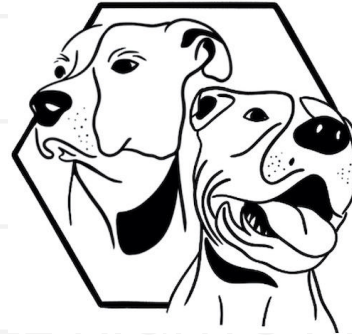


Beezy's Pack Foster Guidebook



An important skill, if not the most important skill, to practice with your new dog will be learning the language of the leash. Foundational communication is key to success.

send you in the right direction to get things rolling with your new pal. If you are experiencing aggressiveness, possessiveness, or any other concerning or intensifying behaviors - please contact your rescue organization and reach out to a trusted professional for advice. Any medical concerns should be directed to a veterinary specialist immediately.

Welcome to the **Foster Guidebook**, and *thank you* for your consideration and dedication to fostering a dog. As you may already know, fostering saves lives.

To foster means to encourage or promote the development of something regarded as good. As a foster, you will not only be encouraging your dog but also providing a sense of safety and security - you will promote their development. Because all dogs are good dogs! When working in animal rescue, a foster is typically the person meant to transition the animal from their current environment into their new environment - while reducing stress as best as possible. Typically, this means that the animal is living with the foster's own family until the animal can find a permanent home. You are not only assisting the animal in their environmental transitions, you are also likely fostering the adoption process.. congratulations! This is an important role.

Thankfully, you have come to the right place to learn more about how to help your new companion feel more at ease. While this guidebook is by no means a replacement for working directly with a professional, it should

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1. PREPARING FOR YOUR FOSTER

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8. PROBLEM BEHAVIORS

9. WHAT DO I DO IF... + FAQ 's



- *The biggest mistake that you can make is not complying with the safety measures put in place by their rescue organization. Compliance is never guaranteed, and this is how mistakes occur. Please do your part and help to set your dog up for success! Advocate for them and do not put them in situations that you, or they, are uncertain about. Comply with the safety measures laid out in this guidebook and you will find success.*
- *If you are unable to read this guidebook in its entirety, you may not be ready to foster a dog. :)*
- *Your dog is considered still considered “new” unless they have lived in your home for over 90 days. As such, safety measures in this guidebook should be followed at the very least for the first 90 days.*

CHAPTER 1: PREPARING FOR YOUR FOSTER

THE RIGHT TOOLS: WHAT YOU WILL NEED TO SUCCEED

- Martingale Collar with Clip Leash
- Slip Lead
- Long Line (15 feet is great)
- ID Tag with Rescue Contact Information
- Properly-Sized Crate (yes... you need one) (yes... you still need one)
 - Your dog should be able to stand up, turn around, and lay down comfortably in their crate. Please see size guide below.
- Poop Baggies (try to go for earth-rated or biodegradable)



Martingale Collar & Clip Leash



Martingale Collar (version 2)



Slip Lead



Slip Lead in Proper
Position

18 INCH	22 INCH	24 INCH	30 INCH
(18" x 12" x 14")	(22" x 13" x 15.5")	(24" x 18" x 19.25")	(30" x 19" x 21")
Up to 6 pounds	Up to 12 pounds	13-25 pounds	26-40 pounds

36 INCH	42 INCH	48 INCH
(36" x 23" x 25")	(42" x 28" x 30")	(48" x 30" x 32.5")
41-70 pounds	71-90 pounds	90-110 pounds

Crate Sizing Guide

- *If you are using ANY type of harness, a slip lead, a head halter, or another tool ... please ensure that the device is SAFETY CLIPPED to the martingale collar. You can use a carabiner, or a clip made for this (pictured, right). Many times, a new dog will spook and will learn how to work their way out of the leash or harness to flee - and they will be gone, fast. Please be aware of your surroundings at all times when with your dog and always ensure that the tools are fitted properly and secured. Back-ups are always a good idea, like the clips, or even clipping a back-up leash to your belt.*



THE RIGHT ENVIRONMENT: SETTING UP YOUR SPACE

- Your new dog will need at least three days to begin to settle into your space. We cannot expect our dogs to trust us right away, so we must show them that they can trust us. This begins by showing them with our actions that we are safe people who will cause them no harm - don't forget... dogs can't understand English! Unless they have been taught human language through associations, they will not understand a word that you are saying, even if it is you saying "it's ok... it's ok..." you must show them what this means.
- Please remember that everything here is new for them. Your dog may have come from a variety of backgrounds... maybe they have never entered a home, have never seen plentiful resources, or have never played with a toy. They may

be wary of new people and of new animals, especially at first. Your foster dog is not going to know exactly how to behave in their new environment - so it's your job to teach them the rules. You must properly guide them through all of these new (and potentially exciting/scary) experiences. I also recommend leaving a leash on your dog for the first week in the house. You can even have a "house lead" that you cut the handle off of - so that they do not get stuck on furniture as easily. The PetSafe 6-foot clip leash is only a few dollars and can be clipped right to the dog's collar. If the dog chews the leash, it's no worries - please watch for this and make sure they are not ingesting any pieces.

- You should have your properly-sized crate set up and ready to begin crate training right when your new dog arrives. Their crate will serve as their personal den space and is where they will spend their time alone. This is how you provide your dog with an almost immediate sense of safety and security. Not all dogs will love their new bedroom space at first - and this is where the TRAINING and CONDITIONING piece comes in. When you do not have eyes on your dog, they should be resting in their crate. The time that you spend with them should be quality, engaged time outside of the crate - on leash... at the very least for the first week.
- Here are a few tips that might help to limit distractions in your home when you are absent: add a noise machine, leave the TV or radio on, set up a fan, play white noise or a long sleep soundtrack on YouTube, add a box fan to the room, block any view of windows or doors.
- Water should always be available to your foster dog. Food and toys, aka other resources, should be under your control. You give them and you take them away when they're all done. This will limit the need for your new dog to begin resource-guarding anything they find to be special in this new life. In order to earn freedom, your new dog must first understand boundaries.

GETTING IN THE RIGHT MINDSET: THE WHY AND HOW

- We must remember that we are fostering a dog in order to help them to find their forever home. In this way, we must always be aware of how we are interacting with the animal and what energy we are projecting when we do so. Please remember that energy equals intention plus emotion. Take a deep breath, and set your dog up for success. Obsessive cuddling, coddling, and affection are not helpful to your new dog — especially if they are not used to this.
- Sometimes our dogs will test our frustrations, they will push our buttons, unintentionally. They can become a great teacher to us in this way. In those frustrated times, we should follow proper Stress Management Techniques (both for you and for your dog). Reducing stress is the first step. To reduce stress, we

must be aware that we are feeling overwhelmed or otherwise, first. Can we become aware of our own emotions?

- A few techniques that seem to work well are: meditating before the walk, counting to ten before we act on impulse or act on anger, taking a few deep breaths, going for a walk without your dog, listening to a favorite album, lighting lavender incense or sage, doing an exercise class,

WRONGLY-FITTED HARNESS

Girth strap is too tight; harness rubbing.

Too high on the neck.

Too tight. Blocks shoulder extension and abduction.

Girth strap pushing into elbows

CORRECTLY-FITTED HARNESS

Check fit in standing, sitting and lying down. It should be comfortable in all positions.

Fit and adjust the girth strap of the harness first. Then adjust the chest and neck straps.

NECK STRAP

BACK STRAP

GIRTH STRAP

CHEST STRAP

Keep the harness loose enough that 2-3 flat fingers can easily go under the neck and girth straps.

Girth strap is behind the elbows, though NOT behind the rib cage.

By Lori Stevens, CPDT-KA, SAMP, Senior Tellington TTouch® Practitioner Lori@SeattleTTouch.com
Illustrations by Lili Chin doggiedrawings.net

A LESSON IN CANINE BODY LANGUAGE

- Often times it is said that “a dog bit without any warning”. There is ALWAYS a warning. A growl is a warning. We should NEVER punish our dogs for growling or asking for space - because they may begin to learn that the warning signs are not allowed. Your dog should be allowed to express themselves in a safe and respectable manner.
- It is important to understand the canine signs of fear and anxiety - because this is when the dog may lead down a path of self-preservation - meaning that they can snap or bite to re-claim their space and sense of control.
- Please look through the following pages to familiarize yourself with the basics of canine body language. This should not be a substitute for practicing your observation skills in person! Dog parks are a great place to practice (watch from the outside - do NOT bring your *new* dog to an off-leash dog park under any circumstances).

EYES

We have trained dogs to look at us directly, but in the dog world, indirect eye contact is actually more polite.

SOFT EYES

Visual signs:

- Almond-shaped
- No direct eye contact
- Relaxed ears, mouth, body

What your dog may be feeling:

- Happy, peaceful
- Non-confrontational

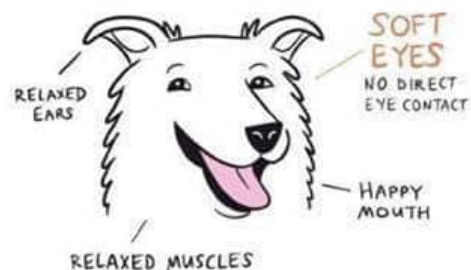
HARD STARE OR GLARING

Visual signs:

- Sustained direct eye contact
- Forward ears, tight mouth
- Stiffness or stillness

What your dog may be feeling:

- Concerned or annoyed
- Confrontational
- Glaring can be a part of Stalking (see p.38)



DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"
look away/head turn



STRESSED
yawn



STRESSED
nose lick



"PEACE!"
sniff ground



"RESPECT!"
turn & walk away



"NEED SPACE"
whale eye



STALKING



STRESSED
scratching



STRESS RELEASE
shake off



RELAXED
soft ears, blinky eyes



"RESPECT!"
offer his back



FRIENDLY & POLITE
curved body



FRIENDLY



"PRETTY PLEASE"
round puppy face



"I'M YOUR LOVEBUG"
belly-rub pose



"HELLO I LOVE YOU!"
greeting stretch



"I'M FRIENDLY!"
play bow



"READY!"
prey bow



"YOU WILL FEED ME"



CURIOUS
head tilt



HAPPY
(or hot)



OVERJOYED
wiggly



"MMMM...."



"I LOVE YOU,
DON'T STOP"

Body Language of Fear in Dogs



Slight Cowering



Major Cowering

More Subtle Signs of Fear & Anxiety



Licking Lips
when no food nearby



Panting
when not hot or thirsty



Brows Furrowed, Ears to Side



Moving in Slow Motion
walking slow on floor



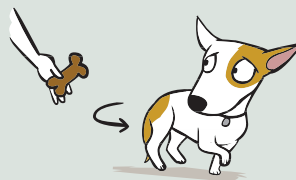
Acting Sleepy or Yawning
when they shouldn't be tired



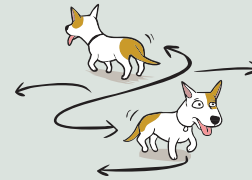
Hypervigilant
looking in many directions



Suddenly Won't Eat
but was hungry earlier



Moving Away



Pacing

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CALM and RELAXED? or SHUT DOWN?



A GUIDE TO CANINE BODY LANGUAGE

Dogs speak a language that varies based on breed and life experience. It is our job to observe and respond to the message each dog communicates. The traffic light model uses different zones to help us understand our dog's behavior and better communicate with our dog.

Task: Observe and respond to your dog

G

LIFE'S GOOD

Observe your dog.
Attain and maintain
time in **G**

C

CAUTION

Identify behaviors,
attend to your dog,
and guide your dog
back to **G**

D

DANGER

Identify and interrupt
behaviors, assure your
dog, and guide your
dog back to **G**

Life's Good



- G** Head: eyes soft; ears soft, floppy; mouth soft, "W" as though smiling, open, tongue showing
- G** Body: position standing; well balanced
- G** Rear: tail medium height, soft, moves freely

Overall: Not tense
Friendly: Invites interactions

Caution



- C** Head: eyes round; ears flat against head; mouth tense, panting, tongue inside
- C** Body: position standing; body leaning forward; neck stretched; legs braced
- C** Rear: tail low, stiff

Overall: Tense
Suspicious: Not sure of situation

Danger



- D** Head: brow furrowed; ears flat against head; mouth closed, short, straight lips
- D** Body: position cowering; head turned; neck lower than back; back arched; paw lift
- D** Rear: tail very low, stiff, does not move freely

Overall: Very tense
Wary: Escaping situation

CHAPTER 2: PROPER INTRODUCTIONS

- Greeting your new dog
- Please take a look over the next few pages, including the images relating to what NOT to do when greeting a new dog. Never put your hands or your face directly within the new dog's personal space. The relationship should begin with respect and mutual trust.
- Traveling home with your dog
 - If you will be driving home with your new dog, it is not a bad idea to have a towel or sheet handy to cover your seats. They make seat covers that you can purchase online or at a pet store. Your dog may get car sick, or may get hair on your seats.
 - If your dog will be moving around and causing any safety issues in the car, please consider asking to borrow a travel crate, or a great tip is to get your dog loaded in, and then shut the handle of the leash up in to the car door. This way, you can grab the handle, and then open the car door, so that if the dog comes flying out - you already have a handle on them! New dogs tend to want to FLY out of the car doors, because the space is small and can be uncomfortable.
 - When loading your dog in to the car, try to avoid manhandling or picking them right up and plopping them in. This is the first challenge that you and your foster dog will experience together. If they do not hop right in to the car, you may need to be patient and help them to understand that the car is safe. We can open both sides of the car doors - and ask the dog to enter and exit repetitively until they feel better about hopping in to the space.
- Introducing your dog to their new home: space + residents
 - Your new dog should meet any residents outside of the space, on neutral territory (this goes for humans and new dog friends). This eliminates the need for any competition or self preservation.
 - The best way to introduce new dogs to each other is through a "parallel walk". Begin with each dog on either side of the street, and walk in the same direction together. As the dog's relax and ignore each other, move closer to each other, still moving in the same direction. Eventually, the dogs will be walking next to each other. Butt sniffing is encouraged, eye contact lasting more than 3 seconds is not. Once the walk is over, give the dogs a chance to sniff each other's butts and curve around each other to say hello. This may best be done somewhere that the leashes can be safely dropped if play ensues! A loose leash is important here. Your new dog does not NEED to be

friends with any other dogs or people just yet. Give them their time to feel at home first. This is only for in-home resident dogs that will be living together.

How to Greet a Dog (and What to Avoid)

Appropriate greetings are common sense. Imagine if someone greeted you the way many people greet dogs!

Human to Human INCORRECT	Human to Dog INCORRECT	Human to Dog CORRECT
 <p>Avoid reaching into their safety zone.</p>	 <p>Avoid reaching in or towards the dog's car.</p>	 <p>Stand a safe distance away so that you are not a threat.</p>
 <p>Avoid rushing up.</p>	 <p>Avoid rushing up.</p>	 <p>Approach slowly (at a relaxed walk).</p>
 <p>Avoid interactions without asking.</p>	 <p>Avoid interacting with unfamiliar dogs, especially if they're tied up.</p>	 <p>Ask if you can interact first.</p>
 <p>Avoid staring at people. This is scary.</p>	 <p>Avoid staring at or approaching head-on.</p>	 <p>Approach sideways and look using your peripheral vision.</p>
 <p>Avoid looming over.</p>	 <p>Avoid leaning over or towards dogs even when you change position to squat or get up.</p>	 <p>Stay outside the dog's bubble and present your side to the dog.</p>
 <p>Avoid reaching into personal space.</p>	 <p>Avoid reaching your hand out for the dog to sniff.</p>	 <p>Let the dog approach at his own rate.</p>
 <p>Avoid close interaction if the person is afraid of you.</p>	 <p>Avoid petting if the dog looks nervous or tense. Just admire him instead.</p>	 <p>It's OK to pet the dog if he looks relaxed, comes up to you, and solicits your attention by rubbing against you.</p>
 <p>Avoid touching inappropriately.</p>	 <p>Avoid hugging, kissing, and patting roughly. This is too familiar and disliked by many dogs.</p>	 <p>Pet gently.</p>

HOW NOT TO GREET A DOG

Most people do this stuff and it stresses dogs out so they BITE!
I don't care how cute you (or your kid) think Boogie is. Please show him some respect.



DON'T
Lean over the dog & stick your hand in his face



DON'T
Lean over the dog & stick your hand on top of his head



DON'T
Grab or Hug him



DON'T
Stare him in the eye
(This is an adversarial gesture)



DON'T
Squeal or shout in his face



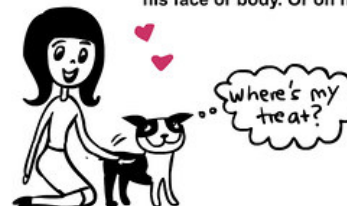
DON'T
Grab his head and kiss it
(This is an invasion of space)

Doing this to a dog who doesn't know you is like a perfect stranger giving you a great big hug and kiss in an elevator. Wouldn't that creep you out? And wouldn't you have the right to defend yourself?

THE CORRECT WAY:



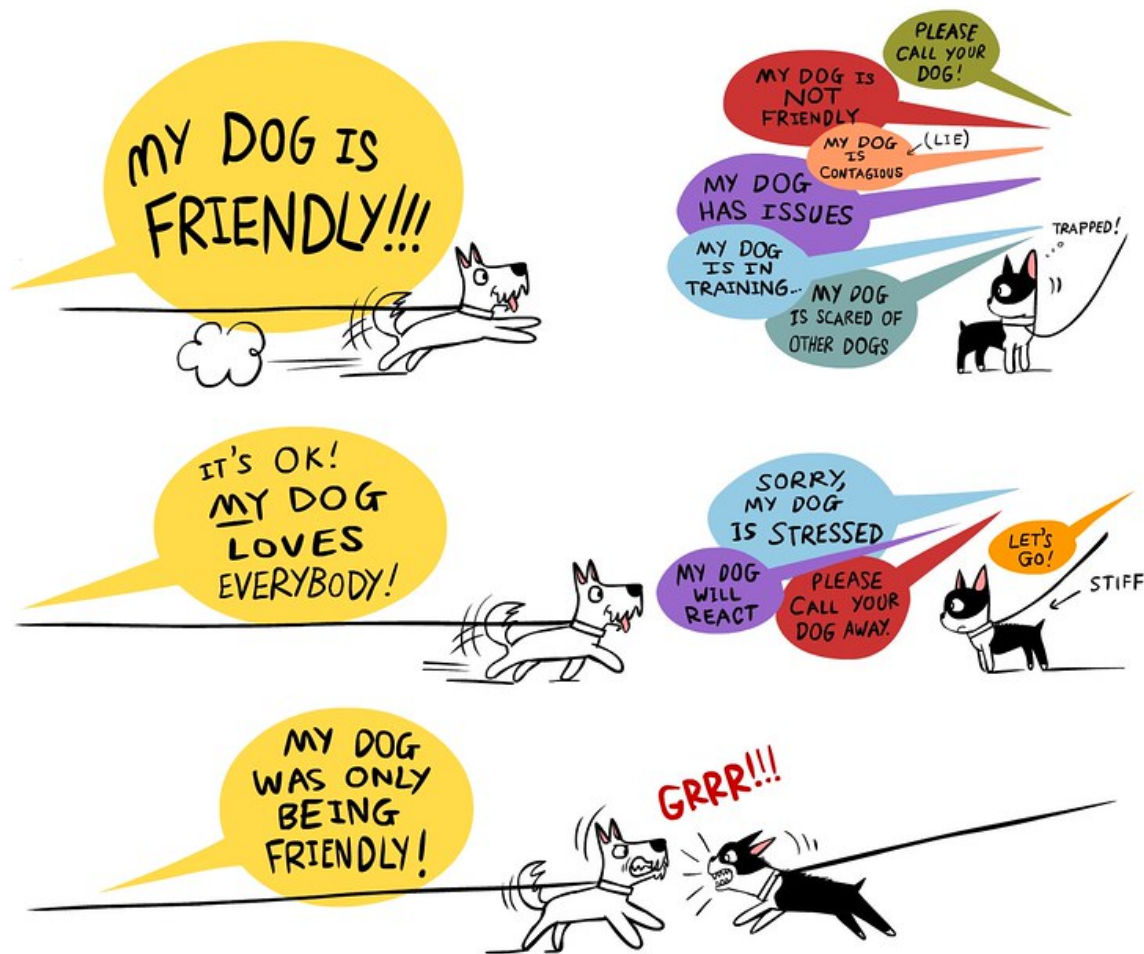
- * No Eye contact
- * Let the dog approach you in his own time
- * Keep either your SIDE or BACK towards the dog (non-threatening posture)



- * Pet or stroke him on the SIDE of his face or body. Or on his back.

SPACE ETIQUETTE FOR DOGS

To: People with "Friendly Dogs", Off-Leash Dogs, & Retractable Leash Dogs



NEWSFLASH: Running up to another dog and ignoring requests to go away is not "friendly", it is rude. Just like people, DOGS NEED PERSONAL SPACE. If a stranger came up and put his hand on your body, you'd be allowed to step back, yell, and push him away. Dogs have the same right to enforce their boundaries. Some dogs are called "reactive" because they are more sensitive than others. Reactive dogs are good dogs, they just need more distance and compassionate training. You can help them by honoring their need for personal space.

1. NEVER LET YOUR OFF-LEASH DOG GO UP TO AN ON-LEASH DOG.
2. LOCK RETRACTABLE LEASHES WHEN YOU SEE OTHER DOGS.
3. ASK BEFORE APPROACHING OR PETTING ANY DOG.
4. HAVE COMPASSION FOR PEOPLE WITH SHY OR REACTIVE DOGS.

Please do not chase us. Let us pass without interaction, and keep your judgements to yourself.

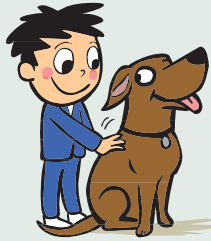
inspired by: notesfromadogwalker.com functionalrewards.com

Lili
doggiedrawings.net

How Kids SHOULD Interact with Dogs

Use common sense.

Be polite and kind to pets

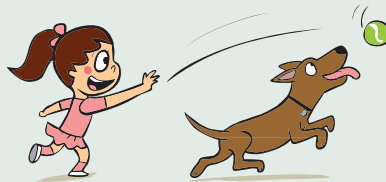


Learn to recognize when your dog is scared or anxious



Play appropriate games with pets, such as:

Fetch

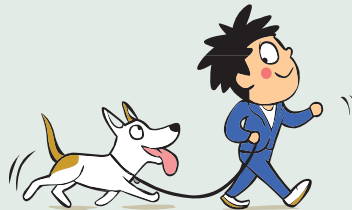


ROLL OVER



Training tricks (like roll over, shake, beg, etc.)

Walking and running with a dog



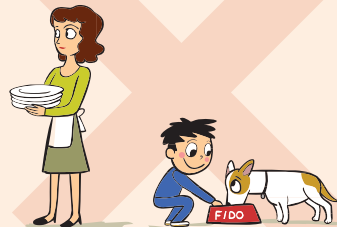
SNIFF SNIFF



Playing hide-n-seek

Always remember:

Supervise all interactions. Accidents can happen in a split second.



Train your dog to associate the kids with positive experiences so he'll be more likely to tolerate your child in case she accidentally interacts inappropriately.



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CHAPTER 3: DECOMPRESSION

Definition, Importance, + Schedule

- The Definition of decompression is a reduction in pressure. When applying the concept of decompression to animals - it means reducing the pressure that they feel in order to give them a sense of safety and security - to reduce stress, internally and externally.

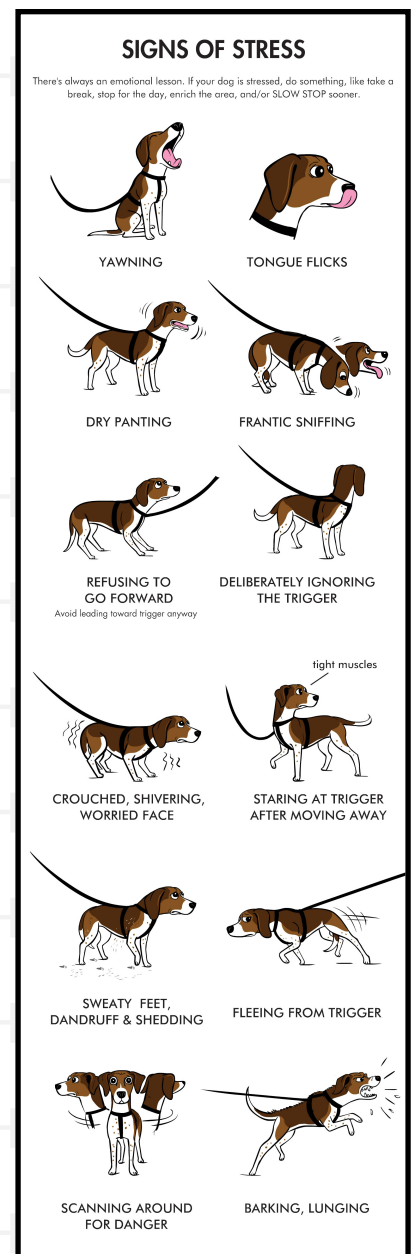


- Your dog is constantly experiencing different forms of pressure. It is important to understand that pressure is a way that animals communicate with each other. In doing so, we can understand that animals also need the proper time to reduce any pressure that they feel, in order to feel safe and secure.

- There is a difference between safety and security. A dog can BE safe, but they may not FEEL secure. This is an important distinction. If our dog is standing on a busy sidewalk with us on a leash, they may BE safe, but they likely don't FEEL secure. The emotion behind the animal is incredibly important to

understanding their behavior. Energy is intention + emotion ... so in order to have good energy, we must have the right intention matched with the right emotion. While we cannot control our emotions, or our dogs emotions, we can learn how to control our REACTIONS and turn those reactions in to a RESPONSE. The time between the emotion and the reaction is KEY for both humans and their dogs. Our job as fosters is to elongate that space between an emotion and a reaction, making that reaction a proper RESPONSE to all of the pressures in the environment.

- The difference between routine and structure + understanding patterns. Your dog is constantly operating out of associations - old and new. Their entire world is based off of predictable patterns. This is why it is imperative to provide your dog with STRUCTURE, but **not** necessarily with ROUTINE. Routine = a sequence of actions regularly followed; a fixed program. Structure = give a pattern or organization to. Your dog does not need a fixed program, however they do need patterns



and organization to their daily life. They require daily FULFILLMENT. Fulfillment will look different for every single dog, just as it does with people. Not everyone wants to go to DisneyWorld every day, and not everyone wants to go to a library every day - get it?

- For the first week (OR until your dog is able to settle in their new environment), the boring and mundane is incredibly important. You should be working through the SKILLS TO MASTER - specifically crate training, leash training, and potty training. This will set your dog up for success long-term in their new home!
- While some dogs can seek out affection immediately, a lot of dogs will need time to test out their new environments and see what feels safe to them. Please do not attempt to manhandle, pick up, or otherwise force your new dog to do anything. Encouragement and desensitizations is usually necessary, not force. We want to build cooperation and camaraderie in our new dogs - rather than any competition or fear / anxiety.

The 3 Days, 3 Weeks, 3 Month Rule of Adopting a Rescue Dog

The 3-3-3 rule is a general guideline, every dog is unique and will adjust differently. Give your dog space and allow him to go at his own pace.

3D	3W	3M
		
In the first 3 days,	After 3 weeks,	After 3 months,
<ul style="list-style-type: none"><input type="checkbox"/> Feeling overwhelmed<input type="checkbox"/> May be scared and unsure of what is going on<input type="checkbox"/> Not comfortable enough to be "himself"<input type="checkbox"/> May not want to eat or drink<input type="checkbox"/> Shut down and want to curl up in his crate or hide under a table<input type="checkbox"/> Testing the boundaries	<ul style="list-style-type: none"><input type="checkbox"/> Starting to settle in<input type="checkbox"/> Feeling more comfortable<input type="checkbox"/> Realizing this could possibly be his forever home<input type="checkbox"/> Figured out his environment<input type="checkbox"/> Getting into a routine<input type="checkbox"/> Lets his guard down and may start showing his true personality<input type="checkbox"/> Behavior issues may start showing up	<ul style="list-style-type: none"><input type="checkbox"/> Finally completely comfortable in his home.<input type="checkbox"/> Building trust and a true bond<input type="checkbox"/> Gained a complete sense of security with his new family<input type="checkbox"/> Set in a routine

© Rescue Dogs 101



A Dog's Emotional Cup

Every dog has a cup that needs to be filled—with social connection, security, access to reinforcers, and enrichment.

Some dogs seem to have a full cup most of the time, either because of a genetic pre-disposition, or because they have learned good ways to get a refill.

Most things that dogs do are completely normal—including the annoying stuff, like DIGGING up the garden, CHASING cats, or BARKING at the mailman. But all dogs show signs of stress when their cups get near empty.



Signs your dog may be coping with an empty cup

- * hoarding resources, over-protective
- * over-reacting, or shutting down when exposed to new things
- * restlessness
- * slow to recover from exciting events
- * changes in appetite
- * escalating behaviors to get something or to get away from something
- * increased grumpiness, or flare-ups
- * intense social appeasement

What refills a dog's cup:



- ♥ Doing Dog Things: SNIFFING, CHEWING, FORAGING, BARKING, DIGGING, PLAYING
- ♥ Being included in the family (dogs/humans)
- ♥ Freedom to move
- ♥ Freedom to make choices
- ♥ Ability to control outcomes and get reinforcers
- ♥ Unconditional love and attention
- ♥ Good health: nourishing food, no parasites, etc.
- ♥ Having a safe, quiet place to rest
- ♥ Predictable routines and interactions
- ♥ Getting to do things a dog loves to do

Words by Sarah Owings

Art by Lili Chin

What empties a dog's cup:



- ♣ Social isolation
- ♣ Long periods of confinement with no enrichment
- ♣ Poor nutrition, untreated illness, or pain
- ♣ Denied access to reinforcers
- ♣ Scary or unpredictable reactions from important humans
- ♣ Over-stimulation (over-exercised) or not enough
- ♣ Set up to fail, and then punished for it
- ♣ No preparation for challenging situations
- ♣ Unclear training: not knowing how to get reinforcement
- ♣ No one responding when expressing a need
- ♣ Too much "impulse control" (i.e. no sniffing, no eating, no exploring, no barking, no doing Dog Things) for too much of the day

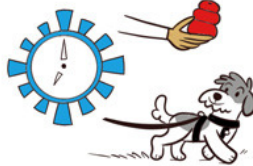
Inspired by THE EMOTIONAL CUP by Upbility

Adopting a new dog is all about changes for both of you. Use this guide to make the first few weeks fun and stress-free. You will build a foundation for a lasting relationship if you follow these steps to ...



ROUTINE

Dogs crave predictability. Stick to the same times when feeding, walking, training, and departing from your home.



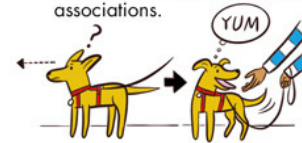
PRIVACY

Dogs, like people, need time to themselves. Create a spot with a crate or mat. Call your dog to leave their space, rather than invading their space.



POSITIVE SOCIALIZATION

Limit interactions with new people, places, and things. Let your dog explore gradually in short sessions. Build positive associations.



TRAIN AT HOME FIRST

Start positive reinforcement training at home for a distraction-free setting. This is the fastest, clearest way to establish communication.



TRAIN WITH FOOD

Shift calories out of the food bowl and use in short (5 minute) training sessions. Spread training sessions throughout the day, including reinforcing loose leash walking.



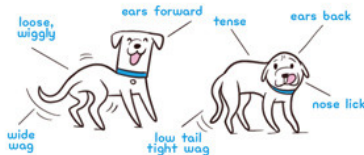
AVOID LEASH GREETINGS

Meeting other dogs can be stressful. Dogs don't always like each other. Limit or avoid greetings until you learn more about how your dog shows unease.



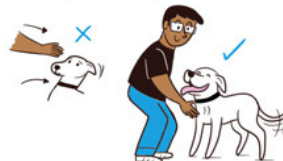
OBSERVE YOUR DOG

When your dog is relaxed, what do their ears, mouth, tail position, and entire body look like? Learn your dog's body language to know when your dog is concerned and to identify triggers.



LET YOUR DOG INITIATE CONTACT

Let your dog initiate contact with people. Never force an interaction. If your dog solicits attention, pet on the chest, not on top of the head.



HAVE FUN WITH YOUR DOG!

Playing, feeding, walking, and interacting with your new dog builds a lasting bond. Take it easy the first month and get to know each other before widening the circle. After all, you have a lifetime together!



www.doglatindogtraining.com

illustrated by Lili Chin

CHAPTER 4: ESSENTIAL SKILLS TO PRACTICE

- *“The best time to practice any skill is at any time when that skill is not needed.” - Linn Boyke*
- Potty Training, Crate Training, Leash Training
- The language of the leash: the leash is how we will communicate with each other, especially when we are out exploring. We should not allow our dogs to pull through the leash. When our dog pulls, we should stop, change directions, or go back the other way until they learn to follow our lead.
- If you live in a place without a yard, please understand that your dog will need both potty breaks as well as a regular walk. The walk is not necessarily their form of exercise or the only way that they will need to drain their energy. Do you have a set of stairs that you can go up and down before you begin your walk? Practice going up or down one stair at a time, with your dog. Get a long line and go to a park or an open space where your dog can run ! Go for a run or a bike ride with your dog ! Play chase or tag ! Always remember, do not start something that you can not stop. Do not get your dog more excited than you are able to control.
- If your dog is feeling stressed, it is a great idea to take them out of the city or to a park to a place where they can sniff, explore, and be free without too many distractions or other people / dogs.
- Play ! Play ! Play ! Find out what motivates your dog! Tug and Fetch are great games to start with.
- Basic Obedience Skills to Learn and Teach
 - Sit (Sit your butt on the ground until I release you)
 - Down (Lay on the ground until I release you)
 - Place (Go to an object ie an elevated cot and lay down until released)
 - Recall (Come)
- Building Confidence
 - Your dog builds confidence by working through mental and physical challenges. Challenges breed confidence. Your dog wants to be challenged. Practice some urban agility on your walk, ask them to place on a smaller object, teach them a new trick, or ask them to walk across or get up on various surfaces.

Age	Max Time Between Potty Breaks (Daytime)	Ratio of Free Time to Crate Time Between Potty Breaks:	Overnight, I can last:
2 months	1-2 hours	1:2 <i>(e.g., 30-min free time, 60-min crate time)</i>	5-7 hours
3 months	2-3 hours	1:2 <i>(e.g., 45-min free time, 90-min crate time)</i>	7-8 hours
4 months	3-4 hours	1:1 <i>(e.g., 90-min free time, 90-min crate time)</i>	8 hours
5 months	4-5 hours	1:1 <i>(e.g., 2 hrs free time, 2 hrs crate time)</i>	8-9 hours
6 months	5-6 hours	3:2 <i>(e.g., 3 hrs free time, 2 hrs crate time)</i>	9 hours

Approximated Potty Training Schedule

Puppy Schedule

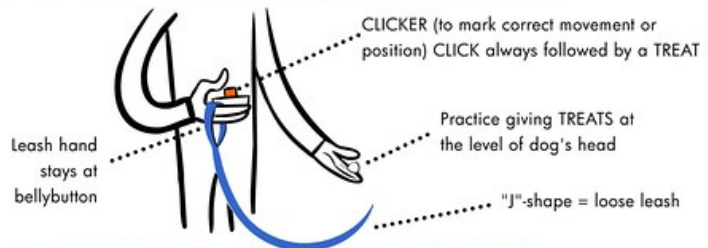
- 8 a.m. Potty break right after waking up, quick training session, breakfast, playtime and bonding, nap time in the crate
- 10 a.m. Potty break, exercise, going on a socialization adventure and bonding
- 12 p.m. Lunch, enjoying time with you together, playtime, nap time in the crate
- 4 p.m. Potty break, afternoon walk, quick training session, playtime, exploring the house
- 6 p.m. Dinner, potty break, bonding and spending time with you
- 8 p.m. Potty break, short evening walk, calm play time and relaxation (try keeping him awake until bedtime)
- 10 p.m. Bedtime in his crate near your bed (no exciting activities right before bedtime)
- Night Your puppy may need a potty break during the night

TEACHING YOUR DOG TO WALK POLITELY ON LEASH

PART ONE: Start in a small, boring space. Go at your dog's pace.

The most important step in teaching your dog to walk politely on leash is showing your dog where you want him to be while he is on leash.

To make things easier for your dog, start practicing in a small, boring space. This improves the odds that your dog will stay close to you.



PRACTICE WITH NO DOG

Practice clicking and feeding a treat at your pant seam, at the level of your dog's head.

PRACTICE WITH DOG

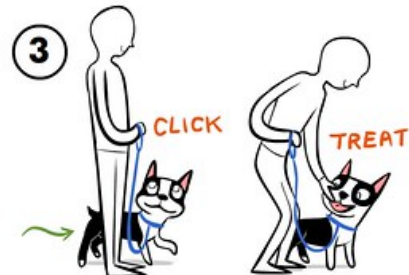
Practice holding the leash at your belly-button as you click and feed.



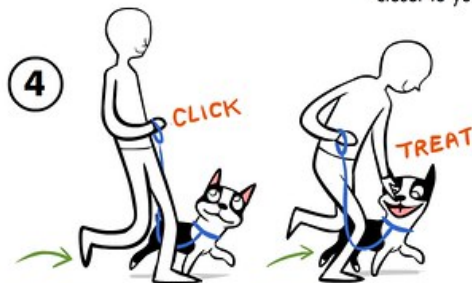
Click and treat rapidly a few times in the correct position.



Move slightly out of heel position and wait for your dog to move closer to you.



As soon as your dog moves even the tiniest step closer to you, click and feed at the "ideal" head position.



Repeat until your dog moves into heel position every time you move out of it.



Gradually take more and more steps between clicks and treats. If your dog gets confused, go back to just one step and then increase the number of steps more slowly to help him understand.



Then start changing direction and speed.

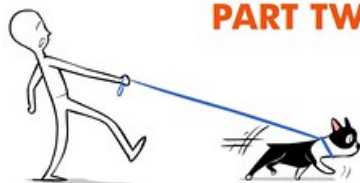


Next, move to a larger or more interesting space, and start over from STEP 1

When your dog can handle STEP 6 in the new space, move to another new space, starting over from STEP 1 again.

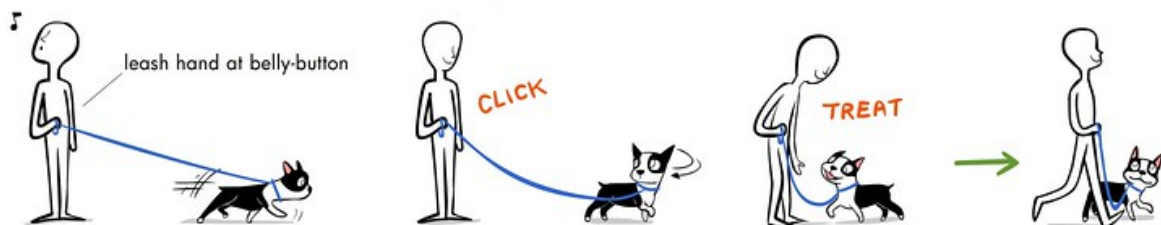
TEACHING YOUR DOG TO WALK POLITELY ON LEASH

PART TWO: Help! My Dog Is Pulling!



If pulling on the leash gets your dog where he wants to go, he'll keep pulling. To avoid teaching your dog that pulling is a good strategy, use one of the techniques described below.

TECHNIQUE 1: "I AM A ROCK"

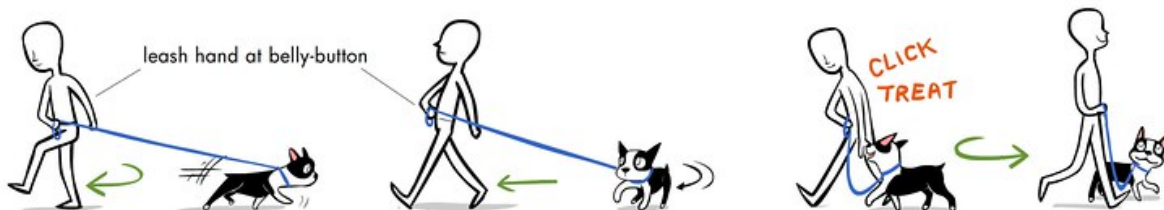


When your dog pulls, stop in your tracks. Wait. As you wait, pretend you have no dog.

When your dog backs up or turns to you, click and feed a treat at your pant seam.

Then move forward again.

TECHNIQUE 2: "BACK & FORTH"



When your dog pulls, turn around and walk purposefully in the opposite direction. When your dog catches up to heel position...

Click and treat. Then turn around and continue in your original direction.

TECHNIQUE 3: "OFF AT AN ANGLE"



This is a great technique for dogs who are very strong. When your dog pulls, simply move away at a random angle that isn't 180 degrees.

Wait for your dog to catch up to heel position.

Click and treat. Then turn around and continue in your original direction again.

If your dog keeps pulling, the environment is probably too exciting. Go back to teaching your dog polite leash walking in a less exciting place. Then build up gradually to walking on leash in the exciting environment again.

Remember to go back to PART ONE every time you practice in a new place.



The **PLAY** WAY with Amy Cook PhD

playwaydogs.com

Social Play is an excellent way for a dog to be in a happy state of mind and to be physically relaxed or loosened up. Playing also lets us know if a dog is truly relaxed or concerned about anything, so we can more effectively help them feel better.

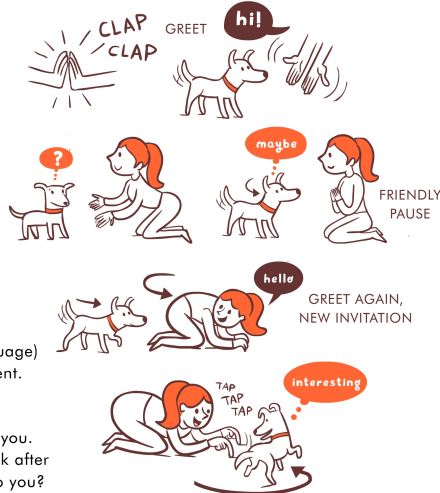
Good play is an **INVITATION**. We invite our dog when they are looking at us, not when they are busy. We don't pressure them, as grabbiness, pushiness, and nagging are a turn-off. Pause and greet again before making a new suggestion. If your dog doesn't take up your suggestion but is still attentive, try something new.

FLIRT! Use SUSPENSE.

Not all play involves touching, but good play will have an element of suspense! Take pauses. Do not rush.

- ✓ Start with slower, softer energy.
- ✓ Give your dog plenty of room to move around freely.
- ✓ Invite, wait, listen to your dog's response (body language)
- ✓ Take "no" as an answer. PAUSE. Try something different.
- ✗ Don't make your dog feel trapped or overwhelmed.
- ✗ Don't make your dog wrong.

You want your dog to feel **SAFE** to open up and play with you. If you touch your dog, use the 3-SECOND RULE. Pull back after 3 seconds, staying engaged. Does your dog come back to you?



Be in your dog's ENERGY RANGE!

What is your dog's energy level?

- ✓ If your dog is overexcited (eg, 8) slow down to a 6-7.
- ✓ If your dog is unsure or shy (eg, 2) try 1-3.



With **SOCIAL PLAY**, the use of toys or food is not essential because you are not teaching your dog how to play. You are **playing** with your dog and learning what they like!

Play is a CONVERSATION. Here are some ideas to develop a "play vocabulary" with your dog:

YOU are the PREDATOR!	YOU are the PREY!
<p>"Claw" Hands</p> <p>* Stay on the floor</p> <p>"Claw" Hands</p> <p>"Flat Hands"</p> <p>"Bitey" hands</p> <p>"HAR" mouth</p>	<p>Hiding face</p> <p>Pulling Away</p> <p>"Piano Hands"</p> <p>Rolling, Flopping over</p>

How is your dog responding?


<p>need to look</p> <p>If your dog disconnects from you and looks towards something more interesting or concerning (that is not too close), let them process the other thing. Don't pressure them to come back to you.</p> <p>When you let your dog look and dismiss the other thing on their own, the more of their attention that you really have when you get it!</p>	<p>NOPE you are being WEIRD</p> <p>Look away</p> <p>Shake Off</p> <p>Stress Yawn</p> <p>Busy Sniffing</p> <p>At first you may get a lot of "Not Now's". If your dog shows confused signals or becomes busy doing other stuff, hold back. (Especially with the "shy" dogs) Your dog may not understand what you are doing.</p> <p>When they approach you again, check your energy level, greet again, and try something different.</p>	<p>ha ha ha, YES!</p> <p>BITE YOU!</p> <p>PANT PANT PANT</p> <p>When you do something that your dog likes, they will keep coming back to you. Their bodies are loose and curved. They may roll around, jump on you, or fake-bite you. They may even laugh!</p> <p>Now that you know what your dog likes, you can do it over and over again!</p>
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Playing With Your Dog

Dogs (and people) love to play! Playing with your dog is one of the best ways to reward him for a job well done. Done correctly, play can help a stressed dog relax and a distracted dog focus.

Every dog is different, so get to know what sort of play your dog enjoys. Just like some people enjoy wrestling and roller coasters while others enjoy reading and board games, different dogs will have different preferences. Try to find the level of excitement that's "just right" for your dog. Avoid play that gets your dog so amped up that he can't think or calm down. On the other hand, if your dog is bored by your attempts to play, try upping the level of excitement or changing to a different game. There are lots of different ways to play with your dog! Here are a few common favorites:


One-on-one games




CHASE is a great one-on-one game! Just make sure to have your dog chase you instead of chasing your dog. You don't want to accidentally teach your dog to run away from you.

TAG, YOU'RE IT!
Many dogs like gentle tag games, where you tap, poke, or push your dog away from you, then run in the opposite direction, encouraging him to catch up.

toy games



FETCH! is a fun option. If your dog likes to play "keep away" once you've thrown the ball or Frisbee, try playing with two toys. As soon as your dog drops the toy in his mouth, throw the second toy for him.



Contrary to the popular myth, **TUG** won't make your dog aggressive. In fact, playing tug is a great way to teach your dog to control his mouth when he's excited! Just make sure to teach your dog to start and stop the game on cue so that you can control the fun and he doesn't think your winter scarf or bag of groceries is a potential tug toy.

food games



If your dog isn't interested in toys, don't worry... there are lots of other fun games the two of you can play, and just like not all people enjoy video games, not every dog gets the allure of the tennis ball.

For less-playful dogs, food can be stuffed in hollow toys like **KONGS** and **BUSY BALLS** for home-alone fun.

Nose games



Dogs have a great sense of smell, and letting your dog use his nose is a great game! Toss a piece of food on the ground in front of him and tell him to **FIND IT!**

As he gets better at the game, you can start tossing the food farther away, into grass or carpet, or even hide it ahead of time for a doggy scavenger hunt.

training games



Training can be a great way to play with your dog. Approach training sessions as games. The more you smile and laugh while you train your dog, the more your dog will love listening to you!



CLICKER TRAINING is one example of a fun and effective dog training method.



CHAPTER 5: CANINE ENRICHMENT

Mental & Physical Stimulation

- Your dog needs both mental and physical stimulation to be fulfilled and happy.
- Environmental or behavioral enrichment provides species-appropriate challenges, opportunities, and stimulation. Environmental enrichment includes the regular provision of dynamic environments, cognitive challenges, AND social opportunities. An enriched environment should promote a range of normal behaviors that the animal finds rewarding, as well as allowing them to positively respond to potential stressors.
- Regular mental challenges and positive reinforcements are the keys to long-term mental health & well-being. Not only are we busting boredom in the now, but we can also fulfill some of our dog's basic instincts - chewing, licking, sniffing, and playing. Dogs are predators! Let us not forget. We know that they can run, dig, and chase.. they also must know how to relax, chew, and rest.
- Animals that are in good mental health will engage with their environments more, be less aggressive, less fearful, and are more peaceful, exploratory, and at ease with their surroundings. Enrichment can support this positive mental welfare and encourages natural behaviors in animals.
- Enrichment is not a substitute for poor living arrangements, a poor diet, lack of healthcare, or any other poor management activities. While it is an important aspect of positive animal welfare, alone it cannot compensate for sub-standard care.
- Enrichment can help in three key areas... 1) choice 2) change and 3) creation. Enrichment is about creating choices for animals so they feel more in control of their environment. While some enrichment requires regular changes, some – such as simply providing a species-appropriate environment – can stay the same. Either way, a variety is important to prevent boredom and frustration. Enrichment is increasing the complexity of the environment in a way that is meaningful to the animal's genetic and behavioral needs, and addresses species-specific needs.
- Do a quick google search for “nose games” for your dog. Teach your dog the “find it” game.
- Stuffed enrichment toys can be a great option - especially when you leave your dog alone in their crate. A kong with a little bit of xylitol-free natural peanut butter, frozen, can really keep them busy. You can also use sugar free applesauce, peas, wet dog food, or treats.
- Snuffle Mats, Treat Dispensing Wobbler Toys, and Lickimats can be great enrichment options for some dogs.

CHAPTER 6: SOCIALIZATION

Exploring New Experiences, Environments, and Social Settings Together

- *"When something is new and different, everything is new and different." - Linn Boyke*
- Please do not attempt to introduce your foster dog to new people and new animals until you have built a level of trust and comfort with your new dog. Your foster dog does not need to spend the first two weeks of time meeting new dogs.
- While it is important to socialize your dog, the most important thing is the engagement that the dog has with you. We want to create a focused, calm, engaged dog - not a dog that pulls their way over to everyone and everything that they see. Find what motivates your dog to stay with you (play, encouragement, treats).
- There is a concept of over-socialization that occurs frequently. Our dog does NOT need to say hi to every dog, every person, or every object that they see. They should be encouraged to be curious and explore with us, but it should be on our terms, and on their time. Take as much time as your dog needs, as long as you are putting in the effort and keeping the experiences within the rules and boundaries that you set.
- The best way to introduce your dog to new people and dogs is with the "parallel walk" described in the proper introductions chapter. Then, you can enter your home or yard with the new people and or dog. Meeting on neutral territory is always encouraged.
- If you want to introduce your dog to a new person IN your home. The first step is to have your dog meet the new person through a barrier, aka in their crate. When the person arrives at your home, please ignore the dog. Once the dog has settled down in their crate, the new person can then give the new dog a treat (greet with treat).

YOUR CHOICE Affects Your Dog's Choice.



GRRRRR

- A case of GROWLING to guard a toy -

YOUR CHOICES

Do nothing

**Understand your dog's feelings,
play for a WIN-WIN outcome**

**Punish the behavior
Take away the toy**

STEP 1. Follow this procedure:

1. Show a treat and say "Give me your ball"
2. Wait for him to voluntarily open his mouth to let go of the toy
3. Say "Good Boy!" and throw a treat away from the ball
4. Throw the ball!



YOUR DOG THINKS:
When I give up my ball,
good things happen!
My person doesn't mean to
rob me of my ball.

STEP 2.

When your dog has learned to drop the ball before you show him the treat, just wait for him to drop the ball, and then throw the ball. Only give a treat when play time is wrapped up and the ball is put away.

YOUR DOG LEARNS:
I have nothing to lose
when giving up my ball
to my person.
Good things happen.



YOUR DOG THINKS:
I made the discomfort
disappear!

YOUR DOG LEARNS:
I should growl when
I feel uncomfortable

**YOUR DOG WILL GROWL
WHENEVER HE DOESN'T
WANT TO DO ANYTHING**



YOUR DOG THINKS:
I told my person I was
uncomfortable. He did not
acknowledge my feelings.

YOUR DOG LEARNS:
I have to choose other
ways to make myself
understood.

**YOUR DOG WILL CHOOSE
WORSE BEHAVIOR**



**YOUR DOG WILL
READILY GIVE YOU HIS TOY**



Your dog can make better choices if YOU make better choices!

Let's learn more about dogs and Positive Reinforcement Training!

YOUR CHOICE Affects Your Dog's Choice.

A case of BARKING at other dogs



1

YOU THINK:
My dog is looking at the other dog. SHE MUST WANT TO SAY HELLO!

YOUR DOG THINKS:
He is staring at me. This is scary. He might attack me. I can't look away.

2

Don't be shy! It's OK! He wants to be your friend. SAY HI TO HIM!

YOUR DOG THINKS:
What is my mom thinking? I am scared! But I have no way to escape when she is holding onto this leash

3

GET AWAY FROM ME!!!

YOU THINK:
What BAD MANNERS! She needs to be punished to understand this is bad behavior!

4

STOP IT! BAD DOG!!!

YOUR DOG THINKS:
My mom is angry! This is scary! It must be because of that dog approaching us. Next time when I see a dog, I will bark and growl much earlier!

STAY AWAY! OR ELSE!!!

Dogs don't always want to greet and/or play with other dogs even if they LOOK at another dog.

When they feel fear, they may find it hard to turn away. You can choose to help your dog feel safer and prevent undesirable behavior.



In the early stages, HELP YOUR DOG KEEP DISTANCE FROM OTHER DOGS, or help your dog focus on something else that is pleasant - treats, a toy, or you - to avoid escalating her fearful and excited feelings. If your dog is unable to look away from the other dog and continues to react, then she needs more distance and more help. Please talk to a professional trainer using science and reward-based dog training techniques.

Your dog can make better choices if YOU make better choices!

Let's learn more about dogs and Positive Reinforcement Training!

Socializing Your Dog

...refers to providing him with POSITIVE experiences with NEW THINGS. The best way to make sure your dog has great experiences is to include things he loves (like food or toys)

new people

Let your dog approach **at his own pace**, if and when he wants to.



Associate new people with **wonderful things**.



Make sure puppies are **gently & positively exposed** to different people.



other animals

Always **check** that the other animal is friendly & tolerant of dogs before you let your dog approach.



Teach your dog how to act **politely around other animals by rewarding him for good behavior**. Redirect him if he's pushy or overly excited.



If your adult dog doesn't want to play with unfamiliar dogs, that's okay. Adult people don't want to play with every other person we meet either!



new things & environments

To prevent **noise phobia** (eg, fear of thunder), feed your dog a tiny treat every time the noise happens.



Introduce young dogs to lots of **different surfaces**.
... plastic, rubber, snow, sand, etc.



Take rides in a boat, train car, or elevator.



Visit the vet & groomer's just for treats and petting.



Teach your dog to **enjoy wearing a muzzle** by making it into a "treat basket"



Avoid truly scary situations, such as fireworks.



Visit parking lots and other busy places just to watch the people, animals, vehicles, etc. and feed your dog treats.



Remember: **EXPOSURE alone isn't socialization!**

If your dog isn't having a great time, you could do more harm than good. Dogs don't just "get over" issues by themselves, so if your dog is shy, worried, or overly excited, leave the situation and work with a professional who can help both of you. If your dog is having a blast and is happy and comfortable, you're doing a great job of socializing him!

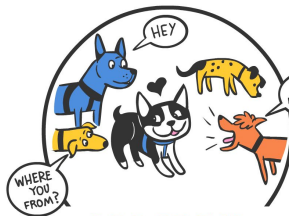


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Does My Dog Love Other Dogs?

Just like people, dogs have different levels of tolerance for other dogs.

As a dog matures, he or she will often quite naturally become less social and tolerant. There are many developmental changes that happen between sexual and social maturity, and most dogs will continue to display these changes until two to three years of age. Proper facilitation of dog-dog introductions and friendships can change your dog's sociability for the better over time, and bad experiences can quickly make things worse. Good leadership and direction is important to set your dog up for success with their species.



DOG SOCIAL

I generally LOVE all dogs, even the ones who get in my face and do rude, annoying stuff. I am either a PUPPY or a VERY SOCIAL ADULT.

**Most puppies start here*



DOG TOLERANT

I get along with most dogs. I am generally tolerant of rude behavior, and stay pretty calm on leash. I'm cool and relaxed, and have good communication skills.



DOG SELECTIVE

I have dog friends but am picky about new dogs. Seeing unfamiliar dogs when I am on leash is really stressful. I don't cope well with some types of dogs or styles of interaction. I need human supervision, positive guidance, and proper introductions.



DOG AGGRESSIVE

NOPE. Not into other dogs. If I have to select 1 or 2 dog friends, I am super sensitive around them too, and may act like a jerk when triggered. I need extra management and patience from my humans, whom I love more than dogs!

A dog's social tolerance changes over time and is flexible and manageable!

#respectfordogs

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Source: paws4udogs.wordpress.com/2017/02/16/understanding-dog-dog-sociability

CHAPTER 7: PREPARING FOR ADOPTION

- The most important skills you can teach to your new dog to set them up for success are listed in the skills to practice section. Crate training, potty training, and leash training are exceptionally important and should be prioritized above all else.
- How to market your dog to the public > honesty is the best policy. If someone asks you about your dog, their daily life with you, their energy levels, etc.. be honest! Tell them how you feel about the dog and what struggles (if any) you are experiencing.
- Throw on an adopt me bandana, grab a leash velcro strap that says ADOPT ME, take lots of videos and photos to share with your rescue organization.
- Notice what your dog likes and dogs not like. Do they have little quirks that can help them to get adopted? Maybe they hop around when they play, have a certain special toy, or a funny trick that they like to do with you.
- Don't over coddle your dog. Too much unearned affection is not a good thing for the mental health of your new dog. You should always practice detachment with your new dog. Do not allow them to be pushing up against you, on your lap, or right underneath your feet at all times. Remember, you are transitioning the dog from the shelter in to their forever home - and it is your job to act as a steward to that process. Set your new dog up for long term success!β

CHAPTER 8: PROBLEM BEHAVIORS

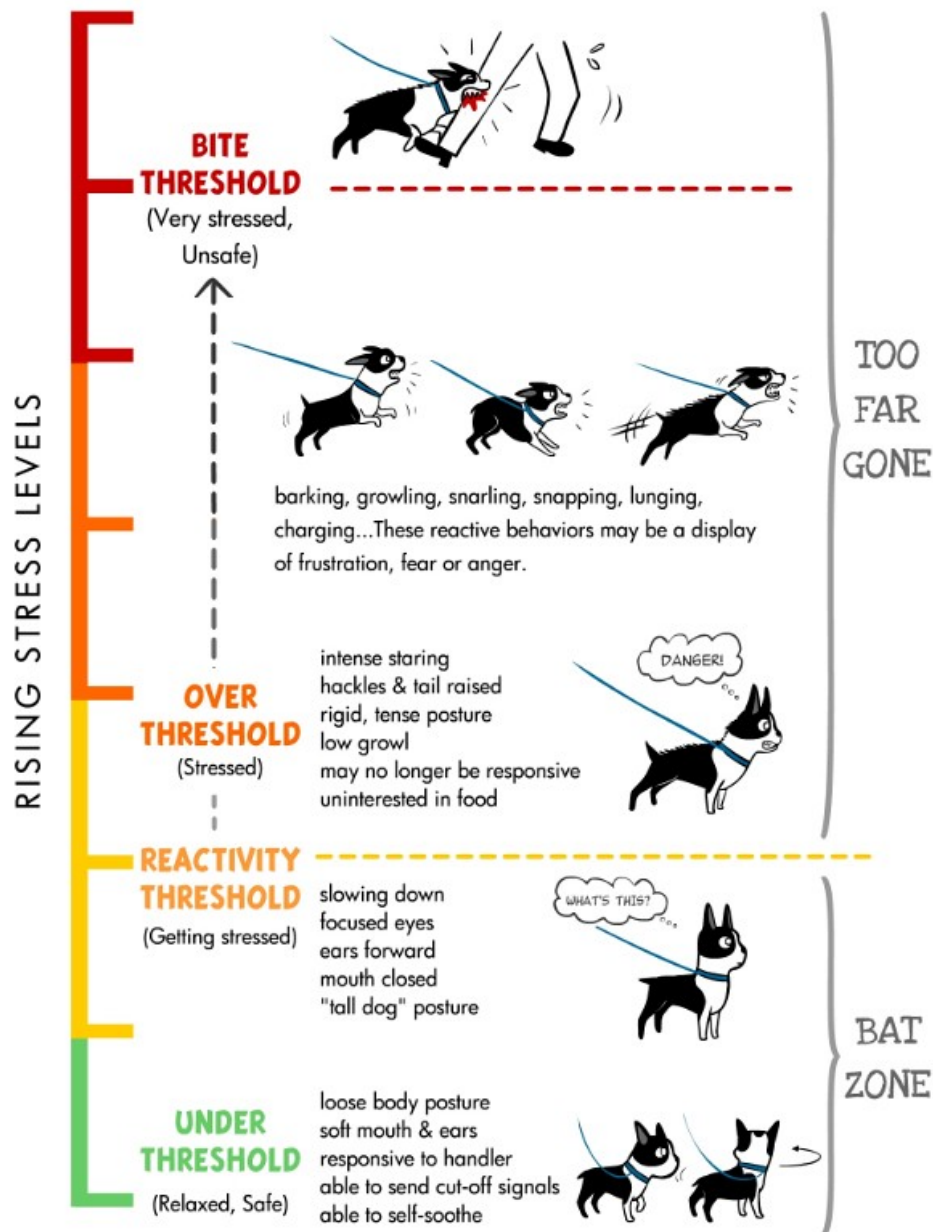
- Separation Anxiety
 - Crate training. Crate training. Crate training. All day. Begin to practice detachment with your dog by giving them time away from you each day - both while you are home and while you are out. Do not allow your dog to push in to your personal space constantly, ask them to give you space. Increase exercise and mental enrichment.
- Muzzle Conditioning
 - <https://muzzleupproject.com>
 - Training Plan: <https://secureservercdn.net/198.71.233.106/obs.598.myftpupload.com/wp-content/uploads/2019/08/muzzle-training-plan.pdf>
 - Muzzle Up! Video Training Series on Youtube
 - [Muzzle desensitization and counterconditioning](#)
 - [The surprise muzzle party](#)
 - [Training plan troubleshooting](#)
 - [Pre-Training Muzzle Prep](#)
 - [Treat & Train Muzzle Games](#)
 - [Pre-Muzzle Handling Prep](#)
 - [Hands and touch](#)
 - [How to Feed Your Dog Through a Muzzle \(Journey Dog Training\)](#)
- Resource Guarding
 - Take control of ALL resources for your dog. Freedom and access to you are a resource. Food, toys, outside, and even water are resources to your dog.
- Leash Reactivity
 - Please do a quick google for “Behavior Adjustment Training” or “BAT”

- We want to disengage our dogs with the environment, and focus on engagement with us. We should be the most valuable thing to our dogs.

illustrated by Lili Chin for the book: "Behavior Adjustment Training". Copyright Grisha Stewart

REACTIVITY CHART

WHEN DOG ENCOUNTERS A TRIGGER



DON'T PANIC!

Helping Dogs With Separation Anxiety



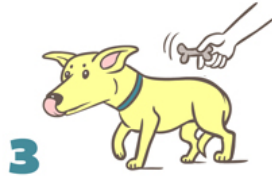
1

UNDERSTAND:
Separation Anxiety is like a panic attack.



2

REMEMBER:
An anxious dog is not giving you a hard time. He is having a hard time.



3

RECOGNIZE:
Dogs communicate stress via body language.



4

IDENTIFY:
Learning history (cargo shipment, schedule change, singleton pup, etc) and genetic factors which contribute to separation anxiety.



5

USE:
More than single factor solutions like a crate and a Kong.



6

RESOLVE:
Use a desensitization protocol.



7

SUPPORT:
Work only with positive reinforcement.



8

THINK:
Teamwork – collaborate with your veterinarian, trainer, and other support.



9

KEEP TRACK:
Data helps see the non-linear progress.



10

IMAGINE:
Relaxation is possible!

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Canine Bite Levels

Designed by Dr. Sophie Yin, Illustrated by Lili Chin*

Level 1 (Pre-Bite)

Snapping (air bite, no contact)



Get help before it progresses to an actual bite. Do not punish these warning signs or the dog may progress to biting without warning. Instead, learn the signs of fear and anxiety that the dog may show prior to this situation and the common human actions that might contribute.

Level 2 (Near-Bite)

Tooth contact on skin but no puncture



This near-bite is concerning even though it is inhibited and has not yet broken skin. Ask yourself what earlier signs (i.e. of fear/anxiety) you missed.

Level 3

3A. Skin punctures, single bite (all punctures shallower than the length of the canine tooth)



Even though the bite may not be severe it is still reportable. Reporting is mandatory if the victim is treated in a hospital. Once your dog has actually bitten at this level (or higher) he will always be considered a liability, even if, with behavior modification he is 99.9% improved.

3B. Skin punctures, multiple bites (all punctures shallower than the length of the canine tooth)



Multiple bites generally mean the dog is in a higher arousal state. The dog is reacting without thinking in between bites.

Level 4 (Very Serious)

Single bite with punctures deeper than the length of the canine (the dog bit and clamped down) or with slashes in both directions from the puncture (the dog bit and shook his head)



This is a harder bite than a level 3 bite. It's no longer inhibited. Therefore, it represents a much higher liability. This level bite can kill a child.

Level 5 (Very Serious)

Multiple-bite attack with deep punctures, or multiple attack incident



Dogs that bite at this level have generally had practice biting at levels 3 and 4 already. Some dogs are so fearful that a scary event triggers such a high arousal state that they get stuck in a reactive mode and continue to bite.

Level 6 (Death)

Victim killed or flesh consumed



It's important to realize that even little dogs and puppies can kill infants and small children and that death may be due to overly aroused play, rather than viciousness or fear. It's best to seek qualified help before the dog even reaches a level 2 bite.

*These levels are based on the levels developed by Dr. Ian Dunbar

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For additional Low Stress Handling information, posters, flyers, books, and DVDs, please visit our website at <http://DrSophiaYin.com>



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ALLEVIATING CANINE ANXIETY

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What gives our
dogs the
deepest sense
of **safety**?

Relationship-Building

ESSENTIAL SKILLS

RELAXATION
ENGAGEMENT
DISENGAGEMENT

Building Motivation +
Cooperation
Encouraging Reward-
Seeking Behaviors
Allowing Same-
Species Socialization
Practicing Repetitions

LEASH, PLACE, & CRATE WORK

DISORDERED ANXIETY IN CANINES

YIKES ...

Is it me or the dog?!
[por que no los dos?!]

so, learn to breathe
and **CONDITION:**

Anxiety is considered disordered when the perception of safety does not match reality, or when the anxiety interferes with any ability to function.

The mind and body perceive danger and enact a danger response even though they are actually safe.

ENGAGEMENT

focusing
playing
following
exploring
stationing
learning

RELAXATION

settling
surrendering
massaging
building
rhythms
& patterns

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LEASH, PLACE, & CRATE WORK

ANXIETY + AGGRESSIVENESS IN CANINES

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so,
CONDITION:

When we perceive danger, the stress hormones of adrenaline, cortisol, and norepinephrine flood our system, changing the way that we feel on the inside, and the way that we look and act on the outside. This is how anxiety can lead to aggressiveness. In canines, the perception of danger puts the sympathetic nervous system in to overdrive. This is the definition of the "fight or flight" stress response.

DISENGAGEMENT with the ENVIRONMENT

WITH THINGS LIKE:

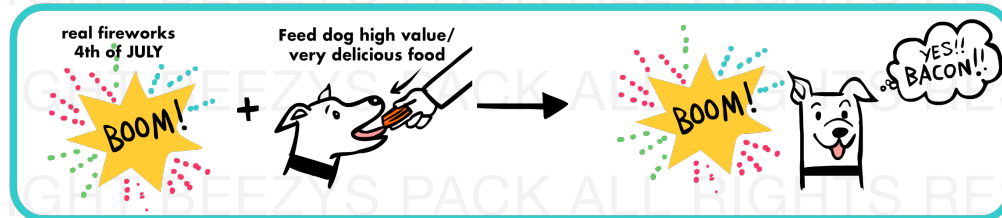
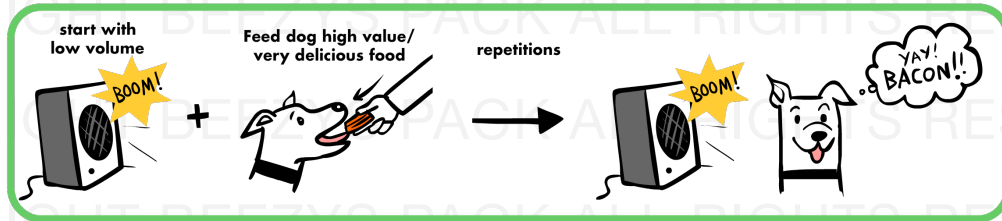
Avoiding, Counter Conditioning, Clicker Training, Look at That (LAT), Yes Work, Watch Me, Following

LEASH, PLACE, & CRATE WORK

Counterconditioning: Fear of Fireworks

1. **PREPARE IN ADVANCE:** Use low volume recorded noise to start.
2. Use a high value (very delicious) known food.
3. Timing is important. The eating comes **AFTER** the aversive stimulus.

START EARLY to make it easier for your dog



COMMON MISTAKE

When **GOOD STUFF** comes **BEFORE** THE SCARY STUFF, the food can be associated with the bad stuff and lead to stress/nausea for the dog. This also does not change the dog's fear of fireworks.

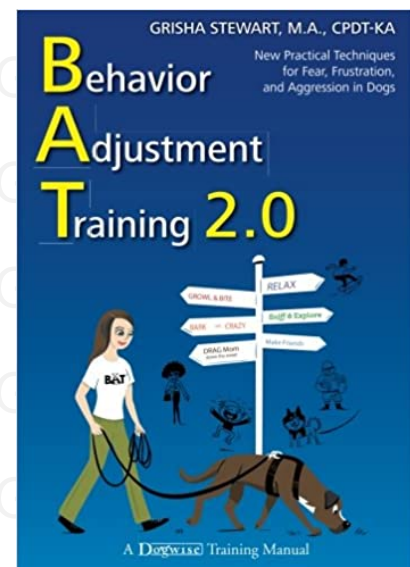
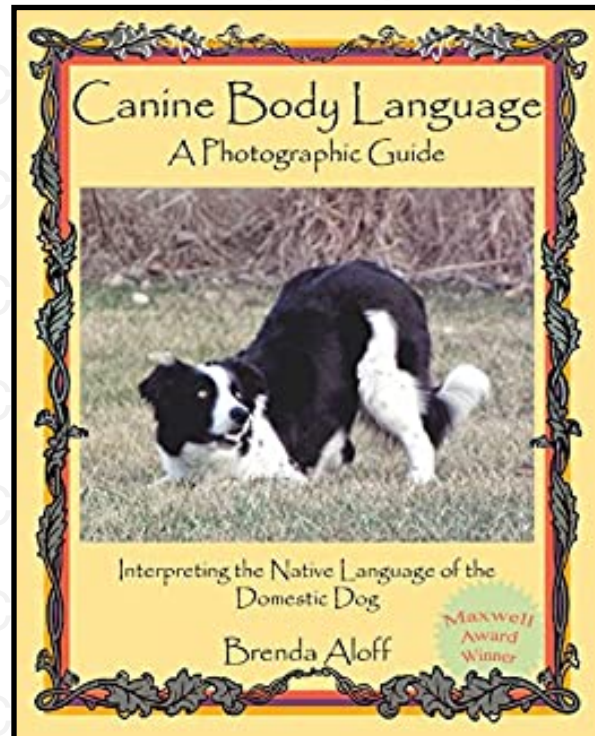
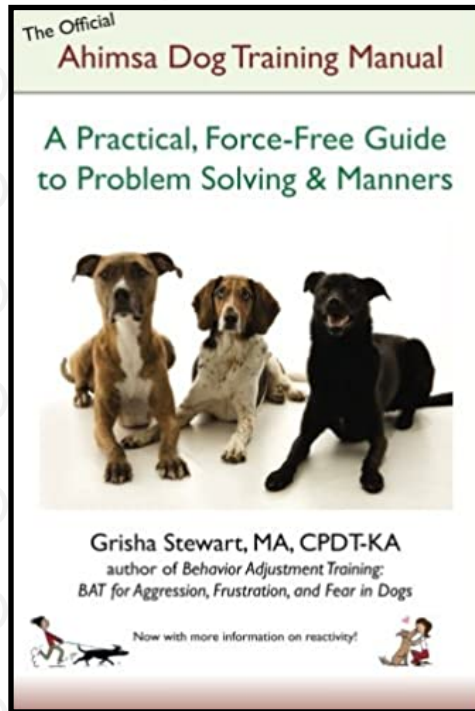


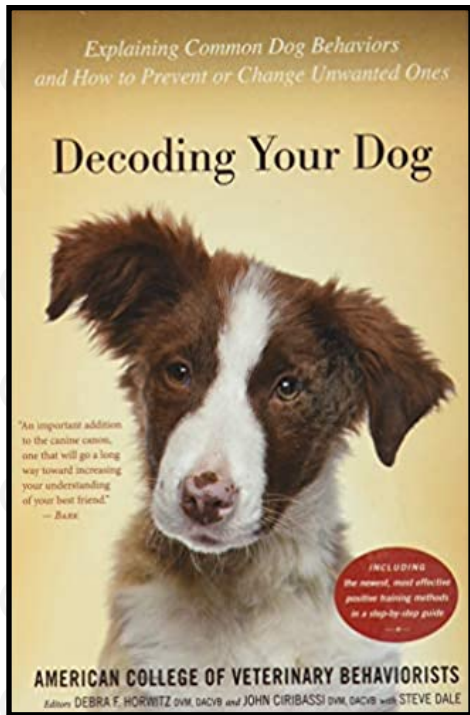
DISCLAIMER: This is a rough guide. Please work with a professional. © Lili doggedrawings.net

CHAPTER 9: WHAT DO I DO IF... + FAQ 's

- Medical Emergency
 - Call your local emergency or 24 hour veterinarian immediately
 - Contact your rescue organization immediately
- I Lost My Dog
 - Contact your rescue organization immediately and immediately begin searching in the location that the dog was last spotted
- Off-Leash Dogs
 - Get your dog behind you, as best as you can, and hold your ground. Make your body bigger and SHOO the other dog off. Stamp your feet and CLAIM your space. Send the other dog away. Protect your dog at all costs.
- Should I let my foster dog off leash?
 - Never, never, never. Please use a long leash. They make 10', 15', and 30' options. Pick up a horse lead. Go to a hardware store. Do not trust your dog off leash in the first 90 days until a solid recall in a highly distracted environment is established and tested.
- Should we visit a dog park or other off-leash space?
 - No. Never. Unless you are walking OUTSIDE of the dog park to desensitize or expose your dog to the social setting.

FURTHER REFERENCES





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GET IN TOUCH

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