

Shelter and Rescue
The^DOG BOOK

WHAT YOU SHOULD KNOW
ABOUT DOGS

Debra Ekman

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THE ^ DOG BOOK
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Donations to support this book benefit Your Dog's Friend, a non-profit organization whose goal is to help keep dogs out of shelters by educating and supporting their humans. We offer: free workshops, positive training classes, training and behavior advice, referrals, an informative website, and an e-newsletter with articles and resources. For more information about Your Dog's Friend, check our website, **www.YourDogsFriend.org**.

Although I dislike using the words "dog owner", for simplicity's sake, it seems to work best. Please keep in mind, though, that I do not think that we own our dogs. We are their guardians, entrusted with their care and protection.

INTRODUCTION

I love dogs! I love watching them play and lounge in the sun. I love hearing their deep sighs of contentment. I love how they huddle together and how, five minutes after they quarrel, one will lay his head on the other's back. I love the simplicity of their lives. Sometimes, I even envy it.

Of course, I get to see all this because my dogs have the shelter, food, love and attention that all dogs need. There are too many that don't. There are too many dogs in shelters, and there are too many dogs euthanized every year. Yet, dogs are social animals that can be trained. Very few are born aggressive, destructive or hyperactive. When dogs are relinquished for these or similar reasons, the fault is ours, not theirs.

I think the problem is that most dog owners don't understand what their dog needs or how their dog learns. First, they choose the wrong dog for their lifestyle. Then, they provide basic care and wait for their dog to become the perfect family pet. Sometimes, it works out. Too often, it doesn't. When they face issues they never expected, even

well-meaning owners can become stressed and overwhelmed.

I have lived with as many as ten adopted dogs at once and nearly twenty altogether. You would think that, somewhere along the line, I would have figured out all that I needed to know. But until I decided to study dog behavior and training, I didn't understand what motivates dogs or how they think. Until I volunteered at a rescue and shelters, I didn't recognize that dog owners give up their dogs because of problems that could have been prevented in the first place.

I do have some biases you should know about. I wish more people would get their dogs from shelters and rescues, and I wish more people would realize the benefits of adult dogs over puppies. But no matter where you found your dog or what kind of dog he is, this book will help you better understand your pet and his needs. **Please read every section**, even if one doesn't seem relevant to you. I can guarantee that you'll learn worthwhile tips from the puppies section, even if your dog is an adolescent or adult. And you'll find other information helpful to all dog owners throughout.

You will notice that I suggest using treats as rewards. One

of the complaints I hear is that dog owners can't have treats on them all the time. In the beginning, wear a treat pouch, have treats stashed around the house, or put treats in your pocket. You will be able to phase out the treats over time. They are only a training tool. It is worth meeting with a dog trainer or taking a training class to help you use this tool. Both you and your dog will be better off for it.

Make sure you check some of the books and websites listed in the back. You can also reach me and find **a lot** more information **at our** website, **www.YourDogsFriend.org**. Together, we can help your dog become your lifetime companion.

THE SCOOP ON SHELTER AND RESCUE DOGS

I am partial to shelter and rescue dogs. Maybe it's because too many dogs end up in shelters through no fault of their own. There was a divorce; the owner is moving; the dog wasn't trained. Maybe it's because all of my dogs have been from shelters and rescues. All but one are mutts. I don't know how they started their lives or how they came to be throwaways, but I do know that they are now living their lives as devoted, loving family pets.

Shelters care for purebreds and mutts, strays and owner give-ups. Some rescues take in all kinds of dogs, but many rescues are devoted to a particular breed. Rescues generally place dogs in foster homes. Most shelters have onsite kennels and foster homes to house their dogs. So, if you don't see what you're looking for at a shelter, ask what other dogs they have in foster care. Also, check to see if a temperament evaluation has

been done or, if you have a reason to be concerned, request one after you apply for the dog.

You can tell something about a dog's temperament and size by considering his breed, but there is a great deal of variation within breeds. So, when you look at a dog, keep the breed in mind, but look at the individual dog. With mutts, you may know even less about the dog, but you are also less likely to face the health and behavior issues that come with over-breeding or poor breeding. Generally, dogs in pet stores or advertised online or in newspapers are not from good breeders. Some of the most popular breeds are subject to the whims of backyard breeders and puppy mills, which breed a great number of dogs for the money without caring about how the dogs are kept or socialized. Whether you adopt a purebred dog or a mutt is a matter of choice, but you are not guaranteeing yourself a better dog by choosing a particular breed.

It can be difficult to walk through a shelter because the dogs are usually under stress. Some bark for attention; some pine for their owners; some fight with their neighbors; while others curl up, as if to wish it all away. Children in particular can find visiting a shelter disconcerting. But I know that you

can find your dog in a shelter. Try squatting down sideways in front of the kennel and speak gently to the dog. See if the dog watches you quietly or comes over to greet you. Both are good responses. If you're choosing a puppy, look for the one that responds to you without throwing himself at you, and that seems able to calm down after a sudden noise or movement. On your visit outside the kennel, don't hover over the dog, make direct eye contact, or reach over the dog's head. You want to help the dog stay calm.

Some adopted dogs will be fearful at first, but you can help your dog become accustomed to his new home in a number of ways:

- Let your dog explore the outside of your home first, and give him a chance to go to the bathroom. If you give him praise and a treat for going to the bathroom outside, you're getting off to a good start.
- When you go inside, keep your dog's leash on, but don't pull your dog anywhere and don't let family members crowd him. If you have children, let your dog come to them and have them give the dog a treat. If your dog starts to do something

forbidden in his new home, like get on the couch, show him where you'd like him to be, and reward him for lying there instead.

- Stick to a routine, even on weekends, so that your dog knows what to expect. Besides helping reduce your dog's anxiety, this will make housetraining your dog easier and quicker.
- Give your dog a safe place to escape, like in his crate. When you're home, leave the door to the crate open with toys and a few treats inside.
- Help your dog gain confidence by teaching him some basic training cues. His training sessions should be short and FUN! Use positive reinforcement ONLY. Your dog doesn't need the yank and pull method; no choke, prong, or shock collars.
- Try hand feeding your dog to gain his trust. If your dog tends to hide, put small amounts of food around the house, so he is motivated to come out and is rewarded for his efforts.
- Approach your dog in a way that won't feel threatening, and teach others how to approach your dog also. Try not to lean over your dog, come toward him head-on, look directly

at him, reach over him or pat him on the head. Instead, angle sideways, bend at your knees instead of your waist, and pet your dog under his chin or on his chest.

- Reward your dog for good behavior. Don't punish him or yell. Interrupt unwanted behavior, and show him an acceptable alternative that you can then reward .
- Try to desensitize your dog to the veterinarian's office, grooming, or other strange situations a little at a time. For example, take your dog outside the vet's office, give him treats, then leave. Next time, go inside, give him treats, and leave. Introduce your dog slowly to grooming equipment, while giving him treats. It may take multiple sessions to groom your dog, but that's okay. Take your time now to avoid problems later.
- Never force your dog to meet strangers or other dogs. If your dog is anxious, keep him at a distance from what triggers his fear, while you play with him or give him treats. You may be able to gradually decrease the distance if your dog starts associating what was fearful with good things instead.

To prevent accidents and destructive behavior, you should leave your dog in a crate or confined area when you're not home. If you train your dog to the crate and put a dog bed and chew toys inside, he will see it as a safe, comforting den. Expose your dog to the crate slowly, making it a positive place by leaving treats and meals there with the door open. Eventually, you can close the door, but increase the time gradually. Consider hiring a neighbor or dog walker to walk your dog during the day, so he isn't confined for more than four consecutive hours.

Remember that a bored dog is more likely to get into trouble. Your dog needs regular exercise, like long walks or runs or play dates with other active dogs, and mental stimulation, including positive training and toys that allow him to use his brain. If your dog is too strong for you, buy a no-pull harness, the Sense-ation or Freedom Harness for example, or a head collar, such as a Gentle Leader or Halti, until you train him to walk without pulling. To keep your dog occupied, give your dog interactive toys. You put treats in these toys, and your dog has to move the toy around or remove parts of the toy to get the treats out. Another good idea is to stuff rubber Kongs with layers of treats or wet kibble, cheese, and even peanut butter, freeze them, and give one to your dog as something special to chew.

Sometimes, a dog is so stressed when his owner leaves that he barks, chews, scratches or hurts himself. Some tips on helping your dog get over separation anxiety include:

- When you're home, don't let your dog be with you all the time. He needs to learn how to be independent and to calm himself. Let him spend some time away from you chewing his stuffed Kong or playing with his interactive toy.
- Have a radio on when you're home, and keep it on when you leave. For some dogs, the radio will provide a sense of continuity and comfort.
- Practice picking up the items, like keys and the bag you take when you leave your home; but don't leave. Do this repeatedly until you can pick up these things without your dog's anxiety level rising.
- Now, practice leaving your home for just a few minutes, and return. Very slowly, increase the length of time that you're out. Your dog will see that you always come back.

- Keep your departures and arrivals calm. These shouldn't be the highlights of your dog's day.
- When you leave, confine your dog to a safe area. If his separation anxiety is minor, it can be a crate. Some dogs, though, feel such severe anxiety that they will do anything, even hurt themselves, to get out of the crate. If left loose, however, anxious dogs will wreak havoc, chewing furniture and destroying windows. So, you may need to leave him in a room where he can't do damage to himself or your things.
- Place a shirt with your scent in his crate (or room). You could also try Comfort Zone, a DAP (dog appeasing pheromone) diffuser, spray or collar, which releases an odor like that of a nursing mother dog, or Rescue Remedy, a mixture of plant essences that seem to have a calming effect. Some dogs are even comforted by the smell of lavender or by wearing tight t-shirts or wraps. These two websites, www.thundershirt.com and www.anxietywrap.com, have wraps you can buy online.
- Try to exercise your dog in the mornings, so he'll be tired

while you're gone. Also, do a few minutes of training to build his confidence.

- Consider leaving your dog at a small, in-home doggie day care. Corporate day cares often have too many dogs in one room with insufficient and poorly trained staff. Day care of any type is not a good option, however, if your dog shows signs of being uncomfortable around a group of off-leash dogs.
- Don't punish your dog when you come home for whatever he did while you were gone.
- In severe cases, talk to your vet about medication to help reduce your dog's anxiety.

I don't recommend electronic training devices, including electronic collars, shock mats, or shriek alarms. I would also stay away from training collars (sometimes called choke or slip collars) and prong collars. You are trying to build trust with your dog, and there are positive, reward-based training alternatives. In addition, you can increase your dog's fears, anxiety or aggressive tendencies by using punishment. Remember that your adopted dog has already been through a lot. He can learn without pain; so, why use it?

You also DO NOT need to show your dog that you're "dominant". Let's face it: Your dog already knows that you control everything he wants - food, water, access to the outside, attention, toys and playtime. You want a dog that enjoys working with you, not one that complies out of fear. You want a dog that trusts you to protect him, not one that acts to protect himself. Using intimidation or silly rules about your being the first out the door or down the stairs will have the opposite effect. What's most important, from the moment you bring your dog home, is developing your relationship. You don't know how your shelter or rescue dog was treated before, but you can decide that, with you, he will be in a loving, secure home.

Unless pit bulls are outlawed in your area, you will undoubtedly see a number of them at the shelter. So, let me address this issue. Unless the dog has been purposely neglected or abused, pit bulls can be good family pets. Keep in mind, though, that they were bred to fight; so, you should exercise caution. Like any dog, they should not be left alone with young children. And if you have more than one dog, the pit should be kept separate when no one is home, even if the dogs are best friends. Dogs can look at each other the wrong way, and a fight can ensue.

This can happen with all dogs, but pit bulls have strong jaws and they sometimes won't let go of another dog. If you want to know more about adopting pit bulls or other bully breeds, consult www.hellobully.com or buy "Training Secrets for Bully Breeds", available from www.populardogs.com. The articles in this magazine were written by pit bull owners and lovers, who give reasonable advice from their own experience.

Some people are afraid to adopt their dog from a shelter or rescue. Don't be. Give them time to adjust to their new surroundings. Remember that, like any dog, they need love and consistency to thrive. These dogs are some of the most loyal companions you will ever find, and you will be lucky to have one in your life.

2

PARENTING A PUPPY

Let's start with the idea that puppies aren't for everyone. Puppies are playful, developing dogs that chew, nip, jump, and have accidents. They need to be housetrained, supervised, exercised, socialized, and trained. Puppies younger than six months need to be fed three times a day. Unless you are planning to show your dog, puppies should be spayed or neutered. Keep in mind that, with some variation, most puppies reach sexual maturity at about six months. A puppy's medical needs include vaccinations at six to eight weeks, with two sets of follow-up vaccines three to four weeks apart. This does not mean, however, that you should wait to begin Puppy Kindergarten. It's important to start your puppy, as young as possible, learning and socializing in a controlled setting.

Housetraining requires routine and constant supervision. Puppies need to go out after they eat, sleep, drink, play, and before bed. DO NOT leave your puppy's food out all day. You need regular feeding times to make housetraining successful. When you are first housetraining a puppy, it's a good idea to

take him out at least every two hours. If he doesn't go, put him in his crate or tied to you for another ten minutes and try again. If you get in the habit of saying something like "go to the bathroom" as you see your puppy going, you can teach him to go on cue. You can train your dog to go in a particular area by consistently taking him there. If you can place his feces or the paper towel used to clean an accident where you want your dog to go, the smell will also encourage him. Going to the bathroom and going for a walk should be different issues. Otherwise, you will be forced to go for a walk to get your puppy to eliminate, even if you're sick or there's a blizzard.

When you take your puppy out, give him an extra ten minutes after he goes to make sure he has emptied his bladder fully. Inside, closely supervise your puppy. Some puppies can go into an ex-pen, which is like a puppy playpen, for the first half hour after coming inside; but if your puppy has accidents in that half hour, don't use it. Whenever you can, have your puppy tied to you. If you see him start to go to the bathroom, get him outside quickly, and reward him for going. If you're too late, don't punish him. If you do, he may learn to be afraid to go to the bathroom in your presence. Take him outside to remind him where to go, and clean the accident inside with an en-

zymatic cleaner to remove the scent.

When you can't supervise him, your puppy should be in a crate. On average, puppies can only hold their urine for an hour longer than their age in months. In other words, you can't leave your three month old puppy for longer than four hours. Although some dog owners hate the idea of using a crate, your puppy will see it as a comforting den, as long as you take the time to train him to the crate and leave toys for him. Throw in treats and give him meals in the crate with the door open, then close the door for only short periods of time, and work up from there. Your dog's crate should **not** be in a basement away from family activities. It's probably a good idea to have two crates, one where your family tends to gather and another in the bed room, so your dog can be near you when you sleep. At night, you don't want your puppy to whine because he's isolated. You also need to have him near, so you can tell when he has to go out in the middle of the night.

Crates can only be effective for housetraining if you use the right size. Some crates have an insert, so the crate can be enlarged as the puppy grows. Otherwise, put a box in the back to take up space. Your dog should not be able to go

potty at one end, then comfortably lie down at the other. As a rule of thumb, the crate should be one and a half times the length of your dog, without his tail, so he has room to stand up and turn around. Don't leave absorbent materials, like towels, in the crate. Otherwise, your pup will pee on the towel and kick it out of his way. This will greatly slow housetraining.

Puppies teethe until about six months of age and continue to chew much longer. They also explore with their mouths. Your Puppy's food should be hard without a lot of grains and fillers. Have a frozen washcloth available for teething, and rotate your puppy's chew toys so they always seem new and interesting. Unless your puppy is confined when left alone, expect him to chew whatever is available. That includes furniture, carpet, walls, and clothes.

When you buy chew toys, stay away from toys that resemble your children's toys, your shoes, or the fringes of your rugs. Some of the better chew toys are Nylabones, Kongs, sterilized bones, bully sticks, and Galileo bones. To make them even more appealing, soak Nylabones in beef or chicken broth for fifteen minutes, and stuff the hole in Kongs or sterilized bones with layers of treats, wet kibble, cheese or peanut butter. Then,

freeze the Kong, so it takes more time to get out the contents. The Galileo bones are expensive, but are good for strong chewers and can last for years. For a dog bed, consider the Kuranda Chew-Proof Dog Bed or Orvis for Dogs' Toughchew Dog's Nest. Both are difficult for dogs to chew and are available on line.

Nipping and rough play are natural to puppies. However, wrestling and roughhousing with your puppy are not good ideas. Children can be hurt by your puppy's sharp teeth. These games will over-stimulate your puppy and make him mouth more. And such aggressive play may not be cute when your puppy grows to full size. Playing tug, however, can be good for your puppy if: 1) you teach your puppy a cue for starting and stopping the game; and 2) your puppy stays at the bottom of the tug, instead of moving up toward your hand.

You have to teach your puppy appropriate behavior if you want to get the adult dog you want. There are important life-long lessons that you should work on as soon as you bring home your new puppy:

- **Bite Inhibition:** When your puppy nips too hard, loudly exclaim, "OUCH", as if you've been hurt. Then, give your puppy an appropriate chew toy, and reward his calm behavior.

If he continues to nip, leave the room for a few seconds; he is losing his playmate by biting too hard. If your puppy still can't control his bite after you return, leave for good and try another time.

- **Impulse Control:** Your puppy should start Puppy Kindergarten as young as eight weeks. You only need to wait until after his first set of vaccines, given by the breeder. If your puppy is frightened in class, go at his pace. Redirect his attention to a food treat or toy and encourage him gently. In addition to training your puppy in class, you should teach him self-control in real-life situations. For example, if your puppy jumps on you, ignore him and wait. When he has all four feet on the ground, praise him, ask him to sit, and give him a treat. If you start to enter the house and your pup is jumping, close the door instead. He won't get the pleasure of your company until he calms down. Ask guests to do the same, so your pup isn't rewarded for rowdy behavior. When he IS calm, let your guests offer him a treat.
- **Tolerance for Touch:** You need to touch your pup all over his body, including between his toes, around his ears, and in his mouth, so that he'll be okay taking pills, having his

teeth brushed, being groomed, or going to the veterinarian. Get him used to a leash and collar by having him wear a leash around the house for increasing lengths of time when you're home. NEVER leave a leash on an unsupervised dog.

- **Resource Guarding:** Start teaching your puppy not to guard food, toys or trash (another favorite). Never chase him to get something back, or it will become a fun game. If, when you take something away from him, you always exchange it for something better, your puppy won't run away from you with his treasure. Periodically, pick up his food bowl and return it with a big piece of chicken or some other very special treat.

Your puppy also needs to be **socialized**, especially before four months of age, to help him avoid becoming a fearful or aggressive dog. Socialization doesn't mean, though, that you take your puppy everywhere and hope for the best. It is your job to ensure that his experiences with people and other dogs are good ones. Don't take your puppy to a dog park, since this is an uncontrolled environment where anything can happen and fears can develop. Instead, let your puppy meet friends' dogs that you know are healthy and up to date on vaccines. Don't

overwhelm your puppy or let strangers, especially children, approach him in ways that make him uncomfortable. When you take your puppy places to expose him to different surfaces and environments, use treats to encourage him. Don't force him, and be ready to leave at any moment.

If you're unsure if a puppy is right for you, let's tackle some myths about adult dogs. Contrary to popular belief, **adult dogs can be trained**. They have, in fact, been adopted and trained by law enforcement and service organizations. Adult dogs can bond to you and become devoted, loyal companions. Adult dogs can be less trouble than puppies. They are calmer, better able to hold their urine, and less likely to chew your things. And when you adopt an adult dog, you know what you're getting. You will see changes in your dog's personality as he becomes more comfortable in his new home, but you already have an idea of his size and temperament.

One more thing: Whether you adopt a puppy or an adult dog, make sure you think through what type of dog fits your lifestyle. This doesn't mean that you only research and consider purebreds. In fact, mutts sometimes have fewer temperament issues than some of the most popular and over-bred breeds. What it does mean, though, is that you don't pick a Border Collie

mix if you are a couch potato or a Weimaraner if this is your first dog. Don't go for the adorable puppy that will grow bigger than you can handle, or the cute toy breed that is too fragile for the rough and tumble play of your children. Let others, with different priorities and needs, adopt them. Choose a dog that you can love forever, train him to be your well-behaved companion, and ENJOY!

3

DOG BASICS

You will be able to train your dog and solve most problems if you understand some basic truths about dogs.

Dogs have to figure out what you want them to do. Imagine you're in a foreign country and you don't know the culture or language. That's your dog's world! Remember that your dog, like any foreigner, has to constantly interpret what's going on around him. So, your family has to decide, from the beginning, which rooms your dog will be allowed in, whether he can get on the sofa, and what words to use for training cues. If you're consistent, it will be much easier for your dog to understand what you want. And when you teach a new skill or behavior, use rewards as a way to tell your dog that he has just done the right thing. Sometimes, when your dog "misbehaves" or "doesn't listen", all it means is that he doesn't yet understand what you want.

Your dog learns by watching you. Your dog is a master of details. He knows whether you're going to work, to the gym,

or staying home by which shoes you put on. So, when you teach a training cue, recognize that your dog learns first from your physical cues. Don't use words until your dog is doing the act that you're asking for. If you introduce the verbal cue too soon, your dog will just look at you. He doesn't know the difference between the words "sit" and "banana". So, don't confuse him with words until he's ready.

Management allows your dog to be right. Management includes things like crating your dog to prevent destructive behavior; using a baby gate to separate your dog from visiting children; putting your shoes away, so they can't be chewed; or attaching your puppy to yourself, so you'll be able to get him outside before he has an accident in the house. Too often, management is ignored. The dog is then blamed for misbehaving, and sometimes even given up to the shelter, when the dog owner could have prevented the problem in the first place. Please don't ignore this important tool!

Dogs repeat behaviors that get them what they want. Your dog wants food, toys, playtime, access to the outside, walks and attention. He knows that you control these things, but he isn't sure how to get them. Finally, he figures out that

if he does a certain skill in response to a training cue, he gets a treat. Or if sits, instead of jumping, he gets attention. Dogs are good at watching our every move to see what it means for them. That's why positive reinforcement training works: Dogs will work for rewards, whether it's food, a favorite toy, playtime with you or an opened door. The flip side, however, is that you can easily reinforce behaviors that you don't want. Back to jumping: If your dog jumps on you to get your attention and you talk to, look at or interact with your dog in any way, you have just reinforced his jumping and he will do it again next time.

We try to change behaviors that are normal to dogs. Your dog naturally chews, jumps, barks, urinates, and defends himself when he feels threatened. These are the exact habits that we don't like. Imagine that we weren't allowed to do something natural to us, like using our hands. That wouldn't make any sense to us, and we would need help learning another way. That is your job with your dog. First, you should try to prevent your dog's unwanted behavior by managing his environment. Use a crate, a baby gate, or tie your puppy to yourself. If, however, your dog does something natural to him but inappropriate to you, teach him an alternative that will be re-

warded. He can urinate outside, not inside, and he can chew on the chew toy, not the furniture.

Dogs and humans communicate differently. Despite our best intentions, many of our actions stress our dogs. You should avoid approaching your dog head-on, leaning over him, reaching over to pet his head, or staring directly at him. All of these actions may be seen as threats, especially by a rescued dog new to your home. You can help your dog relax by being consistent, so he knows what to expect. Also pay attention to your dog's body postures. If you can determine whether your dog is feeling relaxed, aroused or fearful, you can manage the situation accordingly. Look at the book *Off-leash Dog Play* by Robin Bennett and Susan Briggs or "The Language of Dogs" DVD by Sarah Kalnajs. Much of our dog's behavior around other dogs or people is ritualistic posturing, not intended to cause harm and not worth the anxiety we bring to the situation. Other behaviors are stress or arousal signals that we often ignore.

Dogs learn by association. This may be the most difficult concept for us to understand, but it's also one of the most important. If your dog is wearing a prong collar and he pulls to get to other dogs, he may think that the pain from the prong collar is caused by other dogs and start being aggressive

when he sees another dog. On the other hand, if you give your dog treats when he sees other dogs, you can often change how he feels because now, he associates other dogs with something good happening. When you're training your dog, giving him treats when he stays near you on walks will teach him not to pull. If you give your dog a treat when you see him sitting, your dog will start sitting more without being asked. You will be able to phase out the treats, but the associations will remain.

Positive, reward-based training has a number of advantages that are particularly important for shelter and rescue dogs:

- You and your dog develop a trusting relationship.
- Your dog enjoys training, instead of complying out of fear.
- Positive methods, unlike harsher ones, cannot create anxiety and fear issues in dogs.
- Positive trainers look for the root of the problem, rather than just suppressing behavior, which is then likely to re-emerge or express itself in a different way.
- Owners don't cause their dogs pain or discomfort by using

choke, prong, electronic shock collars or other aversive methods.

- Your dog learns what you want him to do, instead of being punished for what he does wrong.

Force is never a good idea. Don't use choke (sometimes called training or slip) collars, prong collars (that pinch the dog's skin) or electronic shock collars, even for training. They are NEVER appropriate, but can be especially harmful to shelter and rescue dogs. So are other popular punishments, like hitting, alpha rolling, squirting and yelling at your dog.

Punishment is a bad idea because:

- Punishment is no way to build a trusting relationship. Some dogs even learn to be afraid of their owners. Consider the rescue dog that cowers when you innocently raise your hand.
- Think about it: Would you learn better being rewarded for the right answer or being yanked with a choke chain for the wrong one?

- Your dog may not know why he is being punished or what you want. For example, you punish your dog for peeing on your carpet, and he decides you must be angry at him for peeing where you can see it. So, he still pees inside, but behind the chair.
- You haven't taught your dog an alternative, acceptable behavior. When you punish your dog for chewing on the table, how does he know that it would be okay for him to chew on the Kong? Or when you yell at your dog or knee him for jumping, how does he know to sit instead?
- You may have unintended consequences when your dog forms a negative association with a desired behavior. For example, if your dog doesn't come when you call and is yelled at when he finally does come, how quickly do you think he'll come next time? Or if your dog is shocked by an electric fence as a child walks by, he may stay in the yard, but develop a fear of children.

Dogs were bred for a purpose. Herding dogs herd. Guarding dogs guard. Terriers dig. So, when your herding dog nips at your children's heels, he isn't being aggressive. Your

herding dog needs training and **lots of exercise**. When your gentle dog, bred to guard his people and possessions, barks aggressively at the neighborhood children running around your house, he isn't acting out of character. Separate him from the children and appreciate that he is a good protector of your family. And that terrier that you thought was so cute may seem less appealing now that he's digging holes in your yard. But his job was to dig for gophers or other vermin. Instead of getting frustrated with him for doing what he was bred to do, teach him to dig in a particular area by hiding toys and treats in soft soil or sand.

Dogs need to feel safe. Dogs need to learn trust above all else. Help them feel safe by not forcing them into situations beyond their ability to cope. Go slowly. Introduce your dog to one person at a time. Ask that person not to approach your dog, but to wait for your dog to approach. "Listen" to your dog. He will let you know when he's ready to meet the big, wide world. Some may always be timid, and never be ready. Others will show their fear with an aggressive display. These are the times to advocate for your dog. If your dog has confidence in your ability to protect him, instead of pushing him forward, your dog will feel less need to protect himself.

Dogs are social animals that want attention. Your dog doesn't know that you came home tired; all he knows is that he has been alone all day and wants to play. He will chew, bark, jump, or grab something and run if that's the only way to get your attention. If your dog takes something, don't chase him, or it will be a rewarding game. Instead, trade him for something he'll like better, while teaching the "drop it" cue. If your dog jumps on you, ignore him. When your dog stops, wait for him to sit. Then, praise and reward him. Your dog will quickly understand that jumping doesn't get your attention; sitting does. You should also get in the habit of petting and praising your dog when he is lying quietly next to you. Reward good behavior not just in training, but all the time. And if you're gone all day, consider a small, in-home doggie day care or a dog walker, so your dog isn't alone and isolated.

Puppies need socialization and training. I can't stress this enough! Socializing your puppy can help prevent his becoming a fearful, and possibly aggressive, dog. Before four months of age, your puppy needs exposure to as many situations as possible. To ensure that these are good experiences, however, you can't just throw your puppy into the mix and hope for the best. Don't

Positive Training

Traditional Training

Dogs repeat behaviors that are rewarded.	Dogs must be forced to behave.
Teaches alternatives to unwanted behaviors.	Corrects mistakes without teaching alternatives.
Dogs & their humans enjoy training.	Dogs & most humans do not enjoy training based on punishment.
Based on research on how dogs and other animals learn. Zoos and aquariums use positive training too.	Based on dominance theory rooted in outdated research on wolves. Intimidation is used to show your dog who's boss.
Dogs learn to trust their owners.	Can lose your dog's trust using punishment (yelling, shaking, squirting, hitting, yanking, throwing something at a dog, shocking, etc).
Reinforcement makes behavior stronger when applied randomly.	Punishment is ineffective when applied randomly.
Looks at the root of a behavior problem (i.e., most aggression is fear-based; so, you want to create positive associations with the trigger, not punish your dog).	Suppresses a behavior without addressing the problem (ie, choke chains to suppress aggressive barking). The problem may reappear in a new unwanted behavior.
Cannot create fear & anxiety issues.	Can create fear & anxiety issues.
Creates positive associations using rewards.	Can create negative associations leading to reactivity/aggression. (If your dog is yanked for barking at another dog, he may start to blame other dogs for the discomfort or pain.)
Provides mental stimulation. Dogs think.	Some dogs shut down to avoid punishment.
Manages the environment to help dogs practice wanted behavior.	Dogs are corrected for unwanted behaviors.
Builds a cooperative relationship with a willing partner.	Dog is punished as a teaching tool, even before the dog knows what's expected.
Doesn't cause injury to dogs or people.	Dogs and people can be injured using force.

force your puppy into situations that make him uncomfortable. Teach children how to approach your puppy, and ask strangers to give him a treat. Let your puppy play with your friends' healthy, vaccinated dogs, but watch for signs of bullying or aggression. Stop play every few minutes, so the dogs can calm down before going back to play. Take your puppy to Puppy Kindergarten with a positive trainer to socialize him in a controlled setting, start training, and teach him self-control. To prevent resource guarding, take away his dog bowl while he's eating, put a special treat in the bowl, and return it. This is the time to teach your dog to tolerate touch, control his impulses, develop a soft mouth, and share, rather than guard, resources.

Dogs need exercise and mental stimulation. Dogs have energy that needs to be spent somewhere, and you don't want your dog to decide where. So, get your dog out for two to three good walks a day; don't just let him out in the yard. Blow bubbles, throw a ball, run an oscillating sprinkler, or use Chase 'N Pull, a toy that you hold and your dog will chase, particularly if he has a high prey drive. Take a positive training class, and make training cues part of your daily routine. Teach your dog to "find it", and use interactive toys that drop food when your dog moves them the right way. If you have time, try a dog

sport, like Agility or Nose Work. For ideas, look at the book, *101 Ways to Do More With Your Dog* by Kyra Sundance.

If you are willing to see the world through your dog's eyes, you can teach your dog a great deal. Try to understand how he develops, how he learns, and what he needs. In return, he will give you undying love and companionship.

Dogs need:

- Socialization
- Training
- Exercise
- Appropriate Toys
- Attention
- Safety
- Consistency
- Mental Stimulation
- Quality Food
- Positive Associations

Dogs don't need:

- Punishment

4

DOGS AND CHILDREN

A dog can be a wonderful companion for a child, but you must be willing to work at the relationship. If you want a safe, peaceful household, you need to train your dog and set limits for your child. Unless you are a dog person who can't imagine living without a dog, it's probably best to wait until your child is five or six years old before getting a dog. At this age, your child should be able to understand the rules and have good motor control. Meanwhile, you can teach your child about dogs by showing him how to approach friends' and neighbors' dogs.

When meeting a dog, your child should ask the owner if it's okay to pet the dog. He should never approach a dog that is alone, tied up, in a car, or behind a fence. Even a nice dog can become territorial if he feels threatened. If the owner gives permission, your child should first put his hand out, palm down. If the dog approaches, your child should pet the dog under his chin or on his chest, not over his head. Teach your

child not to look the dog directly in the eye, not to hug the dog, not to scream, and not to run around the dog. If the dog doesn't approach your child, explain that some dogs are more shy than others, and that it's okay if a dog doesn't want to "talk" right now. You are teaching your child to be safe by being gentle and respectful.

When you are ready to get a dog, keep in mind that you, and not your child, should make the decision. Don't pick a dog because your daughter thinks he's cute or your son thinks he's tough looking. You have to consider the dog's size and temperament, your willingness to work with the dog, and the activity level in your household. Don't get a dog to teach your child responsibility. No matter how your child pleads and promises, other activities will come up, he'll get bored, or leave home for camp or college. You, the adult, has to want the dog and be willing to care for him.

Especially when children are involved, choose your dog carefully. And never leave young children unsupervised around your dog.

- Toy breeds are very delicate and can be hurt when a child

picks them up incorrectly, or drops them.

- Small dogs can be easily provoked to bite if they feel cornered. So, teach your child not to hug that cute little dog or follow him if he moves away. The dog is signaling that he wants to be alone.
- Herding dogs may nip at a child's heels or backside. If you want a herding dog, your children should be older or less rambunctious.
- Large dogs can scratch or knock over a child without meaning any harm. Consider the size and strength of your children and your willingness to put time into training.
- Dogs bred as guardians can act aggressively toward visiting children when they cause too much commotion. They may not be a good choice if you have a lot of your children's friends over.

When you bring home your new dog, let him explore your yard first. Although your children will be excited to see your new pet, ask them to sit inside. When you bring your dog in,

give them each a treat, but have them wait until your dog comes to them. Show your children how to offer the treat with their palm up and how to pet your dog on his chest or under his chin. Remind them not to hug or crowd your dog. You may even want to give your children a new toy or game to take some of their attention off your new pet. A shelter or rescue dog, in particular, needs time to adjust to his surroundings and needs for his experiences with children to be gradual and positive.

There are certain rules that your children must agree to if your family adopts a dog. It's dangerous for them to get near the dog's face or to follow the dog. Children should leave the dog alone if he moves away or is sleeping, eating, playing with his toy or chewing his bone. A more difficult rule for some children is that they shouldn't run, roughhouse or wrestle with the dog. When kids play in this way, they can over-stimulate the dog and incite him to jump or nip. Smaller children may become scared, while older children are sometimes teaching your dog behaviors that you don't want.

Let your child, at around age 8, start to practice basic training cues and feed your dog, while you watch and supervise. If you have more than one child, have them take turns, instead

of confusing your dog with too many distractions. I DO NOT recommend that children walk dogs without an adult. If a loose dog approaches, most children will drop the leash and run. Or if a dog pulls to chase a squirrel, children won't know how or have the strength to turn the dog around. It's just a bad idea to use dog walking to teach your child "responsibility". Both your child and your dog could be injured.

It's worth the time to help your child understand dogs better. *May I Pet Your Dog* by Stephanie Calmenson teaches children in pre-school through second grade when and how to approach a dog. The **Animal Welfare Institute** (www.awionline.org) sells a beautifully illustrated book for four to eight year olds, **Pablo Puppy's Search for the Perfect Person** by Sheila Hamaka. The book costs only \$4, and you can also download, for free, a board game, matching game and coloring pages. **DogGoneSafe.com** is another terrific site with books, games, flashcards and videos, developed specifically for kids, about dog language and safety. Pay particular attention to the instructions for "be a tree" and teach them to your child. If your child is ever faced with a loose dog approaching, knowing how to "be a tree" is a good safety precaution.

Being around small children can be stressful for a

dog. If you really looked at those pictures of your child hugging or holding your dog, you would almost always see a happy child and an anxious pet. Kids have high pitched voices, move quickly and are unpredictable. Toddlers, still unsteady on their feet, may lean or fall on the dog. Intervene before your dog reaches his limit, and make sure your dog can escape to a safe place. These are some typical stress signals to watch for: Tucked Tail, Turning Head Away, Half-moon Eye (a white arc around the pupil), Lip Licking, Shaking Off (as if wet), Excessive Yawning, Backing Up, Moving Slowly, Whining or Growling. If your dog does growl, thank him for letting you know that he has had enough. Punishing your dog for growling will only make it more likely that he will bite without warning. And even a good dog, if pushed too far, will bite. To learn more about what canine signals you should watch for and when to intervene, check www.livingwithkidsanddogs.com or read Colleen Pelar's excellent book, *Living With Kids and Dogs...Without Losing Your Mind*.

If you already have a dog and are expecting a baby, plan ahead. Start training your dog, using positive methods, or review what your dog already knows. Practice from different positions - lying in bed, sitting on the floor, etc. Help your dog get used to the baby equipment, like strollers or swings. Take him for a

walk with the stroller. Move the car seat, along with your dog, in and out of the car. Put up baby gates for a while each day, so your dog can get used to them. You can order a CD with recorded baby sounds at [www.preparing fido.com](http://www.preparingfido.com) or www.legacycanine.com. Let your dog smell baby lotion, baby powder or other products you plan to use in some of his favorite places - like around his dog bed or food bowl. Instead of correcting your dog for barking or growling, recognize that these are new, and perhaps scary, experiences for him. So, give him lots of small treats whenever you expose him to anything related to the baby. What you are doing is helping your dog associate baby sounds, smells and equipment with good things happening (the treats).

Before the baby is born, you should encourage friends with babies to visit and let your dog see you hold their baby. When you are in the hospital, send a blanket with your baby's scent home for your dog. When you get home, greet your dog alone first. Then, calmly introduce your dog to your baby, and reward him for appropriate behavior. When visitors come over, don't isolate your dog. Use a baby gate, rather than a closed door, when you need to keep your dog out of your child's room. Generally, though, let your dog spend time with you and your baby, and give him attention and treats in your baby's presence. This will

help him develop a positive association with your child. Go to www.familypaws.com to find answers to many of your questions and concerns both before and after your baby is born.

Dogs can add so much to a family! In fact, some of your children's fondest memories will be time spent with the family pet. As the parent, however, you have the responsibility to teach both your children and your dog appropriate behaviors.

5

MULTIPLE PETS

Most people I know with two dogs would never go back to having just one. Two pets can keep each other company and usually get more exercise. It's fun to watch two pets play and cuddle together. Some of us have kept going until we are the "proud parents" of three, five, or, like me, ten dogs. Keeping the peace among your pets, much like among your children, is a balancing act. It can be made much easier, though, if you're careful about which pets you choose, how you introduce them, and what your rules are for living together.

For two dogs, your best choice is usually a neutered male and a spayed female. Intact dogs can be more aggressive, and two dogs of the same sex are more likely to be quarrelsome. If you are considering a shelter dog, you can usually bring your resident dog to visit. Although the visit may be through a fence, you can tell if the dogs snarl, stare each other down or become hyperactive. None of these are good signs. Ideally, the dogs should calmly assess each other.

Keep in mind your resident dog's temperament. If you have a shy dog, for example, don't bring home a gruff, confident dog that will make your more timid one anxious. Many adult dogs, particularly those that are more settled, find the antics of a puppy or active adolescent annoying. Bringing in a young, energetic dog that monopolizes your attention can make your senior dog's life more stressful. There are also certain breeds that may be more or less likely to get along with other dogs. For example, small hounds and huskies were bred to live in groups, while terriers were bred to be independent and go after other animals.

When your new dog is ready to come home, prepare your resident dog by giving him a cloth with the new dog's scent. Have your dogs meet outside in an area that is unfamiliar to both of them, not at the house or in the park where you walk your dog every day. Ask a relative or friend to help you. Go for a walk with the dogs walking parallel, but loosely leashed. Let them gradually interact and sniff each other. Praise and treat their positive interactions. If one or both dogs start acting aggressively, calmly separate them and divert their attention. After a few minutes, try again. Once your dogs have had time to adjust to each other, you can bring them home. Go outside

with them before bringing them in, and keep their leashes on in case you have to restrain them. Use praise and treats when they behave. Just as you did in their initial introduction, if one dog snarls or growls, calmly separate them, distract them, and re-introduce them more slowly. If you have more than one dog at home, let them each meet your new dog separately, so they don't gang up on and scare him.

When your dogs are getting to know each other, don't panic if they fight and don't immediately decide that your dogs can't live together. Recognize that your more shy dog(s) may feel anxious at times and want to be alone. Leave a crate open for that purpose. And if you have a dog that guards his food or toys, feed your dogs in different rooms and don't leave toys around.

Reward polite behavior, and ignore pushy behavior. When you give out treats, give the first treat to the dog that sits first. If you let your dogs lick out food containers, as I do, move the container around, so that each dog gets a turn as long as he waits patiently. When you pet your dogs, skip the one that pushes his way past the others. Use routine to reinforce the behavior you want. Put down your dogs' food bowls in the same order and the same location every day. Without routine for

this and other day-to-day activities, your dogs won't know what to expect and will quarrel more.

The most important lesson to teach your group of dogs is PATIENCE. In her book and DVD, "**Feeling Outnumbered? How to Manage and Enjoy Your Multi-Dog Household**", Patricia McConnell suggests that there are certain training cues that will help your multi-dog household stay calm. These cues will prevent your group of dogs from becoming overly aroused or competitive. They include:

Sit - Practice sit when you come home and with friends coming to the door. Your dogs will be excited; so, don't expect them to stay seated. Have your visitor ask them to sit again once he has stepped inside.

Stay - When your dogs are becoming aroused, telling them to sit/stay or down/stay is a good way to slow things down.

Wait- This means that your dogs can't go forward. It's an important cue to use at the door and when letting the dogs out of your car.

First, each dog must be trained separately. Then, gradually increase the number of dogs you train together. These training

cues should be reviewed often, but especially when there's a change in the household. Remember, too, that the release word for each cue has to be preceded by the dog's name, so you can release one dog at a time.

When you are thinking about adding a dog to your cat household, see if you can find out the dog's history with cats. Most shelters have this information for owner surrenders, and a few shelters will test their dogs with cats. If not, it may be helpful to see how the dog reacts if you quickly move a furry toy that squeaks. Some dogs try to "kill" squeaky toys, which may not be a good sign.

Cats will usually be afraid of dogs at first. Some will hide, while others will scratch at the dog to keep him away. So, it's a good idea to separate the two with a door between them. Put a cloth with the other's scent under their food bowls. When they do meet, have your dog on a leash and your cat able to reach a high, safe place (like a bookcase). If your dog starts to chase your cat, interrupt him and hold onto his leash. Reward him for coming back to your side. You may also want to put up some baby gates, so your cat can get away without your dog following. It may take a few weeks for your cat to

get used to your new dog, but many cats and dogs become fast friends.

Having two or more pets is not for everyone. It takes patience, consistency and realistic expectations. Most of us who have more than one pet, though, wouldn't have it any other way!

6

LIVING RESPONSIBLY WITH YOUR DOG

1. Vaccinate your dog and give him medical care.
2. Spay or neuter your dog (unless you are showing him).
3. Make sure your dog wears ID tags and is micro-chipped.
4. Do not let your dog run loose. Use a leash.
5. Pick up your dog's feces and double bag them before disposal.
6. Socialize your dog in a controlled, safe environment as early as possible.
7. Do not leave your dog outside unsupervised.
8. Keep your distance from other dogs and strangers, unless invited.
9. Train your dog using positive methods that can't cause harm.
10. Give your dog exercise AND mental stimulation.

Recommended Books and Websites

BOOKS

Before Choosing a Dog:

- **What to Expect When Adopting a Dog: A Guide to Successful Dog Adoption for Every Family** by Diane Rose-Solomon
- **Paws to Consider: Choosing the Right Dog for You and Your Family** by Brian Kilcommons and Sarah Wilson
- **Successful Dog Adoption** by Sue Sternberg
- **Choosing and Caring for a Shelter Dog: A Complete Guide to Help You Rescue and Rehome A Dog** by Bob Christiansen
- **Do Over Dogs: Give Your Dog a Second Chance at a First Class Life** by Pat Miller
- **Love Has No Age Limit: Welcoming an Adopted Dog into Your Home** by Patricia McConnell and Karen London

Training:

- **Your Outta Control Puppy: How to Turn Your Precocious Pup into the Perfect Pet** by Teoti Anderson
- **The Dog Trainer's Complete Guide to a Happy, Well-Behaved Pet: Learn the Seven Skills Every Dog Should Have (Quick & Dirty Tips)** by Jolanta Benal
- **Family Friendly Dog Training: A Six-Week Program for You and Your Dog** by Patricia McConnell
- **Train Your Dog Now!: Your Instant Training Handbook, from Basic Commands to Behavior Fixes** by Jennifer L. Summerfield
- **Beyond The Back Yard: Train Your Dog to Listen Anytime, Anywhere!** by Denise Fenzi
- **Feeling Outnumbered? How to Manage and Enjoy your Multi-Dog Household** by Patricia McConnell and Karen London

Behavior Issues:

- **I'll Be Home Soon: How to Prevent and Treat Separation**

Anxiety by Patricia McConnell

- **The Bark Stops Here** by Terry Ryan
- **Way to Go! How to Housetrain a Dog of Any Age** by Patricia McConnell and Karen London
- **Mine! A Guide to Resource Guarding in Dogs** by Jean Donaldson
- **Chase! Managing Your Dog's Predatory Instincts** by Clarissa von Reinhardt
- **A Guide to Living With & Training a Fearful Dog** by Debbie Jacobs (Order from www.fearfuldogs.com.)
- **The Cautious Canine: How to Help Dogs Conquer Their Fears** by Patricia McConnell
- **Fired Up, Frantic & Freaked Out: Training the Crazy Dog from Over the Top to Under Control** by Laura VanArendonk Baugh

- **Feisty Fido: Help for the Leash-Aggressive Dog** by Patricia McConnell and Karen London
- **Beware of the Dog: Positive Solutions for Aggressive Behavior in Dogs** by Pat Miller
- **Keeping the Peace: A Guide to Solving Dog-Dog Aggression in the Home** by Nicole Wilde
- **Petiquette - Solving Behavior Problems in Your Multi-Pet Household** by Amy Shojai

Understanding Your Dog:

- **The Other End of the Leash: Why We Do What We Do Around Dogs** by Patricia McConnell
- **For the Love of a Dog: Understanding Emotion in You and Your Best Friend** by Patricia McConnell
- **The Culture Clash** by Jean Donaldson
- **On Talking Term With Dogs: Calming Signals** by Turid Rugaas
- **Living With Kids and Dogs...Without Losing Your Mind** by Colleen Pelar

- **Canine Body Language: A Photographic Guide Interpreting the Native Language of the Domestic Dog** by Brenda Aloff
- **Small Dog, Big Hearts: A Guide to Caring for Your Little Dogs** by Darlene Arden

Health

- **Speaking for Spot: Be the Advocate Your Dog Needs to Live a Happy, Healthy, Longer Life** by Nancy Day, DVM
- **Complete Care for Your Aging Dog** by Amy Shojai
- **The Well-Adjusted Dog: Dr. Dodman's Seven Steps to Lifelong Health and Happiness for Your Best Friend** by Nicholas H. Dodman, BVMS
- **The Nature of Animal Healing: The Path to Your Pet's Health, Happiness, and Longevity** by Martin Goldstein, DVM
- **The Loss of a Pet: A Guide to Coping With the Grieving Process When a Pet Dies** by Wallace Sife

Exercise & Enrichment:

- **Therapy Dogs: Training Your Dog to Reach Others** by Kathy Diamond Davis
- **Play With Your Dog** by Pat Miller
- **101 Ways to Do More With Your Dog** by Kyra Sundance
- **Brain Games for Dogs: Fun Ways to Build a Strong Bond with Your Dog and Provide It With Vital Mental Stimulation** by Claire Arrowsmith
- **Off-Leash Dog Play: A Complete Guide to Safety and Fun** by Robin Bennett and Susan Briggs (body language of dogs)
- **The Dog Lover's Guide to Travel: Best Destinations, Hotels, Events, and Advice to Please Your Pet-and You** by Kelly Carter

WEBSITES

Training and Behavior:

- **www.PatriciaMcConnell.com**: articles, blogs & videos on various behavior issues by Patricia McConnell, well-known behaviorist, author and speaker
- **www.SilentConversations.com** - a website that teaches about dog body language
- **www.FearfulDogs.com** - practical advice on helping your fearful dog; fearful dog blog; links to online shy dogs and clicker training groups; order *A Guide to Living With & Training a Fearful Dog*
- **www.CareForReactiveDogs.com** - an online plan for helping reactive dogs
- **www.DogStarDaily.com** - training and behavior videos and articles, including dog games, puppy training, and adopting an adult dog: **download e-books about puppies** by Dr. Ian Dunbar
- **www.DiamondsInTheRuff.com** - tip sheets and articles on all sorts of dog issues and behavior
- **www.WholeDogJournal.com** - newsletters and e-books on training, and behavior, dog health, dog sports and much more

Health Care:

- www.VeterinaryPartner.com - up-to-date resource on health issues, including nutrition, dental care, disease, and surgery; Ask A Vet option for answers you can't find
- www.PetPoisonHelpline.com - which human foods are toxic to pets and what to do
- www.TruthAboutPetFood.com - ingredients, recalls, regulations, and alternative pet foods
- www.SrDogs.com - adoptable older dogs; rescues for old-er dogs; health advice
- www.HandicapPedpets.com - articles, products, and services for handicapped pets
- www.SecondChance4Pets.org - preparing for your pet's care if your pet outlives you
- www.Aplb.org - pet loss chat room and resources

Children:

- www.LivingWithKidsAndDogs.com - advice for parents on keeping kids safe; order *Living With Kids and Dogs... Without Losing Your Mind*
- www.FamilyPaws.com - articles and resources for expectant parents and parents of babies and toddlers; Dog and Baby Support hotline at 1-877-247-3407.
- www.DoggoneSafe.com - dog bite prevention safety tips, body language flashcards, games, storybooks and coloring books
- TheFamilyDog.com - online training for kids

Pet Products:

- www.PetExpertise.com - positive dog training supplies; articles on training, problem solving, and dog care
- www.SitStay.com - good source for dog toys and supplies, including organic treats; newsletter about new products

- **Www.Nina-Ottosson.com** - interactive and puzzle toys
- **www.KongCompany.com** - source for Kong products; includes how to get dogs used to Kongs and Kong stuffing recipes
- **www.DogWise.com** - dog books and DVD's that can be searched by topics
- **www.RuffWear.com** - dog gear for outdoor adventures

Products for Anxious Dogs:

- **www.iCalmPet.com, www.PetMusic.com, www.MusicMypet.com** - CD's to calm anxious dogs
- **www.LegacyCanine.com** and **www.ScaredNoMore.com** - CD's to de-sensitize dogs to noises that frighten them
- **www.ThunderWorks.com, www.AnxietyWrap.com, www.StormDefenders.com** - wraps to help dogs with anxiety

Exercise & Enrichment

www.DoMoreWithYourDog.com: online site that teaches tricks; can join teams and test for titles if you want

www.DogsCanDance.com: an online Freestyle (dog dancing) training site

www.FenziDogSportsAcademy.com: online sports courses using force-free methods; includes ideas for helping reactive and fearful dogs compete

www.DogFriendly.com: e-books with dog-friendly places

For a list of websites where you can find additional products that might meet your specific needs, check under Resources/Pet Products at **www.YourDogsFriend.org**.

Debra Ekman, a former trainer and shelter volunteer, founded and runs Your Dog's Friend, a non-profit in Montgomery County, MD whose goal is to help keep dogs out of shelters by educating and supporting their humans. Your Dog's Friend offers free workshops; positive training classes; training and behavior advice; an educational website and newsletter; referrals to positive trainers and other dog-related professionals; a training program specifically to help foster dogs become more adoptable; and this book for dog adopters. To learn more about Your Dog's Friend's, go to www.YourDogsFriend.org.

When you purchase items from Amazon, please consider using www.smile.amazon.com and choosing Your Dog's Friend as your preferred charity. That way, Your Dog's Friend will receive a percentage of your purchases as a donation. We appreciate your support.