried for a few minutes – typical behavior on the first night away from her mother and littermates. But then she curled up and went to sleep.

At 2 a.m. she woke me with insistent crying. She was telling me she needed to go out – WOW! I got up, took her out to pee, then returned her to the crate and went back to bed. After another perfunctory period of protest she went back to sleep. When I woke up the next morning her crate was clean. I didn't have to worry about stepping in – or cleaning up – puppy piles or puddles, and thanks to the boundaries of the crate, there were no chewed up shoes or electrical cords. My skepticism started to fade.

Two nights later it vanished completely when I went to put Keli in her crate and found Caper, my three-year-old Bull Terrier mix, already curled up on the soft pad in Keli's airline kennel. Caper looked up at me and thumped her tail several times, clearly saying, "These are cool! Can I have one of my own?" I went out the following day and bought Caper her own crate, and I've been a crate convert ever since.



Home Sweet Crate

The crate is a sturdy plastic, fiberglass, wood, metal or wire box just big enough for a dog to stand up, turn around and lie down in comfortably. It can be used with the door open, at your convenience, or with the door closed, when mandatory confinement is called for.

When the crate is properly introduced using positive training methods, most dogs love their crates. Canines are den animals and a crate is a modern den – a dog's personal portable bedroom that he can retire to when he wants to escape from the trials and tribulations of toddlers and other torments. He can take it with him when he stays at boarding kennels, and when he travels with you and sleeps in hotels and motels.

Owners love crates because they generally make house training a breeze and prevent damage to the house, furnishings, and personal possessions. They can give a new puppy-owner peace of mind when Baby Buddy has to be left home alone. They can be used for a positive time-out when visitors tire of Buddy's antics, or when he insists on begging at the dinner table.

The crate is also a great tool for convincing owners of backyard dogs to bring their hounds into their homes (where they belong). By bringing the dog indoors but keeping him confined, at least at night, hesitant owners can ease their fears about mayhem and ruined rugs while at least partially integrating the deprived dog into the family.

Not a Prison

A crate is not a place of punishment. Never force your dog or puppy into a crate in anger. Even if he has earned a time-out through inappropriate behavior, don't yell at him, throw him in the crate, and slam the door. Instead, quietly remove the dog from the scene and invite him into his crate to give both of you an opportunity to calm down.

Nor is a crate appropriate for long-term confinement. While some puppies are able to make it through an eight-hour stretch in a crate at night, you should be sleeping nearby and available to take your pup out if he tells you he needs to go.

During the day, a puppy should not be asked to stay in a crate longer than two to four hours at a time; an adult dog no more than six to eight hours. Longer than that and you risk forcing Buddy to eliminate in his crate, which is a very bad thing, since it breaks down his instinctive inhibitions against soiling his den. Dogs who learn to soil their den can be extremely difficult, sometimes nearly impossible, to house train – a common behavior problem for puppies from unclean puppy mills.



Training DOs and DON'Ts

Most puppies, even the majority of adult dogs, can be crate-trained with relative ease. Remember that the crate should be just large enough for your dog to stand up, turn around, and lie down comfortably. He doesn't need to be able to play football in it. If you want to get one large enough for your puppy to grow into, block off the back so he has enough room, and increase the space as he grows. Cover the floor of the crate with a rug or soft pad to make it comfortable and inviting, and you're ready to begin training.

Start with the crate door open, and toss some irresistibly yummy treats inside. If he is hesitant to go in after them, toss the treats close enough to the doorway that he can stand outside and just poke his nose in the crate to eat them. If you are training with a clicker or other reward marker, each time he eats a treat, Click! the clicker (or say "Yes!" if you are using a verbal marker).

Gradually toss the treats farther and farther into the crate until he steps inside to get them. Continue to Click! each time he eats a treat. When he enters the crate easily to get the treats, Click! and offer him a treat while he is still inside. If he is willing to stay inside, keep clicking and treating. If he comes out that's okay too, just toss another treat inside and wait for him to re-enter. Don't try to force him to stay in the crate.

When he enters the crate to get the treat without hesitation, you can start using a verbal cue such as "Go to bed" as he goes in, so that you will eventually be able to send him into his crate on just a verbal cue.

When he happily stays in the crate in anticipation of a Click! and treat, gently swing the door closed. Don't latch it! Click! and treat, then open the door. Repeat this step, gradually increasing the length of time the door stays closed before you Click! Sometimes you can Click! and reward without opening the door right away.

When your dog will stay in the crate with the door closed for at least 10 seconds without any signs of anxiety, close the door, latch it, and take one step away from the crate. Click!, return to the crate, reward, and open the door. Repeat this step, varying the time and distance you leave the crate. Don't always make it longer and farther—intersperse long ones with shorter ones, so it doesn't always get harder and harder for him. Start increasing the number of times you click! and treat without opening the door, but remember that a Click! or a "Yes!" *always* gets a treat.

It's a good idea to leave the crate open when you aren't actively training. Toss treats and his favorite toys in the crate when he's not looking, so he never knows what wonderful surprises he might find there. You can even feed him his meals in the crate—with the door open—to help him realize that his crate is a truly wonderful place.



If at any time during the program your dog whines or fusses about being in the crate, *don't let him out until he stops crying!* This is the biggest mistake owners make when crate training! If you let Buddy out when he is fussing, you will teach him that fussing gets him free.

If, however, he panics to the point of risking injury to himself, you must let him out. You may have a dog with separation anxiety challenges. A crate is generally not recommended for dogs with separation anxiety, since they tend to panic in close confinement. If you believe your dog has a separation anxiety problem, stop the crate training and consult a behaviorist or a trainer who has experience with this behavior.

Instead of letting your dog out whenever he fusses or whines, wait for a few seconds of quiet, then Click! and reward. Then back up a step or two in the training program until he is again successful at the task you've set out for him. When your dog is doing well at that level again, increase the difficulty in smaller increments, and vary the amount of time, rather than making it progressively longer. For example, instead of going from 5 seconds to 10 to 15, start with 5 seconds then 7, then 3, then 8 and so on.

Maintaining Success

Sometimes dogs and often puppies can do the whole crate training program in one day. Some will take several days, and a few will take weeks or more. Once your dog is crate trained, you have a valuable behavior management tool for life. Respect it. If you abuse it by keeping Buddy confined too much, for too long a period of time, or by using it as a punishment, he may learn to dislike it. Even though he goes to bed willingly and on cue, reward him often enough to keep the response happy and quick. Keep your verbal "Go To Bed" cue light and happy. Don't ever let anyone tease or punish him in his crate. (Kids can be especially obnoxious about this. Watch them!)

All of my dogs quickly learn the "Go to bed" routine. I don't even have to use the verbal cue; usually when I emerge from brushing my teeth, they are already curled up in their crates for the night.



“A DOG BY ANY OTHER NAME”

By Sue Sternberg. www.suesternberg.com

Changing the name of your dog is OK

Sometimes adopting a dog means adopting a dog with a name you don't particularly like. Actually, it is easy for your newly adopted dog to learn a new name. Don't feel that a dog cannot learn a new name, and don't feel that a dog can't even learn a name completely dissimilar to his previous name. A dog or puppy of any age can learn a brand new name within a few days.

Here is how:

- Decide on any new name you wish for your adopted pet.
- For the first few days, carry a pocketful of treats.
- Every once in a while, and also specifically when you want your dog's attention, call out his new name and then immediately smile, praise heartily and feed treat.
- Even if he doesn't turn to look at you when you call out the name, do the above anyway, and soon he will know that hearing that word means great things are coming – and he will respond as if that word is his own!
- Once you have decided on your dog's name one of the easiest choices, yet most responsible choices, is to purchase a name tag with your name and number on it – and have your dog wear it at all times. They are available at most pet stores as well as some veterinarian offices.





C.A.R.E. K-9 SCHOOL OF ETIQUETTE

C.A.R.E. volunteers work to teach our dogs gracious, polite behavior so when they go out in the real world they will impress everyone they meet. Depending on how long the dog has been with C.A.R.E., they may be at various stages in this process

The most important training item is encouraging, acknowledging and rewarding calm behavior. Dogs are taught that if they are sitting or standing, being calm and quiet they will receive attention in the form of praise and petting. They are also taught basic obedience—sit, down, come, walk nicely on leash (a work in progress—always), and some tricks—shake paw, roll over.

Your adoption counselor will demonstrate how to work with your newly adopted dog. The following pages offer short explanations of some obedience moves. To reinforce the behaviors the C.A.R.E. volunteers have taught your pet, so please practice them at home.

Rather than ignoring the pup when he is being calm and quiet, a better choice would be to praise and pet, or give the dog a massage. You can also give your pup a towel on the floor (his place) and give a treat or toy for self entertaining and let the dog relax in your presence.

To continue the training started at C.A.R.E. you can enroll in classes with the Dog Obedience Group or other recommended training programs.





SIT

Begin by facing the dog; you may hold the dog's leash or drop the leash and step on it. Hold a treat in your hand right in front of the dog's nose. Slowly move the treat just above the dog's head, then back towards his shoulders. This should cause the dog to lean back into a Sit as his nose follows the treat. Say "yes" the moment the dog's rear hits the ground and reward with the treat. If the dog is jumping up for the treat, you are holding it too high. Repeat this process three times.

Next, hold your arm straight down at your side, raise the forearm and hand from the elbow, palm up, above the dog's head. Your hand should not have a treat in it. Give the dog a moment to try to figure out what it is supposed to do. If the dog does not sit, lure him into the sit, say "yes" and reward him. Try the hand signal again without the treat. If the dog is successful, say "yes" and JACKPOT (multiple treats fed individually).

Next, add the verbal cue. Say "Sit" and pause to allow the dog to respond. If the dog does not sit within 2-5 second, go back to using the treat method one or two more times, then try again without the treat.

DOWN

Begin with the dog in a Sit. Hold a treat in your hand between your index and middle fingers. Place the treat in front of the dog's nose to get it's attention, then lower the treat slowly to the floor between the dog's front paws. Once the dog's elbows touch the floor, say "yes" and give the dog a treat while it is in the down position. Release the dog by saying "free" **before** the dog gets up. If the dog does not fully lie down, slowly move the treat across the floor away from the dog (you will have made an L shape with your hand). When the dog lies down, say "yes" and give it a treat. Repeat several times.

Next, with no treat in the hand, lower hand, arm extended and palm down, from a horizontal position towards the ground. Allow the dog a chance to respond. If he does not go down, lure him down with a treat. Repeat the process without the treat in the hand.

Once the dog has the behavior, the verbal cue may be added. Say "Down", pause, if no response, give the hand cue.

NO JUMPING

Ignore all jumping! If the dog jumps, turn your body away; no pets, no pushing, no talking. When all 4 paws are on the ground, say "yes" and then give your attention in one of these forms – sweet talking praise, a treat, a walk, a toy, or a game. If the dog jumps again, completely ignore it, only offering the good stuff when all 4 paws are on the ground.



COME

The dog must be on leash for this exercise. When the dog is distracted, say the dog's name and at the same time say "come" as you are walking backwards (gently pulling on leash if needed). The second the dog looks at you say "yes", continue walking backwards (now with the dog's attention). When the dog reaches you, give a treat. Let the dog get distracted again and repeat every chance you get.

Having a dog come when called is the command that could save its life. Establishing a bulletproof recall should not be taken lightly.

To build a solid base for recall there are some non-negotiable dos and don'ts that the handler must follow:

1. **DO** praise/reward a dog EVERY time that it comes to you when called.
2. **DO NOT** call a dog to you to do something that the dog may perceive as negative; i.e. clip its nails. If you have to do something that the dog may not like go get the dog but do not call it to you.
3. **DO** use high value reinforcement when working on recall. This is not the time to be stingy or use a low value kibble.
4. **DO** jackpot (multiple treats given individually) a successful recall from a distraction.
5. **DO NOT** ever call the dog in a harsh tone or with a tense facial expression. Remember, dogs are masters at reading our body language.
6. **DO** smile and use a "happy" voice when you call a dog to you.
7. **DO NOT** chase a dog that does not come. Odds are that they are faster than you and will only take your feeble attempt to catch him as a game.
8. **DO** run in the opposite direction away from the dog yelling "pup pup pup" or "find me". Be exciting! The dog will think he's missing out on something and come after you.

The number one thing to remember is that coming when called always brings pleasurable things to the dog.

EYE CONTACT GAME

Show the dog a treat at his nose level. Then raise your arm out to the side at shoulder level with the treat in hand and wait. Ignore all behavior the dog does trying to get the treat. When the dog looks at you, hopefully in the eye, say "yes" and reward the dog with the treat. Repeat this exercise a few times looking for direct eye contact and faster eye contact.



CONTROLLED WALKING

Method One

Put a treat in your left hand and show it to the dog. Walk a few steps backwards holding the treat low (at the dog's nose level) to prevent jumping. When the dog is focused and following you say 'yes' and give it the treat. Repeat 2 or 3 times. If the dog is still interested, repeat the above steps but add a right turn so the dog ends up on your left. Go 3 to 5 steps, stop, say 'yes' and give the dog a treat. If the dog is staying with you, gradually work up to 15 steps. Keep this exercise short, exciting and fun.

Method Two - Zen Walking

While walking, if the dog pulls on the leash, stop and ignore the dog. When the dog puts slack in the leash, say 'yes' and begin walking. Repeat this process for the entire walk. For this to be effective, the human must **never** go along with being pulled. This can get boring fast and you probably won't go far initially, but it can work; especially on shorter walks.

Method Three - Food Toss

On a solid surface (not on a grassy area), let the dog see you toss a large treat 6 to 10 feet away from you. With a shortened leash you and the dog walk toward the tossed treat. If the dog pulls, turn around and go back where you started. Keep trying to walk toward the tossed treat. If the dog pulls, turn around and go back each time he pulls. If the dog keeps slack in the leash, keep moving toward the treat until the dog has walked nicely to the treat...his reward.

GIVE AND TAKE

Find a toy the dog really likes and have some high value treats ready. Give the dog the toy. Say "give" as you present a treat to the dog. When the dog gives up the toy, give the dog a treat. Give the toy back to the dog saying "take it". Repeat several times. Do not get involved with tugging. If the dog tugs the toy while you are trying to do the exchange, release the toy and say "too bad". Try to exchange again. All we want here is trading toys for treats. If the dog is giving up the toy freely and easily, try the give and take with the treat hidden.

PAW

With the dog in a sit, place a treat in a closed fist at the dog's chest. When the dog paws at the fist say "yes", open the fist and give the dog the treat. Repeat 2 or 3 times. If the dog is responding well place an empty fist at the dog's chest. If the dog lifts its paw, shake it saying "yes" and reward with a treat. Repeat 2 or 3 times. Now extend your hand, palm up, and say "paw". If the dog places its paw in your hand, say "yes" and jackpot with multiple treats.



ROLLOVER

Begin with the dog in a Down. Place a treat in front of the dog's nose. Slowly move the treat along the side of the dog's head, toward its back, then around the shoulders. The dog's nose should follow, causing the dog to rollover. Say "yes" and give the treat.

CRAWL

Start by having the dog lie down. Hold a treat just in front of his nose on the floor and say, "Crawl" as you slowly pull the treat away, keeping it low to the ground. When the dog moves even an inch or two without standing up, praise him. If he starts to stand up, pull the treat away saying "too bad" and try again. Repeat steps until the dog crawls a few inches, say "yes" and give a treat. When the dog is crawling well with the lure try luring with an empty hand. Praise and reward for success.

SAY PLEASE

Have the dog sit facing you. Hold its favorite treat just above his head and tell him, "Say please". The dog will probably lift his front feet off the ground to reach the treat. As soon as the front feet are lifted, even a little bit, say "yes" and give it the treat. The goal is to have the dog raise its front paws but remain sitting so if the dog starts to stand on its hind legs say "too bad" and try again.

BOW

With the dog in a standing position, place a treat at the dog's nose level and slowly lower it towards the floor. As the dog reaches down to get it (he may try to lie down), slip your hand under his belly to hold his rear end up. Hold him in that position and say, "bow". Keep the treat right by his nose, but don't give it to him. Stay there for just a second, say "yes" and then feed the treat.

GO TO BED / PLACE

"Go to bed" or "place" means go to a designated spot and remain there. Put a bed, blanket, or towel 6-10 feet away from you. With the dog beside you say "Go to bed" and then walk the dog to the spot. Once the dog is on the spot, have it sit or lay down, say "yes" and give it a treat and praise. Repeat many times. Next, try sending the dog by giving the command "go to bed" and pointing at the spot. If the dog responds correctly, say "yes" and walk over to it while it is sitting or lying down and reward. If it does not respond, walk it to the spot as before.



INFORMATION FOR ADOPTERS WITH CHILDREN

By Sue Sternberg. www.suesternberg.com

Positive, loving relationships with pets help children become responsible, respectful, humane and caring adults. Children who are bitten by dogs are scarred not just physically, but emotionally as well, often for life. All children, even very well behaved and well supervised children, will eventually do something to the dog relentlessly, invasively, beyond the point of what is fair or tolerable. We want to make sure your child does not get bitten or hurt at that moment. We want your dog to be as happy with your family as your family is with your dog.

In our evaluation process, we look at the dog's responses and thresholds to normal, everyday circumstances. We consider how tense he gets when approached, nudged, or petted while chewing on a pig's ear or rawhide; how the dog tolerates having his body handled, being hugged, including for longer than he may want; how he copes with being restrained, and how he reacts when he is made to do something he doesn't want to do or prevented from doing something he really wants to do. We test for his predatory excitement levels. We look at how roughly he plays, how sensitively he handles his body and whether he is gentle and respectful of his size and the size of others. We see how affectionate and sociable he is.

We handle and work with each dog and provide the most complete assessment we can before placing a dog in a home with young children. Please take the following suggestions seriously. They will help you keep your child safe.

Responsibilities for the Parents of the Newly Adopted Dog:

1. Never leave a child alone with your new dog, not even for a second to turn your head and answer the phone.
2. No one in the family should encourage rough play or wrestling. No one should let the dog play with his mouth on human body parts or clothes. If an adult plays with the dog in this manner, the dog may be stimulated to play as roughly with a child, putting the child at risk for injury.
3. Feed your dog in an area completely protected and away from children, as much to give the dog a bit of peace and privacy as to prevent guarding behaviors. The dog should also be fed portions that are quickly finished so there is nothing left in the bowl for the dog to linger over and guard. Empty bowls should be put away so the dog can't guard the feeding area.



4. Most children are not bitten by their own dog but by a friend or neighbor's dog. This means two things:
 - a. Watch your own dog closely when your child has company. Many dogs will tolerate a lot from their own family's child but not from a visiting child. Visiting children often do not behave as well as, or behave differently from, your child and could bother or provoke your dog.
 - b. If your child's friends have dogs, you need to meet the friend's dog BEFORE you allow your child to visit their house. Check to see if the owner of this dog allows unsupervised interaction between children and the dog. Ask when and where the dog is fed and check to see if there are any chewable toys or bones lying around. Ask that they be put away while your child visits. Unless you are sure that their dog has no possessiveness problems, insist that an adult supervise at all times when children are with the dog.





WHAT TO WATCH OUT FOR

1. **Watch out if your dog uses his mouth in play or to move or control the child.** Any dog over five months of age should not use his mouth to play, and is probably not playing. He may be trying to control humans with his teeth, no matter how gentle he appears to be.
2. **Watch out if your dog cuts in between you and your child during hugging or any other affectionate interactions.** This can indicate jealousy, rank aggression, or guarding of you, the owner.
3. **“Let sleeping dogs lie”** is a saying created by someone who really knew dogs. Teach this to your child and keep an eye on visiting children. NEVER allow them to startle, wake, or hug a sleeping dog. Also, dogs by nature are grouchier and testier in the evenings and at night. If your dog drops off into a heavy sleep in the evenings, put him in a private room or into a crate so that you can prevent the possibility of a child startling or waking the dog.
4. **Watch for any growling.** Dogs growl to warn us of biting. Owners have often commented that their dogs growled all the time, yet they were shocked when they finally bit. Owners believed that the growling meant the dogs would never bite. Growling is never a vocalization a dog makes just to “talk”. Dogs don’t “talk” by growling – they growl to let us know they need help; they are warning us that they are preparing to bite. Determine carefully if the growling is ONLY during play. Make sure it is mild, and make sure the games between the child and dog seem “cooperative” rather than competitive and serious.
5. **Watch for a combination of events** like these: Your dog may be fine if approached by your child while he is chewing on a rawhide, and, separately, your dog may be fine when approached and hugged while resting on your couch, but your dog may growl or even bite when approached by your child AND hugged WHILE he lies on the couch chewing a bone. Your dog may be fine being hugged by your child in general, and your dog may be fine when held by the collar and restrained from chasing the cat or bolting out the front door, but your dog may growl, snap or bite when hugged WHILE restrained or keyed up or frustrated.



WHEN TO CONTACT YOUR ADOPTION COUNSELOR FOR ADVICE

By Sue Sternberg. www.suesternberg.com

- Any signs of rough play from the dog towards the child
- Any signs or displays of physical strength from the dog towards the child.
- Any growling (even during play)
- Any snapping or nipping
- Any humping or mounting of the child OR adults
- Any avoidance or resentment of physical contact (dog backs off or leaves room when child hugs or pets or get close to dog)
- Any signs the dog is afraid of the child (dog backs away or tries to escape when child appears or gets close)
- Dog seems “jealous” of intimacy or physical affection between parents or especially between child and parent (dog barks or cuts in between people during intimacy)
- Any signs the dog is guarding his food bowl, his bones, his toys, or “stolen” items (dog may tense up, freeze, stiffen, growl, snap, show his teeth, snarl, or just glare at anyone approaching or coming near the dog’s item)
- Your dog is tied, chained, cabled or penned in the yard where he can see running, playing, squealing children
- Your dog seems out of control or disobedient and “wild” with children who are playing or running around

It is important that your dog truly adores and almost PREFERS children to adults. No matter how well behaved and gentle your child is, there will come a time when a child will push the dog past his tolerance threshold. A dog that starts out with a huge buffer of love, affection, and adoration of children is apt to tolerate much more before reaching that threshold. Likewise, a well-behaved, well-supervised, gentle child is less apt to push a dog to its limits.

During the first few days and weeks of the adoption, we would like you to be observant of the developing relationship between your child and your new dog. We can help prevent many potential problems IF WE HEAR FROM YOU AS SOON AS YOU HAVE A QUESTION OR SUSPECT A PROBLEM. Your child’s safety is of the utmost concern for us.



HOW TO IDENTIFY A HIGH QUALITY DOG FOOD

Not Sure if it's a quality food?

Here's a guide:

- It's AAFCO (Association of American Feed Control Officials) compliant.
- A specific animal protein source, such as chicken or lamb, is first on the ingredient list.
 - Whenever the animal species is not named, the origin of the protein is suspect.
 - "Poultry" and "meat" are low-cost, low-quality sources.
- It contains the meat source as meal
 - The main difference with whole meat is it can contain up to 70% moisture before cooking whereas meal has the moisture removed before being processed into kibble.
 - Whole meat contains less nutrients than a meat meal.
- The first 5 ingredients contain at least 3 named meat sources or proteins.
- A high quality fat source such as: grape seed oil, canola oil, chicken fat, sunflower oil.
 - Avoid products with "animal fat".
- Contains whole vegetables and grain
 - Avoid Brewer's Rice
- Broth is used instead of water
- Avoid by-products
 - By-products can include bones, blood, intestines, lungs, ligaments, heads, feet, and feathers.
- Avoid corn gluten meal. It is used as a low-cost source of protein. It is inferior quality.

For information on recommended dog foods and dog food recalls, subscribe to:

Whole Dog Journal <https://www.whole-dog-journal.com/>

Dog Food Advisor <https://www.dogfoodadvisor.com/>

Dr. Karen Becker: How To Choose A Good Dog Food: Part 1: https://youtu.be/aTWHxvjl_as

Part 2: <https://youtu.be/zdDPi-1Yjy0>



EMERGENCY INFORMATION

Please check with your veterinarian first when possible

Specialty Veterinary and Emergency Clinics

Blue Pearl Skokie
3735 Dempster St., Skokie, IL. 60076
847-673-9110
Walk-ins 24 hours a day, 365 days a year
www.illinois.bluepearlvet.com

Blue Pearl Northfield
820 W Frontage Rd, Northfield, IL 60093
847-564-5775
Walk-ins 24 hours a day, 365 days a year
www.illinois.bluepearlvet.com

Chicago Veterinary Emergency Services (CVES)
3123 N. Clybourn Ave., Chicago, IL. 60618
773-281-7110
Evenings, weekends, and major holidays
www.chicagoveterinaryemergency.com

Veterinary Specialty Center
1515 Busch Parkway, Buffalo Grove, IL 60089
847-459-7535
Walk-ins 24 hours a day, 365 days a year
www.vetspecialty.com

Poison Prevention Hotline

ASPCA Animal Poison Control Center
1-888-426-4435
Consultant fee may apply

Poisonous Plants

Many plants have been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract, including but not limited to:

Aloe	Crocus	Peony
Azalea	Holly	Poinsettia
Begonia	Lilies	Tulips

Visit www.asPCA.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants/ for a more comprehensive list of plants and detailed information.

Dangerous Foods for Dogs

There are many common foods we humans enjoy that can be poisonous to our pets. To keep our furry friends safe, be sure to keep the following list of toxic foods out of your curious canine's (or feline's) reach and never give these foods to your pet, even in small quantities.



People Foods to Avoid Feeding Your Pets

<https://www.asPCA.org/pet-care/animal-poison-control/people-foods-avoid-feeding-your-pets>

Alcohol	causes vomiting, diarrhea, decreased coordination, central nervous system depression, difficulty breathing, tremors, abnormal blood acidity, coma and even death.
Chocolate / Coffee / Caffeine	contain substances called methylxanthines which can cause vomiting and diarrhea, panting, excessive thirst and urination, hyperactivity, abnormal heart rhythm, tremors, seizures and even death.
Citrus	stems, leaves, peels, fruit and seeds can cause irritation and possibly even central nervous system depression if ingested in significant amounts. Small doses, such as eating the fruit, are not likely to present problems beyond minor stomach upset.
Coconut / Coconut Oil	The flesh and milk of fresh coconuts contain oils that may cause stomach upset, loose stools or diarrhea. Coconut water is high in potassium and should not be given to your pet.
Grapes / Raisins	can cause kidney failure.
Macadamia Nuts	can cause weakness, depression, vomiting, tremors and hyperthermia in dogs. Signs usually appear within 12 hours of ingestion and can last approximately 12 to 48 hours.
Milk / Dairy	pets do not possess significant amounts of lactase (the enzyme that breaks down lactose in milk), milk and other dairy-based products cause them diarrhea or other digestive upset.
Nuts	contain high amounts of oils and fats. The fats can cause vomiting and diarrhea, and potentially pancreatitis in pets.
Raw/Undercooked Meat, Eggs and Bones	contain bacteria such as Salmonella and E. coli. Raw eggs contain an enzyme called avidin that decreases the absorption of biotin (a B vitamin), which can lead to skin and coat problems. Raw bones can cause grave injury should the bone splinter and become lodged in or puncture your pet's digestive tract.
Salt / Salty Snacks	Large amounts of salt can produce excessive thirst and urination, or even sodium ion poisoning. Signs include vomiting, diarrhea, depression, tremors, elevated body temperature, seizures and even death.
Xylitol	Xylitol is used as a sweetener in gum, candy, baked goods and toothpaste. It can cause insulin release which can lead to liver failure. The increase in insulin leads to hypoglycemia (lowered sugar levels). Initial signs of toxicosis include vomiting, lethargy and loss of coordination. Signs can progress to seizures. Elevated liver enzymes and liver failure can be seen within a few days.
Yeast Dough	can rise and cause gas to accumulate in your pet's digestive system. This can be painful and can cause the stomach to bloat, and potentially twist, becoming a life threatening emergency. The yeast produce ethanol as a by-product and a dog ingesting raw bread dough can become drunk (See alcohol).



HELPFUL TIPS

Recommended Resources

Whole Dog Journal

A monthly newsletter about training, equipment, quality toys and food as well as holistic care
www.wholedogjournal.com

Dog Star Daily

A free website for dog lovers — a daily magazine with news, blogs, and articles about dog behavior, and a comprehensive digital dog training textbook with everything you need to know about training your puppy or dog.
www.dogstardaily.com

Family Friendly Dog Training: A Six-Week Program for You and Your Dog

By Patricia McConnell, Ph.D.

www.patriciamccconnell.com/store/Family-Friendly-Dog-Training.html

Recommended Toys

Suggested brands: Kong, Booda, Nylabone, Bamboo, West Paw and Tuffy

Treats and Chew

When buying treats read the labels and avoid artificial colors and preservatives. Check for ingredients your dog might be allergic to or intolerant of. Look for treats that contain whole grains and/or fresh meats, fruits and vegetables.

When buying chewy type treats or bones look for American made from a reputable company and only offer them on special occasions.



MICROCHIP INFORMATION

Microchip Information:

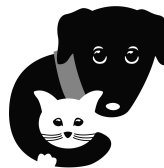
Dog's Name: _____

Inventory Number: _____

Implanted By: _____

The pet you are adopting today has been implanted with a microchip. C.A.R.E. uses the AVID chip but depending on how this dog was acquired by C.A.R.E. it may have a different microchip. The microchip is registered to our adoption facility, a method that we and other rescue groups have determined to guarantee the best chance of recovery of lost animals. Animal shelters, animal control facilities, veterinarians and research facilities all scan lost animals for identification chips. AVID will add your name and contact information to its records for a fee. C.A.R.E. assumes financial responsibility for lifetime registration of all chipped animals registered to us. We ask only that we are kept current of address and phone number changes over time in order to expedite contact should the pet ever go missing, or that you would contact us immediately with current contact info should the pet ever be lost or stolen. If the lost pet is scanned and traced back to C.A.R.E., we can then notify you without further delay.

C.A.R.E.'s Canine Medical Director maintains contact information but any dog adoption counselor can update your registration information. Our voice mail phone number is (847) 705-2653.



Community Animal Rescue Effort (C.A.R.E.™)
4927 Main Street
Skokie, IL 60077



SKUNK DEODORANT RECIPE

It can happen to the best of them, especially in springtime. A skunk sprays the dog. This is the best way to remove the skunk odor from your dog as well as from wood, plastic siding, cement, lawn, and other sprayed surfaces. It is also effective on clothes, but keep in mind that the hydrogen peroxide is a bleaching agent. It has the potential to bleach fabrics as well as fur.

- 1 quart 3% hydrogen peroxide
- ¼ cup baking soda
- 1-teaspoon liquid dish soap or laundry detergent

This is the basic recipe; increase the amount in proper proportion to get larger volume. Mix this up only as needed, it works best fresh and cannot be stored

The hydrogen peroxide is the kind you get at any drug store, in the brown bottles. The baking soda is available at any grocery store. The liquid detergent is necessary to help the deodorant mix penetrate the sprayed material.

Mix the ingredients in a large bucket and then pour on the dog. Massage well into fur, working the area that was sprayed. Usually the face and chest get sprayed. You can use a washcloth soaked in the solution to help clean the face. Work well into fur and rinse thoroughly. Repeat if needed, rinsing very well.



TEMPERAMENT TRAINING – TEACHING YOUR PUPPY BITE INHIBITION

By Ian Dunbar, PhD, MRCVS

Many of these exercises are demonstrated in Ian Dunbar's "Sirius Puppy Training" video and described in detail in his "Preventing Aggression" booklet, available from James & Kenneth Publishers, Berkeley, California
<http://www.dogstardaily.com/training/teaching-bite-inhibition>

In addition to selectively breeding for disposition, all dogs should be actively trained to be friendly and trustworthy. It would be folly to sit back with the blithe assumption that a puppy dog will necessarily and naturally develop a super disposition, since all breeds are capable of being unfriendly. Moreover, many breed standards actually forewarn us that certain breeds are prone to be shy, timid, nervous, suspicious, reserved, standoffish, protective, dominant or even aggressive – especially toward strangers.

Temperament training is an active process that involves a number of specific and essential exercises to continually modify the puppy's developing temperament to ensure that it always remains friendly toward all people. A temperament training program has three stages: 1) teaching bite inhibition; 2) socializing the pup with all sorts of people, so that the dog likes the company and actions of people and would not want to bite them; 3) friendly training, which means specifically training the puppy dog to "act" as if it is cute and friendly. This type of training is designed to assuage people's fears and help them feel at ease around the dog, so that they don't display fearful actions and mannerisms and unnecessarily spook the dog.

Bite Inhibition

Without a doubt, teaching bite inhibition is the single most important item on the educational agenda of any pup. Consequently, bite inhibition training should head the syllabus of any kindergarten or comprehensive puppy training program. The pup must be taught to inhibit the force of its biting behavior so that it develops a soft mouth. It must also be taught to inhibit the frequency of its now gentler mouthing, so that the adolescent dog learns to keep its jaws to itself and never mouth any person or their clothing.

It is unrealistic to expect dogs never to be frightened or annoyed by people as it is to expect people never to frighten or annoy each other. However, just as it is reasonable to expect people to resolve their disagreements without physical violence, it is both realistic and perfectly feasible to teach dogs never to physically harm a person when scared or provoked.

Dogs suffer incessant provocation from people, especially from children and men, and a large portion of dogs are involved in some kind of aggressive altercation with humans at some time in their lives. But in such instances, both the prognosis for rehabilitation and the fate of the dog are almost always dependent on how much damage the dog inflicted—that is, the dog's level of bite inhibition.



Damage Done

Ideally, all dogs should be taught never to respond aggressively to any kind of provocation, but this is impossible in practice, especially in instances of extreme and unexpected provocation. Let's look at the following case histories. In the first four, a dog was provoked and responded in an understandable way. The fifth case is an exception, and is explained on the next page.

Case 1: An 8-year-old struck out during a baseball game and hit the dog's muzzle with a baseball bat. The dog yelped and ran.

Case 2: A woman tripped, dropped a cup of hot chocolate over the dog and fell headlong into the dog's face while it was gnawing on a bone. The dog nipped the woman on the cheek but did not puncture the skin.

Case 3: A woman hurrying to answer the phone pierced the dog's thigh with her high-heel. The dog bit her on the ankle, causing three punctures barely $\frac{1}{4}$ inch deep.

Case 4: A man grabbed the dog's cheeks with both hands, shook the dog vigorously, flipped it on its back and screamed obscenities in the dog's face. The dog sliced the man's ear with two punctures—little damage but a lot of blood.

Case 5 : A 3-year-old toddled up to the dog and reached out to pat it on the head. The dog bit the child in the face five times

In each case, whether the scared and/or provoked dog ran, hid growled, snarled, snapped, nipped, bit or savaged depended primarily on the degree of learned bite inhibition established in puppyhood.

Because the dogs exercised remarkable restraint and demonstrated fairly solid bite inhibition in the first four cases, these were resolved easily with basic, commonsense people education and dog training. However, in the fifth case, the dog was euthanized and the child was physically and mentally scarred for life. The dog had obviously not been socialized with children and more damning, the dog had very little bite inhibition at all. When bite inhibition is poor or nonexistent, if and when the dog bites, in addition to the serious injury caused to the victim, invariably the dog loses its life and the owner loses a companion, peace of mind and often a lawsuit.

Inhibit Force Before Frequency

A puppy's needle-sharp teeth and its often rapacious penchant for biting are essential for the establishment of bite inhibition and the development of a soft mouth. Puppy biting hurts but seldom causes appreciable harm. In fact, puppy biting behavior is the way a young pup learns



its jaws can hurt. It is important puppies learn to inhibit the force of their biting before they acquire the blunt yet formidable teeth and strong jaws of an adolescent dog.

Although the abrupt and total curtailment of puppy biting (if possible) offers immediate relief to most owners, it often reflects only a short-term gain and does not always augur well for the future. If the puppy is forbidden to bite, it will not have sufficient opportunity to learn that its jaws may inflict pain. Thus, if it is ever provoked to bite as an adult, the resultant bite is likely to be a hard one, causing severe damage. Certainly puppy biting must be controlled, but only in a progressive, systematic manner, whereby the pup is taught to inhibit the force of its bites.

To inform the puppy that biting hurts, it is not necessary to hurt, frighten, punish or even reprimand the pup: a simple “Ouch!” is sufficient. If the pup acknowledges the “ouch” and desists, praise and resume playing but in a calmer manner. If the puppy ignores the reprimand, emphasize “OOOUUCHH!” and exit pronto.

Learning Through Play

As when playing with their litter-mates or mom’s teats and tail, puppies quickly learn hard bites lose playmates. Return after one or two minutes time out and make up by having the puppy come, sit and calm down before resuming play.

Once the pup’s mouthing no longer hurts, pretend it does. Greet harder munches with a yelp of pseudo-pain. The puppy will begin to get the idea, thinking, “Whoohh! These humans are super-sensitive. I’ll have to be much more gentle.” The force of the puppy’s biting will progressively decrease until biting becomes mouthing and eventually, mouthing succumbs to gumming or slobbering.

Never allow the puppy to mouth human hair or clothing. Hair and clothing are not innervated and therefore can feel neither pressure nor pain. Allowing a pup to mouth hair, scarves, shoelaces or gloved hands inadvertently trains it to bite harder, extremely close to human flesh!

Once the puppy’s mouthing no longer exerts any palpable pressure whatsoever, then and only then can you teach the pup to reduce the frequency of its oral proclivities. Teach the meaning of “Off!” by hand-feeding kibble, so the pup may learn very gentle mouthing is okay, but it must stop the instant you say, “Off!”

And of course, allowing mouthing to resume is the best reward for a puppy that stops mouthing on request. At this stage the puppy, or young adolescent dog, should never be allowed to initiate mouthing (unless requested to do so).



Nip It in the Bud

Some dogs learn to inhibit the force and frequency of biting quickly and naturally, whereas for other dogs bite inhibition must be actively taught as a specific exercise. After just a few weeks of instruction, the “mouthy” breeds and their puppies from hell characteristically curtail hard biting fairly quickly, since the owner is immediately aware of the problem and takes appropriate action and the puppy has more than ample opportunity to learn its biting hurts.

It may seem paradoxical, but puppies that are mouthing maniacs and/or puppies that grow up with children are much more likely to develop gentle jaws and a soft mouth as an adult. On the other hand, shy, reserved and/or fearful dogs, which often do not play as much and therefore seldom roughhouse or bite their owners, and breeds that have been bred to have soft mouths, seldom present much of a puppy problem to their owners and therefore do not receive sufficient feedback concerning the power of their jaws.

All too often, when a dog has bitten severely the case history reveals the dog was “fine” as a puppy. This is the major reason we go to great pains to encourage shy and standoffish dogs to play in puppy class. The most important survival lesson for a puppy to learn is that when it bites, it causes pain. Of course, the pup can only learn this lesson if it bites and if the bitee gives appropriate feedback.



Dog Training Recommendations

This list represents known or highly recommended dog trainers in the Chicagoland area. It is by no means a complete list of certified, positive reinforcement trainers. We recommend that you research your dog training choice and seek qualified, certified, positive reinforcement trainers.

Best Friends
1628 N Elston Ave
Chicago, IL 60642
(773) 384-5959
bestfriendspetcare.com

Narnia Pet Behavior and Training
10143 Clow Creek Road
Plainfield, IL 60585
(630) 904-0895
narniapets.com

Call of the Wild School for Dogs
3027 N Rockwell Street
Chicago, IL 60618
(773) 539-1088
callofthewildschool.com

Tucker Pup's
219 N Carpenter St
Chicago, IL 60607
(312) 829-8787
tuckerpups.com

Camp Bow Wow
6046 Roosevelt Rd.
Oak Park, IL 60304
(708) 848-2267
campbowwow.com/oak-park

Unleashed
1908 Greenwood Street
Evanston, IL 60201
(847) 864-3647
unleashedinevanston.com

Dog Behavior Solutions
(773) 617-2374
dogbehaviorsolutions.net

Urban Pooch Training & Fitness Center
5400 N Damen Avenue
Chicago, IL 60654
(773) 961-8880
urbanpoochtraining.com

Dog Den
7211 Franklin St.
Forest Park, IL 60130
(708) 689-0064
dogdenchicago.com

Dog Obedience Group (D.O.G)
Evanston, Skokie locations
(773) 973-2934
dogobediencgroup.com

For Your K9
706 Industrial Drive
Elmhurst, IL 60126
(847) 671-6844
foryourk9.com