

"IT DOESN'T HAPPEN OVER NIGHT

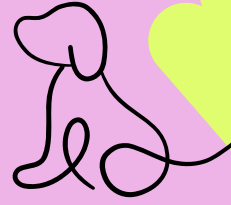


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The 3/3/3 Rule

Every Dog is Unique

The 3/3/3 rule is a generalize guideline for the adjustment period of a dog after adoption. Every dog is unique and adjust differently to their surroundings, but this tool can assist you in adapting your dog to their new home. We never fully know a dog's story, but these tools can assist you in making the integration process as easy as possible for your new family member and you!

3 Days	3 Weeks	3 Months
<p>TO DECOMPRESS</p> <ul style="list-style-type: none">• Timid, not comfortable• Feeling overwhelmed• Wanting to escape or/hide under the furniture.• Might not eat or drink.• Testing boundaries	<p>TO LEARN YOUR ROUTINE</p> <ul style="list-style-type: none">• Starts to settle in• Feels more comfortable.• Develops love & respect towards the owner.• Learns boundaries.• Behavioral issues might start to appear.• Need consistent boundaries.• Shows true personality.• Figuring out environment & routine	<p>TO START TO FEEL AT HOME</p> <ul style="list-style-type: none">• Finally feels completely comfortable in the home.• Begins to build trust and a true bond.• Gains a complete sense of security with their new family.• Sets into a routine.• Realizes that this is their forever home.

Creating A Safe Space

All dogs need a safe space of their own. This is a place that they can go to and relax, knowing they won't be disturbed. These spaces are key to integrating your new family member into your home! So, let's talk about what makes a great and cozy safe space!

Kennels

A kennel is a great resource for a new and nervous pup! Often times, our dogs are trained to love the kennel and they are easy and convenient to use.

The Right Size Kennel

- The kennel should be large enough for your new companion to be able to stand up and turn around easily.
- You can measure their height from the floor to the top of their head and add 3-4 inches for the correct kennel height.
- Measure from snout to rear (excluding the length of the tail) and add 3-4 inches for the correct length.

Kennel Location

- Ideally the kennel should be kept in a place that is easily accessible for the dog.
- If the kennel can be placed in an area with low traffic and/or stimulation, it can assist the dog in decompressing.
- If that is not an option, having a cover over the kennel can also help!

Make It Comfortable

- Provide food and water in the kennel. We highly encourage feeding in the kennel as well to assist with possible behavior issues, which will be discussed later.
- Provide some chew resistant toys! Make sure they are not easily destroyed due to the risk of eating them and causing stomach issues or a blockage.
- Place a crate mat in the bottom of the kennel or a bed. Some dogs are a bit destructive on beds, so a thin crate mat can assist in providing comfort when in the kennel. If the dog is destroying any mats or bedding, remove them from the kennel to avoid ingestion.
- Keep the kennel as a positive place! Sometimes we have to put our dogs up when they get too excited or are perhaps not showing ideal behaviors. Don't associate the kennel as a negative though! Always offer a treat going in and out of the kennel if that happens.
- Keep stimulation in the kennel minimal. As said before, this can be done by either covering the kennel with a blanket or placing it in a different room.

A Room of Their Own

Is your pup a bit spoiled and extra? We love to hear it! If they have a room of their own in your home, please ensure you follow the guidelines listed above regarding a safe environment.

You will want to ensure that there are no items that they could ingest or chew up and swallow. It is highly recommended that you raise your blinds up as well. Dogs love to look out windows! Additionally, if they are scratching at the door, consider putting up a doggy gate at the door so that they can still see you, or switch to a kennel.

Integrating With Other Dogs in the Home



It is estimated that it can **two to four** weeks for dogs to adjust to each other. This can differ with every dog! So, how do you safely introduce your new family member to your current dog? Follow these tips for a safe integration process. Remember, never leave new dogs alone unattended. You may see one step forward and a step back, but routinely doing these steps will greatly help! Give them time, we don't all get along with everyone we first meet! It can take up to a month for the dogs to settle in and accept each other.

Introduce on Neutral Territory

The ideal place for dogs to become familiar with each other is on neutral territory outdoors. You never know how either dog will react to having a new member to the family. It is recommended that you allow your new dog at least three days to decompress before doing introductions. Some dogs may need a longer period of time, just pay attention to their body language.

- Walk each dog separately on a leash with high value treats.
- Start by walking the dogs at a distance where they can see each other but are not provoked.
- If they are showing positive behaviors, reward them!
- Repeat this and slowly decrease the distance from each other until they can walk side-by-side.

Other methods to assist in getting your dogs used to each other are the following:

- Exchange items that smell like the other dog for them to get used to their scent.
- Consider kenneling them in the same room. A kennel cover may be needed at first for this.
- Positive reinforcement with every interaction!

Pay Attention to Body Language

Watch for any indication that either dog is uncomfortable or defensive. This can include hair standing up on the dog's back, teeth baring, stiff legs, prolonged staring, and growling. Sometimes, a dog is vocal and doesn't mean it in an aggressive way, but a dog that is not comfortable or confident can take a fear response to that. If you see an indication that the dogs are starting to display wariness or defensiveness, immediately and calmly interrupt the interaction and remove the dogs from each other's presence. Toys, bones, and food are common sources of arguments for new dogs.

Let Them Determine the Pace

We get it, we all want our new family members to get along instantly and some cases that can occur. However, slow introductions are highly recommended and crucial to allow for a safe integration. Do not force the dogs to interact. Once the dogs are able to be in each other's view at a close proximity, allow one dog to walk behind the other and then switch. If they are still comfortable, you can walk them side by side!

Switch Out Items

Switching out items that smell like each other allow the dogs to get used to the scent of a new dog. The more a dog gets used to the other's scent, the more likely they will be comfortable in their presence. Fun fact, this also works with cats!

Monitor Closely

So, introductions have been going great and now they're playing and acting like siblings! That is fantastic! Still, keep a close eye on the new siblings. Siblings don't always get along and can get irritated over the silliest things. Continue to follow your routine and the methods that have helped. If you ever need assistance, you can always reach out to us. We are happy to help in any way possible!

Common Behaviors Issues & Tools to Help

House Soiling

There are a ton of reasons that a housetrained dog may start eliminating in the house. There is the concern that there could be something medical going on, such as urinary tract infection. So, if you're noticing frequent small amounts of urination and or changes in drinking habits, it is best to contact your vet. Other reasons could be submissive or excitement urination, territorial marking, and anxiety. Just because a dog is house trained when it comes into your home, doesn't mean that it knows how to communicate with you, or you know its signals. Be patient, pay close attention to cues that the dog is displaying prior to soiling. The cues may be as simple as walking to the back door briefly that can be easily missed.

Submissive/ Excitement

- Be calm with the dog and take them outside prior to greeting them.
- Allow the dog to meet new people or animals outside.
- Tone down the excitement and utilize frequent trips outside.

Anxiety

- Increase how often the dog goes outside.
- Give rewards and praise for eliminating outside.

- Kennel them in their safe space when you are away or not able to pay attention to the dog. Dogs do not like to lay in their own urine or feces, and this can assist with anxiety and ensuring that they do not soil in unwanted places. This method is only effective for dogs that are not afraid of the crate.
- Find the source of the anxiety and work to alleviating it.

Territorial Marking

- While this is typically a male issue females can mark as well. This is often times minimized with neutering and spaying. However, when coming into a new home, especially with other animals, marking may take place.
- Crate the animal when you are away or unable to watch them.
- Utilize frequent trips outside and reward them when they eliminate outside.
- Fully clean areas that marking has taken place with urine destroying solutions or vinegar.
- Remove or block off areas that are commonly being marked.
- Establish a daily routine.
- Use belly bands or doggie diapers as a temporary solution until the marking is resolved.

Kennel Training & Issues

Some dogs naturally love their kennel. They may love it so much that they are hesitant to leave it at times, especially if they are on the shy side. That is okay! If this occurs, just be patient with your new family member. Ensure you have a calm and inviting environment around the kennel. Using a soothing voice and even treats to have the dog come out on their own. This will resolve as the dog adapts and trust is earned.

The opposite issue may occur as well that a dog may not want to go into their kennel at all or may throw a fit being left in it. This is more common for dogs with separation anxiety.

- Ensure the crate is inviting and cozy. Review our tips and tricks on creating a safe space above.
- Never force a dog into a kennel! This could result in the dog's fear increasing regarding the kennel and even fear responses. Instead, try tossing a treat into the kennel to see if the pup will go inside. Additionally, have the kennel in an open area not against a wall with the door open. Have on person at the end of the kennel with a treat and have them gently call the dog and coax them with the treat. Once the dog goes in, reward them with a treat!
- Gradually build up the time the dog spends in the kennel. Dogs with high separation anxiety just want to be with you. Instead of immediately placing them in the kennel for hours at a time, do short increments and slowly increase the time spent in the kennel until they are comfortable. You can even start by having them in the kennel with you in their eyesight if that seems to help, but it may cause the opposite effect for some dogs.
- Keep the kennel as a positive place and never a source of punishment.
- Always reward your pet when they go in and out of the kennel.

Barrier Reaction

Barrier reaction can occur when in the kennel or even laying on the couch or bed. It all depends on the dog. First, find out what the dog's trigger is and reduce the dog's exposure to it. Dogs learn

through every interaction that they have, and you want to control the reaction the dog has. Other methods to assist in correcting the behavior are:

- Limit the dogs access to triggers.
- Arrange the environment so that they don't have the opportunity to react. Kennel covers are a great example of this.
- Redirect the dog. Train the dog to focus on you instead of the stimulus. This is a key aspect of all training and will ensure that you can redirect the dog's attention away from the trigger and reward them for the behavior that you want.
- Mentally stimulate the dog. Training is not just great for a well-behaved dog and neat tricks. It wears the dog out mentally and is very beneficial! Additionally, you can use food puzzles or toys to mentally tire out your pup!

Resource Guarding

Resource guarding is when a dog is attempting to show their ownership over something such as a toy, bed, treat, water bowl, and even a person! Some dogs may guard their food as well, which is known as food aggression. This is a common thing for dogs that perhaps at one point didn't have enough to eat. Not sure if the dog is resource guarding? Look at their body language. Are they growling? Hyper fixated on the object? Standing rigid over the item? Well, these are good indicators that resource guarding is taking place. So, let's discuss methods to minimize all these issues and do so in a safe manner! *Always start at a distance that you see no guarding behavior from your dog.*

- Remove problem items. We know, we want to spoil our pups and you still can! Only give the items when the dog is in a secure location away from another dog or human. You can give them bones and toys when they are in their kennels. Additionally, feeding in their kennels is another great way to ensure safety in the home! If it is just a specific toy or item, then remove the item from the home.
- Build your dog's confidence. Behavior issues such as resource guarding are often times due to a lack of confidence or underlying issue. Expose the animal to new situations safely and reward them for doing well.
- Teach "give" and "leave it" commands.
- Use positive reinforcement. If the dog is reactive when you walk by the food bowl, drop a treat into the bowl while they're eating so associate your approach as a positive. If they eat in the same room safely with another dog, reward them for positive behaviors such as not growling while eating.
- Make sure you have enough toys to go around. They're just like siblings. If one has a favorite the other will most likely want it so, try to have duplicates of the same toy and items!

Chewing

Puppies love to chew and sometimes that continues into adulthood. While there are tips and tricks to help control the situation it is important to have realistic expectations. Chewing can take place for a variety of reasons such as anxiety and boredom and it is very common for a dog to chew up an item on occasion.

- For teething pups try freezing a rubber toy or specialty teething toys.

- Make the items unpleasant to the dog. There are tons of taste deterrents on the market that make items unappealing! Some dogs are a bit odd and like the taste of them though, so make sure to supervise your dog when you first try one.
- Don't chase if they have an object. Instead, call them and offer them something else in exchange.
- Increase their physical and mental exercise. Boredom is a common culprit of chewing. Going on more frequent walks, puzzle toys, training exercises, and feeding mats are great ways to decrease your dog's boredom!
- Find the cause of the dog's anxiety and work to resolve it.

Digging

Dog often dig due to being left outside for an extended period of time and getting bored. Some breeds are just prone to digging. There are methods to try though.

- Play using active toys such as balls as often as possible
- Practice new tricks
- Keep interesting toys in the yard to keep the dog busy.
- Walk your dog twice a day.
- Ensure there are no rodents in the ground that the dog is trying to get to.
- Create a digging zone that is okay for your dog to dig in! This is like a doggie sandbox, and they can focus the digging in a controlled place. Simply praise the pup when they dig in the zone that you have created!
- Make digging spots unattractive or inaccessible.

Jumping

Our furry friends are often so excited to see us that they just can't contain themselves. They jump up eager to give us all the affection, but we know that isn't an ideal behavior and could potentially cause an injury. Don't worry, we have some tips and tricks on how to resolve it.

- First, remove the excitement from coming home. Avoid any fast movements and loud excited voices. They get the dog excited and often will be a cue for the dog to jump up and greet you.
- Leash the dog when you have guests over and have the dog sit prior to receiving attention and reward for positive behaviors.
- Have your dog sit for all greetings and interactions with guests.
- Ignore the jumping behavior and do not touch the dog, including pushing them off. It is hard, we get it. Instead of pushing the dog off, turn your body away from the dog until the dog is no longer on you.
- Have your dog start in a sitting position with a treat and held in between your fingers. Slowly lower the treat to your dog and make them maintain the sit position to get the treat. This will teach the dog that when in this position they get rewarded but if they jump up to get it they don't get anything.

Separation Anxiety

Believe it or not, separation anxiety is a very common occurrence for dogs. It often takes place due to being left alone when they are used to being with people, change of ownership, change of

environment, or even an alteration in routine. It can cause multiple behavior issues with the dogs such as chewing things up, destroying kennels, and barking. These situations are not good for the dog or people but is easily fixable!

- When you leave, make it low-key. Minimize greetings and good-byes to your dog prior to leaving.
- Ignore your pup for the first minutes when you get home and make your return low-key as well.
- Leave some clothes, blankets, or items near the dog that smell like you. Be mindful, if the dog is destructive, you can leave them outside the kennel near them where they cannot ingest the items.
- Give your dog a special treat or toy that is safe for them to have while you are gone prior to leaving. Make sure to pick them up when you come home though. They are only for when you are gone!
- Consider over the counter calming supplements.
- Act like you are about to leave such as grabbing your keys or putting on your shoes and stay in the house. This helps get the dog used to these actions and disassociate them with you leaving.
- Do shorter absences to get your dog used to you being gone. Once your dog has decreased anxiety with your cues of leaving you can actually leave the house. It is recommended to start this off in short time periods of 5 to 10 minutes and gradually increasing it.

Dog Body Language

These are some general guidelines regarding dog body language. However, sometimes these positions and cues can mean different things. For example, we often associate a dog on their back exposing their belly as comfortable and happy. While this can be the case, it can also be a submissive and fearful behavior, especially if the tail is tucked between their legs or if they urinate in that position.

It is important to understand that just because a dog is displaying body language that is “concerning” it isn’t necessarily a bad thing. Dogs cannot communicate in words like we do. Their mannerism are ways to communicate what they need and or are feeling. In order to be effective dog owners, we have to pay attention to what they are trying to say and respect it for everyone’s benefit.

Relaxed

Eyes	Mouth	Tail	Ears
Soft	Closed without tension.	Wagging	In the natural positions for the dog
No wrinkles on the forehead	Relaxed pant if active	Wide, sweeping motions.	



Alert

Eyes	Mouth	Tail	Ears
Wide open & focused	Closed without tension.	Extended from the body.	Perked up & pointed forward.
No wrinkles on the forehead		Even with the spine and possibly with a slight wag.	



Stressed or Nervous

Many of these behaviors a dog will display when nervous or stressed are actually methods for them to calm themselves or reduce tension. If a dog is displaying these behaviors, it is ideal if they can be placed in their area of comfort to allow time for them to decompress.

Eyes	Mouth	Movement	Other Behaviors
Avoid eye contact.	Yawning or sneezing	Turning away or moving in slow movements.	Raising one paw or scratching.
Look at the trigger than quickly look away.	Lip smacking or licking.	Moving in a curve or freezing.	Shaking off like after getting wet or sniffing the ground.



Fearful

Eyes	Mouth	Tail	Ears
Head turned away from the stressor.	May be tightly close with corners pulled back.	Tucked between legs.	Tucked back against the head.
Eyes angled toward the stressor showing the white of the eyes.	May pant without any increase in temperature or activity.	Pressed up against the belly.	



Appeasement

This is also known as submissive behavior. These gestures indicate that the dog is feeling threatened, and they are trying to appear less of a threat themselves. They may lower their body to the ground and even display their stomach.

Eyes	Mouth	Tail	Ears
Avoiding eye contact	Tension around mouth & lips may be pulled back exposing the front teeth in a "smile."	Tucked between legs.	Pinned back.
Squinting	May lick around the muzzle frequently.	Held low in slow tight wag.	



Ready to React

When a dog displays these body languages, it is best to remove the dog from simulation and allow them to decompress. It can mean they are overwhelmed, pushed past their limits, or even having a prey response.

Overall, the body posture is rigid and tense with minimal movement. The fur may or may not be raised up, particularly near the tail or across the shoulders. The dog's weight will often be on their front legs and the legs will be stiff.

Eyes	Mouth	Tail	Ears
Fixed unwavering gaze on the stimulus.	Tension around the mouth and possible wrinkles across the muzzle.	<i>Fearful:</i> Tail held low or tucked and then raised when reacting.	<i>Fearful:</i> Back against the head.
Wrinkles across the forehead	Raised upper lip with exposed teeth.	<i>Confident:</i> High tail above their body, possibly twitching.	<i>Confident:</i> Forward or to the side.

