



# Dog Adoption Packet



**Congrats on your new furry friend!**  
Important information for adopters



*Dear, Adoptive family,*

**Welcome to the family!** We are so happy that you adopted a rescue dog, and that you have chosen to adopt with Paws Rescue League! As you embark on this exciting journey, we want to ensure a smooth transition for both you and your new furry friend. This packet will contain a few helpful tips, and some things to remember when bringing a rescue dog home. This will help set you both up for success!

Your new dog's life has been turned upside down, and everything is unfamiliar. They don't know you, your home, or the other animals and people in the home. Their past experiences likely include shelters, foster homes, transport rides, and have received necessary, but likely stressful, medical care and behavior evaluations. This can understandably cause a great deal of stress for even the most well-adjusted dog.

Embark on this incredible journey with your new dog! With every step, you'll build trust, foster love, and create unforgettable memories. Cherish this adventure and celebrate the joy of dog ownership.

*The best with your new dog*

**Join our Facebook community! Share your pup's journey and milestones with us.**

Stay connected with your pup's littermates and other adorable adoptees. Our fosters in Tennessee and Connecticut love receiving updates on their foster babies—it's a reminder of why we do what we do!

Just scan the QR code below, or visit: <https://m.facebook.com/groups/prlfosters>



**They Don't Need Much, But They Do Need You**

Paws Rescue League Inc. is a small, local non-profit organization that operates solely on donations and volunteer support. Your donations can make a significant impact, whether it's a one-time contribution or monthly pledge. Additionally, we welcome donations of new and gently used pet items such as dog food, collars, leashes, crates, dog beds, and bowls. As an approved non-profit organization, all donations are tax deductible, allowing you to support a great cause while also benefiting from tax benefits.

**Monetary Donations**

Donate Online: [www.pawsrescueleague.org/donate.html](http://www.pawsrescueleague.org/donate.html)

**Pet Items- Contact us on Facebook or by email**

Facebook: [www.facebook.com/PawsRescueLeague](http://www.facebook.com/PawsRescueLeague)

Email: [admin@pawsrescueleague.org](mailto:admin@pawsrescueleague.org)



## My Pet's Information

Please keep this information in a safe place!

Name: \_\_\_\_\_

Adoption Date: \_\_\_\_\_ Microchip #: \_\_\_\_\_

Vet Name: \_\_\_\_\_

Vet Contact Number: \_\_\_\_\_

Vet Address: \_\_\_\_\_

## Important Contact Information



To contact Paws Rescue League, *please email the relevant team directly*. We have designated email addresses for specific concerns. As a 100% volunteer-run non-profit rescue, our team balances multiple roles, jobs, and family commitments. We appreciate your patience and understanding that response times may vary, up to 72 hours. We strive to respond faster, but prioritize urgent matters.

**Post-Adoption Support-** After adopting, if you have any questions, concerns, or encounter any behavioral or training issues, please reach out to our Post-Adoption Team at: [postadopt@pawsrescueleague.org](mailto:postadopt@pawsrescueleague.org)

**Medical and Intake inquiries-** For questions or concerns regarding medical issues, veterinary records, or intaking a dog, please contact our Intake/Medical Team at: [medical@pawsrescueleague.org](mailto:medical@pawsrescueleague.org)

**Foster and Volunteer Opportunities-** For questions or concerns about fostering a dog, or volunteer roles and responsibilities, please contact our Foster Team at: [foster@pawsrescueleague.org](mailto:foster@pawsrescueleague.org)

**Adoption Inquiries-** Ready to welcome a furry friend into your family? For any questions about the adoption process, please contact our Adoption Team at: [adopt@pawsrescueleague.org](mailto:adopt@pawsrescueleague.org)

**General Inquiries and Emergencies-** For urgent situations, and general questions or concerns, please contact our Administrative Team at: [admin@pawsrescueleague.org](mailto:admin@pawsrescueleague.org)

## Licensing

Depending on where you live, you may be required to obtain a license for your newly adopted dog. In Connecticut, all dogs six months or older must be licensed and have a current rabies vaccination. The license must be renewed annually. Licensing your dog provides numerous benefits that go beyond just compliance with local regulations. By obtaining a license, you ensure your dog has received essential vaccinations, protecting them from potentially fatal diseases. If your dog gets lost, a license informs an animal control officer that the dog has an owner, facilitating a quicker reunion since your contact information will be on file. Additionally, licensing helps municipalities track the number of pets in the area, enabling them to provide better health and safety conditions for the community.



# Table of Contents

<b>Affiliates</b>	<b>5</b>
<b>Bringing Home Your New Dog</b>	<b>6</b>
<b>3 Days, 3 Weeks, 3 Months</b>	<b>7</b>
<b>No Paws on The Ground &amp; Parvovirus</b>	<b>11</b>
<b>Worms and Your Puppy</b>	<b>12</b>
<b>Heartworm Prevention</b>	<b>14</b>
<b>Interacting Safely with Dogs</b>	<b>15</b>
<b>Introducing Your New Dog into Your Pack</b>	<b>17</b>
<b>Introducing Your New Dog to Children</b>	<b>18</b>
<b>Basics Of Training</b>	<b>19</b>
<b>Crate Training</b>	<b>20</b>
<b>House Training</b>	<b>21</b>
<b>Separation Anxiety</b>	<b>22</b>
<b>Reducing Barking and Destructive Behavior</b>	<b>24</b>
<b>Heatstroke- Prevention &amp; Treatment</b>	<b>25</b>
<b>Performing CPR on a Dog</b>	<b>26</b>
<b>Toxic Foods for Dogs</b>	<b>28</b>
<b>Healthy Foods You Can Add to Your Pet's Diet</b>	<b>30</b>
<b>Plant Guide for Pet Owners</b>	<b>31</b>
<b>Should Your Pet Become Lost</b>	<b>32</b>
<b>Microchip</b>	<b>33</b>
<b>Post-Adoption Follow-up</b>	<b>34</b>
<b>Disclaimer</b>	<b>35</b>
<b>To My Rescue Dog</b>	<b>36</b>



## Affiliates

We are proud to partner with the following affiliate programs that support dog rescues:

### Max & Neo

For every product purchased, Max & Neo will donate a product! By shopping with them, you'll not only be getting great products for your furry friends, but also helping support our rescue efforts. Plus, use code "**pawsrescueleague10**" at checkout to receive 10% off your order!



### Chewy

To celebrate your new furry family member, use our affiliate link for your first Chewy purchase and Chewy will generously donate \$15 to Paws Rescue League Inc.



### Wisdom Panel

Purchase a Wisdom Panel DNA kit through our affiliate link to learn about your pup's breed mix and ancestry. Plus, Wisdom Panel will donate a portion of the sales towards a DNA kit for Paws Rescue League Inc. for every kit sold.



**By participating in these affiliate programs, you can help generate revenue and support our rescue in our mission to care for and rehome dogs in need. Every purchase made through these programs brings us closer to making a difference in the lives of dogs awaiting their forever homes.**



## Bringing Home Your New Dog

**Bringing home a new dog can be both an exciting and a stressful event. It is important to set everyone up for success — your family, your pets and your new dog! Ensure a seamless transition for both you and your furry friend by reading through our helpful guidelines.**

Adopting a dog or puppy is a long-term commitment! Dogs have an average lifespan of 10-12 years, but some dogs can live 15 years or more. Your commitment to being a responsible dog parent for the duration of your dog's life includes:

- 🐾 Providing good food, clean water, medical care, a safe and comfortable environment, appropriate exercise and training for your dog.
- 🐾 Complying with state and local ordinances related to keeping your dog.
- 🐾 Providing a collar and ID tag with your name and phone number(s) for your dog to wear at all times.
- 🐾 Addressing all behavior or health issues that may arise in a humane and timely manner.

Remember to go slowly and allow everyone time to adjust. Your adopted dog may need time to transition — we call it “decompressing.” Other family members and pets in the home may also need time to adjust. Patience is key!

*Giving your new dog a shut down period-* This allows them to catch up on sleep, bond with their new family, and get to know their environment and schedules. If possible, try to limit visitors and outings during this adjustment time. If you do have visitors over, remember to give your new dog a break before becoming overwhelmed.

*Keep your schedule as consistent as possible-* This is to give your new dog structure and security. Scheduled meal times will help with house-training and monitoring your dog's weight and health. The more structure and consistency you can provide your dog, the more confident they will feel in their new world. The more frequently we reward behaviors that we want, the more often our dogs will offer those behaviors.

*Limiting your dog's access to their new home-* This prevents their world from quickly becoming large and overwhelming. Baby gates and crates are a great way to ease a dog into a new environment and can help with house-training. Even house-trained dogs will need time to adopt to new schedules. As your new dog adjusts, you can begin to give them more freedom.

Your new dog is experiencing stress hormones (cortisol) surging through their brain and body. Recognizing signs of stress is vital. Watch for excessive panting, pacing, tucked ears or tail, lip licking, yawning, freezing, crouching, or growling. Changes can be very scary, but with patience and understanding, you'll help them settle into their new environment.

It is essential to understand that the adjustment period can vary greatly. For fearful or anxious dogs, it may take several weeks or even months to feel comfortable in their new environment. On the other hand, socialized puppies might adjust in just a few days. Every dog is unique, and it is unrealistic to expect instant adjustment or perfect behavior. Provide plenty of treats, toys, and praise to enforce positive behavior. Environmental enrichment can be an effective stress-reliever and confidence booster for dogs.

When bringing a dog home from a foster family, it's essential to remember that their behavior may change in a new environment. Instead of relying on what they may have learned in their previous home, assume they know nothing and start fresh. Train them like a puppy, teaching basic obedience commands, housebreaking, and socialization, and be patient and consistent.

There are some rules of three that will help you understand the decompression period.

- 🐾 For the first three days your dog may exhibit nervous behaviors like barking or pacing. They may whine, have accidents, refuse to eat or drink. They are scared and stressed.
- 🐾 After about three weeks, they will begin to get the hang of things in your home. And then they will start to push some buttons or act out in ways you have not seen before. They are testing you to see where they fit into the household and how much they can get away with. Be calm and firm. Praise them for what they are doing right, and redirect them when they are doing something they shouldn't. This is the toughest time of adjustment.
- 🐾 After about three months, they will begin to really feel at home. Their issues will have reared their ugly head and you will have had a chance to get them under control. Don't give up on them. Seek help from a reputable trainer if you feel you need it; a good one is worth the investment.



## 3 Days, 3 Weeks, 3 Months



### THE INITIAL ADJUSTMENT PERIOD: FIRST 3 DAYS

During the initial decompression phase, dogs may exhibit specific behaviors as they adjust to their new environment.

- 🐾 **Emotional Overwhelm:** Feeling overwhelmed, scared, and unsure about their surroundings.
- 🐾 **Loss of Appetite:** Decreased interest in food and water due to stress and anxiety.
- 🐾 **Seeking Comfort:** Desire to curl up in a secure space, such as a crate, or hide under a table.
- 🐾 **Boundary Testing:** Beginning to test limits and explore their new environment.

The first three days with a new dog are a pivotal period of adjustment, and it's essential to acknowledge the emotional turmoil they may be experiencing. Your dog is thrust into a new environment, surrounded by unfamiliar sights, sounds, and smells, which can be incredibly overwhelming. When dogs experience life changes, their cortisol levels can skyrocket, leaving them feeling stressed and anxious.

#### DO

Allow TIME and SPACE for decompression.

They need US to help them feel SAFE!

Understand your dog may exhibit signs of being overwhelmed, nervous, scared, and stressed. This is NORMAL. It's essential to remember that your dog has just left a familiar environment, such as a foster family, which they may have considered their family and home.

Implement boundaries on day one.

As your new dog settles into their new environment, they'll naturally begin to explore and test boundaries. This is a normal part of the adjustment process, as they navigate new people, smells, sights, and sounds.

Show your new dog the routine.

It is common for a fully housetrained dog to have accidents. Be kind to them during these changes.

#### DON'T

Introduce all your pets on the very first day.

We recommend waiting AT LEAST 24 hours.

Have friends and family come by.

It's essential to prioritize their bonding and adjustment process with you. Limit visitors and focus on spending quality time with your dog, engaging in activities that promote bonding and trust.

Bring your dog to ANY local dog parks until after the dog has learned their routine and has built a bond with you.

Since you don't know the temperament of behavior of the dogs at the park, and neither does your dog, introducing them too soon can lead to conflicts, fear, or even aggression.

Assume that your new furry friend will immediately feel comfortable, instantly bond with other pets, or obey commands right away.

Feed your new dog meals or high-value treats in the other dog's presence.

If your new dog growls while eating, don't assume it's food aggression – this is likely a warning sign that they feel uncomfortable or unsafe with others approaching while they're eating.



3  
Weeks



### REACHING A MILESTONE: AFTER 3 WEEKS

The initial three weeks with your new dog are a pivotal time for adjustment and growth. Here's what you can expect:

- 🐾 **Settling In:** Your dog will start to feel more comfortable and secure in their new environment.
- 🐾 **Environmental Discovery:** They'll explore and become familiar with their surroundings, including new sights, sounds, and smells.
- 🐾 **Routine Establishment:** Your dog will begin to settle into a daily routine, providing a sense of stability and structure.
- 🐾 **True Personality Emergence:** As they feel more at ease, your dog's true personality will start to shine through, revealing their quirks, likes, and dislikes.
- 🐾 **Potential Behavior Problems:** Unfortunately, this period may also bring to light any underlying behavioral issues.

By the three-week mark, your new dog should be feeling more comfortable and confident in their new home. They've spent three weeks learning their daily routine, becoming familiar with you, your home, and all the other people and pets in your household. At this stage, they should have a good grasp of their schedule, including feeding times, exercise, and play, and be forming stronger bonds with their new family members.

#### DO

Understand that your dog will inevitably push boundaries as they learn and grow. This behavior is not necessarily disobedient or destructive, but rather a natural part of their learning process. Whether it's jumping on furniture, interacting with other pets, pulling on the leash, or chewing on forbidden objects, your dog is attempting to understand what is off-limits and what they're allowed to do.

Have patience, set clear boundaries, and establish a consistent routine.

This allows them to understand what's expected of them, develop good habits and behaviors, and feel secure and confident.

Crate train!

This can provide a sense of security, serving as a cozy and safe space for your dog to relax. Crates also aid in housetraining. Additionally, crates keep your dog safe when you're not home, preventing them from getting into mischief or engaging in destructive behavior.

#### DON'T

Have your daily routine change from one day to the next.

A consistent routine provides a sense of stability and predictability, which is essential for making your dog feel safe and secure.

Allow your dog to roam free at all times.

To ensure your dog's emotion and physical well-being, it's crucial to provide a safe space for them to retreat, especially in times of change or separation.

Use a crate as a form of punishment.

This will cause them to be afraid of the crate and instill more stress/fear.

Allow your dog off-leash in an unfenced area.

It's best to keep them on a leash until their recall and obedience skills are reliable. This can prevent them from getting lost, or injured.





### A SENSE OF BELONGING: AFTER 3 MONTHS

After three months, our dog has finally settled into their new home and achieved a profound sense of security. This marks a significant turning point in your dog's journey:

- 🐾 **Trust and Bonding:** Your dog has built trust with their new family and formed strong, genuine bonds.
- 🐾 **House Rules and Routine:** They've learned the household rules and established a consistent routine, providing a sense of stability and predictability.
- 🐾 **Complete Comfort:** Your dog is now completely comfortable in their new environment, feeling secure and at ease in their new home.

#### DO

Continue building their confidence

Understand that what takes 3 months for one dog to feel comfortable and secure may take more or less time for another.

Provide them with the necessary tools and training necessary for their happiness and well-being.

Seeking training as needed can help address behavioral issues, improve communication, strengthen your bond, and unlock their potential.

Reach out to us- we're always here to help.

As part of our rescue family, we love staying connected and learning about your journey with your new pet. We're committed to supporting you and your new furry family member every step of the way.

#### DON'T

Don't expect perfection!

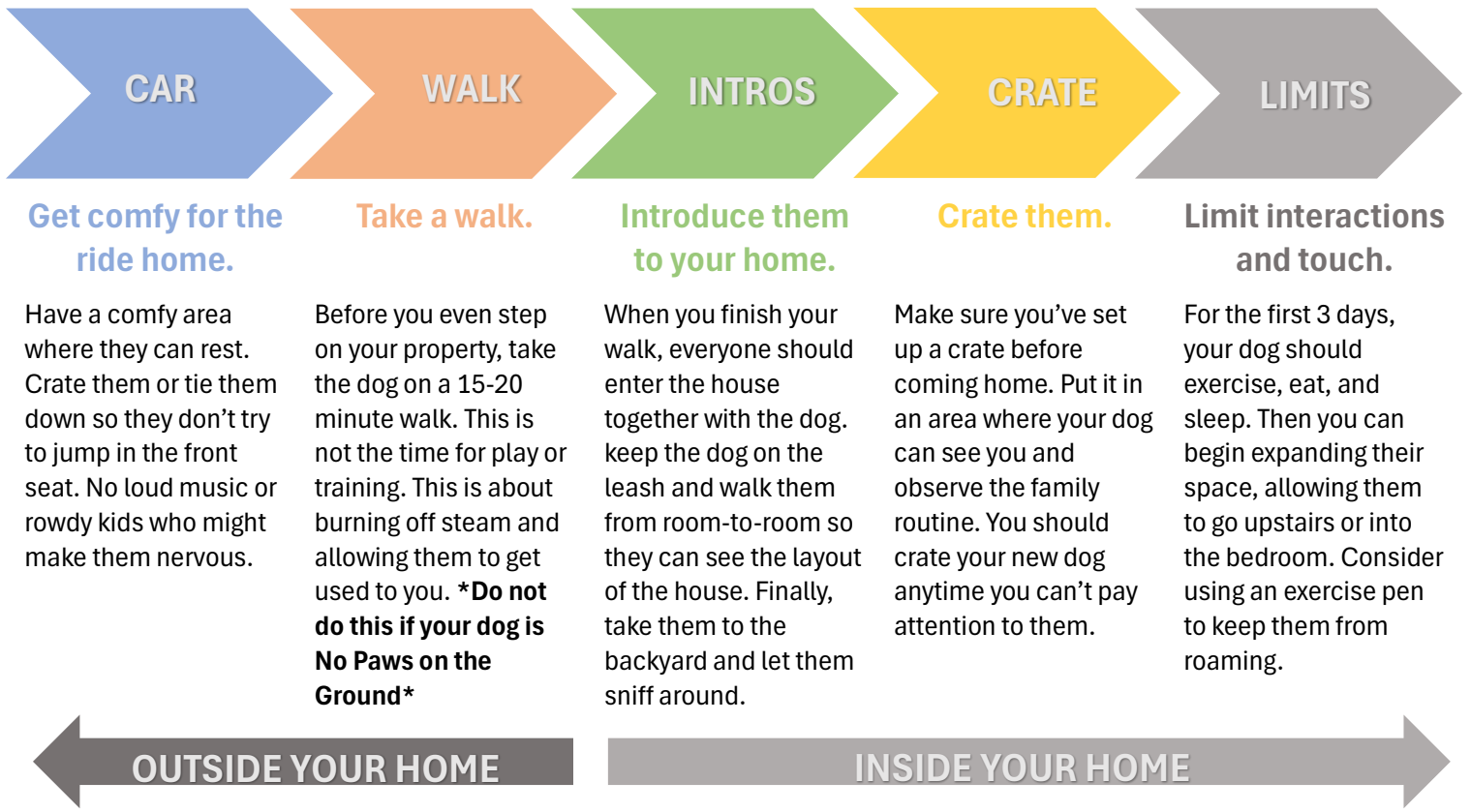
A perfect dog is not something you find, but rather something you nurture and develop over time. Every dog has its unique quirks, habits, and characteristics that make them special.

Give up if your dog is struggling to adjust – they may have had a rough start in life and need time to heal and learn.

By standing by your dog and providing patience, love, and support, you'll help them build trust, strengthen your bond, and develop resilience.

Make any sudden changes to their routine.

If changes are necessary, introduce them gradually to allow your dog to adjust. If sudden changes are unavoidable, be sure to give your dog time to decompress and adapt to the new routine.





## No Paws on The Ground

**“NO PAWS ON THE GROUND”** is for any puppy or dog who has not had a full schedule of vaccinations. Until two weeks after all THREE boosters have been administered, your puppy is at-risk. They should NOT be put down in the grass or on the ground in any public spaces where another dog may have been, including friend/neighbor’s house, stores, and dog parks. They should only touch the ground inside your house and your back yard. Additionally, always carry your puppy at the veterinary office, and verify that examination tables have been properly disinfected. Their immature immune system makes them susceptible to deadly, highly contagious viruses such as Parvo, Distemper, Parainfluenza, Adenovirus, etc.

## Parvovirus

**WHAT IS PARVOVIRUS?** Parvo is a highly contagious virus. It causes an infectious gastrointestinal (GI) illness in puppies and young dogs, and without treatment, it is potentially deadly.

Part of what makes the virus so dangerous is the ease with which it is spread through the canine population. The virus spreads either by direct contact with an infected dog, or through feces, and an infected dog can begin shedding the virus four-to-five days after exposure — often before the dog starts exhibiting any clinical signs of infection. The dog will continue to shed the virus while they are sick and for up to 10 days after they have recovered. This means that accurate diagnosis and quarantine are essential for the health of your dog and of other dogs, as well.

**WHAT DOGS ARE MOST AT RISK FOR PARVO?** Dogs most at risk for parvovirus (parvo) include puppies under 6 months. Unvaccinated dogs, or those who haven’t completed the full vaccination series, are also at increased risk. Additionally, dogs with weakened immune systems, such as those with underlying health issues like heart disease, cancer, or autoimmune disorders, may also be more susceptible to parvo.

**WHAT CAUSES PARVO IN DOGS?** Parvo can be transmitted in two ways. The first is by direct contact through the nose and mouth with infected poop, which can happen when a dog sniffs or licks a surface or another dog that has been contaminated with feces. Since puppies explore their world through smell and love to mouth things, it is easy to see how a curious puppy would contract the parvovirus.

The second method of transmission is through indirect contact. The virus can survive on clothing, equipment, fur, on human skin, and in the environment. Indirect transmission occurs when a puppy comes in contact with a contaminated person, object, or environment. This can include kennels, food and water bowls, collars and leashes, and the hands and clothing of people who handle infected dogs.

The parvovirus is a particularly resilient virus. It is known for its resistant to most commonly used cleaners and disinfectants.

**SYMPTOMS OF PARVO IN DOGS:** The most common symptoms of parvo are: severe, bloody diarrhea, lethargy, anorexia, fever, vomiting, weight loss, weakness, depression, dehydration.

**PARVO PREVENTION:** Understanding parvo in dogs is the first step toward preventing the spread of this dangerous virus.

- 🐾 Until the initial vaccination series is complete, use caution when bringing puppies to places where dogs gather. This includes pet shops, parks, puppy and obedience classes, doggy day cares, kennels, and groomers.
- 🐾 Choose establishments and training programs that require up-to-date vaccinations, health examinations, good hygiene, and isolation of sick puppies and dogs.
- 🐾 Keep your dog away from other dogs when sick, including other dogs within your home.
- 🐾 Routinely collect and properly dispose of your dog’s feces.
- 🐾 If you’ve been in contact with dogs with or exposed to parvovirus, avoid handling other dogs, or wash your hands and change your clothes before doing so.



## Worms and Your Puppy

Intestinal parasites are a common issue in puppies and adult dogs, and their presence doesn't reflect poor pet care. Even dogs raised in ideal conditions can develop worm infestations. Fortunately, eliminating worms is relatively straightforward. To successfully treat the issue, it's essential to understand how puppies contract worms.

### HOW DOGS GET WORMS

Dogs, especially puppies, can easily contract worms through a simple yet insidious process. While sniffing or licking contaminated soil, puppies ingest parasite eggs that hatch and mature into adult worms or protozoans in their intestines. These parasites feed on the puppy's blood or intestinal contents, reproduce, and release eggs into the intestinal tract, which are then passed through defecation, contaminating the environment. Puppies can also contract worms from their mother's womb or through her breast milk, making it estimated that nearly **100%** of young puppies are infected with worms and require regular deworming.

### RECOGNIZING THE SYMPTOMS OF WORMS IN DOGS AND PUPPIES

Identifying the signs of worm infestations is crucial to proactive treatment and preventing serious complications. While some infestations may not exhibit obvious symptoms, common indicators of worms in puppies include:

- 🐾 Failure to grow or gain weight
- 🐾 Lethargy
- 🐾 Changes in appetite
- 🐾 Weight loss
- 🐾 Skin or coat problems
- 🐾 Itchy skin
- 🐾 Digestive issues (diarrhea, constipation, vomiting)
- 🐾 Potbellied appearance
- 🐾 "Butt scooting" (dragging their rear end across the ground)

A clear indication of a worm infestation is when a puppy passes adult worms in their stool. If you suspect your puppy has worms, consult with your veterinarian for proper diagnosis and treatment.

### IMPORTANCE OF DEWORMING

Puppy worms can cause significant health issues, including:

- 🐾 **Malnutrition:** Stealing calories, vitamins, and minerals from your puppy's food
- 🐾 **Intestinal problems:** Leading to digestive issues and discomfort
- 🐾 **Secondary infections:** Increasing the risk of further health complications
- 🐾 **Contagion:** Easily spreading between puppies

Fortunately, common puppy worms are relatively easy to treat, and prompt deworming can prevent serious problems. **However, the deworming process can be unexpected for first-time dog owners.**

### WHEN TO DEWORM A PUPPY

To effectively control common worms, puppies should be dewormed every two weeks until they are 12 weeks old, then monthly until six months old. After six months, dogs should be dewormed every three months for optimal protection. It's also essential to deworm puppies whenever they exhibit signs or symptoms of a parasite infestation. Working closely with your veterinarian will ensure your puppy receives the best possible care and that parasites are eliminated quickly and completely.



## TREATMENTS FOR PUPPY WORMS

Fortunately, there are several broad-spectrum dewormers available that can eliminate multiple types of worms, protozoans, and other parasites. These medications make it easier to treat your dog and help them feel better quickly.

You can find dewormers at your local pet stores like Petco or Tractor Supply, and are relatively inexpensive. When deworming your puppy, it's essential to keep your veterinarian informed and follow the package directions explicitly to ensure safe and effective treatment.

## WHAT TO EXPECT AFTER TREATMENT

After deworming a puppy, you may not notice immediate visible signs that the worms or parasites are gone. However, your puppy may exhibit some temporary side effects, such as:

- 🐾 Vomiting
- 🐾 Diarrhea
- 🐾 “Butt scooting” (dragging their rear end on the ground)
- 🐾 Loss of appetite

These symptoms are usually mild and short-lived. After administering deworming medication, the adult worms and protozoans in your puppy's intestines are killed, releasing their grip on the intestinal tract. The dead parasites are then expelled through the anus, starting the recovery process.

## First Few Hours of Deworming Treatment

After administering deworming medication to your dog, it's essential to monitor their behavior and health. Here are some key points to keep in mind:

- 🐾 **Vomiting:** Dogs may vomit after taking oral medication, so keep an eye on your pet for 2-3 hours after giving them the deworming tablet.
- 🐾 **Re-administering medication:** If your dog throws up the tablet whole, wait for them to settle down before giving them the medication again.
- 🐾 **Puppies and sensitive dogs:** If your dog is a puppy or has a history of eating too quickly and getting sick, be extra vigilant for vomiting and other adverse reactions.
- 🐾 **Consult your vet:** Remember to consult with your veterinarian before administering any deworming medication to ensure the best results for your dog.

## After a Few Days of Deworming Treatment

After deworming treatment, it's not uncommon to still find live worms in your dog's stool. This can be a disturbing sight, but it's a normal part of the deworming process. For a few days after treatment, you might notice dead worms in your dog's feces, or your dog may experience diarrhea as the dead worms are digested. Despite what you might see in their stool, most dogs will act normally after being dewormed, and their behavior should return to usual within a short period. It's essential to continue monitoring your dog's health and stool after deworming treatment to ensure the medication is working effectively and to catch any potential issues early on.

## PRO TIP: SUPPORT YOUR PUPPY'S GUT HEALTH WITH PROBIOTICS

Adding a probiotic supplement to your puppy's deworming regimen can be a great way to support their overall health and well-being. Since some worming medications can disrupt the balance of good bacteria in your puppy's digestive tract, a probiotic supplement can help replenish the beneficial bacteria and ensure that your puppy is able to digest their food properly. This can be especially important for puppies, who may be more susceptible to digestive issues due to their developing gut microbiome. By providing a probiotic supplement, you can help your puppy recover smoothly from the deworming treatment and reduce the risk of any adverse reactions. As always, be sure to consult with your veterinarian before giving your puppy any supplements to determine the best course of action for their specific needs.



## Heartworm Prevention

Heartworm disease is a serious and potentially life-threatening condition that affects dogs and other animals. It is caused by a parasitic worm called *Dirofilaria immitis*, which is transmitted through the bite of an infected mosquito. When an infected mosquito bites a dog, it injects the larvae into the dog's bloodstream, where they migrate to the heart and lungs and mature into adult worms. These adult worms can grow up to 12 inches long and live for 5-7 years, causing damage to the dog's heart, lungs, and blood vessels. If left untreated, heartworm disease can lead to severe symptoms such as coughing, fatigue, weight loss, and difficulty breathing, and can even be fatal.

At Paws Rescue League, we prioritize heartworm prevention to ensure the health and well-being of our dogs. The date of your dog's last Heartworm Test (HWT) is essential information that can be found in your dog's Medical Record, which provides a comprehensive overview of their recent veterinary care through Paws Rescue League. Additionally, refer to their Health Certificate, an official document confirming their health status.

We adhere to a strategic heartworm testing policy due to the parasite's life cycle. Dog under 28 weeks old are not tested, while those 7 months and older undergo testing prior to receiving a Health Certificate and transport. Our testing methods include snap tests for rapid results and 4DX antigen tests to detect not only heartworms but also multiple tick-borne illnesses such as Lyme, Anaplasma, and Ehrlichia. Dogs testing positive receive immediate treatment with a 6-month course of medication and ongoing care in Tennessee until cleared for transport. Dogs with negative test results receive monthly preventatives, such as Simparica Trio or Milbeguard, and a Health Exam Certificate for travel. Our testing and treatment protocols follow American Heartworm Society standards. This rigorous testing and treatment protocol enables us to provide healthy dogs to adoptive families.

If your adopted dog tests positive for Heartworms, Lyme, Anaplasma, or Ehrlichia, Paws Rescue League will support you through social media fundraising posts and recommendations for experienced veterinarians in your area for heartworm treatment. However, please note that, as stated in the adoption contract, we do not provide financial assistance for these treatments post-adoption.

Despite this, we remain committed to your dog's health and well-being. Our team is available to explain heartworm and tick-borne illnesses, discuss testing protocols, and provide guidance on treatment options and prevention. We prioritize educating and supporting you to ensure your dog receives the best possible care.

To protect your dog's health, it's crucial to continue regular heartworm tests through your veterinarian and maintain monthly preventatives. Schedule annual heartworm tests, typically during routine check-ups or wellness exams, to detect any potential issues. Additionally, administer monthly heartworm preventatives, such as Simparica Trio, or Milbeguard, as prescribed by your veterinarian.

Regular testing and preventatives are vital because heartworm disease can be fatal if left untreated. Moreover, tick-borne illnesses like Lyme disease, Anaplasma, and Ehrlichia pose significant health risks. By prioritizing regular testing and preventatives, you'll safeguard your dog's health and well-being.

To keep your new dog happy and healthy, remember to administer monthly preventatives to protect them from ticks, fleas, and parasites. It is crucial to be aware of the risks of heartworm disease, especially in regions with high mosquito populations, and to take extra precautions during peak mosquito season. Consult with your veterinarian to discuss heartworm prevention and testing tailored to your dog's specific needs. They'll provide expert guidance and recommendations.



## Interacting Safely with Dogs

Dogs are unique individuals with their own personalities, likes, and dislikes, and behavior, just like humans. Each dog will react differently to people, places, and other animals, and it's essential to be aware of their body language to avoid any potential conflicts.

All dogs are capable of biting, but the point at which a dog will bite varies from one dog to another, with some having a high threshold and others having a low threshold. Most dog bites are not the result of aggression, but rather fear, frustration, or over-arousal, and can be triggered by stress and irritability, just like in humans. Watch their body language to ensure a smooth transition and a harmonious home environment.

### APPROACHING DOGS IN A SAFE MANNER

Human body language – how you position/hold your body and approach – is very important and can influence a dog's behavior.

- 🐾 Present your side to the dog — not your front — from a standing or squatting position.
- 🐾 Don't lean over the dog.
- 🐾 Let the dog come to you rather than approaching the dog or pulling it towards you with a leash.
- 🐾 Don't rush towards the dog. If you have to approach, approach in a slow manner, walking in an arc towards the dog instead of a straight line, and presenting your side instead of frontally.
- 🐾 Avoid direct eye contact (don't stare the dog in the eyes).
- 🐾 Don't reach your hand out towards the dog or reach over its head.
- 🐾 If you go to pet, pet the chest or the side. Many dogs do not like their heads being touched, especially the head patting/reaching that many people are prone to.
- 🐾 Talk in a friendly, calm voice. Avoid loud or excited outburst that may startle the dog.

When interacting with a dog, it's essential to consider their personal space and boundaries, just as you would with a human. A good rule of thumb is to ask yourself, "Would I be okay with a stranger doing this to me?" If the answer is no, it's likely that the dog won't appreciate it either. By treating dogs with the same respect and courtesy that you would want for yourself, you can help build trust and ensure a safe and positive interaction.

## TALKING DOG

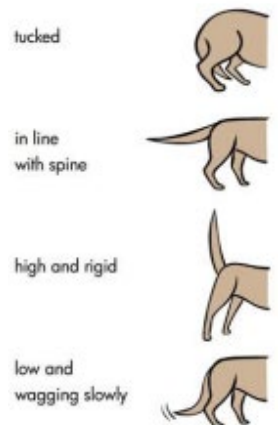
### FEARFUL / ANXIOUS / STRESSED



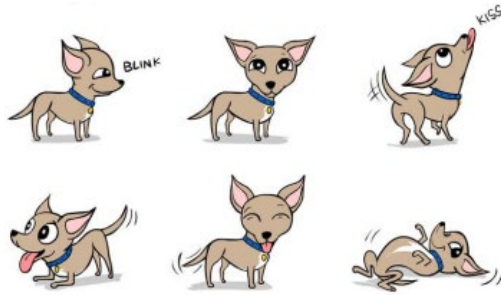
If not read correctly, stress, anxiety and fear often lead to behavior commonly termed "aggressive", as the dog attempts to make it clearer that they are uncomfortable: raised hackles are a sign of fear.



### TAIL POSITIONS



**CONTENT / HAPPY / SOCIAL**



**TAIL POSITIONS**

relaxed



high and wagging quickly



casually at 45 degrees



**JezRose**  
canine behaviour specialist

**THEIR BODY**



Pet dogs gently with one hand, collar to tail (not on the head).



Sit WITH dogs, not ON them.



**DON'T** dress up dogs



**DON'T** kiss, hug or pick up dogs.

**THEIR FEELINGS**



Learn what dogs are saying and listen when they need you.



Be kind. Do things dogs like.



**DON'T** yell, scare, hurt or tease dogs.



**DON'T** be bossy (or make dogs do things they don't want to).

**RESPECT**



Always invite dogs into YOUR space instead of going into theirs.



Walk away from dogs when they're in crates or resting anywhere.



Train and play with dogs using treats and toys.



Let grown ups know when they have something they shouldn't.



**DON'T** go up to dogs when they're eating or chewing.



**DON'T** put your face in dog's faces.



**DON'T** take anything from dogs...



...EVEN if it's yours! Ask a grown up for help.

**THEIR SPACE**

**THEIR STUFF**





## Introducing A Dog into Your Pack

By understanding our dogs' individual needs and personalities, and introducing them with care, we create a foundation for lasting happiness, harmony, and unforgettable moments with our beloved canine companions.

Allow time for your new dog to decompress in a quiet space before introducing them to your other dog(s). There's no need to rush introductions — let them adjust to their new surroundings, reduce stress and anxiety, and feel secure. Giving your new dog space to decompress sets the stage for a calm and successful introduction to your resident dog(s). Once they've settled, you can begin controlled, outside introductions on leashes.

### INTRODUCE ON NEUTRAL TERRITORY

- 🐾 When introducing dogs, a gradual and controlled approach ensures a peaceful interaction. Begin by walking them separately on leashes in a neutral outdoor area, using high-value treats for rewards. Keep a safe distance initially, allowing dogs to become familiar without provocation. Positively reinforce calm behavior with treats and praise. Gradually decrease the distance, monitoring behavior and adjusting as needed. For puppy introductions, use your yard or home with a gate/fence barrier, following the **“No Paws on the Ground”** rule. Gradually introduce the puppy, supervising interactions closely.

### PAY ATTENTION TO EACH DOG'S BODY LANGUAGE

- 🐾 Carefully monitor their body language for defensive or wary signs like raised hackles, bared teeth, growling, stiff-legged gait or prolonged stares. If you notice any of these, calmly intervene and redirect their attention. If they seem relaxed, gradually decrease the distance and reward calm behavior with treats, reinforcing positive interactions and ensuring a peaceful introduction.

### LET THE DOGS DETERMINE THE PACE OF THE INTRODUCTION

- 🐾 Patience is paramount. Allow them to set the pace, and don't force interactions. Some dogs may quickly become playmates, while others require more time to feel comfortable. Take it slow, respecting their boundaries, and prioritize gradual progression.
- 🐾 Once dogs are comfortable viewing each other up close, progress to walking them together, starting with one behind the other, then switching. If they remain calm, allow side-by-side walking. Finally, supervise their interaction closely. If either dog shows stress or agitation, slow the introduction process, prioritizing their comfort and safety.

### MONITOR CLOSELY IN THE HOME

- 🐾 When introducing a new dog to your household, always feed them separately from other pets, at least initially. This helps prevent food-related aggression, resource competition, and stress. Your new dog is adjusting to a new environment, people, and pets, and may feel protective of their food. Feeding separately reduces mealtime stress and anxiety, creates a safe eating space, and fosters positive associations with mealtime. Consider feeding in a quiet area until your new dog becomes comfortable with their surroundings. This simple precaution sets the state for a harmonious household.



## Introducing Your Dog to Small Children

When it comes to interacting with dogs, children often don't understand canine body language and behavior. Excitement can run high, but sudden movement and loud noises can frighten your new pet. To ensure a safe and positive experience for both children and dogs, it's essential to teach kids how to meet a dog on their level, such as getting down to the dog's level and letting the dog approach them. Have active conversations with your child about empathy and understanding their pet's feelings and needs is also vital. Help older children bond with their dog through supervised play, and on family walks. Additionally, setting family "Pet Rules" can help reinforce boundaries and acceptable behavior around pets. Consider family rules such as:

- 🐾 All hands on a pet should be slow and gentle.
- 🐾 Never play around a dog's food, chew toys, or on the dog's bed.
- 🐾 Never force a dog to do anything they don't want to. If the dog wants to get away, let them.
- 🐾 Avoid hugging the dog's neck or crowding them

### Remember to **PAWS**

**P**ause before approaching

**A**sk if you can pet

**W**ait for permission

**S**niff check by the dog

### **SOCIALIZE YOUR DOG**

- 🐾 Socializing your dog is vital, especially between 8-16 weeks old, to foster lifelong comfort and confidence. Introduce puppies to diverse people, situations, and children in a positive, gentle manner. For adult dogs, socialization should be slower and more cautious, with rewards and a safe retreat. Proper socialization reduces anxiety and aggression.

### **START TRAINING**

- 🐾 Training your dog is essential for ensuring children's safety. Teach basic commands like "sit," "down," and "stay" to redirect impulsive behaviors and encourage calm interactions. Consider professional training options, such as group classes or private sessions, to help your dog become well-behaved and responsive.

### **PRACTICE HANDLING EXERCISES**

- 🐾 Prepare your dog for physical affection and handling. Gently expose your dog to paw holding, gently tugging of the tail, hugging, and ear checking, rewarding calm behavior with praise and treats. Monitor for signs of fear or anxiety, and prioritize keeping children at a distance if necessary.

### **CRATE TRAIN YOUR DOG**

- 🐾 Crate training provides your dog a secure retreat, reducing stress and anxiety around children. Introduce the crate gradually, making it cozy and inviting. Establish clear rules, designating the crate off-limits to kids. Supervise interactions and respect crate time. This safe space allows your dog to recharge, feel secure and interact on its own terms, promoting harmony in your home.

### **DON'T FORCE ANYTHING**

- 🐾 Prioritize a safe and gradual approach. Avoid holding your dog while children pet it, as this can cause terror and aggression. Instead, allow your dog to become comfortable around kids at its own pace. Use positive reinforcement with praise, treats, and attention when your dog behaves calmly, teaching it that kids' presence means good experiences.



## Basics of Training

Puppies are highly receptive to training at a young age, and you can start teaching basic commands like 'sit' and begin potty training around 7-8 weeks old. However, it's crucial to prioritize their health and safety by waiting until they've completed their vaccination series, typically around 16-17 weeks old, before taking them to puppy classes or exposing them to public areas where they may be at risk of contracting deadly illnesses.

To train your dog effectively and without causing them unnecessary stress or anxiety, follow these simple guidelines. Be positive and reward good behavior, and be consistent in using the same commands and signals. Train in short, patient sessions, using treats, praise, and affection as rewards. Most importantly, keep training fun and enjoyable for your dog, avoiding punishment, confusion, and stress. By doing so, you'll create a positive and productive training experience for your dog.

DO'S	DON'T'S
Do start training early.	Don't use punishment.
Do use positive reinforcement.	Don't yell or get frustrated.
Do keep training sessions short and fun.	Don't train when your dog is tired or distracted.
Do be consistent with commands.	Don't confuse your dog with different words for the same command.
Do reward good behavior immediately.	Don't delay rewards.
Do practice regularly.	Don't skip training days for long periods.
Do be patient and calm.	Don't expect instant results.
Do use clear and simple commands.	Don't use long or complicated phrases.





# Crate Training

Crate training is a valuable tool for dog owners, offering benefits like easier supervision, prevention of mischief, and housetraining assistance. However, it's essential to introduce the crate gradually, over several weeks or more, considering your dog's age, temperament, and previous experiences. Young dogs, in particular, have limited bladder and bowel control, requiring alternative safe spaces when you're unavailable. By understanding these factors and adjusting crate time accordingly, you'll set your dog up for successful crate training and a lifetime of positive habits.

## Step 1: Introduce your dog to the crate

- 🐾 To introduce your dog to a crate, start by placing it in a high-traffic area like the family room or kitchen. Add a soft sleeping blanket or towel to make the space inviting. Next, bring your dog to the crate, speaking in an excited and happy tone of voice. Be sure to securely fasten the crate door open to prevent accidental closure, which could frighten your dog.
- 🐾 Drop treats around the crate, starting just inside the door and gradually moving them all the way inside. This will entice your dog to follow the treats and explore the crate. Remember to let your dog enter the crate at their own pace, and don't force them if they're hesitant.
- 🐾 If your dog isn't motivated by food, try tossing a favorite toy into the crate instead. This process can vary in duration, taking anywhere from a few minutes to several days. Be patient and consistent, and your dog will learn to feel comfortable and confident entering the crate.

## Step 2: Feed your dog in the crate

- 🐾 To further strengthen your dog's positive association with the crate, incorporate mealtime into the training process. Begin by feeding your dog near the crate, then gradually move their dish closer to the back of the crate with each meal. As your dog becomes comfortable eating inside the crate, you can close the door while they're eating.
- 🐾 First, start by releasing them immediately after finishing their meal, praising them, and letting them out. Gradually increase the time they spend in the crate after meals, up to 10 minutes. If your dog begins to whine, it may be a sign that you've increased the time too quickly, so try a shorter duration next time. It's essential to release your dog from the crate when they're calm and not whining or barking, as releasing them while they're vocalizing can create unwanted associations.

## Step 3: Extend time in the crate

- 🐾 Once your dog is comfortably eating meals in the crate without showing any signs of fear or anxiety, you can begin confining them there for short periods while you're at home. To make this process smooth, establish a command like "crate" to signal your dog to enter. You can encourage them to do so by pointing to the inside of the crate with a treat in your hand.
- 🐾 Reward them with a treat and close the door once they enter the crate. Sit quietly near the crate for 5-10 minutes, then leave the room for a few minutes. When you return, sit quietly again for a short time before releasing your dog. Repeat this process several times a day, gradually increasing the duration your dog spends in the crate and the time you're out of sight. Once your dog can calmly remain in the crate for about 30 minutes, you can begin leaving them crated for short periods when you're away, and even letting them sleep there at night.

## MANAGING WHINING

If your dog whines or cries while in the crate at night, it can be challenging to determine whether they need to be let out of the crate or if they need to eliminate. Initially, try ignoring the whining for several minutes, as your dog may stop if they're just testing boundaries. If the whining persists, repeat the phrase you've associated with going outside to eliminate. If your dog responds and becomes excited, take them outside for a quick, purposeful trip, avoiding playtime to help them settle back into the crate.

If you're convinced that your dog doesn't need to eliminate, it's essential to ignore the whining completely. Responding to the whining, even if it's to punish the behavior, can inadvertently reinforce it, as your dog is getting attention from you. Be prepared for the whining to worsen before it improves, as your dog may initially increase the whining in an attempt to get a reaction. If the problem becomes unmanageable, you may need to restart the crate training process from the beginning to establish a stronger foundation.

**Avoid yelling or pounding on the crate, as this can create negative associations and lead to anxiety. Refrain from giving in when the whining or behavior gets worse. Additionally, never use the crate as a punishment for bad behavior.**



# House Training

Whether you're housetraining a puppy or an adult dog, these simple guidelines will help you get started.

## **SCHEDULE REGULAR POTTY BREAKS**

- 🐾 To establish a consistent potty routine, take your dog outside on a leash once an hour. Stay outside with your dog until they use the bathroom, which may take 5-10 minutes. When your dog goes to the bathroom, be sure to praise them and give them a treat to reinforce good behavior.

## **SUPERVISE OR CONFINE**

- 🐾 It's crucial to supervise your dog at all times, especially during the training process. A hands-free leash is a great tool for keeping an eye on your dog while still having your hands free. When you can't supervise your dog, crating them in a kennel is an effective way to prevent accidents and reinforce good habits.

## **YOUNG PUPPIES**

- 🐾 When crating a young puppy, it's essential to consider their age and bladder control. A general rule of thumb is to crate your puppy for a maximum of their age in months plus one. For example, a three-month-old puppy can be crated for up to four hours. If you need to leave your puppy alone for longer periods, create a dog-safe environment, such as a small bathroom or kitchen, or an exercise pen with a crate, water, toys, and a designated potty area.
- 🐾 While containing your dog's messes to a specific area can be convenient, it's essential to remember that this approach can actually delay the process of teaching your dog to use the bathroom outside. By allowing your dog to use the bathroom inside, even in a designated area, you may prolong the outdoor training process.

## **INTERRUPT, DON'T PUNISH**

- 🐾 When dealing with accidents during housetraining, it's essential to approach the situation in a positive and constructive manner. Avoid punishing your dog for mistakes, including yelling "No!", as this can lead to fear and teach them to hide their accidents. Instead, if you catch your dog having an accident, interrupt them by gently clapping your hands and saying "Outside!", then immediately take them to the designated potty area. If you discover a mess after the fact, simply clean it up without making a fuss and make sure to confine your dog when unattended to prevent future accidents.

## **REWARD APPROPRIATE BEHAVIOR**

- 🐾 To reinforce good potty habits, it's essential to reward your dog immediately after they eliminate outside. Always bring treats when taking your dog out to go potty, and keep them on a leash to ensure they're close to you. As your dog is going potty, verbally praise them, and the moment they finish, reward them with a treat. Timing is crucial, as you want your dog to associate the reward with eliminating outside, not with coming back inside.

## **CLEANING UP A MESS**

- 🐾 To prevent repeat accidents in the same spot, it's crucial to thoroughly clean up messes using an enzyme-based cleaner, such as Nature's Miracle. These cleaners break down organic matter, eliminating lingering scents and residue that might attract your dog to the same spot again. By removing these triggers, you can help your dog forget the area and reduce the likelihood of repeat accidents.



# Separation Anxiety

Separation anxiety is a prevalent behavioral issue in dogs, characterized by distress and anxiety when left alone. Unfortunately, there is no quick fix, and treatment requires time, consistency, and patience.

## COMMON SYMPTOMS OF SEPARATION ANXIETY

### Urinating and Defecating

If your dog urinates or defecates when you're with them, it's likely not related to separation anxiety. However, if your dog only soils the house when left alone or separated from you, it could be a sign of separation anxiety.

### Barking and Howling

A common sign of separation anxiety is persistent barking or howling that appears to be triggered solely by being left alone, with no apparent external stimulus.

### Chewing, Digging and Destruction

Often times a dog may exhibit destructive behaviors when left alone, such as chewing on objects, digging at doors and doorways, and destroying household items. These behaviors can result in self-injury, including broken teeth, cut and scraped paws, and damaged nails. Notably, these destructive behaviors typically only occur when the dog is not in your presence.

### Pacing

While some dogs may show signs of destructive behaviors, others may pace back and forth in a fixed pattern, either in circular motions or straight lines.

### Coprophagia

Some dogs may engage in coprophagia, or the consumption of their own feces, when left alone or separated from their owners due to separation anxiety.

## TREATMENT APPROACHES

### A Critical Component of Desensitization

Desensitization is a process that helps your dog become comfortable with situations or stimuli that previously triggered anxiety or fear. The key to successful desensitization is gradual exposure to the fear stimulus, starting from a low-intensity version that doesn't provoke a fearful response.

### Why Full-Blown Exposure Must Be Avoided

If your dog is exposed to the full intensity of the feared stimulus, it can have the opposite effect of desensitization. Instead of becoming calmer and more comfortable, your dog may become more anxious and fearful. This is because the intense exposure can reinforce the association between the stimulus and the fear response.

### To Crate or Not to Crate

Crate training can be a valuable tool for some dogs, providing a sense of security and calm when left alone. However, for other dogs, the crate can exacerbate stress and anxiety. To determine whether crate training is suitable for your dog, carefully monitor their behavior during training and when left alone in the crate while you're still at home.

If crate training isn't suitable for your dog, consider confining them to a single room behind a baby gate. This can provide a sense of safety and security without the added stress of a crate.



While some cases may necessitate strong behavior-altering medications, here are some strategies to help soothe your dog's separation anxiety:

- 1. Gradual Separation:** Start by leaving your dog alone for short periods, such as 5-10 minutes, and then gradually increase the duration over several days or weeks. Consistency is key, so stick to a schedule to help your dog feel secure. Avoid suddenly leaving your dog alone for extended periods, as this can undermine progress and create more anxiety.
- 2. Creating a Safe Place:** It's essential to create a comfort zone, a cozy and familiar spot where they can retreat. This designated area can be their crate, a specific room, or a quiet space with their bed, toys, and a piece of your clothing to provide reassurance.



- 3. Provide Mental Stimulation:** Engaging your dog's mind with puzzle toys and treat-dispensing games can be an effective way to distract them from your departure. By keeping them busy and stimulated, you can reduce their focus on your absence and alleviate separation anxiety. These interactive toys challenge your dog to figure out how to get a treat, providing mental stimulation and a sense of accomplishment, while also keeping them occupied and calm.
- 4. Exercise and Physical Activity:** Providing your dog with ample physical stimulation before leaving the house is essential for their emotional well-being. A good walk or a game of fetch can help them burn off energy and feel more relaxed.



- 5. Removing Negative Associations:** To help your dog break the association between pre-departure cues and your departure, practice these actions without actually leaving. Identify the specific cues that trigger your dog's anxiety, such as putting on shoes or grabbing keys, and then perform these actions randomly throughout the day while staying home. By doing so, you'll help your dog become desensitized to these cues.
- 6. Desensitize Your Departure and Return:** Minimizing emotional goodbyes and hellos can help your dog feel more at ease. Keep your departures and arrivals calm and neutral. This means avoiding prolonged farewells, enthusiastic greetings, and emotional displays, and instead, maintaining a calm and composed demeanor when interacting with your dog.



- 7. Consider Professional Help:** if your dog's separation anxiety persists despite trying the above steps, consider seeking professional help from a certified animal behaviorist. They can provide personalized guidance and help you develop a customized training plan. In severe cases, behavior-modifying medications like Fluoxetine may be necessary. While it may seem daunting, these medications can be highly effective in managing your dog's anxiety and improving their quality of life.

## WHAT NOT TO DO IF YOUR DOG BECOMES DISTRESSED

When dealing with anxious behaviors in your dog, it's essential to approach the situation with empathy and understanding. Avoid punishing or scolding your dog, as this can exacerbate the issue and lead to increased stress and anxiety. Instead, focus on addressing the underlying causes of the anxiety and utilize the tools above to help your dog develop coping mechanisms and reduce anxious behaviors.

## Reducing Barking and Destructive Behavior

These sorts of behaviors can be very difficult to deal with as you will need to be very consistent and patient. Destructive behavior can encompass several different forms of behaviors but the treatment is pretty much the same for all.



1

### Why?

Understanding the underlying reason behind your dog's barking or acting out is crucial to addressing the behavior effectively. By identifying the root cause, whether it's boredom, anxiety, attention seeking, or a medical issue, you can tailor your approach to meet your dog's specific needs.



2

### Stimulation

Providing mental and physical stimulation is key to keeping your dog happy, healthy, and well-behaved. By engaging your dog in activities that challenge their mind and body, you can help alleviate boredom and anxiety, common triggers for destructive behavior. Whether it's a walk, run, puzzle toy, or playtime, keeping your dog stimulated can help strengthen the bond between you and your dog, and leave you with a happy, tired pup.

3

### Calm and "Quiet"

Training your dog to respond to the "quiet" can be a highly effective way to manage excessive barking. To start, choose a quiet area with minimal distractions and calmly say "quiet" when your dog begins barking. As soon as they stop, reward them with treats, praise, or affection. Consistency is key, so ensure everyone in the household is using the same command and reward system.

4

### Watch YOUR behavior

To address attention-seeking barking, it's essential to avoid rewarding the behavior. Instead, ignore your dog when they bark for attention, and wait until they're quiet before giving them attention or a treat. By doing so, you'll teach your dog that calmness is more rewarding than barking.

The basis of dealing with destructive behavior is trying to identify the cause of the behavior and then removing that cause. Again, providing mental and physical stimulation is one of the best things you can do and is often the most overlooked.





# Heatstroke- Prevention & Treatment

Heatstroke is a life-threatening condition that occurs when a dog's body temperature becomes excessively high, often due to excessive exercise on a hot day. Prevention is key to keeping your furry friend safe. Here are some heatstroke prevention tips:

## GENERAL PRECAUTIONS

- 🐾 **Avoid exercise during peak heat:** Refrain from exercising your dog during the hottest part of the day (usually between 11am and 3pm).
- 🐾 **Provide adequate shade:** Ensure your dog has access to shade, especially during outdoor activities.
- 🐾 **Keep your dog hydrated:** Provide plenty of fresh water to prevent dehydration.

## ENVIRONMENTAL PRECAUTIONS

- 🐾 **Keep your home cool:** Use air conditioning or fans to keep your home at a comfortable temperature.
- 🐾 **Avoid leaving your dog in a hot vehicle:** Never leave your dog unattended in a vehicle, as temperatures can quickly become deadly.
- 🐾 **Provide a cool place to rest:** Ensure your dog has a cool, quiet place to rest.

## BREED-SPECIFIC PRECAUTIONS

- 🐾 **Brachycephalic breeds:** Dogs with short noses (e.g., Pugs, Bulldogs) are more susceptible to heatstroke. Take extra precautions to keep them cool.
- 🐾 **Dark-Coated dogs:** Dogs with dark coats absorb more heat. Provide extra shade and cooling measures.

## MONITORING AND EMERGENCY PREPAREDNESS

- 🐾 **Monitor your dog's behavior:** Watch for signs of heatstroke, such as excessive panting, drooling, and lethargy.
- 🐾 **Have a cooling plan in place:** Know how to cool your dog down quickly and safely in case of an emergency.

**Dogs don't sweat like we do, so they rely on panting to stay cool. If they overheat, heatstroke can set in fast—know the signs and act quickly!** Symptoms of heatstroke include:

- |                            |            |                |
|----------------------------|------------|----------------|
| 🐾 Excessive panting        | 🐾 Drooling | 🐾 Restlessness |
| 🐾 Dark red gums and tongue | 🐾 Vomiting | 🐾 Diarrhea     |
| 🐾 Lethargy                 | 🐾 Collapse | 🐾 Seizures     |

If you suspect heatstroke, immediately seek veterinary attention if possible. If not, here are some steps to take at home:

## MOVE TO A COOLER AREA

- 🐾 Bring your dog indoors or to a shaded area immediately.

## COOL DOWN GRADUALLY

- 🐾 **Apply cool (not ice-cold) water:** Use towels soaked in cool water and place them on your dog's head, neck, armpits, and groin. Applying ice or ice-cold water can constrict blood vessels and impede cooling. Once you have cooled them down, get them to a vet ASAP.
- 🐾 **Use a fan:** Position a fan to blow on your dog to increase the cooling effect.

## OFFER COOL WATER

- 🐾 Let your dog drink small amounts of cool water, but do not force it if they are not alert enough to drink.



## Performing CPR on a Dog

Learning pet CPR is a vital skill for any responsible pet parent. By knowing how to perform CPR, you can be prepared for emergencies and potentially save your pet's life. It's a powerful way to show your love and care for your furry friend, and it's easier to learn than you think.

### BEFORE YOU START

AIRWAY	BREATHING	CIRCULATION
<b>Is their airway clear?</b> Pull their tongue forward and look down their throat to see if anything is blocking it. If there is try to get behind it and remove it.	<b>Are they breathing?</b> Gently place your hand on their chest to feel for movement, and put your ear near their nostrils to detect air movement. If your pet is breathing, don't start CPR – instead, call your vet straight away.	<b>Do they have a heartbeat?</b> Place your fingers on the left side of their chest, just under the elbow, or on the inside of their upper thigh. If they have no heartbeat start CPR. If you feel a heartbeat, call your vet straight away.

### PERFORMING CPR

#### 1. Position Your Dog

- 🐾 Place your dog on its right side on a firm surface.
- 🐾 Or if it is a very flat-chested breed (e.g. Bull Dog), put them on their back.

#### 2. Place Your Hand(s) Over Their heart

- 🐾 **Small dogs (<30 lbs):** Use one hand to compress the chest just above the heart.
- 🐾 **Medium to large dogs:** Use both hands, one on top of the other, over the widest part of the chest.
- 🐾 **Deep-chested dogs (e.g., Greyhounds, Great Danes, Pointers):** Sit behind them and interlock both hands directly over their heart.
- 🐾 **Barrel-chested dogs (e.g., Bulldogs):** Place hands directly over the sternum.



Photo courtesy from: PDSA

### 3. Give 30 Compressions

- 🐾 For very small dogs, squeeze your hand. For all others, keep your arms straight and use your body weight to press the chest down about 1/3 to 1/2 the width of the chest.
- 🐾 Allow the chest to fully expand again after each compression.
- 🐾 “Stayin’ Alive” by Bee Gees beat

### 4. Give two breaths

- 🐾 Extend the head and neck to straighten the airway.
- 🐾 Close your dog’s mouth and place your mouth over its nose.
- 🐾 Give 2 breaths, watching for the chest to rise. Each breath should last about 1 second.



Photo courtesy from: PDSA

### 5. Repeat

- 🐾 Alternate 30 chest compressions with 2 rescue breaths.
- 🐾 Continue for 2-minute cycles, then check for breathing and a pulse.

### 6.



**Heartbeat** → Go to the veterinarian immediately – call them to let them know you’re coming.



**No heartbeat** → Continue CPR and start traveling to a vet – call them to let them know you’re coming.

## Toxic Foods for Dogs



- 🐾 Chocolate
- 🐾 Grapes and raisins
- 🐾 Xylitol (artificial sweetener)
- 🐾 Alcohol
- 🐾 Avocado
- 🐾 Macadamia nuts
- 🐾 Caffeine (coffee, tea, energy drinks)
- 🐾 Raw dough (yeast)
- 🐾 Cooked bones
- 🐾 Fat trimmings and fried foods
- 🐾 Raw eggs, meat, or fish
- 🐾 Salt and salty snacks
- 🐾 Nutmeg

**Many human foods can be harmful to dogs. When in doubt, check with your vet to keep your pets safe!**










INGREDIENT	TOXIC QUANTITY	SYMPTOMS
<b>CHOCOLATE</b>	<b>A small piece of chocolate ingested by a small dog can cause toxicity.</b> The exact dosage is difficult to determine.	It can cause vomiting, diarrhea, restlessness, and in severe cases, tremors or heart issues.
<b>GRAPES AND RAISINS</b>	There is no known safe amount; some dogs can ingest even a small amount and suffer severe reactions, while others may be unaffected.	Vomiting and tiredness are early signs. It can progress to kidney failure. See your vet ASAP.
<b>ONIONS, GARLIC, AND CHIVES</b>	<b>Around 0.5% of the dog's body weight</b> in onions or garlic can cause toxicity.	These can damage your dog's red blood cells, leading to anemia. Symptoms include weakness, pale gums, and tiredness.
<b>XYLITOL (ARTIFICIAL SWEETENER)</b>	<b>As little as 0.1 oz per pound of body weight</b> can cause a dangerous drop in blood sugar.	Xylitol causes a rapid drop in blood sugar and can lead to seizures or liver failure. Symptoms start quickly, so this can quickly become a medical emergency.
<b>ALCOHOL</b>	Dosages may vary depending on alcohol type.	Even small amounts can cause vomiting, coordination issues, and slow breathing.
<b>AVOCADO</b>	Ingestion of large amounts of flesh or pit can be toxic. The level of toxicity varies between animals.	Avocado can upset your dog's stomach, causing vomiting or diarrhea. The pit is a choking hazard.
<b>MACADAMIA NUTS</b>	About 2-6 macadamia nuts per pound of body weight can cause symptoms, but reactions vary.	These can cause weakness, vomiting, fever, and tremors. Symptoms show up within 12 hours.
<b>CAFFEINE (COFFEE, TEA, ENERGY DRINKS)</b>	<b>20 mg of caffeine per pound of body weight</b> is enough to cause toxicity (1 cup of instant coffee contains 30-90mg caffeine).	Caffeine overstimulates dogs, causing restlessness, rapid breathing, tremors, or seizures. It's more dangerous for them than us.
<b>COOKED BONES</b>	All cooked bones are dangerous, as they can splinter and cause harm.	Blockages, choking, tears in the digestive tract, or broken teeth.
<b>DAIRY PRODUCTS</b>	Generally non-toxic in small amounts, but many dogs are lactose intolerant.	Diarrhea, bloating, and gas.
<b>FAT TRIMMINGS AND FRIED FOODS</b>	Consuming large amounts can lead to pancreatitis.	Vomiting, diarrhea, pancreatitis, and obesity.
<b>RAW EGGS, MEAT, OR FISH</b>	Consuming large quantities of raw food increases the risk of bacterial or parasitic infections.	Risk of Salmonella or E. coli infection, biotin deficiency (from raw egg whites), and risk of parasites.
<b>SALT AND SALTY SNACKS</b>	<b>Salt should not be added to your pets diet.</b> Ingestion of 1 gram of salt per pound of body weight can cause toxicity.	Vomiting, diarrhea, excessive thirst, urination, seizures, and even kidney damage.
<b>NUTMEG</b>	<b>Nutmeg contains a compound called myristicin, which is toxic to dogs.</b> As little as ½ teaspoon of nutmeg can be toxic, depending on the dog's size.	Hallucinations, increased heart rate, seizures, and disorientation.
<b>RAW DOUGH (YEAST)</b>	A small amount of raw dough can expand in the stomach, causing severe issues. 1 teaspoon for a small dog can be harmful.	Bloating, pain, vomiting, alcohol poisoning (due to fermentation), and potentially life-threatening gastric dilation-volvulus (GDV).



## Healthy Foods You Can Add to Your Pet's Diet

The importance of gut health extends beyond humans to our furry friends as well. A healthy gut microbiome plays a crucial role in boosting digestion, increasing energy, and supporting immunity in pets. By incorporating whole, microbiome-friendly foods into their diet, you can promote a balanced gut and overall well-being.

	<b>Pumpkin</b>	Essential for digestion and fiber support, especially for dogs prone to diarrhea or constipation.
	<b>Blueberries</b>	Key for boosting antioxidants and supporting long-term cellular health.
	<b>Cooked Salmon or Fish Oil</b>	Vital for omega-3 fatty acids, which support skin, coat, brain, and joint health.
	<b>Sweet Potatoes</b>	Excellent source of digestible carbohydrates and vitamins for energy and immune support.
	<b>Carrots</b>	Great for dental health and as a low-calorie treat, although not critical.
	<b>Green Beans</b>	Helpful for weight management but not universally necessary.
	<b>Plain Greek Yogurt</b>	Provides probiotics for gut health, especially valuable if your dog has digestive issues or has been on antibiotics.

**As always, consult with your veterinarian before making any significant changes to your pet's diet.**



## Plant Guide for Pet Owners

### POISONOUS PLANTS

- Daffodil
- Easter Lily
- Sago Palm
- Star Gazer Lily
- Tiger Lily
- Azalea
- Castor Bean
- Cyclamen



### TOXIC PLANTS

- Aloe
- Pansy
- Geranium
- Cosmos
- Bougainvillea
- Plumbago
- Iris
- Fleabane
- Chrysanthemum
- Begonia
- Peace Lily
- Hibiscus
- Dumb cane
- Calla Lily
- Poinsettia
- Mother-In-Law Tongue
- Gardenia
- Coleus
- Bird of Paradise
- Pinks (Dianthus)
- Hydrangea
- Elephant ear
- Carnation
- primrose



### PET-FRIENDLY PLANTS

- Orchids
- Haworthia
- Spider Ivy
- Echeveria
- Banana Palm
- Friendship Plant
- Boston ferns
- Prayer plants
- Burrow's Tail
- Ponytail Plant
- Bamboo
- Christmas Cactus
- African violets
- Parlour Palm
- Nerve Plant
- Peperomia Plants
- Areca Palm
- Gerbera Daisy





## Should Your Pet Become Lost

Losing a pet can be a stressful experience, but there are several steps you can take to increase the chances of being reunited with your furry friend. Here's a checklist to help you find your lost dog:

### Immediate Action

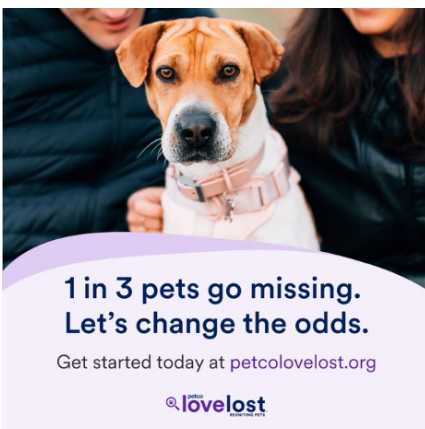
- 🐾 Place a blanket, or article of clothing that smells like you near your door or garage.
- 🐾 Leave food and water outside: Leave your dog's favorite food and water outside your home, in case it returns while you're away.
- 🐾 Search the neighborhood: Immediately start searching the surrounding areas, including nearby parks, streets, and trails.
- 🐾 Contact family and friends: Inform your family and friends about your lost dog and ask for their help in searching. Instruct everyone that is helping not to call or chase your dog: This can scare them more! Even a friendly face can be confusing to them when they are in survival mode. Ask them to contact you with any sightings.
- 🐾 Check with local shelters & veterinarians: Reach out to local animal shelters, animal control, and humane societies to report your dog missing. Inform local veterinarians and animal hospitals about your lost dog, in case someone brings it in.

### Online Resources

- 🐾 Post on social media: Share a post on Facebook, Twitter, and other social media platforms with a recent photo of your dog, its breed, size, color, and any distinctive features.
- 🐾 Lost pet websites: Listing your dog on lost pet websites such as Petestablished, Petco Love Lost, Paws Boost can help spread the word and reach a wider audience. Additionally, contacting local non-profit dog recovery groups can provide valuable assistance. These organizations often have a network of volunteers and resources that can aid in locating your dog.
  - CT Dog Gone Recovery (Connecticut)
  - Granite State Dog Recovery (New Hampshire)
  - Rhode Island Canine Search & Rescue (Rhode Island)
  - Massachusetts Lost Dog Recovery (Massachusetts)
  - New York Lost Dog Association (New York)
- 🐾 Microchip registry: Contact the microchip registry to report your dog missing.

### Community Involvement

- 🐾 Distribute flyers: Create flyers with your dog's photo and description, and distribute them in the neighborhood, local pet stores, veterinary clinics, and other public areas.



**Paws Rescue League Inc. has partnered with Petco Love Lost to reunite lost pets with their families!** This innovative platform uses photos to identify missing dogs and cats in a national database of over 170,000 animals. Create and share digital lost pet alerts on social media and email to spread the word. Visit Petco Love Lost's website for more information: [www.petcolovelost.org](http://www.petcolovelost.org)

Register your pets for **FREE** today to help ensure they make their way back to you if they ever go missing in the future.





## Microchip

As you start this new journey with your adopted dog, we want to assure you that we have taken every step to ensure their safety and well-being. As part of our adoption process, we register each dog's microchip upon adoption, providing a permanent and secure way to identify your pet. We pay for the initial registration of your pet's chip. It is a one-time lifetime registration that is good for the life of your pet. There are no additional fees to you to maintain or update your contact information. By registering your dog's microchip, we are providing an added layer of protection and security for your new furry friend. This means that if your dog ever becomes lost, the microchip can be scanned and their information can be retrieved, increasing the chances of a happy reunion.

### HOW THE PETSTABLISHED REGISTRY WORKS

No matter what manufacturer your pet's chip came from, you are able to register the chip in the Petstablished microchip registry (I.E. If it's a Home Again chip or pet safe you can still register the chip and it will show up in the registry if your pet goes missing). Once a chip is registered in the Petstablished database, if the pet gets lost, whoever finds the pet will be able to look up the chip number and find the owner's information on the Petstablished website at [https://www.petstablished.com/microchip\\_search](https://www.petstablished.com/microchip_search).

We are also a participating registry with the American Animals Hospital Association (AAHA), the largest centralized database for pet microchip lookup in the country. What this means is that any chip registered in our database will also show up in a search on [petmicrochiplookup.org](http://www.petmicrochiplookup.org) as a chip that is registered with Petstablished. This makes it much easier for someone to find the pet's owner if a pet is lost and the pet is registered with Petstablished. For more information, please visit [http://www.pet-microchiplookup.org/participating\\_companies.aspx](http://www.pet-microchiplookup.org/participating_companies.aspx).

### WHAT DO YOU HAVE TO DO?

Once your adoption has been finalized, you'll receive an email from Petstablished with a link to create an account/password so that you can view all your pet's important information, including any digital medical records that may be on file, microchip number, and any other documents we may have included. Once you click the link and create a password for your account, you can log in to update your pet's medical records and microchip information at any time. To view your pet's microchip information and create your account, the steps are as follows:

**Step 1:** In the email you receive from Petstablished, click Access My Pet's Information and create a password.

**Step 2:** Once in your account, click on Your Pets (located on the left-hand side of the page).

**Step 3:** Scroll to the pet you adopted and click the Register Microchip button. Your new pet's microchip will be registered and paid for, by Paws Rescue League Inc. to ensure each dog's chip is registered.

**Step 4:** Once you have made an account you can input all your information, including the microchip number, breed of pet (if known), an alternate contact, and other details about your pet. This information will help if your pet is ever lost.

### WHAT IF I DIDN'T RECEIVE AN EMAIL WITH A LINK TO CREATE AN ACCOUNT/PASSWORD?

If you did not receive an email asking you to create a password, please email [support@petstablished.com](mailto:support@petstablished.com) and provide the name of the pet along with the name of our organization and they will provide you with your log in information to register. If you prefer, you can also use the public registry. Doing so will automatically create a log in for you which you can use to view and update your pet's microchip number and registration information.

If you have any questions, about technical support, please call 855-684-3184 or email at [support@petstablished.com](mailto:support@petstablished.com).



## Post-Adoption Follow-up

We value your opinion and would love to hear about your experience with our adoption process. Your feedback will help us identify areas for improvement and ensure that our animals are thriving in their new homes.

<b>Adopter's Name:</b> _____	<b>Phone Number:</b> _____
<b>Email:</b> _____	
<b>Dog's Adopted Name:</b> _____	<b>Dog's New Name:</b> _____
<b>How is your new dog adjusting to your home?</b>	
<b>Have you taken them to your veterinarian for a follow-up visit?</b>	
<b>If you have other pets, how have they adjusted to your new dog?</b>	
<b>If you have children, how is your new dog getting along with them?</b>	
<b>Do you feel all aspects of the adoption were explained clearly, including existing behavioral and medical issues?</b>	
<b>Paws Rescue League strives for every adoption to be a good match. However, sometimes additional resources may be needed to smooth the transition. Is there any further assistance we can provide?</b>	
<b>If your family wanted another pet, would you consider adopting from Paws Rescue League again? Why?</b>	
<b>Would you be interested in giving back to the rescue?</b>	
a) By volunteering?	
b) Being a foster family?	
c) Donating supplies or a monetary contribution?	
<b>Other comments:</b>	

**Please send us photos of your new dog!** We love seeing our rescued animals in their happy, forever homes. You can email this questionnaire along with your photos to [adopt@pawsrescueleague.org](mailto:adopt@pawsrescueleague.org) and we'll post them in our Alumni Page on Facebook.

**Thank you for helping us know our dogs are safe and well taken care of.**



## Disclaimer

This adoption packet is designed to provide general information and guidance to assist you in caring for your newly adopted pet. However, please note that:

### **THIS PACKET IS NOT A SUBSTITUTE FOR PROFESSIONAL VETERINARY ADVICE**

The information contained within this packet should not be relied upon as a substitute for professional veterinary advice, diagnosis, or treatment. Veterinary professionals have the training, expertise, and knowledge to provide personalized guidance and care tailored to your pet's unique needs.

### **UNIQUE NEEDS OF EACH PET**

Every pet has distinct personality, health, and life experiences. What works for one pet may not work for another. Consulting a veterinarian ensures your pet receives appropriate care and attention.

### **CONSULT A VETERINARIAN**

To ensure your pet receives the best possible care, we strongly recommend consulting with a veterinarian as soon as possible. Your veterinarian can:

- 🐾 Offer personalized advice and guidance
- 🐾 Conduct a thorough examination to identify potential health issues
- 🐾 Develop a customized care plan addressing your pet's unique needs



## To My Rescue Dog:

THERE IS NO NEED TO FLINCH WHEN I LIFT MY HAND  
NO NEED TO COWER EACH TIME I STAND  
NO NEED TO RUN WHEN I COME NEAR  
NO NEED TO TREMBLE – I SEE YOUR FEAR.

YOU CAN SLEEP WITH BOTH EYES SHUT  
DON'T NEED TO JUMP WHEN YOU WAKE UP  
YOUR FOOD IS YOURS TO EAT IN PEACE  
NO NEED TO FIGHT TO KEEP YOUR FEAST.

YOU DON'T NEED TO LIE UPON A HARD FLOOR  
THE BEDS AND SOFAS ARE YOURS TO EXPLORE  
DON'T NEED TO SIT ALONE OUT IN THE RAIN  
THE HOUSE IS YOUR SHELTER, YOUR NEW DOMAIN.

I CANNOT ERASE THE MEMORIES AND FEARS  
I CAN'T COMPENSATE FOR THE WASTED YEARS  
ALL I HAVE IS WHAT YOU SEE  
BUT I GIVE YOU IT ALL, AND I GIVE YOU ME.

I GIVE YOU THESE ARMS TO COMFORT AND HOLD  
I GIVE YOU THIS VOICE FOR THE JOYS YOU'LL BE TOLD  
I GIVE YOU MY HEART AND ABUNDANCE OF LOVE  
I GIVE YOU MY SOUL AND I HOPE ITS ENOUGH.

-AUTHOR UNKNOWN

I KNOW YOU DON'T UNDERSTAND THE WORDS THAT I SAY  
SO, I WILL SHOW YOU LOVE EVERY SINGLE DAY.

