

# Your Dog's Friend Welcome Home Pup! Webinar

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Image by Fran • @thisisfranpatel from Pixabay

# Overview

- ▶ Building Your Bond
- ▶ Setting your Dog up for Success
  - ▶ Management
  - ▶ Training
  - ▶ Enrichment
  - ▶ Separation Training
- ▶ Body Language: What is My Dog Saying?
- ▶ Dog Interactions
  - ▶ Kids and Dogs
  - ▶ Pet Introductions
  - ▶ Resource Guarding
  - ▶ Dog Parks



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# Building Your Bond

FOCUS ON HELPING YOUR DOG TO FEEL SAFE AND SECURE

# Ways to bond with your dog

- ▶ Empower your dog with the ability to make choices
  - ▶ Allow them to choose whether to interact with household members (follow the 3 Ps)
  - ▶ Let them choose what toy they want to play with
  - ▶ Offer 2 different treats and let them choose one
- ▶ Play fun games
  - ▶ Hide and go seek
  - ▶ Tug
  - ▶ Clicker training games
- ▶ Provide structure and consistency
- ▶ Teach your new dog or puppy appropriate ways to meet their needs (see Enrichment)
- ▶ Relax with your dog
  - ▶ Snuggle up together
  - ▶ Learn doggy massage or TTouch

# Safe Space

- ▶ Create a safe space for your dog where they may go and be left alone (I highly recommend crate training)
- ▶ This space should be comfortable and inviting for your dog
- ▶ Offer lots of tasty treats, toys, or chews for your dog to enjoy in their space
- ▶ This space should be in a public (not isolated) area of the home
- ▶ Incorporate comforting scents (calming spray, worn clothing, etc.)

then ALWAYS...

# pat

to invite us

- **STAND STILL**
- **PAT YOUR LEG**
- **INVITE US INTO YOUR SPACE**

We come over = **YES PLEASE**  
We don't = **NO THANKS**

Pet another dog, another day,  
and thanks for listening!



# pet

the right spot

**WITH ONE HAND**

**ON THE BODY**  
**NOT on the HEAD!**

Our fave places are:

- **ON THE SHOULDER**
- **UNDER THE CHIN**
- **ON THE SIDE**



# pause

to see if we still dig it

[thefamilydog.com](http://thefamilydog.com)

- **PET FOR 3 SECONDS**
- **THEN STOP PETTING AND PAUSE**  
...to let us choose.

Do we walk away?  
**YES** = we're done, thanks.  
**NO** = more, please. Another  
3 seconds & a pause, please!





Timeline for getting comfortable  
in new home

## IT DOESN'T HAPPEN OVERNIGHT

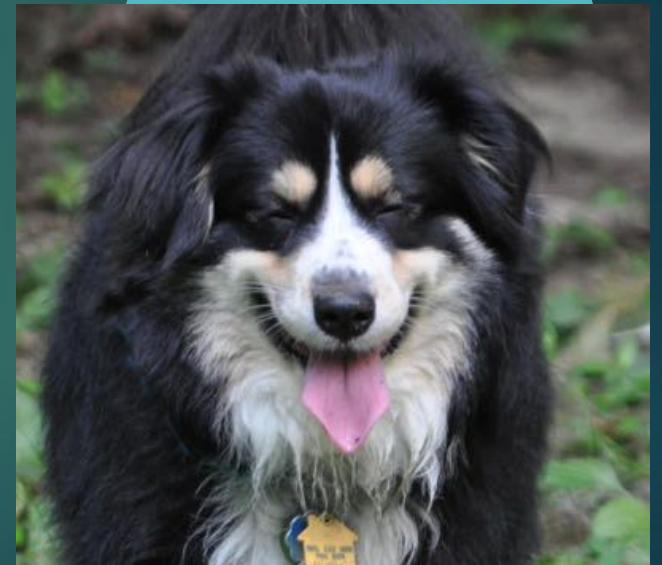
THE 3/3/3 RULE IS A GENERAL GUIDELINE FOR THE ADJUSTMENT PERIOD OF A DOG AFTER ADOPTION. EVERY DOG IS UNIQUE AND WILL ADJUST DIFFERENTLY

		
3 DAYS	3 WEEKS	3 MONTHS
<p><b>TO DECOMPRESS</b></p> <ul style="list-style-type: none"> <li>● FEELING OVERWHELMED</li> <li>● MAY FEEL SCARED/UNSURE OF WHAT'S GOING ON</li> <li>● NOT COMFORTABLE ENOUGH TO BE 'HIMSELF/HERSELF'</li> <li>● MAY NOT WANT TO EAT OR DRINK</li> <li>● SHUTS DOWN AND/OR HIDES UNDER FURNITURE</li> <li>● TESTS THE BOUNDARIES</li> </ul>	<p><b>TO LEARN YOUR ROUTINE</b></p> <ul style="list-style-type: none"> <li>● STARTS SETTLING IN</li> <li>● FEELS MORE COMFORTABLE</li> <li>● REALIZED THIS COULD BE HIS/HER FOREVER HOME</li> <li>● FIGURES OUT HIS/HER ENVIRONMENT</li> <li>● GETS INTO A ROUTINE</li> <li>● LETS HIS/HER GUARD DOWN</li> <li>● MAY BEGIN TO SHOW TRUE PERSONALITY</li> <li>● BEHAVIOR ISSUES MAY START TO APPEAR</li> </ul>	<p><b>TO START TO FEEL AT HOME</b></p> <ul style="list-style-type: none"> <li>● FINALLY FEELS COMPLETELY COMFORTABLE IN HIS/HER HOME</li> <li>● BEGINS TO BUILD TRUST AND A TRUE BOND</li> <li>● GAINS A COMPLETE SENSE OF SECURITY WITH HIS NEW FAMILY</li> <li>● SETS INTO A ROUTINE</li> </ul> 

**GIVE THEM A CHANCE**

# Setting Your Dog Up for Success

1. MANAGEMENT
2. ENRICHMENT
3. TRAINING







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# Management

PREVENTING PROBLEMS FROM ARISING

# Management

- ▶ Limit your new dog or puppy to only a few rooms in the house to start
- ▶ Use a crate, baby gates, x-pen, or other physical barriers to prevent them from accessing unwanted areas
- ▶ Supervise your new dog or puppy to prevent accidents while potty training is ongoing
- ▶ Puppy-proof – put away anything you don't want your dog to have





Photo by Ayla Verschueren on Unsplash

# Crate Training

ONE OF THE BEST MANAGEMENT TOOLS

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# Crate Training

- ▶ Place the crate in a common area of the home so that your dog doesn't associate it with isolation.
- ▶ Make the crate a favored place:
  - ▶ Have your puppy sleep in the crate.\*
  - ▶ Feed all of your dog's meals in the crate.
  - ▶ Offer special treats while in the crate.
- ▶ Practice crating both while you are at home and away from home.
- ▶ Start with short sessions and build duration over time.
- ▶ Never use the crate as a punishment, and avoid physically placing your puppy in the crate.
- ▶ If you would like to use the crate for a time-out (giving your dog time and a quiet place to calm down), toss a chew or stuffed Kong in the crate to encourage your dog to enter and settle down.

\*You may want a second crate in the bedroom to help your puppy settle at night

# Crate Guidelines

## Sizing

- ▶ Your dog should have enough room to comfortably lie down, stand, sit, and turn around in the crate.
- ▶ If your puppy has extra room, use a divider to make the crate the appropriate size until your puppy grows into it.

## Timing (Day time)

- **8–10 weeks:** One hour or less.
- **10–12 weeks:** Two hours max.
- **3–6 months:** one hour per month rule.
- **After 6 months:** An older puppy, like most adult dogs, has the ability to hold it for up to six hours.





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# Potty Training

THE KEY TO POTTY TRAINING IS PREVENTING ACCIDENTS

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# Potty Training

- ▶ Crate or restrict to his “room” when not **actively supervising** to prevent accidents.
- ▶ Watch your puppy closely to learn his signals when he has to go potty.
- ▶ Do **NOT** punish your puppy for going in the house.
- ▶ Remember to clean up all accidents thoroughly with a solution that will eliminate the attractive odor.
  - ▶ Some additional Tips:
    - ▶ Establish a routine. Feed at the same time each day, take out when she wakes up, after eating or playing, and before bedtime.
    - ▶ If you catch your puppy starting to go, immediately take him outside. If he finishes outside, praise and reward lavishly.
    - ▶ Keep your puppy on leash outside until after eliminating.
    - ▶ Wait until your puppy is finished going before praising and rewarding to avoid accidentally interrupting her before she is done.
    - ▶ If your puppy does not pee when you take him out, keep him with you on leash or crate him for 5-10 minutes and then try again.
    - ▶ Use a log to track your progress and identify trends; adjust your routine accordingly.



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# Enrichment

SUPPLYING APPROPRIATE OUTLETS FOR YOUR DOG'S DRIVES

# Enrichment

*Remember that chewing, chasing, biting, barking, and pottyng are all part of being a dog!*

*It is your job to teach your puppy how to appropriately satisfy their drives, not eliminate them.*



Photo courtesy of Leslie McDevitt

# Enrichment Benefits

Studies have shown that providing enrichment can:

- ▶ Reduce stress
- ▶ Reduce undesirable behaviors in companion animals
- ▶ Increase problem solving skills
- ▶ Increase positive social interactions
- ▶ Provide choice and control
- ▶ Improve cognitive abilities in senior dogs and slow cognitive decline
- ▶ One study noted that giving food enrichment not only increased activity and appetite but also reduced barking!

# Enrichment Studies Referenced

- ▶ *Implementing Environmental Enrichment for Dogs*
- ▶ *Animal Behavior for Shelter Veterinarians and Staff*
- ▶ *Enrichment in puppyhood and its effects on later behavior of dogs.*
- ▶ *The effect of feeding enrichment toys on the behaviour of kennelled dogs (Canis familiaris)*
- ▶ *Learning ability in aged beagle dogs is preserved by behavioral enrichment and dietary fortification: a two-year longitudinal study*

# Enrichment Types

Great Resource: [Canine Enrichment for the Real World](#) by Allie Bender and Emily Strong

- ▶ Social
  - ▶ Playdates, outings, walks, etc.
- ▶ Nutritional
  - ▶ Puzzle feeders, snuffle mats, Lickimats, stuffed Kong
- ▶ Occupational
  - ▶ Training, dog sports, fetch, digging
- ▶ Sensory (Sight, Sound, Smell, Taste, Touch)
  - ▶ Window watching, music, nosework, long-lasting chews, massage
- ▶ Physical
  - ▶ Play, tug, flirt pole, comfy bed or “nest”, Thundershirt



# Enrichment Items

## Commercial Options

- ▶ LickiMats
- ▶ Snuffle mats
- ▶ Puzzle feeders
- ▶ Kongs
- ▶ Bully stick
- ▶ Flirt Pole
- ▶ Tug rope/toy
- ▶ Squeaky toys



## DIY Options

- ▶ Decompression walks (follow your dog's nose)
- ▶ Give them a box to shred (monitor for ingestion)
- ▶ Provide a dig box/area in yard
- ▶ Make puzzle toys with boxes, egg cartons, or other containers
- ▶ Sprinkle or spray calming scents (ginger, coconut, valerian, or vanilla) on cloth, bed, or stuffies



# Training

BUILDING BONDS AND TEACHING YOUR DOG APPROPRIATE CHOICES

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“ Based on current scientific evidence, AVSAB recommends that only reward-based training methods are used for all dog training, including the treatment of behavior problems. ”

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AMERICAN VETERINARY SOCIETY OF ANIMAL BEHAVIOR  
POSITION STATEMENT ON HUMANE TRAINING

# How Dogs Learn

## Operant Conditioning

Behavior = Consequence

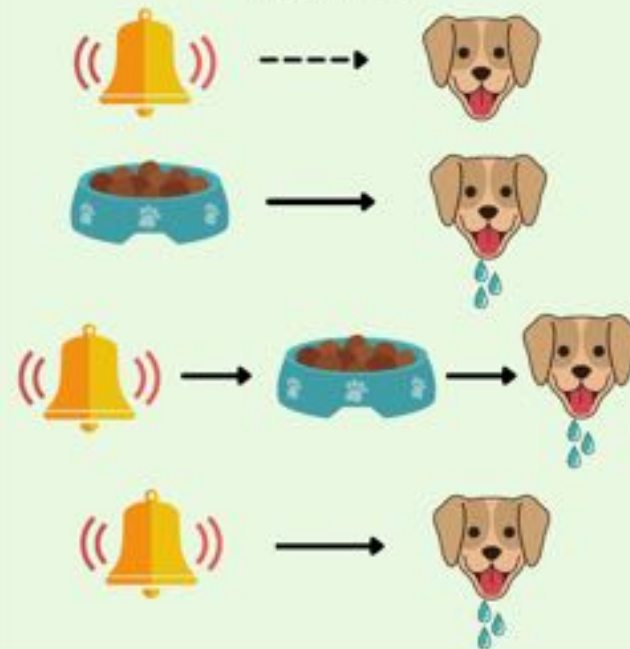
*The dog learns that sitting earns a treat*



## Classical Conditioning

A predicts B

*Pavlov's dog learned that the bell predicted the delivery of food*



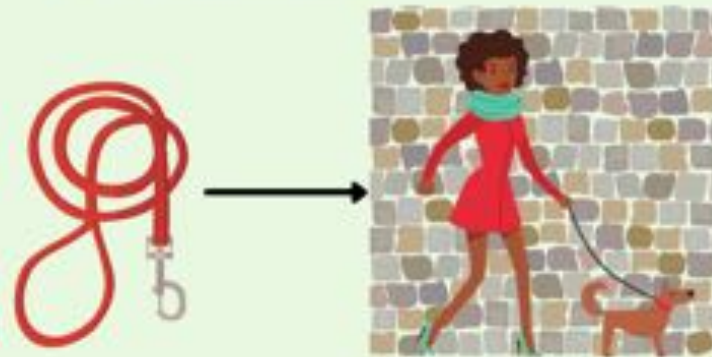
# How Dogs Learn

**By Consequence**



**Operant Conditioning**

**By Association**



**Classical Conditioning**

# Humane Training: Basics

- ▶ You will get the best results when you combine **Training** (teaching the dog what to do) with **Management** (preventing the dog from practicing problem behaviors) and **Enrichment** (meeting your dog's needs)
- ▶ Capture behaviors you like by **Marking** and **Rewarding** when your dog does them.
- ▶ Using a **Marker** helps the dog to learn faster by taking out the guess work. Marking the *moment the dog performs the behavior* helps them to figure out what is earning the reward.
- ▶ Use real life rewards in addition to treats.
- ▶ When your dog is learning a new behavior, you will need to practice the behavior in different environments for your dog to begin to generalize it.
- ▶ Take a training course with your dog! This can be a great bonding opportunity and there is a wide variety of offerings to choose from: online, in-person, private, group, basic manners or more targeted classes like leash walking and Control Unleashed.



# Humane Training: Using a Marker

## How to Introduce a **Marker**:

1. Gather about 10 treats (and a clicker if using)
2. Mark (click or say marker word) and immediately give your dog a treat
3. Repeat

## How to use a **Clicker**\*:

1. Click = Treat (even if you accidentally click)
2. Do not move your hand toward the treats until *after* you click.
3. Click the moment your dog performs the desired behavior.

\*The advantage of the clicker is that it is a very precise, unique sound. When used correctly, dogs develop a very strong positive association with the clicker.

# Humane Training: Equipment

- ▶ Flat buckle or martingale collar (no prong, choker, or e-collars)
- ▶ Harness
  - ▶ TTouch Harmony harness
  - ▶ Freedom Harness
- ▶ 6-8 ft Leash
- ▶ Long line
- ▶ Treat pouch
- ▶ Clicker



TTouch Harmony Dog Harness Complete System

# Humane Training: Leash Walking

## What to Bring

- ▶ Collar with tags
- ▶ Harness
- ▶ Leash attached to harness
- ▶ Treats
- ▶ Toy(s)

## What to Do

- ▶ Hold the leash properly to avoid injury or dropping: [video demo](#)
- ▶ Practice at home first
- ▶ Don't let your dog pull you toward something they want
- ▶ Use treats and/or toys to reward check ins and polite walking
- ▶ Pattern Games for leash walking
  - ▶ [1-2-3 Walking](#)
  - ▶ [Superbowls](#)

# Humane Training: At Home

## What to Teach

1. Where to go when they get overwhelmed or need a break
2. How to Relax or calm down
3. How to give up or exchange an item
4. To be comfortable with someone in the vicinity when eating (Please **do not** put your hand in your dog's food bowl)

## Methods

1. Go to Place or Matwork  
Sarah Owings [mat video](#)
2. [Take a Breath](#)  
Nan Arthur's [Relaxation Protocol](#)
3. [Drop It](#)  
[Counting Game](#)
4. Bowl bonuses

# Happy Vet Visits

- ▶ Ask your vet or staff about practice visits
  - ▶ Incorporate lots of treats
  - ▶ play on the scale
  - ▶ Lots of sniffing
  - ▶ Pattern Games!
- ▶ Learn about Fear Free vet visits: [www.fearfreehappyhomes.com](http://www.fearfreehappyhomes.com)
- ▶ Teach relax on a mat
- ▶ Always bring your dog's mat, treats, LickiMats, or stuffed Kongs to vet visits.



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# Separation Training

HELPING YOUR DOG FEEL COMFORTABLE BEING ALONE

# Separation Training

Great Resource: [I'll Be Home Soon](#) by Patricia McConnell, Ph.D.

- ▶ Create a safe, comfortable, and enriching space for your dog to be alone
- ▶ Start small and work up slowly
- ▶ Practice both when you are home and away from home
- ▶ Provide enrichment to prevent your dog from becoming bored and getting into trouble



# Body Language

WHAT IS MY DOG SAYING?



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Photo by Alina  
Skazka

# Dog Body Language

Great Resource: [Doggie Language](https://www.doggiedrawings.net/) by Lili Chin  
<https://www.doggiedrawings.net/>



# Pay attention to your dog's entire body and the overall picture

- ▶ Is your dog standing, sitting, or lying down? How settled is he in this position?
- ▶ Where is she holding her weight?
- ▶ Is your dog's body loose and floppy or tense and still?
- ▶ Are his eyes soft and blinking with "heavy" lids, wide with the white showing (whale eye), or staring and unblinking?
- ▶ Is your dog's jaw tight? Mouth open or closed?
- ▶ Is the base of the tail tight, tucked, or relaxed?
- ▶ Does your dog have a flag tail (held high with fast side-to-side motion), helicopter tail (loose, looping movements), or a low, slow-wagging tail?
- ▶ Is your dog panting, holding his breath, or breathing slow and deep?
- ▶ Are your dog's ears up and alert, constantly swiveling, low and soft, or pressed tightly against her skull?

# What do you see?

Dog A



Dog B



# Signs of Stress

## Displacement Behaviors:

- Yawning
- Panting
- Shaking off
- Lip licking
- Excessive Sniffing
- Excessive Licking/grooming
- Excessive Scratching
- Excessive Shedding



## Appeasement Behaviors

- ▶ Active
  - ▶ Face licking
  - ▶ Paw raises
  - ▶ Wagging rear end
  - ▶ Play bow
  - ▶ Submissive grin (this one can be tricky)
- ▶ Passive
  - ▶ Rolling over to expose belly
  - ▶ Head turning (look away)
  - ▶ Avoiding eye contact
  - ▶ Urinating
  - ▶ Slow movement



# Signs of Stress

## Fearful or Anxious

- ▶ Whale Eye
- ▶ Tucked tail
- ▶ Curved, hunched, or lowered body position
- ▶ Ears back and close to skull





# Warning Signs and Escalation

- ▶ Sudden stillness or freezing
  - ▶ High, forward body posture
  - ▶ Hard stare
  - ▶ Dilated pupils
  - ▶ Lip curl
  - ▶ Growl
  - ▶ Bark
  - ▶ Air snap
  - ▶ Head flip
  - ▶ Bite
- ▶ Be sure not to punish your dog for displaying any of these behaviors
  - ▶ It's important that your dog is able to communicate their discomfort
  - ▶ Without these warning signs, you would not know that your dog is approaching their bite threshold
  - ▶ If you notice your dog displaying the behaviors in the second-half of the list, it is very likely that their more subtle signals were ignored or missed.



Photo by EKATERINA BOLOVTSOVA

# Kids and Dogs

MOST BITES OCCUR TO CHILDREN BETWEEN 2 AND 9 YEARS OLD, BY A FAMILY DOG, OR THE DOG OF A FRIEND.

# Dogs and Kids



Check out this blog: Why Supervising Dogs and Kids Doesn't Work

<https://www.robinkbennett.com/2013/08/19/why-supervising-dogs-and-kids-doesnt-work/>

# Kids and Dogs

Great Resource: Sophia Yin infographics for kids and dogs  
<https://cattledogpublishing.com/product/pet-child-safety-tips/>

## How Kids SHOULD Interact with Dogs

Use common sense.

<p>Be polite and kind to pets</p> 	<p>Learn to recognize when your dog is scared or anxious</p> 
<p>Play appropriate games with pets, such as:</p>	
<p>Fetch</p> 	<p>Training tricks (like roll over, shake, beg, etc.)</p> 
<p>Walking and running with a dog</p> 	<p>Playing hide-n-seek</p> 

## How Kids SHOULD NOT Interact with Dogs

It's common sense. Just imagine how people should interact with each other.

<p>Avoid taking people's food</p> 	<p>Avoid bothering dogs when they are eating</p> 
<p>Avoid stealing other people's toys</p> 	<p>Avoid taking a dog's bones or toys</p> 
<p>Avoid putting your face right up to someone else's face</p> 	<p>Avoid putting your face right up to a dog's face</p> 
<p>Avoid bothering when asleep</p> 	<p>Avoid bothering animals when they are resting. Let sleeping dogs lie.</p> 
<p>Avoid pestering</p> 	<p>Avoid grabbing tail/ears</p> 
<p>Avoid climbing on or trampling</p> 	<p>Avoid climbing on or trampling</p> 
<p>Avoid pinching</p> 	<p>Avoid hugging. Most dogs dislike it.</p> 
<p>Avoid screaming around</p> 	<p>Avoid hollering and shouting. Use your "inside" voice instead.</p> 

# Kids and Dogs

- ▶ Use management to prevent accidents from occurring
- ▶ Have dog-free areas for your children to play
- ▶ Have child-free areas for your dog to retreat

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.







Photo by Snapwire:

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# Introductions with current pets

SLOW AND STEADY



# Slow Introductions

- ▶ It's better to be safe than sorry
- ▶ Utilize crates, baby gates, ex pens or other barriers to prevent any interaction when first bringing your new pet home
- ▶ Start with scent swaps
- ▶ Progress to visual access (suggest 2 barriers between to prevent physical contact)\*
- ▶ Progress to single barrier for initial contact\*
- ▶ Try parallel walking for dog-dog introductions
- ▶ Be sure that cats have a place to get away from the dog

*\*Playing Pattern Games or the [LAT game](#) from Control Unleashed are a great way to facilitate animal introductions.*

# Reducing Resource Guarding

Our dogs naturally protect the things they need, such as food, water, and their comfy place to rest. (So do we when we lock up our houses, cars, and valuables.)

## What to Do

- ▶ Put away anything you don't want your dog to have
- ▶ Teach your Dog to [Drop](#) toys on cue, play the [Counting Game](#) or Find-It.
- ▶ If puppy gets a hold of a forbidden item:
  - ▶ Trade for a fluffy dog toy
  - ▶ Toss treats
  - ▶ If you're a kid, get a grownup
- ▶ Contact a professional if your dog is showing aggressive behavior towards people or other animals in the home

## What Not to Do

- ▶ Yell
- ▶ Chase
- ▶ Forcibly remove the treasure
- ▶ The above strategies will damage your relationship and potentially increase your dog's guarding behavior.



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# To Dogpark or Not to Dogpark?

RISK ASSESSMENT FOR TAKING YOUR DOG TO THE DOG PARK

# Things to Consider

While dog parks may provide excellent opportunities for off-leash play and dog-dog interaction, there are definitely some potential drawbacks to consider before taking your dog.

- ▶ I do not recommend taking puppies to dog parks. The risk of fallout is too great; it only takes one negative interaction to generalize fear.
- ▶ There is no regulation or supervision.
  - ▶ Some dogs may not be vaccinated and/or healthy.
  - ▶ Dogs may not be well-mannered or know how to play appropriately.
  - ▶ There is always potential of a dog fight occurring and no one present with training in safely breaking them up.
- ▶ It may be an overwhelming environment for some dogs.
- ▶ May not appropriate for dogs who resource guard toys.

# Questions?



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