

# ARLGP // CANINE FOSTERING 101

## Introductions to Resident Pets

When introducing your foster pet to the pets already in your home, go slowly and give both pets plenty of space and monitor interactions.

**Have dogs meet on leash:** Do this in neutral territory whenever possible, like a neighbor's yard. Taking them for a walk together around the neighborhood is also an excellent option. Keep some distance between them initially, gradually closing the distance provided things are going well.

**Leave leashes dragging:** If things are going well and you are ready to take the next step have them interact in your fenced yard or in an open space in your home with leashes dragging. This will make it easy for you to intercede (by simply picking up the leashes) if needed.

**Keep dogs separated while you are away:** Even if things are going well it is a good idea to always keep your resident dog(s) and foster dog(s) separate while you are away.

**If the foster is being brought into the house in a crate:** Allow the dog to exit the crate on his own (do not reach in) in a secure room. Once s/he has exited, leash up and head outside for introductions.

**Introducing foster dogs to cats:** Go slowly! Its preferable that the dog and cat can smell and hear each other before being able to see each other. Once they can see each other have a barrier, like a baby gate, separating them and ALWAYS HAVE YOUR FOSTER DOG ON LEASH. If things are going well and you've decided to allow your cat to roam the house leave the leash dragging on your foster dog so that you can act quickly and safely if needed.

## Canine Body Language

**Signs of confidence:** Standing upright, tail up and wagging in a slower sweep, ears perked up or relaxed, soft eyes.

**Signs of fear or concern:** Lowered stance, tail down or tucked under, tail wagging in a quick, almost frantic buzz, looking away, not wanting eye contact, whale eye, barking, lip curling, freezing

**Relaxed:** A relaxed dog may lay comfortable on the floor or their bed, ears relaxed, tail curled at their side or perhaps on their back depending on the breed.

**Pushy Dog-to-Dog Body postures:** Standing over another dog, standing very tall, placing their chin or paw on/over another dog's shoulders, mounting, continuing to pursue interaction when the other dog is retreating.

**Confident/playful body postures:** Calmly accepting the other dog licking their lips, playfully rolling to expose their bellies. Play bows.

**Not confident/stressed/fearful dog-to-dog body postures:** lip licking, tail tucking, ears back, crouching, running away, lip curling, growling, snapping

## Canine Body Language Visual Guide



On alert



Suspicious



Anxious



Feels threatened



Very angry



Calm (gaze turned away)



Stressed (yawns)



Stressed (licks nose)



Calm (sniffs ground)



Respect (walks away)



Leave me alone (big eyes)



Looking for something



Stressed (scratches them-self)



Shakes stress away



Relaxed (relaxed ears and eyes)



Respect (gives you their back)



Happy, polite and ready to be petted



Content



Wants something (looks sweet and sad)



"I'm all yours!" (belly exposed for rubs)

## Basic House Training

**House Training Shelter Dogs:** Dogs newly arriving at your home may be confused in new surroundings and unsure of where to relieve themselves. Dogs who have come in on transport may have been long-term residents in shelters where they did not have regular outdoor potty breaks. In addition, you and the dog(s) may not yet be communicating well. But be patient and watchful, and you can be successful in house training your foster dog.

### Adults: Tips & Tricks

- As a dog adjusts to your home and a new schedule, s/he may need more frequent trips outside to prevent accidents.
- When your foster goes to the bathroom outside, praise him/her!
- If s/he is having accidents inside, confine your foster dog to his/her safe space when you are not there or able to keep a close eye on him/her.
- Only use a crate if your adult dog is already crate trained. If you are interested in crate training, please see the crate training section below.

### Puppies: Tips & Tricks

- Puppies may be just learning how to hold it inside and to eliminate outside and frequent trips out give you the best chance to reinforce that behavior.
- Puppies who are learning may tend to have accidents in front of doors. Place puppy pads in front of doorways to make cleanup of accidents easier.
- Puppies do not understand anything about leash, potty, chewing or greeting manners. It is up to us to establish a bridge of understanding if they are to live with us harmoniously. We are the ones with all the requirements, not them.

### Successful House Training Consists of Four Key Elements:

1. Confinement
2. Training
3. Timing
4. Praise

#### **#1 Key Element: Confinement**

- Puppies/dogs who don't yet understand where it is appropriate to eliminate should be confined to facilitate the easiest house training. The best and most effective place to confine a puppy is in a crate or puppy pen.
- Most dogs do not want to eliminate where they sleep, therefore the crate needs to be just large enough for the dog to stand up/lie down/turn around comfortably. If the crate is too big the dog will eliminate at one end and sleep at the other.
- Please be mindful of the length of time a dog is in the crate. They need to be taken outside on a schedule appropriate for their age. Dogs should be given plenty of time to play, get physical affection and engage in mental stimulation.
- Adult dogs who are not crate trained can be set up in a secure place that is easy to clean like a kitchen or bathroom.

**As a rule, the length of time a puppy can be confined to a crate without going outside is roughly equal to his or her age in months:**

- 2 months old = 2 hours of confinement without an elimination break

### **#2 Key Element: Training**

- Dogs have very short situational memories, so correcting him/her after having an accident isn't effective. If you catch your foster mid-elimination you may have the chance to bring him/her outside to finish, but this should not be accompanied by a reprimand.
- If your dog or puppy eliminates inside simply clean it thoroughly and try to catch him/her next time. This process takes time and consistency.

### **#3 Key Element: Timing**

- Puppies and dogs earn freedom by eliminating appropriately. The best time for a puppy to be out of his crate or puppy pen is AFTER eliminating outside. The free time will still need to be strictly supervised, so that at any signs of looking for a place to eliminate the puppy can be taken outside. Baby gates are also a good way to limit the space to monitor chewing and behaviors not welcome or safe for the puppy.
- Any time there is a change in activity, such as playing or eating, the puppy MUST be taken outside.
- The puppy will also give certain indications each time he or she needs to eliminate: abruptly stopping play, circling, sniffing, running out of the room, or simply a look like something is on his or her mind. You will easily learn by observation what the signs are for your foster puppy.

### **#4 Key Element: Praise**

- If your foster pup eliminates outside or if you catch them and are able to rush them outside, give lavish verbal praise and pets afterward.
- Never punish or give negative verbal corrections like, "NO!" if your foster dog has an accident as we do not want to create anxiety around the act of eliminating.

## **Other Considerations**

### ***Waking up in the middle of the night with puppies***

- Nighttime needs should diminish quickly as the puppy gets older. At first, you may need to get up two or three times a night for a 7-week-old puppy. That frequency should quickly reduce for a 9-week-old and so on.
- When a puppy cries in the night, you do have to check on him/her, it is the only way for the pup to communicate that there is a problem. You will soon learn when the pup is just fussing a bit. All midnight trips should be for elimination breaks only. Not the time for playing. That will cause the puppy to want to get up to play during the night.

### ***Submissive Urination***

Submissive urination is a normal way for some puppies to demonstrate submissive behavior. Even a puppy that is housetrained may leave little puddles of urine during greetings. The puppy is telling you that you are being recognized as the leader. This usually resolves by 2 years of age.

### Things you can do to deter the behavior:

Always greet the dog quietly without excitement. Don't bend over them to pet them on the head.

- If possible, have visitors meet them outside just in case.
- Never scold them as it will make this behavior worse.

### Canine Feeding Guidelines

Feeding can vary from brand/type as well as based on the dog's needs. Use these charts as a general guideline and adjust based on your individual dog. Adult dogs should be fed twice per day and puppies 8 weeks and over should be fed 3 to 4 times per day.

Weight of Dog	Puppy	Average	Active	Senior
5-10 lbs	$\frac{3}{4}$ - $1\frac{1}{4}$	$\frac{1}{2}$ - 1	$\frac{3}{4}$ - $1\frac{1}{4}$	$\frac{1}{2}$ - $\frac{3}{4}$
10-20 lbs	$1\frac{1}{4}$ - 2	1 - $1\frac{1}{2}$	$1\frac{1}{4}$ - $1\frac{3}{4}$	$\frac{3}{4}$ - $1\frac{1}{4}$
20-30 lbs	2 - 3	$1\frac{1}{2}$ - 2	$1\frac{3}{4}$ - $2\frac{1}{4}$	$1\frac{1}{4}$ - $1\frac{3}{4}$
30-40 lbs	3 - $3\frac{3}{4}$	2 - $2\frac{1}{2}$	$2\frac{1}{4}$ - $2\frac{3}{4}$	$1\frac{3}{4}$ - $2\frac{1}{4}$
40-50 lbs	$3\frac{3}{4}$ - $4\frac{1}{2}$	$2\frac{1}{2}$ - 3	$2\frac{3}{4}$ - $3\frac{1}{4}$	$2\frac{1}{4}$ - $2\frac{3}{4}$
50-60 lbs	$4\frac{1}{2}$ - $5\frac{1}{4}$	3 - $3\frac{1}{2}$	$3\frac{1}{4}$ - $3\frac{3}{4}$	$2\frac{3}{4}$ - $3\frac{1}{4}$
60-70 lbs	$5\frac{1}{4}$ - $5\frac{3}{4}$	$3\frac{1}{2}$ - 4	$3\frac{3}{4}$ - $4\frac{1}{4}$	$3\frac{1}{4}$ - $3\frac{1}{2}$
70-80 lbs	$5\frac{3}{4}$ - $6\frac{1}{2}$	4 - $4\frac{1}{2}$	$4\frac{1}{4}$ - $4\frac{3}{4}$	$3\frac{1}{2}$ - 4
	cups (dry)	cups (dry)	cups (dry)	cups (dry)

### Crate training 101

Crate training takes advantage of your dog's natural instincts as a den animal. The crate becomes your dog's den, where they can find comfort and solitude while you know they're safe and secure.

The primary use for a crate is housetraining, because dogs don't like to soil their dens. The crate can limit access to the rest of the house while they learn other rules, like not to chew on furniture. Crates are also a safe way to transport your dog in the car.

#### Crating caution

A crate is not a magical solution to common canine behavior. If not used correctly, a dog can feel trapped and frustrated.

- **Never use the crate as a punishment.** Your dog will come to fear it and refuse to enter.
- Don't leave your dog in the crate too long. A dog that's crated all day and night doesn't get enough exercise or human interaction and can become depressed or anxious. You may have to change your schedule, hire a pet sitter or find some other way to reduce the amount of time they spend in their crate each day.
- Puppies under six months of age shouldn't stay in a crate for more than three or four hours at a time. They can't control their bladders and bowels for that long. The same goes for adult dogs

being housetrained. Physically, an older dog can hold it, but they don't know they're supposed to.

- Crate your dog only until you can trust them not to destroy the house. After that, it should be a place they go voluntarily.

A crate may be your dog's den, but just as you would not spend your entire life in one room of your home, your dog should not spend most of their time in their crate.

## Crate selection

Several types of crates are available:

- Plastic (often called "airline kennels")
- Fabric on a collapsible, rigid frame
- Collapsible, metal pens

Your dog's crate should be large enough for them to stand up and turn around in. If your dog is still growing, choose a crate size that will accommodate their adult size. Block off the excess crate space so your dog can't eliminate at one end and retreat to the other.

## The crate training process

Crate training can take days or weeks, depending on your dog's age, temperament, and past experiences. **It's important to keep two things in mind while crate training:**

- The crate should always be associated with something pleasant and training should take place in a series of small steps.
- Don't go too fast.

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

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

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

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

- After introducing your dog to the crate, begin feeding them their regular meals near the crate. This will create a pleasant association with the crate.
- If your dog is readily entering the crate when you begin Step 2, place the food dish all the way at the back of the crate.

- If they remain reluctant to enter, put the dish only as far inside as they will readily go without becoming fearful or anxious. Each time you feed them, place the dish a little further back in the crate.
- Once your dog is standing comfortably in the crate to eat their meal, you can close the door while they're eating. The first time you do this, open the door as soon as they finish their meal. With each successive feeding, leave the door closed a few minutes longer, until they're staying in the crate for 10 minutes or so after eating.
- If they begin to whine to be let out, you may have increased the length of time too quickly. Next time, try leaving them in the crate for a shorter time period. If they do whine or cry in the crate, don't let them out until they stop. Otherwise, they'll learn that the way to get out of the crate is to whine, so they'll keep doing it.

### ***Step 3: Practice with longer crating periods***

- After your dog is eating their regular meals in the crate with no sign of fear or anxiety, you can confine them there for short time periods while you're home.
- Call them over to the crate and give them a treat.
- Give them a command to enter, such as "kennel." Encourage them by pointing to the inside of the crate with a treat in your hand.
- After your dog enters the crate, praise them, give them the treat, and close the door.
- Sit quietly near the crate for five to ten minutes, and then go into another room for a few minutes. Return, sit quietly again for a short time, and then let them out of the crate.
- Repeat this process several times a day, gradually increasing the length of time you leave them in the crate and the length of time you're out of sight.
- Once your dog will stay quietly in the crate for about 30 minutes with you mostly out of sight, you can begin leaving them crated when you're gone for short time periods and/or letting them sleep there at night. This may take several days or weeks.

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

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

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

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

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

Put your dog in the crate using your regular command and a treat. Initially, it may be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy. Puppies often need to



go outside to eliminate during the night, and you'll want to be able to hear your puppy when they whine to be let outside. Older dogs, too, should initially be kept nearby so they don't associate the crate with social isolation.

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

### *Potential problems*

**Whining:** If your dog whines or cries while in the crate at night, it may be difficult to decide whether they're whining to be let out of the crate, or whether they need to be let outside to eliminate. If you've followed the training procedures outlined above, then your dog hasn't been rewarded for whining in the past by being released from their crate. If that is the case, try to ignore the whining. If your dog is just testing you, they'll probably stop whining soon. Yelling at them or pounding on the crate will only make things worse.

If the whining continues after you've ignored them for several minutes, use the phrase they associate with going outside to eliminate. If they respond and become excited, take them outside. This should be a trip with a purpose, not play time. If you're convinced that your dog doesn't need to eliminate, the best response is to ignore them until they stop whining. Don't give in; if you do, you'll teach your dog to whine loud and long to get what they want. If you've progressed gradually through the training steps and haven't done too much too fast, you'll be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

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



# How to Handle PUPPY NIPPING with COMPASSION

Puppies play and explore the world through the use of those tiny, sharp teeth. They are teething, so their mouths are on fire. The act of chewing/nipping can ease their pain/discomfort.

It's our job to teach our puppies that teeth on humans is not okay, but we must do it *pawsitively*. Scaring them can cause normal puppy nipping to turn into fear of us and the world, and in many cases, lead to aggression.

## WHAT NOT TO DO

*These can cause fear of people or fear-aggression.*

Never hit Puppy.



Never yell at Puppy.



Never hold Puppy's mouth closed.



Never push Puppy.

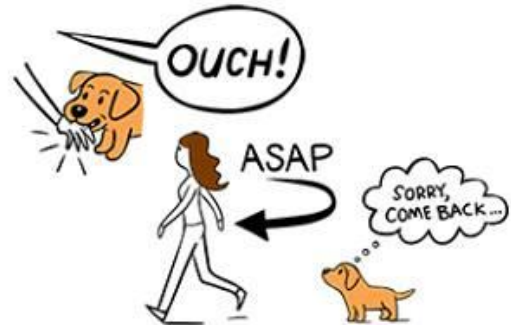


Never use shake cans, spray bottles or noise makers to stop unwanted behaviors.



## WHAT TO DO

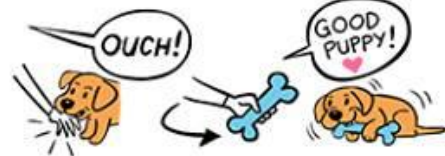
When Puppy nips, let out a high-pitched "ouch," cry or yelp, then immediately remove your attention by turning or walking away.



Count to ten, then re-engage calmly and praise Puppy for keeping Puppy's teeth away from you and for being sweet. Repeat if Puppy nips again.



OR...Replace your hand with a chew item.



MANAGEMENT is key in preventing puppy nipping.



*Three Words to Remember:*

**SWIFTNESS, CONSISTENCY, CALM.**

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