



So, You Adopted a Rescue Dog...

Thank you for adopting a dog from UnderDog Rescue of Florida. Our commitment to our dogs does not end once they go home with you. We encourage you to call your adoption coordinator if you have any questions or concerns. Don't let problems get to the point where you want to give up - instead, give us a call! We know that not all dogs are female, but to simplify things, in this adoption packet we will refer to your dog as female.

The First 24 Hours

Be patient, understanding and consistent to help your new dog become part of the family.

Moving Day

The stress of moving to a new home can make dogs behave as if they've never lived in a house before. Even if your dog seems to be un-housebroken, unruly and untrained, don't mistake these behaviors as normal for your dog. It will take at least two weeks (but maybe a few months) for your dog to adjust to a new house, new family, and new life.

When you get home

Before letting your new dog in the house, walk her to the area you want her to use to relieve herself. Encourage her to sniff the ground and she will probably soon need to "go". Praise her gently when she does, and offer her a small food treat. Allow enough time for her to go a few times. (For males, allow enough time for them to "mark" outside- so they won't have anything left to mark inside.)

Now you can take your dog in the house, knowing that if she needs to go to the bathroom again, she may try to reach the area outside where she went earlier. Watch for telltale signs like pacing, circling, whining or standing by the door which signal her need to go out.

If you allow your dog inside immediately upon arriving home, she may need desperately to relieve herself and do so on the floor. Then she may see that spot as her toilet area and continue to use that instead of a spot in your yard. Starting off on the right paw is the key to success in housetraining any dog.

Meeting the family

Allow your new dog to approach people at her own pace, rather than allowing new people to approach her. This will give her the opportunity to build up her confidence and trust in people.

Give each new person a toy or dog treat and ask them to encourage your

dog to approach them. Do this with one person at a time, until your dog has initially met everyone in the family. The more pleasant encounters your dog has, the better she will settle into your household.

If you allow people (children included) to force attention on your dog, she may feel very intimidated and fearful with no way of escaping the interaction. If your dog ever appears hesitant or afraid of approaching a person or animal, ...don't force her. Don't baby her while she is afraid, especially if she growls or freezes. Simply give her a "way out" and have that person ignore her. She will eventually make friends when she is more confident.

The first week with your new dog is not a good time to have lots of company over, or to take her to a family reunion or community barbecue.

It's Culture Shock

It is likely that your new dog will have a few undesirable behaviors you'll want to change, but try to think about it from her perspective. Imagine being snatched from home and taken to a foreign country where no one speaks your language. You can't even recognize any words or gestures. You can only communicate by trial and error. It's culture shock!

This is what your new dog is experiencing. Even if she was completely trained in her previous home, everything she sees hears and smells is different and new. Put yourself in her place. Be patient, supportive and consistent to help her learn what is expected in this foreign place.

Be prepared and be patient

You will probably see adjustment behaviors when you bring your new dog home. They may come from your other pets as well as from your new dog.

Negative acts like marking ("this is mine"), chewing ("I don't know what's happening around here and it makes me nervous") barking ("let's play"), growling ("I'm warning you"), and biting or snapping ("cut it out") are dog communications and normal reactions to stress. Advance preparation, constant supervision, and a big dose of patience is your best course of action.

Even though they are normal and understandable dog behaviors, if your dog is growling, snapping or biting call your UnderDog Rescue of Florida adoption coordinator (contact information is at the bottom of last page of contract) or a qualified trainer immediately for advice. Never take a chance when a dog begins to growl or snap—it's not worth it!

Home Alone

To keep your dog from developing a separation anxiety problem, leave her alone in a dog-proofed area for short periods of time (10 minutes) several times every day for the first week. This will teach her that when you leave, you always come back. It will also show you how she behaves alone, so you'll know if crate training is a necessity.

House Training Habits

For A Happy Home

Setting a routine is the most important part of quickly housetraining a new dog or puppy.

Adult dogs will need to go:

- First thing in the morning
- About 15-30 minutes after eating or drinking.
- After or during playtime
- Last thing before bed

Puppies need to go then, plus every few hours

What goes in must come out

If you know when it goes in, you'll know when it will come out, so sticking to a routine feeding schedule helps. If you leave food out for your dog all day, you will undoubtedly have "accidents" which can be easily prevented. Diarrhea will hinder house training, so avoid giving your dog dairy products, spicy foods, real bones (Never chicken or Turkey) or lots of table scraps.

Routines & Rewards

To housetrain your dog, go with her outside. Walk her to her toilet area, wait patiently, and praise her calmly when she relieves herself. If you want to train her to go on command, do so just as she is starting to go. Play with her and let her run around before going back inside. If she knows the fun is over the minute she relieves herself, she may try to "hold it" so she has more time outside with you.

If your dog is put outside by herself, she will pay more attention to coming back inside (to be with you) than "doing her business," only to relieve herself once you let her back in. If you take your dog out when you think she needs to go, but she doesn't go, don't just bring her back inside and wait. Put her in her crate and then take her out again in 10–15 minutes, repeating as necessary until you are successful at having her relieve herself outside.

Prevention, not correction

Until you know your dog is housetrained, confine her to a non-carpeted area (with a baby gate) or her crate when you cannot watch her closely even if you are home. Until you learn your dog's habits, and teach her that your house is her den, prevention is essential.

Crate training works on a dog's natural denning instincts, so housetraining is automatic with crate training—dog's don't soil in their own den. Until your dog has completely mastered housetraining, your dog should either be directly supervised (so you can run right outside if it looks like "it's time"), or in her crate.

Accidents Happen

Praise your dog or puppy whenever she relieves herself outside. If your dog

has an accident in the house, simply take her outside and praise her once you're outside, even if she is already done. Then, out of sight of the dog, clean up the mess and treat it with white vinegar or an enzyme odor eliminator (available at your local pet supply store) to eliminate the smell (otherwise, your dog will return to "the scene of the crime"). Never use ammonia-based cleaners—they smell just like urine to your dog.

Praise, Not punishment

Never rub your dog's nose in her mess, yell or hit her. Doing so will only teach your dog or puppy to avoid you and do her "business" when and where you can't see her. That will make it even harder to housetrain her. If you're getting angry or frustrated, find a way to help your dog succeed. If you see no improvement within a week, call your UnderDog Rescue of Florida adoption coordinator or your vet for help.

If you are consistent, careful and compassionate, housetraining will be a simple and successful task for you and your dog.

How To Be Top Dog

Incorporating a few simple things into your daily routine will establish you as "Top Dog" so your dog will be happy, well behaved and a pleasure to be around.

Top dog is leader of the pack. Dogs fit into human families so well because they are pack animals. All pack animals have a social structure, which places one leader at the head of the group. This pack leader (or Top Dog) has the responsibility of setting all the rules and enforcing them. The Top Dog is not the one who can shout the loudest or terrorize other pack members; instead, the best pack leader has an outstanding ability to communicate with others.

Your dog is counting on you to be Top Dog. If it's unclear who the leader is in your house, your dog will try to be Top Dog—because somebody has to do it! Dogs like to have a leader in charge; it helps them feel confident and secure in their own position.

Top Dog Eats First and Possesses The Food.

Feed your dog after you eat. After you've eaten, have your dog sit before putting down her food dish. This process, along with not feeding her scraps from the table, will develop a dog who is loyal and dependent, but never learns how to beg at the table.

Top Dog Gets the Best Bed.

Provide your dog with a safe place such as a dog bed, blanket, or crate in a common area but away from heavy foot traffic. As Top dog, all the furniture belongs to you. You may share, but make your dog wait to be invited onto the bed or couch. Choose one room or piece of furniture where your dog is not

allowed, even when you are not home. If your dog gives you trouble when you ask her to get off the furniture, don't allow her up in the first place. If your dog sneaks up and won't get off when told, attach a long cord to her collar (regular collar only—not a choke/training collar) while you and she are both in the house. When you find her on the furniture, simply walk by, say 'off' and pull the leash (no yelling or jerking the leash). Do this consistently and she will soon get the message.

Once in awhile, move your dog's bed to a new spot, or ask her to get off it while you stand on it for a few minutes. This helps to show that you are the Top Dog, and will give you greater control of your dog.

Top Dog Decides What Games to Play, and When.

Encourage your dog to play with a toy a few times each day. Maintain control of the game by keeping most dog toys out of your dog's reach. Ask your dog to perform a simple command (sit down, stay, etc.) before rewarding her with a toy at playtime.

The top dog "lets" other dogs win once in a while—so playing is fun for everyone! But when the game is over, you keep the toys. To keep things fresh and fun, rotate the toys that are left out for your dog every couple of weeks.

Pay attention to your dog—don't allow her to get over excited during play sessions. If your dog becomes too excited, play growls or gets too mouthy, discourage this by putting the toy immediately away and taking a "time out." Tug of War is a hard game to win, so never play tugging games unless your dog already understands that you are Top Dog.

Top Dog Decides When it's Grooming time.

Gently brush and handle your dog everyday and clip her nails every week. This will keep her from developing skin problems, mats and parasites. Handle her as a vet will during an exam look at her teeth and ears, lift her legs, gently hold her paws and check for signs of fleas and ticks. Pay attention to any bumps, changes or tender spots on your dog's body and check with your vet if you notice anything strange. Your dog will learn to love this massage and bonding time with you. It will also lower your stress and you'll have the best-behaved dog at the vet.

Make grooming a pleasant experience by giving her a treat to distract her, and don't do too much too soon. Plan your grooming just before feeding, playing with or exercising your dog, and she will soon look forward to the grooming.

Crate Training Is Easy!

Crate Training is Kind!

Dogs aren't people; they're descendants of wolves and they still have all kinds of natural wolf-like instincts, including the denning instinct. A small, protected enclosure like a crate provides security and confidence for a dog.

Crate Training Works!

Whether you're helping a puppy or adult dog learn:

- To only use the outdoors for a bathroom
- Not to chew things other than her own toys
- Where to go when she's had enough of the kids

...Crate training works gently and safely.

Crate Training is Easy!

Because crate training works with your dog's natural instincts, most dogs take to crate training in a week or less.

Important Reasons to Crate Train Your Dog

Housebreaking— dogs are natural denners and they don't normally soil their dens. Starting with a crate (their den) will quickly teach your dog to keep your den (the house) clean as well. Even housetraining a puppy works quickly with crate training.

Prevent destructive chewing — dogs chew to relieve stress, anxiety, boredom or teething pain. Being confined to a crate with appropriate chew toys will prevent them from making chew toys out of your furniture, remote controls, shoes, books, etc.

Visitor & Workers— when friends, family, kids, or workers come to your home, you can ensure that visitors feel safe and comfortable by crating your dog until things settle down. This protects your dog from escaping outdoors through a door that's left open, from biting out of fear or protective instincts, and from kids who are too much for your dog. Your dog may even choose to be in her crate when your home gets too busy for her.

Recuperating—if your dog becomes ill or requires surgery, your veterinarian will prescribe quiet rest as part of the healing process. A crate is an excellent way to keep a dog quiet especially if she is young and exuberant and/or your home has a high activity level.

Vacations - more and more hotels, motels, cabins and campgrounds are allowing dogs. Many require dogs to be crated especially if they're left unattended in the room. Required or not, you can ensure you'll be welcomed back anywhere you stay (including the homes of friends or relatives) by bringing along your "good doggie behavior" guarantee—your dog's crate. And your dog will thank you, too, because taking her crate along shows her you aren't just leaving her in a strange place to fend for herself.

6 Secrets of successful Crate Training

- 1) *Never use the crate as punishment.* If you associate the crate with anything unpleasant, your dog will not want to be in it. The crate should always be associated with good things—treats, toys, dinner a great place to be.
- 2) *Take it slow.* Start easy and progress slowly. Start with short-term crating (30 seconds– 5 minutes); build gradually (10-15-30–60 minutes) to long term

crating of several hours at a time (for healthy adult dogs only).

3) *Make a game out of getting in the crate.* When your dog's not looking, hide her favorite toy or snack in there. When your dog finds the treasure, she will think, "wow, this crate has some cool stuff". Teach "crate time" like any other trick and when you're practicing tricks, add it to the repertoire..Your dog will think, "this is fun!" Feed you dog in her crate. Your dog will think, "Hmmm, good things happen in this crate." Be sure to take her outside right after she eats; a dog normally has to relieve herself within 15-30 minutes of eating.

4) *Exercise, exercise, and exercise!* Always give your dog plenty of leg-stretching, tail-wagging, exercise before and after she is crated—and make sure she has gone to the bathroom, too. The more exercise your dog gets, the better behaved she will be—in and out of the crate.

5) *Don't encourage barking.* If you respond to barking by letting your dog out of the crate, she will learn that barking is an effective way to get you to open the door. When releasing your dog from the crate, wait until she is quiet (even for five seconds), tell her to sit or lie down and open the door when she complies. This prevents your dog from getting the misguided notion that her barking or pawing caused you to open the door.

6) *Use Tough Love.* Don't act apologetic, sad, or regretful that your dog is about to be crated. Unless they are "required" to perform in some way, dogs will normally sleep 18-20 hours a day; what a life! They might as well get in some of those hours inside a cozy crate while you're at work (and some more while you're sleeping if your dog gets into mischief at night).

Training Troubles - Most dogs take readily and easily to crate training. If you're having problems crate training your dog, call your UnderDog Rescue of Florida adoption coordinator, don't wait until you and your dog have become frustrated and unhappy.

Manners Matter!

Follow these training tips to teach your dog good manners at home

Jump up - Although it's usually a friendly gesture, it's a good idea to discourage this habit right from the start. When your dog jumps up, ignore her completely – don't look at her, talk or touch her. Any one of those responses is a reward, even if you are acting in anger. As soon as your dog is back on the ground, give her lots of attention and praise.

Ask visitors to do the same—only pay attention to your dog when she is sitting or standing politely. This will teach her to not jump on any human. (For extra exuberant dogs, you may need the help of the leash to keep all four feet on the ground.)

Chewing - Dogs chew for many reasons- the most common one is to get someone to pay attention to him or her by speaking to, looking at or touching them. Think of your dog at home alone, waiting for some attention from you. She chews on her toys, then the coffee table; but as she is chewing on the couch, you come home. You come in the house, look at your dog, speak to her (yelling works too,) and touch her—then you grab her collar. You take her over to the couch where she’s been chewing so she knows exactly what brought you home. No matter what punishment you try, your dog will not associate it with chewing the couch, because you returning home has just rewarded that behavior!

To get your dog to chew on her toys, spend time playing with your dog and her toys. Make them fun and interesting to her. Pay attention to and praise her when she’s playing with them. Find safe, sturdy chew toys that your dog likes, since chewing is a natural way for her to relieve stress, boredom, and discomfort from teething. Make one toy special for when you leave your dog alone, like a hollow toy or bone stuffed with cheese spread or peanut butter. Give her this toy only when you go out. Also, look for toys like the Buster Cube® that can occupy your dog while you are away.

Drop it - Teaching your dog “drop it” will allow you to safely get any object from her. To teach your dog to give you a toy she has, present a tasty treat and say, “drop it”. When she puts the toy down to take the treat, praise her and hand her the treat as you pick up the toy. Immediately give her toy back and play some more. Your dog will think this is a great game...”I get to play with this toy, stop and get a treat, and play some more.” Repeat this processes until she drops the toy when you say, “drop it.” Use the same method to get other objects away from her. Never try to take a toy—or anything else—from your dog by reaching into her mouth.

Mouthing and biting

Are not OK! (Unless your puppy is under 4 months, in which case, skip to the next paragraph). Stop play as soon as mouthing starts and take a time out. There are simple ways to curb this behavior if you catch it right away—but it’s a dangerous behavior if you let it go. Don’t try to stop this behavior using force or punishment—even yelling could actually make the behavior worse!

Puppy mouthing is normal for two reasons: 1) puppies learn about others and their environment through their mouths, and 2) pups are teething until they’re about five months old. When your puppy bites you, yelp (high pitch) like a puppy or make a loud, sudden noise of pain (OUCH!). She will soon learn that humans

are very wimpy and dogs can't bite them—even when playing. This technique may also work on adult dogs that are playfully mouthing or biting. If the biting is aggressive, contact call your UnderDog Rescue of Florida adoption coordinator or a reputable dog trainer that deals with behavioral problems.

Teach your children well

The best way to teach your children to be responsible pet owners is for you to take excellent care of your pets. Your children will follow your lead. Take your children to training classes with you, and learn how to help your dog get along with kids (and vice versa) by reading *Childproofing Your Dog* by Brian Kilcommons. ALWAYS supervise interactions between pets and kids, even once your new dog has become a regular part of your household.