Read This....

When you think that you have forgotten everything ________________ told you.

- C.A.R.E.’s Law #1: Don’t panic if your new dog doesn’t eat for the first day or two – he (or she) is under a lot of stress and not eating is one response.
- C.A.R.E.’s Law #2: Don’t panic if your new dog has diarrhea – this is the other common response to stress. If it seems severe, try feeding him or her some cooked white rice. You can mix in a little boiled chicken if you want. If it doesn’t get better in a day or so, call C.A.R.E. or your vet.
- Let your new dog get comfortable with the family before bringing strangers into the house – this particularly applies to children. If your dog still seems uncertain of him (her) self and you are expecting company, you may want to crate or confine your dog when company arrives.
- Supervise children (your own and guests) when they are with the dog. Do not let your dog feel trapped by a group of children. Show children how to be gentle with an animal. See enclosed handout, “Information For Adopters With Children”.
- Read up on how to use a dog crate. See enclosed handout, “Crate Training Made Easy”.
- In the beginning, restrict the areas of the house to which your dog has access; you can always expand the area available to your pet, but it is more difficult to reduce it. See handout “Help for the First Few Weeks”.
- Don’t bathe or groom your dog the first week. This is a high stress period, and bathing and grooming is very intimate for a dog. Wait until your dog is more comfortable.
- If your new dog is destructive or has accidents when left alone, crate your dog. See “Crate Training Made Easy”.
- Even if your dog is already housebroken, you don’t know how he or she communicates that it’s time to go out; watch for clues such as pacing, whining, or standing at the door; develop rituals around going out so that your dog knows how to communicate with you. See “Housebreaking” for guidelines
- Make an appointment with your vet…even if your animal is totally up-to-date on everything. You will need to get your dog monthly heartworm preventive, and you should establish a relationship between you and your dog and a local vet. Bring the medical information sheet you got with your adoption materials to your vet.
- If your dog has been recently spayed or neutered, they will have stitches. Typically females must have their stitches removed in 10 days or so after their procedure, and stitches used when male dogs are neutered typically dissolve on their own. Female dogs may require an appointment with your vet in order to remove the stitches.
- DO NOT hit your dog – not even with a rolled up newspaper. If you need ideas for how to train your dog, please call the C.A.R.E. VOICEMAIL and ask for your adoption counselor.
- Most dogs do best eating twice a day; ask your vet about how much to feed your dog. Unless your dog is extremely active, the recommended amounts on the dog food bags are usually too much. Feed each meal allowing up to 10 minutes for the dog to finish. If he doesn’t finish, pull the uneaten food. Feed fresh food at the next meal.
- Feed your dog the highest quality of food you can afford. The better the diet, the healthier the dog, which can mean fewer vet visits. A combination of wet and dry food is the healthiest diet. See our list of recommended foods.
- If your dog sounds like he or she is coughing and/or wheezing, your pet may have kennel cough and should visit the vet to be checked.
- Obedience classes are excellent ways for dogs and their owners to bond and learn how to respond to each other. Call D.O.G., “Dog Obedience Group” at 773-973-2934 for information on local classes.
- There are 13 common foods we enjoy that are dangerous to your dog. See enclosed, “Emergency Information” handout and be informed.
- Don’t wait for little problems to become major problems. If you have concerns about your dog’s behavior, call the C.A.R.E. VOICEMAIL and ask for your adoption counselor.

Remember: Your new dog wants to please you but doesn't know your expectations. Be patient, gentle, and loving and most dogs will learn how to behave with the family.

Community Animal Rescue Effort (C.A.R.E.™)
P.O. Box 691, Skokie, IL 60077
Voicemail: 847-705-2653 • www.CAREnorthshore.org
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HELP FOR THE FIRST FEW WEEKS

By Sue Sternberg. www.suesternberg.com

Tips to help you and your adolescent dog through the first few weeks:

We’re so glad you chose an adolescent or adult dog to bring home – they have so much to give in return for your initial efforts. Remember, there is no dog out there without a behavior problem; if your dog’s basic temperament is sound, we can help make his transition into your home a permanent one, where you’ll both be grateful you have each other.

We want it to work out:

There are a few things you can predict when opening your home and heart to a new dog: a little less freedom and flexibility in your schedule, to find a poop or pee or two around the house in the first few days, and to sacrifice some personal item or belonging of value to nibbling K-9 teeth. You can also expect to be entertained by, in awe of, and in love with your new dog.

Most of the behavior problems and questions that come up in the first few weeks are easily addressed and solved. Call us right away for advice. We really want to help.

Being left alone:

Teaching your dog that you are not going to abandon him when you leave him alone is not an easy task. Dogs who have come from a shelter or from the streets are very ready to bond to you, and they usually bond rapidly, closely and deeply. The same often holds true for the humans. People who choose to save a life by adopting a dog from a shelter usually form just as intense a bond with the dog. So both parties can feel devastated when the time comes to leave the dog alone. There are some things you can do to make this easier:

- Be very casual about departures and arrivals
- AS SOON AS YOU BRING YOUR DOG HOME, depart frequently. Just step outside the house and close the door for a few seconds to teach him that you leave and return frequently.
- Ignore your dog COMPLETELY for 20 minutes before departing. Just get up and go.
- Leave the radio or TV on.
- Feel OK about leaving and your dog will to.
What you need to know:

The more structure and guidance you give your new dog in the first few weeks, the better he’ll adjust. Just when you feel sorry for him and feel like over-pampering him – the kindest thing to do is to set firm, clear limits. Lay down some rules (you can always break them later). Give him a schedule. Don’t let him dictate all the interactions; let him know immediately what pleases you and what displeases you. Teach him to ‘sit’ and ask him to sit throughout the day. It’s a great way to speak the same language. Your new dog will appreciate being told what to do. He’ll feel calmer with your confidence.

Housebreaking:

You’re likely to have a few accidents in the first few days, even from a housebroken dog. Don’t let this freak you out! When your dog first arrives home, he’ll want to sniff and explore the house, and this very act of sniffing can cause your dog to have an accident. Keep the dog on leash to explore your home, and then quickly walk him outside, where his permanent area will be.

Clean up any messes with an enzymatic odor neutralizer. We like Nature’s Miracle, but there are several lines available. Don’t get angry at your dog, you don’t ever need to punish him. Dogs learn very quickly where you’d prefer them to eliminate by repetition and success. Be patient, and be there when he goes, and REWARD!
HOUSEBREAKING

By Sue Sternberg. www.suesternberg.com

The key to training your dog to eliminate outside (where you want him to go) is to prevent
accidents, and to reward success. Adult dogs have better bladder control and can “hold it” for a
longer period of time than puppies. The rule of thumb with puppies is: Take their age in months
and add one, and that is the number of hours the puppy can “hold it” during the day. An
example is a 4-month-old puppy can be expected to be clean for up to 5 hours during the day.

- Feed your dog on a schedule, then he’ll eliminate on a schedule too.
- Keep his diet simple and consistent. A high quality diet with very few treats will help
  build success.
- Choose an area about ten square feet outside where you wish your dog to potty.
- Take your dog on leash to the area and allow the dog to pace back and forth (movement
  promotes movement) and chant encouraging phrases like “do your business, do your
  business” or “go potty, go potty”.
- Do this for a maximum of 3 minutes
- If he eliminates, huge praise – treat and play.
- If he doesn’t eliminate, keep him on leash – go back indoors and either keep him on leash
  with you or confined in a crate
- Try again in 1 hour. Eventually your dog will eliminate appropriately and you can give
  huge praise and play.
- After each success allow 15 minutes of freedom in the house before placing the dog back
  on leash or in the crate
- After 3 consecutive days of success, increase freedom by 15 minutes
- If there is an accident, decrease freedom by 15 minutes for 3 days
- If there is an accident, be sure to clean it up with an enzymatic cleaner

REMEMBER! DO NOT PUNISH ACCIDENTS! IGNORE THEM, AND REWARD SUCCESS!
CRATE TRAINING MADE EASY

Teaching your new dog these critical lessons will pay off all his life.

By Pat Miller as published in The Whole Dog Journal - Pat Miller is a freelance author and a professional dog trainer in Chattanooga, Tennessee.  [http://www.whole-dog-journal.com/issues/3_8/features/5135-1.html](http://www.whole-dog-journal.com/issues/3_8/features/5135-1.html)

Some twenty years ago I got a new puppy. Keli was an Australian Kelpie, acquired by the Marin Humane Society to be my Canine Field Agent, partner and assistant in my daily duties as an Animal Services officer. Being selected for this program was a huge honor and responsibility. I was determined to do everything right in caring for and training my pup.

I had heard about a new technique in puppy-raising, called crate-training, where you put your dog in a small kennel at night, and whenever you had to leave him alone. I was skeptical. Put a puppy in a cage? It sounded cruel! Still, determined to provide cutting-edge care for my pup in this cutting-edge program, I decided to try it. After all, the puppy would be with me most of the time in the animal services truck, so we were really only talking about nighttime crating. Unconvinced but determined to try, prior to bringing the pup home I purchased a crate and set it up in my bedroom.

When I brought the 10-week-old pup home, I braced myself for the two most trying challenges of puppy-raising; house training and chewing. I was about to be pleasantly surprised. The first night in her crate, Keli cried for a few minutes – typical behavior on the first night away from her mother and littermates. But then she curled up and went to sleep.

At 2 a.m. she woke me with insistent crying. She was telling me she needed to go out – WOW! I got up, took her out to pee, then returned her to the crate and went back to bed. After another perfunctory period of protest she went back to sleep. When I woke up the next morning her crate was clean. I didn’t have to worry about stepping in – or cleaning up – puppy piles or puddles, and thanks to the boundaries of the crate, there were no chewed up shoes or electrical cords. My skepticism started to fade.

Two nights later it vanished completely when I went to put Keli in her crate and found Caper, my three-year-old Bull Terrier mix, already curled up on the soft pad in Keli’s airline kennel. Caper looked up at me and thumped her tail several times, clearly saying, “These are cool! Can I have one of my own?” I went out the following day and bought Caper her own crate, and I’ve been a crate convert ever since.
Home sweet crate

The crate is a sturdy plastic, fiberglass, wood, metal or wire box just big enough for a dog to stand up, turn around and lie down in comfortably. It can be used with the door open, at your convenience, or with the door closed, when mandatory confinement is called for.

When the crate is properly introduced using positive training methods, most dogs love their crates. Canines are den animals and a crate is a modern den – a dog’s personal portable bedroom that he can retire to when he wants to escape from the trials and tribulations of toddlers and other torments. He can take it with him when he stays at boarding kennels, and when he travels with you and sleeps in hotels and motels.

Owners love crates because they generally make house training a breeze and prevent damage to the house, furnishings, and personal possessions. They can give a new puppy-owner peace of mind when Baby Buddy has to be left home alone. They can be used for a positive time-out when visitors tire of Buddy’s antics, or when he insists on begging at the dinner table.

The crate is also a great tool for convincing owners of backyard dogs to bring their hounds into their homes (where they belong). By bringing the dog indoors but keeping him confined, at least at night, hesitant owners can ease their fears about mayhem and ruined rugs while at least partially integrating the deprived dog into the family.

Not a prison

A crate is not a place of punishment. Never force your dog or puppy into a crate in anger. Even if he has earned a time-out through inappropriate behavior, don’t yell at him, throw him in the crate, and slam the door. Instead, quietly remove the dog from the scene and invite him into his crate to give both of you an opportunity to calm down.

Nor is a crate appropriate for long-term confinement. While some puppies are able to make it through an eight-hour stretch in a crate at night, you should be sleeping nearby and available to take your pup out if he tells you he needs to go.

During the day, a puppy should not be asked to stay in a crate longer than two to four hours at a time; an adult dog no more than six to eight hours. Longer than that and you risk forcing Buddy to eliminate in his crate, which is a very bad thing, since it breaks down his instinctive inhibitions against soiling his den. Dogs who learn to soil their den can be extremely difficult, sometimes nearly impossible, to house train – a common behavior problem for puppies from unclean puppy mills.
Training DOs and DON’Ts

Most puppies, even the majority of adult dogs, can be crate-trained with relative ease. Remember that the crate should be just large enough for your dog to stand up, turn around, and lie down comfortably. He doesn’t need to be able to play football in it. If you want to get one large enough for your puppy to grow into, block off the back so he has enough room, and increase the space as he grows. Cover the floor of the crate with a rug or soft pad to make it comfortable and inviting, and you’re ready to begin training.

Start with the crate door open, and toss some irresistibly yummy treats inside. If he is hesitant to go in after them, toss the treats close enough to the doorway that he can stand outside and just poke his nose in the crate to eat them. If you are training with a clicker or other reward marker, each time he eats a treat, Click! the clicker (or say “Yes!” if you are using a verbal marker).

Gradually toss the treats farther and farther into the crate until he steps inside to get them. Continue to Click! each time he eats a treat. When he enters the crate easily to get the treats, Click! and offer him a treat while he is still inside. If he is willing to stay inside, keep clicking and treating. If he comes out that’s okay too, just toss another treat inside and wait for him to re-enter. Don’t try to force him to stay in the crate.

When he enters the crate to get the treat without hesitation, you can start using a verbal cue such as “Go to bed” as he goes in, so that you will eventually be able to send him into his crate on just a verbal cue.

When he happily stays in the crate in anticipation of a Click! and treat, gently swing the door closed. Don’t latch it! Click! and treat, then open the door. Repeat this step, gradually increasing the length of time the door stays closed before you Click! Sometimes you can Click! and reward without opening the door right away.

When your dog will stay in the crate with the door closed for at least 10 seconds without any signs of anxiety, close the door, latch it, and take one step away from the crate. Click!, return to the crate, reward, and open the door. Repeat this step, varying the time and distance you leave the crate. Don’t always make it longer and farther—intersperse long ones with shorter ones, so it doesn’t always get harder and harder for him. Start increasing the number of times you click! and treat without opening the door, but remember that a Click! or a “Yes!” always gets a treat.

It’s a good idea to leave the crate open when you aren’t actively training. Toss treats and his favorite toys in the crate when he’s not looking, so he never knows what wonderful surprises he might find there. You can even feed him his meals in the crate—with the door open—to help him realize that his crate is a truly wonderful place.
If at any time during the program your dog whines or fusses about being in the crate, don’t let him out until he stops crying! This is the biggest mistake owners make when crate training! If you let Buddy out when he is fussing, you will teach him that fussing gets him free.

If, however, he panics to the point of risking injury to himself, you must let him out. You may have a dog with separation anxiety challenge. A crate is generally not recommended for dogs with separation anxiety, since they tend to panic in close confinement. If you believe your dog has a separation anxiety problem, stop the crate training and consult a behaviorist or a trainer who has experience with this behavior.

Instead of letting your dog out whenever he fusses or whines, wait for a few seconds of quiet, then Click! and reward. Then back up a step or two in the training program until he is again successful at the task you’ve set out for him. When your dog is doing well at that level again, increase the difficulty in smaller increments, and vary the amount of time, rather than making it progressively longer. For example, instead of going from 5 seconds to 10 to 15, start with 5 seconds then 7, then 3, then 8 and so on.

Maintaining success

Sometimes dogs and often puppies can do the whole crate training program in one day. Some will take several days, and a few will take weeks or more. Once your dog is crate trained, you have a valuable behavior management tool for life. Respect it. If you abuse it by keeping buddy confined too much, for too long a period of time, or by using it as a punishment, he may learn to dislike it. Even though he goes to bed willingly and on cue, reward him often enough to keep the response happy and quick. Keep your verbal “Go To Bed” cue light and happy. Don’t ever let anyone tease or punish him in his crate. (Kids can be especially obnoxious about this. Watch them!)

All of my dogs quickly learn the “Go to bed” routine. I don’t even have to use the verbal cue; usually when I emerge from brushing my teeth, they are already curled up in their crates for the night.
Changing the name of your dog is OK

Sometimes adopting a dog means adopting a dog with a name you don’t particularly like. Actually, it is easy for your newly adopted dog to learn a new name. Don’t feel that a dog cannot learn a new name, and don’t feel that a dog can’t even learn a name completely dissimilar to his previous name. A dog or puppy of any age can learn a brand new name within a few days. Here is how:

- Decide on any new name you wish for you adopted pet
- For the first few days, carry a pocketful of treats
- Every once in awhile, and also specifically when you want your dog’s attention, call out his new name and then immediately smile, praise heartily and feed treat.
- Even if he doesn’t turn to look at you when you call out the name, do the above anyway, and soon he will know that hearing that word means great things are coming – and he will respond as if that word is his own!
- Once you have decided on your dog’s name one of the easiest choices, yet most responsible choices, is to purchase a name tag with your name and number on it – and have your dog wear it at all times. They are available at most pet stores as well as some veterinarian offices.
C.A.R.E.’S
K-9 SCHOOL
OF ETIQUETTE
REPORT
CARD

PUPIL ____________
WHAT IS THE C.A.R.E. K-9 SCHOOL OF ETIQUETTE?

C.A.R.E. volunteers work to teach our dogs gracious, polite behavior so when they go out in the real world they will impress everyone they meet.

The most important training item is encouraging, acknowledging and rewarding calm behavior. Dogs are taught that if they are sitting or standing, being calm and quiet they will receive attention in the form of praise and petting. They are also taught basic obedience—sit, down, come, walk nicely on leash (a work in progress—always), and some tricks—shake paw, roll over.

Your adoption counselor will demonstrate how to work with your newly adopted dog. The following pages offer short explanations of some obedience moves. To reinforce the behaviors the C.A.R.E. volunteers have taught your pet, so please practice them at home.

Rather than ignoring the pup when he is being calm and quiet, a better choice would be to praise and pet, or give the dog a massage. You can also give your pup a towel on the floor (his place) and give a treat or toy for self entertaining and let the dog relax in your presence.

To continue the training started at C.A.R.E. you can enroll in classes with the Dog Obedience Group—773-973-2934.
**SITS**

Have treat in left hand at dog’s nose…slowly move treat toward ears…dog sits…say ‘yes’…give treat…release dog quietly with ‘okay’…repeat a few times. If dog is responding easily do steps again but have treat hidden and lure sit with empty hand…dog sits…say ‘yes’…give hidden treat…say release word ‘okay’…SUCCESS!

**COME**

The dog must be on leash for this exercise…When dog is distracted…say dog’s name… and then at the same time say ‘puppy, puppy, puppy (come)’ as you are walking backwards (gently pulling on leash if needed)…the second the dog looks at you…say ‘yes’, continue walking backwards (now with the dog’s attention)…dog reaches you, give treat…let the dog get distracted again and repeat every chance you get.

**EYE CONTACT GAME**

Dog is sitting…show the dog a treat at his nose…then hold arm out to side at shoulder level with treat in hand and wait…ignore all behavior…when dog looks at you – hopefully in the eye…say ‘yes’…give treat…repeat a few times…looking for direct eye contact and faster eye contact.

**CONTROLLED WALKING**

**Method One**

Treat in left hand…show dog the treat…walk a few steps backwards holding treat low to prevent jumping…when dog is focused and following you…say ‘yes’…give treat…repeat 2 or 3 times. If dog is still interested repeat above steps but add a right turn so dog ends up on your left. Go 3 to 5 steps…stop…say ‘yes’…give treat…if dog is staying with you gradually work up to 15 steps after right turn. Keep this exercise short, exciting and fun.

**Method Two**

Zen walking…dog pulls…you stop…dog puts slack in the leash…you say ‘yes’ and walk…dog pulls…you stop…dog puts slack in leash…you say ‘yes’ and walk…repeat for entire walk. For this to be effective human must never go along with being pulled – never. This can get boring fast and you probably won’t go far but it can work, especially on shorter walks.
Method Three

Food toss…Outside on pavement or inside on tile…not on grass area. Let dog see you toss a large treat 6 to 10 feet away from you…with a shortened leash and dog go toward the tossed treat. If dog pulls you turn around and go back where you started…keep trying to walk toward tossed treat…if dog pulls turn around and go back each time he pulls. If dog keeps slack in leash keep moving toward treat until dog has walked nicely to the treat…his reward.

NO JUMPING

Ignore all jumping!!!! Dog jumps…human zones out…turn your body away…no pets…no pushing…no talking…when all 4 paws are on the ground you give a verbal ‘yes’…then give your attention in one of these forms – sweet talking praise, a treat, a walk, a toy, or a game. If dog jumps again repeat human zombie behavior only offering the good stuff when all 4 paws are on the ground.

DOWN

This is taught from the sit…have dog sit…no treat…lower treat slowly between front legs…dogs elbows touch the ground…say yes…give treat(s)…release with quiet ‘okay’ before dog gets up. Repeat a few times. If dog is responding easily do steps again but have treat hidden…lure into sit with empty hand…lure into down with empty hand…dog’s elbows touch ground…say ‘yes’…give hidden treat…say release word ‘okay’….SUCCESS!

GIVE PAW

Dog is sitting…with treat in closed fist, hold fist at dog’s chest…when dog paws at fist say ‘yes’…open fist…give treat…repeat 2 or 3 times. If dog is responding well place empty fist at dog’s chest…dog lifts paw…you shake it saying ‘yes’…give treat that was hidden…repeat 2 or 3 times.

PUSH-UPS

With treat in hand lure dog into sit…no treat…lure dog into a down…no treat…lure dog back into a sit…no treat…lure dog back into a down…lure dog back into a sit…no treat…lure back into a down…give verbal ‘yes’ and treat.
ROLLOVER

Lure dog into a down...no treat...slowly move treat around dog’s neck and over shoulder blades...dog’s nose must stay “attached” to your hand...give lots of praise...when dog falls on its side rub belly and give treats...use release word ‘okay’...repeat steps a few times...if dog seems relaxed and focused do same steps but eliminate the belly rub and continue luring until dog completely rolls over.

CRAWL

Lure dog into a down...with dog’s nose attached to your hand drag your hand on floor slowly so dog follows in a crawl...if dog gets up, pull hand with treat away...say ‘wrong’...or ‘no reward’ mark and try again. Repeat steps until dog crawls a few inches...say ‘yes’...give treat. When dog is crawling with lure...hide treat...lure with empty hand...dog craws...say ‘yes’...give hidden treat.

GIVE AND TAKE

Find a toy the dog really likes...dog has the toy...you have treats...say ‘give’ as you are showing treat to dog...dog gives up toy...you give dog treat...you give the toy back to dog saying ‘take it’...repeat several times. Never get involved with tugging—if dog tugs toy while you are trying to do the exchange release toy and say no reward mark – ‘wrong’. Try exchange again. All we want here is trading toy for treats. If dog is giving up toy freely and easily try the give and take with the treat hidden.

“8” BETWEEN LEGS

This must be done in a secured area since you will be dropping the leash. Have several treats in each hand...Dog is in front of you...take one of your hands...go behind your thigh and lure dog between leg and around leg...give treat...switching hands and leg lure dog between legs again going around other leg...give treat...at any time the dog seems unsure go ahead and give a treat as long as dog is focused on the treat and engaged in the “8” pattern. In the beginning this will be jerky and slow...it is a lot to ask of the dog to go between and under things...but this can build a lot of trust and confidence...use lots of praise...keep it short...and by all means if the dog is confused or overwhelmed just do a few behaviors the dog likes and forget about doing figure “8”.

INFORMATION FOR ADOPTERS WITH CHILDREN:

By Sue Sternberg, www.suesternberg.com

Positive, loving relationships with pets help children become responsible, respectful, humane and caring adults. Children who are bitten by dogs are scarred not just physically, but emotionally as well, often for life. All children, even very well behaved and well supervised children, will eventually do something to the dog relentlessly, invasively, beyond the point of what is fair or tolerable. We want to make sure your child does not get bitten or hurt at that moment. We want your dog to be as happy with your family as your family is with your dog.

In our evaluation process, we look at the dog’s responses and thresholds to normal, everyday circumstances. We consider how tense he gets when approached, nudged, or petted while chewing on a pig’s ear or rawhide; how the dog tolerates having his body handled, being hugged, including for longer than he may want; how he copes with being restrained, and how he reacts when he is made to do something he doesn’t want to do or prevented from doing something he really wants to do. We test for his predatory excitement levels. We look at how roughly he plays, how sensitively he handles his body and whether he is gentle and respectful of his size and the size of others. We see how affectionate and sociable he is.

We handle and work with each dog and provide the most complete assessment we can before placing a dog in a home with young children. Please take the following suggestions seriously. They will help you keep your child safe.

Responsibilities for the Parents of the Newly Adopted Dog:

1. Never leave a child alone with your new dog, not even for a second to turn your head and answer the phone.

2. No one in the family should encourage rough play or wrestling. No one should let the dog play with his mouth on human body parts or clothes. If an adult plays with the dog in this manner, the dog may be stimulated to play as roughly with a child, putting the child at risk for injury.
3. **Feed your dog in an area completely protected and away from children, as much to give the dog a bit of peace and privacy as to prevent guarding behaviors.** The dog should also be fed portions that are quickly finished so there is nothing left in the bowl for the dog to linger over and guard. Empty bowls should be put away so the dog can’t guard the feeding area.

4. **Most children are not bitten by their own dog but by a friend or neighbor’s dog. This means two things:**

5. **Watch your own dog closely when your child has company.** Many dogs will tolerate a lot from their own family’s child but not from a visiting child. Visiting children often do not behave as well as, or behave differently from, your child and could bother or provoke your dog.

6. **If your child’s friends have dogs, you need to meet the friend’s dog BEFORE you allow your child to visit their house.** Check to see if the owner of this dog allows unsupervised interaction between children and the dog. Ask when and where the dog is fed and check to see if there are any chewable toys or bones lying around. Ask that they be put away while your child visits. Unless you are sure that their dog has no possessiveness problems, insist that an adult supervise at all times when children are with the dog.
WHAT TO WATCH OUT FOR:

1. **Watch out if your dog uses his mouth in play or to move or control the child.** Any dog over five months of age should not use his mouth to play, and is probably not playing. He may be trying to control humans with his teeth, no matter how gentle he appears to be.

2. **Watch out if your dog cuts in between you and your child during hugging or any other affectionate interactions.** This can indicate jealousy, rank aggression, or guarding of your, the owner.

3. **“Let sleeping dogs lie” is a saying created by someone who really knew dogs.** Teach this to your child and keep an eye on visiting children. NEVER allow them to startle, wake, or hug a sleeping dog. Also, dogs by nature are grouchier and testier in the evenings and at night. If your dog drops off into a heavy sleep in the evenings, put him in a private room or into a crate so that you can prevent the possibility of a child startling or waking the dog.

4. **Watch for any growling.** Dogs grown to warn us of biting. Owners have often commented that their dogs growled all the time, yet they were shocked when they finally bit. Owners believed that the growling meant the dogs would never bite. Growling is never a vocalization a dog makes just to “talk”. Dogs don’t “talk” by growling – they growl to let us know they need help; they are warning us that they are preparing to bite. Determine carefully if the growling is ONLY during play. Make sure it is mild, and make sure the games between the child and dog seem “cooperative” rather than competitive and serious.

5. **Watch for a combination of events like these:** Your dog may be fine if approached by your child while he is chewing on a rawhide, and, separately, your dog may be fine when approached and hugged while resting on your couch, but your dog may grow or even bite when approached by your child AND hugged WHILE he lies on the couch chewing a bone. Your dog may be fine being hugged by your child in general, and your dog may be fine when held by the collar and restrained from chasing the cat or bolting out the front door, but your dog may growl, snap or bite when huttet WHILE restrained or keyed up or frustrated.
WHEN TO PHONE C.A.R.E. FOR ADVICE:

By Sue Sternberg. www.suesternberg.com

- Any signs of rough play from the dog towards the child
- Any signs or displays of physical strength from the dog towards the child.
- Any growling (even during play)
- Any snapping or nipping
- Any humping or mounting of the child OR adults
- Any avoidance or resentment of physical contact (dog backs off or leaves room when child hugs or pets or get close to dog)
- Any signs the dog is afraid of the child (dog backs away or tries to escape when child appears or gets close)
- Dog seems “jealous” of intimacy or physical affection between parents or especially between child and parent (dog barks or cuts in between people during intimacy)
- Any signs the dog is guarding his food bowl, his bones, his toys, or “stolen” items (dog may tense up, freeze, stiffen, growl, snap, show his teeth, snarl, or just glare at anyone approaching or coming near the dog’s item)
- Your dog is tied, chained, cabled or penned in the yard where he can see running, playing, squealing children
- Your dog seems out of control or disobedient and “wild” with children who are playing or running around
- It is important that your dog truly adores and almost PREFERENCES children to adults. No matter how well behaved and gentle your child is, there will come a time when a child will push the dog past his tolerance threshold. A dog that starts out with a huge buffer of love, affection, and adoration of children is apt to tolerate much more before reaching that threshold. Likewise, a well-behaved, well-supervised, gentle child is less apt to push a dog to its limits.

During the first few days and weeks of the adoption, we would like you to be observant of the developing relationship between your child and your new dog. We can help prevent many potential problems IF WE HEAR FROM YOU AS SOON AS YOU HAVE A QUESTION OR SUSPECT A PROBLEM. Your child’s safety is of the utmost concern for us.

C.A.R.E. Phone Number: 847-705-2653 (24 hour Voice Mail)
WHOLE DOG JOURNAL’S 2013 TOP APPROVED DRY AND WET DOG FOODS*

- Artemis
- AvoDerm
- Canidae**
- Canine Caviar**
- Chicken Soup for the Pet Lover’s Soul
- Drs. Foster & smith
- Eagle Pack Holistic Select
- Evangers’ Super Premium
- Fromm Four-Star**

- Innova
- Innova Evo
- Life4K9
- Merrick
- Natural Balance
- Nature’s Variety**
- Organix
- Performatrin Ultra
- Solid Gold
- Wellness

**Grain Free Lines available
Manufacturer listed only if they made both the dry and wet food list

Not Sure if it’s a quality food? Here’s a guide:

- **Specific animal protein source** such as chicken or lamb, is first on ingredient list. Whenever the animal species is not named, the origin of protein is suspect. “Poultry” and “meat” are low-cost, low-quality sources.

- **High quality fat source** such as: grape seed oil, canola oil, chicken fat, sunflower oil. Avoid products with “animal fat”.

- **Whole vegetables and grain**

- **Broth** is used instead of water

- **Avoid by-products**

- **Avoid corn gluten meal.** It is used as a low-cost source of protein. It is inferior quality.

For complete list of recommended foods subscribe to www.whole-dog-journal.com
EMERGENCY INFORMATION

Please check with your veterinarian first when possible

Here are Three Local Veterinary Emergency Clinics

**Blue Pearl Skokie**

3735 Dempster St., Skokie, IL  60076
847-673-9110
Walk-ins 24 hours a day, 365 days a year
[www.illinois.bluepearlvet.com](http://www.illinois.bluepearlvet.com)

**Blue Pearl Northfield**

820 W Frontage Rd, Northfield, IL 60093
847-564-5775
Walk-ins 24 hours a day, 365 days a year
[www.illinois.bluepearlvet.com](http://www.illinois.bluepearlvet.com)

**Chicago Veterinary Emergency Services (CVES)**

3123 N. Clybourn Ave., Chicago, IL.  60618
773-281-7110
Evenings, weekends, and major holidays
[www.chicagoveterinaryemergency.com](http://www.chicagoveterinaryemergency.com)

**ASPCA Animal Poison Control Center**

1-888-426-4435
Consultant fee may apply

13 Dangerous Foods for Dogs


As you can see, dogs and chocolate are not the only dangerous combination when it comes to food. There are many common foods we humans enjoy that can be poisonous to our dogs (and other pets). To keep our furry friends safe, be sure to keep these toxic foods out of your curious canine’s (or feline’s) reach and never, ever feed any of these foods to your pet, even in small quantities.
HELPFUL TIPS

RECOMMENDED READING

Whole Dog Journal. A monthly newsletter about training, equipment, quality toys and food as well as holistic care
www.wholedogjournal.com

Family Friendly Dog Training: A Six-Week Program for You and Your Dog
By Patricia McConnell, Ph.D.
www.dogsbestfriendtraining.com

RECOMMENDED TRAINING

D.O.G
Dog Obedience Group
A professional and humane obedience class that is taught in several area locations
Puppy or adult and private classes available
www.dogobediencegroup.com
773-973-2934

RECOMMENDED TOYS

Brand names
Kong, Booda, Nylabone, Bamboo Combat and Tuffie

TREATS AND CHEW TOYS

When buying treats read the labels and avoid artificial colors and preservatives. Check for ingredients your dog might be allergic to or intolerant of. Look for treats that contain whole grains and/or fresh meats, fruits and vegetables.

When buying chewy type treats or bones look for American made from a reputable company (see approved food list) and only offer them on special occasions.
MICROCHIP NUMBER:

AVID Microchip

Dog's name: ____________________________________________
Inventory number: ______________________________________
Implanted at McCormick Animal Hospital on: ______________________

The pet you are adopting today has been implanted with the above avid microchip. This chip is registered to
our adoption facility, a method that we and other rescue groups have determined to guarantee the best chance
of recovery of lost animals. Animal shelters, animal control facilities, veterinarians and research facilities all
scan lost animals for identification chips.

C.A.R.B. assumes financial responsibility for lifetime registration of all chipped animals registered to us. We
ask only that we are kept current of address and phone number changes over time in order to expedite contact
should the pet ever go missing, or that you would contact us immediately with current contact info should the
pet ever be lost or stolen. If the lost pet is scanned and traced back to C.A.R.E., we can then notify you without
further delay.

C.A.R.E.’s Canine Medical director maintains contact information but any dog adoption counselor can update
your registration information. Our voice mail phone number is (847) 705-2653.

Community Animal Rescue Effort (C.A.R.E.™)
P.O. Box 1964
Evanston IL 60204

SKUNK DEODORANT RECIPE
It can happen to the best of them, especially in springtime. A skunk sprays the dog. This is the best way to remove the skunk odor from your dog as well as from wood, plastic siding, cement, lawn, and other sprayed surfaces. It is also affective on clothes, but keep in mind that the hydrogen peroxide is a bleaching agent. It has the potential to bleach fabrics as well as fur.

1 quart 3% hydrogen peroxide

¼ cup baking soda

1-teaspoon liquid dish soap or laundry detergent

This is the basic recipe; increase the amount in proper proportion to get larger volume. Mix this up only as needed, it works best fresh and cannot be stored.

The hydrogen peroxide is the kind you get at any drug store, in the brown bottles. The baking soda is available at any grocery store. The liquid detergent is necessary to help the deodorant mix penetrate the sprayed material.

Mix the ingredients in a large bucket and then pour on the dog. Massage well into fur, working the area that was sprayed. Usually the face and chest get sprayed. You can use a washcloth soaked in the solution to help clean the face. Work well in to fur and rinse thoroughly. Repeat if needed, rinsing very well.

TEMPERAMENT TRAINING – TEACHING YOUR PUPPY BITE INHIBITION
In addition to selectively breeding for disposition, all dogs should be actively trained to be friendly and trustworthy. It would be folly to sit back with the blithe assumption that a puppy dog will necessarily and naturally develop a super disposition, since all breeds are capable of being unfriendly. Moreover, many breed standards actually forewarn us that certain breeds are prone to be shy, timid, nervous, suspicious, reserved, standoffish, protective, dominant or even aggressive – especially toward strangers.

Temperament training is an active process that involves a number of specific and essential exercises to continually modify the puppy’s developing temperament to ensure that it always remains friendly toward all people. A temperament training program has three stages: 1) teaching bite inhibition; 2) socializing the pup with all sorts of people, so that the dog likes the company and actions of people and would not want to bite them; 3) friendly training, which means specifically training the puppy dog to “act” as if it is cute and friendly. This type of training is designed to assuage people’s fears and help them feel at ease around the dog, so that they don’t display fearful actions and mannerisms and unnecessarily spook the dog.

Bite Inhibition

Without a doubt, teaching bite inhibition is the single most important item on the educational agenda of any pup. Consequently, bite inhibition training should head the syllabus of any kindergarten or comprehensive puppy training program. The pup must be taught to inhibit the force of its biting behavior so that it develops a soft mouth. It must also be taught to inhibit the frequency of its now gentler mouthing, so that the adolescent dog learns to keep its jaws to itself and never mouth any person or their clothing.

It is unrealistic to expect dogs never to be frightened or annoyed by people as it is to expect people never to frighten or annoy each other. However, just as it is reasonable to expect people to resolve their disagreements without physical violence, it is both realistic and perfectly feasible to teach dogs never to physically harm a person when scared or provoked.
Dogs suffer incessant provocation from people, especially from children and men, and a large portion of dogs are involved in some kind of aggressive altercation with humans at some time in their lives. But in such instances, both the prognosis for rehabilitation and the fate of the dog are almost always dependent on how much damage the dog inflicted—that is, the dog’s level of bite inhibition.

Damage Done

Ideally, all dogs should be taught never to respond aggressively to any kind of provocation, but this is impossible in practice, especially in instances of extreme and unexpected provocation. Let’s look at the following case histories. In the first four, a dog was provoked and responded in an understandable way. The fifth case is an exception, and is explained on the next page.

Case 1: An 8-year-old struck out during a baseball game and hit the dog’s muzzle with a baseball bat. The dog yelped and ran.

Case 2: A woman tripped, dropped a cup of hot chocolate over the dog and fell headlong into the dog’s face while it was gnawing on a bone. The dog nipped the woman on the cheek but did not puncture the skin.

Case 3: A woman hurrying to answer the phone pierced the dog’s thigh with her high-heel. The dog bit her on the ankle, causing three punctures barely ¼ inch deep.

Case 4: A man grabbed the dog’s cheeks with both hands, shook the dog vigorously, flipped it on its back and screamed obscenities in the dog’s face. The dog sliced the man’s ear with two punctures—little damage but a lot of blood.

Case 5: A 3-year-old toddled up to the dog and reached out to pat it on the head. The dog bit the child in the face five times.

In each case, whether the scared and/or provoked dog ran, hid growled, snarled, snapped, nipped, bit or savaged depended primarily on the degree of learned bite inhibition established in puppyhood.

Because the dogs exercised remarkable restraint and demonstrated fairly solid bite inhibition in the first four cases, these were resolved easily with basic, commonsense people education and dog training. However, in the fifth case, the dog was euthanized and the child was physically and mentally scarred for life. The dog had obviously not been socialized with children and more damning, the dog had very little bite inhibition at all. When bite inhibition is poor or nonexistent, if and when the dog bites, in addition to the serious injury caused to the victim, invariably the dog loses its life and the owner loses a companion, peace of mind and often a
lawsuit.

Inhibit Force Before Frequency

A puppy’s needle-sharp teeth and its often rapacious penchant for biting are essential for the establishment of bite inhibition and the development of a soft mouth. Puppy biting hurts but seldom causes appreciable harm. In fact, puppy biting behavior is the way a young pup learns its jaws can hurt. It is important puppies learn to inhibit the force of their biting before they acquire the blunt yet formidable teeth and strong jaws of an adolescent dog.

Although the abrupt and total curtailment of puppy biting (if possible) offers immediate relief to most owners, it often reflects only a short-term gain and does not always augur well for the future. If the puppy is forbidden to bite, it will not have sufficient opportunity to learn that its jaws may inflict pain. Thus, if it is ever provoked to bite as an adult, the resultant bite is likely to be a hard one, causing severe damage. Certainly puppy biting must be controlled, but only in a progressive, systematic manner, whereby the pup is taught to inhibit the force of its bites.

To inform the puppy that biting hurts, it is not necessary to hurt, frighten, punish or even reprimand the pup: a simple “Ouch!” is sufficient. If the pup acknowledges the “ouch” and desists, praise and resume playing but in a calmer manner. If the puppy ignores the reprimand, emphasize “OOOUUUCHH!” and exit pronto.

Learning Through Play

As when playing with their litter-mates or mom’s teats and tail, puppies quickly learn hard bites lose playmates. Return after one or two minutes time out and make up by having the puppy come, sit and calm down before resuming play.

Once the pup’s mouthing no longer hurts, pretend it does. Greet harder munches with a yelp of pseudo-pain. The puppy will begin to get the idea, thinking, “Whooahh! These humans are super-sensitive. I’ll have to be much more gentle.” The force of the puppy’s biting will progressively decrease until biting becomes mouthing and eventually, mouthing succumbs to gumming or slobbering.

*Never* allow the puppy to mouth human hair or clothing. Hair and clothing are not innervated
and therefore can feel neither pressure nor pain. Allowing a pup to mouth hair, scarves, shoelaces or gloved hands inadvertently trains it to bite harder, extremely close to human flesh!

Once the puppy’s mouthing no longer exerts any palpable pressure whatsoever, then and only then can you teach the pup to reduce the frequency of its oral proclivities. Teach the meaning of “Off!” by hand-feeding kibble, so the pup may learn very gentle mouthing is okay, but it must stop the instant you say, “Off!”

And of course, allowing mouthing to resume is the best reward for a puppy that stops mouthing on request. At this stage the puppy, or young adolescent dog, should never be allowed to initiate mouthing (unless requested to do so).

Nip It in the Bud

Some dogs learn to inhibit the force and frequency of biting quickly and naturally, whereas for other dogs bite inhibition must be actively taught as a specific exercise. After just a few weeks of instruction, the “mouthy” breeds and their puppies from hell characteristically curtail hard biting fairly quickly, since the owner is immediately aware of the problem and takes appropriate action and the puppy has more than ample opportunity to learn its biting hurts.

It may seem paradoxical, but puppies that are mouthing maniacs and/or puppies that grow up with children are much more likely to develop gentle jaws and a soft mouth as an adult. On the other hand, shy, reserved and/or fearful dogs, which often do not play as much and therefore seldom roughhouse or bite their owners, and breeds that have been bred to have soft mouths, seldom present much of a puppy problem to their owners and therefore do not receive sufficient feedback concerning the power of their jaws.

All too often, when a dog has bitten severely the case history reveals the dog was “fine” as a puppy. This is the major reason we go to great pains to encourage shy and standoffish dogs to play in puppy class. The most important survival lesson for a puppy to learn is that when it bites, it causes pain. Of course, the pup can only learn this lesson if it bites and if the bitee gives appropriate feedback.