



**ANIMAL RESCUE
OF THE ROCKIES**

Puppy & Dog Training Tips

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Preparing for Your New Puppy or Dog

Family Responsibilities

Getting a new dog or puppy is an exciting time! It is a decision that should be thought about carefully and then prepared for prior to bringing your new family member home. Your new dog or puppy is going to look for you to be his leader. By nature, dogs are social animals and like to be part of a group, but that group must have a leader. That leader must be you in order to maintain order.

Your dog is going to depend on you to manage the following aspects of his care:

Safety: A secure area so your dog cannot escape outdoors. Make sure your dog is on a leash when needed. Maintain a safe home environment. Always have an I.D. on your dog's collar and be sure your dog is microchipped and registered.

- **Medical Care:** Ensure he is up-to-date on all vaccinations, wellness exams, heartworm prevention, and blood work as recommended. You are responsible for being watchful of changes to his health and routine grooming.
- **Social Skills/Manners:** Training and socialization are essential for your new dog and puppy.
- **Order in the Home:** It is your responsibility to maintain order in your home. If your dog is destructive, i.e. chewing shoes, etc. put your shoes away and provides more appropriate mind-challenging toys for him to chew on. If he is getting into the trash, cover the trash, or put it into a cabinet with a child latch. A dog needs to be taught what is and is not appropriate behavior. They are not born or brought into a new home knowing these behaviors.

Preparing Your Home

In order to make the transition for your new family member as smooth as possible from his current location to your new home, there are some items you should think about and prepare for in advance.

Feeding

Unlike humans, dogs eat the same food at each meal. A quick change in their diet can cause stomach upset and diarrhea. The best way to transition their food is to continue them on what they are currently eating and select what you would like to feed them, if you decide you want to change. We suggest only purchasing a small bag of the new food in case they don't like it or have a reaction to it. We recommend feeding a high-quality, grain-free food vs. the cheaper grocery store brands. Feeding higher quality foods will help keep your dog healthier. Over a course of seven (7) days you will gradually decrease the amount of the current food and increase the amount of the new food. **It is best to feed adult dogs (over 5 months of age) two times per day, once in the morning and once in the evening. Puppies under 5 months of age should be fed three to four times per day.**

Crate Training

Crate training is a wonderful tool for you and your dog. A crate is an excellent way to house train a puppy or adult dog. Dogs do not like to soil where they sleep, and they instinctively like a small space to make them feel safe. A crate can also be used to provide a quiet restful place for your dog or puppy. It may also be helpful in the future if your pet has a medical issue that requires limited activity and rest. Your dog will already be used to the crate and spending time there will not be traumatic.

Purchasing the Correct Size Crate

It is important to purchase the correct size crate for your dog. You will want to purchase a crate that is large enough for your adult dog to stand up, turn around, and lay flat on his side for comfort. If you are purchasing a crate for a puppy, you can purchase a large crate with a divider that you can adjust as he grows. This link provides a guide to purchasing the right size crate for your adult dog:
<http://www.dog.com/content/pet-tips/measuring-your-dog-for-a-crate/>.

Some dogs prefer the plastic airline style crates to the open wire style crates. If you are adopting an older dog and have a wire crate, and your dog doesn't seem comfortable in the new wire crate, try covering it with a blanket to make it feel more like a den.

Introducing Your Dog to the Crate

You always want your dog to associate positive things with the crate. A crate should never be used as punishment! Some dogs may take longer to warm up to their crate than others. However, the process of introducing a dog to his crate is the same for all dogs. You just need to take the process slower for more fearful dogs. Keep the crate door open and be sure it will not hit your dog. Place a few treats just inside the crate and walk your dog over to the crate and in a happy voice encourage him to step inside. Praise him happily if he steps in and takes the treats. Next, place treats a little further back and encourage him to get those treats. Continue the process until you have placed the treats all the way at the back of the crate and your dog is willingly going in to retrieve the treats. The next step is to feed your dog his next meal in the crate with the door open so he can walk in and out at will. After several meals with the door open gently close the door while your dog is eating. After each feeding try leaving your dog in the crate for a few minutes, gradually increasing the time. If your dog starts whining, you have increased the time too quickly. The next time reduce it again. However, do not let your dog out until he stops whining, otherwise your dog will learn that whining is what gets him out of the crate.

It is important to practice increasing the amount of time your dog spends in his crate alone. Encourage your dog to use his crate with a treat and praise him for entering. Sit by the crate for a few minutes and then move into another room. When you return to let your dog out, sit quietly by the crate before letting him out. Remember, do not let your dog out if he is whining. Once you have increased the time to 30 minutes to 1 hour you can begin leaving your dog crated when you are gone for short periods of time.

Dogs need socialization and exercise. Adult dogs should not be forced to hold their bowels and bladders for long periods of time. Even four hours a day in a crate for an adult dog is a long period of time. We don't recommend you crate your dog if you are going to be gone all day. Crating dogs and puppies, for as long as they will sleep at night, is acceptable, as long as you can hear them if they need to go out to go potty.

Puppies should not be crated for more than two hours at a time. They should not be neglected and forced to break their aversion to soiling their sleeping area. Additionally, if they are left alone and not socialized when young they can develop fears and aberrant behaviors of many kinds.

Again, a fearful dog may take days to train. Be patient. If you introduce your dog to the crate properly, your dog will eventually enter by himself and settle down.

When a Crate Should Not Be Used

A crate is not to be used as a place for punishment. You want your dog to be happy to go to his crate when you leave or when it's time for bed. You do not want him to associate negative feelings with the crate. A crate should also not be used for a dog with severe separation anxiety. A dog with separation anxiety is often anxious and will try to chew his way out and may swallow parts of the crate or break or damage teeth trying to get out of his crate.

Dog Beds

It is important that your dog is comfortable in the crate. Lay down a soft bed or blanket in the crate. During the house training stage, a bed that is easily washable is recommended. It's also good to have a bed out of the crate that you can train your dog to go after he is house trained and want him to go and lie down and rest.

Importance of Play

Toys are an important part of your puppy's development and your adult dog's activity. Toys provide not only a way for your furry friend to have fun and get some exercise, but they provide many other benefits.

Why Pets Like to Play

Many dog breeds were bred for specific jobs, playing with toys and interacting with their human allows them to fulfill a new role. All dogs can be encouraged to play from puppies to adults with your interaction. It only takes you finding the right toy or game to get them excited. Don't get discouraged if your adult dog doesn't want to run for a ball, try a toy that dispenses treats and you may have found his new favorite toy!

Benefits of Play

There are several benefits of playing with your pet. Just as with humans, exercise helps keep your pet's body and mind healthy. There is an unprecedented number of obese pets. Playing with your dog and a healthy diet is a way to prevent your dog from becoming obese. Playing with your dog also helps strengthen the bond with your dog. Another benefit of play is that it helps to reduce behavioral problems. If your dog has exercise he is less likely to be barking or chewing items he shouldn't be chewing.

Encouraging Your Dog to Play

There are many ways to engage your dog to play. Sit on the floor and start tossing balls around to yourself. Trust me, your dog will become interested and want to join in the fun. When your dog brings a toy to you, reward him with praise and pets. Fill treat-dispensing toys if your dog is food motivated and have your dog seek them out. These toys are great for dogs that are solo players.

Rotate your dog's toys on a daily or weekly basis to prevent him from becoming disinterested in his toys. If they don't see a toy for a week or two, it's like a new toy!

Transporting Your Dog

Restraining Your Dog

One of the primary responsibilities of owning a dog is maintaining his safety. This safety extends to transporting your dog in your vehicle. Your dog should be secured while you are driving at all times. Safety belt laws exist for humans for a reason and should exist for pets as well. If you stop suddenly your pet can easily go flying forward out of your arms and hit the windshield or fly out of an open window. If he is in the rear seat, he becomes a secondary projectile and can hit you causing additional injuries. We have all seen dogs with their head's out the window enjoying the fresh air. This is another reason to secure your pet. Stray debris can damage your pet's eyes, ears, mouth or face. Loose pets may also climb down on the floorboards and interfere with the gas and brake pedals. They may also become a distraction climbing on your lap causing you to lose focus. You should never drive with your dog in the back of a pick-up truck as he can be thrown from the back or jump out and be struck by another driver.

If you must take your dog with you, make sure he is properly restrained in a crate or a harness at all times. Harnesses are fairly inexpensive and can be purchased at your local pet store or on Amazon.com, measure your pet according to the package instructions. You should **NEVER** restrain your dog by his collar, as he can choke to death or hang himself.



Bergenpet.com

Vehicle Temperatures

Every year hundreds of dogs die needlessly from heatstroke from being locked in closed cars. These unfortunate accidents could all have been avoided. Please, if you do not need to bring your dog with you, leave him at home.

The temperature inside your vehicle can rise almost 20 degrees Fahrenheit in only 10 minutes, and 30 degrees Fahrenheit in 20 minutes. This may not seem like much to you, but this is enough to cause serious injury and death to your four-legged friend.

The following chart, courtesy of Jan Null; Department of Geosciences, San Francisco State University, details out the temperature changes at varying outdoor temperatures. Don't think heat is the only deadly factor, your dog is just as at risk in the cold winter months to frostbite and hypothermia.

Estimated Vehicle Interior Air Temperature vs. Elapsed Time

Elapsed time	Outside Air Temperature (F)					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138
> 1 hour	115	120	125	130	135	140

Bringing Home Your New Puppy or Dog

What You Need for Pick-up

The day has finally arrived to bring your dog or puppy home. You already have your crate or harness in your vehicle to secure your new family member. There are a few other items to remember that are necessary to keep your new pup safe for the journey home and every time he ventures outside. We highly recommend putting a harness on your new dog or pup indoors before bringing him out to your vehicle to avoid the potential to slip out of his collar. Many escapes have occurred with frightened or nervous dogs backing out of their collars, some with deadly consequences.

Your new dog must have a collar with an I.D. tag placed on it. The I.D. tag should have your dog's name, your address, and at least one phone number to contact you should he get lost. If you are picking up a small puppy, sometimes harnesses work better to attach the leash to. You should still have a collar and an I.D. tag, but bring a harness along for the ride in case your puppy needs to stop and go potty on the drive home. Finally, you need an undamaged leash to attach to your pet. Your

pet should be leashed prior to opening any car doors and you should have a firm grip on the leash.

If your dog has not yet been microchipped, talk with your veterinarian about getting him microchipped.

Introductions to Another Dog



Proper leash greeting: while the Aussie appears nervous the loose leash allows him to approach on his own accord. Courtesy: Whole Dog Journal

It's always best to have a plan when introducing a new dog to your household. This could be your new dog or puppy you are introducing to the family, a friend or family coming to visit for the weekend, or a dinner guest bringing their dog along.

You may know that your dog is very social, but you may not know about the new dog being introduced to the mix, or how your dog may react to a new dog actually being introduced to his space, especially if they are not spayed/neutered. It is best to conduct introductions on neutral territory or during a walk. If you have two individuals, one person can walk one dog at a park and the other can walk the other. Start about 10 feet apart and gradually decrease your distance if the dogs are doing well, maintaining space between them. Let the dogs smell where the other has walked. Watch the body language as the dogs get closer to make sure there is not posturing or raised hackles (raised hair on their backs). If so, increase your distance again. If this occurs, take a short break and let the dogs relax and try again. If the dogs continue to have the same reaction to one another, contact a trainer or animal behaviorist for assistance.

If the dogs give a play bow or pawing, allow them to sniff and praise them for proper behavior. Continue on your walk, occasionally allowing them to sniff. If the dogs continue to seem fine, allow them to sniff one another on loose leashes. Let them initiate their approach and watch for any raised hackles or tense posturing. Any of these signs, begin your walk again. If all goes well, you can take them home. However, make sure the dog toys and food bowls have been put away. These items can trigger possessiveness and lead to a fight.

If you are introducing a puppy less than four months of age to an adult dog, you can follow the same procedure. However, you should be aware of where you are

walking them if your puppy hasn't had all of his vaccinations. Additionally, a puppy and an adult dog will need frequent breaks from one another, as an adult dog may become irritated with the antics of a young puppy.

As new dog relationships are developing, the dogs should **NEVER** be left alone. If you ever have concerns about your dogs and their behavior, always consult a trainer or dog behaviorist.

Introductions to a Cat



Photographer: Unknown

Dogs and cats live happily together in many households. The first introduction is very important and as with introducing two dogs, it is easier with two individuals in order to be able to help control both animals.

The first step is to keep your dog on a leash and let both animals see one another while each of you watch to see their body language. If the cat isn't acting aggressively, he should be allowed to roam freely. If the dog isn't acting aggressively, have him practice some basic commands, i.e. sit, down and stay, while the cat moves around. Praise your dog if he ignores the cat.

If your dog is reacting aggressively or having strong prey drive he will be overly focused on the cat. He will stare, whine, cry and stiffen. If he exhibits any of these signs do not let him near the cat. Separate the dog and cat using a tall baby gate, place all of the cats needs in one room, i.e. litter box, food, and water and secure him. They do make baby gates with a door for him to be able to exit at the bottom through a pass through. This may be an option for those who crate their dogs at night and are able to coral their cats in the morning back into the room.

The idea is that the dog will lose interest in a few days; however, until you are certain that your dog will not go after your cat you need to keep them separated.

Exploring Your Home

Once you arrive at your home, your new dog will need some time to explore your home. If you have another dog that you have already done the introductions with, allow him to enter your home first and wander the home. Your new dog or puppy should be kept on a leash, but lead him from room to room allowing him to explore and take in the different scents. If you are introducing a puppy or un-neutered male, be watchful for signs that he may need to go out to potty. Males may stop and mark their territory over another male's scent. If this occurs, you will want to clean the spot with a good enzymatic clean such as Nature's Miracle. This will thoroughly clean the stain and remove the scent to help prevent him from re-marking in the same spot again.

If you have more than one dog, you should not leave them unattended during the first two weeks while their relationship is forming. If you cannot be home, both dogs should be crated or kept in separate rooms. You should feed the dogs separately so that neither dog is competing for food. As mentioned earlier, feeding your dog in a crate is a great way to get him used to it and will allow your other dog to remain undisturbed. Be watchful of other situations that may excite the dogs and cause a disturbance: toys, visitors, ringing doorbells, returning from walks, and family members returning home. These are all new occurrences to your new dog. Give him a chance to settle in and adjust slowly. If your new dog is a puppy, he will need frequent naps as he is growing. The best place for him to nap is in his crate. Your dog will sleep soundly and once he awakes he will be rested and ready to play again!

House Training

There are various techniques that people use to house train their dogs and puppies. Some people prefer to use potty pads in the corner of a bathroom or laundry room, others prefer a litter box and others prefer to take their dog or puppy directly outside. Whichever method you decide to use you need to stick with it. If you choose the inside method, you will gradually need to move those potty pads and litter boxes closer to the outside door and then out to a spot in the yard where you want your dog to go potty.

The first step in house training is establishing a predictable routine. You should be feeding your dog on the same daily schedule. You should also be taking your puppy out to potty at regular intervals. He should go out as soon as he wakes up in the morning, following each meal, when he wakes up from each nap, prior to bedtime and throughout the day at 30-60 minute intervals. If you are house training an adult dog, you can stretch the intervals throughout the day to longer periods. However, you want to be sure to give your new dog the chance to succeed.

In the home, the dog should be confined to a small space or a crate if he is not supervised. Your dog can have a larger run of the home if he has just gone potty and is being watched. When you take him out to potty, take him out on a leash to

one spot to eliminate. His scent will help him get the urge to go. Select a word or phrase that you will use to encourage your dog to go potty, such as “do your business” or “go potty.” Once he goes, praise him enthusiastically and reward him with a short walk or play session. If your dog doesn’t go within 5-10 minutes take him inside and return him to the crate. After 5-10 minutes take him back outside. Your dog doesn’t get to play or get rewarded until he goes potty. Remember to keep the potty area cleaned up. Although you are having your dog go in one area, it should not be “messy.”

During house training there will be setbacks. Do **NOT** punish your dog. He is learning and if he is a puppy his bladder and bowel control is still developing. If you catch your dog in the act, stop him and gently take him to the correct spot. If you find an accident after the fact, do not punish him as that could cause him to fear you and not to eliminate in your presence. Clean up the mess with an enzymatic cleaner to eliminate any lasting odors to avoid future accidents in that spot. Finally, a dog that is house trained and begins having accidents should be seen by your veterinarian, as there may be an underlying medical reason.

Grooming and Medical Care

Grooming

An important part of your dog’s overall health and well being is routine grooming. Dogs of any age can be taught to enjoy being groomed and this one on one time will strengthen your relationship with your dog. In addition, regular grooming will help you notice any changes in your pet over time or medical conditions that need attention.

The key to successful grooming is to get your dog used to being handled prior to starting grooming. During play time or when watching TV get your dog used to having his feet handled, his ears rubbed, his lips moved and gums massaged. The more he is used to this handling the calmer he will be during grooming. It is recommended that you bathe your dog once a month, over bathing can dry out the natural oils of your dog’s skin. During your grooming process, be aware of your dog’s feedback. If something is sore or he is hurting, stop the grooming and schedule a vet appointment.

Here are some items that you may need for grooming:

- **Shampoo:** appropriate for your dog - puppies need a very mild shampoo, dogs with skin conditions may need an oatmeal-based shampoo or a specialty shampoo recommended by your veterinarian.
- **Conditioner:** leaves dog’s coats shiny and easy to brush through
- **Dryer:** many pet ‘do-it-yourself’ pet washes supply these and clean up after you leave. Pet dryers do not get as hot as human hair dryers so the risk of burning your pet is minimal. All pets should be dried in cold weather as to not catch a cold. Very young, old and sick animals should be dried regardless of the temperature to prevent illness.

- **Baths:** Bath water should be warm to prevent chilling your pet. A cold bath can cause fear and a negative association with baths. Be sure to lather your dog with the shampoo and rinse thoroughly, residual shampoo can cause itchiness if left on the skin to dry.
- **Brushes:** You should brush your dog daily, if not then three to four times per week. Brushing helps to remove dead hair and skin cells and distribute the natural oils. Even if you plan to bathe your dog, start with a good brushing. There are several types of brushes on the market for dogs with different types of coats.
 - Slicker brushes: These have fine, short wires close together on a flat surface. They are used on medium-to-long-haired or curly-haired dogs to remove mats. It is important to remember to always be gentle when using a slicker brush. The fine, tightly spaced wires can cause your dog discomfort if too much pressure is used. These are used on dogs such as Golden Retrievers, St. Bernard's and Cocker Spaniels.
 - Rakes: Rakes are designed to penetrate into a dog's thick coat and remove tangles and dead undercoat near the dog's skin. They should be used with minimal pressure during a dog's peak shedding season. These are most commonly used on German Shepherds, Chow Chows and Malamutes.
 - Bristle Brushes: These brushes are designed with tightly packed cluster of natural bristles and should be used on shorthaired, smooth-coated dogs. These are most commonly used on Pugs, Greyhounds, Boston Terriers, among others.
 - Pin Brushes: These brushes closely resemble human brushes. They are usually oval-shaped with a loosely arranged set of flexible wires with pins on top. Pin brushes are the most commonly used type of brush, but often the least useful. They will pick up loose hair before it is shed onto your furniture, or finish and fluff a well-brushed coat, but provide little benefit to your pet. They are best used to finish off the grooming process.
- **Ear cleaner and cotton balls:** You should be in the habit of checking your dog's ears once a week as part of your brushing routine. If they look goopy, smell bad or are sore to the touch make an appointment with your veterinarian. If they appear healthy and clean, gently massage your dog's ears as part of routine grooming. If they need just a quick cleaning for routine care, dampen a cotton ball with ear cleaning solution. (Never use a cotton swab as it can enter the ear canal too far and cause damage.) Gently wipe inside your dog's ear, closest to the head, and wipe the folds of skin moving out towards the earflap.
- **Nail clippers and styptic powder (in case you accidentally trim a nail too short):** Keeping your dog's nails trimmed is important for his safety and health. Long nails can get caught on something while he is running and tear off and be painful and require medical attention. Additionally, letting a dog's nails grow too long can cause his toe's to grow in unnatural positions and cause permanent damage.

Clipping a dog's nails requires patience and calmness on the part of both you and your dog. If you both work together, over time you will be able to be successful at trimming his nails. Start by gently picking up one foot and massaging his foot and toes. Then take one toe and gently press the nail as though you were going to clip it and look for the **quick, which contains the blood supply**. On black nails this is very difficult, but once you have been trimming your dog's nails for a while, you will know how much you can trim each time. Once you identify the quick, take the clippers and gently trim to before the quick (the pink area) ends. You do not want to trim into the quick because this is painful to your dog and the nail will bleed. If you do accidentally trim the quick, apply some styptic powder and press for 30 seconds or until the nail has stopped bleeding. If you are able to trim one nail on each foot a week, your dog will start adjusting to having his nails trimmed and he will become relaxed and so will you! Remember to praise your dog calmly after each nail trim. You don't want him jumping up in between each nail. At the end of your session you can reward him with a play session or a walk.

Older dogs' nails become thicker and more brittle, they are easier to trim if your dog has just had a bath or they are damp from playing in the wet grass. When trimming the nails of young puppies, it helps to tire them out first. Puppy nails also grow much quicker than those of adult dogs. You will want to try to trim them weekly to avoid getting scratched or allowing them to get too long. Nails of young puppies can easily be trimmed with a human fingernail or toenail clipper.

- **Toothbrush and animal toothpaste:** Brushing your dog's teeth daily is the ideal standard for healthy teeth and gums and for early detection of dental problems. However, even if you are only able to brush your dog's teeth periodically your dog will still benefit. Any dog can be taught to have his teeth brushed. Start slowly by gently massaging his teeth and gums. If at any time you feel you are going to be bit, stop the process. If your dog is getting overwhelmed give him a play break. Brushing is a lifelong benefit; you don't need to rush the process.

Once he is comfortable with your finger massaging his teeth you can add a finger toothbrush. First apply some **animal toothpaste**, appropriate for your animal, to his teeth. **The fluoride in human toothpaste is poisonous to dogs**. After applying the animal toothpaste, gently lift his gums and use the toothbrush to brush his teeth. Keep the first session short and increase each session so as to not overwhelm your dog. **If you ever notice swelling or irregularities in your dog's gums or teeth, schedule an appointment veterinarian to have them checked.**

- **Safety scissors:** Useful for trimming long fur around pads, dogs' eyes and ears. Caution should always be exercised when trimming your dog, especially around the eyes and ears.

- **Clippers (if you want to learn to style your pup):** If you have never trimmed or styled a dog in the past, it is highly recommended you seek the assistance of a grooming professional.

Medical Care

Medical Records

Once your adoption is finalized you will receive an email with all of your dog's medical records. It is important to review his records and check with his foster to determine if he is due for any upcoming vaccinations.

Signs of a Healthy or Sick Dog

As a dog owner, one of your responsibilities is to monitor your dog's health and to take him to the vet should he become sick or injured.

Here are some signs that your dog is **HEALTHY**:

- **Temperature is between 100 to 102.5 degrees Fahrenheit.**
- Gums are pink and moist; they may have a grayish-black pigment to them. Gums will feel tacky if your dog is dehydrated.
- Eyes are clear.
- Ears are a light pink on the inside; some dark-skinned dogs may have a dark pigment, clean or with a trace of wax. They are free of discharge, odor and not swollen.
- Nose is damp
- Stools are firm and parasite free.

Here are some signs that your dog **MAY BE ILL** and needs to see a veterinarian:

- Significant change in behavior
- Perceived pain or lethargy
- Visible pain, i.e. limping
- Persistent vomiting, diarrhea, or coughing
- Lack of appetite or drinking
- Excessive drinking or urination

If any of these **symptoms last longer than 24 hours you should bring your dog to the vet**. You should also be bringing your dog in for regular physical exams and vaccinations.

Heartworm and Flea & Tick Prevention

There are many different variations of flea preventatives on the market, both oral and topical. There are also several different heartworm preventatives on the market. Heartworm preventatives also prevent against intestinal parasites. It is best to talk with your veterinarian about the most appropriate combination of heartworm and flea and tick preventatives your dog and your lifestyle

Heartworm is a very preventable disease and it is highly recommended that you select one of the preventatives for your dog and keep him protected. The treatment

for heartworms is a long and very expensive process. If your dog has **NOT** been on been on heartworm medication, he **MUST** have a heartworm test prior to starting heartworm preventative. **Giving heartworm preventative may be fatal to a dog that already has heartworms.**

Hot Weather and Your Dog



Courtesy of Don Heinze: Pia enjoying the pool

Pets should never be left in locked vehicles, even with the windows cracked. The temperature inside your vehicle can rise so quickly that your dog can die or suffer permanent organ or brain damage. Refer to the prior section, "Transporting Your Dog, Vehicle Temperatures," for further information.

Unlike humans, dogs lack the ability to sweat and cool themselves down quickly. The only way they can naturally lower their body temperature is by panting and through their paws. If a dog is overheated, you will see many of the same symptoms of shock that you do in humans. His breathing will be rapid and shallow and his body will be overheated. You need to cool him rapidly by spraying him with cool, **NOT** cold water, or wrap him in cool, moist towels and get him to a veterinarian as soon as possible.

You should avoid walking your dog during the peak heat hours of the day. Also be aware of the surface you are walking your dog on. Asphalt heats up quickly and can

become hot enough to burn your dog's pads. Before walking touch the surface, if you cannot keep your hand on it for 3 seconds it is too hot for your dog's feet.

Water is important for your dog year round, but if you have your dog remain outside during the day, it is important he has fresh cold water in a spill-proof bowl. Your dog should also be provided a place that is shaded. Remember to check this location throughout the day to ensure that the spot remains shaded. A baby pool with some fresh water and a few of his toys is a great place for him to cool off throughout the day. If you enjoy swimming, you can teach your dog to enjoy the pool as well. It is excellent exercise for your dog! **Always supervise your dog while he is in the pool.**

Cold Weather and Your Dog



Courtesy of Don Heinze

Although winter and snow can be fun for your dog to romp and play, here are several things to watch out for if you live or travel to a cold climate.

Antifreeze is very attractive to dogs because it tastes sweet. Even if your pet ingests a small amount it could be fatal. Get your dog to your veterinarian immediately. Be on the lookout for puddles in parking lots and in your garage. Pet-safe antifreeze is available which tastes bad to dogs. It is highly recommended for dog owners. Ice melting products may also damage your dog's paws. Be mindful of where you are walking your pet and always wipe off his paws when you bring him inside. If he licks his paws with these products on him, he will be ingesting harmful chemicals.

If your dog loves to run and play outside in the winter be watchful of his weight. He may need an increase in his food as he may be burning more calories in the winter to stay warm. Remember to reduce his food as the spring and summer months' approach. Conversely, if your dog likes to stay in and lounge by the fire it may be necessary to decrease his food or encourage him to go on more structured walks to keep him trim and healthy.

Another thing to be mindful of is if you have a fenced in yard and let your dog run around unsupervised. If you have a large amount of snow be sure the snow is not high enough that your dog can walk over the top and wander off or stray animals wander in and cause a problem. Additionally, ice shards can also cause damage to your dog's feet. Another reason it is good to be cleaning and inspecting your dog's paws each time he comes in from the outside.

First Aid and CPR Training

There may be many times when your pet becomes injured where you are not able to immediately transport your pet to a veterinarian. You may be on a hiking trail, at a campsite or just out for a run and your dog suddenly needs medical care. It is important to know how to do your best to treat and stabilize your dog until you can get him to a veterinarian.

This is a link to a national database of First Aid and CPR trainers to help you locate a trainer close to you: <http://cprforcanines.com/k9-training/>. We highly recommended you invest the time to take this course.

The diagram below, from the American Red Cross, details the steps for canine and feline CPR.

Saving your pet with CPR

With pets increasingly being treated like a member of the family, many owners are learning emergency techniques like CPR to keep their pet alive before bringing it to a veterinarian.

If there is no breathing and no pulse, begin CPR immediately.



Check for breathing and pulse

Check pulse using middle and index finger below the wrist, inner thigh (femoral artery), below the ankle or where left elbow touches the chest.

Look for other warning signs

- Gums and lips will appear gray-colored.
- Pupils will be dilated and not responsive to light.

If not breathing, give breath to animal

Cats and small dogs

Place your mouth over its nose and mouth to blow air in.

Medium-large dogs

Place your mouth over its nose to blow air in.

Heimlich maneuver

If breath won't go in, airway may be blocked. Turn dog upside down, with its back against your chest. Wrap your arms around the dog and clasp your hands together just below its rib cage (since you're holding the dog upside down, it's above the rib cage, in the abdomen). Using both arms, give five sharp thrusts to the abdomen. Then check its mouth or airway for the object. If you see it, remove it and give two more rescue breaths.

Start compressions if no pulse

Lay animal on right side and place hand over ribs where its elbow touches the chest. Begin compressions. Do not give compressions if dog has pulse.

Animal size	Compress chest	Compressions per breath of air
Cat/small dog (Under 30 lbs.)	1/2-1 inch	5
Medium-large dog (30-90 lbs.)	1-3 inches	5
Giant dog (over 90 lbs.)	1-3 inches	10

Repeat procedure

• Check pulse after 1 minute and then every few minutes.

• Continue giving CPR until the animal has a pulse and is breathing.

• Stop CPR after 20 minutes.

SOURCE: American Red Cross

Training

Importance of Training

Obedience training is one of the most important aspects of owning a dog. A well-trained dog is a happier dog and is much more accepted in public. Training also strengthens the bond you have been building since the day you brought your new dog home. It strengthens the trust, communication, mutual understanding and respect. In addition, it also establishes your place as his leader.

An important aspect of training is socialization. Socialization should begin with puppies as soon as they have had their vaccinations and are safe to be outside. Always consult with your veterinarian to be sure your puppy is healthy enough to be in public places. A puppy that has not received at least his second distemper/parvo vaccination is at risk of contracting this disease. Never take an unvaccinated puppy outside, unless he needs to go to the vet and then **CARRY HIM** and do not set him down at the vet.

Puppy classes are an excellent way for your puppy to learn to interact with other puppies, new people and new environments. These classes also provide owners with information on common dog behaviors and what to expect at different stages of their puppy's life.

Training can also save your dog's life. Teaching your dog to sit, down, stay, stop and come on command are essential skills every dog should learn. If your dog were to get loose and is running towards a busy street, if he knows the word 'stop' and is trained to 'come' on command you can save his life.

Training is also important for a happy household. Arriving guests do not want to be greeted by your dog jumping on top of them. Your dog should be trained to sit on command and calmly greet your guests. A well-behaved dog will be able to enjoy family activities versus being banished to his crate or another room.

Common Behavioral Issues

Chewing

Chewing is a natural dog behavior. Dogs chew for several of reasons: lack of exercise, boredom, stress and separation anxiety.

Dogs require exercise daily to tire them out and calm them down. They also like to be challenged mentally. Dogs were all initially bred for a job. For example, the Dachshund was originally used in Germany to chase badgers from their holes. Jack Russell Terriers, because of their high energy and stamina, were used to help hunt foxes. The German Shepherd was originally bred to herd sheep, as its name suggests. It may not be realistic to have your dog herd a bunch of sheep in the middle of a city, but you can teach him new tricks or enroll him in a tracking or agility class.

At home, invest in plenty of appropriate chew toys for your dog such as Kong's, food puzzles, and chew toys. You can fill the Kong's with peanut butter and or a

mixture of food and water and freeze them overnight. If you catch him chewing on something inappropriate, do not get mad at him, this may enhance the behavior or cause resource guarding. Instead, you should do the following:

1. Remain calm and assertive
2. Take the object back. Make sure your dog is calm.
3. Give your dog an alternative, acceptable chewing item.
4. Be sure your dog knows that you control it instead of him.

Provide plenty of alternative chewing items both inside and outside. If you leave your dog outside unattended, even for a few minutes, he may become bored and start to chew on something outside or start another unwanted behavior such as digging.

Dogs will also chew when they are stressed or if they are left behind and have any separation anxiety. Prior to leaving your dog alone, again, make sure he is well exercised and fed. Provide plenty of chew toys.

Separation Anxiety

Dogs with separation anxiety will exhibit signs of distress and behavior problems when left alone. Some of the most common signs of separation anxiety include:

- Barking, whining, crying and howling
- Excessive salivation
- Digging at the windows and doors
- Destructive chewing
- Urination or defecation



Dogs who are already comfortable in their crates can be trained to be crated when you leave. Caution should be used when crating dogs with moderate to severe separation anxiety that have not yet been crate trained. They may become more stressed and injure themselves trying to escape from their crate. There are heavy

duty crates that are more secure that can be purchased and you should work with an animal behaviorist on training your dog. If the onset of these behavioral changes are sudden with your dog and there was no change to any of your routines, you should have your dog checked out by your veterinarian to make sure there is no underlying medical cause for his anxiety and behavior.

Most dogs can be in stable homes and may never experience separation anxiety. However, a disruption to a dog's routine may trigger the onset of separation anxiety. Here are a few examples of a few of those disruptions:

- Move to a new home
- Death of a family member
- Time you spend away from the home
- Time spent at the vet or a boarding facility

Separation anxiety takes time and patience to work through. Be patient don't give up on your dog. It may take weeks or months for a dog with moderate separation anxiety to be able to be left alone. In the meantime, you can begin the process by starting with the routine you go through when you leave the home, but don't actually leave. Put your shoes on, grab your jacket and keys and walk to the door, but don't leave. Practice this several times a day. Don't say anything to your dog. You can also walk into a closet and close the door or walk into your bathroom or out a side door, only waiting 1 minute before returning. Again, depending on your dog's anxiety level it may take weeks or months to move beyond this stage.

Once your dog is comfortable with this routine, the next step is to exit through your main door and gradually increase the time you are gone. Do not rush this process. You should be gone less than 10 minutes. Practice as many times as necessary to get your dog comfortable. When you leave your dog, do not make a big deal about leaving him. You want him to know you are returning. Pick one word or phrase that you will say to him each time you leave, such "Be back soon" or "I'll be back." Just as discussed in the "Chewing" section, dog's with separation anxiety are more apt to rest when left alone if they have been exercised prior to your departure and if they are left with plenty of chew toys to stimulate them. Provide them with ample appropriate and enticing toys, such as stuffed Kong's.

If your dog's separation anxiety is severe and he is unable to be left alone during his desensitization treatment, consider a doggie daycare, a dog walker, a dog sitter or leaving him with a friend or family member while you are gone. If you are consistently working your program with your dog and seeing no progress, you should consult a behaviorist and your veterinarian for assistance.

Although most dogs with separation anxiety can be treated, the best alternative is preventing it from the start. When you bring your new puppy or dog home, practice leaving him alone for short periods of time. Remember to provide him exercise and a stuffed Kong before your departure!

Resource Guarding

Food

A dog's defensiveness or overt aggression over his toys, food, space or his people is known as resource guarding. In multi-dog homes it is important from the beginning that dogs be treated equally. Meals should be prepared at the same time and dogs fed at the same time. However, dogs should be fed separately to eliminate the opportunity to have access to the other's food.

If treats are given, treats should be given in order of good behavior, i.e. who sits first, etc. Dog's play should always be monitored and high value bones such as rawhides should be restricted or monitored as those may cause fights or aggression.

If a dog begins guarding his food bowl by growling when you approach while he is eating there are a few steps you can take to resolve this behavior.

1. Vary your dog's feeding time so his internal clock is not expecting his meal at the same time every day.
2. Change his bowl to a new bowl and change his feeding location.
3. Place his new bowl down with no food in it.
4. Pick up the bowl and pretend to fill it and place it down. Let him look at it. Wait for him to look at you. Praise him and then add a small handful of kibble.
5. Allow him to eat the kibble. Once he looks up at you, praise him again and add some more.
6. Repeat this until he finishes. Walk away and then return and add just a bit more. The goal is to teach him that he gets rewarded when you are near his food bowl.
7. Feed like this for a week.
8. The second week you will be using chicken as his meal. This high value food will reinforce you as a positive influence around his food bowl.
9. Finally, the third week, you may return him to kibble, but while he is eating, you will want to toss in a very tasty treat into his food bowl.

If there is more than one adult in the household, you should both be participating in the feedings throughout the three weeks so your dog becomes comfortable with both of you feeding him. **Children should never participate in feeding a dog that is resource guarding.** If your dog is still acting aggressively during the first stage of this exercise, contact a humane trainer or behaviorist immediately. See the "Trainer" section of this packet for additional information or contact your veterinarian or behaviorists in your area.

An easy way to prevent resource guarding of food with a young puppy is to get your puppy used to you picking up his food bowl from the time you bring him home. You should also be able to put your hand in his bowl and remove it. A good habit to start with your puppy is having him sit and wait for you to put his food down and then give him a command to eat, this possible to do even if you are feeding in his crate.

People

Dogs not only will guard food and toys, but they will often times guard a specific individual in the family. If one individual is less respected by the dog, than this person should actually start taking on more of the responsibilities with the dog. The dog needs to understand that his care and food comes directly from that individual.

The dog also needs to be taught to respect the boundaries of the home. He should be taught to sit before entering different rooms, so he understands he doesn't "own" the home. He needs to sit before going outside and you should always exit first. If he wants to be pet, he needs to be taught to "sit" to be pet. He will quickly learn to respect each individual as leaders.

Trainers and Training Resources

Selecting a Trainer

Your new dog is a member of your family, and as such you want the best for him. Dog certification and licensure is not regulated by any government agency. It is important to always do your due diligence before hiring a private trainer or joining a training class. Ask for recommendations for trainers from your rescue group, veterinarian, humane society, shelter, friends and family.

Then ask yourself, what type of trainer or class you are looking for? Are you looking for a puppy class, beginning obedience, specialty class, group class, private training, etc.? Another important question is what the goal of the training session is and what you would like the outcome to be? After you have narrowed your choice of trainers down to one or two, ask each one if you may observe a training session. If any of the trainers deny this request do not select them. Also, ask each trainer you are considering for references and contact these references directly. You should also spend time either on the phone or in person talking with each trainer about their training methods, equipment they use, how long they have been training, the types of dogs they usually train, and their prices. Trainers set their own prices and they vary greatly. You should consider what you would be getting during the training for each price. Additionally, be leery of any trainer who guarantees his work. You should be the one working with your dog alongside the trainer.

Dog Socialization

All dogs can benefit from practicing their social skills. However, for young puppy's socialization is imperative. Puppies who are raised without ever leaving their home lack many basic social skills and fear many commonplace situations, such as meeting new people.

Growing up with limited exposure to the outside world, a dog has limited ability to deal with change. It is important that you handle all parts of your dog on a daily basis, giving him praise and small rewards with treats for relaxing. As your dog becomes more relaxed with your touch, ask others to begin handling him.

The checklist on the following pages is a printable guide for you to use as you begin to socialize your new family member to your home and the world. Remember to

take it slowly, be patient and reward him with lots of praise and pets! Training takes time and work, but the rewards of a well-trained dog will be well worth all of you and your dog's efforts!

Animal Rescue of the Rockies: Suggested Trainers

- Denver/Nearby Surrounding Areas
Rod Butts
(303) 503-7712
rod_butts@rbdogtraining.com
- Northern Colorado
Summit Dog Training LLC
Amber Quann
(540) 809-1278
1409 E. Olive Ct, Bldg. B, Unit H
Fort Collins, CO 80524
<http://www.summitdogtraining.com>
- Golden/Denver
Colorado Canine Consulting, LLC
Tim Sigwarth and Bryann Lynch
(303) 888-0600
tims@coloradocanineconsulting.com
<http://www.coloradocanineconsulting.com>