



# CONGRATULATIONS! YOU ADOPTED A DOG!

CAPE ANN ANIMAL AID DOG ADOPTION BOOKLET

THANK YOU TO OUR 2021 ADOPTION PROGRAM SPONSORS:



# TABLE OF CONTENTS

**02** Important numbers

---

**03** Welcome to the CAAA family!

---

**04** What if my new pup isn't feeling well?

---

**06** Ongoing and Preventative Health

---

**07** Microchipping & Pet Insurance

---

**08** Housetraining & Crate Training

---

**10** Food, Toys, and Treats

---

**11** Lost Dog Resources

---

**13** 13 Doggie Language  
14 How NOT to treat a dog  
15 Socialization  
16 Playing with your dog  
17 Ain't Misbehavin'  
18 Positive Reinforcement  
19 Leash Walking  
21 Space Etiquette for dogs  
22 Barking at other dogs  
23 Dog-to-dog intros  
24 Nothing in Life is Free  
27 How to bathe a dog  
29 How to trim nails

---

**31** Coupons

# IMPORTANT NUMBERS

ASPCA Animal Poison Control Center 1-888-426-4435

---

MSPCA Poison Control Hotline 1-877-226-4355

---

Massachusetts Vet Referral Emergency Hospital (Woburn) 781-932-5802

---

Bulger Emergency Veterinary Hospital (North Andover) 978-725-5544

---

Angell Memorial Hospital (Boston) 617-522-7282

---

Port City Vet Referral Emergency Hospital (Portsmouth, NH) 603-433-0056

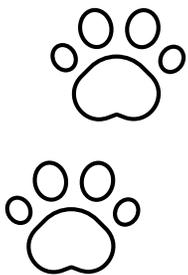
---

24PetWatch – Pet Insurance & Microchip Company 1-866-597-2424

---

Cape Ann Animal Aid 978-283-6055 x10  
IF THERE IS NO ANSWER, PLEASE LEAVE A MESSAGE SO WE CAN RETURN YOUR CALL [info@capeannanimalaid.org](mailto:info@capeannanimalaid.org)

---



Your Dog's Veterinarian: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Other Important Numbers:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# WELCOME TO THE CAAA FAMILY!

---



@CapeAnnAnimalAid



@CapeAnnAnimalAid



@CA\_AnimalAid



CapeAnnAnimalAid.org

*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](http://capeannanimalaid.org/happytails)**

# WHAT IF MY NEW PUP ISN'T FEELING WELL?

---

## ***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 MY NEW PUP ISN'T FEELING WELL?

---

## *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

# ONGOING HEALTH AND PREVENTATIVE CARE

---

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.

# MICROCHIP AND PET HEALTH INSURANCE

---



***What about the 24PetWatch health insurance I heard about during my adoption?***  
If you included your email address on your adoption application, then you should have received an offer of complimentary pet health insurance from 24PetWatch.

Your complimentary 24PetWatch insurance has potential to provide some financial assistance for veterinary care as a result of accident or illness in the post-adoption period.

## ***How do I activate the 24PetWatch Offer?***

You must confirm your gift within seven days of adoption, or the offer is void. To confirm your insurance, have your confirmation code at hand (located in your adoption paperwork) and do one of the following:

- Check your email and click on the link in the email you receive from 24PetWatch
- Call 1-877-291-1524
- Visit [www.24petwatch.com](http://www.24petwatch.com), click on “Insurance” and follow the on-screen prompts.

Activating your insurance offer from 24PetWatch will allow you access to the following:

- Covered medical conditions
- Terms and conditions of coverage
- How to access claim forms
- How 24PetWatch claims are approved and reimbursed

# HOUSETRAINING YOUR NEW DOG

---

## ***How much houstraining will my new dog require?***

It is important to treat your new dog (despite age) as if they were very young and not houstrained. Even an adult dog that was houstrained 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.

## **CRATE TRAINING**

### ***What is crate-training?***

We suggest houstraining 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 houstraining 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.

# HOUSETRAINING YOUR NEW DOG

---

## **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.

# FEEDING AND CHEW TOYS

---

## **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.

# LOST DOG PREVENTION

---

## ***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.

# FINDING A LOST DOG

---

## *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](http://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](http://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](http://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



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"  
look away/head turn



STRESSED  
yawn



STRESSED  
nose flick



"PEACE!"  
sniff ground



"RESPECT!"  
turn & walk away



"NEED SPACE!"  
whale eye



STALKING



STRESSED  
scratching



STRESS RELEASE  
shake off



RELAXED  
soft ears, blinky eyes



"RESPECT!"  
offer his back



FRIENDLY & POLITE  
curved body



FRIENDLY



"PRETTY PLEASE!"  
round puppy face



"I'M YOUR LOVEBUG!"  
belly-rub paws



"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



"MMM..."



"I LOVE YOU,  
DON'T STOP!"

# HOW NOT TO GREET A DOG

Most people do this stuff and it stresses dogs out so they BITE!

I don't care how cute you (or your kid) think Boogie is. Please show him some respect.



**DON'T**  
Lean over the dog & stick your hand in his face



**DON'T**  
Lean over the dog & stick your hand on top of his head



**DON'T**  
Grab or Hug him



**DON'T**  
Stare him in the eye  
(This is an adversarial gesture)



**DON'T**  
Squeal or shout in his face



**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 either your SIDE or BACK towards the dog (non-threatening posture)



- \* Pet or stroke him on the SIDE of his face or body. Or on his back.

# 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.



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



## 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 pesty 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** (eg, fear of thunder), feed your dog a tiny treat every time the noise happens.



Take rides in a boat, train car, or elevator.



Teach your dog to enjoy wearing a muzzle by making it into a "treat basket".



## 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.



If your dog isn't interested in toys, don't worry... there are lots of other fun games the two of you can play, and just like not all people enjoy video games, not every dog gets the allure of the tennis ball.

*food games*

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



# AIN'T MISBEHAVIN'!

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.**



Lili.com

concept & words by Elisabeth Weiss dogrelationsnyc.com drawings by Lili Chin doggiedrawings.net

© 2012 Lili Chin & Elisabeth Weiss

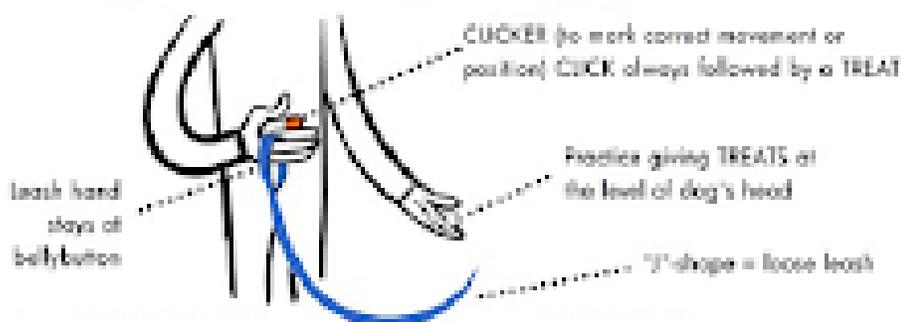


# TEACHING YOUR DOG TO WALK POLITELY ON LEASH

## 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.



### PRACTICE WITH NO DOG

Practice clicking and feeding a treat at your pant seam, at the level of your dog's head.

### PRACTICE WITH DOG

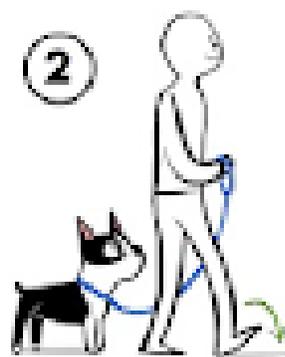
Practice holding the leash at your belly button as you click and feed.

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.

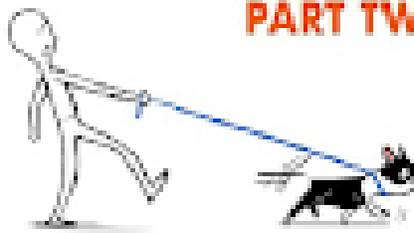
7



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.

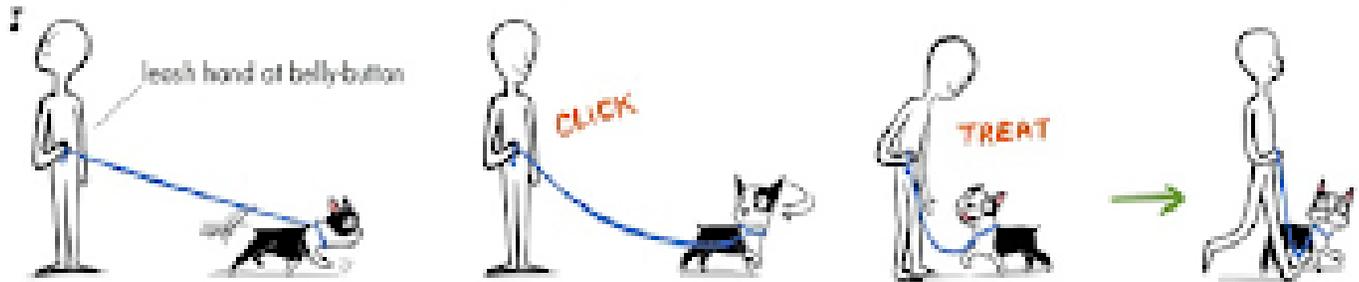
# TEACHING YOUR DOG TO WALK POLITELY ON LEASH

## 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"

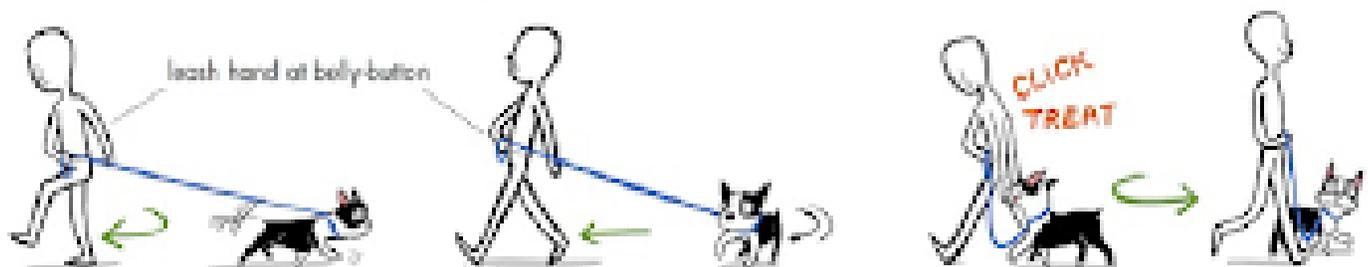


When your dog pulls, stop in your tracks. Wait. As you wait, pretend you have no dog.

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

Then move forward again.

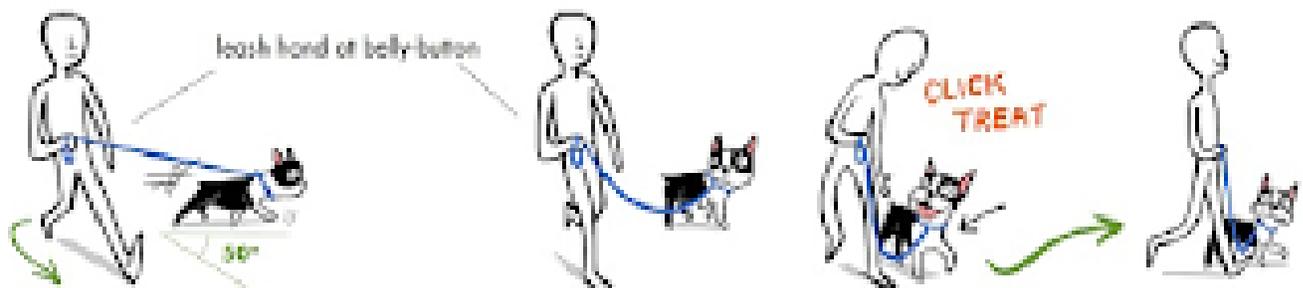
### TECHNIQUE 2: "BACK & FORTH"



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 again.

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



**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.

CAN MY DOG SAY 'HI'?

SORRY NO, I HAVE A DOG THAT NEEDS SPACE. THANK YOU.

# 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**

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:**  
What BAD MANNERS! She needs to be punished to understand this is bad behavior!

**4**

**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!

**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

**F**ROM "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.

Illustration on reverse side

## 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.

Adapted from material originally developed by applied animal behaviorists at the Dumb Friends League, Denver, Colorado. ©2000 Dumb Friends League and ©2003 The HSUS. All rights reserved.

This information provided for you by



Promoting the Protection of All Animals

**THE HUMANE SOCIETY  
OF THE UNITED STATES**

2100 L Street, NW | Washington, DC 20037  
202-452-7100 • www.hsus.org

# Nothing in Life Is Free

## A Training Technique for Dogs

**D**OES 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.

*continued on reverse side*

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

- 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.

Adapted from material originally developed by applied animal behaviorists at the Dumb Friends League, Denver, Colorado. ©2000 Dumb Friends League and ©2000 The HSUS. All rights reserved.

### Related topics at [www.petsforlife.org](http://www.petsforlife.org)

- [Positive Reinforcement: Training Your Dog \(or Cat!\) with Treats and Praise](#)

This information provided for you by



Promoting the Protection of All Animals

**THE HUMANE SOCIETY  
OF THE UNITED STATES**

2100 L Street, NW, Washington, DC 20037  
202-452-7100 • [www.humanesociety.org](http://www.humanesociety.org)

## How to Bathe a Dog

Even though a good bath is one of the kindest things you can give your shelter's dogs, chances are they're not going to see it that way. But while you probably won't win the hearts of all canines by getting them wet, you can make the experience more pleasant for both you and the dogs if you follow these steps. These instructions are appropriate for friendly shelter dogs in need of just a bit of cleaning. Heavily matted or aggressive dogs should be handled by a professional groomer.

### 1. Put on Your Wet Suit

Even the most docile dog may struggle or squirm during a bath, so be sure to put on a smock to keep yourself from getting soaked. The best location for bathing a dog is in a room with a closed door; this will prevent a wet and nervous dog from fleeing through the building should she get away from you. Make sure that the dog stands on a non-skid surface during her bath. Before beginning, have your supplies ready: brush, shampoo, detangler, mineral oil, cotton balls, and a muzzle or harness (if you plan to use one). That way, you don't have to leave a possibly frightened dog in the room by herself.



### 2. Prepare the Pooch

Before starting the bath, you may want to let the dog get accustomed to you, and give her a chance to relieve herself. If the animal is particularly nervous, consider muzzling her and asking a partner to help you. Try to comb out major snarls in the dog's fur, and trim her nails to keep her from clawing you accidentally. Put a drop of mineral oil in each of the dog's eyes and cotton balls in her ears to keep water and soap from getting in them. Be sure to remove the cotton balls after the bath!



### 3. Lather, Rinse, Repeat

If the dog is heavy, don a back brace. Then lift the dog into the tub. Use a lightweight spray hose that can be maneuvered with one hand. Test the water temperature before spraying the dog, then gently get the dog used to the temperature by spraying water on her back and shoulders.

After the dog relaxes, begin washing her head and then move gradually toward her rear; this will prevent fleas



from moving up her body and congregating on her head and face. Lather the animal with a mild shampoo formulated for dogs. The active ingredient should be chlorhexidine, which is mildly antiseptic. If you must use an insecticide, use a gentle pyrethrin-based shampoo, and be sure to follow the safety instructions on the bottle. Oatmeal shampoos are good for dogs with itchy skin.



#### **4. Make Fluffy Fluffy**

Scrub and rinse the dog thoroughly. Soap stays in the fur long after it seems to be gone, so keep rinsing. When you finish, rub the dog down thoroughly with towels. Don't put a wet dog back in her cage—it's okay if she's just damp, especially if you have a climate-controlled facility. If you use an automated dryer that hangs on the front of the cage, test the temperature of the air before aiming it toward the dog, and check on the animal at least every 15 minutes or so to make sure she's comfortable.

#### **Suds Up the Puppies**

Puppies have special bathing needs. Don't use an insecticidal shampoo on a puppy unless the shampoo is formulated specifically for puppies and the puppy actually has fleas. With a young dog, it's especially important to use warm water and make his bathing experience pleasant, using just the right combination of gentleness and firmness. If you are kind and sensitive to their fears, puppies will begin to regard their baths with pleasure rather than dread, making life more pleasant for you, for the puppies, and eventually for their adoptive families.

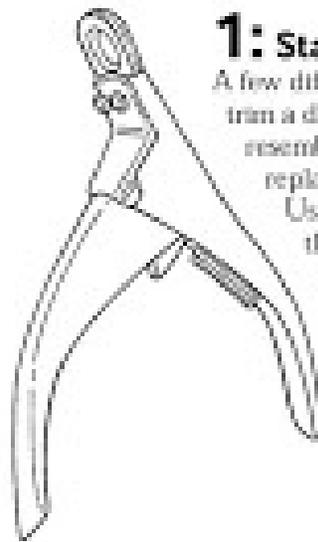
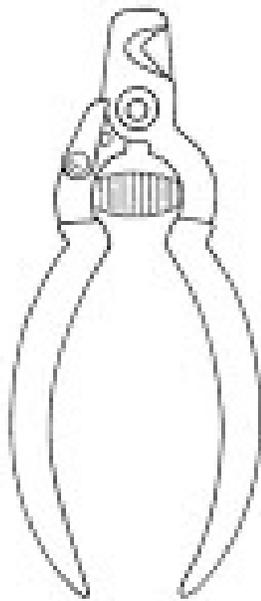


*Animal Sheltering*, Jan-Feb 2000 Issue

# How to Trim a Dog's Nails

*Although dogs are less likely than cats to injure someone with their claws, timely nail trimmings help ensure that a dog can walk without pain or discomfort. The nails of very active dogs may not require any trimming, since they're continually worn down by contact with concrete and other rough surfaces. But it's still a good idea to check the nails occasionally to make sure none of them are torn or split.*

**W**hen 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.



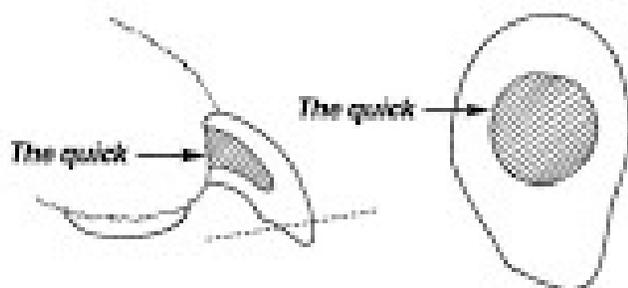


### 3: Pull Their Legs, Part II

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 clip 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 BRINGING HOME YOUR NEW BEST FRIEND



### How to Help Your Dog Adjust to Their New Home

For a recently adopted pet, adjusting to a new home may be difficult. Here are some tips to make them feel a bit more at home:

1. Give them time and space to explore. It often takes a new pet a month or longer to begin to settle in.
2. Go at *their* pace. Even though it's exciting to show off your new friend, it is vital to not overwhelm them. For shy dogs, try giving visitors and neighbors a few treats to gently toss, and instruct them to wait until the dog approaches them instead of vice versa.
3. Provide your new pet with lots of daily enrichment.

### Enrichment

Behavioral enrichment is a way to allow animals to perform natural behaviors. These activities are necessary for their psychological and physiological well-being.

- Over 85% of the world's dogs are street dogs or feral dogs.
- These populations spend about 80% percent of their day looking for food (scavenging, sniffing, chasing, digging, hunting, chewing and ripping things apart, etc.)
- Our pets have the same exact genetic makeup, and biological needs as these wild dogs do.

Without having access to a healthy way to perform these innate behaviors, stress and boredom will be more likely to occur. A quick **enrichment tip** is as easy as losing the bowl! Instead, stuff cardboard boxes with kibble for your dog to shred apart, or try sprinkling the kibble onto a snuffle mat.

### EveryDog Training LLC

EveryDog Training LLC specializes in helping humans better connect with their dogs through behavioral understanding. We provide our students with the learning tools necessary for effective and humane training.

Currently EveryDog is offering virtual classes, and phasing into in person classes implementing the necessary precautions against COVID-19 for the safety of our clientele.





# \$25 OFF

Any class or private training session at



29 Andover St. #3e  
Danvers, MA 01923

(781) 640 9910  
diane@everydogllc.com



# FindingRover

Pet Facial Recognition



## Register your pet today!

Share this to save lives!  
@FindingRover #FindingRover

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





# COUPONS AND SHOPPING TO SUPPORT



For every new customer purchase through our special link, Chewy will donate \$15 to Cape Ann Animal Aid!

Shop here: [prf.hn/click/camref:1100lfdSr](https://prf.hn/click/camref:1100lfdSr)

the *wet nose* project



A portion of all dog walks benefits homeless animals at Cape Ann Animal Aid!

**amazon**smile

**You shop. Amazon gives.**

Shop Amazon Smile!

For every purchase made through Amazon Smile, .5% will benefit Cape Ann Animal Aid.

Be sure to select CAAA as your charity of choice in your Amazon Smile account.

## **YOUR BUSINESS HERE!**

Provide a coupon for your business here by sponsoring the Cape Ann Animal Aid Adoption Program!

Visit

[capeannanimalaid.org/sponsorship](https://capeannanimalaid.org/sponsorship)  
for more details.



## **Make Petco your first stop on the way home!**

Text CAPE to 79949 for your new pet shopping list.\*

Visit a Petco or Unleashed by Petco store to pick up your free Welcome to the Family booklet full of coupons and tips! Please tell the cashier that you adopted from Cape Ann Animal Aid in Gloucester, MA!

\*By texting this keyword, you agree to receive up to 1 autodialed marketing message per request to the mobile number used. Message and data rates may apply. Text HELP to 79949. Consent is not a condition of purchase. Go to <https://mp.vibescm.com/c/9rugml> for terms, conditions and privacy policy.