



Tips for a Successful Relationship with Your Dog

Introduction - Bideawee Services	2
Adopting From the Adoption Centers at Bideawee	2
Introducing Your New Dog to Your Home	3
Introducing Your New Dog to Your Resident Cat	3
Using Basic Dog Supplies	5
Keeping Dogs Safe	7
Keeping Dogs Healthy	9
What To Do in Case of an Emergency	10
Prevent Common Unwanted Behaviors	11
Choosing a Dog Trainer	14
Estate Planning For Your Dog	15

INTRODUCTION

Congratulations!

You have just added a new member to your family. Your journey with your new dog will be filled with incredible joy and a lifetime of companionship.

The following is a reference as you and your new dog get to know each other. If there is any information you need that is not contained in this booklet, please contact the experts at Bideawee.

Bideawee is committed to supporting and cultivating the lifelong relationships between pets and the people who love them and provides pets and people the following services to help your lifelong journey together:

Adoption
Behavior & Training Services
Pet Therapy Training and Outreach
Veterinary Medicine
Dog Park
Memorials
Bereavement Counseling
Estate Planning

ADOPTING FROM THE ADOPTION CENTERS AT BIDEAWEE

Bideawee takes great care in screening animals for good health and temperament. However, since dogs are living and breathing beings there are no guarantees of good health and temperament. Bideawee can only inform you of what has been reported to staff and what has been witnessed at Bideawee.

The veterinarians at the Animal Hospitals at Bideawee care for all Bideawee animals on a daily basis to ensure good health. However, since multiple animals are being housed together there is always a risk of the spread of common illnesses. Adopters will always be informed of any known illness. You should know that it is common that illnesses such as common colds may start to develop after a couple of days in a dog's new home.

Part of Bideawee's mission is to match the perfect pet with your family. It is important to us to help to find forever families for our homeless pets. For this to happen we want to provide all of the tools for you to have a happy and healthy relationship with your pet.

We hope you will find the following information useful whether or not you have owned a dog in the past or currently have one at home.

INTRODUCING YOUR DOG TO HIS NEW HOME

The transition from the Adoption Centers at Bideawee to your home may make your new dog anxious, nervous or hyperactive. By following these steps when you leave Bideawee you can prevent unwanted behaviors so that you and your new dog have a wonderful and memorable experience:

- Prepare in advance by setting up a crate, bedding, bowls, and puppy-proof your home before you take your new dog home.
- When you get home, take your dog for a long walk in your neighborhood to try to help burn off anxious energy. Choose a spot where you would like your dog to go to the bathroom and return to that spot during the housebreaking process. Immediately begin working on leash training and provide rules for your new family member. This is a great way for you, your family, and your new dog to bond and establish pack leadership.
- Once you are home, keep your dog on the leash as you show him around the house. He will be curious so allow him to smell the area. Some dogs such as hounds or hound mixes, have a stronger urge to smell everything.
- Introduce your dog to his crate and allow him to sniff his den. Allow him to get comfortable in the crate and begin practicing closing the door for a minute at a time.
- Once he is off leash keep an eye out for clues that he may have to go to the bathroom such as spinning or pacing. Immediately take him outside to his spot. Praise your dog when he goes to the bathroom.

INTRODUCING YOUR NEW DOG TO YOUR RESIDENT CAT

You will have a better chance of success with the introduction of a dog to a cat if your dog is a puppy or if your dog has been exposed to cats in the past. Bideawee often has dogs with a history of living with cats or dogs that have been tested with cats. Unfortunately, there is no way to guarantee how a dog will react to cats since staff at Bideawee have not had the opportunity to witness the dog living in the same environment with cats.

Before introducing your pets, make sure that you are familiar with both animals and are comfortable reading their body language. Also, make sure that your dog knows basic training commands like 'sit', 'down' and 'stay'. 'Settle' is also another great command to teach your dog. Also, make sure you can easily distract your cat.

Two people should participate in the introduction process. If your cat gets aggressive, be careful when handling him to avoid deflected aggression

(aggression that he intends for the dog but unintentionally acts out towards you, therefore accidentally biting or scratching the hand that feeds him). Understand that this may be a very stressful situation for both animals.

Make sure to exercise your dog enough so that he has burned off his energy and ensure that he is comfortable and content with a full belly and proper hydration. Have cat and dog treats readily available for positive reinforcement of good behavior. Do not reward aggressive behavior. Once you are all ready, follow these steps:

- Put your dog on a very short leash or in his crate.
- If your cat is skittish, place him in his carrier. Otherwise, allow him to walk around (you may also put a harness on your cat so you have more control of him).
- Let the cat and dog see each other from a distance and praise good/calm behavior in your cat and dog.
- If your dog bolts toward your cat, hold him back. If he shows any signs of excessive excitability, calm him. If this doesn't do the trick, cut the visit short and try again later.
- If they do well, continue short similar visits several times a day. Increase the leash length gradually. During each visit make sure your dog listens to voice commands while on a **loose** leash.
- **Make sure you allow several successful days of visits before allowing the dog off leash and DO NOT proceed to the next step until you are comfortable with the leashed visits.**

Once your dog and cat consistently get along during leashed visits, you're ready for the next step. Take your dog off the leash, and supervise your four-legged companions closely. If you see problems, and they don't listen to voice commands, back up and repeat the previous steps for a few days. Gradually make the no-leash sessions longer. Do not leave the cat and dog alone until you're sure they're both fully comfortable with each other and there will be no unwanted incidents.

Make sure your cat has places he can jump to for safety. Use cat doors or baby gates if practical, as well as gentle discipline and rewards to enforce the rules. Keep the cat's litter box and food bowl out of your dog's reach.

USING BASIC DOG SUPPLIES

Crate

- Crate training is highly recommended for most dogs. It can be used as a housebreaking tool and a babysitter.

Food & Water Dishes

- Metal bowls are less likely to be chewed up by a dog.
- Non-tip and bowls designed to clip onto the crate help prevent spilling in the crate.

A Brush

- A well-groomed dog is a happy dog. Get him used to being brushed while he is young.
- Dogs shed throughout the year – more during the hot months.
- Failure to groom your medium to longhaired dog may result in matting. This is uncomfortable for the animal and sometimes causes sores.
- Brushing your dog cuts down on shedding.
- Slicker brushes work well for almost every dog.
- Brushing your shorthaired dog with a soft bristled brush will help give him a shiny coat.
- A shedding blade is great for dogs that are shorthaired.
- Regular brushings help control the problem but expect a dog to always shed.
- Some breeds such as Lhasa Apsos and Poodles (medium-to-longhaired dogs) need professional grooming about every 3 months. Combs are a great grooming tool for these dogs because they allow you to get closer to the skin to prevent tangling.

Food

- Dogs under the age of 12 months should be fed puppy food. Consult with your veterinarian at the Animal Hospitals at Bideawee for recommendations.
- Dry food helps with tartar control.
- Dogs can easily choke on a chicken bone.
- Follow the feeding instructions on the back of the bag according to weight (and age for pups).
- Buy the highest-quality food you can afford. Lower-quality foods may cost you less today, but they can increase your dog's chances of developing health problems in the future. Higher quality foods are generally only found at pet stores and veterinary practices.

If Switching Food Brands:

Mix a small amount of the new diet with the current diet for several days. Slowly start to increase the percentage of the new food in the mixture each day. You can eliminate the old food completely within 5-7 days.

Nail Clippers

- Keep his nails trimmed.
- Get him used to this while he is young.
- Play with the dog's paws to get them used to this.
- Some dog owners and groomers use rotary power tools such as a dremel to help file down dog nails.

Styptic Powder

- This is a powder used when you accidentally cut the kwik (pink part) of the nail. It helps stop the bleeding quickly. Follow the instructions for the product.

Toys & Treats

- Choose toys that are large enough and cannot be swallowed whole or chewed into smaller pieces.
- Compressed rawhide is a good chew toy but should not be left with the dog unsupervised. It can be a choking hazard for some dogs.
- Be selective. Just because a pet store sells a toy or treat – it does not mean that it is safe.
- Nylabone toys are also very durable for the average dog.
- Do not leave your dog unsupervised with a stuffed toy or rope toy until you know that he will not chew it. This may be a choking hazard.
- Durable toys that allow you to put treats or other tasty fillings inside of it can keep your dog busy and mentally stimulated while he is in the crate.

Toothbrush & Toothpaste

- That's right. Pets need dental care too.
- Use a baby toothbrush for small dogs, an adult toothbrush for big dogs or one made for animals.
- Special toothpastes come in various flavors that your pet will enjoy and can be purchased at your veterinarian's office and most pet stores.
- Get your pet used to weekly brushings while he is young.
- Brushing will help prevent future dental visits to the veterinarian's office.

KEEPING DOGS SAFE

Always Walk Your Dog on a Leash. Certain Types Help With Dogs That Pull.

- Some dogs walk better on a harness. There are many types. Wait to get your dog to have him fitted at the pet store.
- Some dogs will benefit from using a gentle leader or a halti. These are great if you use them correctly.

GENTLE LEADER & HALTI

Puppies instinctively relax when their mother picks them up and pressure is applied to the scruff of their necks. This enables her to transport them with minimal fuss to escape from enemies or threats. The neck strap of the Gentle Leader causes this instinctive relaxation response by exerting pressure on the back of your dog's neck when he tries to pull forwards.

Dogs of any age often respond instinctively and relax when the pack leader gently grasps their muzzle with his mouth. This demonstrates the pack leader's dominance, but in a reassuring manner, not an aggressive one. The Gentle Leader's nose loop encircles your dog's nose and jaw and acts in the same manner as a pack leader's mouth.

Dogs have a natural instinct to pull against pressure and almost any dog walked on choke or regular collar will still pull, even though pressure on the throat causes pain and choking and even though their owners may yank, tug and shout to try and stop them.

The Gentle Leader does not choke your dog. It is scientifically designed to direct your dog's entire body by controlling his head and nose. And wherever his nose goes, his body must surely follow!

The Gentle Leader dissuades your dog from pulling on the lead by transferring the pressure of his efforts to the back of his neck via the neck strap, while the pressure of the nose loop communicates your natural leadership. Your dog's instinctive resistance to these redirected pressures causes him to stop pulling to relieve the pressure at the back of the head and to relax and walk easily by your side.

Keep Identification on Your Dog at ALL Times

- Always keep a collar and tags on your dog so that he is properly identified in case of an emergency.
- Don't forget to keep your tags up to date with your current contact information and include your mobile telephone number so you can be contacted at all times.
- No-slip (martingale style) collars are highly recommended. These collars are especially good for skittish dogs that may try to slip out of a regular collar.

Your New Dog is Microchipped. Microchipping All of Your Pets is Highly Recommended.

Your new dog is microchipped. It is highly recommended that you have all of your pets microchipped. The Animal Hospitals at Bideawee offer low cost microchipping. Call 866-262-8133 for more information.

- A microchip is a tiny computer chip which has an identification number programmed into it. The chip is about the size of a grain of rice. The microchip is injected under the skin at the base of the neck. Once an animal is injected with the chip, he can be identified throughout his life by this number. His identification cannot be lost, altered or removed.
- When a lost animal is surrendered at an animal shelter or veterinarian, a special scanner is used to send a signal through the skin of the animal to read the chip. The animal feels nothing as the scanner is passed over him. The microchip sends its number back to the scanner. When the number appears on the scanner, a phone call to an 800 number will give the finder the name and contact information for the registered owner of the pet.
- Any pet can receive a microchip. Dogs, cats & ferrets are the most common recipients but bunnies, birds, and farm animals can get them too.

Choosing a Pet Sitter

It's important to learn all you can about pet sitters' qualifications and services. Before selecting a pet sitter, interview the candidates over the phone or at your home. Find out the following:

- Can the pet sitter provide written proof that she has commercial liability insurance (to cover accidents and negligence) and is bonded (to protect against theft by a pet sitter or her employees)?
- What training has the pet sitter received?
- Will the pet sitter record notes about your dog, such as his likes, dislikes, fears, habits, medical conditions, medicines, and routines?
- Is the pet sitter associated with a veterinarian who can provide emergency services?
- What will happen if the pet sitter experiences car trouble or becomes ill? Does she have a backup?
- Will the pet sitter provide a written service contract spelling out services and fees?
- If the pet sitter provides live-in services, what are the specific times she agrees to be with your dog? Is this detailed in the contract?
- How does your pet sitter make sure that you have returned home?

- Will the pet sitter provide you with the phone numbers of other clients who have agreed to serve as references?
- Even if you like what you hear from the pet sitter and the references, it's important to have the prospective pet sitter come to your home to meet your dog before actually hiring them for a pet-sitting job. Watch how the pet sitter interacts with your dog to determine if your dog seems comfortable with the person.
- Always provide your pet sitter with a list of emergency numbers. This should include places to call if your dog should get lost or hurt.
- Tell your pet sitter to always keep tags on your dog.

KEEPING DOGS HEALTHY

Choosing a Veterinarian

- The Animal Hospitals at Bideawee with offices located in NYC and Westhampton accept private clients and provide access to the same veterinary medical team that managed your dog's healthcare needs before you adopted him. The experts at the Animal Hospitals at Bideawee can provide care ranging from general wellness through complex specialized surgeries. To reach the Animal Hospitals at Bideawee please phone 866-262-8133 during the Animal Hospitals' business hours.
- If you live out of the area, ask your friends that are pet owners for a reference and research available veterinarians online to find a veterinarian in your area that is right for you.
- Don't wait to find a veterinarian until your dog gets sick. Veterinarians, like physicians, all have different styles and approaches. To find one that best suits you and your dog's needs you should have the veterinarian meet your pet when your dog is healthy. This gives you the opportunity to have an open dialogue about your expectations regarding care for your dog with your new veterinarian.

Finish Up His Series of Vaccines

- Your dog may require some booster vaccines. The information can be found in your dog's medical record that is provided at the time of adoption from the Adoption Centers at Bideawee.
- Vaccinations should be updated annually by your veterinarian.
- According to NY state law, all dogs must be vaccinated against rabies.

Detecting Illness in Your Dog:

- **Be attuned to detect early warning signs:** A dog may not be doing well when he does not greet you when you get home, acts withdrawn or depressed, doesn't come when called or doesn't seem to notice you. A general lack of enthusiasm or lethargy can be your first indicator that something is wrong.
- **More specific worry points:** Not eating or drinking at all or less than normal, vomiting and/or diarrhea are symptoms of gastro-intestinal distress. This may be minor (we have all had the 24 hour stomach bug), but it can also be serious. Coughing, sneezing, gagging, or retching in excess may indicate an upper respiratory infection. Shaking the head excessively may indicate an ear infection. Constant scratching may be the result of mild skin infections, fleas, or mange. Limping indicates something hurts and can range from a mild muscle strain to a complex orthopedic disease. Never give your dog aspirin (or any other medication) unless prescribed by a vet.
- **When to call the veterinarian:** Unproductive vomiting, straining to urinate, labored breathing, restlessness, anorexia, and/or vomiting and/or diarrhea for more than 24 hours, abdominal discomfort, bleeding from anywhere, refusing to get up, or ANY time you are concerned!!

Consult With Your Veterinarian for This Vital Information:

- Recommended vaccines for your area
- Flea and tick prevention
- Monthly heartworm prevention and annual heartworm testing

License Your Dog in Your Town

- Every town has a license law. Call your Health Department, Town Hall or Animal Control Officer.
- Dogs must be currently vaccinated against rabies before a license can be issued.

WHAT TO DO IN CASE OF AN EMERGENCY

What To Do If Your Dog Gets Lost & Preparing for Accidents in Advance

- Take a photo of your dog as soon as you get him.
- This picture should be put on flyers if your dog gets lost.
- Post flyers around your neighborhood.
- Call your local animal shelters, veterinarians, pet stores, and animal control agencies. Provide them with flyers.
- Always keep an identification tag on your dog with your mobile phone

number so that you can be contacted if your dog gets lost or is in an accident.

- Keep a list of emergency numbers just in case your dog gets hurt or lost.
 - Veterinarian's office
 - Taxi companies that allow dog transportation
 - Your local animal shelters
 - 24-hour animal hospital
 - Always provide your pet sitter with emergency numbers and photos.

PREVENT COMMON UNWANTED BEHAVIORS

Be the Leader of the Pack to Prevent Dominance Aggression

To prevent common unwanted behavior problems, you should start praising good behavior immediately, and get your dog on a good routine from the start. Remember: good behaviors are hard to break, and so are bad ones (no matter how old your dog is). A common way of showing your dog that you are a leader is by showing him that nothing in life is free. We all have to work for what we get in life, and dogs are bred to do so. So it is important to have your dog perform a command before getting something positive. For example, make your dog "sit" before getting fed, playing with a toy, getting pet, or going for a walk. All of these, not just food, are positive reinforcement. Every person in the household should take part in the training so the dog will have an understanding that everyone in the home is a leader, not just one person.

- Establish leadership as soon as you take your new dog home despite the age of the dog. Here are some tips on establishing yourself as the leader:
- Use voice commands in a firm and positive tone.
- Set ground rules and make sure the entire family sticks to them fairly and consistently. You can loosen up later if you wish, but tightening up is really hard after your dog is inadvertently conditioned to get out of control.
- Do not allow him on the furniture. If you want to allow your dog to lie on the couch in the future, it is recommended that you do not allow him to do this until you gain his respect. If you insist on letting him on the furniture, then only let him on one particular piece just for the sake of setting rules.
- Do not let your dog walk through doorways before you.
- Make him sit or work on commands before he gets his food, treats, walks, toys, etc. In other words, let him earn what he likes.
- If the dog is lying or sitting in your walking path, do not step over him; rather, shuffle your feet right through him to make him move out of the way.

- When walking your dog, do not let him lead the way; rather, make him follow your lead.

Positive reinforcement will bring good behavior. Never hit your dog!

Separation Anxiety

Simply put, separation anxiety is a syndrome involving the display of panic symptoms in response to being left alone. Destructive behavior during an owner's absence can signal boredom, need for more exercise, need for stimulation when gone, or deep anxieties.

Signs of Separation Anxiety Can Range From Mild to Severe:

- Distress vocalization—howling, barking, whining
- Inappropriate elimination—urination, defecation
- Destructive behavior—chewing, digging
- Anorexia/ “depression” or inactivity
- Psychosomatic/medical consequences—excessive licking, pacing, or circling
- Hyperattachment—excessive greeting behavior, constant pestering of owner
- Hypersalivation

Separation anxiety can be common with dogs that have been through a lot of change like many shelter dogs. People can condition dogs to stay alone. Following are tips to help you avoid separation anxiety in your dog. It is recommended that all new owners work on these tips as soon as you get your new companion home:

- New owners commonly make the mistake of spending too much time with their new dog. It is recommended that you give your new dog some quiet and alone time starting the day you get him.
- Exercise Exercise Exercise! One of the first things that you should do with your new dog is to take him for a very long walk. Your new dog has been getting a fair amount of exercise at Bideawee, but not nearly enough to help him shake off the anxiety and excitement of his new adventures.
- A tired dog is a happy dog. Some breeds and ages need more exercise than others but all dogs are happier and healthier when they get a good amount of exercise. If your dog is tired while you are away at work then he will be more likely to sleep the day away.
- When you get home with your new dog (after your long walk), show him around the house. Then:
 - Lead him into the crate.
 - Make him lie down.

- Give him some toys and/or treats to chew.
- Close the door to the room or crate, and step back. See if he remains calm. If so, resist the urge to talk to the dog, since that will distract him from this desired, calm, relaxed behavior.
- Leave the room for five seconds. Return. Gradually, increase the duration of your absence by very small increments.
- Never make a big fuss when you arrive home or say goodbye/goodnight. Rather, use a command word such as 'bedtime' to tell him to go in the crate then close the door and walk away. When arriving at home, simply open the crate, get the leash, and take him for a walk.
- If he stays reasonably calm when separated from you for a minute or two, let him stay there as long as he seems comfortable. Don't wait until he gets anxious during this phase so that he is not set up for failure.
- If the dog is good in his confined area, this is a very good sign. You can begin to add calm, quiet verbal praise and an occasional food treat to this acclimation routine as a reward for being good and calm in his confined area. When you release your dog from the room or crate, do so in a low-key manner; it's best to give no response at all when the dog comes out of the crate for the first minute or so. This is part of establishing the confined place as a secure den, rather than a jail from which he desires to escape.
- Next, leave the room for increasingly longer periods.
- Realize that this important acclimation training will take some time and patience; you will need to repeat these activities for a few days in the effort to anxiety-proof your dog.
- Next step: leave the house and come back in right away. Progressively lengthen these outings until you can know that your dog displays no anxiety about your departures - which means he realizes that when you leave him, you always eventually return.
- Note: If the dog gets anxious it is important, particularly during this acclimation phase, to make sure you do not leave your dog alone any longer than he can reasonably, comfortably wait to urinate. If you leave the dog alone so long that he feels discomfort about "holding it", or gets hungry, or gets scared, you are teaching him that he does have reason to worry when you leave. You want him to learn the opposite: that he can trust that you, his leader, will always return in time to properly take care of his needs. Consistency is critical.
- It's good to stay in range the first few days of this acclimation exercise so that you can tell if and when your dog shows signs of anxiety.
- If at any point your dog begins showing anxiety about your departure, go

back to a shorter absence and continue working to build his confidence. And at any time, now or after the acclimation phase, you come home and find that your dog experienced anxious behavior (through evidence of scratching, digging, chewing, barking, pools of drool, etc.) halve the time you leave the dog alone for awhile and work to increase the time increments slowly. If your dog continues displaying anxiety symptoms, cut the time in half again. Again, make sure to provide plenty of exercise for your dog.

This acclimation process is worth the time it takes, because starting out right will set the pace for your dog, accustom him to his "home-alone" environment, and help ward off potential adjustment problems. Attention is good, but you also need to prepare your dog for your real-world routine. The common failure to help dogs adjust leads to unrealistic expectations - and often, anxiety when you suddenly leave on that first work day after getting the dog.

Fearful Behavior: Three Important Tips to Avoid Fearfulness

Some dogs are more skittish and shy than others. Shyness may seem cute at first but increases the risk of social problems and escaping. Here are three important tips when dealing with a fearful dog:

- **Never praise a dog when he is showing a fearful behavior:** One of the biggest mistakes commonly made is petting and babying a dog when he is acting fearful. Without knowing it, the person is reinforcing the fear. Instead, ignore the behavior and try to encourage the dog to face his fears.
- **Praise confident & friendly behavior:** Praise your dog when he displays a confident behavior in situations he usually tries to avoid. For example, praise him if he takes a step towards a new friend if he usually tries to back away. Praising can be done with petting, a treat or a simple 'good boy'.
- **Train Your Dog to Build His Confidence.**

CHOOSING A TRAINER

Bideawee U, a learning center for pets and people offers training for adopters and the general public. Our trainers are highly skilled and experienced in a variety of behavior problems and can help you understand your dog and work with your dog to modify any unwanted behavior.

For other sources we recommend trainers who are associated with the APDT (Association of Pet Dog Trainers) and trainers who are certified CPDT (Certified Pet Dog Trainers). Go to www.ccpdt.com or www.apdt.org to find a trainer in your area.

ESTATE PLANNING FOR YOUR DOG

- We all consider our children when doing estate planning but often forget to include plans for our pets. Some things to consider when doing estate planning for your pets:
- Find a guardian you trust who will care for your dog. This person should make a commitment that they will treat your dog just like a family member. You should tell this guardian that you are making them your dog's guardian in your will to ensure that they understand the obligation that goes with this responsibility.
- Create a trust for your dog so that there will be money available for the guardian to care for him (food, veterinary care, etc.) so that your dog does not become a burden for the guardian.
- Consider what you would like to happen to your dog in the unfortunate event of their passing, and make arrangements beforehand so that you are well prepared. If you would like more information about how to do this, The Pet Memorial Parks at Bideawee have memorial parks and cremation services available. Contact the Pet Memorial Parks at 866-262-8133 for more information.
- If you cannot find a suitable guardian, contact our Planned Giving department at 212-532-6395 for other options.

NOTES
