CONGRATULATIONS!
YOU ADOPTED A DOG!
CAPE ANN ANIMAL AID DOG ADOPTION BOOKLET

ADOPTION PROGRAM SPONSOR

TILE BY DESIGN
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YOUR AD HERE

BECOME A SPONSOR OF OUR ADOPTION PROGRAM!
# Important Numbers

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<tr>
<td>ASPCA Animal Poison Control Center</td>
<td>1-888-426-4435</td>
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<tr>
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<td>1-877-226-4355</td>
</tr>
<tr>
<td>Massachusetts Vet Referral Emergency Hospital (Woburn)</td>
<td>781-932-5802</td>
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<tr>
<td>Bulger Emergency Veterinary Hospital (North Andover)</td>
<td>978-725-5544</td>
</tr>
<tr>
<td>Angell Memorial Hospital (Boston)</td>
<td>617-522-7282</td>
</tr>
<tr>
<td>Port City Vet Referral Emergency Hospital (Portsmouth, NH)</td>
<td>603-433-0056</td>
</tr>
<tr>
<td>BluePearl Pet Hospital (Waltham)</td>
<td>781-684-8387</td>
</tr>
<tr>
<td>24PetWatch – Pet Insurance &amp; Microchip</td>
<td>1-866-597-2424</td>
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**Cape Ann Animal Aid**  
IF THERE IS NO ANSWER, PLEASE LEAVE A MESSAGE SO WE CAN RETURN YOUR CALL  
978-283-6055 x100  
info@capeannanimalaid.org  

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Your Dog's Veterinarian: _____________________________
Phone Number: _____________________________
Other Important Numbers:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Congratulations on your new addition! We are thrilled you made the choice to add a rescue pet to the family. Cape Ann Animal Aid is honored to be a part of your family's adoption story, and we wish you the best in your life together. We know this is a very exciting time for you and your new furry family member. We encourage you to take this time to slowly get to know your new pet and let them get to know you. Your new pet has had lots of recent changes so will really appreciate a few days to decompress with just immediate family. We have included lots of tips and tricks in this booklet that are meant to help set your new dog or puppy up for success in your home and as an important part of the family unit. We encourage you to reach out to us with any questions you may have now or in the future. We sincerely look forward to hearing from you over the years as you share companionship, laughter, adventures, and many years of love together!

Sincerely,
Sunniva Buck, Executive Director

We love to see your updates! You can find us on social media, reach out to us via email with updates, or submit a Happy Tails adoption update on our website capeannanimalaid.org/happytails
Can I call the shelter for help if my new pup seems sick?

Absolutely! We are here as a resource for many of the small medical problems that may arise within the first two weeks post adoption, and we have a full vet team on staff.

We welcome you to contact us either by phone or by email to discuss any health concerns.

If you think your pet is facing a life-threatening medical emergency, please contact a veterinary emergency hospital in your area.

Can I use my own veterinarian?

If you feel more comfortable consulting with your own veterinarian within the two-week post adoption period, please feel free to do so with the understanding that Cape Ann Animal Aid is not financially responsible for this care.

What if I think my new pup has a cold?

In the first two weeks post adoption your new pet may develop a cough or other signs of a respiratory infection (discharge from nose or eyes, or a fever).

If your new pet is sneezing but they have no discharge (or clear discharge) and they are still eating, drinking, and playing normally, we recommend you monitor them. Just like humans, pets can occasionally get a cold virus that just has to run its course.

If your pet starts to have colored discharge from the eyes or nose, behaves differently (tired, uncomfortable, or act like they may have a fever), then they most likely need some additional medical care.
What if I think my new pup has an upset stomach?

Your newly adopted pet can sometimes have intestinal upset in the form of vomiting or diarrhea soon after joining your family. These are common causes of digestive upset:
- Stress of changing environments
- Changing food
- Too many treats
- Parasites

Sometimes vomiting and diarrhea can be signs of serious illness. These conditions indicate that your pet needs immediate medical care:
- Repeated projectile vomiting
- Vomiting that continues for more than 24 hours
- Diarrhea that continues for more than 24 hours
- Diarrhea or vomit with large amounts of blood in it

Could the spay/neuter site be infected?

If your newly adopted pet has had a recent spay or neuter surgery, try to keep them a little calmer until the incision has completely healed. A small amount of swelling can be a normal reaction to surgery. These conditions indicate that your pet needs additional medical attention:
- Swelling that continues to increase
- Redness that expands around the site
- Discharge from the site
- An opening of the incision
Health and preventative care is an important part of your role as a responsible and loving pet owner.

**When should I take my pup to the vet?**

We ask that you take your new dog to the vet of your choice within two weeks of adopting to discuss vaccine protocols, parasite prevention, and routine care.

Puppies under the age of four months will need vaccine boosters and all pets should see a veterinarian at least once a year for an annual exam.

Information gathered at annual visits can prove to be lifesaving should your dog ever become suddenly ill or injured. It is also important to note that state law requires your pet's rabies vaccine to be up-to-date at all times.

**Should I take any extra precautions with my pet in the first few weeks?**

Until your dog has received all of their vaccinations/boosters, we recommend that you socialize them only with dogs belonging to friends/family members. We also recommend that you avoid dog parks or pet supply stores until you have visited your own veterinarian.

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For every new customer purchase through our special link, Chewy will donate $15 to Cape Ann Animal Aid! Shop here: prf.hn/click/camref:11001fdSr
Dear Adopter,

Congratulations! You’ve made the generous and meaningful decision to adopt your new pet. Keeping them happy, safe and home is a big responsibility, and we’re here to help.

You can count on 24Petwatch® and all our personalized services to help you care for your pet, every day. Whether it’s an essentials checklist or pro tips on how to bond with your new pet, or help finding your pet if they go missing, you’re family now, and we’ve got you covered.

Create your account

Your pet’s microchip is already registered with 24Petwatch. Now it’s your turn!

Create your account to verify that your contact information on your pet’s microchip registry is accurate (there’s no cost). This important step will help us reunite you if your pet ever goes missing and is found. PLUS, you’ll get access to these benefits:

- Expert content to help welcome your pet and keep them safe
- Report a lost or found pet online and notify the community for support
- Instantly generate a lost pet poster to help find your pet

Create your account:
Visit mypethealth.com or call 1-833-889-7387

The proven leader in lost pet recovery; we care about keeping families and their pets together

- 28 million pets in our pet registry database, the largest in North America
- 625,000 lost pets reunited with their grateful families, thanks to our pet microchip registry and DirectConnect services
- 5,000 shelters, rescues, clinics and partners collaborate with us to help care for pets and reunite them if they go missing

Pet insurance is protection for your pet and your wallet!

What is pet insurance?
A simple, reimbursement-based coverage you can use when your pet gets hurt or sick.

Why choose coverage?
Coverage can help you say yes to unexpected vet care. It gives you peace of mind knowing you can get money back.

Visit 24Petprotect.com/adopted to learn more today.
**HOUSING YOUR NEW DOG**

**How much Housetraining will my new dog require?**

It is important to treat your new dog (despite age) as if they were very young and not housetrained. Even an adult dog that was housetrained in their former home will need a refresher course. Losing your family, spending time in a shelter, and joining a new family with new rules and new surroundings can lead to a lot of confusion, so it’s important to start from scratch.

**How often should I take my dog outside to go to the bathroom?**

Very young puppies need to visit the bathroom frequently, sometimes as often as once every hour during their wake and playing time (by 10-12 weeks most healthy puppies can sleep through the night with no potty breaks).

Schedule potty breaks for first thing in the morning, after every meal, drink, or play session and upon awakening from a nap. As your puppy grows and as you become familiar with your new pet’s bathroom signals, the trips outdoors for potty breaks will decrease in frequency.

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**Crate Training**

**What is crate-training?**

We suggest housetraining with the aid of a dog crate. Crates provide a secure short-term confinement area for safety and housebreaking.

A dog crate can be the dog owner’s most valuable tool not only for housetraining but for preventing destructive behaviors and keeping your new pet safe. Think of your dog’s crate as a playpen or crib. When no one is available to supervise your new pet, they can be safely contained inside their crate and when the family is sleeping you can rest easy knowing that your new pet is tucked in their crate for the night.

When you are busy on the phone, taking a shower or sleeping, having your puppy safely the crate prevents them from destroying your possessions while they are teething and keeps them safe.
CRATE-TRAINING

*How does crate-training help with house-breaking?*

Normal, healthy puppies and dogs instinctually want to keep their bedding/rest area clean. Therefore, the crate should be big enough for your dog to stand up, turn around, and lay down but not big enough for your dog to go to the bathroom in one end and lay down in the other.

Your pet should have an opportunity to do their toileting before you place them in their crate for any length of time. As soon as you let your new pet out of the crate make sure that they are immediately given an opportunity to go outside to go to the bathroom.

TETHERING

*What is tethering?*

Tethering is keeping your new dog on a leash that is also attached to you (i.e.: clipped to your belt or held loosely around your wrist) while you are both inside the home.

*Why is tethering important?*

Tethering helps the dog to learn what your expectations are for their behavior in a consistent and calm manner. The most common reason for house breaking difficulties and destructive behaviors inside the home is “too much freedom too soon”.

A lot of owners give their dogs more freedom than they can handle by allowing them to roam around a room or the house before they have completely learned what behaviors their new family is expecting of them. The result is often a dog that will repeatedly have accidents in the home, chews on things, gets into the trash, jumps all over the furniture etc.

If your dog begins to chew on something or starts to go to the bathroom in the house while tethered to you, you'll notice right away and will be able to calmly interrupt them and redirect them to an appropriate behavior.
FOOD
What kind of food should I feed my new dog?
Cape Ann Animal Aid is proud to be a part of the Hill's Science Diet Food, Shelter & Love program. As such, your dog has been eating Science Diet food while in our care. We recommend that you continue to feed Science Diet to your new dog and have sent you home with a bag of food to start you and your new dog off on this diet. If you decide to switch food brands, we recommend that you do so under the advice of your veterinarian, who can review the appropriate and gradual way to change your dog's diet.

TREATS, TOYS, AND CHEWING
Why do dogs chew on things?
Puppies who are teething love chewing things because it helps to alleviate their painful gums (much like babies chew on things when they are teething). For some adult dogs, chewing can be a soothing action to help relieve stress and anxiety or is just a pleasant pastime. It’s for these reasons that chew toys can be helpful for crate training, keeping your dog occupied when you are busy or away.

Offering a selection of appropriate hard and soft chew toys can go a long way in preventing your pet from chewing inappropriate things. Never offer your dog old items to play with such as shoes or the children’s old toys. Your dog cannot distinguish them from the brand new shoes or toys that you just bought (and are off limits). This confusion can lead to very unpleasant results!

There are many different types of chew toys available at all pet supply stores. Rubber and hard hollow chew toys are perfect for stuffing with a tasty treat to entice and engage your dog. We suggest smearing a little peanut butter inside with bits of kibble and broken up treats. We also recommend discussing what types of chew toys would work best for you and your dog with your trainer and/or veterinarian.
What can I do to prevent my dog from getting lost?
While your dog can go missing at any point in time, they are especially vulnerable in the first few months after adoption while your bond is still forming. Take care to prevent loss by:

- Making sure your dog is wearing both a collar with ID tag and a harness that fits properly.
- Using a leash that is secure and checking it regularly for tears or weak spots. (We do not advocate for the use of retractable leashes.)
- Wrapping the leash around your wrist in addition to holding it with your hand (don’t just hold it loosely in your fingers).
- Keeping your microchip information up to date - if you move or change phone numbers, be sure to update your contact information on your 24PetWatch account.
What can I do if my dog gets lost?

LOOK AROUND YOUR HOUSE. Your pet may be in a closet, a dark corner, or even inside bulky furniture and other small places. Try making cues that usually interest your pet (opening the dog food container or squeaking a favorite toy).

GET THE WORD OUT TO NEIGHBORS. Go door to door and let your neighbors know your pet is missing. Sometimes, pets hide in a neighbor’s garage or have found an open window and may be hiding or accidentally locked in a basement or shed etc.

MISSING DOGS MASSACHUSETTS. Missing Dogs Massachusetts (MDM) is an all-volunteer, non-profit organization that works to reunite missing and found dogs with their families. MDM works cooperatively with animal control officers, rescues, shelters, law enforcement, and the media. (www.missingdogsmass.com)

CONTACT THE MICROCHIP COMPANY. All animals adopted from Cape Ann Animal Aid have been microchipped. Contact the company where the microchip is registered and let them know your pet is missing. Make sure your contact information in association with the microchip is up to date.

USE COMMUNICATION CHANNELS. Call/email all local animal shelters, groomers, animal control, and veterinary offices to report your missing pet. You should also bring them a flyer to post. Visit our Lost Pets webpage (www.capeannanimalaid.org/lostpets) and fill out a Lost Pet Report Form. There is also a list of contact numbers on that page. Utilize social media networks and send emails to friends, family, and coworkers on your email list. Post messages and pictures on online message boards and forums. Ask everyone to pass on the info to anyone in the area.

RUN AN AD IN THE PAPER. Place an ad in the local paper. Some papers will run lost and found messages in the classified sections for free or at a low cost.

MAKE FLYERS. Make flyers to hand out and post around the area with your pet’s picture and a description. MDM has a template you can use at missingdogsmass.com/lost-dogs:

- Use a large and clear font that can be easily read.
- Include a phone number that somebody will answer or that has voicemail.
- If you chose to offer a reward, use caution in responding to people who claim to have found your pet.
- Ask businesses if you can post a flyer in their store (retail stores, gas stations, restaurants, bars, and grocery stores etc.)
Doggie Language

starring Boogie the Boston Terrier

**Alert**
- Look away/head turn

**Suspicious**
- Yawn

**Anxious**
- Nose lick

**Threatened**
- Sniff ground

**Angry**
- Turn & walk away

**"Peace!"**
- Whale eye

**"Need Space"**
- Stalking

**"Stressed"**
- Scratching

**"Stressed"**
- Shake off

**"Stress Release"**
- Soft ears, blinky eyes

**"Respect!"**
- Offer his back

**"Friendly & Polite"**
- Curved body

**"Friendly"**
- Round puppy face

**"Pretty Please"**
- Belly-rub pose

**"Hello I Love You!"**
- Greeting stretch

**"I'm Friendly!"**
- Play bow

**"Ready!"**
- Prey bow

**"You Will Feed Me"**

**"Curious"**
- Head tilt

**"Happy"**
- (Or hot)

**"Overjoyed"**
- Wiggly

**"Mmmm..."**

**"I Love You, Don't Stop"**
Decompress for SUCCESS

**ROUTINE**
Dogs crave predictability. Stick to the same times when feeding, walking, training, and departing from your home.

**PRIVACY**
Dogs, like people, need time to themselves. Create a spot with a crate or mat. Call your dog to leave their space, rather than invading their space.

**POSITIVE SOCIALIZATION**
Limit interactions with new people, places, and things. Let your dog explore gradually in short sessions. Build positive associations.

**TRAIN AT HOME FIRST**
Start positive reinforcement training at home for a distraction-free setting. This is the fastest, clearest way to establish communication.

**TRAIN WITH FOOD**
Shift calories out of the food bowl and use in short (5 minute) training sessions. Spread training sessions throughout the day, including reinforcing loose leash walking.

**AVOID LEASH GREETINGS**
Meeting other dogs can be stressful. Dogs don’t always like each other. Limit or avoid greetings until you learn more about how your dog shows unease.

**OBSERVE YOUR DOG**
When your dog is relaxed, what do their ears, mouth, tail position, and entire body look like? Learn your dog’s body language to know when your dog is concerned and to identify triggers.

**LET YOUR DOG INITIATE CONTACT**
Let your dog initiate contact with people. Never force an interaction. If your dog solicits attention, pet on the chest, not on top of the head.

**HAVE FUN WITH YOUR DOG!**
Playing, feeding, walking, and interacting with your new dog builds a lasting bond. Take it easy the first month and get to know each other before widening the circle. After all, you have a lifetime together!

Adopting a new dog is all about changes for both of you. Use this guide to make the first few weeks fun and stress-free. You will build a foundation for a lasting relationship if you follow these steps to ...

Illustrated by Lili Chin

www.doglatindogtraining.com
HOW NOT TO GREET A DOG

Most people do this stuff and it stresses dogs out so they BITE! Please show dogs some respect.

1. DON'T Lean over the dog & stick your hand in his face
2. DON'T Lean over the dog & stick your hand on top of his head
3. DON'T Grab or Hug him
4. DON'T Stare him in the eye (This is an adversarial gesture)
5. DON'T Squeal or shout in his face
6. DON'T Grab his head and kiss it (This is an invasion of space)

Doing this to a dog who doesn’t know you is like a perfect stranger giving you a great big hug and kiss in an elevator. Wouldn’t that creep you out? And wouldn’t you have the right to defend yourself?

The correct way:

* No Eye contact
* Let the dog approach you in his own time
* Keep your SIDE towards the dog (non-threatening posture)
* Pet or stroke him on the SIDE of his face or body. Or on his back.

www.doggiedrawings.net Lili
Socializing Your Dog

...refers to providing him with POSITIVE experiences with NEW THINGS. The best way to make sure your dog has great experiences is to include things he loves (like food or toys)

**new people**
Let your dog approach at his own pace, if and when he wants to.

- Associate new people with wonderful things.
- Make sure puppies are gently & positively exposed to different people.

**other animals**
Always check that the other animal is friendly & tolerant of dogs before you let your dog approach.

- Teach your dog how to act politely around other animals by rewarding him for good behavior. Redirect him if he's pushy or overly excited.
- If your adult dog doesn't want to play with unfamiliar dogs, that's okay. Adult people don't want to play with every other person we meet either!

**new things & environments**
To prevent noise phobia (e.g., fear of thunder), feed your dog a tiny treat every time the noise happens.

- Introduce young dogs to lots of different surfaces.
- Take rides in a boat, train car, or elevator.
- Visit the vet & groomer's just for treats and petting.
- Teach your dog to enjoy wearing a muzzle by making it into a "treat basket"

Visit parking lots and other busy places just to watch the people, animals, vehicles, etc. and feed your dog treats.

Remember: **EXPOSURE alone isn't socialization**!

If your dog isn't having a great time, you could do more harm than good. Dogs don't just "get over" issues by themselves, so if your dog is shy, worried, or overly excited, leave the situation and work with a professional who can help both of you. If your dog is having a blast and is happy and comfortable, you're doing a great job of socializing him!
Playing With Your Dog

Dogs (and people) love to play! Playing with your dog is one of the best ways to reward him for a job well done. Done correctly, play can help a stressed dog relax and a distracted dog focus.

Every dog is different, so get to know what sort of play your dog enjoys. Just like some people enjoy wrestling and roller coasters while others enjoy reading and board games, different dogs will have different preferences. Try to find the level of excitement that’s “just right” for your dog. Avoid play that gets your dog so amped up that he can’t think or calm down. On the other hand, if your dog is bored by your attempts to play, try upping the level of excitement or changing to a different game. There are lots of different ways to play with your dog! Here are a few common favorites:

**One-on-one games**

CHASE is a great one-on-one game! Just make sure to have your dog chase you instead of chasing your dog. You don’t want to accidentally teach your dog to run away from you.

TAG, YOU’RE IT!

Many dogs like gentle tag games, where you tap, poke, or push your dog away from you, then run in the opposite direction, encouraging him to catch up.

**Toy games**

FETCH! is a fun option. If your dog likes to play “keep away” once you’ve thrown the ball or Frisbee, try playing with two toys. As soon as your dog drops the toy in his mouth, throw the second toy for him.

Contrary to the popular myth, TUG won’t make your dog aggressive. In fact, playing tug is a great way to teach your dog to control his mouth when he’s excited! Just make sure to teach your dog to start and stop the game on cue so that you can control the fun and he doesn’t think your winter scarf or bag of groceries is a potential tug toy.

**Food games**

For less-playful dogs, food can be stuffed in hollow toys like KONGS and BUSY BALLS for home-clone fun.

**Nose games**

Dogs have a great sense of smell, and letting your dog use his nose is a great game! Toss a piece of food on the ground in front of him and tell him to FIND IT!

As he gets better at the game, you can start tossing the food farther away, into grass or carpet, or even hide it ahead of time for a doggy scavenger hunt.

**Training games**

Training can be a great way to play with your dog. Approach training sessions as games. The more you smile and laugh while you train your dog, the more your dog will love listening to you!

CLICKER TRAINING is one example of a fun and effective dog training method.
The most common cause for nuisance behaviors in dogs is boredom. Dogs are social creatures and crave attention and affirmation.

Ignoring a dog for long stretches at a time and then reprimanding him for seeking attention is counterproductive. Reprimands are a form of attention. Behaviors that earn the dog attention will increase in frequency. Reprimands only confuse the dog.

1. **KEEP YOUR DOG BUSY**: GIVE HIM SOMETHING TO DO.
2. **WHEN YOU TAKE BREAKS, (PLEASE) DON'T FORGET TO PAY ATTENTION TO YOUR DOG.**
3. **TEACH/REWARD YOUR DOG TO RELAX ON HIS BED.**
4. **GIVE YOUR DOG EXERCISE, PLAY AND MENTAL STIMULATION EVERY DAY.**
What is **Positive Reinforcement Dog Training**?

- Teaching dogs desirable behaviors using SCIENCE-based & REWARD-based methods.
- Helping dogs learn and succeed step by step.
- Motivating dogs with fun exercises and games. No force! No pain!
- Encouraging dogs to think more for themselves.
- Valuing dogs' voluntary behaviors.
- Understanding dogs' feelings from their body language.
- Understanding how dogs learn, their needs and wants.
- Using methods that work humanely with ANY dog. Big dogs, small dogs, puppies, senior dogs, disabled dogs, fearful dogs, reactive dogs... can all learn and have fun!

1. **develop**
   - dog's **self-control**
   - WANT!
   - GOOD BOY!

2. **develop**
   - a trust relationship
   - GIVE ME YOUR TOY
   - SURE!

3. **develop**
   - dog's **self-confidence**
   - I'M OK WHEN I CAN'T SEE YOU
   - Before or No Training
     - NO! IT'S MINE!

---

**Before or No Training**

*WHY DON'T YOU DO WHAT I SAY? I HAVE TOLD YOU SO MANY TIMES!!!*  
*WHY IS MY PERSON ALWAYS FRUSTRATED AND YELLING??*

---

**Positive Reinforcement Training**

= **HAPPY RELATIONSHIP**

*YOU UNDERSTAND ME AND MAKE ME FEEL SAFE!*

---

Concept by Miki Saito [www.markandreward.com](http://www.markandreward.com)  
Drawings by Lili Chin [www.doggiedrawings.net](http://www.doggiedrawings.net)  
© 2012 Lili Chin
TEACHING YOUR DOG TO WALK POLITELY ON LEASH

PART ONE: Start in a small, boring space. Go at your dog's pace.

The most important step in teaching your dog to walk politely on leash is showing your dog where you want him to be while he is on leash.

To make things easier for your dog, start practicing in a small, boring space. This improves the odds that your dog will stay close to you.

1. Click and treat rapidly a few times in the correct position.

2. Move slightly out of heel position and wait for your dog to move closer to you.

3. As soon as your dog moves even the tiniest step closer to you, click and feed at the "ideal" head position.

4. Repeat until your dog moves into heel position every time you move out of it.

5. Gradually take more and more steps between clicks and treats. If your dog gets confused, go back to just one step and then increase the number of steps more slowly to help him understand.

6. Then start changing direction and speed.

Next, move to a larger or more interesting space, and start over from STEP 1. When your dog can handle STEP 6 in the new space, move to another new space, starting over from STEP 1 again.
TEACHING YOUR DOG TO WALK POLITELY ON LEASH

PART TWO: Help! My Dog Is Pulling!

If pulling on the leash gets your dog where he wants to go, he'll keep pulling. To avoid teaching your dog that pulling is a good strategy, use one of the techniques described below.

TECHNIQUE 1: "I AM A ROCK"

When your dog pulls, stop in your tracks. Wait. As you wait, pretend you have no dog.

When your dog backs up or turns to you, click and feed a treat at your pant seam.

Then move forward again.

TECHNIQUE 2: "BACK & FORTH"

When your dog pulls, turn around and walk purposefully in the opposite direction. When your dog catches up to heel position...

Click and treat. Then turn around and continue in your original direction.

TECHNIQUE 3: "OFF AT AN ANGLE"

This is a great technique for dogs who are very strong. When your dog pulls, simply move away at a random angle that isn't 180 degrees.

Wait for your dog to catch up to heel position.

Click and treat. Then turn around and continue in your original direction.

If your dog keeps pulling, the environment is probably too exciting. Go back to teaching your dog polite leash walking in a less exciting place. Then build up gradually to walking on leash in the exciting environment again.

Remember to go back to PART ONE every time you practice in a new place.
SPACE ETIQUETTE FOR DOGS

To: People with "Friendly Dogs", Off-Leash Dogs, & Retractable Leash Dogs

MY DOG IS FRIENDLY!!!

IT'S OK!
MY DOG LOVES EVERYBODY!

MY DOG WAS ONLY BEING FRIENDLY!

MY DOG IS NOT FRIENDLY
MY DOG IS CONTAGIOUS
MY DOG HAS ISSUES
MY DOG IS IN TRAINING
MY DOG IS SCARED OF OTHER DOGS

PLEASE CALL YOUR DOG!

SORRY, MY DOG IS STRESSED
MY DOG WILL REACT
PLEASE CALL YOUR DOG AWAY

LET'S GO!
STIFF

GRRR!!!

NEWSFLASH: Running up to another dog and ignoring requests to go away is not "friendly", it is rude. Just like people, DOGS NEED PERSONAL SPACE. If a stranger came up and put his hand on your body, you'd be allowed to step back, yell, and push him away. Dogs have the same right to enforce their boundaries. Some dogs are called "reactive" because they are more sensitive than others. Reactive dogs are good dogs, they just need more distance and compassionate training. You can help them by honoring their need for personal space.

1. NEVER LET YOUR OFF-LEASH DOG GO UP TO AN ON-LEASH DOG.
2. LOCK RETRACTABLE LEASHES WHEN YOU SEE OTHER DOGS.
3. ASK BEFORE APPROACHING OR PETTING ANY DOG.
4. HAVE COMPASSION FOR PEOPLE WITH SHY OR REACTIVE DOGS.

Please do not chase us. Let us pass without interaction, and keep your judgements to yourself.

inspired by: notesfromadogwalker.com functionalrewards.com
YOUR CHOICE Affects Your Dog's Choice.

A case of BARKING at other dogs

1. You think: My dog is looking at the other dog. SHE MUST WANT TO SAY HELLO!
   Your dog thinks: He is staring at me. This is scary. He might attack me. I can't look away.

2. You think: Don't be shy! It's OK! He wants to be your friend. SAY HI TO HIM!
   Your dog thinks: What is my mom thinking? I am scared! But I have no way to escape when she is holding onto this leash.

3. You think: GET AWAY FROM ME!!!
   Your dog thinks: What BAD MANNERS! She needs to be punished to understand this is bad behavior.

4. You think: STOP IT! BAD DOG!!!
   Your dog thinks: My mom is angry! This is scary! It must be because of that dog approaching us. Next time when I see a dog, I will bark and growl much earlier.

   Stay Away! Or Else!!!

Dogs don't always want to greet and/or play with other dogs even if they LOOK at another dog. When they feel fear, they may find it hard to turn away. You can choose to help your dog feel safer and prevent undesirable behavior.

In the early stages, HELP YOUR DOG KEEP DISTANCE FROM OTHER DOGS, or help your dog focus on something else that is pleasant - treats, a toy, or you - to avoid escalating her fearful and excited feelings. If your dog is unable to look away from the other dog and continues to react, then she needs more distance and more help. Please talk to a professional trainer using science and reward-based dog training techniques.

Your dog can make better choices if YOU make better choices!

Let's learn more about dogs and Positive Reinforcement Training!

Introducing Your New Dog
to Your Resident Dog

From "THE LEADER OF THE PACK" to "the top dog," plenty of simplistic metaphors come from the canine world. But relationships between canines can be pretty complex, beginning with the very first meeting. Like most animals who live in groups, dogs establish their own social structure, sometimes called a dominance hierarchy. This dominance hierarchy serves to maintain order, reduce conflict, and promote cooperation among pack members. Dogs also establish territories, which they may defend against intruders or rivals. Obviously, dogs' social and territorial nature affects their behavior whenever a new dog is introduced to the household.

Introduction Techniques

Choose a Neutral Location
Introduce the dogs in a neutral location so that your resident dog is less likely to view the newcomer as a territorial intruder. Each dog should be handled by a separate person. With both dogs on leashes, begin the introductions in an area unfamiliar to each, such as a park or a neighbor's yard. If you frequently walk your resident dog in a nearby park, she may view that area as her territory, too, so choose a less familiar site. If you are adopting your dog from an animal shelter, you might even bring your resident dog to the local shelter and introduce the two there.

Use Positive Reinforcement
From the first meeting, help both dogs experience "good things" when they're in each other's presence. Let them sniff each other briefly, which is normal canine greeting behavior. As they do, talk to them in a happy, friendly tone of voice; never use a threatening tone. (Don't allow them to investigate and sniff each other for too long, however, as this may escalate to an aggressive response.) After a short time, get the attention of both dogs and give each a treat in return for obeying a simple command, such as "sit" or "stay." Take the dogs for a walk and let them sniff and investigate each other at intervals. Continue with the "happy talk," food rewards, and simple commands.

Be Aware of Body Postures
One body posture that indicates things are going well is a "play-bow." One dog will crouch with her front legs on the ground and her hind end in the air. This is an invitation to play, and a posture that usually elicits friendly behavior from the other dog. Watch carefully for body postures that indicate an aggressive response, including hair standing up on one dog's back, teeth baring, deep growls, a stiff-legged gait, or a prolonged stare. If you see such postures, interrupt the interaction immediately by calmly getting each dog interested in something else. For example, both handlers can call their dogs to them, have them sit or lie down, and reward each with a treat. The dogs' interest in the treats should prevent the situation from escalating into aggression. Try letting the dogs interact again, but this time for a shorter time period and/or at a greater distance from each other.

For complete tips and advice on pet behavior and other pet care topics, visit www.petsforlife.org.
Take the Dogs Home
When the dogs seem to be tolerating each other’s presence without fearful or aggressive responses and the investigative greeting behaviors have tapered off, you can take them home. Whether you choose to take them in the same vehicle will depend on their size, how well they ride in the car, how trouble-free the initial introduction has been, and how many dogs are involved.

Space Your Introductions
If you have more than one resident dog in your household, it may be best to introduce the resident dogs to the new dog one at a time. Two or more resident dogs may have a tendency to gang up on the newcomer.

Support the Top Dog
It is important to support the dominant dog in your household, even if that turns out to be the newcomer. This may mean, for example, allowing the dominant dog to claim a favored sleeping spot as his or to have access to a desirable toy. Trying to impose your preference for which dog should be dominant can confuse the dogs and create further problems.

Introducing Puppies to Adult Dogs
Puppies usually pester adult dogs unmercifully. Before the age of four months, puppies may not recognize subtle body postures from adult dogs signaling that they’ve had enough. Well-socialized adult dogs with good temperaments may set limits with puppies with a warning growl or snarl. These behaviors are normal and should be allowed. Adult dogs who aren’t well socialized, or who have a history of fighting with other dogs, may attempt to set limits with more aggressive behaviors, such as biting, which could harm the puppy. For this reason, a puppy shouldn’t be left alone with an adult dog until you’re confident the puppy isn’t in any danger. Be sure to give the adult dog some quiet time away from the puppy and some extra individual attention as well.

When to Get Help
If the introductions don’t go smoothly, contact a professional animal behaviorist immediately. Dogs can be severely injured in fights, and the longer the problem continues, the harder it can be to resolve. Punishment won’t work and could make things worse. Fortunately, most conflicts between dogs in the same family can be resolved with professional guidance.

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Nothing in Life Is Free
A Training Technique for Dogs

DOES YOUR DOG GET ON THE FURNITURE and refuse to get off?
Nudge your hand and insist on being petted or played with? Refuse
to come when called? Defend his food bowl or toys from you?

If so, a training technique called “nothing in life is free”
may be just the solution you’re looking for. “Nothing
in life is free” is not a magic pill that will solve a specific
behavior problem. Instead, it’s a way of living with your
dog that will help him behave better because he trusts
and accepts you as his leader and is confident knowing
his place in the family.

How to Practice “Nothing in Life Is Free”

- Use positive reinforcement methods to teach your dog
  a few commands and tricks. “Sit,” “Down,” and “Stay”
  are useful commands. “Shake,” “Speak,” and “Roll over”
  are fun tricks to teach your dog.

- Once your dog has mastered a few commands, you can
  begin to practice “nothing in life is free.” Before you
give your dog anything (food, a treat, a walk, a pat on
the head), he must first perform one of the commands
he has learned. See the chart below for examples.

- Once you’ve given the command, don’t give your
dog what he wants until he does what you want. If he
refuses to perform the command, walk away, come back
a few minutes later, and start again. If your dog refuses
to obey the command, be patient and remember that
eventually he will have to obey your command to get
what he wants.

Make sure your dog knows the command well and
understands what you want before you begin
practicing “nothing in life is free.”

The Benefits of This Technique

- Most dogs assume a neutral or submissive role toward
  people, but some dogs will challenge their owners for
dominance. Requiring a dominant dog to work for
everything he wants is a safe, nonconfrontational
way to establish control.

<table>
<thead>
<tr>
<th>YOU</th>
<th>YOUR DOG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Put your dog’s leash on to go for a walk</td>
<td>Must sit until you’ve put the leash on</td>
</tr>
<tr>
<td>Feed your dog</td>
<td>Must lie down and stay until you’ve put the</td>
</tr>
<tr>
<td>Play a game of fetch after work</td>
<td>bowl down</td>
</tr>
<tr>
<td>Rub your dog’s belly while watching TV</td>
<td>Must sit and “shake hands” each time you</td>
</tr>
<tr>
<td></td>
<td>throw the toy</td>
</tr>
<tr>
<td></td>
<td>Must lie down and roll over before being</td>
</tr>
<tr>
<td></td>
<td>petted</td>
</tr>
</tbody>
</table>

For complete tips and advice on pet behavior and other pet care topics, visit www.petsforlife.org.
Dogs who may never display aggressive behavior such as growling, snarling, or snapping may still manage to manipulate you. These dogs may display affectionate behavior that borders on being "pushy," such as nudging your hand to be petted or "worming" their way onto the furniture to be close to you. This technique gently reminds the dog that he must abide by your rules.

Fearful dogs may become more confident by obeying commands. Having a strong leader and knowing his place in the hierarchy helps to make the submissive dog feel more secure.

Why This Technique Works
Animals who live in groups, like dogs, establish a social structure within the group called a dominance hierarchy. This dominance hierarchy serves to maintain order, reduce conflict, and promote cooperation among pack members. To ensure that your home is a safe and happy place for pets and people, the humans in the household should assume the highest positions in the dominance hierarchy. Practicing "nothing in life is free" gently and effectively communicates to your dog that his position in the hierarchy is subordinate to yours.

From your dog's point of view, children also have a place in this hierarchy. Because children are small and can get down on the dog's level to play, dogs often consider them to be playmates rather than superiors. With the supervision of an adult, it's a good idea to encourage children in the household to also practice "nothing in life is free" with the family dog.

Related topics at www.petsforlife.org
- Positive Reinforcement: Training Your Dog (or Cat!) with Treats and Praise

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Reducing Separation Anxiety in Dogs

EVERYONE NEEDS A LITTLE TIME ALONE NOW AND THEN—unless of course you are a dog who suffers from separation anxiety.

Dogs with separation anxiety exhibit behavior problems when they’re left alone. Typically, they’ll have a dramatic anxiety response within a short time (20-45 minutes) after their owners leave them. The most common of these behaviors are:

- Digging, chewing, and scratching at doors or windows in an attempt to escape and reunite with their owners
- Howling, barking, and crying in an attempt to get their owners to return
- Urination and defecation (even with house trained dogs) as a result of distress

Why Do Dogs Suffer from Separation Anxiety?

We don’t fully understand why some dogs suffer from separation anxiety and, under similar circumstances, others don’t. It’s important to realize, however, that the destruction and house soiling that often occur with separation anxiety are not the dog’s attempt to punish or seek revenge on his owner for leaving him alone. In reality, they are part of a panic response.

Separation Anxiety Sometimes Occurs:
- When a dog accustomed to constant human companionship is left alone for the first time
- Following a long interval, such as a vacation, during which the owner and dog are constantly together
- After a traumatic event (from the dog’s point of view), such as a period of time spent at a shelter or boarding kennel
- After a change in the family’s routine or structure (such as a child leaving for college, a change in work schedule, a move to a new home, or a new pet or person in the home)

How Do I Know If My Dog Has Separation Anxiety?

Because there are many reasons for the behaviors associated with separation anxiety, it’s essential to correctly diagnose the reason for the behavior before proceeding with treatment. If most, or all, of the following statements are true about your dog, he may have a separation anxiety problem:

- The behavior occurs exclusively or primarily when he’s left alone.
- He follows you from room to room whenever you’re home.
- He displays effusive, frantic greeting behaviors.
- The behavior always occurs when he’s left alone, whether for a short or long period of time.
- He reacts with excitement, depression, or anxiety to your preparations to leave the house.
- He dislikes spending time outdoors by himself.

What to Do If Your Dog Has Separation Anxiety

For a minor separation anxiety problem, the following techniques may be helpful by themselves. For more severe problems, these techniques should be used along with the desensitization process described in the next section.

- Keep arrivals and departures low-key. For example, when you arrive home, ignore your dog for the first few minutes, then calmly pet him. This may be hard for you to do, but it’s important!
- Leave your dog with an article of clothing that smells like you—such as an old t-shirt that you’ve slept in recently.
- Establish a “safety cue”—a word or action that you use every time you leave that tells your dog you’ll be back. Dogs usually learn to associate certain cues with short absences by their owners. For example, when you take out the garbage, your dog knows you come right back and doesn’t become anxious. Therefore, it’s helpful to associate a safety cue with your short-duration absences.

Some examples of safety cues are a playing radio, a playing television, or a toy (one that doesn’t have dangerous fillings and can’t be torn into pieces). Use your safety cue during practice sessions with your dog. Be sure to avoid presenting your dog with the safety cue when you leave for a period

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of time longer than he can tolerate; if you do, the value of the
safety cue will be lost. Leaving a radio on to provide company
for your dog isn’t particularly useful by itself, but a playing
radio may work if you’ve used it consistently as a safety cue
in your practice sessions. If your dog engages in destructive
chewing as part of his separation distress, offering him a
chewing item as a safety cue is a good idea. Very hard rubber
toys that can be stuffed with treats and Nylabone®-like
products are good choices.

**Desensitization Techniques for More
Severe Cases of Separation Anxiety**

The primary treatment for more severe cases of separation
anxiety is a systematic process of getting your dog used to
being alone. You must teach your dog to remain calm during
“practice” departures and short absences. We recommend
the following procedure:

- Begin by engaging in your normal departure activities
  (getting your keys, putting on your coat), then sit back
down. Repeat this step until your dog shows no distress
  in response to your activities.

- Next, engage in your normal departure activities and
  go to the door and open it, then sit back down.

- Next, step outside the door, leaving the door open,
  then return.

- Finally, step outside, close the door, then immediately return.
  Slowly get your dog accustomed to being alone with the
door closed between you for several seconds.

- Proceed very gradually from step to step, repeating each step
  until your dog shows no signs of distress. The number of
  repetitions will vary depending on the severity of the problem.
  If at any time in this process your actions produce an anxiety
  response in your dog, you’ve proceeded too fast. Return to
  an earlier step in the process and practice this step until the
dog shows no distress response, then proceed to the next step.

- Once your dog is tolerating your being on the other side
  of the door for several seconds, begin short-duration
  absences. This step involves giving the dog a verbal cue (for
  example, “I’ll be back”), leaving, and then returning within
  a minute. Your return must be low-key: Either ignore your
dog or greet him quietly and calmly. If he shows no signs
  of distress, repeat the exercise. If he appears anxious, wait
  until he relaxes to repeat the exercise. Gradually increase
  the length of time you’re gone.

- Practice as many absences as possible that last less than 10
  minutes. You can do many departures within one session
  if your dog relaxes sufficiently between departures. You
  should also scatter practice departures and short-duration
  absences throughout the day.

- Once your dog can handle short absences (30–90 minutes),
  he’ll usually be able to handle longer intervals alone, and
  you won’t have to repeat this process every time you are
  planning a longer absence. The hard part is at the beginning,
  but the job gets easier as you go along. Nevertheless, you must
go slowly at first. How long it takes to condition your dog to
being alone depends on the severity of his problem.

**Teaching the Sit-Stay and Down-Stay**

Another technique for reducing separation anxiety in your
dog is practicing the common “sit-stay” or “down-stay” training
exercises using positive reinforcement. Your goal is to be able
to move briefly out of your dog’s sight while he remains in the
“stay” position and thereby teach your dog that he can remain
calmly and happily in one place while you go to another. To do
this, you gradually increase the distance you move away from
your dog. As you progress, you can do this during the course
of your dog’s normal daily activities. For example, if you’re watching
television with your dog by your side and you get up for a
snack, tell him to stay, and leave the room. When you come
back, give him a treat or praise him quietly. Never punish
your dog during these training sessions.

**Interim Solutions**

Because the treatments described above can take a while,
and because a dog with separation anxiety can do serious
damage to himself or your home in the interim, consider these
suggestions to help you and your dog cope in the short term.

- Consult your veterinarian about the possibility of drug
  therapy. A good anti-anxiety drug should not sedate your
dog, but simply reduce his anxiety while you’re gone. Such
  medication is a temporary measure and should be used
  in conjunction with behavior modification techniques.

- Take your dog to a dog day care facility or boarding kennel.

- Leave your dog with a friend, family member, or neighbor.

- Take your dog to work with you, even for half a day, if possible.

**What Won’t Help a Separation Anxiety Problem**

- Punishing your dog. Punishment is not an effective way to
treat separation anxiety. In fact, punishing your dog after you
return home may actually increase his separation anxiety.

- Getting another pet as a companion for your dog. This
  usually doesn’t help an anxious dog because his anxiety
  is the result of his separation from you, his person, not
  merely the result of being alone.

- Crating your dog. Your dog will still engage in anxiety
  responses in the crate. He may urinate, defecate, howl, or
  even injure himself in an attempt to escape from the crate.

- Leaving the radio on (unless the radio is used as a “safety
cue,” as described above).

- Training your dog. While formal training is always a good
  idea, it won’t directly help a separation anxiety problem.
  Separation anxiety is not the result of disobedience or
  lack of training; it’s a panic response.

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Even the cleanest of pets can sometimes need a bath. For dogs, regular bathing can help keep their skin and haircoat healthy. In general, the American Society for the Prevention of Cruelty to Animals (ASPCA) recommends bathing your dog about every 3 months; however, certain breeds and dogs that spend a lot of time outside may need to be bathed more often. Cats, on the other hand, generally do not need regular baths—their tongues are designed to be an essential grooming tool. However, there are situations when your cat—or dog—may need a bath:

- If your pet comes in contact with a potentially hazardous substance or sticky material
- If you are allergic and want to keep pet dander to a minimum
- If your pet goes or gets outside and comes in contact with dirt or fleas
- If a medicated shampoo is prescribed or recommended by us to treat a certain condition

Preparing for a Bath

Try to make bathing a pleasant experience for your pet—and for you! If you can teach your pet to enjoy being bathed, it can be another way to strengthen your relationship. However, even the calmest of pets (especially cats) may become stressed around water. Make sure you have everything ready ahead of time to keep bath time as short and relaxed as possible:

- A tub (indoors or out) or sink with warm (not hot) water
- A spray hose or nozzle or a large plastic pitcher or unbreakable cup
- A washcloth for cleaning your pet’s head and face
- A rubber bath mat to keep your pet from slipping
- A mild shampoo made for dogs or cats (depending on your pet) or the prescribed medicated shampoo
- Old clothes to wear (for cat owners, make sure you are protected against scratches and bites)
- Plenty of large, absorbent towels and/or a blow dryer, if your pet will tolerate it
- Toys and treats for rewarding good behavior

It may be beneficial to have another person assist you in restraining your pet during the bath. If you are comfortable doing so, you can trim your pet’s nails the night before bathing to minimize the chance of scratches. Mats, tangles, and loose hair are also easier to remove by brushing before bathing.

The Bath

- Make sure the water in the tub or sink is not too deep for your pet. For cats
and small dogs, 3 to 5 inches of water is enough. Place your pet in the water and, if you have one, use the spray hose to thoroughly wet your pet, being careful not to spray directly in his or her eyes, ears, or nose. If you don’t have a spray hose, use the plastic pitcher, cup, washcloth, or your hands to scoop up the water in the tub.

- Gently massage the shampoo into your pet’s haircoat from head to tail. Follow the labeled instructions carefully. Don’t forget to lather hard-to-reach areas, such as between the legs and the body. Avoid getting any shampoo in your pet’s eyes, ears, nose, or mouth. Use the washcloth to wipe the face/head.

- Thoroughly rinse your pet, again taking care to avoid the ears, eyes, and nose. You may need to drain and refill the sink or tub a few times to make sure you have removed all of the shampoo. Don’t forget to check the feet, under the chin, under the abdomen and chest, and any other areas that can be hard to rinse. Shampoo residues left on the skin and hair can be irritating; cats, in particular, may lick them off later, which can cause illness.

- Dry your pet with the towels or a blow dryer on a low setting. If you use a blow dryer, you may need to slowly introduce your pet to the sound of the dryer. Also, make sure that the blow dryer air doesn’t get too hot for your pet. If you can only towel dry your pet, be sure to keep him or her in a well-controlled climate until completely dry.

- Give your pet a toy, treat, and/or calm praise as a reward for good behavior.

Try to make bathing a pleasant experience for your pet—and for you! If you can teach your pet to enjoy being bathed, it can be another way to strengthen your relationship.

If you have any questions about bathing your pet—or whether he or she needs bathing—please ask! We are happy to help you keep your pet clean and healthy.
How to Trim a Dog’s Nails

When you think about grooming a dog, you probably consider bathing him, brushing his coat, even cleaning those floppy ears, but it's a good idea to give dogs a pedicure every few weeks as well. If you've never trimmed a dog's nails, ask for some help from a more experienced person, and keep these instructions nearby.

1: Stay Sharp
A few different tools are available to help you trim a dog's nails, including those that resemble miniature pliers and those with replaceable sliding "guillotine" blades. Use whichever model makes you and the animal most comfortable, but be sure to replace the blade frequently to make the job easier and prevent the dog from feeling any discomfort.

2: Pull Their Legs
Dogs are often pretty cooperative when it comes to having their nails trimmed, and those who were handled often as puppies are even more likely to comply. Still, you may need to work a little to keep the animal still. If you're working alone, have the dog sit or lie down on the floor or examining table, then trim the nails, one paw at a time.

Illustrations by Susie Duckworth
3: Pull Their Legs, Part II
If you’re grooming a larger dog or if the animal is apprehensive, have someone sit him down and hold out his paw, then get to work with the clippers. Have your helper scratch behind the dog’s ears to reassure the animal and help move things along a little more quickly.

4: Take the Edge Off
Remember that you should only remove the very end of the dog’s nails. You may be tempted to trim off all of the excess, but that would be a mistake. In dogs, the quick—the nerve endings and blood vessels inside the nail—continue to grow as the nail grows. That means long nails must be trimmed bit by bit, over weeks or months, until the quick gradually recedes. Because it’s so difficult to see the quick in dogs with dark nails, you’ll need to look at the nail straight on (see diagram below) and keep trimming until you see a small dark circle. If you accidentally clip too far and the nail begins to bleed, apply pressure to the tip of the nail or dip the nail in a bit of styptic powder, then make sure the animal is kept inactive for a short time.

5: Thank Them Very Much
Give the dog a treat or a pat on the tummy to thank him for his cooperation, and things should go at least as well the next time around.
CONGRATULATIONS ON YOUR NEW PET

Thank you for adopting your new best friend. Get ready for a whole lot of love and some welcome treats as you care for their whole health!

Thanks for giving love to pets like Bella & Cooper!

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