

# Dog and Puppy

## Adoption Handbook



Share updates or contact us at 785-233-7325 or [helpinghands@hhhstopeka.org](mailto:helpinghands@hhhstopeka.org)



# Table of Contents

PAGE	CONTENT
4	What's Included in Your Adoption
5	What Food Your New Pet Eats
6	Feeding Schedule
7	Treatments and Vaccines
8	HeartGard - Heartworms, Roundworms, and Hookworms Prevention
11	NexGard- Flea and Tick Prevention
14	Keeping Your New Pet Healthy
16	House Training
17	Crate Training
18	Separation Anxiety
20	Training Classes
21	Dog Body Language
22	Kids and Dogs
24	Safe Foods For Pets

# What's included

The adoption fees help cover the cost of medical care, food, and shelter for all the animals in our care.



## **Behavior and medical exams**

All dogs and puppies go through behavior exams and medical exams which will be gone over prior to visiting with the pet. Adopters will be sent home with a copy of the medical history.



## **Microchip**

HHHS uses AKC Reunite for its microchip services. Animals without microchips will receive one prior to adoption. All microchips will be registered for the life of the pet at the time of adoption.

\*If a pet was previously chipped or chipped through a different company, we will send home the company's contact information with the adopter. It will be the adopter's responsibility to transfer ownership over to themselves.



## **Spay/Neuter**

Dogs and puppies adopted from HHHS must be altered prior to adoption.



## **General Vet Care** **(while in our care)**

Medical exam

Dewormer

Flea/Tick Prevention

Heartworm Prevention

Heartworm Test\*

Rabies Vaccine\*

Kennel Cough Vaccine

Distemper Parvo Vaccine

\*age based

# What Food Your New Pet Eats



## **Transforming Lives**

At Helping Hands Humane Society, we're proud to feed our pets Hill's® brand pet food.

### **Why we suggest that you continue feeding your new pet Hill's Science Diet:**

- Continuity and consistency of food help reduce digestional distress
  - While feeding Science Diet, you are offering your new pet food that is or has:
    - #1 veterinarian recommended
    - Precise nutrition supports healthy skin, coat, and stool
    - Clinically proven antioxidants for a healthy immune system\*
    - Unique foods for healthy dogs and cats of every age, size, and need
      - Natural, great-tasting ingredients\*
      - Not artificially colored, flavored, or preserved\*
    - Made in the USA with global ingredients you can trust
- \*dry food

**You will receive a starter bag of food for your new pet and you will receive a \$5 coupon for your first purchase of any Hill's® pet food product.**

**There are feeding instructions on the sample bag on how to gradually switch your pet over to a different brand of food if you do not continue Science Diet.**

# Feeding Schedule







## RECOMMENDED DAILY FEEDING

### USE A STANDARD 8 oz. MEASURING CUP

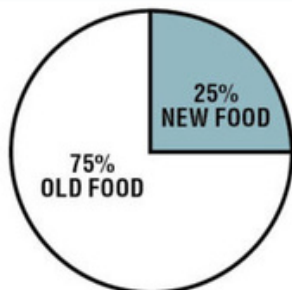
Feed approximately 1/3 cup for every 10 pounds over 100 pounds body weight. Puppies may require 2-3 times the adult feeding amounts. For pregnant or nursing dogs, we recommend free-choice feeding. Always provide plenty of fresh water.

CALORIE CONTENT: 3.580 kcal/kg or 430 kcal/cup ME (calculated)

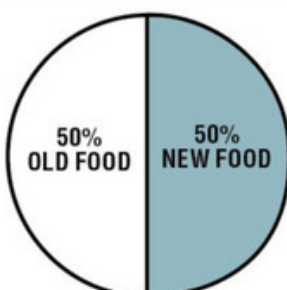
	DOG WEIGHT	CUPS PER DAY
 <b>TOY</b>	3 lbs .....	1/3 cup (139 calories)
	6 lbs .....	1/2 cup (233 calories)
 <b>SMALL</b>	10 lbs .....	3/4 cup (342 calories)
	15 lbs .....	1 cup (464 calories)
	20 lbs .....	1 & 1/2 cups (576 calories)
 <b>MEDIUM</b>	30 lbs .....	1 & 3/4 cups (781 calories)
	40 lbs .....	2 & 1/4 cups (969 calories)
	50 lbs .....	2 & 2/3 cups (1145 calories)
 <b>LARGE</b>	60 lbs .....	3 cups (1313 calories)
	70 lbs .....	3 & 1/2 cups (1474 calories)
	80 lbs .....	3 & 1/4 cups (1629 calories)
	90 lbs .....	4 & 1/4 cups (1779 calories)
	100 lbs .....	4 & 1/2 cups (1926 calories)

You can adjust the feeding schedule to whatever fits best with your own schedule. The most common feeding schedule is twice a day usually at breakfast and dinner. Some dogs are okay with free eating whenever they are hungry. Find what works best for you and your new pet.

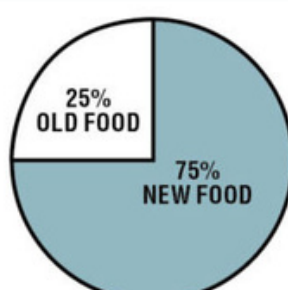
## How To Gradually Change Your Pet's Diet



**DAYS 1 & 2**



**DAYS 3 & 4**



**DAYS 5 & 6**



**DAY 7**

# Vaccines and Treatments

All future vaccines and treatments are at the cost of the adopter. Please consult with your veterinarian on due dates for vaccines and treatments, and to get your pet on a vaccine schedule that is right for them.

Name of vaccine or treatment	What it covers	Frequency
<b>Recombitek C4</b>	distemper, parvovirus, hepatitis, respiratory disease and parainfluenza virus	given to puppies every 2 weeks until they reach their 4 doses, adults receive one dose yearly
<b>Naramune -2</b>	Canine Upper Respiratory Infection (Canine Cough) caused by canine parainfluenza and Bordetella bronchiseptica	given every 2 weeks until they reach their 2 doses, revaccinate one dose yearly
<b>Strongid T</b>	general dewormer that treats hookworms and roundworms	given every 2 weeks until they reach their 2 doses, revaccinate one dose yearly
<b>NexGard</b>	treats infestations with fleas and ticks, as well as demodectic and sarcoptic mange (skin infestations caused by two different types of mites) in dogs	monthly for dogs 8 weeks and older
<b>Heartgard</b>	to prevent canine heartworm disease and for the treatment and control of two species of roundworms and three species of hookworms	monthly for dogs 8 weeks and older
<b>Imrab Rabies 1 Tf</b>	prevent infection caused by the rabies virus	Given at 12 weeks old then repeated yearly

The average medical costs for an animal is between \$500 and \$1000 a year. Once an adoption is processed, adopters have 7 days after adoption to schedule an appointment with HHHS vet staff for any shelter related illness. **All future medical costs** will be at the expense of the adopter. To learn more about common illnesses and diseases in dogs, speak to your veterinarian



# HEARTWORMS – WHAT YOU SHOULD KNOW



## WHAT ARE THEY?

- Heartworms live in the heart and blood vessels of the lungs, with females growing up to 12 inches long.
- Heartworm disease can lead to severe problems with the heart, lungs, liver and kidneys and may result in death.
- Unfortunately, there can be a lack of clinical signs until it's too late.
- Heartworm treatment is painful for your dog, requires weeks of inactivity, and is expensive – costing up to \$1,000.<sup>1</sup>



## HOW ARE THEY SPREAD?

- Mosquitoes act as intermediate hosts and transmit heartworm disease from an infected dog to a dog not on a heartworm preventive.
- Just one bite from an infected mosquito can lead to heartworms in your pet.
- One million dogs are estimated to be heartworm positive in the United States each year,<sup>2</sup> and dogs in all 50 states have been diagnosed.<sup>3</sup>



## HOW CAN THEY BE PREVENTED?

- Prevention of heartworm disease is less expensive, safer and easier than treatment.
- Given each month, year-round, heartworm preventives can prevent heartworm disease.
- HEARTGARD® Plus (ivermectin/pyrantel) is the Real-Beef Chewable that dogs love,<sup>4</sup> so it's easy to give. Help protect your pet today.

### Important Safety Information:

HEARTGARD Plus is well tolerated. All dogs should be tested for heartworm infection before starting a preventive program. Following the use of HEARTGARD Plus, digestive and neurological side effects have rarely been reported. For more information, please visit [www.HEARTGARD.com](http://www.HEARTGARD.com).



<sup>1</sup> Vital statistics for your veterinary practice. In: Landeck E, ed. *The Veterinary Fee Reference*. 6th ed. Lakewood, CO: AAHA Press; 2009:57, 200, 213, 226, 258, 333.

<sup>2</sup> Line S. Vet's advice: Beware the rising risk of heartworms in dogs. Available at [http://www.usatoday.com/life/lifestyle/pets/2009-08-19-heartworms\\_N.htm](http://www.usatoday.com/life/lifestyle/pets/2009-08-19-heartworms_N.htm). Accessed February 6, 2014.

<sup>3</sup> Current Canine Guidelines. American Heartworm Society website <http://www.heartwormsociety.org/veterinary-resources/canineguidelines.html>. Accessed February 6, 2014.

<sup>4</sup> Data on file at Boehringer Ingelheim.



# ROUNDWORMS – WHAT YOU SHOULD KNOW



## WHAT ARE THEY?

- Roundworms are among the most common internal parasites of domestic animals.
- More than 90% of puppies under 3 months of age are infected with roundworms (*Toxocara canis*).<sup>1</sup>
- Adult roundworms live in the intestines, depriving their host of nutrients.
- Clinical signs can include vomiting, diarrhea, weight loss, poor hair coat, and a pot-bellied appearance. Sometimes worms can even be seen in feces or vomit.<sup>2</sup>



## HOW ARE THEY SPREAD?

- Prior to birth, many puppies are infected with roundworms in utero.
- Additionally, puppies can become infected from nursing, and puppies and dogs by ingestion of eggs from a contaminated environment.
- Adult female roundworms can lay more than 100,000 eggs per day, and eggs can survive in the environment for years.<sup>3</sup>



## HOW CAN THEY BE TREATED?

- Your veterinarian can test for the presence of roundworm eggs with a fecal sample.
- Not all heartworm preventives treat and control roundworms.
- HEARTGARD® Plus (ivermectin/pyrantel) helps prevent heartworm disease AND treats and controls two species of roundworms.
- HEARTGARD Plus is the Real-Beef Chewable that dogs love,<sup>4</sup> so it's easy to give.

### Important Safety Information:

HEARTGARD Plus is well tolerated. All dogs should be tested for heartworm infection before starting a preventive program. Following the use of HEARTGARD Plus, digestive and neurological side effects have rarely been reported. For more information, please visit [www.HEARTGARD.com](http://www.HEARTGARD.com).



<sup>1</sup> Scharitz PM. Zoonotic ascarids and hookworms: the role for veterinarians in preventing human disease. In: *Emerging Vector-Borne and Zoonotic Disease, The Compendium Suppl.* 2002;24(1):47-52.

<sup>2</sup> Parsons JC. Ascarid infections in cats and dogs. *Ver Clin North Am Small Anim Pract.* 1987;17:1317.

<sup>3</sup> Lloyd S. Toxocarosis. In: Palmer SR, Soulsby EJJ, Simpson DH, eds. *Zoonosis*. New York: Oxford University Press, 1998;842.

<sup>4</sup> Freedom of Information: NADA140-971 (January 15, 1993).

# HOOKWORMS – WHAT YOU SHOULD KNOW



## WHAT ARE THEY?

- In a national study of well-cared-for dogs, hookworms were the most common intestinal parasite found.<sup>1</sup>
- Feeding on an infected dog's blood and intestinal lining, hookworms graze from place to place, leaving bleeding bite wounds behind.<sup>2</sup>
- Signs include weakness, weight loss, diarrhea and pale gums from blood loss.<sup>3</sup>
- Hookworm infections can prove fatal, especially to puppies and young dogs.<sup>2</sup>



## HOW ARE THEY SPREAD?

- Hookworms can be spread through the ingestion of hookworm larvae on grass or other matter contaminated with the feces of infected dogs, or by penetration of hookworm larvae directly through the skin, or via infected milk in nursing puppies.<sup>4</sup>
- Hookworms are found throughout the United States.<sup>1</sup>
- Your veterinarian can test for the presence of hookworm eggs with a fecal sample.



## HOW CAN THEY BE TREATED?

- Not all heartworm preventives treat and control three species of hookworms.
- HEARTGARD® Plus (ivermectin/pyrantel) helps prevent heartworm disease AND treats and controls three species of hookworms.
- HEARTGARD Plus is the Real-Beef Chewable that dogs love,<sup>5</sup> so it's easy to give.

### IMPORTANT SAFETY INFORMATION:

HEARTGARD Plus is well tolerated. All dogs should be tested for heartworm infection before starting a preventive program. Following the use of HEARTGARD Plus, digestive and neurological side effects have rarely been reported. For more information, please visit [www.HEARTGARD.com](http://www.HEARTGARD.com).



<sup>1</sup> Little SE, Johnson EM, Lewis D, et al. Prevalence of intestinal parasites in pet dogs in the United States. *Veterinary Parasitology* 2003; 106:144-152.

<sup>2</sup> Bowman DD. *Georgi's parasitology for Veterinarians*. 10th ed. Philadelphia, PA: Elsevier Saunders; 2013:179-184.

<sup>3</sup> Kahn CM, Line S, eds. *The Merck Veterinary Manual*. 10th ed. Whitehouse Station, NJ: Merck Co Inc; 2010:389.

<sup>4</sup> Guidelines for Veterinarians: Prevention of Zoonotic Transmission of Ascarids and Hookworms of Dogs and Cats. Division of Parasitic Diseases, National Center for Infectious Diseases, Centers for Disease Control and Prevention, in cooperation with the American Association of Veterinary Parasitologists Document available at [www.cdc.gov/parasites/zoonotic/hookworm/prevent.html](http://www.cdc.gov/parasites/zoonotic/hookworm/prevent.html). Accessed June 10, 2013.

<sup>5</sup> Freedom of Information: NADA140-871 (January 15, 1993).



**NexGard®**  
(afoxolaner) Chewables

#1 Recommended  
by Veterinarians.<sup>1</sup>  
Loved by Dogs.<sup>3</sup>

**IMPORTANT SAFETY INFORMATION:** NexGard® is for use in dogs only. The most frequently reported adverse reactions include vomiting, itching, lethargy, diarrhea and lack of appetite. The safe use of NexGard in pregnant, breeding, or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures or neurologic disorders. For more information, see full prescribing information inside this brochure or visit [www.NexGardForDogs.com](http://www.NexGardForDogs.com).

## The tasty chew that dogs prefer<sup>2</sup>



Kills fleas and ticks fast



Kills adult fleas before  
they can lay eggs



Kills the ticks most commonly  
found on dogs in the US<sup>5</sup>



The only product that's FDA  
approved to prevent Lyme  
infections by killing black-  
legged ticks



Proven safe for puppies as  
young as 8 weeks and for  
dogs as little as 4 lbs



Protects ALL month long in a  
bite-sized monthly dose



Can be given with or  
without food



Easy to give:  
dogs love it!<sup>3</sup>

## ➤ Ticks are Searching for Hosts from Coast to Coast

**NexGard® (afoxolaner) kills these ticks of veterinary importance. All month long.**



**Black-legged (deer) tick**  
(*Ixodes scapularis*)



**Lone star tick**  
(*Amblyomma americanum*)



**American dog tick**  
(*Dermacentor variabilis*)



**Brown dog tick**  
(*Rhipicephalus sanguineus*)

## ➤ Protect your dog from the dangers of ticks:

- Reduce exposure to tick-infested areas
- Take steps in yard to reduce habitat suitable for ticks and wildlife hosts
- Check for ticks regularly and remove any ticks found
- Talk to your vet about the importance of Lyme disease vaccination for your dog
- Use **NexGard** every month, year round

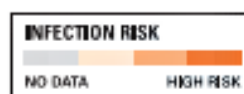
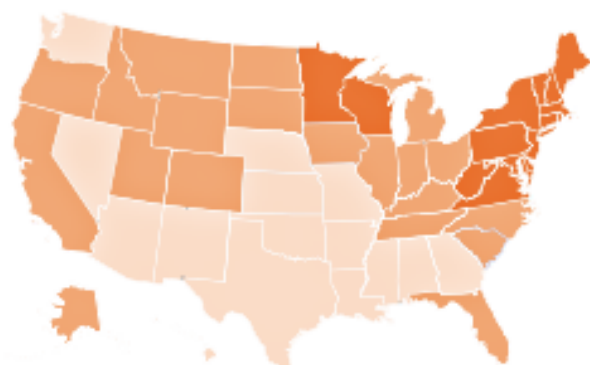
**IMPORTANT SAFETY INFORMATION:** NexGard® is for use in dogs only. The most frequently reported adverse reactions include vomiting, itching, lethargy, diarrhea and lack of appetite.

## ➤ Lyme Disease in Dogs

- Commonly diagnosed in dogs in the US
- Majority of cases reported in the Northeast, Mid-Atlantic, and upper Midwest, but Lyme infections have been diagnosed in dogs in all 50 states

### LYME DISEASE - 2019 PREVALENCE MAP

>350,000 positive cases in dogs in the US



Data sourced from the Companion Animal Parasite Council Parasite Prevalence Maps.

## ➤ NexGard is the ONLY product that is FDA-approved to prevent Lyme infections as a result of killing black-legged ticks.



Black-legged ticks transmit the bacterium (*Borrelia burgdorferi*) responsible for Lyme disease.



These ticks can be active year-round, even in temperatures just above freezing, making year-round protection essential.

Use with caution in dogs with a history of seizures or neurologic disorders. For more information, see full prescribing information inside this brochure or visit [www.NexGardForDogs.com](http://www.NexGardForDogs.com).



## All About Fleas



Dogs pick up fleas from infested environments where untreated pets and wildlife have been.



By the time you see fleas on your dog, an infestation has likely already been established in the home environment.



A female flea can lay up to 50 eggs per day on a pet.<sup>6</sup> These eggs fall off wherever an infested animal goes.

### Here's why monthly prevention matters:



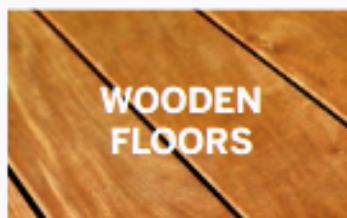
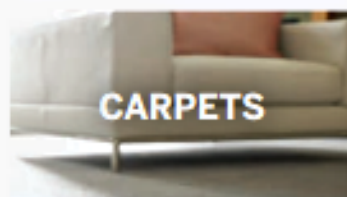
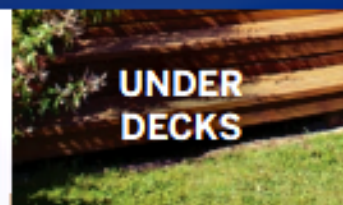
#### Fleas can cause a number of problems, including:

- Scratching and discomfort
- Anemia
- Skin irritation
- Tapeworms
- Flea allergy dermatitis

#### The importance of prevention

- Preventing flea infestations on your dog is essential
- Prevention of flea infestations is easier and less expensive than trying to eliminate an established infestation in the home environment

## Flea Havens



### > NexGard® (afoxolaner)

- Kills fleas fast before they can lay eggs
- Prevents flea infestations on your dog
- Keeps working all month long

## Prevent flea infestations



Give **NexGard** to your dog monthly.



Make sure all the pets in your house, even indoor cats, are treated with an appropriate flea and tick control product. Remember, **NexGard** is for dogs only.

**IMPORTANT SAFETY INFORMATION:** NexGard® is for use in dogs only. The most frequently reported adverse reactions include vomiting, itching, lethargy, diarrhea and lack of appetite.

Use with caution in dogs with a history of seizures or neurologic disorders. For more information, see full prescribing information inside this brochure or visit [www.NexGardForDogs.com](http://www.NexGardForDogs.com).



# How to Keep Your Adopted Pet Healthy



## **Socialize them**

Socialization is the process of getting pets used to different situations and teaching them acceptable behaviors. Properly socialized pets are enjoyable pets and are less likely to injure other pets or people. Basic obedience training is very important for dogs and can make them better companions and reduce the risk of dog bite injuries.

## **Consider insuring them**

Purchasing pet insurance to cover the costs of unexpected illness or injury is a personal choice and not a requirement. There are multiple options for pet insurance. If you choose to purchase insurance, evaluate all of your options and choose a plan that works best for you and your pet.

## **Special needs pets**

“Special needs pets” are pets that have medical conditions that require long-term care and/or special management. Although their care can be more demanding, if you are willing to go the extra mile, they can make wonderful pets. If you’ve adopted a special needs pet, discuss your pet’s condition with your veterinarian so s/he can help you provide the best care for your pet and give it the best chances for a happier, longer life.

When you acquire a pet, you are making a promise to accept responsibility for the health and welfare of another living creature for its lifetime. You also agree to be responsible for your pet’s impact on your family, friends, and community. Choose your pet wisely, keep your promise, and enjoy one of life’s most rewarding experiences!

***For more information, go to [www.avma.org](http://www.avma.org)***

*Continue to next page*

### **Congratulations on adopting your new pet!**

Adopted dogs and cats can be wonderful companions for you and your family, not to mention the great feeling that comes with knowing you're giving your new pet another chance at a loving, long-term home. A big part of that second chance is providing for your new pet's health and welfare, and that's where your veterinarian comes in.

### **Get an early start**

Take your new pet to the veterinarian right away to get it checked out and make sure it's healthy. It's also a great time to talk with your veterinarian about what you can do to keep your pet healthy with good preventive care – exercise, feeding, vaccinating, and preventing parasites are among the topics you should discuss with your veterinarian. As they say, an ounce of prevention is worth a pound of cure – and in the case of medical care, preventing a disease is much cheaper than treating a pet that has a preventable (and potentially deadly) disease.

### **Tag them**

One of the first things you should do is get ID tags for your new pet. Yes, even for a cat. Consider it an inexpensive investment that will help you get your pet back if you become separated. Many rescues and shelters implant pets with microchips, which is the best and most reliable way to make sure you're reunited with your lost pet. Keep in mind, though, that a microchip is only effective if the registration information is correct, so make sure you find out how to get your information into the microchip database and how to keep it updated.



### **Keep them healthy**

Our pets are living longer, happier lives than ever before, and improvements in medical care for pets have played a big role in this trend. Keeping your pet healthy includes keeping it at an appropriate weight (not too fat, not too thin) and providing good preventive care. By working together, you and your veterinarian can give your new pet the best chance of a long, healthy and happy life.

### **Spay or neuter them**

Please do your part to prevent unwanted litters by spaying or neutering your new pet if it hasn't already been done. Spaying and neutering can also make your pet less likely to roam and may reduce your pet's risk of certain cancers.

### **Vaccinate them**

Vaccines protect pets from potentially deadly diseases. Talk to your veterinarian about what vaccines your pet needs. Some vaccines, such as rabies, are recommended for all pets, while other vaccines may or may not be necessary based on your pet's risk of exposure to the disease prevented by that vaccine.

### **Keep them parasite-free**

Internal parasites, such as intestinal worms, can cause serious problems for pets. External parasites, such as fleas and ticks, can not only be a nuisance, but can carry diseases that can threaten the life of your pet. Dogs and cats can both become infested with heartworms, which can be deadly. Keeping your pet free of parasites is important for its health – and your family's health, too, because some of these parasites can cause or carry diseases that can affect people.

# House Training

Puppy potty training is one of the first things you'll do to help your dog get acquainted with his new home, and there are many ways to go about it. Try these seven suggestions from hillspet.com to set you and your canine up for success.

## 1. Stick to a Potty Spot

Before you begin puppy potty training your new pal, decide where you'd like him to "go" outside of the house. Do you have a yard? Direct him to a location that's quick to get to from the door. Apartment-dwelling dogs should also be able to identify natural, easy-to-reach ground that isn't in the way of foot traffic—or cars, for that matter.

Once you've determined where you'll bring your dog during this training phase, make sure you take him to the same area every time he goes outside to do his business. Dogs can smell their territory, so consistency is important when you're house training a puppy.

## 2. Learn the Signs of Needing to Go

Your new puppy might not speak the same language, but he's trying to tell you that he needs to eliminate. Luckily there are certain signs for which you can keep a lookout. Immediately bring your dog outside to his special potty spot when you see him:

- Smelling his rear
- Pacing in circles
- Barking or scratching at the door
- Sniffing the floor
- Squatting.

He may show the last sign a bit too late, but be ready to open the door anyway so he will know that his usual area is up for grabs before he goes in the wrong place. You'll need to quickly bring your dog outside when you see any of these signs, so plan ahead. Keep a leash right at the door, allowing you to usher him outside as quickly as possible. And once he learns where his special potty area is, he'll return to it all on his own. Just don't forget to choose the same spot every time your dog needs to relieve himself.

## 3. Make Meal Time the Same Time

When house training a puppy, keep all meal and snack times scheduled. This is helpful for two reasons: First, scheduled meals will teach your dog when he can expect to eat throughout the day. Second, if you're feeding your dog at specific times, you can follow up and bring him to his potty spot with the expectation that he'll be ready to go soon after he finishes eating.

## 4. The Water Bowl

If your dog is a heavy water-drinker, chances are he'll be a frequent urinator as well. To rule out any accidents, take your puppy out shortly after drinking during the puppy potty training phase so he's in the right place at the right time.

## 5. Go Outside Often

If you want to be sure your canine keeps the potty outside, you'll have to bring him out yourself regularly. As a general rule it is a good idea to take your pup out first thing in the morning, after all feedings, and anytime you see any cues that he might need to go. For really young puppies, it is often a good idea to take him out every hour to avoid accidents until you get a better idea of how often he does his business. Then, over time you can lengthen the time between trips outside until you're confident that he will tell you when he needs to go out on his own. You should also bring your dog outside right before you go to sleep—your 3 a.m. self with thank you for it. Dogs should be brought outside within thirty minutes of every feeding to encourage a bowel movement.

## 6. Praise Helps

Everyone likes to know when they're doing a good job, and your puppy will thrive on this positive reinforcement. It doesn't matter if you praise him with treats or say "good job" while petting him. Just make sure he knows you appreciate his efforts to do things the right way.

## 7. Calmly Address Accidents

When your dog eliminates in your home, be calm and collected when addressing the situation. Redirect him outside into his designated potty spot right away, but understand that accidents are a natural part of the house training process. Have patience and don't give up! Never punish a dog for accidents because it may make the situation worse and result in more accidents in the home.

The most important thing you can do is clean the area as quickly and as best as possible. If your dog smells urine or feces in your home, he'll be confused and think it's fine to relieve himself there in the future. As long as he knows where to mark his territory, he'll have fewer problems. When cleaning the soiled spot, make sure to use pet-safe cleaners and keep him away from the area while it dries.

## 8. Larger Issues

Finally, if your training doesn't seem to be taking with your pooch it might be worth a trip to the veterinarian. Frequent urinating or defecating in the house can be a sign of a larger health issue. If this is something you suspect, contact your vet's office immediately and let them know about your concern. They might simply recommend a simple change to your training routine or a change to his food, but for larger issues you'll be glad you called sooner rather than later.

# Crate Training

## The training process

Crate training can take days or weeks, depending on your dog's age, temperament, and past experiences. It's important to keep two things in mind while crate training: The crate should always be associated with something pleasant and training should take place in a series of small steps. Don't go too fast.

### Step 1: Introduce your dog to the crate

Place the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or bed in the crate. Take the door off or keep it propped open and let the dog explore the crate at their leisure. Some dogs will be naturally curious and start sleeping in the crate right away. If yours isn't one of them:

- Bring them over to the crate and talk to them in a happy tone of voice. Make sure the crate door is open and secured so that it won't hit your dog and frighten them.
- Encourage your dog to enter the crate by dropping some small food treats nearby, then just inside the door, and finally, all the way inside the crate. If they refuse to go all the way in at first, that's OK; don't force them to enter.
- Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If they aren't interested in treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.

### Step 2: Feed your dog meals in the crate

After introducing your dog to the crate, begin feeding them their regular meals near the crate. This will create a pleasant association with the crate.

- If your dog is readily entering the crate when you begin Step 2, place the food dish or interactive puzzle toy stuffed with food all the way at the back of the crate.
- If they remain reluctant to enter, put the dish only as far inside as they will readily go without becoming fearful or anxious. Each time you feed them, place the dish a little further back in the crate.
- Once your dog is standing comfortably in the crate to eat their meal, you can close the door while they're eating. The first time you do this, open the door as soon as they finish their meal. With each successive feeding, leave the door closed a few minutes longer until they're staying in the crate for 10 minutes or so after eating.
- If they begin to whine to be let out, you may have increased the length of time too quickly. Next time, try leaving them in the crate for a shorter time period.

### Step 3: Practice with longer crating periods

After your dog is eating their regular meals in the crate with no sign of fear or anxiety, you can confine them there for short periods of time while you're home.

- Call them over to the crate and give them a treat.
- Give them a voice cue to enter, such as "crate." Encourage them by pointing to the inside of the crate with a treat in your hand.
- After your dog enters the crate, praise them, give them the treat and close the door.
- Sit quietly near the crate for five to 10 minutes and then go into another room for a few minutes. Return, sit quietly again for a short time and then let them out.
- Repeat this process several times a day, gradually increasing the length of time you leave them in the crate and the length of time you're out of sight.
- Once your dog will stay quietly in the crate for about 30 minutes with you mostly out of sight, you can begin leaving them crated when you're gone for short time periods and/or letting them sleep there at night. This may take several days or weeks.

### Step 4, Part A: Crate your dog when you leave

After your dog can spend about 30 minutes in the crate without becoming anxious or afraid, you can begin leaving them crated for short periods when you leave the house.

- Put them in the crate using your regular command and a treat. You might also want to leave them with a few safe toys in the crate.
- Vary the moment during your "getting ready to leave" routine that you put your dog in the crate. Although they shouldn't be crated for a long time before you leave, you can crate them anywhere from five to 20 minutes prior to leaving.
- Don't make your departures emotional and prolonged—they should be matter-of-fact. Praise your dog briefly, give them a treat for entering the crate and then leave quietly.

When you return home, don't reward your dog for excited behavior by responding to them in an enthusiastic way. Keep arrivals low-key to avoid increasing their anxiety over when you will return. Continue to crate your dog for short periods from time to time when you're home so they don't associate crating with being left alone.

### Step 4, Part B: Crate your dog at night

Put your dog in the crate using your regular command and a treat. Initially, it may be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy. Puppies often need to go outside to eliminate during the night and you'll want to be able to hear your puppy when they whine to be let outside. Older dogs should also initially be kept nearby so they don't associate the crate with social isolation.

Once your dog is sleeping comfortably through the night with the crate near you, you can begin to gradually move it to the location you prefer, although time spent with your dog—even sleep time—is a chance to strengthen the bond between you and your pet.

Potential problems

#### Whining:

If your dog whines or cries while in the crate at night, it may be difficult to decide whether they're whining to be let out of the crate, or whether they need to be let outside to eliminate. If you've followed the training procedures outlined above, then your dog hasn't been rewarded for whining in the past by being released from their crate. If that is the case, try to ignore the whining. If your dog is just testing you, they'll probably stop whining soon. Never punish them for whining.

If the whining continues after you've ignored them for several minutes, use the phrase they associate with going outside to eliminate it. If they respond and become excited, take them outside. This should be a trip with a purpose, not playtime. Stand in one spot in your yard where they normally go to the bathroom and wait. If you're convinced that your dog doesn't need to eliminate, the best response is to ignore them until they stop whining. If you've progressed gradually through the training steps and haven't done too much too fast, you'll be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

#### Separation anxiety:

Attempting to use the crate as a remedy for separation anxiety won't solve the problem. A crate may prevent your dog from being destructive, but they may get injured in an attempt to escape. Separation anxiety problems can only be resolved with counterconditioning and desensitization procedures. You may want to consult a professional animal-behavior specialist for help.



# Separation Anxiety



## **Separation can occur in any breed and at any age.**

Separation anxiety is estimated to affect around 14 percent of dogs. Dogs with separation anxiety are unable to find comfort when they are left alone or separated from their family members. This anxiety often manifests itself in undesirable behaviors, such as urinating and defecating in the house, destroying furniture, and excessive barking.

## **What causes separation anxiety**

It's not fully understood why some dogs suffer from separation anxiety and others don't. But remember, your dog's behaviors are part of a panic response. Your dog isn't trying to punish you! They just want you to come home!

These are some of the scenarios that can trigger separation anxiety:

- Being left alone for the first time.
- Being left alone when accustomed to constant human contact.
- Suffering a traumatic event, such as time away from you in a boarding kennel.
- Change in the family's routine or structure, or the loss of a family member or other pet.

## **Dog Anxiety: Symptoms**

So how can you tell if your dog has anxiety? There are several important symptoms to look out for:

- Urinating or defecating in the house
- Drooling/Panting
- Destructive behavior
- Depression
- Excessive barking
- Pacing
- Restlessness
- Repetitive or compulsive behaviors



## How to work with separation anxiety

- When leaving the house, don't make a big thing out of it. When you come back, do some other things first, like taking off your coat and putting the groceries away, before you greet the dog. You want to avoid the dog getting the impression that leaving is a big deal. Saying goodbye to a dog is something that helps the human deal with the separation, but in reality, the ritual of saying goodbye means nothing to the dog. It's all for the humans. You want the dog to think that your leaving is just part of the routine. If you feel bad about it, your dog will "feel it" and it will upset him
- You may need a new attitude. From now on you are not going back into the house when little Fifi cries. You are going to ignore the bad behavior and reward the good. When you go back and hold her or pet and console her, you are rewarding the behavior that you don't want and it is confusing to your dog because she thinks, "Well, I must be doing the right thing if she comes back and praises me."
- Do practice departures. Leave for 2 minutes; come back in; ignore the dog for a minute or two, then give a treat. Increase the time to 5 minutes, then 8 minutes, and so on. Do not reward bad behavior.
- Separation anxiety can also be due to a lack of exercise. A build-up of energy stored within the dog can bring about multiple behavioral issues. When you leave, it intensifies her stress and she acts out because she does not know what else to do with this built-up energy. Exercising your dog before you leave and generally a few times a day will help release mental and physical energy.

## What NOT to Do

Do not scold or punish your dog. Anxious behaviors are not the result of disobedience or spite. They are distress responses! Your dog displays anxious behaviors when left alone because he's upset and trying to cope with a great deal of stress. If you punish him, he may become even more upset and the problem could get much worse.

### *Resources:*

<https://www.asPCA.org/pet-care/dog-care/common-dog-behavior-issues/separation-anxiety>

<https://www.humanesociety.org/resources/does-your-dog-freak-out-when-you-leave>

# Training Classes

Our training classes provide you with the tools to make life with your canine companion the best it can be. Classes focus on physical and mental exercise, one-on-one interaction, teaching, and providing appropriate guidance and positive training. You will learn a variety of training techniques and tips that will benefit you and your dog in daily life. Enroll online at [www.hhhstopeka.org](http://www.hhhstopeka.org) or at the shelter during open hours.

## **Petiquette I \$120**

- Course is 6 weeks (Petiquette express is 3 weeks)
- Dogs must be 5 months or older
- No requirements/prerequisites to take class
- What to expect:
  - o Name Game
  - o Sit
  - o Polite Greetings
  - o Down
  - o Settle
  - o Loose Leash Walking
  - o Come
  - o Leave It
  - o Wait
  - o Place
  - o Intro to Agility (taught only in the Tuesday and Tuesday/Thursday classes)

## **Petiquette II \$120**

- Course is 6 weeks or 3 weeks (Express)
- Requirements/prerequisite: Petiquette I or comparable skills
- What to expect:
  - o Watch Me
  - o Heel
  - o Polite Greetings
  - o Sit-verbal
  - o Down-verbal
  - o Come-with distractions
  - o Leave It-with distractions
  - o Door Waits
  - o Stay
  - o Place
  - o Fun Trick

## **Puppy Petiquette \$120**

- puppies 8-20 weeks old.
- primarily a socialization class with an introduction to basic manners
- learn about the latest training techniques on
  - o house training
  - o puppy biting
  - o crate training
  - o getting past fears
- This class is open enrollment. You can begin class at any time and must attend six consecutive sessions.
- If your dog “ages out” of Puppy, they can finish the six-week session in the Tweens class.

## **Tweens Puppy Petiquette \$120**

- puppies 5 months to 10 months old
- This class is a combination of socialization through supervised play sessions and a stronger emphasis on basic manners and impulse control than in the young puppy class.
- This class is open enrollment. You can begin class at any time and must attend 6 consecutive sessions.

Helping Hands Humane Society offers a variety of training classes for you and your pet. If you're faced with bigger challenges, you and your pet may benefit from private training or behavior counseling. Please contact [kathym@hhhstopeka.org](mailto:kathym@hhhstopeka.org) for more information on private training classes or give us a call at 785-233-7325 to speak with our behavior team.

# Dog Body Language Chart

This Body Language Chart can Help You to Understand How They are Feeling

## Relaxed



- Head raised up with straight posture
- Tongue out and moved to one side of the mouth.
- Ears up and straight
- Eyes open and bright

## Curious



- Eyes wide open
- Mouth closed
- Ears forward
- Smooth nose & forehead

## Happy



- Tail wagging
- Smooth hair
- Eyes in normal shape
- Dog is inviting to play

## Pleased



- Soft eyes
- Floppy ears
- Smiling & Up for play
- Boy will look soft

## Stressed



- Yawning & indirect eye contact
- Dry panting & body freezing
- Low tail carriage
- Sweaty paws – dogs sweat through their foot pads

## Aggressive



- Body posture upright but slightly leaning forward
- Dog growls & cold staring eyes
- Dog snaps
- Wagging Tail

## Disrespected



- Gives you their back
- I will be no threat
- Look back slowly
- Ears sharp

## Playful



- Tail up and waved & pupil dilates
- Ear up and straight
- Mouth open and tongue wagging
- Forepaw bent

## Fearful



- Yawning & indirect eye contact
- Dry panting & body freezing
- Low tail carriage
- Sweaty paws – dogs sweat by their foot pads

## Unperturbed



- Head down
- Eyes in normal shape
- Tail May move slightly
- Smooth nose & forehead

## Suspicious



- Suspicious eyes & sharp ears
- Stiff posture
- Flattened ears against the head
- Tail raised

Made By PawMaw.Com

# How kid SHOULD NOT interact with dogs

Just imagine how people should interact with each other.

Avoid taking people's food



Avoid bothering dogs when they are eating

Avoid stealing other people's toys



Avoid taking a dog's bones or toys

Avoid putting your face right up to someone else's face



Avoid putting your face right up to a dog's face

Avoid bothering when asleep



Avoid bothering animals when they are resting. Let sleeping dogs lie.

Avoid pestering



Avoid grabbing tail/ears

Avoid pinching



Avoid hugging. Most dogs dislike it.

Avoid screaming around



Avoid hollering and shouting. Use your "inside" voice instead.

# How Kids SHOULD Interact with Dogs

Use common sense.

Be polite and kind to pets



Learn to recognize when your dog is scared or anxious



Play appropriate games with pets, such as:

Fetch



ROLL OVER



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

TREATS

Walking and running with a dog



SNIFF  
SNIFF



Playing hide-n-seek

Always remember:

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



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



TREAT!

**Dr. Sophia Yin, DVM, MS**  
*The Art and Science of Animal Behavior*

For additional free dog bite prevention resources and more dog behavior books and products, visit [www.drSophiaYin.com](http://www.drSophiaYin.com).







# TOXIC & SAFE

## HUMAN FOODS FOR PETS

Available 24/7  
\*Fees Apply

ASPCA Poison Control • Call (888) 426-4435\*  
Pet Poison Helpline • Call (855) 764-7661\*  
Animal Poison Hotline • Call (888) 232-8870\*

Veterinarian Name/Number: \_\_\_\_\_

Emergency Vet Name/Number: \_\_\_\_\_



Food toxicity can range from mild discomfort to severe poisoning. Consult with your veterinarian if you think your pet ingested a toxic item.

### MEATS & FISH

#### TOXIC

- Fatty/Junk Foods
- Fat Trimmings
- Fish & Poultry Bones
- Raw Meat
- Raw Fish
- Raw Eggs



#### SAFE

- Cooked Lean Beef, Lamb, Pork, Chicken or Turkey (unseasoned)
- Cooked Tuna or Salmon (unseasoned in moderation)
- Cooked Eggs
- Broth (low sodium)



### NUTS, SWEETS & SPICES

#### TOXIC

- Salty Foods (in large amounts)
- Sugary Foods (in large amounts)
- Artificial Sweeteners: Aspartame or Xylitol (frequently found in sugar free candy, gum, peanut butter)
- Chocolate
- Nutmeg
- Nuts: Macadamia, Almonds, Walnuts, Pistachios, Pecans
- Seeds: Sunflower, Pumpkin, Fruit
- Gum
- Candy

#### SAFE

- Honey (in small amounts)
- Peanut Butter (with real sugar)
- Oils: Olive, Coconut, Flax (in small amounts)

### FRUITS

#### TOXIC

- Avocado
- Grapes
- Raisins
- Currants
- Rhubarb
- Grapefruit
- Citrus Rinds (Skin)
- Fruit Pits: Apricots, Peaches, Plums, Cherries, Nectarines



#### SAFE

- Apples
- Bananas
- Melons: Cantaloupe, Honey Dew, Watermelon
- Kiwi
- Fruit only-no Pits: Mangoes, Apricots, Peaches, Plums, Nectarines
- Pumpkin
- Pineapple
- Pears
- Berries: Strawberries, Blueberries, Blackberries, Raspberries
- Citrus: Oranges, Clementines, Tangerines, Lemons (no rinds)

### STARCHES & GRAINS

#### TOXIC

- Yeast Dough
- Moldy Bread or Food
- Homemade Play or Salt Dough
- Potato Skins/Raw Potatoes
- Popcorn kernels (choking hazard)



#### SAFE

- Potatoes/Sweet Potatoes (cooked with skin removed)
- Rice (in small amounts)
- Grains: Oatmeal, Polenta (cooked)
- Whole Grain Bread (small amounts)
- Popcorn (air popped plain)

### VEGETABLES

#### TOXIC

- Garlic
- Onions
- Chives
- Leeks
- Mushrooms
- Tomatoes



#### SAFE

- Green Beans
- Carrots
- Celery
- Asparagus
- Broccoli
- Cooked Zucchini/Squash
- Peas

### DAIRY

#### TOXIC

- Milk, Cream, 1/2 & 1/2
- Butter, Butter Spread
- Ice Cream, Whipped Cream



#### SAFE

- Cheese (in small amounts)
- Cottage Cheese (in small amounts)
- Greek Yogurt (plain, low fat)

### DRINKS



#### TOXIC

- Alcohol (Beer, Wine, Liquor)
- Caffeine (Energy Drinks, Coffee & Tea)

#### SAFE

- Water
- Coconut water (unsweetened)

Keep them safe. Keep them protected. • TLC Safety By Design® • [TLCSafetyByDesign.com](http://TLCSafetyByDesign.com)