



ORPHANS OF THE STORM

animal shelter

Congratulations on your new furry family member, and welcome to the Orphans family!

First, thank you for choosing to adopt. Second, thank you for letting us help you find your new family member at Orphans of the Storm!

This folder contains some important and useful information that will help you start off on the right foot with your new companion. Be sure to look through it thoroughly, as it will help answer many questions and concerns.

We LOVE updates, so please send stories and pictures to:

info@orphansofthestorm.org

Facebook.com/orphansofthestorm

Instagram.com/orphansofthestorm

If you have any remaining questions or concerns, please contact us at:

(847)945-0235

Open 12-4pm Wednesday-Monday

-The Orphans of the Storm Team

Adopted Dog FAQ

What should I feed my new dog?

Unless the dog has a special diet (like a prescription food), our dogs are fed Diamond Naturals brand Lamb Meal and Rice formula. You are welcome to switch them to a food of your choice, but we advise grabbing a bag of the current food to slowly transition them with. Sudden food changes can upset stomachs and cause gastrointestinal issues!

How much should I feed my new dog?

Please refer to the feeding guide on the food you purchase. Keep in mind that, while these guidelines will get you started, you will want to adjust the amount of food you feed in the future. Every dog is different. Higher energy dogs will need to be fed more than couch potato dogs, despite being the same weight. Work with your vet to find the right amount of food to keep your dog healthy and happy.

What kind of collar/harness should I buy?

At the shelter, we use martingale collars and Freedom No Pull harnesses (by 2 Hounds Design). There are many kinds of collars and harnesses available. Whatever you choose, be sure that the collar is snug, but not tight (you should be able to fit two fingers between the collar and the dog's neck). If your dog is strong, a harness with a clip on the front goes a long way in helping reduce leash pulling.

What do I need when I pick up my new dog?

You will need your paperwork (or a digital copy of it), a leash, and some kind of car restraint. We recommend bringing a crate for your dog to ride home in, especially if you are picking them up alone. If you choose not to use a crate, you will want a car harness and a seat belt restraint, or a backseat hammock to keep your dog from climbing up front with you. Keep in mind that we rarely know how our dogs are in the car, so prepare for the worst and hope for the best!

How do I get a local rabies tag/certificate?

If your dog already has a rabies shot upon adoption (rather than getting vaccinated going home), you will need to transfer the certificate and tag to be in your name through your local animal control. Contact your county's animal control office to find out how to transfer it. There is typically a small fee (about \$5-10) to transfer the information.

What should I do if my new dog isn't feeling well?

Check out the certificates included in your adoption pack! Our veterinary partners offer discounts to recently adopted animals from OOTS. If you have been advised that your dog is currently being treated for something, we will provide you with the medication and further instructions on treatment.

What kind of toys does my new dog like?

Try a variety! Always supervise your dog with a new toy to make sure they are playing safely and not eating parts of it. Since we are not able to supervise, we always use extremely durable toys. Look for toys that meet the natural needs of a dog-- like sniffing (puzzle toys, snufflemats), chewing (Benebones, Kongs), and running (balls and fetch toys).

When is my new dog's birthday?

We prefer "Gotcha" Days! Most of our dogs are strays, which means we don't know the day they were born, just an approximate age. Though we love our pets everyday, it is nice to have a specific day especially for them. Most rescue dog owners will celebrate their Gotcha Day because that is the day they became family!

The Ultimate New Dog Checklist

Feeding Station: Nutrition is the Key to Health!

- Wet and/or dry food
- Food bowl
- Water bowl
- Feeding station mat- to catch spills
- For large dogs, consider a raised feeding stand

Health and Beauty

- Nail clippers
- Brushes- Check out the Furminator to fight shedding
- Dog-safe shampoo
- Stain and odor remover/carpet cleaner
- Poop bags
- Flea and tick preventative
- Heartworm preventative
- ID tag with your info

Behave Yourself!

- Treats
 - Tiny and soft are best for training!
- Crate (see our “Crate Training” guide for more info)
- Leash and collar (included in adoption)
- Harness
- Pet/Baby gates

Nap and Play

- Toys!
 - Chew toys
 - Tug toys
 - Soft toys
- Bed/Blankets



We at Orphans of the Storm are here to support our adopters and their new family members. However, when behavior concerns arrive, we highly recommend reaching out to a qualified, professional trainer whenever possible. Please see the resources below for general information on solving behavior concerns.

Resources for dogs:

- List of [Dog Trainers](https://bit.ly/OOTSCPDT) (https://bit.ly/OOTSCPDT) by area
 - A [guide](https://bit.ly/BFASFindTrainer) (https://bit.ly/BFASFindTrainer) for finding a trainer not on our list
 - [Best Friends Behavior Helplines](https://bit.ly/BFASHelplines) (https://bit.ly/BFASHelplines)
- Reactivity
 - [Leash reactivity.pdf](https://bit.ly/Leashreactivitypdf) (https://bit.ly/Leashreactivitypdf)
 - [Reactive Dog: Coping With Reactivity in Dogs](https://bit.ly/ReactivityCoping) (https://bit.ly/ReactivityCoping)
 - [Dealing with Leash Reactivity](https://bit.ly/ReactivityTraining) (https://bit.ly/ReactivityTraining)
- Separation Anxiety
 - [Separation Anxiety ASPCA Guide](https://bit.ly/SeparationAnxietyASPCA) (https://bit.ly/SeparationAnxietyASPCA)
- Crate Training
 - [Crate Training: The Benefits for You and Your Dog](https://bit.ly/CrateTrainingBenefits) (https://bit.ly/CrateTrainingBenefits)
 - [Crate Training a Dog: Dog Training Plan](https://bit.ly/CrateTrainingPlan) (https://bit.ly/CrateTrainingPlan)
- Destruction
 - [Destructive Chewing ASPCA Guide](https://bit.ly/ASPCADestructive) (https://bit.ly/ASPCADestructive)
 - [Bringing a New Dog Home: Preventing Problems](https://bit.ly/BFASPrevention) (https://bit.ly/BFASPrevention)
- Resource Guarding
 - [Teaching 'Sit' to Stop Guarding: Dog Training Plan](https://bit.ly/BFASGuardingSit) (https://bit.ly/BFASGuardingSit)
 - [How to Teach a Dog to Trade](https://bit.ly/TrainingTrade) (https://bit.ly/TrainingTrade)
 - [Food Aggression in Dogs: Management](https://bit.ly/GuardingManagement) (https://bit.ly/GuardingManagement)

Resources for Cats

- Litterbox Issues
 - [Cat Not Using Litter Box: Causes and Solutions](https://bit.ly/BFASLitterbox) (https://bit.ly/BFASLitterbox)
 - [Litter Box Problems](https://bit.ly/ASPCALitterbox) (https://bit.ly/ASPCALitterbox)
- Not getting along with other cats
 - [Cat Aggression Toward Other Cats: Steps for Changing Aggressive Feline Behavior](https://bit.ly/BFASCat2Cat) (https://bit.ly/BFASCat2Cat)
 - [Aggression Between Cats in Your Household](https://bit.ly/ASPCACat2Cat) (https://bit.ly/ASPCACat2Cat)
- Noisy Cats
 - [Why Does My Cat Meow So Much?](https://bit.ly/BFASLoudCat) (https://bit.ly/BFASLoudCat)
 - [Meowing and Yowling](https://bit.ly/ASPCALoudCat) (https://bit.ly/ASPCALoudCat)

Directory of Certified Pet Dog Trainers by Area

This is not a comprehensive list of dog trainers in the area, nor are these trainers all used or endorsed by Orphans of the Storm. This list serves as a starting point for adopters to find a suitable trainer for their dog. All of these trainers hold basic certifications for dog training. If looking outside of this list, please be sure to check your trainer's credentials. Look for certifications from: CCPDT, IAABC, AABP, CBATI, IACP. Many "trainers" will claim to be experts in their fields without any kind of certification to back their claim.

- A [guide \(https://bit.ly/BFASFindTrainer\)](https://bit.ly/BFASFindTrainer) for finding a trainer not on our list
- [Best Friends Behavior Helplines \(https://bit.ly/BFASHelplines\)](https://bit.ly/BFASHelplines)

Northshore area-

Two Paws Up
Brenda Belmonte
<https://twopaws-up.com/>
847-235-2263 | info@twopaws-up.com
Lake Forest

Beth Hurley Dog Training
Beth Hurley
<https://bethhurleydogtraining.com/>
847-906-3161/ bethhurley1@hotmail.com
Wilmette

Northern Suburbs-

Dogz Are Us
Debbie Gardiner
<https://www.dogzareus.com/>
847-370-4012/ dogzareus77@gmail.com
Mount Prospect

Sit Stay Thrive
Angela Depalma
<https://www.sitstaythrive.com/>
312-465-4654/ angela.depalma@canineonlineacademy.com
Park Ridge

Far Northern Suburbs-

Take Point Academy

Lindsay Eckhardt

<https://takepointacademy.com/>

309-678-2744 / takepointcanineacademy@gmail.com

Libertyville

K9 Training and Behavioral Consulting Chicago

Dana Maaba

<https://danaemaaba.wixsite.com/k9behaviorconsulting>

815-977-0822/ K9consulting360@gmail.com

McHenry

Chicago-

Dog Behavior Solutions

Janice Triptow

<https://www.dogbehaviorsolutions.net/>

(773) 617-2374/ dogbehaviorsolutions@comcast.net

Chicago (Wicker Park Area)

Wise Dogs Behavior and Training

Kirsten Watry

<https://www.wise-dogs.com/>

262-527-6120/training@wise-dogs.com

Chicago + Suburbs

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 ...



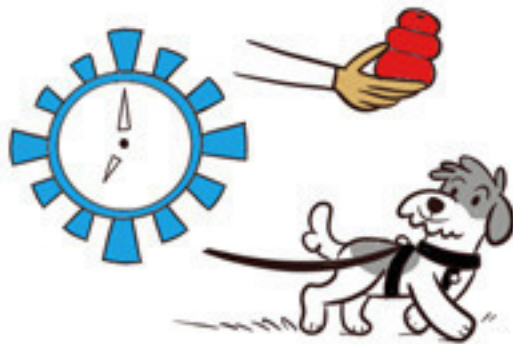
Decompress for SUCCESS

By DOG LATIN DOG TRAINING & BEHAVIOR CONSULTING™



ROUTINE

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



PRIVACY

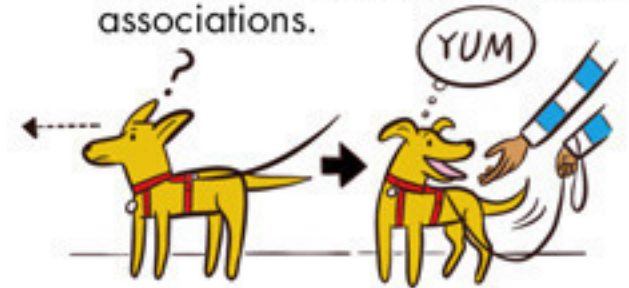
Dogs, like people, need time to themselves. Create a spot with a crate or mat. Call your dog to leave their space, rather than invading their space.



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.



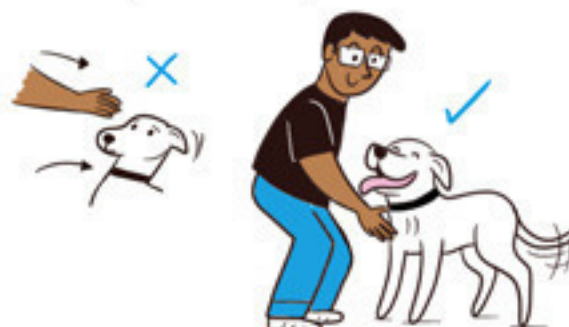
OBSERVE YOUR DOG

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!



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"



DOG-DOG INTRODUCTIONS (HOW TO INTRODUCE YOUR DOG TO A NEW DOG)

Natural Greetings in Canines Nature intended dogs to meet and greet in ways radically different than the typical forced, human-inspired introductions. In a natural setting, dogs would never immediately run up and invade each other's space. If two dogs happen to notice each other from a distance, they will usually show the side of their body and the side of their face to the other dog. They might even do this by turning to sniff at a bush or something on the ground in order to appear less threatening to the other dog. Unfortunately, owners often miss or misread these cues and instead we yank them along, forcing them to confront the other dog.



Dogs that have been properly introduced can learn to relax around each other

In dog language, head-on greetings with hard stares equal "challenge"; since dogs generally look to avoid conflict, they do not normally stare at each other. They tend to approach in an arc rather than making a bee-line straight towards one another. This communicates that no confrontation is intended and inspires a more comfortable greeting.

How We Set Dogs Up to Fail Many dogs have forgotten or never learned at all how to properly greet other members of their own species. Dogs are mostly on leashes, behind fences, rushed into greetings by their well-meaning people, and kept from situations that would have otherwise helped them learn canine greeting etiquette.

Leash reactivity is one of the biggest dog behavioral issues caused by us humans. Tight leashes can create frustration when your dog sees other dogs on the street. This can cause body language in your dog that may look offensive to other dogs.

(See [Dog Aggression vs. Leash Reactivity](#)). Other behavior often facilitated by humans – pulling, hard stares, and running up to other dogs head-on – can turn greetings sour.

Dogs aren't all that different from people – they have personal space just like we do – and may become offended when a stranger invades that space. Think of it this way: if I were to wave to you from a distance, that would be a nice gesture. If I were to rush up to you and wave my hand right in your face, that would be rude, intrusive, and somewhat threatening. Dogs are constantly placed into situations in which they are forced to endure invasion of their space and are set up to fail at greetings. The sad thing is that the dogs get blamed for snappy behavior or are said to be "aggressive" in these situations. But it's a normal reaction for a dog to get cranky about another dog running up, acting rude, and rushing a greeting (especially so when the dog is on its own territory).

Some Considerations First, Please!

Before you set up a new-dog introduction, take into account your own dog's general attitude towards other dogs. If your dog has a solid history of playing well with properly matched playmates, then you have a better chance at success. Pairings of the opposite sex tend to be most successful. Some dogs are uncomfortable with or reactive to new dogs and need very slow introductions. Realize that, like humans, dogs don't necessarily like every single dog they meet, and some do best as an only dog. If your dog has a history of reacting negatively to the company of other dogs, then it is probably best to just have him as an only dog.

Successful Introductions Lead to Successful Integration!

It is a must to *properly introduce* your current dog to a new dog, especially if the new dog is meant to become part of your family. Do not just walk a new dog into your home with your current dog waiting inside. Your dog will naturally feel that the newcomer is an intruder, not a new friend. First impressions matter! Properly introduced dogs are more likely to become buddies. The goal is to emulate the natural greetings talked about above.

To properly introduce your dog to a new dog, you'll need two people, one person per dog, and some high-value treats. These can be pieces of chicken, hot dog or cheese, anything that will get the dog's attention and that it doesn't get normally. Start by walking the two dogs on leash in the same direction in neutral territory. If you find that they pull toward each other, stare at each other or are overly excited, then you're too close too soon. Put some distance between the dogs and have them just hang out for a bit at that distance before continuing to walk. Use your treats to reward your dog for remaining calm and focusing on you. This gives them something to do while they get used to each other's presence. Be patient and relax so the dogs can relax too.



Start the dogs at a comfortable distance first & use high-value treats to get them to focus on you

As the dogs begin calming down in each other's presence, begin to move them closer to each other. At some point they should become more relaxed, and you can proceed with your walk. You are emulating the natural greeting: they are not face to face. Instead, they are showing the sides of their bodies to each other while walking.

What you're looking for is calm, relaxed and confident behavior. Neither dog should be overly aroused, nervous, stiff, or fearful. (If the dogs don't seem to be able to relax and be friendly, it might be best to contact a trainer to help you move forward.)

If they are relaxed and nicely interested in each other, then go ahead and let them get close enough to sniff. As they sniff, watch carefully. Warning signs include stiffening, low growling, avoidance, or hard stares. If you see these behaviors, calmly move the dogs away from each other. Remember, some dogs don't like the company of other dogs and they should never be forced into a greeting. Some dogs may need more time or a few more intros to get used to another dog.

If the dogs remain relaxed and pleasantly interested in each other, one or both of them may gesture to play. Keep the leashes loose and let them interact on leash for a bit to make sure all goes well. As long as

both dogs are still relaxed and showing loose, happy body language, you can drop the leashes and let them play while dragging their leashes in an enclosed area.

Watch the play for a while to be sure everyone is minding their manners: no rude behavior or pushy type of mounting behavior allowed initially. Every few minutes, *before* the dogs reach a state of high arousal or over-excitement, stop the play and get the dogs calm again or walk them. Then let the play resume. End the play on a good note; don't let them play into crankiness.

With you as their leader to give them guidance and direction, the dogs will get to know each other and build a trusting bond.

The Next Step

After they have successfully played for some time, you can bring both dogs into your house or yard. If the new dog is going to be a member of your family, it's best to crate the new dog often and not let it just roam around. Be sure to reward your dog often while the new dog is near, so that it realizes good things happen when this newcomer is around. Don't pay more attention to the new dog than you do to your first dog. Make your dog think it is a great thing to have a new family companion.

Marthina McClay, CPDT-KA

© 2018 Our Pack, Inc. | www.ourpack.org | info@ourpack.org

Bringing a New Dog Home: Preventing Problems

[DOG BEHAVIOR \(/DOG-BEHAVIOR\)](#) [DOG TRAINING \(/DOG-TRAINING\)](#)



Before you bring your new dog home, there are a number of ways that you can prepare for the new addition to your family. First, before you pick up your new pet, get the dog an ID tag with your information on it (name, phone number, address).

Before leaving the adoption site, check that your new dog's collar is not too loose. Many dogs in new situations pull out of their collars and run. If your dog pulls out of her collar, she will be loose in a strange area with no contact information. To be extra safe, you might want to purchase a martingale collar (a no-slip collar available at pet supply stores) or a harness to use, in addition to the regular collar, until she has demonstrated that she can handle all the new and startling experiences of a new environment, such as other dogs, city noise, and traffic.

Keep your new dog on lead except in a fenced-in yard or an approved, fenced off-lead area. Always use a leash or lead near traffic, since your dog can be distracted or fearful for just a second and run into the street. If your dog is very nervous or shy, you can even leave a light leash on her to drag while she is getting used to her new family and surroundings.

What does my new dog need?

To be happy and healthy, your dog will need the following:

- Constant access to a bowl of fresh, clean drinking water
- A nutritionally balanced diet
- A safe place to eliminate outside (if she's not being litter-trained)
- Some daily exercise

If she hasn't had any yet, your new dog will also need some training. Investigate the dog trainers in your area and pick out one who uses humane methods. Humane trainers do not use chain or prong collars, nor do they advocate yanking on or lifting the dog by the collar. For more info, read "[How to Find a Good Trainer \(https://resources.bestfriends.org/article/find-dog-trainer\)](https://resources.bestfriends.org/article/find-dog-trainer)." Your dog will rely on you to show her the way, so you will also benefit from the training classes. If you don't take this responsibility in building a positive relationship with your dog and providing gentle guidance, she will start making decisions on her own, some of which may be inappropriate or dangerous.

Your dog also needs daily, loving interaction with you and a social life. Socialize your dog by bringing him on car rides, letting him be around children and other dogs, taking him to the groomer, shopping with him at pet food stores (some of them let you bring your dog in), and walking him in public places. However, watch your dog's body language to make sure he is comfortable in these situations, as you want these outings to be fun and not stressful. For more about signs of stress, read [Dog Body Language \(/article/dog-body-language\)](/article/dog-body-language).

Strive for structure and consistency in your dog's daily routine to give him a healthy feeling of stability as a member of the family. The relationship between your family and your new family member can be great if you are patient and positive.

You should also select a veterinarian with whom you are comfortable, since you'll need to bring your dog in for regular checkups. Finally, find out what the local dog laws are (such as leash laws) and what the licensing requirements are for dogs in your area.

Do I need to dog-proof my house?

Before your new dog arrives, you should dog-proof your home in much the same way that you would child-proof your home for a toddler. Look at your home from a dog's eye level. What can he reach? If you don't want him drinking out of the toilet, tell everyone in the household to make sure they put the cover down. If anyone in the house smokes, put ashtrays out of reach, since cigarette butts, if eaten, can lead to nicotine poisoning.

Will his wagging tail inadvertently wreak havoc on your prize possessions? Dog tails have been known to sweep the contents off the top of a coffee table. If you like to keep lit candles around, make sure they are above the dog's reach. Is there anything he can trip on or become tangled in (such as electrical cords)?

How can I prevent my new dog from chewing up my stuff?

If your new dog has her own toys, she may not be as interested in chewing up human things (though leather shoes are hard to resist). Buy durable rubber or nylon toys that satisfy the dog's urge to chew. Toys that you can stuff treats into (like Kongs and Buster Cubes) should keep her occupied for a good long while. If she starts chewing one of your personal items, immediately get her interested in a dog toy instead.

What should I know about making my yard safe?

Do a walkabout of your yard. Is your yard completely fenced in? Are there any spaces or gaps that your new dog or puppy can escape through? (They can squeeze through very small spaces.) Is there anything that he can climb on that would allow him to escape over the fence (e.g., a wood pile, a fountain, latticework, garbage can)? Some dogs know how to flip open gate latches, so latches should be clipped or locked if your dog can reach them.

What sort of plants do you have in your yard? Snail bait and some plants (such as oleander, azaleas and rhododendrons) are poisonous to dogs. Antifreeze is another hazard for dogs – it is toxic and can be fatal. Dogs are attracted to its sweet taste, so don't allow your dog to drink from standing water near where cars have been parked.

Do you have an uncovered pond or pool in your yard? Dogs have been known to drown in backyard pools when they jumped or fell in and couldn't get out. You should also make sure your trash cans have tight lids to avoid "dumpster diving" by your dog. Besides the smelly mess that an overturned trash can creates, some of the items in your trash (like chicken bones) may be dangerous for your dog to ingest.

Ideally, you should check your yard for safety before your new dog comes home. If you haven't done this prior to the dog's arrival, supervise the time that your pet spends outside. Even a child's toy can be trouble if it is chewed up and swallowed.

Crate Training: The Benefits for You and Your Dog

[DOG BEHAVIOR \(/DOG-BEHAVIOR\)](#) [DOGS \(/DOGS\)](#) [DOG TRAINING \(/DOG-TRAINING\)](#)



Why should I consider crate training my dog?

Dogs are hard-wired by their genetic history to be den animals. A den is a small, safe, well-defined space. It is a place in which dogs feel instinctively safe. It is also a place that they instinctively avoid soiling. The combination of these two native traits are what make crate training, done in the right way, a kind and effective component in house-training your new puppy or dog.

House training a dog (<https://resources.bestfriends.org/article/housetraining-dog>)

A crate can also be a place for your dog to rest or have “down time.” If you have just acquired a dog, a crate can limit access to the entire house until your new dog knows the house rules. A crate can help with house-training by setting up a routine. For example, you can feed the puppy in the crate and, afterwards, carry him or walk him on a lead straight out to an elimination site where you can use a word or phrase to remind the dog what the trip outside is for.

There are other benefits of crate training. At some point in your dog’s life, it may be necessary to use a crate when you are traveling with your pet or when your dog is recuperating from an injury. Such potentially traumatic situations will be much less stressful if your dog is already familiar with and comfortable in a crate. Crates are also useful for keeping destructive dogs out of mischief when you’re not home to keep an eye on them.

Where do I purchase a crate and how do I know which one to buy?

Most pet-supply stores carry dog crates; pet catalogs sell them as well. Considerations when buying your crate: Make sure the crate is big enough so that the dog can stand up, turn around and lay flat on his side in comfort, but small enough that there isn’t enough room for the dog to sleep and eat at one end and eliminate at the other. If you are training a growing puppy, you can buy a larger crate with a divider for adjusting the crate as he grows.

How do I introduce the crate?

You can prevent problems with crate training by setting your dog up for success. Your dog should only associate good things with the crate, so start by putting treats and/or toys in the crate and encouraging him to go in. Some dogs may need to warm up to the crate slowly. If your dog is afraid to go in, place a treat in the crate as far as he is willing to go. After he takes the treat, place another treat a little further back in the crate. Keep going until he is eating treats at the very back, then feed him his next meal in the crate with the door open, so that he can walk in and out at will. Crate training a fearful dog can take days, so be patient and encouraging. If a crate is properly introduced and used, your dog will happily enter and settle down.

[Instructions for crate training a dog \(/article/crate-training-dog-dog-training-plan\)](/article/crate-training-dog-dog-training-plan)

Should the crate be used at night?

Sure, you can use the crate at night. Put the dog in with a treat and a cue like “kennel” or “kennel up” delivered in a cheery tone of voice. The crate should be situated close to you so that you can hear the dog whine or whimper if he needs to eliminate during the night. (Dogs will usually make some kind of noise rather than make a mess where they sleep.)

If you are training a puppy, be prepared for one or two trips outside at night to eliminate. If the puppy goes outside and doesn't produce, do not allow any extra time for play or long drinks of water when you come back inside. Instead, encourage the pup to return to the crate. He may whine a bit, but if you have given him ample opportunity to eliminate, try to ignore the protest and the puppy should settle down quickly.

How much time in the crate is okay?

No dog, young or old, should be living in a crate full-time. Dogs are social animals, so for a dog to have a good quality of life, social isolation should be kept to a minimum. All dogs need daily exercise and some interaction with others. Even four hours in a crate without a break during the day is a long time for many adult dogs. If you must crate your dog when you're not home, arrange to have someone stop in and let her out for a potty break and to stretch her legs. Except for nighttime, crating a dog for long periods of time is not advised.

Puppies, especially, should not be left in a crate for long periods of time (more than two hours). It is important that puppies not be neglected and forced to break their instinctive aversion to soiling their sleeping area. Unfortunately, this is what happens to many pet-store puppies and it can lead to serious house-training difficulties. Also, since they are still developing, puppies have even more need for social interaction than adult dogs. If they aren't socialized to the world while they are young, they can develop fears and aberrant behaviors of many kinds.

Most adult dogs can stay in a crate for the entire night without a trip outside. However, young puppies and some old dogs cannot physically hold their bladders and bowels through the night.

When should a crate not be used?

A crate should not be used as a form of punishment. As mentioned earlier, your dog should have only warm, fuzzy feelings about her crate. Even though a dog can come to see her crate as a safe place, it is not the solution for a dog with separation anxiety, since she could injure herself trying to get out.

How to train a well-mannered dog (<https://resources.bestfriends.org/article/well-mannered-dog-training-play-socialization>)

“Should my pet be eating that?”

Foods Your Pets Should Avoid

	Chocolate/ Coffee	Can cause vomiting, diarrhea, hyperactivity, high heart rate, tremors, seizures and even death.
	Alcohol	Can cause vomiting, drunkenness, coma and death.
	Avocado	Can be fatal to birds and rabbits. Can cause vomiting and diarrhea in dogs.
	Macadamia Nuts	Can cause temporary hind leg weakness, paralysis and tremors in dogs.
	Grapes/ Raisins	Can cause kidney failure.
	Raw Yeast Bread Dough	Can cause bloat and drunkenness.
	Products Containing Xylitol	Can cause seizures and liver failure.
	Onions/Garlic	Can cause vomiting and red blood cell damage.

“What should I do if I think my pet has eaten something poisonous?”

Stay calm and contact your veterinarian for advice:

OR Call the ASPCA Animal Poison Control Center.

ASPCA ANIMAL POISON
CONTROL CENTER

888-426-4435. Where knowledge is your lifeline.™

www.asPCA.org/apcc



Is heartworm prevention worth it?



Heartworm medication is an expense you might not have expected, but it's an important one. Here are answers to common questions to help you think about a single medication once a month—or an injection every six months—to keep your pet safe and sound.

Heartworm medicine can be expensive. Why should I spend my money on it?

While it seems expensive, you get a lot more value for your prevention dollar than you realize. Consider this: You can protect your dog from a fatal heartworm infection for an entire month for what you'd spend on a pastry and coffee at your favorite coffee shop.

Many monthly medications also offer more than just heartworm

protection— some protect against fleas and common intestinal worms, too. That's important to your pet's health as well as that of your family, when you consider that parasites like roundworms and hookworms can be spread to your kids and other household members.

I still don't think I can justify spending money on it

Here are two important facts you need to know. First, preventing heartworms is a lot

cheaper than treating them; heartworm treatment can cost up to \$1,000 in medication and veterinary bills. Second, while heartworm disease in dogs can be treated and the worms eliminated, the damage left by heartworms is forever, and many dogs are left with residual health problems.

I don't think I need it. Heartworms aren't that common around here.

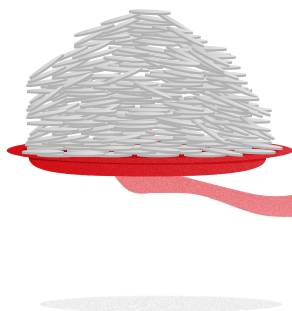
While heartworm disease may not be common in some parts of the U.S., heartworms have been diagnosed in every state in the country. In parts of the country that stay cold for six months or more, there are lots of warm, protected spots where mosquitoes that transmit heartworms can live. In urban areas, radiated heat is stored in concrete and asphalt and is released at night when mosquitoes are active. In rural areas, mosquitoes may find a warm spot in a hollow log or animal burrow to ride out the winter. In dry locales, thanks to sprinkler systems, birdbaths and watering cans, there are pockets of standing water everywhere where mosquitoes can breed.

Think about it this way: You may never have been in a car wreck, but you still put on your seat belt. Would you risk your life by not wearing one? Why would you risk your pet's life by not giving him or her heartworm prevention?

HEARTWORM TREATMENT

- Medications
- + Veterinary fees
- + Post-treatment preventive
- + Lab tests
- + X-rays

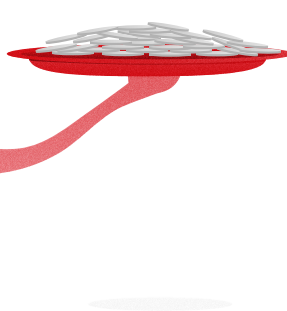
\$1,200-\$1,800



HEARTWORM PREVENTION

Twelve months of heartworm prevention

\$70-\$200



A Quick Note on Fleas and Ticks

Fleas and ticks aren't just pesky! They can give your pet a variety of secondary diseases from infections to Lyme disease. The best plan of action is prevention. There are ton of options on the market: collars, ointments, sprays, and oral medications. Ask a vet to determine the best prevention plan for your pet. Here are some things to keep in mind:

1. Urban or wooded?

If you live near a wooded area or a tall-grass prairie, you may need to have your pet on prevention all year, not just the warm months. Check your pet daily, including their ears and belly. Remember, if there's one, there will be more!

2. Collars, ointment, or pills?

We advise asking your vet about what type of preventative is safest for your pet; however, you may want to consider what form is most convenient to you. Collars provide a convenient "once and done" approach, as they often last for several months. The downside to them is that they can fall off, be cumbersome for small pets, and may not hold their strength over prolonged use. Ointments are strong and are a tried and true option. However, their oily residue can be an issue in homes with multiple pets and children. Always consult with your vet before considering an oral preventative, as some pets can be particularly sensitive to them, but they can be a great option that does not have residue and retains its strength.

3. Check the label

After discussing the best options with a vet, pay attention to the instructions and labels on your chosen preventative. Some preventatives must not come into contact with other animals during application. For example, it is important to check if your dog's ointment is dangerous to your cat and vice versa. Follow the application instructions closely to ensure effectiveness and safety. Also be sure to check exactly what it protects against: not all preventatives protect against fleas AND ticks.

You may be asked if you would like to purchase flea and tick prevention when you pick up your pet from our vet. Please understand that this is routine, and you are free to consult with your own vet and purchase elsewhere.