



Guide to Fostering

This guide contains basic information about fostering a rescue for The Animal Rescue Center Of California. Of course, it is not exhaustive; please refer to your Foster Mentor or a Foster Coordinator for anything you cannot find in the guide. Please make sure you have filled out an Adoption Application so we have your information on file and so that we can contact you.

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Fostering

The Animal Rescue Center Of California (ARC of CA) is a 501c3 fostered-based nonprofit no-kill, dog rescue located in Coachella, California. Our fosters mean the world to us! It is because of their love and dedication towards helping stray and unwanted dogs that we are allowed to rescue as many as we do. Fostering can be extremely rewarding and the best place for our rescues to be rehabilitated into healthy, loving and adoptable pets. It is important to us that all our rescues find loving forever homes.

The Animal Rescue Center Of California relies on a foster care network. At any given time we have between 30-40 dogs in foster homes until a perfect forever home can be found. Sometimes foster dogs are adopted within days, and sometimes it takes several weeks or months. By having the animals in foster care, it allows us to quickly learn about their temperament, disposition, and tolerance for other animals. We can immediately begin working on things such as house and crate training and work with the dogs to resolve any issues prior to adoption.

We rescue dogs from the streets and fields of the Coachella Valley, Thermal, Mecca and The Salton Sea as well as pulling from our local kill shelters, so its not always easy to know the personality of the dog before he or she is placed in a foster home. We work closely with our foster families and try to work out small problems before they become big problems.

Email us at thearcofca@gmail.com or call 760-877-7077 ASAP if you feel there is a problem with your foster dog so we can help alleviate the stress and ease the transition. We have dealt with almost every scenario and have found that success is most often achieved when we are contacted when a problem initially arises.

The 3, 3, 3 Rule

A simple way to understand this process of getting your rescue dog adjusted and comfortable in its new home is called the 3-3-3 rule. This rule will help you understand the decompression process that your new furry friend will go through in the first 3 days, 3 weeks, and 3 months at a new home.

THE 3 DAYS, 3 WEEKS, 3 MONTHS RULE OF ADOPTING A RESCUE DOG

The 3-3-3 Rule is a general guideline of the decompression process for a Canine in a new environment.

Every dog is unique and will adjust differently, so give them space and allow them to go at their own pace!

3D

THE FIRST 3 DAYS,

GIVE THEM SPACE

SET YOUR BOUNDARIES EARLY

STAY CALM AND GIVE CLEAR DIRECTION

START YOUR DAILY ROUTINE RIGHT AWAY

DO NOT FORCE INTERACTION

BE PATIENT AND STAY POSITIVE

3W

AFTER 3 WEEKS,

WILL FEEL MORE SETTLED

WILL START TO TEST BOUNDARIES

WORK BASIC O (SIT, WAIT, DOWN, COME)

GIVE CLEAR DIRECTION AT ALL TIMES

GIVE CALM, CLEAR FEEDBACK TO THEM ON WHEN THEY ARE MISBEHAVING

PRAISE EVERY SUCCESS!

3M

AFTER 3 MONTHS,

WILL START TO TRUST NEW HOME

WILL UNDERSTAND ROUTINE

DO NOT EASE OFF TRAINING, MORE IS BETTER!

WILL START TO BUILD BOND- USE AFFECTION AS A RESOURCE!

WILL BEGIN TO BUILD GREAT HABITS IF YOU FOLLOW THIS!

REMEMBER, IT TAKES:

PATIENCE, CONSISTENCY, & TIME!

Supplies

We are very appreciative that you have opened your home and hearts to our rescues. ARC of CA provides all food for its foster dogs. We use Canidae kibble mixed with Evanger's wet food. We will give you a supply on the day your foster dog arrives. If your food supply gets low, please call us at, 760-877-7077 and we will get more food to you.

The ARC of Ca supplies following items as needed;

- Food
- Bowls
- Collar and Leash
- Crate

Extra For Puppies

- Puppy Food
- Esbilac (Milk Replacement)
- Pens
- Toys
- Pee Pads

If you would like to give your foster dog treats, that is fine. Please do not give them any rawhide products or cooked bones. They are difficult to digest and cooked bones splinter easy and can cause death.

Samples of good treats;

- Freeze dried liver, salmon, beef or chicken
- Bully Sticks (In moderation. Too much, too fast can cause diarrhea.)
- Boiled chicken
- Jerky
- Kong stuffed with Peanut Butter

Bringing Your Foster Dog Home

- Crate your foster dog; NEVER leave him/her outside or inside unattended. Crating helps keep your foster dog safe and contained and helps to establish a routine for him or her. If your foster dog isn't housebroken, crating him or her will help reinforce potty training. It also protects your home from destructive chewing, accidents, and dog hair!
- The key to incorporating a foster into a home with other animals is patience and slow introductions. (Read the section on *Introductions*.)

- Do not give your foster dog any rawhides, as these are difficult to digest and can be a choking hazard. Instead, we recommend Nylabones or Kongs stuffed with goodies to keep your dog occupied while he or she is in the crate.
- Do not give your foster dog any cooked bones - these can splinter off and cause major damage to the dog's internal organs and cause death.
- If you have other dogs, remove all toys off the floor and incorporate them into the mix after the dogs have had a week or more to get familiar with one another. Some dogs take longer than others. If any dog is dominant, wait several weeks and only allow toys when you can supervise.
- Feed separately from everyone else, and begin teaching food control as soon as your foster dog is in your home.
- Show your foster where to eliminate, where to sleep (be sure to give them a bed), where to drink, and introduce them to their new crate. Praise them when they adhere to the areas.
- Create a schedule to promote routine.
- Most dogs are housebroken, but they may have accidents at first because they do not know their new schedule. Influence praise training for potty training and NEVER incorporate the use of treats with housebreaking.
- If your foster is having a hard time adjusting and keeps eliminating in his or her crate. Try removing all bedding and blankets. Dogs in general try to cover their waste because they don't like to sleep where they use the restroom. If there is no place to "bury it" (in a blanket for example) they will learn faster to hold it until you get home.
- If your foster begins to cough (even a few days later) they may have kennel cough which is very common. This is like a human cold, so do not panic. Always isolate a sick dog so as not to spread any germs to the other dogs in the home. Contact The Animal Rescue Center Of California immediately so we can get the dog the medical care they need.
- Dogs often do not like to go out in the rain. They will hold it instead of eliminating it. In order to get them to eliminate, you may need to go out in the rain with them.
- Moving into a new environment can be stressful on a dog and they may sleep more or develop diarrhea. Adding a few tablespoons of yogurt with live cultures & canned pumpkin to food will help firm their stool.

Vetting and Medication

We deworm, vaccinate, spay/neuter and microchip all of our rescues. If we cannot get an appointment with a vet in a timely fashion, we may send our vet tech to your home to vaccinate for Parvo/Distemper, Bordetella and Deworming. Because of the vet shortage in the desert, spays/neuters, microchips and Rabies vaccination can take several weeks to get an appointment.

- We deworm all of our rescues with Panacur as soon as we take them in. Dosages are based upon the dogs weight and are administered through the food for 3 consecutive days. Panacur is easy on the dogs and helps kill all worms and parasites.

- The ARC of CA will set up all vetting appointments and will work with you on coordinating the times so that it is convenient for you.
- The ARC of CA will cover the cost of all vetting for your foster, provided it takes place at a pre-approved appointment and a pre-selected veterinarian.
- If you have an emergency, please contact us at 760-877-7077 before seeking medical attention; most ailments and accidents are not true emergencies.

Poisonous Plants To Dogs

There are several poisonous plants often found in residential yards that can make a dog sick or die from licking or diesting. The best thing to do as far as prevention goes is to not have these plants at all. But sometimes, that's just not possible—say, you bought a house from someone who had a yen for azaleas. In that case, you can put a barrier up or use a plant stand to prevent your pooch from getting to these plants.

Examples of Poisonous Plants:

- Sago Palm - Toxic to all pets. And while the leaves and bark will harm your pup, the seeds or 'nuts' contain the largest amount of toxins.
 - Symptoms include:
 - Vomiting, diarrhea, seizures, liver failure, potentially death
- Tulips - The real danger with tulips lies when your dog digs up and eats the newly-planted bulbs, which have the most toxins.
 - Symptoms include:
 - Stomach upset, depression, loss of appetite
- Lily Of The Valley - Even a small exposure to any part of the plant can cause heart problems for dogs—changes in heart rate and rhythm
 - Eating a few leaves or bulbs can also lead to the following symptoms:
 - Diarrhea, vomiting, low blood pressure, disorientation, seizures, coma, arrhythmia (irregular heartbeat)
- Oleander - Every inch of this plant is poisonous to dogs—from the flower petals to the pointy, long leaves.
 - Symptoms include:
 - Changes in heart rate and heart rhythm, diarrhea, abdominal pain, drooling and excess salivation, possible death
- Lantana - Can be fatal. All parts of the invasive shrub are toxic, but the leaves and green berries are especially poisonous. The toxic ingredient in lantana is a triterpenoid that can damage a dog's liver, gallbladder, and bile ducts.

- Can cause:
 - Damage to the liver, ulceration of all mucous membranes, will make pets extremely sensitive to sunlight resulting in sunburns and secondary skin infections.
- Philodendroms - can irritate your dog's mouth and lips.
 - Symptoms include:
 - Pawing the mouth, drooling, retching
- Azaleas - It's very rare for dogs to eat a lot of azaleas, but when they do, they can get:
 - Very weak, tremors, low blood pressure, irregular heart rate and rhythm
- Aloe Vera - When eaten, aloe vera can cause mild to moderate bouts of toxicity.
 - Symptoms include:
 - Vomiting, lethargy, depression, tremors and change in urine
- Eucalyptus - the chemical in eucalyptus, is a gastrointestinal irritant and a neurotoxin.
 - Symptoms include:
 - Confusion, depression, dilated eyes, diarrhea, difficulty swallowing, excessive drooling, lethargy, loss of appetite. low blood pressure, muscle weakness, pawing at mouth (burning in mouth), rapid or shallow breathing, rapid or weakened heart rate, seizures, slowed reflexes, vomiting, wheezing
- Grapefruit - Can be poisonous to dogs, especially the rind and seeds, but the flesh can be eaten in small amounts. Eating these parts of the grapefruit can cause kidney failure, GI issues, and sensitivity to light.
 - Symptoms include:
 - Vomiting, diarrhea, depression, photosensitivity, swelling around the lips and gums, difficulty breathing, seizures, confusion, loss of coordination
- Marijuana - Signs of cannabis toxicity in dogs occur 5 minutes to 12 hours after exposure and can last from minutes to days. Symptoms are visible 30 minutes to 1 hour after ingestion of the drug, or sooner if inhaled.
 - Symptoms include:
 - Lethargy, hyperactivity, dazed expressionen, difficulty walking, poor muscle control (ataxia), vomiting, salivation, drooling
 - Less common symptoms:
 - Vocalization, including whining and crying, agitation, aggression, trouble regulating body temperature, incontinence, urine dribbling, change in heart rate, altered blood pressure, slow breathing rate, tremors, seizures, coma

To see a list of other plants that are toxic to dogs, please visit, https://be.chewy.com/complete-guide-to-poisonous-plants-for-dogs/?gbraid=123&utm_source=google&utm_medium=cpc&utm_campaign=12473032557&utm_content=118814524259&gad_so

[urce=1&gclid=CjwKCAjwg8qzBhAoEiwAWagLrAvObWWGHYvFZMgK2TH1oTjzGCEjMxTqI3_wTjpZa-LRGB39E6TashoCZzYQAvD_BwE](https://www.facebook.com/thearcofca/)

What To Do If Your Dog Is Sick

If your dog is showing signs of lethargy, trouble breathing, blood in the stool, coughing or wheezing, vomiting, diarrhea, decrease in appetite, abnormal whining or crying, or excessive drinking and excessive urination, please isolate the dog from any other pets and call us immediately at, 760-877-7077. We will assess the dog and either set up an appointment with urgent care or schedule a vet appointment.

Expectations of Foster Families

Contact Information

The ARC of CA needs to be able to contact you at all times. If your phone number or address changes, please let ARC of CA know. We will be attempting to contact you to check on your foster dog and discuss vetting appointments, and potential meetings with adopters. You will receive emergency contact info with your initial welcome email. We also encourage you to join ARC of CA's Facebook page, <https://www.facebook.com/thearcofca/>.

Adoption Days and Opportunities

- Please bring your foster dog to as many Adoption Days as possible. A staff member will let you know when an adoption event has been scheduled. The number of adoption days he or she attends directly correlates to how quickly he or she will get adopted. It is the best and easiest way to get your foster dog the exposure he or she deserves!
- Oftentimes, a foster family realizes that they cannot live without their foster dog and chooses to adopt. Our fosters always get first dibbs on adopting their foster dog. Please let us know your interest before we find an adopter. Once an adopter is found and an adoption certificate has been signed, there is no going backwards.

Bios and Pictures

The internet has been a great resource for us when it comes to getting our pets adopted. We have a Petfinder account, a YouTube Channel and a Facebook and Instagram page. We continuously need images and videos of our rescues to keep our audiences up-to-date.

- Petfinder - In order to create a pet profile, we need the following info from our fosters:
 - A brief description of the dogs personality
 - 5 great photos
 - Videos in landscape (horizontal) showing the dogs personality.
- YouTube

- Please send as as many videos as you have so we can edit them together.
 - Videos must be in landscape (horizontal).
- Content can be emailed directly to thearcofca@gmail.com or next it to the foster coordinator.

ARC of CA Property

- If there is any dog food left over that the ARC of CA supplied, please give this to the adopter so they can transition into their food slowly.
- Collars, leashed, toys and clothes can also be given to the adopter.
- Please return crates to the ARC within a week of your foster being adopted. If you are fostering another dog, please keep the crate to use for the next pup.
- If we provided washable pee pads, food bowls, pens, etc...please return them to The ARC of CA.

Dog Parks

- ARC of CA does not endorse dog parks. There are too many variables and too many irresponsible dog owners.
- If you choose to take your foster dog to a dog park you will be doing this at your own risk. ARC of CA will not be responsible or liable for any injuries or damages that occur at an off-leash site.

Dog Names

- There is a method to the madness of naming dogs strange and unusual names. Please do not change your dog's ARC of CA name, though you may call him or her by a nickname or shortened version of his or her name.
- ARC of CA dogs stay micro-chipped in ARC of CA's name and are identified by their individual and unique ARC of CA names throughout their lives. It is important that an adoptive family be aware of the dog's ARC of CA name, even if they choose to call the dog a different name.

Temp Fostering

- ARC of CA will provide temp fostering for your dog whenever you need it. This may consist of boarding or temporarily being placed in another ARC of CA volunteer's home.
- When possible (for vacation and holidays), please let the ARC of CA Foster Coordinator know at least 2 weeks in advance so they can find a place for your dog.
- In an emergency situation, please notify that you need immediate and emergency temp fostering for your ARC of CA dog.

ARC of CA Expectations

- ARC of CA will work to match you with a dog that will work for you and your family/situation. If it doesn't work out we will always take the dog back or swap you out for another dog. Our goal is to make this as easy for you as possible.
- ARC of CA pays for all vetting on our dogs, but only at our vets and we must approve all vet appointments. If you feel your dog is having a problem just let us know and we will tell you how to proceed. A volunteer will be emailing you about additional vetting your dog needs, if any. Your foster cannot go to an adoptive home until he or she is spayed or neutered.
- ARC of CA will provide transportation to vet appointments and adoption days if you need it, but you do have to ask!
- You can always contact us if you have questions, or problems or need some support.
- If you have a question, please refer to this manual or your Foster Mentor. Foster Mentors are experienced Foster families who have seen most scenarios and who can help you with basic information and provide you with support and encouragement.

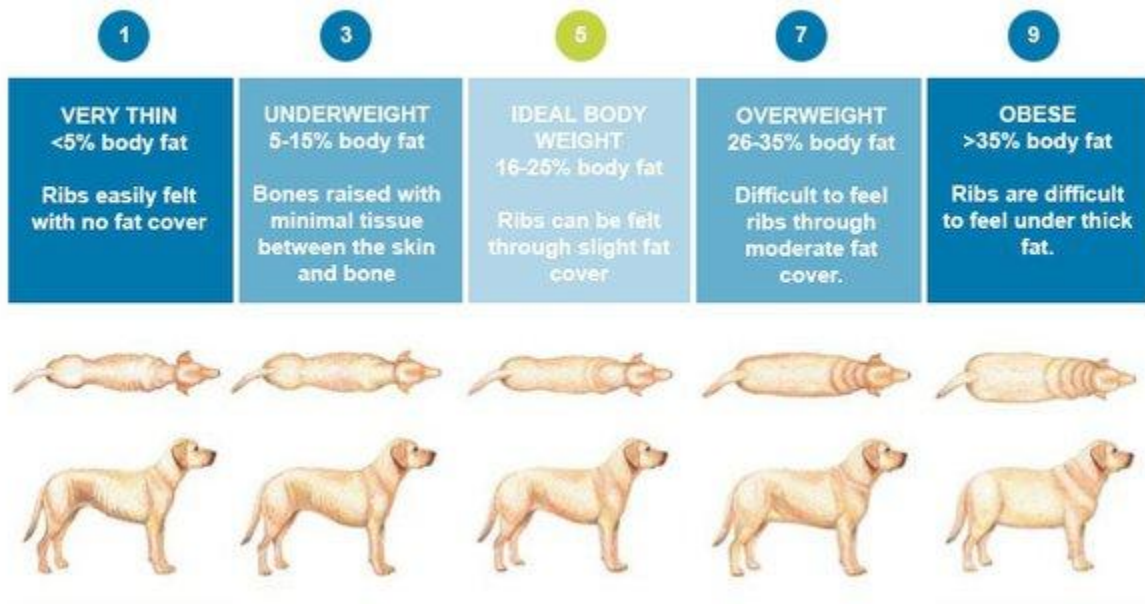
How To Feed Your Foster

It is very important to establish specific feeding times and routines for dogs. You can feed your dog once or twice a day but it's important to feed them at the same time. Puppies need to be fed three times a day according to the dog food's instructions with a puppy food. For young puppies we also recommend Esbilac milk replacement.

1. Feeding your dog is an important gesture and demonstration of who is in charge. In the wild, who gets to eat when is a major deal, and it is completely decided by the alpha male and female of the pack. Just leaving food lying around all the time sends the message that eating is no big deal since there is always food available and that it has little or nothing to do with you, i.e. does not demonstrate your place in the hierarchy. It is a valuable tool that is lost when food is left out.
2. If other dogs are ever in the mix this is a way to eliminate one of the most common causes of dog fights. Some dogs are highly protective of their food and therefore can be food aggressive even with dogs that they may be "close friends" with (That is different for dogs than humans). Leaving food lying around all the time is just asking for confrontation. Feeding them at the same time, but separately by distance, and immediately removing the bowls eliminates the chance of a food fight.
3. It allows you to monitor the amount of food the dog is getting. If your dog needs to lose a little weight, it is very difficult to know how much he is getting if the bowl just gets filled up. Feeding a specific amount at specific times lets you know how much he is getting and lets you increase or decrease with some accuracy.
4. Most rescue dogs that come in are emaciated or thin and will need extra food to help them gain weight. Emaciated dogs need to be fed small frequent meals that gradually increase in amount over time until they are eating 2-3x the daily recommended amount

of food. Eventually, these dogs should get to their ideal body weight at which time they need to be dropped down to the daily recommended amount of food.

5. Leaving bowls around with food in them invites flies and other insects for a field day in the dog's food. It's a good way to pass along disease. Cleaning the bowls also removes bacteria, etc, which can begin to live on the dog bowl and which possibly can cause skin problems around the mouth.
6. Dogs that are "free fed" where food is left out all the time typically become obese and develop health problems from being overweight. Ultimately, overweight and obese dogs tend to have a shorter life span and develop more arthritis.
7. Feeding table scraps or more than one treat a day can lead to weight gain. We caution you to monitor the treat intake of your dog and think about what would happen to your own body if you ate dessert several times throughout the day.
8. Your dog should be muscular and you should be able to see a small amount of their ribs and possibly the backbone and hip bones. They should not be evident and protruding out, but rather slightly noticeable. Boxers have deep chests that should go up into the abdomen. A round dog with no distinction between the belly and chest is considered morbidly obese. See the picture below for more info.



Vetting For Your Foster Dog

These volunteers will tell you when your appointments are and where to take the dog:

- Noelle Geiger and Kirk Geiger
- In case of an emergency or for non-routine vetting, please contact Noelle Geiger and Kirk Geiger

ARC of CA will only pay for vetting at approved clinics and anything outside the “required vetting” needs prior approval. If you take your foster to your vet or to an ARC of CA vet without approval, you will be responsible for those charges.

Routine Vetting

- Distemper/Parvo combo vaccination
- Rabies Vaccination
- Spay/Neuter
- Fecal and dewormed
- Bordetella
- Heartworm treatment (if positive)
- Microchip

***Any lumps, hair loss, upper respiratory infections or other problems need to be discussed with the Foster Coordinator.

Boarding and Vaccinations

ARC of CA will arrange for a temporary foster or pay for boarding for your foster at our approved facilities ONLY, should you need to go out of town. We request **2 weeks' notice** for assistance with boarding your foster. You can contact either Kirk or Noelle Geiger at thearcofca@gmail.com to schedule.

Grooming

- Dogs with long, thick fur need to be groomed every 4-6 weeks, while dogs with short or fine hair may only need to go every 8-12 weeks. Please do not wash your foster dog more than once a month. Washing can deplete them of their natural oils and washing too frequently can cause them to dry out. If you are fostering a dog with long hair, we will pay for grooming but please make sure you keep the dog brushed so the hair doesn't mat. Severe matting can cause discomfort or even damage to the underlying skin or joints, depending on the location. Even mild matting can be painful, but in severe cases, matting can cut off circulation to your dog's skin and cause hematomas.
- A dog's ears should be cleaned once a month. Breeds with long, floppy ears or dogs who swim frequently may need to have their ears cleaned every other week, or even weekly. After bathing or swimming, be sure to properly dry your pup's ears.
- Most dogs need to have their nails trimmed approximately once monthly. Dogs that are frequently walked on pavement or concrete may be able to go a bit longer between nail trims, because walking on a hard, rough surface can help file the nail.
- We rarely see fleas in the desert but we do see ticks during the summer months. If you see any fleas or ticks on your foster dog, give it a flea and tick bath immediately.

Frontline (topical) or NexGard (oral), flea and tick medication, can be used as a preventative. The ARC of CA will supply this medication.

- Puppies don't need a bath when younger than 8 weeks. Their small bodies are not quite ready to self-regulate body temperature yet. If they do need a clean, you can wipe your puppy down with a warm cloth. Once your puppy is older than 8 weeks, you can start bathing them in a sink. Then, they can be washed once a month.

Holidays

Holidays are very difficult for ARC of CA because our boarding spaces are limited. We MUST have two weeks' notice to find boarding or a temporary foster home during any major holidays. We will always send out reminder emails, but if you wait until the last minute, we may not have room. Please email thearcofca@gmail.com if you are planning to leave for the holidays.

General Foster Information

Dog Traits

- Dogs require daily exercise and training to be happy.
- Dogs should not be left out in the desert heat or cold.
- Dogs should not be left unattended outside; in the summer they can overheat and in the winter, they can easily develop cold-weather-related issues.
- If your dog does not get the required training and exercise they will become frustrated which leads to behavioral problems including destructive behavior.

Front Door Bolting

Most foster dogs have lived in an average of 2-4 different homes and are very unsure in their new foster home. You can prevent them from "front door bolting" by using a few of the techniques listed below:

- Put up a baby gate.
- Teach your foster to "sit" and "wait."
- Put the dog on a leash or in a crate when a guest arrives at the door.
- Always keep a collar on your dog so you can grab quickly.

Fence Jumping

Some dogs are expert jumpers and can easily scale even a 6-foot privacy fence. Do not let your tall fence give you a false sense of security. A determined dog can get out.

- Be aware your dog will jump the fence most likely when you are not there or when he is left unattended.

- The best to prevent your dog from jumping the fence is to never leave them outside unattended. Crating your dog when you're not home is the best way to ensure your dog's safety.

Locks On Gates

- Prevents guests from leaving the gate open.
- Protects the animal from being stolen.
- Prevents the wind and other elements from blowing the door open.
- This prevents crafty dogs from opening the gate, even if YOU think it is hard to open!

***Keep the dog inside when not at home to prevent the dog from escaping or being stolen. This is the number one way that dogs are lost from homes.

Introductions

Other Dogs

When there is already a dog in a home it can be a little tricky at times to introduce a second dog into the family. It's important not to throw two dogs together and expect they will be best friends. In the wild, dogs live in "packs," and they decide who will be the Alpha and determine the pecking order for the pack. If you do not establish the hierarchy in your home, the dog will do it for you. This is a bad thing and will usually lead to aggressive behaviors in your dog.

Feed your new dog separately from your current dog. If you free-feed both dogs you will likely be setting the stage for failure with the new dog. It's best to feed your new dog in a separate room from your current dog. Begin working on food control as soon as you can. Many of the dogs in rescue have been in the street and have had to fight for food in the past. Most of them will get past this with time and after they befriend your other dog(s). To put it in perspective, ask yourself if you would allow a stranger to hold your wallet while you use the restroom at a local mall. If the scenario was different and you asked a friend it's reasonable to assume your answer would change.

The separation of food extends to bones, and sometimes even toys. Let the dogs get to know one another before expecting them to be able to share these types of things. More often than not they WILL fight over possession of these objects. They can be integrated into the mix within a few weeks. Do not ever leave high-value rewards (food, treats, or bones) unattended, as they can be a source of tension in the best of dogs.

Don't take any chances. Usually, once dogs have that first real, throw-down fight, things are never the same and there is always some level of distrust if not continued aggression.

Start by putting your dog up, maybe in a bedroom and not a crate, and let the new dog move around the home and backyard freely. The new dog will know there is another dog that lives there just from smelling around. This will begin the process of introductions. Give the new dog 45 minutes to an hour to figure things out and calm down a bit from the drive and coming into a new home.

After the exploration time is over, put the new dog in his crate in a spot where although he may not be in the middle of the room, he's in a position to see what is going on. Then let your dog out of the bedroom. Have her in a training collar and leash. The new dog will begin to figure out the social dynamics of your family and will pick up on a lot just by watching through the crate. If any appropriate behaviors are exhibited give an immediate correction to that specific dog. The dogs should be able to meet through the crate. If both dogs are relaxed and not exhibiting any dominant behavior then remember to praise both dogs.

Leave the new dog in the crate for the rest of the day and the next before ever introducing them outside the crate. It is likely that once you introduce them, much of the tension will be gone as they really won't be that new to one another. When you do introduce them outside the crate, have them both on Martingale collars and leashes (loose again) until you are sure they will be okay.

Cats

Read "Other Dogs" before reading this. Introductions with an adult dog and cats are based on the same principles and the use of a crate. Rescues in the program that are adopted out with cats are usually tested with the cats before they are adopted out to a home with them. Just because your new dog has tested well with one cat does not mean that he will like all cats. Cats have different personalities, and while some cats ignore new dogs, others will hiss and scratch a new dog in the face.

The new dog and cat should be introduced using the crate. Have the dog crated and bring the cat out to be in the same room with the dog. Usually, the adjustment period will be longer for your cat rather than for the new dog. After two days of crating your new dog with the cat in the same room, you can take the dog out with a Martingale collar and leash only! Make sure you have two people in the home when you do this for the first time. Ensure your control over the dog and allow him to come within a foot of the cat. The ideal response is for the dog to ignore the cat or look at the cat briefly and then look away. If this is the response you get then keep the dog out on a leash for the rest of the day (with leash in hand). Allow the two to interact and investigate one another. The cat will not likely come close to the dog and usually, once the cat realizes the dog is not interested in him the tension will loosen in the home. Eventually, the two will set their boundaries and learn how to live with one another.

If the dog is stalking the cat, won't take his eyes off the cat, and becomes very tense this is a bad sign. Place the dog back in the crate and place the cat in another room. Contact The Animal Rescue Center Of California for guidance on how to continue.

It's important to never introduce a cat and dog outside. If a cat is outside, they are more often seen as "prey" to any dog. This should always be done inside. NEVER leave a new dog out to roam freely in a home with a cat. ALWAYS crate the dog when not home.

Children

Toddlers

Toddlers can be difficult to match a dog with. These youngsters can be unpredictable and often do not have established boundaries as they are exploring the world. As a parent, you need to monitor the interactions between the child and the dog. If the child is pulling on the dog or is crawling on the dog, the child needs to be taken away from the dog. Many times a dog will allow this behavior to occur for short periods of time. They will look to you to fix the problem and ensure their comfort. If a child is allowed to continually invade a dog's space and boundaries, this is when children usually get bit.

Make sure you always have a crate available when you have toddlers in the home, because like you, your dog will need breaks from small children. The crate should be left open all day and accessible to the dog at all times. If the dog goes into the crate then that's his way of telling you he needs a break. Close the crate door or otherwise keep everyone away from the dog until he comes back out to be with the family.

Elementary School Children

By this age, children have learned respect and boundaries for dogs and the interactions tend to be less stressful for a dog than for younger children. The crate should remain as a dog's safe zone (see "Toddlers" for more information on this). Some common problems that occur with children at this age include front door bolting and increased protection over the children. Children at this age may be prone to opening the front door wide open for when people come over or just to go outside to play. Make sure to talk to your children about this and keep front door locked to prevent it from happening.

Another common problem with children this age is dogs tend to bond with them and become protective over them. If other children come over and the kids start "playing rough" the dog may perceive that the child is being hurt. Keep the dog crated when other children come over or of playtime turns rough. Second, it's important for children of this age to have control over the dog. Ideally, taking the whole family to an obedience class and having the dog respond to everyone in the house will lend the best results.

Nothing in Life is Free Training Method

Does your dog get on the furniture and refuse to get off? Nudge your hand, insisting on being petted or played with? Refuse to come when called? Defends its food bowl or toys from you? Nothing In Life Is Free” (NILIF) can help. NILIF is not a magic pill that will solve a specific behavior problem, rather it’s a way of living with your dog that will help it behave better because it trusts and accepts you as its leader and is confident knowing its place in your family.

What is NILIF?

- Using positive reinforcement methods, teach your dog a few commands and/or tricks. “Sit,” “Down,” and “Stay” are useful commands, and “Shake,” “Speak,” and “Rollover” are fun tricks to teach your dog.
- Once your dog knows a few commands, you can begin to practice “nothing in life is free.” Before you give your dog anything (food, treats, walks, a pat on the head) it must first perform one of the commands it has learned. For example:

You	Your Dog
Put your dog’s leash on to go for a walk	Must sit until you’ve put the leash on
Feed your dog	Must lie down and stay until you’ve put the bowl down
Play a game of fetch after work	Must sit and shake hands each time you throw the toy
Rub your dog’s belly while watching TV	Must lie down and rollover before being patted

- Once you’ve given the command, don’t give your dog what it wants until it does what you want. If it refuses to perform the command, walk away, come back a few minutes later, and start again. If your dog refuses to obey the command, be patient. Remember that eventually it will have to obey your command in order to get what it wants.
- Make sure your dog knows the command well and understands what you want before you begin practicing “nothing in life is free”.

The Benefits of This Technique

- Most dogs assume a neutral or submissive role toward people, but some dogs will challenge their owners for dominance. Requiring a dominant dog to work for everything it wants is a safe and non-confrontational way to establish control.
- Dogs who may never display aggressive behavior such as growling, snarling, or snapping, may still manage to manipulate you. These dogs may display affectionate though “pushy” behavior, such as nudging your hand to be petted or “worming” its way onto the furniture in order to be close to you. This technique gently reminds the “pushy” dog that it must abide by your rules.
- Obeying commands helps build a fearful dog’s confidence, having a strong leader and knowing its place in the hierarchy helps to make the submissive dog feel more secure.

Why this Technique Works

Animals that live in groups, like dogs, establish a social structure within the group called a dominance hierarchy. This dominance hierarchy serves to maintain order, reduce conflict and promote cooperation among pack members. In order for your home to be a safe and happy place for pets and people, it’s best that the humans in the household assume the highest positions in the dominance hierarchy. Practicing NILIF effectively and gently communicates to your dog its position in the hierarchy. Practicing NILIF effectively and gently communicates to your dog that its position in the hierarchy is subordinate to yours. From your dog’s point of view, children also have a place in the hierarchy. Because children are small and can get down on the dog’s level to play, dogs often consider them to be playmates, rather than superiors. With the supervision of an adult, it’s a good idea to encourage children in the household (aged 8 and over) to also practice NILIF with your dog.

Positive Reinforcement: Training Your Dog with Treats and Praise

Positive reinforcement is the presentation of something pleasant or rewarding immediately following a behavior. It makes that behavior more likely to occur in the future and is one of the most powerful tools for shaping or changing your pet’s behavior.

Correct timing is essential when using positive reinforcement. The reward must occur immediately, or your pet may not associate it with proper action. For example, if you have your dog “sit”, but reward him after he’s already stood up again, he’ll think he’s being rewarded for standing up.

Consistency is also essential. Everyone in the family should use the same commands. It might be helpful to post these where everyone can become familiar with them. The most commonly used commands for dogs are “watch me,” “sit,” “stay,” “down,” {means lie down), “off,” (means off of me or off of the furniture), “stand,” “come,” “heel,” (or “let’s go” or “with me”) “leave it” and “settle.” Consistency means always rewarding the desired behavior and never rewarding undesired behavior.

For your pet, positive reinforcement may include food treats, praise, petting, or a favorite toy or game. Although food treats work very well for training, the way to get the best results is to say “good dog” and follow it with an excited pet. This is your way of telling your dog he did something right. Usually, your dog will start making eye contact with you sooner than if you use treats. When your dog makes eye contact with you it’s a sign of respect and they want you to tell them what to do next.

If you choose to use treats, they should be enticing and irresistible to your pet. It should be a very small, soft, piece of food, so that he will immediately gulp it down and look to you for more. If you give him something he has to chew or that breaks into bits and falls on the floor, he’ll be looking around the floor, not at you. Small pieces of treats, hot dogs, cheese, cooked chicken or or beef have all proven successful. Experiment a bit to see what works best for your pet. You may carry the treats in a pocket or fanny pack on the front of your belt. There are even special treat packs available in many pet stores. Each time you use a food reward, you should couple it with a verbal reward (praise). Say something like, “Good boy” in a positive, happy tone of voice.

Note: Some pets may not be interested in food treats. For those pets, the reward could be in the form of a toy or brief play.

When your pet is learning a new behavior, he may be rewarded every time he does the behavior (continuous reinforcement). It may be necessary to use “shaping” with your pet (reinforcing something close to the desired response and gradually requiring more from your dog before he gets the treat.) For example, if you’re teaching your dog to “shake hands,” you may initially reward him for lifting his paw off the ground, then for lifting it higher, then for touching your hand, then for letting you hold his paw and finally, for actually shaking hands with you.

Intermittent reinforcement can be used once your pet has reliably learned the behavior. At first, you may reward him with the treat three times out of four, then about half the time, then about a third of the time and so forth, until you’re only rewarding him occasionally with the treat. Continue to praise him every time, although once he has learned the behavior the praise can be less effusive - a quiet but positive “Good boy.” Use a variable schedule of reinforcement, so he doesn’t catch on that he only has to respond every other time. Your pet will learn that if he keeps responding, eventually he’ll get what he wants. If you have a dog who barks until you reward him by paying attention to him, you’ve seen the power of intermittent reinforcement.

By understanding reinforcement, you can see that you’re not forever bound to carry a pocketful of goodies. Your pet will soon be working for your verbal praise because he really does want to

please you and he knows that occasionally, he'll get a treat too! There are many small opportunities to reinforce his behavior. You may have him "sit" before letting him out the door (helps prevent door darting), before petting him (helps prevent jumping up on people), or before giving him his food. Give him a pat or a "Good dog" for lying quietly by your feet or slip a treat into his Kong toy when he's chewing it, instead of your shoe.

Corrections, including verbal, postural, and physical, are the presentation of something unpleasant immediately following a behavior which makes it less likely that the behavior will occur again. To be effective, punishment must be delivered while your pet is engaged in the undesirable behavior, in other words, "caught in the act." If the punishment is delivered too late, your pet will feel "ambushed." From his point of view, the punishment is totally unpredictable, and he's likely to become fearful, distrustful, and/or aggressive. This will only lead to more behavior problems. What we humans interpret as "guilty" looks, are actually submissive postures by our pets. Animals don't have a mortal sense of right and wrong, but they are adept at associating your presence and the presence of a mess, with punishment.

If you've tried punishment and it hasn't worked, you should definitely stop using punishment and use positive reinforcement instead. Physical punishment usually involves some level of discomfort or even pain, which is likely to cause your pet to bite, as that is the only way he knows to defend himself. Scruff shakes and "alpha rolls" are likely to result in bites, especially if the dog doesn't perceive you to be his superior. Also, punishment might be associated with other stimuli, including people, that are present at the time the punishment occurs. For example, a pet that has been punished for getting too close to a small child may become fearful or aggressive to that child.

Crate Training and Housebreaking

Crate Training

Choose a crate that will be large enough for your dog to lie down, stand up, and turn around without difficulty. If the crate is too large, your dog will sleep on one side and eliminate in the other. Place the crate close to your family areas to help lessen the dog's anxieties. Toss a treat or favorite toy into the crate to allow the dog to go in on its own. Try not to force it into the crate. Coax with food and reward with praise. Do this a number of times before closing the door. Let him get comfortable going in and out of the crate on his own. Once the dog is comfortable moving in and out of the crate, close the door and have the dog stay in the crate for a few minutes with you present. Praise him for sitting quietly in the crate.

If he whines or barks, simply ignore him or tell him "NO!" Do not allow him out of the crate until he is quiet. This is very important. If you let the dog out of the kennel after barking or whining you are in essence telling your dog that anytime he exhibits this behavior you will let him out. The barking and/or whining will only increase in duration and intensify. Gradually increase the time he is left in the crate with you present. Once he is staying in the crate quietly with you

present, you can leave the room but remain close by. Once again, if he starts to whine or bark, ignore him and/or tell him “NO.” Once he has been in the crate alone and quiet for a while, praise him and allow him out for some playtime. Repeat this numerous times and slowly extend the time he is alone in the crate.

Any time the dog is unsupervised, he/she needs to be in the crate. This includes while you are busy in the house (cooking, eating, watching a movie, etc., while you are sleeping, or when you are far away from the house.) When you can supervise him, have him out to play with and train him as much as you like.

Your dog will need to have some toys in the crate with him for playing and chewing, otherwise he will get bored. Select toys that are sturdy and large enough that the dog cannot swallow them. Use bedding cautiously. If your dog does not chew or shred the bedding, then it is okay. If your dog does chew on it, you will need to remove it. Dogs can ingest bedding and cause intestinal obstruction.

After a while, your dog may not have to stay in the crate at all times. He should be able to control his eliminations until you come home and understands the proper sites to eliminate in. You can slowly start introducing the dog to small areas of the house while you are gone. You still want to have the crate in the room with the door open because it is his safe haven. You want to wait until your dog has matured to start this otherwise he may chew on inappropriate objects in your absence. Eventually, your dog could have full run of the house without eliminating or chewing.

Additional Tips For Crate Training

- Do not place the crate near anything that your foster may be able to reach out and touch with a paw.
- Do not leave any toys in the crate that could be a choking hazard or that could get wrapped around a leg or neck.
- Try a Kong filled with frozen peanut butter or yogurt to give your foster something to do during the day when you are gone.
- Do not ever use the crate as punishment.
- Do not ever use an angry tone of voice when placing the dog in the crate.
- If your foster gets out of the crate, try using zip ties to secure the crate and allow a safe environment for everyone. This is a common problem that is easily fixed so be sure to ask the foster coordinator if you have additional questions or concerns.

Housebreaking

Adult dogs can usually be housetrained easily, but it requires patience on the part of the owner.

First, it is important to use a key phrase every time your dog eliminates outdoors; your dog will learn that his phrase means it's the right time and place to eliminate.

Secondly, reward your dog by praising it after it has been eliminated in the proper place. Remember to reward it right away, but never use treats as a reward, or they will eliminate every time they want a treat.

Thirdly, never leave your new dog in your house unsupervised until fully housetrained. Use a crate to assist in housetraining when you are away. This provides a safe area for the dog. If used properly, the crate can help with housetraining as well as chewing and separation anxiety.

Another important thing to remember is that a dog should only be punished if it is caught in the act of eliminating in the house. If you see the dog getting ready to eliminate or is eliminating, don't swat it. Instead, stomp your foot, shake a can full of pennies, or startle your dog by sternly saying, "NO!" Your dog will likely stop what it is doing and you can take it outside to eliminate it in the proper area. For best results, focus on praising the dog when it eliminates properly.

Fourth, it is also important to set meal times and stick to them, to give your dog a routine. It's best to not leave food out all day for your dog. You will need to set times every day for eating. Remove the bowl after 20 minutes. This will create regular intervals at which the dog will need to eliminate.

Finally, it is important to clean all soiled areas with a product that removes both odors and stains. Otherwise, your dog will return to the soiled area and eliminate again. You can find these products on the internet or in store where pet supplies are sold.

Tips For Housebreaking a Puppy

Key things to look for:

- The puppy starts smelling the floor, furniture, etc.
- The Puppy walks towards windows or doors.
- The puppy walks towards corners in the house or leaves the room.
(If you see the above signs immediately take the puppy outside to go potty. Wait until the puppy goes potty then give plenty of praise.

Suggestions to make housebreaking a success:

- Stay outside with the puppy and wait until the puppy goes potty then give plenty of praise.
- When the puppy is in his crate, put a pillow or blanket in the back and food in the front crate. Puppies do not like to potty near their food or where they sleep. This, plus making the crate area smaller will reinforce where they sleep. This, plus

making the crate area smaller will reinforce not going in the crate and will help make housebreaking a success.

- If the puppy does potty inside, immediately show the puppy the mess and tell the puppy “NO!” Then take the puppy outside to finish going potty and give plenty of praise when the puppy goes outside.

Destructive Chewing

The key here is to crate the dog when you are not home, exercise frequently, and train your dog. Working daily on manners will give your dog a “job” and thus decrease or eliminate destructive chewing. If that does not work, this section will go into more detail about destructive chewing.

Exploring the world with their mouths is normal behavior for dogs. Chewing can, however, be directed onto appropriate items so your dog isn't destroying items you value. Until he's learned what he can and can't chew, it's your responsibility to manage the situation as much as possible, so he doesn't have the opportunity to chew on unacceptable objects.

Manage the Situation

- Take responsibility for your belongings. If you don't want it in your dog's mouth, don't make it available. Keep clothing, shoes, books, trash, eyeglasses, and television remote controls out of your dog's reach.
- Don't confuse your dog by offering him shoes and socks as toys and then expect him to distinguish between his shoe and yours. Your dog's toys should be obviously different from household goods.
- Until he learns the house rules, confine him when you're unable to keep an eye on him. Choose a “safe place” (like a crate) that is dog-proof with fresh water and “safe” toys.
- Give your dog plenty of people time. Your dog won't know how to behave if you don't teach him alternatives to inappropriate behavior and he can't learn these when he's in the yard by himself.
- If, and only if, you catch your dog chewing on something he shouldn't interrupt the behavior with a loud noise, offer him an acceptable chew toy instead, and praise him lavishly when he takes the toy in his mouth.
- Have realistic expectations. It's virtually inevitable that your dog will, at some point, chew up something that you value. This is often the transition to a new home. Your dog needs time to learn the house rules and you need to remember to take precautions and keep things out of reach.
- Chewing is normal teething and investigates puppy behavior however, dogs will engage in destructive behavior for a variety of reasons in order to deal with the behavior, you must first determine why your dog is being destructive.

Play, Boredom and/or Social Isolation

Normal play behavior can result in destruction, as it may involve digging, chewing, shredding, and/or shaking toy-like objects. Since dogs investigate objects by pawing at them and exploring them with their mouths, they may also inadvertently damage items in their environment when they're exploring or investigating. Your dog may be chewing for entertainment if:

- He's left alone for long periods without opportunities for interaction with you.
- His environment is relatively barren, without playmates or toys.
- He's a puppy or adolescent (under three years old) and he doesn't have other outlets for his energy.
- He's a particularly active type of dog & needs an active lifestyle.

Solutions:

- Play with your dog daily in a safe, fenced-in area. A tennis court can be a good place to play if you don't have a yard. Fetch is a great game that will use up your dog's excess energy without wearing you out!
- Go for a walk. Walks should be more than just "bathroom time." On-leash walks are important opportunities for you and your dog to be together. Don't forget to allow time for sniffing, exploring, instruction, and praise.
- Increase your dog's opportunities for mental stimulation. Teach our dog a few commands and/or tricks and practice them daily. If you have time, take an obedience class.
- Provide your dog with lots of toys.
- Rotate your dog's toys to refresh his interest in them. "New" toys are always more interesting than old ones.
- Try different toys, but when you introduce a new toy, watch your dog to ensure he won't tear it up and ingest the pieces.
- Consider the various types of toys that can be stuffed with food. Putting tidbits of food inside chew toys focuses your dog's chewing activities on these toys instead of on unacceptable objects.
- Make your dog's favorite "off-limits" chew objects unattractive to him by covering them with heavy plastic, aluminum foil, hot pepper sauce, or a commercial "anti-chew" product.

Fears and Phobias

Your dog's destructive behavior may be a response to something he fears. Some dogs are afraid of loud noises. Your dog's destructive behavior may be caused by fear if the destruction occurs when he's exposed to loud noises, such as thunderstorms, firecrackers or construction sounds, and if the primary damage is to doors, doorframes, window coverings, screens of walls.

Solutions:

- Provide a “safe place” for your dog. You can also observe where he likes to go when he feels anxious, then allow access to that space or create a similar one for him to use when the fear stimulus is present.
- Don’t comfort your dog when he’s behaving fearfully. Try to get him to play with you or respond to commands he knows and give him praise and treats when he responds to you instead of to fear stimulus.
- Don’t crate your dog unless he’s thoroughly crate-trained and considers the crate his safe place. If you put him in a crate to prevent destruction and he’s not crate-trained, he may injure himself and/or destroy the crate.

What Not To Do:

Punishment is rarely effective in resolving destructive behavior problems and can even make them worse. Never discipline your dog after the fact. If you discover an item your dog has chewed minutes or even seconds later, it’s too late to administer a correction. Your dog doesn’t understand that, “I chewed those shoes an hour ago and that’s why I’m being scolded now.” People often believe their dog makes this connection because he runs and hides or “looks guilty.” Dogs don’t feel guilt, rather they display submissive postures like cowering, running away or hiding, when they feel threatened by an angry tone of voice, body posture or facial expression. Your dog doesn’t know that he’s done something wrong, he only knows that you’re upset. Punishment after the fact will not only fail to eliminate the undesirable behavior but may also provoke other undesirable behaviors as well.

Attention-Seeking Behavior

Without realizing it, we often pay more attention to our dogs when they’re misbehaving. Dogs who don’t receive a lot of attention and reinforcement for appropriate behavior may engage in destructive behavior when their owners are present as a way to attract attention - even if the attention is “negative,” such as verbal scolding

Solutions:

- Make sure your dog gets a lot of positive attention every day.
- Ignore bad behavior and reward good behavior. Remember to reward your dog with praise and petting when he’s playing quietly with appropriate toys.
- Make his favorite “off-limits” chew objects unattractive or unavailable to him.
- Teach your dog a “Drop it” command so when he does pick up an “off-limits” object, you can use your command and praise him for complying. The best way to teach “drop it” is to practice having him exchange a toy in his possession for a tidbit of food.
- Practice “Nothing In Life Is Free” with your dog. This gets your dog in the habit of complying with your commands and is a good way to make sure he gets lots of positive

attention for doing the right things - so he won't have to resort to being naughty just to get his attention.

Separation Anxiety

Dogs with separation anxiety tend to display behaviors that reflect a strong attachment to their owners. This includes following you from room to room, frantic greetings, and reacting anxiously to your preparation to leave the house.

Factors that can precipitate a separation anxiety problem:

- A change in a schedule that results in a dog being left alone more.
- A move to a new house or time spent in a shelter or boarded.
- The death or loss of a family member or another family pet.

These behaviors are not motivated by spite or revenge, but by anxiety. Punishment will only make the problem worse. Separation anxiety can be resolved by using counter-conditioning and desensitization techniques.

Separation Anxiety

Separation anxiety (SA) is a pet's exaggerated fear of separation from its owners. They are afraid of being left alone. Often rescue dogs will exhibit separation anxiety because they have been moved around and abandoned so frequently that when they finally get a "home" they fear they will be uprooted and moved somewhere else. Moving a dog with separation anxiety is the worst thing you can do to the dog and it only aggravates the issue. Remember you cannot tell a dog "Everything is okay you are home and we will not leave you." the anxiety typically resolves with some training, exercise, behavior modification, and patience on your part.

Separation anxiety is not the same as boredom, which can also result in chewing, pawing, digging, and other bad behavior. SA begins as a panis soon as you leave, boredom shows itself after an hour or two.

All puppies show some signs of Separation Anxiety. It's only natural for an infant of any species. But as time passes, normal puppies and other pets show these signs less and less and become more confident about being alone.

Signs of SA in pets are as follows:

- Fearfulness, worry, and apprehensive behavior
- Clinginess
- Hyperactive
- Barking and yelping.

- Destruction of Objects
- Urinating inappropriately and/or defecating in the house.
- Vomiting and diarrhea
- Salivating
- Depression and/or aggression when they anticipate being left alone
- Over-eating or under-eating
- Pacing, panting, hiding, jumping, bouncing, or twitching ears

Some pets can be left alone for no longer than a few minutes before they panic and exhibit these behaviors. Sometimes separation anxiety is caused by a change in schedule that requires the pet to be left alone for longer than normal. Unidentified changes in older pets may also cause sudden separation anxiety, which can be mistaken for senility. What your pet is thinking is that it is about to lose its main friend and that you will not be returning. It's a preoccupation with this that sets off the cycle.

Non-Drug Therapies for Separation Anxiety

Non-drug therapies should always be the first-line approach when possible. Sometimes it is possible to improve SA without medications and sometimes it isn't. In some dogs, all that is required is to place the dog in his or her crate where he or she can feel secure when they are left alone. If the dog panics when crated, don't force it in. This will make the situation worse.

Positive reinforcement teaches the dog that it does not have to be fearful and panic when it is left alone and that being alone is not such a bad thing. We do this by rewarding desirable behavior and ignoring bad behavior.

Besides positive reinforcement, another term that is thrown around a great deal is "Cognitive Behavioral therapy". This has four components:

1. Recognizing anxious feelings in your pet
2. Reassurance in anxiety-provoking situations,
3. Developing a plan for coping with the situation, and
4. Evaluating the success of coping strategies and behavioral therapy.

Here are some practical steps you can take to minimize separation anxiety. All attempt to teach your dog that it does not have to be frightened and panicky when it is left alone. These items should help lessen dependency upon human companionship.

1. Teach your dog as many commands as possible. Your pet should be able to "sit," "relax" and "stay" on command while you stroke and reassure him. One of the best ways to accomplish this is to join a group obedience class. Each member of your household should participate in a "take charge" way because it is impossible to have a happy, well-adjusted family pet if family members are below it in the "pack order" (social order). The point of this training is to teach anxious dogs to relax and give it confidence. Do the

exercise in various rooms of the house and the yard. Give out praise effusively and chew treats liberally.

2. Find a room in your house that is not easily destroyed. Place the dog in it with some of his favorite toys and stay with him for a while. Then leave and shut the door promptly without fanfare. When you return, a few minutes later, give him a pat and his favorite food treat. Over days, repeat this, but each time stay away a little longer. You may leave a radio or television playing but be careful about electrical cords.
3. Dogs know when you are thinking of leaving. People usually have a routine. Perhaps you put on your shoes, pick up your purse or car keys, or put on your dress clothes and then place your dog in the crate. Dogs are very intelligent and pick up on routines, so if you are doing the same thing over and over again, they start to realize that when these things occur, their pack leader is about to leave. This is when anxiety is magnified. If you can determine what the clues are that you give your dog, you can try to desensitize him to these clues by repeating them frequently but not leaving and by giving him a treat and praise when he behaves well. When you have made progress, make your departures quiet and quick. You should also place your dog in a crate with music or the TV on randomly when you are at home. This way your dog will not know if you are at home or leaving and this will help desensitize your dog.
4. It's also important to give your dog something to "do" when you are gone to help distract them and keep them occupied and happy. My favorite trick is to take a Kong (you can purchase this online or at the local pet store) and fill it with treats, peanut butter, and yogurt, and place it in the freezer overnight. I would suggest getting at least two so you can alternate them. Give this treat to your dog every time you place him in a crate (be sure to do this when you are at home as well as when you leave.) It keeps your dog entertained and getting the food out becomes a challenge and stimulates them, helping to curb the anxiety.
5. In some pets, you can reduce dependency by spending less time with them for a training period of several weeks or months. That means less eye contact, less verbal praise, less comfort, fewer commands, and less scolding. During these periods the dog should not be allowed to sleep in your bed or bedroom. While doing this, never "reward" unwanted behavior by making a scene, scolding, or interacting with the pet. Always be mellow with your pet-mellow people tend to have mellow pets. The purpose of all this is to make the pet more self-reliant.
6. There are mixed thoughts about the benefit of having a companion pet for your pet. I have personally seen this approach work as it makes the dog to never feel like they are alone and can help overcome boredom.
7. Dogs need vigorous exercise once or twice a day. A good plan is to take them for a walk or jog an hour or so before you leave. Then give the dog 20 minutes or so to calm down before you leave. Do not make your departures a big production by hugging the pet and cooing over it because you feel guilty about leaving. This only makes the problem worse. Try leaving through a back or side door. Departures should be quick and quiet. Family should ignore the dog 20 minutes before you leave and 20 minutes after you get home.
8. There are some other non-medical things that you can try including special vets that you can put on a dog to help give them security and decrease anxiety, many of our dogs

have had success with these. Other people have purchased pheromones to help calm dogs, but these have proven to be much less helpful, and have worked wonders for some dogs.

***Note: Every dog is different and different techniques will work for different dogs. Please contact your mentor or foster coordinator if these techniques do not work for your dog.

Treating Separation Anxiety with Drugs

ABR/LSBR will request that you attempt several of the non-drug therapies listed in the previous section before providing separation anxiety for your foster.

Preliminary research suggests that selective serotonin reuptake inhibitors (SSRI's) may provide effective treatment of separation anxiety disorder and other anxiety disorders in pets. These drugs affect nerves that are involved in the regulation of mood, appetite, sexuality, sleep, aggression, obsessions and compulsions. They have remarkably few and mild side effects. Some side effects are: dry mouth, sleepiness, dizziness, fatigue, tremors, and constipation. They occur fairly commonly.

If you feel your dog needs medication to deal with his separation anxiety, please contact your foster coordinator. Drugs ABR/LSBR uses to treat his condition are as follows:

- Amitriptyline
- Prozac
- Valium (used in severe cases)

How to Solve Digging Problems

Digging and fence jumping are common behaviors that occur when a dog is left outside alone for long periods of time or when the owner is not at home. The best and easiest way to correct this problem is to crate the dog during the day when gone and never allow the dog to be outside for extended periods of time. If this does not fix the problem then the following information will be helpful for you.

Digging is a normal behavior for most dogs but may occur for widely varying reasons. Your dog may be:

- Seeking entertainment
- Seeking comfort or protection
- Seeking escape
- Seeking prey
- Seeking attention

Dogs don't dig, however, out of spite, revenge or a desire to destroy your yard. Finding ways to make the area where the dog digs unappealing may be effective, however, it's likely that he'll just begin digging in other locations or display other unacceptable behavior, such as chewing or barking. A more effective approach is to address the cause of the digging, rather than creating location aversions.

Seeking Entertainment

Dogs may dig as a form of self-play when they learn that roots and soil "play back." Your dog may be digging for entertainment if:

- He's left alone in the yard for long periods of time without opportunities for interaction with you.
- His environment is relatively barren, without playmates or toys
- He's a puppy or adolescent (under three years old) and doesn't have other outlets for his energy
- He's the type of dog that is bred to dig as part of his "job"
- He's a particularly active type of dog who needs an active job to be happy.
- He's recently seen you "playing" in the dirt (gardening or working in the yard)

Recommendation: Expanding your dog's world and increasing his "people time" the following ways:

- Walk your dog regularly. It's good exercise, mentally and physically, for both of you!
- Teach your dog to fetch a ball or Frisbee and practice with him as often as possible.
- Teach your dog a few commands or tricks. Practice these commands/tricks every day for five to ten minutes.
- Take an obedience class with your dog and practice daily what you've learned.
- Keep interesting toys in the yard to keep your dog busy even when you're not around (Kong-type toys filled with treats or busy-box toys). Rotating the toys makes them seem new and interesting.
- For dedicated diggers, provide an "acceptable digging area." Choose an area of the yard where it is okay for your dog to dig and cover the area with loose soil or sand. If you catch your dog digging in an unacceptable area, interrupt the behavior with a loud noise, say "no dig" and take the dog to his designated digging area. When he digs in the approved spot, reward him with praise. Make the unacceptable digging spots unattractive (at least temporarily) by setting sharp rocks or chicken wire into the dirt.

Seeking Prey

Dogs may try to pursue burrowing animals or insects that live in your yard. Your dog may be pursuing prey if:

- The digging is in a very specific area, usually not at the boundaries of the yard
- The digging is at the roots of trees or shrubs
- The digging is in a “path” layout

Recommendation: Search for possible signs of pests and then rid your yard of them. Avoid methods that could be toxic or dangerous to your pets.

Seeking Comfort or Protection

In hot weather, dogs may dig holes to lie in the cool dirt. They may also dig to shelter themselves from cold, wind, or rain, or try to find water. Your dog may be digging for protection or comfort if:

- The holes are near the foundations of buildings, large shade trees, or a water source.
- Your dog doesn't have a shelter or his shelter is exposed to the hot sun or cold winds.
- You find evidence that your dog is lying in the holes he digs.

Recommendation: Provide your dog with other courses of comfort.

- Provide an insulated doghouse. Make sure it affords protection from wind and sun.
- Your dog may still prefer a hole in the ground, in which case you can try the “approved digging area” recommendation described above. Make sure the allowed digging area is in a protected spot.
- Provide plenty of fresh water in a bowl that can't be tipped over.

Seeking Attention

Any behavior can become attention-getting behavior if dogs learn that they receive attention for engaging in it (even punishment is a form of attention). Your dog may be digging to get attention if:

- He digs in your presence
- His other opportunities for interaction with you are limited

Recommendation: Ignore the behavior

- Don't give your dog attention for digging (remember, even punishment is attention).
- Make sure your dog has sufficient time with you on a daily basis, so he doesn't have to resort to misbehaving to get your attention.

Seeking Escape

Dogs may escape to get something, to get somewhere or to get away from something. Your dog may be digging to escape if:

- He digs along the fence line
- He digs under the fence

Recommendations:

- Bury chicken wire at the base of the fence (sharp edges rolled under)
- Place large rocks, partially buried, along the bottom of the fence line
- Bury the bottom of the fence one to two feet under the ground
- Lay chain link fencing on the ground (anchored to the bottom of the fence) to make it uncomfortable for your dog to walk near the fence

Regardless of the reason for digging, we don't recommend:

- Punishment after the fact. Not only does this not address the cause of the behavior, but any digging that is motivated by fear or anxiety will be made worse. Punishment may also cause anxiety in dogs that aren't currently fearful.
- Staking a dog out near a hole he's dug or filling the hole with water. These techniques don't address the cause of the behavior or the act of digging.