Welcome to Death Row Dog Rescue!

Your contributions as a foster allow us to rescue, rehabilitate, and re-home many homeless dogs each month. We literally couldn't do this work without people like you. THANK YOU so much for your time, commitment, and passion for helping rescue dogs. Fosters are the backbone of our organization.

The Foster Manual is designed to be a resource. It's a living document, in that we will keep adding to it and updating it. Please feel free to make suggestions regarding additional items that should be covered in the manual. We want it to be a useful resource.

We look forward to making this a very rewarding experience for you. We do our very best to match dogs with suitable foster homes and really appreciate your willingness to work with your foster dog to help him/her be the best he/she can be.

Many of these dogs have had a hard past, and yours might even be their first real home. Thank you for setting them up for success through the time and effort you contribute while they're with you. We know they'll leave paw prints on your heart.

Death Row Dog Rescue is a small organization and is completely volunteer run. The volume of administrative tasks involved in rescue work is staggering. We try to be efficient and timely and thank you for your understanding when we are not.

We're always here for you, so don't hesitate to reach out with questions or concerns. Thank you for being a part of the Death Row Dog Rescue team!

Contact us anytime, and especially if there is an emergency or a situation that needs an immediate resolution.

Sincerely,

Kathie & Shannon

Kathie.deathrowdogrescue@gmail.com

Shannon.deathrowdogrescue@gmail.com

We depend on our volunteers for every aspect of our organization: coordinating adoptions, coordinating foster homes, coordinating transport, fostering rescued dogs, transporting dogs to foster families, taking dogs to the veterinarian for treatment, organizing and attending adoption events, and assisting with administrative work and other duties as they arise! Each of these duties makes a huge difference in the lives of the dogs we rescue.

#### **HOW DOES FOSTERING WORK?**

- We assign you a dog, letting you know as much as we know about the dog.
- We let you know where to pick up the dog.
- We provide you with food for the dog. You let us know a week in advance if you need more dog food.
- We supply the collar, harness, leashes, ID tags (and a crate if you need to borrow one)
- You look after the dog, ensuring that it is safe and well cared for.
- You connect in with your Foster Coordinator regularly.
- You take photos and provide us with updates on the dog.
- You take the dog to the vet (if asked to do so) and perhaps attend fundraising or educational events along with your foster dog.
- You let us know if you have any concerns or questions.
- You follow Death Row Dog Rescue policies.
- You meet with potential adopters.
- You keep the dog's collar and supplies once the dog has been adopted (they do not go with the adopter) and return them to Kathie.

#### **Becoming a Foster Family**

Since you're reading this manual, we know you're already through the approval process to become a foster. Congratulations!

**Time Commitment for a Foster Family** 

In general, our dogs get adopted within 2- 3 weeks. We want to have them in their forever home as soon as possible, as they get attached to foster families and start to settle in, and then we must move them. Sometimes there are circumstances that dictate that a dog stays in fostering for longer, and as much as possible we'll let you know that up-front. In these circumstances, we're working on health, behavioural or other issues that need to be addressed before adoption can take place. Your role as a foster is incredibly important for all dogs, and especially for those with more special needs. The rewards are huge! You'll see that dog blossom before your eyes, and you are the one helping to set the pooch up for future success.

#### **Caring for Your Foster Dog**

To help dogs thrive, we use positive reinforcement methods only. Dogs coming to us are most often coming from unfortunate situations where they were abandoned and perhaps abused (physically or verbally). Most have been living in shelters, and many have not had much training. Please be patient and help them learn the ropes. They have just had a stressful journey and now need to adapt to their new environment. Give them time, allow them time to decompress, and let them bond with you in their own time.

At the end of week one (and sometimes before), we'll ask for your help to write a bio for the dog. This is an opportunity to emphasize your dog's strengths and needs so we can find the right match. Photos needed too! Keep it upbeat and fun. Think of what will make your dog stand out and will help people fall in love with him/her.

We list our dogs on www.adoptapet.com and often feature them on our Facebook page. Please share the adoption posts but let your friends know that we will be considering other adopters as well. We hate to disappoint but need to determine the best match for the dog.

Starting the Relationship Well

### DO: ☐ Take your foster dog outside for a pee right away. If they've just arrived, they usually need this quite urgently and are very thirsty too. Food is next. Dogs don't eat on the day of travel, and many have a very long journey, so they are hungry. ☐ Introduce your new foster to your own dogs outside, one at a time. A pack walk can be very valuable, if not too late at night. ☐ The home environment should be as calm and quiet as possible. Try to just ignore your foster dog as it explores and gets comfortable. Let it come to you. Too much attention can be too much for a dog that doesn't yet know you. It's typical that a dog will hide in a corner or not want to be approached at first. Don't worry! This will soon change. □ Keep your counters clear of food and other items the dog may eat and keep the garbage out of and reach. □ Put away anything valuable. ☐ Keep the dog's leash on in the house, attached to a harness if possible. This helps you to redirect the dog from a distance if needed. The dog can drag the leash but watch out in case the leash gets caught on anything. ☐ Be patient, confident, and full of positive energy. Your foster dog will pick up on this and reflect your attitude backPay attention to the dog's body language. It tells you a lot! (See Doggie Language Sheet in Appendix.) ☐ Pay attention to things that make the dogs uncomfortable and let us know about them. DON'T: ☐ Force interactions with the dog. It will be ready to cuddle and be petted in its own time.

| Leave the dog unsupervised, especially if there are other animals or       |
|----------------------------------------------------------------------------|
| children in the room.                                                      |
| Allow the dog on the furniture. This is a privilege that will be earned in |
| time.                                                                      |
| Give the dog too many treats.                                              |
| Ask too much of the dog at first. Give it time. It needs to build trust    |
| and get comfortable.                                                       |
| Shout or make loud noises.                                                 |

#### **Routines**

Dogs thrive with structure, so they know what to count on. Establish regular feeding and potty breaks, as well as nighttime routines. Praise the dog frequently.

If your foster dog is ready for it, you could start on some leash and house training. That would be most helpful. It's amazing how adaptive dogs are, and how quickly they learn.

Many dogs like to chew. If we have chew toys we'll give them to you, but unfortunately, we often don't. You may have some that you're willing to share with your foster dog. Chew toys need to be indestructible. Dogs should always be supervised when they have a toy. Some toys can break teeth or do other harm. Please be careful. Rescued dogs may not have had toys before, and therefore these can become prized items that they don't want to share with other dogs—or people! Avoid making toys available until the dog is settled in your home. Monitor the dog's behaviour with toys, while the dog is leashed and inside the house. Remove the toys if they are the source of problems. Always remove a toy when a dog is not around, to avoid a potential reaction. *Do not allow children to remove toys or treats.* Keep toys stored away until the next time the dog gets to play with them.

#### **Feeding and Foster Dog Health**

Always feed foster dogs separately from other dogs, as some dogs will want to protect their food, since it has been a scarce resource. Feed your

foster dog in the morning and evening. Small puppies get fed 3x/day. Feeding quantities are provided, based on the weight of your dog. Feed only the food provided by Death Row Dog Rescue unless there is a problem. Contact your foster coordinator if you have concerns. You may give the dog treats but watch out for allergies. Please do not buy treats from the Dollar Store or Costco and do not use rawhide products. Many treats are made with fruit and vegetables, and these are a healthy addition to the dog's diet. Liver treats should be used in moderation. All treats must be from North America. Introduce one treat at a time, to assess whether the dog could be allergic to it. Stomach issues in the first week are very common. This can be caused by the change of food, stress, and other factors. If it continues, let us know and we will address. Notify your coordinator immediately if:

- There is blood in the stool.
- The diarrhea continues for more than 48 hours.
- The dog begins to vomit as well.
- The dog has worms (looks like grains of rice) in its poop (sign that deworming is needed).

Contact us immediately if there are concerns, as the dog may need to go to the vet. Don't wait!

#### Diarrhea Protocol

- Day 1. Fast for 24 hours. Water only. You could add diluted beef broth (no salt) to the water.
- Day 2. Rice and boiled low-fat turkey or beef. No additives. Feed small meals.
- Day 3. Continue with rice and meat until poops are normal. Then slowly add kibble to the mix, increasing the ratio with each meal. Some plain pumpkin (1T added to food) can be helpful too.

Work your way back to 100 percent kibble. Let us know that the dog has diarrhea.

#### **Vet Visits**

There are times when your foster dog will need to go to the vet—to get vaccinations, be spayed/neutered/microchipped, or due to an illness. We will advise you if this is needed and will book the visit with one of our vet partners. We try to choose a location close to your home. Please contact Kathie if you have any concerns about your foster dog's health. If you have an emergency during the night, call Kathie at 416-580-3740. Vet visits are booked by Kathie, in the dog's name, under the Death Row Dog Rescue account. When you arrive at the vet, please let Kathie know that you are there. The vet needs to be reminded to call her during the visit. All treatment decisions are to be made by Kathie. The vet's office will invoice us for the visit.

#### **IMPORTANT POLICIES**

The following are many of our policies. We ask that you adhere to them, so we can keep dogs safe and be consistent in how we work with dogs in our care. Rescued dogs are a flight risk, and we need to be particularly careful to ensure that they don't escape while in our care. Too often, there are posts of newly arrived dogs that have slipped a collar or been spooked and run off (even with a leash attached). We therefore must ensure that we put safety precautions in place.

#### Leashing

Dogs must be double-leashed when off the property. The best way to do this is to attach one leash to a collar and the other to a harness. The dog's collar must always have a Death Row Dog Rescue ID tag on it. When you bathe the dog, put the collar back on right away.
 Dogs must be leashed whenever outside the home property for the entire time that they are living with you. If you have a VERY secure yard (a fence of 6 feet or more, no escape routes, locked gate, nothing the dog can climb on to scale the fence, no way for dog to dig under the fence) the dog can be unleashed in your yard with your presence, after being with you for at least a week, and only when you've determined that it's safe to do so. If on leash in the yard, the leash could be a long one (10 or more feet), attached to a harness,

- so the dog has some freedom while you still maintain control. Never tie the dog out in the yard. The dog must be always attended.
- □ Leashes should **not** be retractable and should be strong. When taking the dog for a walk, it is useful to have two leashes of the same size. Five- or six-foot woven leashes work well. Check the clasps to ensure they are secure. Do not let the dog bite or chew on the leash.

#### **Supervision**

Unfortunately, dog theft is prevalent. People are paid to steal dogs to use for multiple, awful reasons. This is one of the reasons we don't want dogs tied out or left outside unattended. We are also concerned that the dog can get up to mischief, for example eating things it shouldn't, or there could be other dangers, such as wildlife. If a dog gets injured or stolen while in your care, we may turn to you to cover the expenses involved.

### **Dog Parks**

We discourage the use of dog parks, as there are often unruly dogs at the park and accidents happen. Your foster dog may not be ready for this level of exposure. There are also times when poison and other harmful substances are left in dog parks. Incidents at the dog park can injure a dog and can also cause it to become more fearful or reactive. It's very hard to undo these behaviours, so let's avoid them. If you choose to go to a dog park, you are doing so at your own risk, and Death Row Dog Rescue is not liable for any injury to you, other people, other dogs, or your foster dog. We will be looking to you to cover the cost of any veterinary or other care required. If you have a foster dog that needs more exercise than you can provide in your yard, consult with your Foster Coordinator about strategies/options.

#### **Using a Crate**

While a crate can be a very effective tool if used properly, we use them only as required. An XL or L wire crate is usually used, no matter what the size of the dog. The crate must be securely latched. Some dogs can break out

of crates, and carabiners can be used on the locking devices to keep them more secure.

Other than overnight, a dog should not be in a crate for longer than 3-4 hours without significant amount of time out of the crate. Time outside of the crate should be active time, with human interaction. Dogs are social creatures, and they need exercise.

A crate should not be used as a form of punishment. They are a place to keep the puppy or dog safe and should be made as comfortable as possible. A bed or cozy, indestructible (and not too warm) blanket inside the crate makes it more inviting. Some dogs chew bedding, and this can be a health hazard, so please remove the contents if this is happening.

While there are (almost) indestructible chew toys that can be used as a treat for crate time (for example, a black Kong filled with peanut butter), there have been incidences where dogs have chewed or swallowed the toy, and surgery has been required.

Please ensure that your dog isn't wearing a collar or harness that could get caught on the crate. Dogs have been injured this way.

Some dogs like going into the crate on their own, so leave the door open when not in use. Dogs do not need a crate for security, although some feel more secure when in their quiet space that they can call their own. The crate should be in a place where it doesn't get too hot, and in a quieter spot. If crating a dog at night, we find it's best to place the crate in the bedroom, so the dog knows you're close by.

#### **House Training**

Your foster dog may not have lived in a home before, but it's amazing how quickly they learn that they need to do their "business" outside. Take them outside frequently and praise them for doing it outside. If you find they don't want to pee/poop for the first day or two, don't worry, this is often a sign of being fearful/nervous and they will go when they relax. Once they've

chosen a spot, go back to that spot each time, to prompt them to do what they need to do.

If they mess inside the house, just clean it up. No punishments please. The dog wants to please you, and your praise and a treat (only in the beginning) will be enough to encourage the behaviour you want to see. If you are having issues with house training, please contact your foster coordinator for suggestions.

Dogs need to get outside at least every four hours or so, and more frequently if they are puppies.

#### **Name Change**

Please don't change your dog's name. While it can be tempting to do so, it causes confusion for our record-keeping, vet visits, and when we are referring to the dog in the future. Sometimes we change the dog's name, if there is an important reason to do so, and we will let you know the former name as it will be on the records.

#### "Pup Dates"

We rely on your updates to get to know the dog better. This helps us find the right match for the dog. Please keep in touch with your Foster Coordinator, providing updates and new photos every few days. Any photos submitted can be used for the dog's adoption posts or on social media. Social Media. We have a Facebook group for Awesome Fosters like you. If you're on Facebook, please make sure you've been added to that group. It's a place where you can upload photos of your foster dog and provide a brief update. Your photos and stories help us to tell the dog's story. The group is a place to celebrate fostering, and to share updates with other fosters. We're happy to be tagged in your posts if you wish and reserve the right to use any photo of the dog with your family unless you ask us not to do so.

### **Lost Dog Prevention**

Use common sense and extra precautions to stop your foster dog from getting lost. Foster dogs must be on leash in the yard and double-leashed on walks.

|  | <b>Always</b> | supervise | the | dog |
|--|---------------|-----------|-----|-----|
|--|---------------|-----------|-----|-----|

|       | Be very careful when opening doors to the outside. Preferably block access to doors with a baby gate. Always leash the dog when someone is coming to the door. Tie the leash to the stair banister if needed but only use for this purpose. |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | Dogs can break through screen doors and windows. Keep screened                                                                                                                                                                              |
|       | openings mostly closed, so the dog cannot fit through.                                                                                                                                                                                      |
|       | If you can't watch your dog, crate it or put it in a room where it will be safe.                                                                                                                                                            |
|       | Ensure your dog always has a tag on its collar.                                                                                                                                                                                             |
|       | S S                                                                                                                                                                                                                                         |
|       | Train everyone in the house on how to prevent a dog from escaping.                                                                                                                                                                          |
| In th | ne Car                                                                                                                                                                                                                                      |
|       | Use a seatbelt tether strap fastened to a harness to keep your dog secure in the car.                                                                                                                                                       |
|       | If possible, have someone sit next to the dog in the car, to keep it company.                                                                                                                                                               |
|       | Before opening the door, ensure that the dog has not chewed through<br>the tether. Leash the dog before untethering.                                                                                                                        |
|       | Don't open the window more than a crack. If the dog's head fits through, it can escape.                                                                                                                                                     |
|       | Use child locks on power windows.                                                                                                                                                                                                           |
|       | NEVER leave a dog unattended in a car. Not even for a minute.                                                                                                                                                                               |
|       | Martingale collars are the safest collars for dogs, as they close securely if a dog tries to back out of them. A dog should wear a flat                                                                                                     |
|       | collar and harness.                                                                                                                                                                                                                         |
|       | If a Halti or gentle leader is used, it should also be attached to the                                                                                                                                                                      |
|       | dog's collar.                                                                                                                                                                                                                               |
| If yo | ur foster dog slips the collar                                                                                                                                                                                                              |
|       | Remain calm and use a happy voice, offering them a treat (always have some in your pocket).                                                                                                                                                 |
|       | Do not chase or run towards the dog.                                                                                                                                                                                                        |
|       | Run in the opposite direction, to see if the dog will follow you. Keep an eye on the dog.                                                                                                                                                   |

| <ul> <li>Whimper if needed.</li> <li>Sit down and wait.</li> <li>Open the car door and ask the dog if it wants to go.</li> <li>Call your foster coordinator immediately. Do not delay. Lost dogs are found easier and in less time if the search begins immediately.</li> <li>Things that May Cause a Dog to Bolt</li> <li>Loud noises, traffic, other dogs, police horses (or other horses), emergency wehicles, fireworks, thunder/storms, cyclists, wildlife, scent of food or garbage, etc.** On days when fireworks are expected, keep the dog</li> </ul>                 | y |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| ndoors with the drapes closed, quiet music or TV on, and keep calm.<br>Keep windows and doors secure. **                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |   |
| Separation Anxiety                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |   |
| <ul> <li>Take the dog for a good walk/run before leaving the house.</li> <li>Ignore whining when placing dog in a crate or behind a barrier gate.</li> <li>Leave a radio or TV on for "company."</li> <li>Leave the house for a short while—5 minutes, at first. Increase the time by10-minute increments.</li> <li>Leave the dog with a peanut butter stuffed Kong in the crate.</li> <li>Do not make a fuss when you get home.</li> <li>If possible, observe the dog in your absence (using video camera etc.)</li> <li>Ask us for further suggestions if needed.</li> </ul> |   |
| Crate Training                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |   |
| <ul> <li>There are lots of crate training ideas on the internet. Make the crate a positive space.</li> <li>Perhaps feed the dog in the crate.</li> <li>Special treats for crate time.</li> <li>Leave the crate door open during the day. The dog might choose to go in and out.</li> <li>Crate training takes time, and patience.</li> <li>Some dogs hate crates. Find another solution to keep them safe. A gated off area or a room can work. Remember dogs can jump gates!</li> </ul>                                                                                       |   |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |   |

### **General Training** Set up dogs for success. □ Watch for cues, e.g. when they want to go outside. □ Observe body language and back off if anything is too much for them. □ Do not surprise your foster dogs. They can easily be startled. Do not overwhelm them. ☐ Use lots of praise. Treats work too. ☐ Give your foster dog boundaries but be gentle. □ Patience, consistency, boundaries. **Introducing Foster Dogs to Your Cats** ☐ Google how to introduce a dog to a cat. There are lots of YouTube videos to guide you. ☐ Ensure the cat has safe spaces—parts of the house that the dog cannot access, cat tree, secured to wall, etc. ☐ Keep cat litter where dog cannot access it. ☐ Keep the dog and cat separate unless you are supervising the interactions. **Cold Weather** Dogs from warmer climates tend to feel the cold more intensely. Dogs can get frostbite too. ☐ Use a dog coat and booties if needed. □ Don't stay outside too long if the dog is showing any sign, it is cold. ☐ Clean salt and ice off dog paws when the dog come inside. **General Tips** □ Dogs feel the heat. If it's too hot for you it's even hotter for your dog. ☐ Asphalt burns paws. When the pavement is too hot for you to hold your hand flat on it, it is too hot for your dog to walk on without boots. This applies to sand on the beach as well. □ Dogs overheat in cars. ☐ Take water along for the dog. □ Watch for signs of heat and other stress. □ Dogs eat anything. Keep a close eye when out on walks and keep toys and small objects out of reach at home. ☐ Common sense will take you far.

☐ Please read the Appendix for lists of food and plants that are poisonous to dogs.

#### Conclusion

Fostering involves creating a relationship. Dogs and humans tend to bond quickly. You will be amazed how your dog will relax and learn new things while in your home. You are going to make an enormous difference in this dog's life. It will be hard to say goodbye, but you'll get updates on the dog over time, and you will love seeing him/her thriving. Fostering is one of the most rewarding ways to volunteer, and as we said before, *WE CAN'T DO THIS WITHOUT YOU*. Thank you, thank you, thank you!

#### **Appendix 1: Common Indoor Plants Harmful to Dogs**

- Aloe
- Begonia
- Chives, Leeks, Onions
- Dieffenbacher, aka Dumb Kane
- Ivy
- Jade plant
- Lily
- Geranium
- Marijuana
- Philodendron
- Porthos
- Succulents (not all, better be safe and put them out of reach)
- Snake Plant

**Appendix 2: Foods that are Harmful to Dogs** (Please post in a highly visible area of your home.)

- Alcoholic beverages
- Apple seeds
- Apricot pits
- Avocados

- Cherry pits
- Candy (particularly chocolate—which is toxic to dogs, cats, and ferrets—and candy containing the toxic sweetener Xylitol)
- Coffee (grounds, beans, and chocolate-covered espresso beans)
- Garlic
- Grapes
- Gum (can cause blockages and sugar free gums may contain the toxic sweetener Xylitol)
- Hops (used in home beer brewing)
- Macadamia nuts
- Moldy foods
- Mushroom plants
- Mustard seeds
- Onions and onion powder
- Peach pits
- Potato leaves and stems (green parts)
- Raisins
- Rhubarb leaves
- Salt
- Tea (because it contains caffeine)
- Tomato leaves and stems (green parts)
- Walnuts
- Xylitol (artificial sweetener that is toxic to pets)
- Yeast dough
- Essential oils can be dangerous as well. See https://www.foundanimals.org/essential oils-toxic-pets/

#### Bonding with a fearful or shy rescue dog:

Every day, thousands upon thousands of dogs end up in this cycle of abandonment, temporary shelter, and adoption. Some will go through it multiple times. Each time they do, it becomes harder and harder to believe in happy endings—to believe that they have found a forever home.

Dogs are trusting by nature, but that trust has limits. The more a dog is subject to abandonment, the more anxiety-ridden they're likely to be. While

we may not always know the specific circumstances that led a dog to feel unsafe in-the world, rebuilding trust is possible. Give your new dog space!

One of the big mistakes people make with fearful dogs is paying them too much attention too quickly. For most dogs with severe anxiety or trust issues, you are part of the landscape of scary stuff into which they've been thrust. The absolute best thing you can do for an emotionally fragile dog is to give them space. That's right! Bonding with a rescue dog is all about going slow. Don't force your dog to sit with you on the couch or sleep with you in the bed. Do offer them a comfortable alternative (like a dog bed) that is theirs alone, somewhere within eyesight but just out of reach. Instead of approaching your dog to give them attention, let your dog come to you when they're feeling comfortable. Let your dog guide your interactions.

# A few other tips for bonding with a rescue dog at a pace they can handle:

- Stay away from petting sensitive areas like their head, ears, tail, and paws.
- Choose to pet areas like your dog's side or back.
- Never hover, bend over your dog or attempt to hug them close to your body. These actions can make a frightened dog feel trapped and lead to increased anxiety and even a bite.
- Never allow someone unfamiliar to approach and pet your dog unless your dog is soliciting attention from them.

Try classical conditioning. If your pet is skittish when you move around, classical conditioning and desensitization techniques can help your pet feel more secure about being in your presence. Your objective is just to deliver an amazing, delicious treat. Here's how to do it:

- With a chunk of high-value food (chicken, cheese, hot dogs, etc.) or a yummy chew like a pig's ear or bully stick, walk towards your dog.
- Drop the object close by, then continue walking away.

- You can speak to your dog in pleasing, soothing tones, but don't stop to pet them.
- Repeat this daily (or multiple times a day) until you see your dog start to perk up a bit when you approach.
- Next time you drop the food, instead of walking away, hang out nearby.
- You can talk to your dog in soothing tones but don't interfere with your dog's eating. (NEVER take away a food object from a fearful dog.)
- Repeat until your dog can comfortably eat their treat with you nearby. Over time, and with repetition, your dog learns that being near you is a positive experience, and they'll start to relax. A calm dog is more open to bonding with you.

#### Avoid hand-delivered treats in the beginning

Sure, bonding with a rescue dog involves treats—but it's unwise to make a fearful dog take food from your hand. Some dogs may be willing to get closer than they're comfortable with in order to get high-value food, but by pushing them beyond their stress threshold, they're unlikely to make long-term improvements.

#### Here's how to work your way toward hand-fed treats:

- Instead of giving your dog a treat from your hand, toss it a few feet away from you.
- Repeat regularly until your dog is comfortable within a few feet of you and is happy to hang out there.
- Decrease the distance you throw the treat.
- Watch your dog's body language to see if they're able to take the treat from the new location while remaining relaxed. If so, repeat until they're regularly approaching without signs of anxiety.
- Continue to shorten the distance slowly until, eventually, you offer the treat from your hand.

 If your dog darts in to grab the treat then darts away, you will know you are pushing them too fast.

#### Limit scary experiences on walks

To help a dog feel safe and confident in the world, they shouldn't be placed in frightening situations. Remember that scary is relative. You may not think a rumbling truck or a busy street is scary, but your dog might.

To give your dog the best chance of building confidence outdoors, begin by walking them in the quietest place you can think of, preferably away from roads. Gradually over time (weeks or months, not days) shift your walks to busier and noisier locations. For example, your next location could be a quiet residential street.

Be sure to walk armed with plenty of high-value treats, which you can give your dog immediately after anything loud or unexpected happens. For example, if a skateboarder zooms by, immediately pull out a handful of treats and deliver them to your dog's mouth one after another until your hand is empty. If your dog is uncomfortable taking treats from your hand, drop the handful on the ground beneath them.

#### Use games to build confidence

Bonding with a rescue dog that doesn't trust the world requires confidence building. Games are a great way to start.

If your dog is uncomfortable being approached or eating food from your hand, try some extremely simple shaping exercises. Shaping is like a game of hot-and-cold where your dog is rewarded for moving closer to the goal.

#### How to play a shaping game

- Decide what you want your dog to do. Stick to easy tasks like walking to the dog bed or touching a toy with their nose or paw.
- Throw your dog a treat each time they look at the destination you've chosen for them.

- Next, throw them a treat for shifting or inching closer to it. If your dog moves away, don't reward.
- Finally, when they accomplish the goal, jackpot them by throwing a handful of treats.

If your dog is able to interact with you without too much difficulty, you can try a more challenging shaping game such as 101 Things to Do with a Box or practice some basic training games. Touch or hand targeting is a great confidence builder, as are simple commands like sit or high-five.

Practice your training exercises in short bursts of a few minutes at a time and make sure your dog is successful. If they're struggling with a cue, they may not be ready for it. Be patient and always end on a win.

#### Source:

https://www.rover.com/blog/how-to-teach-a-fearful-dog-to-love-again

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| 90°        | <b>32°</b> | 5     | 5        | 5     |
| 85°        | 29°        | 4     | 4        | 5     |
| 80°        | 24°        | 3     | 3        | 4     |
| 75°        | 23°        | 3     | 3        | 3     |
| 70°        | 21°        | 2     | 2        | 3     |
| 65°        | 18°        | 1     | 1        | 2     |
| 60°        | 16°        | 1     | 1        | 1     |
| 55°        | 13°        | 1     | 1        | 1     |
| 50°        | 10°        | 2     | 1        | 1     |
| 45°        | <b>7</b> ° | 2     | 2        | 1     |
| 40°        | 4°         | 3     | 3        | 2     |
| 35°        | 2°         | 3     | 3        | 3     |
| 30°        | -1°        | 3     | 3        | 3     |
| <b>25°</b> | -4°        | 4     | 4        | 3     |
| 20°        | -7°        | 5     | 4        | 3     |
| 15°        | -9°        | 5     | 4        | 4     |
| 10°        | -12°       | 5     | 5        | 5     |
| <b>5</b> ° | -15°       | 5     | 5        | 5     |
| 0°         | -18°       | 5     | 5        | 5     |

- •1 if readily available water

### No evidence of risk have fun outside!

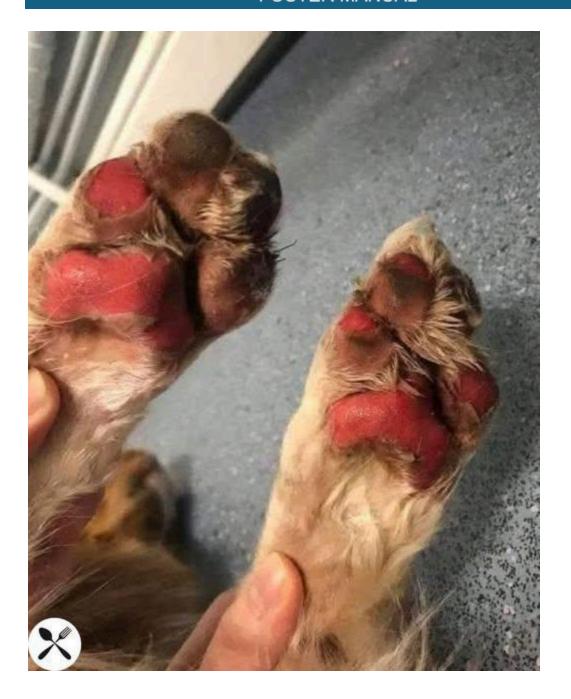
Risk is unlikely have fun outside, but be careful

### Dangerous weather use caution

**Life-Threatening** avoid prolonged outdoor activity

- +2 if wet weather is

Source: www.gopetplan.com



# DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



**ANXIOUS** 



THREATENED



ANGRY



"PEACE!" look away/head turn



STRESSED yawn



STRESSED nose lick



"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 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"

