

# Dog & Puppy

## Adoption Guide

Name \_\_\_\_\_

Animal # \_\_\_\_\_

Microchip # \_\_\_\_\_

Person # \_\_\_\_\_

Counselor \_\_\_\_\_

Share updates or contact us at [adoptions@hssv.org](mailto:adoptions@hssv.org)



# Table of Contents

**4** What's Included in Your Adoption

---

**5** Next Steps and Resources

---

**6** What Your New Pet Eats

---

**7** Treatments and Vaccines

---

**8** Finding a Vet

---

**9** Congrats on Your New Canine!

---

**12** Behavior Helpline

---

**13** Housetraining

---

**16** Crate Training

---

**20** Introducing Resident Dog to New Dog

---

**22** Introducing Dogs to Cats

---

**24** Kids and Dogs

---

**25** Reading Dog Body Language

---

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# What's Included

The fees for adopting animals allow us provide medical care, food, and shelter the animals in our care.

## Core Treatments\*

Dewormer | Flea Treatment | DA2PP | Rabies | Bordatella | H3N2/H3N8

*\*While in our care*

## Spay & Neuter

Dogs and puppies adopted through HSSV must be altered prior to adoption.

## Microchip

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

## Medical Exam & Behavior Notes

A copy of the animal's medical history and any  
behavior notes will be provided to you at the time of adoption.  
Please consult your vet for any questions on the medical history.

# Next Steps

## \*Mandatory Items\*

\_\_\_ Collar or Harness

\_\_\_ Leash

### 1. Pick up basic supplies

\_\_\_ Food (Hill's Science Diet Dry Food)

\_\_\_ ID Tag (50% off at time of adoption)

#### *Additional Supplies:*

Harness	Poop Bags
Bowls	Enzyme Spray
Toys	Poop Bags
Training Treats	Crate/Exercise Pen/Gate
Comfy Bed	Clippers/Toothbrush/Brush

### 2. Complete Microchip Registration

We started your microchip registration for your new pet in the HomeAgain database. Complete your registration at [homeagain.com](http://homeagain.com).

### 3. Set a Vet Appointment

Even though pets adopted from HSSV are vaccinated and examined by our medical team, you should have your family veterinarian examine your pet within 1-2 weeks of bringing them home. Your veterinarian can help you review your new pet's medical history and set up a vaccine schedule for future treatments, including monthly flea prevention and future deworming treatments.

### 4. Diet

While in our care your dog has been eating Hill's Science Diet Dry Food. You can use the feeding guidelines on the back of the packaging or speak with your vet to determine appropriate amounts. Your chosen veterinarian can also serve as a resource to provide advice about which diet is best for your new pet.

**Tip:** If you decide to change food, slowly integrate the new food rather than all at once.

# Resources

## Whole Pet Store

Purchase any of the supplies needed at our Pet Store when picking up your pet. Select items can be purchased ahead of time and ready at time of pick up. All proceeds of items purchased at our Pet Store go back to support animal programs here at HSSV.

## Low Cost Vaccination Clinic

We offer vaccinations, deworming, and microchipping services at our Medical Center. Find out more at: [hssv.org/services](http://hssv.org/services)

## Training Classes

Your adoption includes a \$25 off Adopter's Discount on any of our 6-session training classes at Humane Society Silicon Valley. You can find available classes at: [hssv.org/training](http://hssv.org/training).

To register for the class using your discounted training, enter the promo code PROMOHSSV during checkout.

## Returns and Surrendering

If you need to return an animal for any reason please reach out to our intake department at **408.262.2133 x110**  
Returns are by appointment only.  
After 90 days surrender fees may apply.

**Animal Age:** \_\_\_\_\_

**Animal Weight:** \_\_\_\_\_

**Special Instructions:**

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## What Your New Pet Eats

At Humane Society Silicon Valley, we're proud to be part of the Hill's Food, Shelter & Love® program and we feed our pets Hill's® brand pet food.

We offer all our new pet parents the opportunity to participate in the Hill's New Pet Parent program. As a part of the Hill's New Pet Parent program, you will receive an email with a link to Hill's New Pet Parent website, more information about the Hill's food, the Adoption Kit, and other tips for new pet parents. If at any time you wish to no longer receive emails about the Hill's New Pet Parent Program, you may opt-out at the link at the bottom of the emails, or otherwise contact Hill's at [Hills Corporate Consumer Affairs@hillspet.com](mailto:Hills_Corporate_Consumer_Affairs@hillspet.com) or call 1-800-445-5777.

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

- Continuity and consistency of food helps reduce digestive distress
- While feeding Science Diet, you are offering your new pet a 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 foods only*

When you chose Hill's® brands, you help our shelter and the Hill's Food, Shelter, and Love® program!

Would you like to be signed up for the Hill's New Pet Parent Program and other offers and promotions from Hill's? YES\_\_\_ NO\_\_\_

As a part of the Hill's Food, Shelter, and Love® program you receive a starter bag of food for your new pet. It contains approximately 1 week of food as well as a \$5 coupon for your first purchase of any Hill's® pet food product.

# Treatments & Vaccines

**Spay/Neuter Date:**\_\_\_\_\_ **First Bath:**\_\_\_\_\_ **Birthday:**\_\_\_\_\_

You pet's full medical records, including past vaccines and treatments, will be emailed to you at the time of the adoption. Please bring this with you when visiting your family's veterinarian.

**Can't find your records? Check your spam folder for the subject line: "Your new pet's records"**

Treatment or Vaccine	Frequency	What it Covers	Due Date*
<b>Ponazuril</b>	Given at intake for puppies and repeated once in two weeks.	May be effective against Coccidia.	
<b>Panacur/ Fenbendazole</b>	Started at intake for puppies, given daily for five days.	Broad spectrum dewormer, may also be effective against Giardia.	
<b>Flea Treatment*</b>	Once a month, same day each month. __NexGard __Frontline __Other*	Effective against fleas and ticks. *Some treatments also protect against ear mites and heartworms	
<b>DA2PP</b>	Started at 4 weeks of age and repeated every 2 to 4 weeks until <b>4 months old</b> , then again in 1 year.	Effective against distemper, adenovirus-2, para-influenza, and parvovirus. <b>DO NOT WALK YOUR PUPPY IN PUBLIC PLACES UNTIL THEY HAVE COMPLETED THEIR PARVO VACCINES.</b>	
<b>Rabies</b>	Given at 3 months old Booster in 1 year.	Effective against rabies seen in cats or dogs.	
<b>Bordetella</b>	Given at 6 to 8 weeks of age, then annually.	Effective against Bordetella, associated with respiratory disease in dogs AKA Kennel Cough.	

\*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.

The average medical costs for an animal is between \$500 and \$1000 a year. Once an adoption is processed 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.

**NexGard**  
(afoxolaner) Chewables

**FRONTLINE**  
GOLD BRAND PRODUCTS

Merial, the manufacturer of Nexgard and Frontline, provides flea preventative to animals at our shelter and in turn passes the savings on to adopters.

Would you like to receive coupons and discounts on NexGard or Frontline Gold?

YES\_\_\_\_\_ NO\_\_\_\_\_

# Finding a Vet

As soon as you adopt a pet, you should develop a relationship with a veterinarian.

Even though pets adopted from HSSV are fully vaccinated and examined by our staff veterinarians, **you should have your family veterinarian examine your pet within 1-2 weeks of bringing your pet home.**

This allows your veterinarian to establish a baseline by which to compare, should your pet develop any problems. Your veterinarian can also serve as a resource to provide advice about feeding, grooming, training, etc. Your pet should have an **annual exam with your family veterinarian**, while geriatric pets may require more visits. By seeing your pet at least annually, your family veterinarian may be able to detect subtle changes and problems in your pet's health early on. Your veterinarian can advise you on how best to meet these changes in your pet's health if they can see how your pet is aging on a regular basis.

**Find a vet at:** [www.hssv.org/choosingavet](http://www.hssv.org/choosingavet)



**Parktown Veterinary Clinic** *HSSV Recommended Animal Hospital*  
1393 S. Park Victoria Dr., Milpitas, CA, 95035

Monday, Wednesday, Friday: 8 a.m. – 6 p.m.  
Tuesday, Thursday: 7 a.m. – 6 p.m.  
Saturday: 8 a.m. – 2 p.m.  
Sunday: closed

408-263-3990    [www.parktownvet.com](http://www.parktownvet.com)

*\*Not included in this offer are x-rays, heartworm tests, treatment of conditions requiring hospitalizations or fluid therapy and lab tests which must be sent out to a commercial lab.*



# Congrats on your Canine Adoption!

## Getting Settled

Behavior seen in a shelter environment can change when the dog is in a home, becoming better or more challenging. Consistency and patience will help you and your dog develop a strong bond from the start. You may have spent a long time deciding and getting ready to bring a new canine family member home but your new dog has no idea what's happening. There will be an adjustment period for both you and the dog.



### 3 Days

Your new dog is trying to figure out their new home and family.



### 3 Weeks

They have figured out they will live with you and start a routine.



### 3 Months

Your dog has become a part of the family. Welcome home!

Some dogs come home from the shelter and settle in with few problems. Don't panic if your new dog behaves in a less-than-desirable manner. Over time, most dogs settle in and become wonderful companions. What happens in the first few days or even weeks is not necessarily indicative of what life with the dog will be like long-term. How you handle it can certainly affect the outcome. **By being aware and redirecting any unwanted behavior from the start, you can help your new dog become an excellent companion.**

## Setting Up for Success

Most challenges you may face with your new canine can be averted by setting them up for success from the start. Habits form quickly in a new home so help your canine start to learn good behavior right away.

Decide on and set up a safe area for your new canine family member to stay when you cannot provide supervision. It is important to recognize that giving your canine too much freedom too soon can set them up to make mistakes (such as having a potty accident in and unwanted place in the house or chewing the wrong thing). Our canines need to learn how to make good choices about where we want them to go and what to chew. By giving your canine a safe, confined place to be when they are not being supervised, they will be able to make a gradual and successful transition.

Using a safe area also keeps them from getting into trouble in other ways, such as chewing on inappropriate items. Keep wonderful chew toys in your canine's safe area and supervise them when out. By preventing bad habits early, you can help your canine become a well-behaved companion who can have free run of your home.

Make the safe area the place where your dog gets their meals and their favorite toys. Ideally, this area will be in the same part of the home that you spend time together.

### A safe area may be a:

- Crate
- Dog-proofed room
- Exercise pen
- Area with baby gates in the doorways (*ex. kitchen*)

Start a house-training routine right away. It is safest to assume your canine is not house trained. Even if they were house trained in their last home, time in a shelter or simply being in a new environment can mean that they will not understand when and where to go now.

When you're home, take your canine out every hour to the outdoor area where you would like them to potty. **Reward with yummy treats when they go!** Then they can have a short time out of their safe space to play with you. Adult dogs and older puppies can go longer between potty breaks but there is no such thing as too many trips outside to start. Adult dogs will often house-train faster and easier than puppies because their bladders are mature and they can "hold it" longer. When you're home, take your canine out every hour to the outdoor area where you would like them to potty.

### Leave Alone Training

While spending time with your canine is important, it is equally helpful to get them used to being left alone at times. **Don't worry too much at first if your canine seems anxious when left alone.** Whining, barking, and crying can be a normal part of the transition at first for those who aren't used to spending time by themselves. This includes puppies! Leave your canine with lots of their favorite treats and toys and start with short alone times. Your canine will quickly learn that you always come back and your routine!

All canines especially puppies should receive Leave Alone training which includes:

- Leaving for short periods of time
- Plenty of exercise prior to being left alone
- Ignoring any vocalizing (whimpering, whining, barking, etc.)
- **Do not talk to or give any attention until there is, at least, a brief moment of quiet. Otherwise, puppies will quickly learn that if they make noise you will come to the rescue!**

### If Your Dog is an Energetic Canine

**A Tired Dog Is A Happy Dog!** Your new dog will be a happier and politer companion if they get plenty of exercise, both for their body and their mind. Dogs need lots of aerobic exercise (running around) and a chance to use their brains. Hanging out in your backyard doesn't count as exercise! After your dog has had a good workout, put them in their safe area with a food-stuffed toy or chewy to relax for a while. Below are suggestions of ways to exercise your dog.

### First Days and Weeks

Take your time in introducing your new dog to friends, new places, and new experiences for at least the first few days. How long depends on the dog's personality. Keep in mind that just the act of moving into a new home is stressful for most dogs – not to mention the stress they may have experienced before coming into your home. Give them time and space to settle in and bond with you before they are exposed to the world. Have them play and exercise in your yard and take them for walks in a quiet area for the first few days. **If your dog has shy behaviors be extra careful around doors and gates.** A shy dog may escape and then be very difficult to catch. Consider setting up an ex-pen around your door to provide a backup.

- No welcome home parties please!
- Give your newly adopted dog plenty of time to adjust; think weeks, not days
- Keep them on leash in open environments always
- Supervise when the dog is in your yard
- Use your safe area to prevent bad habits from forming

### Examples of Physical Exercise:

- Long walks, hikes, or runs
- Playing with other dogs
- Fetch
- Agility or other dog sport classes (also good mental exercise!)

### Examples of Mental Exercise:

- Training (basic obedience or tricks)
- Food-dispensing toys (Kongs, Buster Cubes, etc.)
- Nose works classes
- Hide-and-seek (let your dog hunt for hidden treats, toys, or family members)

When playing with your dog, start with games that focus on calm, well-mannered behavior, like fetch, rather than high-excitement type games, like tug or wrestling. Tug can be a lot of fun but can get too exciting too quickly leading to a dog making bad decisions, like mouthing. Wait until you know your dog understands when to stop playing and can stay relaxed.

## If Your Dog Displays Shy Behaviors

**Keep It Positive!** Help your shy dog feel safe and secure by minimizing 'scary' situations like trips to the groomers and walks through crowded streets at first. Focus on fun activities like playing, walks, or hanging out quietly—let the dog tell you what they find 'fun'. Give your dog lots of breaks to relax by putting them in their safe place. Try hand feeding your dog to develop your bond. If your dog shows signs of being scared of something, follow these steps:

- 1. Give Some Space:** Encourage your dog to move away; ask people to step back
- 2. Happy Talk:** Use a gentle, high voice to let your dog know that it's all okay
- 3. Make It Wonderful:** Offer special treats to help your dog build a positive association; Other people can toss treats too but should avoid trying to hand them directly as this may make the dog more nervous.
- 4. Take It Slow:** Give your dog lots of time to get use to a new person or place; The dog gets to set the pace!
- 5. One-On-One:** Introduce new people one at a time; try to do introduction in a quiet, familiar area so the dog is only getting comfortable with one new thing at a time.
- 6. Do It Again:** Your dog may need to be introduced to the same person a couple times before they feel completely comfortable; Don't be surprised if the dog seems fearful again when meeting the same person in a new location (inside vs outside, for example)

## Puppies

**Getting To Know The World!** Puppies are little sponges when it comes to learning about the world – what's good, what's scary, and what is food! This is the most important time in a dog's life for developing into a confident and polite canine companion. HSSV supports guidelines from the American Veterinary Society of Animal Behavior on puppy socialization which are that puppy socialization should begin as early as possible and owners should not wait until after a puppy is fully vaccinated. Proper socialization involves positive exposure to as many new people, places, dogs, and things as possible. To prevent disease, owners should **take advantage of puppy-safe environments like trainer-run puppy classes and socials.**

Owners should also avoid area where dogs with unknown health history gather, such as public dog parks. Adult dogs with known vaccine histories and appropriate behavior, such as friends or family member's dog, can be wonderful teachers for puppies.

## Puppy Mouthing

Puppies naturally use their mouth to explore but they need to learn to do so gently. **Teach your puppy that the fun stops when their mouth touches your skin.** Many puppies respond to a sharp “Oww” or yelp noise. Follow this with a 20 second “time-out” from playing or interacting. Then give your puppy a chance to try again. Offer them a toy to chew on instead of your hands. Persistent pups may need longer time outs and to be taught specific things to do instead of mouthing, for example sitting to greet.

## A “Paw-sitive” Start

Training is a great way to bond with your new canine, learn to communicate in a way they understand, and instill good manners right from the start. Positive reinforcement training methods are ideal for training your new canine because they teach the dog in a way that promotes a strong bond with you and won’t create fear in the process of training. Training allows you and your dog to form a common language which will help you bond and live happily together. A great place to start is by rewarding your dog for looking at you and giving you their attention. If you can get your dog’s attention, you can ask for other behaviors. You can also pair this with teaching your dog their name. Say your dog’s name and then immediately give them a yummy treat. Very soon they’ll be looking to you as soon as you say their name! HSSV offers a large range of positive reinforcement classes specifically to help you start off on the right paw. Trainers can also answer questions about specific issues in the home and puppies will get socialization and play time as well as training time. HSSV also hosts “puppy socials” that focus on puppy play and exposure to new objects in a safe, trainer-supervised environment. Adopters get a discount! Contact us at [dogtraining@hssv.org](mailto:dogtraining@hssv.org) or visit our website, [www.hssv.org/training](http://www.hssv.org/training)

## Need More Help?

Contact a member of our Behavior Team with behavior concerns or questions at any time after adoption. You will need your “Person Number” found on your adoption paperwork and can fill out a form at [hssv.org/behaviorhelp](http://hssv.org/behaviorhelp)

## Animal Behavior Resources

Animal Behavior Resources At Humane Society Silicon Valley (HSSV), we offer a variety of training classes, workshops and seminars for you and your pet. If you’re faced with bigger challenges, you and your pet may benefit from private training or behavior counseling.

Find referrals and resources at:  
[hssv.org/behaviorhelpline](http://hssv.org/behaviorhelpline)

## Housetraining Your Puppy or Dog

**WHAT DOES HOUSETRAINED MEAN?** This means that your dog can remain inside your house for a reasonable amount of time (about eight hours) without eliminating in it. Your dog simply “holds it” until you let him outside to do his business. If your dog is physically healthy and physically mature (meaning he is at least eight to twelve months of age) but he has more than one accident every couple of months, then he is NOT housetrained.

**HOW LONG WILL IT TAKE FOR ME TO HOUSETRAIN MY PUPPY?** To teach your dog WHERE to eliminate takes only a couple of weeks. But for a young dog or puppy to actually BE RELIABLE requires that the dog be mature enough physically to hold off eliminating until the appropriate time, or until he can motor himself to the “outhouse.” A dog cannot be called reliable or housetrained until he is at least eight to twelve months of age, AND has not had any accidents in the house for at least six weeks running.

**HOW LONG WILL IT TAKE ME TO HOUSETRAIN MY ADULT DOG?** Many people crate train their dog for the simple reason that the dog can do no wrong while he is in his crate. Your dog can’t piddle on the rug, harass the mailman, chew on the furniture, get into the trash, or eat your children’s hamster. He learns to relax and go to sleep while you are away. For an older dog with bad potty habits, or one who has never been housebroken, you can expect to spend about six to eight weeks (following a strict housebreaking plan), before a new behavior pattern is established. If you have an older dog who is starting to make mistakes in the house when he was fine for years before, either he has a physical problem that prevents him from holding it (please have your dog checked with your veterinarian first before going on a strict housebreaking program) or he did not fully understand that he is NEVER to eliminate in the house.

**HOW LONG CAN A DOG “HOLD IT”?** It depends upon how old they are! For young dogs, a good rule of thumb to remember is that your dog is able to hold elimination for as many hours as he is in months of age. If your dog is two-months-old, he can hold it for up to two hours maximum during the day if he is not active. If your puppy is active, he will have to go out more often. At night, most dogs can generally go longer. Most puppies by the time they are twelve weeks of age can sleep the entire night through without having to go out. For full-grown dogs with no physical or separation anxiety problems, they should be able to go an eight- hour day without a problem, once you have put them on a regular schedule. Remember that a full- grown dog is at least eight to 12 months old.

## Basic Rules for Housetraining Your Dog or Puppy

**1. Accidents will happen,** but your main goal is to prevent them as much as possible. Be prepared to clean up any accidents with an enzymatic cleaner. Enzymatic cleaners are specially designed to for urine and feces stains. It’s very important to thoroughly clean any area where an accident occurs so the smell is gone, otherwise, your dog or puppy may return to the same spot to do his business.

**2. Confine your pet.** Confinement can technically be any place where you do not care if your dog makes a mistake. It is preferably someplace that is safe (meaning he can’t get into trouble by chewing up things like the carpet or electrical wires), is inside your house, and is small enough so he tries to hold eliminating until you let him out. Dogs have a natural

instinct not to soil near them or in the place where they sleep. That's why crate training is so successful as a housetraining aid. Some examples of confinement are: a crate just big enough for him to lie down and turn around in, a blocked off portion of the kitchen or another room, again just big enough to turn around and lay down, or a small bathroom.

**3. Put your dog on a regular schedule.** That means his meals, water, play, walking, and training times stay the same, even on the weekends! Your dog does not have an internal calendar telling him "It's Saturday, time to sleep late!" But he does have an internal clock that is accurate up to 30 seconds within a 24-hour period! All he knows is for the past five days you have been getting up at 6:00 AM to take care of him! See the sample schedules at the end of this section. Once your dog is reliable, you can start to vary the scheduled times slightly until you are back on "your" time.

**4. Go with your dog when you take them out.** Rewarding your dog when they go to the bathroom outside is an extremely effective way to potty train. Use extra yummy treats and praise when they go so they know that is where they are supposed to go to the bathroom. This also allows you to know if they didn't go so they don't get access to the whole house in case they have an accident (remember confinement).

**5. Watch for signs that your dog needs to go.** Intense sniffing and circling can be an indicator your dog needs to go to the bathroom. Learn your dog's signs and then take them out to go potty.

**6. If you catch your dog going potty inside,** clap your hands or make a noise to interrupt them and then take them outside. Try not to scare your dog when you catch them as they can become nervous to potty in front of you. It becomes more difficult to potty train your dog if they won't go to the bathroom in front of you.

**7. Don't punish your puppy or dog for having an accident.** Punishing your dog after they have already had an accident, creates fear in your dog and doesn't create a correlation between the punishment and the accident. Your dog will associate the punishment with whatever they were doing right before the punishment. Also, punishing while they are having an accident doesn't work either. Your dog may think that just going to the bathroom is what made you mad and hide from you when he needs to go.



# Potty Training Schedule Options/Examples

## If Owner is Home All Day:

**SCHEDULE #1** *General timetable for 3 to 6 month-old puppies eating three meals a day.*

7:00 AM	Wake up/walk/potty break
7:10-30 AM	Free period, supervised
7:30 AM	Food and water
8:00 AM	Go out. Short play/training period
8:15 AM	Free period, supervised
12:00 PM	Go out, food and water. Short play/training
12:30 PM	Go out, short play/training period
12:45 PM	Free period, supervised
1:15 PM	Confine
5:00 PM	Walk/play/training period
6:15 PM	Confine
8:00 PM	Last food and water for day --then take away
8:15 PM	Go out; short play/training period
8:30 PM	Free period in kitchen, supervised
9:00 PM	Confine
11:00 PM	Last potty break. Confine Overnight

**SCHEDULE #2** *General timetable for 6 to 12 month-old puppies eating two meals a day*

7:00 AM	Wake up/walk/potty break
7:15-8 AM	Free period in kitchen, supervised
8:00 AM	Food and water
8:30 AM	Go out, short play/training period
8:45 AM	Free period in kitchen, supervised
9:30 AM	Confine
12:30 PM	Go out, short play/training period
12:45 PM	Food and water
1:00 PM	Free period in kitchen
1:45 PM	Confine
6:00 PM	Walk/play/training period
6:30 PM	Last food and water for day --then take away
6:45 PM	Go out; free period in house, supervised
8:30 PM	Free period in kitchen, supervised
7:30 PM	Confine
11:00 PM	Last potty break. Confine Overnight

**SCHEDULE #3** *General timetable for housetrained adult dogs eating two meals a day*

7:00 AM	Wake up/walk/potty break
8:00 AM	Food and water (unlimited supply of water during day)
8:30 AM	Go out, short play/training period
12:30 PM	Go out, short play/training period
5:30 PM	Feeding
6:00 PM	Go out/play/walk/training period
11:00 PM	Last potty break. Bedtime. Remove water overnight

## If Owner is Away During the Day:

**SCHEDULE #1** *General timetable for 3 to 6 month-old puppies eating three meals a day.*

7:00 AM	Wake up/walk/potty break
7:10-30 AM	Free period in kitchen, supervised
7:30 AM	Food and water
8:00 AM	Playtime and potty break. When owner leaves for day, take up water, confine in large area to and leave safe toys and chewies to keep dog entertained.
11:00 AM	Water/Play time/potty break.
3:00 PM	Re-confine when owner leaves again Water/Training period/potty break. Re-confine when owner leaves again
6:00 PM	Go out, short play/training period
6:15-:30 PM	Supervised free time
6:30 PM	Food/water
7:00 PM	Walk/play/training period
7:15 PM	Confine
9:00 PM	Food and water/ Last water for the day
9:30 PM	Go out. Short play/training period
9:45 PM	Free period under supervision
11:00 PM	Last potty break. Confine Overnight

**SCHEDULE #2** *General timetable for 6 to 12 month-old puppies eating two meals a day*

7:00 AM	Wake up/walk/potty break
7:10-30 AM	Free period in kitchen, supervised
7:30 AM	Food and water
8:00 AM	Playtime and potty break. When owner leaves for day, leave ice cubes in bowl, confine in large area to and leave safe toys and chewies to keep dog entertained.
2:00 PM	Water/Training period/potty break. Reconfine if owner leaves again
6:00 PM	Walk/play/training period
6:15-7 PM	Supervised free time
7:00 PM	Food/water
7:30 PM	Go out. Short play/training period
7:45-8:30PM	Free period under supervision
11:00 PM	Last potty break. Confine Overnight

**SCHEDULE #3** *General timetable for housetrained adult dogs eating two meals a day*

7:00 AM	Wake up/walk/potty break
7:30 AM	Food and water (unlimited supply of water during the day)
8:00 AM	Go out, short play/training period. Confine when owner leaves for the day.
6:00 PM	Go out/play/walk/training period
7:00 PM	Food
7:30 PM	Potty break/playtime
11:00 PM	Last potty break. Bedtime. Remove water over night.

# Crate Training in a Weekend

## How to crate train your dog: The weekend Plan

Some trainers and behaviorists recommend introducing your dog to a new crate very gradually, over a period of a week or more. This method works well for timid dogs who fear confinement and for dogs who have already learned to dislike crates. But many dogs can learn to use crates more easily, and many people just don't have the time to devote an entire week or more to training before being able to use a crate.

If you need to start using a crate as soon as possible, try the following Weekend Crate Training plan. After your training sessions on Saturday and Sunday, you'll be able to start confining your dog in her crate on Monday.

To successfully use this crate-training plan, you'll need to follow the directions below, step by step. It's important to avoid skipping ahead and leaving your dog alone in the crate before she's ready. To confine your dog at night over the weekend, put her in a small, safe area instead. You can use an exercise pen or baby gate to block off part of your kitchen, a bathroom or a laundry room. Make sure that the area is dog-proofed and free of things that your dog shouldn't chew. You can leave her with something comfy to lie on, some water, her toys and some chew things to keep her occupied. It's best not to leave your dog home alone at all during the day on Saturday or Sunday. If you must do so for some reason, you can use the same dog-proofed area so as not to deviate from your training plan.

## Preparation

### Choosing a Crate

Pet supply stores and online vendors sell wire crates, plastic airline crates and mesh crates. Each style has its own advantages. Wire crates usually collapse for easy storage and portability, and they provide more ventilation than plastic ones. Plastic crates seem especially den-like and might make dogs feel safer and more secure when they're inside. Mesh crates provide privacy for dogs and are the most portable, but they aren't very durable. Some dogs chew through them and escape.

### Comfy Crate

After choosing which kind of crate to use, it's important to make the new crate comfortable. Put it in a room where you spend lots of time, but out of the way of foot traffic. Next, put a soft bed or blanket and a toy or two inside. You can even put a shirt you've recently worn into the crate so your dog will feel comforted by your scent. (If your dog likes to chew fabric, you can skip this part.) If you purchase a wire crate for your dog, she might like to have a blanket or towel draped over it to create a more "den-like" feel.



## **Friday Night: Before You Start Training**

The most important part of crate training is teaching your dog to associate her crate with things she loves. Try these ideas to convince your dog that her new crate is the place to be:

**The Treat Fairy:** Leave the crate door wide open and make sure your dog has access to the room where you've set up the crate. Every so often, when she's not looking, toss a few treats around and into the crate so she can discover them on her own. Use something that your dog will love, like small pieces of chicken, cheese, hot dog or freeze-dried liver. You can also leave an exciting new toy, a delicious chew bone or a stuffed KONG® toy inside the crate. Periodically leave special treats in your dog's crate throughout the evening-and continue to do so every day or so for the next few weeks. If your dog sometimes finds surprise goodies in her crate, she'll start to love it, and she'll probably go into it often just to see if the "Treat Fairy" has come.

**Room Service:** When it's dinnertime for your dog, place her bowl inside the crate and leave the door open. Try putting the bowl in the back of the crate so your dog has to stand inside the crate to eat. If she seems too uncomfortable to go into the crate at first, you can put the bowl just inside the door instead. That way, she only has to put her head in the crate. Over time, as your dog becomes more and more comfortable stepping inside, you can move the bowl all the way to the back of the crate and, eventually, close the crate door while she eats her meals.

## **Prepare Supplies for Saturday and Sunday!**

Over the next couple of days, you'll reward your dog often for going into her crate. It's a good idea to prepare some treats in advance. Cut some chicken, cheese, hot dogs, soft dog treats or freeze-dried liver into bite-sized pieces and set them aside for later use. You can also stuff two or three KONGs, which you'll give your dog when you start to increase the length of time she stays in her crate.

## **Saturday Morning: Let the Crate Fun Begin!**

You're ready to get started. Gather the treats you prepared and take your dog to the crate.

### **Step One: Follow the Treat**

You can do the following exercises sitting on the floor or in a chair right next to the crate.

1. Give a cue to ask your dog to go into the crate, such as "Go to bed." (Choose whatever cue you like, just be sure you always use the same one.)
2. Show your dog one of the treats and toss it in the crate. After she goes inside to eat it, praise her enthusiastically and feed her another treat while she's still inside.
3. Say "Okay" to let your dog know she can come out again. You don't need to reward her when she comes out of the crate. She needs to learn that all good things happen when she's inside the crate.
4. Repeat the steps above 10 times. Take a short break (just a few minutes), and then do another set of 10 repetitions. After your second set, end the training session.

### **Step Two: Earn the Treat**

Later on in the morning, collect some treats and bring your dog to the crate for more training. Now that she's practiced following a treat into the crate, try asking her to go in before rewarding her with the treat.

1. To warm up, do a couple of repetitions just like you did before-throwing the treat into the crate so that your dog follows it. Then you can change the rules a little.
2. Give your cue, "Go to bed," and point to the crate instead of throwing a treat into it. (When you point, it might help to move your arm like you did when tossing a treat into the crate. The familiar motion can remind your dog what she's supposed to do.)
3. When your dog goes in, praise her and immediately give her a couple of treats while she's still in the crate.
4. Say "Okay" and let your dog come out of the crate. Do 10 repetitions and then take a short break. Repeat the exercise another 10 times-or until your dog seems to know the game and enters and exits readily when you ask her to. If your dog seems nervous about going into the crate or confused about what she's supposed to do when you say the cue, go back and practice Step One for a while longer. When your dog confidently rushes into the crate to get her treat, you can try Step Two again.

## **Saturday Afternoon: Close the Crate Door**

Now it's time to get your dog used to being in the crate with the door closed.

1. To warm up, do a couple of repetitions just like you did before. Say "Go to bed," point to the crate, reward your dog with a treat when she goes in and then say "Okay" to let her know she can come out.
2. Now you'll try closing the crate door for just a moment. Give your cue "Go to bed" and point to the crate.
3. When your dog goes in the crate, praise her and immediately give her a treat. Then gently close the crate door. (You don't have to latch it yet.) Feed your dog two or three treats through the closed crate door and continue to praise her while she's in the crate.
4. Say "Okay" and open the door to let your dog come out. (If your dog seems stressed or panicked with the door briefly closed, break down this exercise into two phases: in the first phase, just close the door halfway, give a treat and release your dog; in the second phase, close the door all the way.)

Do 10 repetitions and then take a break for a minute or two. Then repeat the exercise 10 more times, slowly building up the time your dog stays in the crate with the door closed. As you increase the time, throw in some easy repetitions, too. Start with 1 second, then increase to 5. Try 8 seconds, then go back to 3. Increase to 10 seconds, then 15, then 20, then an easy 5. Continue to generously reward your dog whenever she's in the crate. After you finish your second set of 10 repetitions, take a half-hour break. Then repeat the exercise again. Over the afternoon, try to build up to having your dog stay in the crate for one minute.

## **Saturday Evening: Introduction to Alone Time**

When your dog is used to being in her crate with the door closed while you're nearby, you can move on to the next step: leaving her alone for a little while. Repeat the exercise you've been practicing, just as it's described above-but this time, latch the crate door and start to move away from the crate.

1. To warm up, do a couple of repetitions like you did in the afternoon. Sit on the floor or in a chair next to your dog's crate. Say "Go to bed" and point to the crate. When your dog goes in, close the crate door and reward her with a few treats while she stays in the crate. After about 30 seconds, say "Okay" and open the crate door to let your dog out.
2. Now you'll close the crate door briefly. Say your cue, "Go to bed," and point to the crate. When your dog goes in, close and latch the crate door, and then give her a treat.
3. Stand up and give your dog another treat. Take a few steps away from the crate and then return to give your dog a treat.
4. Say "Okay" and open the crate door to let your dog come out.

Repeat the steps above 10 times, each time walking away in a different direction. After a short break, do 10 more repetitions, slowly building up the time your dog stays in the crate while you walk around the room. As you increase the time, throw in some easy repetitions. Start with 10 seconds, then increase to 15. Try 20 seconds, then go back to 10. Increase to 30 seconds, drop to 15, then up to 45, and then an easy 5. Continue to return to the crate and reward your dog every few seconds while she's inside. In the beginning, be very generous. As your dog becomes more comfortable resting in her crate, gradually decrease how frequently you treat her. After you finish your second set of 10 repetitions, take a half-hour break. Then repeat the exercise another 10 times. Start leaving the room for a few seconds at a time, always returning to reward your dog while she's in the crate. Work up to having your dog stay in the crate for one minute while you walk around the room and briefly leave the room.

## **Sunday Morning: TV Time**

This morning, you'll teach your dog to relax for longer periods in her crate. You'll need some treats, a new tasty chew bone or a KONG toy stuffed with something wonderful, like a little peanut butter or cream cheese, and something to occupy yourself.

Ask your dog to go in her crate. When she does, praise her and give her the chew bone or stuffed KONG. Then close the crate door and settle down to watch TV or read a book in the same room. Keep your dog in her crate for about half an hour. (If she finishes her chew, you can periodically give her a treat or two, as long as she stays quiet.)

When the half hour is up, calmly open the crate and say "Okay," so that your dog can come out. Take her chew thing away, and don't reward her with treats when crate time is over. In fact, it's best if you just ignore your dog for a few minutes. Again, you want her to learn that great things happen while she's in the crate, not when she comes out. Take a break from training for a while. An hour or two later, you can repeat the exercise.

### **Canine Complaining**

At this point in your training, your dog might start to object to confinement in her crate. If she barks or whines, you have two options:

1. Ignore her entirely. (Get yourself a pair of earplugs if you need to.) She's trying to get your attention, so don't reward her barking by giving it to her! Pretend she's invisible. As soon as she stops vocalizing for a few seconds, you can give her a treat. With repetition, your dog will learn that she gets ignored if she makes noise, but if she's quiet, you deliver tasty treats.
2. As soon as your dog starts to bark or whine, make some sort of noise to let her know that she's made a mistake. You can say "Oops!" or "Too bad," and then immediately leave the room. Don't come back until your dog has been quiet for at least 5 to 10 seconds. With repetition, your dog will learn that making noise makes you instantly leave but being quiet makes you come back. It's important that you respond consistently when your dog makes noise in her crate. It might be frustrating at first, but if you stick to your plan, she'll learn that it's in her best interest to rest quietly when crated.

### **Sunday Afternoon: Alone Time**

Before moving on to Sunday afternoon exercises, give your dog a good workout. Take her outside on a brisk walk or jog, play fetch or tug, or give her a chance to play with a dog buddy. Crate training will be easier if she's tired. After you've exercised your dog, repeat the training steps you practiced this morning, but this time, instead of settling down to relax in the same room as your dog, you'll move around the house

1. Ask your dog to go in her crate. When she does, hand her a delicious chew bone or a stuffed KONG. Then close the crate door and walk out of the room.
2. Stay out of the room for 10 minutes. After the time's up, you can return and let your dog out of the (If she hasn't finished working on her chew thing, take it away after she leaves the crate. She only gets special goodies during crate time.) If your dog makes noise in the crate while you're gone, don't return to let her out until she's been quiet for 5 to 10 seconds.
3. After a short break, repeat the exercise.

This afternoon, continue to repeat the steps above, slowly building up the time your dog stays in her crate. Try to work up to one full hour of alone time., for an hour or two.

### **Sunday Evening: Time to Leave the House**

If your dog can quietly rest in her crate for an hour while you move around the house, you're ready to leave her home alone. Ask your dog to go in her crate and give her something delicious to chew or eat, just like you did before. Then close the crate and, without saying any goodbyes, leave the house for about 10 minutes. When you return, calmly let your dog out of her crate and take away her chew. Resist the urge to celebrate. Your dog will feel most comfortable going into and out of her crate if you act like it's no big deal. Repeat the exercise as often as possible before bedtime, with exercise and potty breaks in between training times. Try to build up to leaving your dog in her crate, home alone

## Introducing a New Dog to Your Resident Dog

Domestic dogs are social animals. This means that they naturally live together in groups. Dogs establish territories that they often defend against entry by intruders or rivals. The territorial and social nature of dogs needs to be considered when a new dog joins the household.

### **CHOOSE A NEUTRAL LOCATION**

Introduce the dogs in a location that is not part of either dog's territory. This will minimize the chances of either dog viewing the other as a territorial intruder. Each dog should have his own handler. With both dogs on leash, take them to an area, such as a park, with which neither is familiar. If you frequently walk the resident dog in the park several blocks from your house, your dog may view that park as her territory, which would not make it a neutral location.

### **USE POSITIVE REINFORCEMENT**

From the first meeting, you want both dogs to expect "good things" to happen when they are in each other's presence. Let the dogs sniff each other, which is normal canine greeting behavior. As they do so, talk to them in a happy, friendly tone of voice, "GOOD DOG, FIDO! VERY NICE!" Do not allow the dogs to investigate and sniff each other for more than 5 seconds, as sometimes this escalates to an aggressive response from one or both dogs. After a few seconds, get each dogs' attention, move a few yards apart, and give each dog a tidbit of a treat in return for obeying a simple command such as "sit". Take the dogs for a walk together, and let them sniff and investigate each other at intervals. Continue with the "happy talk", food rewards, and simple commands.

### **BE AWARE OF BODY POSTURES**

A body posture that indicates things are going well is a play-bow. The dog will crouch with his front legs on the ground and rear in the air. This is an invitation to play, which usually elicits friendly behavior from the other dog. Other things to look for include: loose body movements, soft eye contact, relaxed mouth and ears. Watch carefully for body postures that indicate an aggressive response may occur. These would include hair standing up on the dog's back (piloerection), baring of teeth, deep growls, a stiff legged gait, or a prolonged stare. If you see any of these postures, interrupt the interaction immediately. DON'T do so in a threatening way, but calmly and positively get each dog interested in something else. For example, both handlers can call their dogs to them, move a few feet apart, have them sit or lay down, and reward each with tidbits, which will prevent the situation from escalating into aggression. Try letting the dogs interact again, but this time for a shorter period and/or at a greater distance from each other.

### **TAKING THE DOGS HOME**

When the dogs seem to be tolerating each other's presence without fearful or aggressive responses, and the investigative greeting behaviors have tapered off, you can take the dogs home. Whether you choose to take them in the same or different vehicles will depend on their size, how well they ride in a car, how trouble-free the initial introduction has been, and how many dogs are involved. If you have more than one dog in your household, it may be best to introduce the resident dogs to the new dog one at a time. Multiple resident dogs may "gang up" on the newcomer.

## **THE IMPORTANCE OF SOCIAL RELATIONSHIPS**

Whenever more than one dog lives in a household, the dogs will establish a relationship determined by the outcomes of interactions between the dogs. Owners cannot choose whether the dogs establish a dominance hierarchy. When a new dog is brought into the family, the social balance is upset because the newcomer's place is unclear. It may be difficult to predict which dog in a household may be more interested in toys, sleeping spaces, food, chewies and human attention. Some dogs may also be less tolerant of other dogs encroaching on their personal space, or may be more "pushy" and interested in controlling the movements or activities of other dogs. Owners should not allow or reinforce rude, aggressive, or pushy behaviors from their dogs (new or old). Attention treats, toys, etc., should be given first to the dog(s) who are behaving in the most polite, desirable ways. Owners should not allow pushy dogs to demand owners' attention first. Keep the resident dog(s)' routine as much the same as possible by keeping feeding, exercise, play, sleeping times, and locations the same as before the new dog arrived. You can also give each dog some time alone with you. Perhaps one dog has a difficult time playing with toys because the other dog takes his toys away. Put the possessive dog in a different area with a chew toy while you play with the other dog inside (or vice versa). When structuring these individual sessions, the dogs that are not receiving attention should be kept busy doing something else they enjoy. If a jealous dog thinks another dog is receiving special attention, which he is not, it may contribute to a fighting problem.

## **INTRODUCING PUPPIES TO ADULT DOGS**

Puppies usually pester adult dogs unmercifully. Before the age of four months, puppies may not recognize subtle body postures from adult dogs, which are signals they have had enough. Well-socialized adult dogs with good temperaments can set limits with puppies with a growl or snap. These behaviors should be allowed, even if the puppy over reacts and "screams". Adults which are not well socialized, or who have a history of fighting with or challenging other dogs, may attempt to set limits with more aggressive behaviors, such as biting, which can harm the puppy. For this reason, new puppies should not be left alone with an adult dog until you are confident the puppy is not in any danger. Be sure to give an adult dog some quiet time away from the puppy and some individual attention as described above.

## **IF PROBLEMS DEVELOP**

If the introduction of a new dog to your household does not go smoothly do not allow the conflicts to continue. The more often they occur, the more difficult it will be to get the dogs to coexist peacefully. Dogs can also be severely injured in fights, as can owners if they attempt to intervene. Punishing one or both dogs is NOT the answer, and is likely to make the problem worse. Talk to your veterinarian about spaying and/or neutering any dogs that are intact, and contact a certified animal behavior specialist for information about behavior modification.

## **RECOMMENDED READING**

*Feeling Outnumbered? – How to Manage and Enjoy a Multi-Dog Household*  
Patricia McConnell & Karen London



## Living with Dogs and Cats

Dogs and cats can learn to get along with one another in the same household. They may never relish each other's company, but they can learn to tolerate each other. It is easier to introduce a puppy to a kitten since they are both young and have not had bad experiences with the other species. But even older dogs and cats can learn to live with each other with a few simple rules.

### **1. NEVER ALLOW YOUR PUPPY OR DOG TO APPROACH YOUR CAT**

You may think that your dog just wants to be friends, but your cat will allow just so much sniffing before she decides to tell your dog to "back off!" Dogs like to chase small creatures. That is part of their hunting instincts, so it is not that your dog is being bad, he is following his instincts. Keep your dog in a down/stay whenever your cat is in the room. That way the dog is under control while the cat can gain some confidence around him. If you do not have verbal control over your dog, meaning you can't stop him in his tracks when you tell him "NO" or "OFF", then keep him on a leash in the house until you can learn to verbally control him. Just let your dog drag a six to 10 foot leash around the house behind him so you can stop him easily. Praise your dog as soon as he stops chasing your cat. If you cannot get a handle on the dog's behavior, a good quality training class can put you back in control of the dog so the cat can enjoy her home too! Do not allow your dog to chase ANY small animals. That will only undermine training your dog to leave your cat alone.

### **2. ALLOW YOUR CAT TO APPROACH YOUR DOG.**

By all means, allow your cat to walk up and investigate your dog but watch carefully so the dog does not attempt to chase your cat. By allowing this to happen, your cat will gain trust in you and your dog that nothing bad is going to happen to her. Your cat will begin to realize that sharing a house with a dog (who is not allowed to approach her) isn't so bad at all!

### **3. ALLOW YOUR CAT TO HIDE IF SHE WANTS TO**

Do not force a meeting between the two. Allow your cat to investigate the dog on her own time; just make sure the dog is not allowed to chase her at ANY time. Give her a quiet room to escape to with her food, out of reach of the dog. It may take as long as eight to 10 weeks before your cat will adjust to sharing her home with a canine pal.

### **4. KEEP THE DOG AND CAT SEPARATED WHEN YOU ARE NOT HOME**

Until you feel that your dog is not going to terrorize your cat at any time, do not leave them alone. Either put your cat in a room with the door closed (make sure your cat has her litter box in there as well as some toys and water) or put your dog into confinement (such as a crate placed in your house)

### **5. REWARD ANY POSITIVE INTERACTION BETWEEN THE TWO**

Every time the dog lets the cat approach him or lets the cat walk by him without chasing her, PRAISE, PRAISE, PRAISE such as saying in a happy voice, "GOOODDD DOGGG! WHAT A GOOOD BOY YOU ARE!"

### **6. GIVE YOUR DOG AN OUTLET FOR HIS CHASE BEHAVIOR**

Teach your dog to chase a ball, Frisbee, tether ball or squeaky toy, rather than your cat. Regular exercise can also help your dog remain calm around your cat also.

# How Kids SHOULD Interact with Dogs

Use common sense.

Be polite and kind to pets



Learn to recognize when your dog is scared or anxious



Play appropriate games with pets, such as:

Fetch



ROLL OVER



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

Walking and running with a dog



SNIFF  
SNIFF



Playing hide-n-seek

Always remember:

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



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



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



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# How Kids SHOULD NOT Interact with Dogs

It's common sense. 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 climbing on or trampling



Avoid climbing on or trampling

Avoid pinching



Avoid hugging. Most dogs dislike it.

Avoid screaming around



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

**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.dr.sophiayin.com](http://www.dr.sophiayin.com).



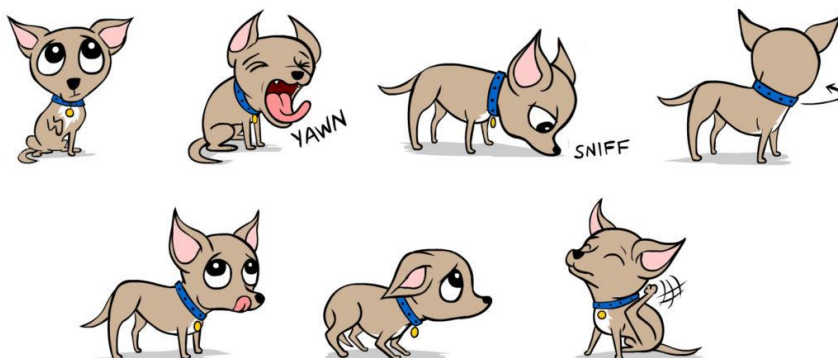


# TALKING DOG

Dogs communicate using body language more than they do vocally. Here's a quick guide to get a good idea of what your dog is telling you. Look at the whole of the dog: head, face, body and tail to get a more accurate idea of what the dog is saying.

## FEARFUL / ANXIOUS / STRESSED

**In all cases, respect the dogs need for space and offer signs of appeasement and peace:** See the Doggy Dos and Don'ts poster

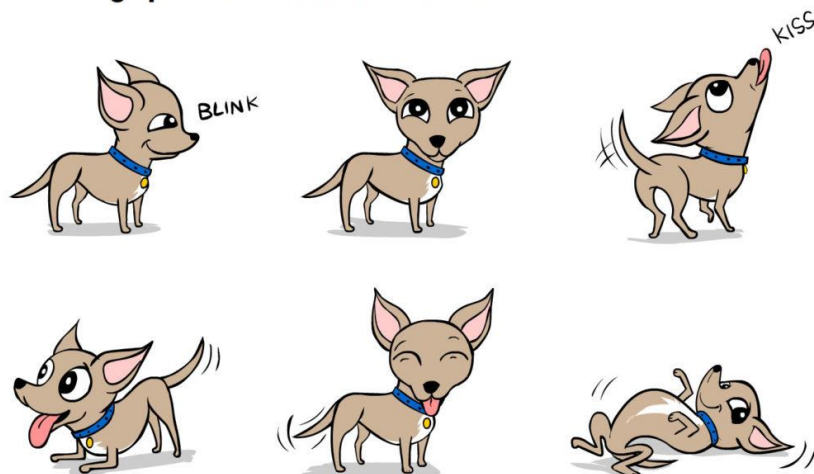


If not read correctly, stress, anxiety and fear often lead to behaviour commonly termed "aggressive", as the dog attempts to make it clearer that they are uncomfortable: raised hackles are a sign of fear:



## CONTENT / HAPPY / SOCIAL

**These dogs pose no immediate threat.**



### TAIL POSITIONS

tucked



in line with spine



high and rigid



low and wagging slowly



### TAIL POSITIONS

relaxed



high and wagging quickly



casually at 45 degrees



Brought to you by **JezRose**  
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