



# Rehoming a rescue dog

by Jo Laurens



# Introduction



A very well done to you, on giving a rescue dog a second chance at a loving home.

Taking on a rescue dog should be a rewarding experience - for everyone in your household. This booklet has been put together to help you make it so!

It's important to have a realistic idea of the problems you may face with your rescue dog, and to be prepared to address them.

I say 'may' face, because not all of you will experience every problem in this booklet(!), so please don't be overwhelmed if you're reading this before getting your dog: Chances are, you won't need much of this advice.

However, almost all of you will experience one of these issues - to some degree. And knowing how to address them can make the difference between a slight issue which is quickly resolved, and a worrying problem which is exacerbated.

It's important that you feel adequately supported whilst you add a furry family member to your household. Not knowing if you are doing something 'right' or not can create a lot of unnecessary anxiety and confusion - for both you and your dog.

So, if you have any questions, please get in touch!

All the best,

*Jo Laurens*

# Should you take time off work?



People often take time off work when adding a new dog to their family.

This is an excellent idea, in principle, but it's also important that you use that time to help the dog to prepare for you not being there (see 'alone training' below) and to get the dog into the routine that will take place once you're working.

If the dog is used to you being available all day, and having fun playing and training - and then suddenly you're not there any more - it's going to be potentially upsetting for him/her when normal working hours resume, and this may result in some signs of separation anxiety.

To avoid this, think about what you need the dog to be able to manage when you're at work:

- How many hours will the dog be alone?
- Can someone return at lunch time or during the day, to provide a toilet and play/training opportunity?
- What time will the dog eat?
- What time will the dog's walks be?
- What time will the dog get up/go to bed?
- Overall, what do you imagine the dog's daily routine to be?
- What measures can you put in place when you first go back to work, to help ease the dog into the transition? (See 'Alone Training' below for some ideas.)
- How can you start, right now, very gradually easing the dog in a manageable way, into the routines that will be followed when you go back to work?

Dogs are creatures of routine and establishing a routine is going to help your new rescue dog to settle in quickly.

Of course it's a bad idea to leave a new dog alone for hours as soon as you get her, which is why taking some time off is a great idea.

But, from the start, have in mind what things will ultimately be like, on a daily basis, for the dog, and work towards accustoming the dog to that - gradually. (See 'Alone Training' below, for more info on how to achieve that.)

So in short: **Yes, it is a good idea to take time off work. With the proviso that you use that time productively to gradually move towards your usual schedule.**

# Toilet training



Although rescue dogs are often not young puppies, they may have lived their entire lives either as strays or in a pound. The concept of 'not-toileting-indoors' is therefore going to be a new one, for many of them.

Some rescue dogs may have spent time living in squalid conditions, forced to sleep and live in their own urine and faeces. This will have accustomed them to being indifferent about their toilet place, and they can be harder to toilet train for this reason.

But fear not, because you have TREATS on your side - which can provide enough of an incentive for ALL dogs to toilet outdoors, whatever they've been used to, in the past!

The best approach to toilet-training a rescue dog, is the same approach as is taken to toilet train a new puppy.

Here's how:

- Choose a place outside to be the dog's 'toilet place'. This can be a spot in the garden, or outside on the street. Having one spot means it will start to smell like the 'toilet' to the dog, and trigger the dog to go quicker when he's brought to that place.
- Take your dog outside frequently. After eating, after playing, after waking up, and every hour in between - all these are moments when most dogs will toilet. A dog isn't going to tell you she needs to go, not to begin with. You have to get most toilets in the right place by coincidence, to start with.
- Keep a tub of tasty treats by the door, so you can grab them on your way outside. Give your dog a treat immediately after toileting (pee or poo). Your dog will learn that if she saves up all her wees and poos to get them outside, she gets treats. When she goes indoors, nothing happens. Be careful not to interrupt your dog when toileting with the treat - or she might not empty fully(!) - but immediately she finishes, give her one.
- Take your dog out to toilet on the lead, even if this is in your garden. This means your dog will be right next to you when toileting, and you can quickly pop a treat in her/his mouth afterwards. If your dog toilets at the end of the garden, you can't get there to reward that quickly enough.
- If your dog toilets indoors, say and do nothing - even if it happens in front of you. **Do NOT punish your dog, verbally or physically.** You could well be communicating the wrong thing through punishment. (All the dog sees, is someone charging at him, when he toilets. You could well communicate 'do not toilet when I'm watching you - go and hide, to toilet!' Some people end up with a dog who toilets behind furniture, or runs to toilet behind bushes when out on walks, because he has learnt not to toilet when being watched.) Punishment will only increase your dog's stress-levels in his new environment and will damage your relationship with your dog. Do not be tempted to charge at your dog shouting 'no' if she has already started to toilet. It's already too late, by then. Instead, tell yourself to take her out sooner, next time. To a rescue dog, *everywhere* is a viable toilet place. Imagine sitting on your toilet, to find a stranger rushing at you and shouting...
- When accidents happen indoors, clean them up using a biological laundry detergent. The bio aspect is important, since it has enzymes in it which will completely degrade the pee and poo left by the accidents. (You can buy expensive pet cleaning products at pet-shops, but they are essentially very expensive bio laundry detergent, packaged for pet purposes!) If you want to spray over with a disinfectant, that's fine too. Do not use bleach to clean up, because it contains

ammonia - which is also present in pee, and so it can make the spot smell even more like a toilet to a dog.

- Consider using a crate (see next section). Most dogs will try to hold on because a crate is their bed and they don't want to soil their sleeping area. Dogs are den-like creatures and they love snug, small spaces. (Mine love to sleep under the table whenever possible.) You need to introduce a crate in the right way, though - this is very important to ensure your dog likes the crate - so follow the instructions below.
- Supervise your dog closely when he is not in the crate, and at the first sign of sniffing or circling, whisk him outdoors with a happy call and your treats. (If you are taking him out frequently enough, you won't be relying on these signs, though.)
- Do not use puppy pee pads or newspaper, since these effectively train the dog to toilet indoors. You then have to re-train the dog to go outdoors. And often they will continue to go where the pee pad or newspaper was located, even once you've removed it. Or they will learn to pee on newspaper (not good when you put the Sunday papers down) or on soft cushiony things (ditto for your sofa cushions or rugs). So it's clearer for the dog if outside is always the place to go, and inside never is.

### **What to look out for**

I'm sure you've been scared at some point in your life, and you're well aware of the effect of fear on your bladder and bowels! The same goes for dogs.

Sometimes toilet training problems can be a sign of separation anxiety. (Anxiety caused by separation from you/being left alone.)

Separation anxiety may be the cause if the toileting indoors is happening much more frequently when you are away, if your dog is excessively clingy when you are home, and if you notice other signs of anxiety. See below on 'alone training' for more info on this issue.

# Crate training



## Are crates 'cruel'?

Sometimes new dog owners think crates sound 'cruel' - after all, they are cages. Why would we want to shut our new family member in a cage?

If you find yourself thinking along these lines, try to see the crate from your dog's perspective: Dogs are den animals, since their nearest wild relatives - wolves - live in small, dark, enclosed spaces dug into the ground. Many domestic dogs choose to sleep under tables or similar, showing that they still have similar preferences to wolves when it comes to a sleeping place. Many crate-trained dogs, when afraid, run into their crates - demonstrating that they see them as a place of safety and security.

To consider a crate 'cruel' is to see it from a human perspective and to apply human values to it. Your dog won't see it that way.

## The advantages of having a crate

In a word: Prevention!

Many rescue dogs have never lived in a house before. Even if they have, your house will be different - since every house is different - and they are therefore unlikely to apply anything learnt before, to your house. Dogs are creatures of habit, and once they start to do something (desirable or undesirable!) they are likely to continue with it.

So, one of your goals, in bringing your rescue dog home, is to encourage, reward and develop the behaviours you want - and to prevent the behaviours you don't want.

Unsupervised new rescue dogs, left loose in your house, may be prone to: Chewing your furniture or belongings (including electrical cables); toileting inside; raiding kitchen counters for crumbs; and consuming dangerous substances.

Obviously only some of this stuff they may get up to is dangerous. The rest of it is a problem because, the more they 'practise' doing it - the more they *will* do it!

That's where a crate comes in:

- Dogs will try to hold onto pees and poops, in a crate - because it is their 'bed', and they naturally don't want to soil where they sleep. That means you can get on with the cleaning, cooking, accounts, piano practice, school run, [insert activity], safe in the knowledge that you're not going to return to a mess. When you return, you can whisk Fido outside quickly and thereby avoid any accidents in the house. The fewer the accidents, the faster your toilet training.
- Everything dangerous or not-a-chew-item is out of the dog's reach. It's therefore not possible for the dog to make the 'wrong' choices about what to chew.
- Anything potentially dangerous is out of the dog's reach.

## A caution

Although crates are a fantastic tool, like any tool, they can be misused. Leaving your dog crated for 8hrs a day, on a daily basis, is not acceptable. If you work long hours, a crate won't be an option for you during this time - unless you can arrange for someone to visit your dog during the day, let her out to toilet, play with her a couple of times a day and re-crate her with a tasty kong. You may be able to find a friend or relative willing to do this, or a professional.

If you work long hours, but have taken a couple of weeks off for your new dog, a crate may still help you establish the right habits during those early weeks. It may also be helpful at night and when you are gone for short periods of time, so don't discount using one. You can leave the door open, when gone for long periods.

### **Do I have to use a crate?**

No, of course not. If your dog has no problems with eating parts of your house she's not supposed to eat, AND your dog has no toilet training issues, AND your dog has no separation anxiety issues, then a crate is probably redundant. If you do decide to use one, once you've fixed those issues, you don't need to keep using it - you can switch to a dog bed at a later point, once problems are solved. Few people use crates for the lifetime of their dog and they are not a 'permanent' part of most dogs' lives.

### **Choosing a crate**

Choose a crate the right size for your dog when fully grown. Your dog should be able to stand up and turn around comfortably. If your dog is not yet full-grown, some crates come with 'dividers' which can partition off a section of the crate. As the puppy grows, you can then move the divider to make the crate larger.

### **HOW TO CRATE TRAIN**

This is a very conservative approach to crate training, which has been put together to ensure the majority of dogs will benefit if following the guidelines.

#### **Stage One: Door open**

This stage involves the crate door remaining open, and conditioning the dog to LOVE the crate.

- Set the crate up in a busy family room. Putting the crate in an out-of-the-way location will only make the dog feel shut out of family activities, and come to dislike the crate for that reason. Often the kitchen is a good choice.
- Make sure the crate is comfy inside, with blankets and/or a crate mat. (A cushion cut to fit the crate.)
- Do **NOT** close the door, at this stage.
- Hide some tasty treats at the back of the crate, with a trail leading towards the door. Try to do this when the dog isn't watching, or is in another room. Allow the dog to 'discover' the treats of her own free will, the next time she passes the crate. Then replenish them! The idea is that the dog comes to think of the crate as a magic treat-producing place... Do this as often as you can.
- You can also feed the dog her meals in the crate: Place the bowl at the back of the crate, so she stands in the crate to eat. Remember, don't be tempted to close the door.
- Try putting the crate next to you when you watch TV, and sit on the floor by it. The dog may choose to go and lie down in there. Don't 'make' her or encourage her to, verbally, yet. Drop a few treats inside, if you want.
- Consider putting the crate next to your bed at night, with the door open.

#### **Stage Two: Door closed, you right by the crate**

After a couple of days of Stage One, if the dog seems fairly comfortable with the crate and is frequently checking it out as a magic treat-producing place, you can move onto Stage Two.

This stage involves shutting the door, but without you leaving the dog.

- Prepare a fantastic stuffed kong. (Google 'kong' if you don't know what one is!). Try some pate, some cheddar cheese (which you can melt in the microwave once you've put it in the kong, so it is harder to get out!), mashed banana, peanut butter, mixed in with regular kibble.
- Make sure the dog has toileted and is empty, and also is tired - after a walk, or vigorous play session.
- Put the crate in front of the TV, throw the kong in the back of the crate and shut the dog in there when she goes in. Sprinkle some treats in there too, for good measure!
- Sit next to the crate and watch a film or TV. Fido should eat the kong happily, as you're right next to him. Occasionally drop some more treats into the crate, especially once the kong is finished. If the dog makes any noise, ignore it. Don't speak to her, or shout at her. Don't drop treats in, in response to noise. Wait for quiet before giving treats. Put the subtitles on!! Hopefully, by the end of the film, Fido is not making noise and is settled. Let her out.
- Keep repeating this until Fido is totally chilled lying in the crate whilst you watch TV. This will hopefully only take you 3-4 sessions - unless your dog has an existing issue with the crate, and/or a bad experience of having been crated in the past. In which case, proceed much more slowly and don't be in a rush to progress until the dog is happy with the stage you're at. Seek further help if necessary.
- Once you've had one session watching a film as above, if you are crating the dog by your bed at night, close the door at night too. Feel free to cough or sniff, or talk between yourselves, if the dog seems anxious - so she knows in the night you are right there. Take her out to the garden first thing in the morning to toilet; don't leave her shut in there whilst you get up.

This stage is all about getting the dog comfortable being in the crate with the door closed, and you right next to it. Once you've achieved this...

### **Stage Three: Door closed, you in the same room - and then in the same house**

This stage is about the dog being comfortable in the crate whilst you're at home - but not right next to it, anymore.

- Crate the dog (always with a tasty kong, always tired and empty of pee and poop), whilst you do some activity in the same room. Like cleaning, working at your computer, cooking etc. Make sure you do some stationary activities (reading, computer, eating) and other activities involving moving around (cleaning, cooking).
- As always, ignore any noise. Periodically return and drop some treats into the crate if the dog is quiet.
- Once the dog is comfortable with this, start to undertake activities in other rooms of the house. Keep the door(s) open between you and the dog, and start out with a room nearby - progressing further away as the dog can cope. Periodically return and drop treats into the crate if the dog is quiet. Choose active, noisy activities at first - so the dog can hear you and knows she is not alone in the house. Feel free to sing to yourself, talk to yourself... Ignore any noise from the dog.
- Remember: Whenever the dog is crated, he gets a tasty kong; is tired; and empty of pee and poop.
- If the dog is ok with this, make the activities quieter until you can sit in another room and read, periodically returning to drop treats into the crate if the dog is quiet.



- At this stage, the crate really starts to become useful. Use it any time you need to, when you can't supervise your dog and you're at home. Cooking? Eating? Getting kids ready for school? Showering? Cleaning? Use the crate. You'll be secure in the knowledge that your dog isn't toileting somewhere and isn't getting into anything she's not supposed to.
- Stair-gates are also useful at this stage: If you don't want the dog upstairs or in the kitchen or [insert place], a stair-gate is another intermediate form of separation which involves the dog being able to see and hear you - but not be with you.
- Do not leave your dog crated when you go out, yet. Ideally, don't leave your dog alone at all! Bring her with you in the car, ask a friend or relative to sit with her, if you need to go out. If you have no choice but to leave her alone, don't crate her - leave the crate door open when you go out.

**Although all this (to this point) might sound like a lot, it's actually not - and can be achieved in a few days, with a dog which has no previous problems with the crate.**

#### **Stage Four: Home alone/Alone training**

Stage Four involves getting the dog used to being left alone very gradually.

I'm going to talk about this stage in the next section 'Alone training'...

# Alone training



Rescue dogs have often been abandoned by their previous owners: Tied up outside shelters. Or left behind in houses. Or turfed out of cars in unfamiliar places to fend for themselves.

These experiences are likely to have been very traumatic for the dog, and many rescue dogs have difficulties with being left alone in future as a result of these experiences. They may start to panic when they are left, and to believe the same thing is happening again.

Since being given up to shelters, they have also spent time in the pound - along with many other dogs - or in foster homes, again frequently with other dogs around. Going to their new home, especially when it's a home without other dogs, might be a shock to them. It might be the first time they have ever been left alone.

**'Separation anxiety'** is the term used to describe extreme fear over being left. Dogs with full-blown separation anxiety may howl; bark; destroy doors or door-frames in an attempt to follow you, ending up with bloodied paws; they may defecate or urinate when you're absent; they may refuse to eat any food they are left with. I've even known dogs throw themselves through glass windows to follow owners!

Obviously, if things are this bad, you need professional help. However, your dog may not exhibit such full-blown symptoms - and doing the 'right' sort of things when you first bring him home may help you prevent a more serious situation from developing.

Here are some tips:

- A **DAP(Adaptil) diffuser** is a plug-in device which gives off maternal pheromones which help calm and reassure the dog. It is odourless to humans. This is an entirely natural product which you can obtain from your vet - or online, from pet pharmacies. It does not require a prescription. Plug it in a couple of weeks before you bring your dog home, to give it time to permeate your house!
- **Zylkene** is a natural anti-anxiety medication, so effective it is used by vets. One trial found it to be as effective as prescription-only SSRI inhibitors (powerful anti-anxiety meds), yet with none of the side-effects associated with those. Zylkene is a powder which you sprinkle on your dog's food. Again, it does not require a prescription and can be obtained from your vet or online pet pharmacies. A few weeks' worth of Zylkene will help your dog settle in.
- When you first bring your rescue dog home, your first task is to help her feel safe in your house and safe with you. Forget about leaving her alone, for the first couple of days and even (preferably) nights. She has had a lot of stressful changes, over recent days and weeks. She has changed countries, she is in a home environment which is unfamiliar to her, and she has recently spent many hours travelling across Europe and on the ferry! Now is the time for settling her and helping her feel safe again. Put her bed by your bed. If you don't want her in the bedroom, put a stair gate up on your bedroom door and her bed just on the other side of it. Take her with you when you go out if possible, or have someone sit with her at home if you can't. Take some time off work, if you can, to settle her in during this time (but see 'Should you take time off work?', above).
- Start Stage 1-3 of crate-training (above) during this time. Once you've successfully managed stage 1-3 of crate-training, then you can begin getting your dog used to being left home alone. Here's how...

## Home alone/Stage Four

### This continues from crate training (above)...

If you are not crating your dog, follow all this advice, but leave her in a secure room or in a large puppy play pen (depending on the size of your dog) instead.

- Remember: Always make sure your dog is empty (of wees and poos!) and tired beforehand.
- Remember: Always crate with a stuffed Kong. (For how to stuff Kongs, see 'Chew Toys' below.)
- Crate your dog. Put on your coat/pick up your keys/get ready. Use a specific phrase which tells your dog that you're leaving but will be back soon ('I'll be back'; 'See you later'). Go out, and immediately come back in again. Walk around the room. Say your phrase, go out again, and immediately return. Repeat this many times, until you see the dog stop being at all interested in what you're doing, and either become absorbed in the kong or doze, in a relaxed state.
- Then, as above but now go out and wait 5 seconds. Return. Repeat until dog is relaxed.
- Go out and wait 10 seconds. Repeat until dog is relaxed.
- 30 seconds. Repeat until dog is relaxed.
- 1 minute. Repeat until dog is relaxed.

*NB: You may progress through all this in one or two sessions. Or, if your dog becomes hyper-alert and worried when you go out, it may take you a week with several sessions a day. A lot depends on your individual dog.*

- 5 minutes. At this point, you might like to start walking away from the house, then turn and walk back to the house again. Repeat till dog is relaxed.
- 10-15 minutes. If you have a corner shop near you, go and get the paper or some milk. By the time you reach this sort of length of time, the number of repetitions you're going to be able to do each day is much fewer. (1e - many times 15 minutes probably equals a good amount of your day!). Try to get a couple of sessions in, each day. The good news is that the first 15 minutes of being left is the hardest time for any dog, and the time when separation anxiety is most likely to kick in. If you've reached this length of time with no problems, it's highly likely you're almost home and dry.

NB: A note about **types of noise**... Sometimes the noise a dog makes in a crate comes from frustration. This will sound like a 'let me out of this crate, NOW, "I want..." noise. Other times, the noise will come out of panic and fear - anxiety. It is 'safe' to ignore noise originating in frustration. It is not 'safe' to ignore a dog which is panicked, because the panic will increase the longer the dog remains in that state - and will be associated with being left alone. (This is how separation anxiety begins.)

It is impossible for me to tell you how to differentiate between these types of noise and you might find it hard if you're a new dog owner. If the noise is one which your dog has made when you've been sitting right by the crate, watching TV, then it's likely frustration - not fear. If you haven't heard this quality of sound before, it may well be fear-based. If you're not sure, assume it is fear-based to be on the safe side.

If you hear noise from your dog when you return, if you know it is frustration-based, wait for silence before going in: If you return when the dog is making noise, your return can reward the noise-making and the dog can make even more noise next time because it makes you come back!

If the noise sounds like the dog is panicking, accidentally make a loud noise yourself, outside. This will cause the dog to be silent for a few seconds, wondering 'what was that?'. Use that silence to return. Go back to the length of time your dog was last ok with, and progress more gradually. If you continue to have problems, contact a professional for help.

- Gradually progress: 30mins; 1hr; 1.5hrs; 2hrs; 3hrs. And so on. Ideally, try to ensure your dog is ok being left for the maximum amount of time he will need to be left for. If you've taken time off work, will your dog need to be ok for 4hrs? Or all day? If all day, you may find it easier to aim for 4hrs and arrange for someone to visit, play with and toilet your dog mid-day - for the time-being.

### **How long can my dog be left crated for?**

Assuming you've now successfully crate-trained your dog, you might be wondering this.

The answer depends on:

- Your dog's toileting needs. (Not for longer than she is comfortable with.)
- How frequently you are crating your dog for this length of time. (ie 6hrs occasionally, is different to 6hrs every working day of the week.)
- Whether you are able to meet your dog's needs (mental and physical stimulation), outside of the time he is crated.

A dog needs:

- to be fed twice a day;
- to have sufficient opportunities to toilet when he needs;
- to be physically exercised;
- and (a big one!) to be mentally stimulated (chew toys and training!);
- and he needs 'chill out' bonding time with you/the family.

To meet all these needs on a daily basis, it's difficult to imagine how a dog could be crated for a full working day on a regular basis - without a break.

It's probably best to consider 4-5hrs as the maximum continuous time on a regular basis, with the potential for this to be longer if someone is able to visit, play with and toilet the dog.

### **But I work full-time!**

You're going to need to be creative if you want to use a crate. Do you know someone who might dog-sit during the day, at their house or yours? Can you come home at lunch time to break up the day? Or do you know someone who can stop in, halfway through the working day? It's possible to use a pet professional (dog walker or pet sitter) to break the day up in this way, too. You hopefully will only need these measures whilst using the crate, but this can be for quite a long period (ie a year or more). Remember to use lots of stuffed kongs (see below), to keep your dog busy when you're away.

# Chew toys/Chewing the 'wrong' things



Dogs have chewing needs which are lifelong. Chewing on things is not just a puppy behaviour: Adult dogs need to chew on things, too.

To a dog, the whole world is a potential chew toy. She doesn't know the difference between a plastic toy you bought her, and your mobile phone. She is going to try to chew what is 'at hand' and 'available', and if the wrong thing happens to be available, it's not her fault.

Just as you wouldn't punish her if she chewed on a plastic dog toy, you shouldn't punish her if she chews on your mobile phone: She would have no idea what she was being punished for. In her eyes, her owner would have inexplicably attacked her.

## **An aside... A word about appeasement**

Sometimes owners like to reason that their dog 'knows' that she shouldn't have done something. Whether it's toileting inside, or chewing something they're not supposed to. And that therefore punishment is warranted because the dog 'knew'.

However, when you ask owners how they can tell that their dog 'knew' it was wrong, they say that the dog put her tail down, ears back, and slunk around. The owner interprets this as 'guilt' on the dog's part - and if the dog is feeling guilty, then she knew what she was doing. So she deserves a punishment, they reason.

But what this 'apologetic' behaviour really is, is canine appeasement. The dog can sense you are angry, and is saying 'please don't hurt me, I'm just a small being, I'm not a threat to you, can't you see that?': The dog is responding to your anger. (Dogs are very good at picking up on human emotions!) None of this means that the dog knows *what* it is that you are angry about! She is just 'appeasing' your anger and trying to turn it off or dial it down, so you don't attack her. Unfortunately, for many dogs, humans interpret canine appeasement gestures as guilt and then they *do* often go on to 'attack' their dogs.

## **Back to chew toys**

The best way to ensure your dog chews only what you want her to, is to make sure that what is 'available' and 'at hand', is what she's allowed to chew. Because dogs are creatures of habit, what they start to chew, they are likely to continue trying to chew.

That means, if they start to chew your skirting board, they are likely to continue trying to. If they start to chew their 'chew toys', they are likely to continue with those instead.

To establish the habits you want:

- Have a variety of chew toys lying around wherever she is, so she chooses the 'right' things.
- Remove everything she's not supposed to chew, as far as possible, or limit her access to it. (Ie using the crate when unsupervised, or confining her to an area where there is not much she can choose 'wrong' when unsupervised.)
- If she starts to chew something you don't want her to, interrupt her and redirect the chewing onto a more appropriate object. Try to remove the object she was chewing, or barricade it off (if a piece of furniture), to prevent her from returning to chew it again. (As she is likely to.)

## **'Chew toys'**

You definitely want to get some of these in your house, before your dog arrives...

- A Kong. Dogs won't chew these unless you also stuff them with food (see below).
- Nylabones.
- Sporn Marrowbones. These are like Nylabones, but have a strip of jerky running down the middle. They tend to keep the dog more interested in it, than Nylabones.

## **Kong stuffing ideas**

Start out using easy recipes for kong-stuffing, and make it harder once your dog is hooked.

Easy:

- Mashed banana
- Peanut butter
- Soft cheese spread
- Pate
- Ordinary kibble mixed with the above

Intermediate:

- Cheddar, microwaved in the Kong for 20secs, so it takes on the shape of the kong.
- Wet dog food, frozen.

Harder recipes include:

- Any treat which can only just fit into the Kong - if you have to shove it in, your dog will find it hard to get it out! Look at the treats in the pet shop carefully and consider their sizes. (Try to get natural treats rather than doggy junk food. Fish 4 Dogs make fish skin treats of different sizes, for eg.)
- When putting in a harder treat or two, also add some easier bits of kibble or items from the Easy list above, so the dog is rewarded for trying and less likely to give up when confronted by the harder treats!

# Shopping list for a new dog owner



Have these items at the ready for your new arrival. Most of them are available in the island's pet shops.

- Normal length (6ft) clip lead
- Flat collar (fastening with buckle or snap clip) (When your dog arrives, please consider a Freedom harness - but sizing a harness, when you haven't met your dog yet, may be difficult.)
- Crate (if you've decided to use one)
- Vet bed or crate mat for bedding
- Chew toys: Kong; Nylabones; Sporn Marrowbone
- Rope tuggy (for play with you)
- Food & water bowls
- A good quality dog food (not Bakers or Pedigree - do some research: [www.dogfoodadvisor.com](http://www.dogfoodadvisor.com) )
- Treats for Kongs
- DAP/Adaptil diffuser (available from your vet or online without prescription). This is a device which plugs into the wall like an air-freshener. Humans can't smell it but for dogs it gives off a reassuring pheromone based on that of a puppy's mother - which has a relaxing and comforting effect. Ideal for new puppies and rescue dogs, it helps reduce anxiety when settling in. Each DAP/Adaptil refill lasts a month.
- Zylkene (available from your vet or online without prescription). This is a natural product which you sprinkle on your dog's food once a day. It has no known side effects, yet in trials it is as effective at preventing anxiety as much more powerful prescription anxiety medication! 2-3 weeks' worth will help your dog settle in, stress-free.

# What this booklet isn't



This booklet deals with the training which is needed around the house, to help your dog settle in.

What it doesn't deal with is how to have a responsive and obedient dog. To train a reliable recall; sit; down; stays; loose-lead walking; leave/off; retrieving - and more, you need to attend a training class. (Or schedule some 1-2-1 training.)

Research shows that dogs which attend training are less likely to end up in rescue, and less likely to experience behavioural problems, than dogs which don't.

Finally: Although the advice in this booklet is intended to help you avoid problems, you might find that, even after following this advice, things are still not working out for you. In this case, you'd probably benefit from a behavioural session and some advice tailored specifically to your circumstances and your dog. Please get in touch!

## About the author

Jo is Jersey's only APDT registered dog trainer (Association for Pet Dog Trainers). She has been an APDT member since 2007, when she passed the tough APDT assessment with full marks.

Jo holds an Advanced Diploma in Canine Behaviour Management (AdDipCBM) and CAP1 & CAP2 clicker training qualifications with Distinction. She is a fully qualified Certified BAT Instructor (CBATI), for working with canine fear and aggression. She is fully insured and CRB checked & abides by the APDT code of ethics.



In 2006, Jo established School for Dogs in Brighton, UK. School for Dogs rapidly gained an excellent reputation and became Brighton's most popular dog training club, running a range of classes to cater for all levels of dog training. In 2013, Jo moved back home to Jersey and established DogWorks.

DogWorks offers group classes for general training and practical obedience; a group class called BAT School (for dogs experiencing dog-dog aggression/fear); and force-free gundog training classes. DogWorks also offers 1-2-1 training, and behaviour consultations for problem behaviours.

Jo has many years of experience working with people and their dogs. She is committed to force-free work with dogs and does not use punishment (verbal or physical).

Please check out the website for more info on DogWorks: [www.dogworks.org.uk](http://www.dogworks.org.uk)

