



Congratulations on adopting your new best friend!

To help you start your new relationship off on the right paw,
we have provided you with some important info.

Please take a few minutes to review this material, so you can make the most of
your time with your new companion.

Housetraining Basics

In order to housetrain a new dog, just follow these few guidelines and, above all, assume all new dogs in your home are not housetrained until they prove otherwise.

- Take your dog/puppy outside on leash to eliminate 10-15 minutes after eating, upon waking, and any time that it appears he needs to go out (circling, whining, sniffing the ground).
- Praise your dog/puppy quietly with 'good dog' as he eliminates.
- Supervise, supervise, and supervise. A dog/puppy that is being housetrained must never be out of your sight unless he is in his crate. Accidents out of sight are **your** responsibility. Just clean them up and watch your dog/pup more closely next time. Use baby-gates or tie your dog's leash to your waist during the house-training process to keep him well supervised.
- If you catch your dog/puppy in the middle of an accident in the house, simply interrupt him by clapping your hands and saying 'ahh, outside' and then, attaching a leash and taking him directly outside. Praise him if he finishes outside. This will only work if you catch him in the act. Once he has finished, the opportunity to teach him is gone.
- Never punish or scold a dog/puppy for a housetraining accident! Doing so will slow down progress and make your dog/puppy more likely to sneak off to eliminate out of your presence. Simply interrupt wrong behaviors and redirect your dog to the appropriate area.
- Always clean accidents with an enzymatic cleaner such as Nature's Miracle or Simple Solution. Clean up whatever fluid or fecal material you can with paper towels, and then saturate the area with the enzyme solution, let it set, and then wipe up with terry towels. Regular carpet cleaners alone on pet accidents won't adequately remove the urine/fecal material and that may encourage the dog to eliminate again on that same spot.
- In general, puppies can hold their bladders for one hour equal to their age in months, after three months of age, during the day and a bit longer at night time. So, a 3-month old pup may be able to hold it for three hours at a stretch during the day, or it may take longer for them to develop the physical capacity to hold it for this length of time. Healthy, housebroken adult dogs can generally be asked to hold it for about four hours at a time.

Dogs and Kids

- Kids must be taught to be calm and respectful around dogs. Always supervise!
- Teach kids to pet dogs gently in the direction of their fur, rather than pushing, pulling, or squeezing them..
- Although we know it is a sign of affection, no hugs for the dog – dogs do not understand our intentions with a hug and can be very concerned about being restrained in this manner.
- Adults should always supervise dogs with children. Pay special attention if your dog does something as simple as moving away from a child. This may indicate that your dog would like a break from the child's attention. A timeout can be good for both dogs and kids to help ensure a positive relationship.

Preventing separation concerns/boredom

Dogs are naturally inclined to prefer your company, so they need a little extra help to learn how to cope with being alone. Along with keeping your dog well exercised, here are a few more tips to prevent separation concerns or destruction due to boredom:

- If you are crate training your dog or training your dog to stay in a specific room when alone, have your dog spend small amounts of time in the crate or room when you are home (not just when you leave).
- Practice leaving your new pal at home alone for short periods before leaving him for the whole day while you're at work. You may want to arrange to either come home at lunch or have a neighbor or pet sitter stop by during the day to check on him for the first few days.
- Integrate your new dog into your normal schedule as quickly as possible.
- For the first few days after bringing him home, avoid lavishing your dog with hours and hours of attention if that isn't going to be your daily habit.
- Be sure to take your dog on daily walks around your neighborhood to socialize him to his new surroundings and get him some needed exercise. Consistent exercise is the best way to fend off boredom and anxiety based behavior problems.
- Give your dog puzzle toys (suggestions listed below) every time you leave him by himself.
- Divide your dog's food into several portions. Put each portion in a separate puzzle toy and hide those puzzle toys around the house or yard. Start with easy hiding spots at first.
- Only provide the food puzzle toys when you leave, not when you are home. This way, he can have something positive to look forward to (and to do!) when you leave. When you return home, put those toys away so they are only out when you are gone. Only leave food toys out if there are no other dogs in the home so there are no arguments over who gets the food.
- Ignore your dog for 5-10 minutes before you leave for the day and for the first 5-10 minutes when you get home. That will keep your dog from enduring an emotional roller coaster every time you come and go.

Create a Chew-Toy Addict

Chewing is a normal dog behavior that is very important to relieve stress and boredom. Your job is to make your dog's chew toys irresistible while managing your dog's environment to prevent

him from chewing inappropriate items. This is one behavior where supervision and prevention is definitely the key to success.

- Give your dog a food puzzle toy when he is left in his crate and every time you leave home.
- Why? This teaches your dog to seek out his chew toys instead of the rest of your worldly possessions! Spend time and money on creating a chew-toy addict, so you don't have to spend time and money replacing your belongings.
- Teach the kids to pick up their important toys and close bedroom doors and/or closets. Dogs can't tell the difference between their toys and our toys/shoes/pillows, etc.
- Don't leave food out in accessible areas. Many dogs can easily help themselves to food left on kitchen counters and tables. Remember, dogs are opportunists. If you leave it available to him, he'll be glad to oblige. Better to start off right and put all food away in cupboards and in the refrigerator. Don't make it available to him, and it won't be a problem for you!
- If you catch him chewing on something inappropriate, say "ahh" and clap your hands to interrupt him and then help him find an appropriate toy. If you find something chewed after the fact, do nothing, but keep your dog better supervised, so you can interrupt any future mistakes.

Food Puzzle Toys and other Brain Games.

Dogs need to keep their brains exercised just as they do their bodies. Brain games can be a wonderful addition to walks and other forms of exercise. Toys and games can provide good outlets for active or bored dogs.

- **BUSTER CUBE** or **WOBBLE KONG**. Treats or pieces of kibble (dry dog food) are put inside these toys and the dog has to push it around to get the pieces of food to fall out. Great for inside or outside toys.
- **KONG**. One of our favorites! These hard plastic toys can be filled over and over again. Fill with canned dog food and put in the freezer. Frozen kongs are a great way for dogs to get their meals. Instead of eating their food out of the bowl in 5 minutes, they can work on getting it out of a frozen kong and have an hour plus of enjoyment. (See more ideas for kong stuffings on the Crate Training handout, included in this packet.)
- **OTHER GREAT FOOD PUZZLE TOYS**: Tug-a-Jug, Busy Buddy Twist 'n' Treat, Busy Buddy Bouncy Bone and Squirrel Dudes! All of the above and MORE are available at the LHS Retail Store.
- **JOLLY BALLS**. There are hard plastic versions and softer types. Both provide great outlets for many dogs, especially herding types or terriers. The dog pushes the ball around with his paws and nose, and it "runs" away from him, so he can chase it. These balls are large enough that they don't fit in the dog's mouth, so he has to use his nose and paws.
- **HIDE & SEEK**. Hide your dog's favorite toys (or yourself). At first use easy hiding spots, and then gradually use more difficult spots. This can be done with a single toy, or it can be a scavenger hunt with many toys/treats. You'll need to help him find the first few.

Exercises for a Busy Dog

Exercise is the single most important thing that you can do to prevent/resolve problem behaviors. A tired dog is a good dog! Please remember, dogs do not typically get much exercise when left in a yard all day. If they did, do you think they would turn into the bundles of energy that they do when the family gets home? Here are a few ways to exercise your dog:

- **LEASH WALKS and OFF-LEASH RUNNING:** Dogs desperately need to have walks and exercise time away from their yards. Taking your dog on a walk around the neighborhood or a hike in the mountains is an excellent form of socialization and mental exercise. Dogs also need regular sessions when they have a chance to run and play. After you have had your dog for at least two weeks and you know he will come back to you when you call, take your dog to open space areas for some exploring, but start out using a long-line to be sure he will return when called.
- **TWO-TOY RETRIEVE:** Get two identical toys. Start playing with one toy and then toss it a short distance. Praise your dog for chasing/getting it. Now get the second toy and wiggle it in front of your dog. Wait to toss the next toy until he spits out the first one. When he is getting the next toy, you can pick up the one he just dropped and repeat. If your dog is new to retrieving, quit after just a few tosses and take both toys and put them away. If your dog is great at retrieving, toss the toys further and play longer, but still quit before he's tired of the game.
- **RUNNING WITH YOUR DOG.** This should only be done with physically mature dogs (generally dogs over 1 year at least). Running with young dogs/pups can lead to progressive joint disorders. With adult dogs, start with short distances at first with several rest stops. You should take water along for your dog. Dogs cool their bodies by evaporative cooling from their tongue and paws. They can **EASILY** overheat and suffer heat stroke even in moderate temperatures without plenty of access to water. It is beneficial to get your veterinarian's permission before starting your dog on a rigid exercise regime.
- Arrange to get your dog into a Puppy Training or Dog Training class at the Longmont Humane Society. This is a great way to build a solid relationship with your new companion while teaching him some new behaviors. Also, dog training has changed dramatically in the last decade, so you might want to familiarize yourself with the most modern, dog friendly techniques available. Discount for adopters, too!

Grooming Routine

All dogs benefit from regular grooming. Weekly grooming sessions can be the first line of detection of wounds, lumps, and other abnormalities (ear infections, hot spots, ticks, fox tails, etc) all of which are less costly and less damaging when caught early. Here is a simple weekly routine that will keep the fur from flying.

- Brush entire body with appropriate brush or comb: wide tooth rake/comb for long coats, pin brush or slicker for medium coats, bristle brush for short coats.
- Run your hands over your dog's entire body (head, neck, back, sides, belly and legs) to remove loose hair and check for lumps and bumps.
- We recommend using a professional groomer for nail trims. It is easy to trim too much and cause the dog pain and, subsequently fear, about having his nails trimmed.

- Wipe out ears with a dry tissue wrapped around your finger.
- Use a damp terry washcloth to wipe face/eyes.
- Use a damp terry washcloth wrapped around your finger to clean your dog's teeth. You can add a little dog toothpaste or a tiny amount of baking soda and just rub back and forth on the outside of your dog's teeth. Dogs generally accept this much better than a plastic toothbrush.
- No more frequently than once a month, bathe your pup/dog with a good doggie shampoo. Be sure to rinse thoroughly.
- Know that not all dogs enjoy being bathed. Sometimes the best option is to take your dog to a professional groomer for his bath. This way, the professional can do the 'dirty work' and you can feel comfortable knowing that, if your dog considers this a stressful experience, as many do, that he/she is being handled in the best way possible. Longmont Humane Society does offer grooming for the public. Call the front desk to inquire.

The Longmont Humane Society offers
behavioral support at no charge for all our adoptions!

We are here to help!
303-772-1232