

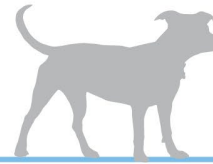


ADOPTION RESOURCES

FOR YOUR NEW DOG

- The Basics (Food, Water, Leash Safety)
- Connect with Us
- Tips for a Happy Dog
- Tips for a Successful Transition
- Tips for Building Trust
- Enriching Your Dog's Life
- Microchip Information
- Seeking Veterinary Attention
- Dog Body Language
- Tips for Destructive Behavior

Congratulations on Your Dog Adoption!



It is so exciting to bring home a new companion! If you need any behavioral support along the way, please fill out our FREE Behavior and Enrichment Helpline form at mohawkhumane.org/behavior-helpline.

THE BASICS

Food: The Mohawk Hudson Humane Society feeds Hill's Science Diet. Please read this chart to determine the correct amount you should be giving your dog.

Adult Dogs (over 6 months)	
Dog Weight	Daily Serving
3-20 pounds	$\frac{2}{3}$ cup - 1 cup
21-50 pounds	$1\frac{2}{3}$ cups - $3\frac{1}{4}$ cups
51-80 pounds	$3\frac{1}{4}$ cups - $4\frac{1}{2}$ cups
80+ pounds	$4\frac{1}{2}$ cups - $6\frac{1}{4}$ cups

*half amount for two feedings

Puppies (under 6 months)	
Puppy Weight	Daily Serving
3-10 pounds	$\frac{1}{2}$ cup - $1\frac{3}{4}$ cups
11-20 pounds	$1\frac{3}{4}$ cups - 3 cups
21-40 pounds	3 cups - 5 cups
41-60 pounds	5 cups - $6\frac{2}{3}$ cups

*third amount for three feedings

If you wish to change the brand of food, we recommend that you purchase another nutritious dog food and introduce it gradually by mixing the new food in with the current food. Switching food too quickly may cause vomiting or diarrhea.

Water: Provide fresh water in a clean bowl daily. Your dog should have access to fresh water at all times.

Leash Safety: Your dog is going home with a martingale collar and leash. We recommend you always walk your dog with a fixed-length, non-flexi/extendable leash. We do not recommend letting your dog off leash unless they are in a fully enclosed space to avoid them running off or encountering another animal. We also do not recommend taking your new dog to a dog park until you have gotten to know them better.

The Honeymoon Stage: Adopting a new family member is exciting but there will likely be an adjustment period for both you and your new pet. There may be times when you feel overwhelmed. It's important to remember that during the transition period, your dog may display behaviors that were not discussed at the time of adoption. It's normal and to be expected. It may take time for your new pet to adjust to your routine. Remember the rule of threes. It takes a dog three days to figure out their new family, three weeks to start to learn your routine, and three months to become part of your family.

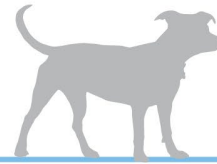
If you experience any behavior challenges, we encourage you to journal the behavior and contact us through our FREE Behavior and Enrichment Helpline at mohawkhumane.org/behavior-helpline. We respond to requests within 48 hours.

CONNECT WITH US!



You can find us on Facebook, Instagram, and LinkedIn @mohawkhumane.

Tips for a Happy Dog



Congratulations on your new family member! Bringing a new dog home is exciting, and the first few days can sometimes be overwhelming. It's normal to feel overwhelmed or frustrated. Be patient with yourself and your new pup – even confident dogs need a little support when confronted with change.

Your new pup doesn't realize they've just been upgraded to a great new life – everything is new, likely confusing, and could feel scary. Just like humans, dogs are individuals who each tolerate stress differently. Some dogs quickly transition to new environments, while others need patience and support.

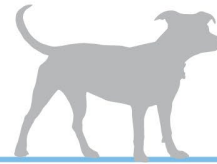
Here are some things that can be stressful for your dog:

- Your pup may not have ever been in a car before
- All the sights, smells, and sounds in and around your home are new
- Lots of unfamiliar people wanting to greet them
- Not knowing where to relieve themselves

Here are some behaviors you may see during your first few days with your new pup:

- House training accidents
- Inability to settle down (pacing, panting, whining)
- Drinking a lot of water
- Eating very little or not at all
- Barking at noises or movement outside your home
- Lack of interest in interacting with people, other animals, or toys
- Jumping up on counters, beds, or couches
- Following you from room to room/not wanting to be left alone

Tips for a Successful Transition



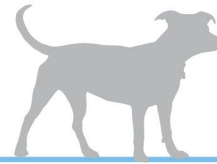
TIPS FOR A SUCCESSFUL TRANSITION

Adopting a dog is a huge life change. You just added a new living being to your family. Awesome! MHHS looks to adopt to forever families. We want to make sure that both you and your new dog are set up for success. This begins the moment we hand you the leash and send you on your way. Here are a few guidelines that we recommend to make sure you start off on the right foot.

THE FIRST DAY

- **Head straight home.** It may be tempting to want to take your dog to the store to let them pick out what they like best. That can be very overwhelming for both you and your new dog. You don't know your new dog very well, and your new dog doesn't know they can trust you yet.
- **No welcome-home parties.** It can be so exciting to adopt a dog, and wanting to share your new love with your friends and family makes sense. But just like above, you don't know each other yet. It's best to keep a low-key home for the first few weeks to start building that bond together.
- **Go slow.** Remember that your new pet just left a loud, stressful environment. It may take a bit of time for them to realize that this is home. We use the Rule of Threes: Three days to figure out their new family and surroundings, three weeks to start a routine that works for all, and three months to really understand that this new place is home. If something seems too hard right away, take a break.
- **Have patience.** This is new for all of you! Getting frustrated with yourself or your new dog just creates more stress. Adopting a shelter pet can be difficult at times. Just remember that it takes time to start over. The best things in life take time, and the bond between dog and human is one of the best things in the world.
- **Use your support system.** Remember that MHHS is always here. Struggling with behavior? We have a Behavior and Enrichment Helpline for that. Answered typically within two days by our trained behavior staff, we do our best to help you troubleshoot and offer new ideas, solutions, and fixes. Visit mohawkhumane.org/behavior-helpline. Having issues with your pet's health? In the first two weeks, we can offer limited support if something is off. We recommend trying your family vet first, but we are here for support as well. If you have a question, please email community-relations@mohawkhumane.org.
- **Remember what you heard in your counsel.** Did you hear that your new dog is jumpy/mouthy? That they seem to have a prey drive? Don't like sharing their things? It can be really easy to get caught up in all the newness and have a lot of those things go right out the window. While behavior at the shelter isn't always the same as behavior in a home, it's good to remember the things seen by shelter staff and create a plan to work on that behavior. Hopefully, your adoption counselor provided you with materials to address any of your concerns.
- **Have fun.** Owning a dog is so fun! Don't forget that while this is a huge life change and new responsibility, this is also awesome!

Tips for a Successful Transition



HAVING THE RIGHT SETUP

Having the right setup is key to a smooth transition from shelter to your home. Here are some tips:

- Try not to leave your new pup home alone for the first 48 hours. When you do start leaving your dog, make sure it is in short intervals.
- Create a safe space by offering a covered crate with comfortable bedding in a quiet, low-traffic area, such as a bedroom or quiet corner of the living room. This area will give your new dog a place where they can choose to retreat and watch the action from afar, which can help them feel safe.
- Help your pup learn to use the bathroom outside by offering frequent opportunities and rewarding them with a tasty treat when they get it right.
- Use baby gates to close off areas of the home to which you don't want your pup to have access or to give your dog personal space if they are overwhelmed by visitors.
- Pick up rugs or any items you don't want your new pup chewing on or having an accident on.
- Make sure to have plenty of healthy chews and puzzle toys – prepare some ahead of time and put them in the freezer, so they are ready to go when you need to give your new pup something to do.
- Put jars of treats in strategic areas of your home so you can reward good behaviors every time you see them. Treats can also be used to “trade” if your new dog grabs something they are not supposed to.

TIPS FOR BUILDING TRUST

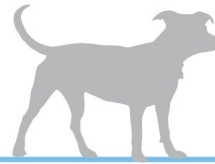
Dogs, especially shyer dogs, learn to trust their new human friends when they can predict how the person is going to behave. They will avoid new, “unpredictable” people. Predictability helps dogs to settle in, whether it be building a routine or how we behave towards them.

Here are some tips for building a positive, trusting relationship with your new dog:

- Start building a routine by offering meals, walks, and play at similar times each day.
- For walks, start out with walking routes that you plan on taking daily. Allow your new dog plenty of time to sniff on walks so they can get to know their new neighborhood. If possible, allow your dog to choose which direction and where they want to walk. This builds confidence and allows them to make decisions in a world where so much is decided for them.
- Take plenty of tasty treats on every walk and reward your dog for desired behaviors, such as checking in with you, eliminating outside, or walking with a loose leash.
- Wait to have family and friends meet the dog or visit your home until you have built a bond. Unfamiliar people wanting to say hello is often overwhelming for a newly adopted dog.
- Pay close attention to your dog's body language. How we move and speak to our dogs can impact their stress levels. Familiarizing yourself with canine body language, especially signs of fear, anxiety, and stress, will allow you to support your dog.
- Be your dog's advocate when they are scared or nervous. For example, if you notice they seem hesitant or stressed when another dog walks past, the next time a dog walks toward you, try crossing the street and feeding your pup yummy treats.



Tips for a Successful Transition



- If your new dog gets overexcited when the leash comes out and can't stop jumping on you, calmly scatter some tasty treats on the ground and leash them up while they are eating.
- If you have another dog in your home, keep the dogs separate during mealtimes and supervise when they have access to toys or chews.
- Wait on nail clippings or baths, as these may be unpleasant or frightening for your new dog.

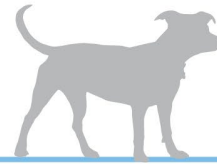
For dogs that are barking and having a hard time settling down:

- Try minimizing access to the things that are causing them stress. If it is noises, play some relaxing music, turn on the TV, or use a white noise app on your phone.
- If your pup is barking at the windows, place a shade, temporarily cover the window, or don't allow the dog in that room.
- Take a deep breath and wait it out. Sometimes time is the best remedy. These behaviors should dissipate after several days of routine.

ASK FOR HELP!

If you need support, contact us at mohawkhumane.org/behavior-helpline. We understand taking a pet home can come with unexpected challenges and we are here to support you.

Enriching Your Dog's Life



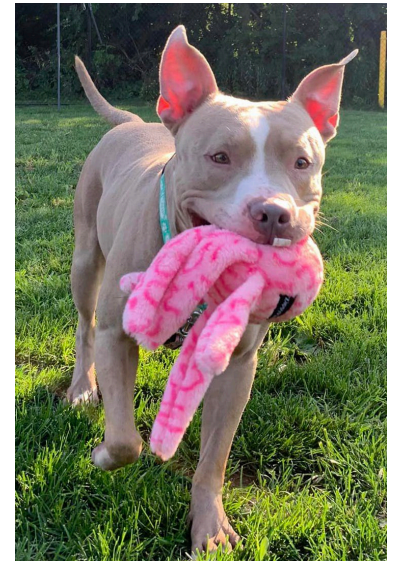
Your dog relies on you for almost everything in their life (food, water, shelter, play time, potty breaks, etc.). Making sure that your dog gets enough physical and mental enrichment and stimulation every day is just as important as providing the basic necessities.

Dogs that get enough physical and mental exercise regularly are happier and healthier. Happy and healthy dogs are less likely to have behavioral issues, so here are some easy ways to incorporate physical and mental enrichment into your daily life.

Physical Enrichment

Many dogs spend their days waiting for their humans to come home. Getting enough physical exercise is key to their physical health and mental well-being. Here are some easy things to do with your dog:

- **Walking, running, and hiking.** Let your dog stop and sniff. Long walks are great, but letting your dog sniff or guide the walk is just as good for their brain.
- **Fetch and tug.** Find a toy your dog loves and make play a routine. Incorporate regular breaks to keep your dog from getting too worked up.
- **Swimming.** This is a great way to tire dogs out. Ensure that your local lake or pond allows dogs and is safe for swimming. They even make lifejackets to keep dogs safe.
- **Daycare.** This isn't for every owner OR every dog. Many dogs find daycare stressful or overwhelming.
- **Dog sports.** Look into things like scentwork, nose work, urban herding, rally obedience, flyball, barkour, doggie dancing, dock diving, or agility if your dog shows interest.



Mental Enrichment

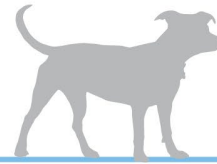
Don't neglect your dog's brain! Engaging your dog's mind is another great way to wear them out and keep them sharp. Many people don't realize that mental exercise is just as important as physical exercise.

- **Puzzle toys.** There are lots of products out there, like snuffle mats, interactive puzzles, and Kong Wobblers. These are made to give your dog some mental exercise while they earn their dinner.
- **Search or find-it games.** Hiding treats around your house or tossing them in the long grass is a great way to engage your dog's sense of smell. This is pretty tiring for most dogs and very easy for you (and makes you feel better about not mowing the lawn).
- **Training.** Aside from dog sports (listed above), there are plenty of other ways to tire your dog out. Go to a group obedience class or try writing out 15 fun or functional tricks for your dog to learn. Put them in a jar and pull one out per week for daily five-minute training sessions.

Create a Plan

Just the act of writing down a plan will help set it in motion. Come up with a plan of three different physical or mental exercises that you'll do for your dog every day. This can be as simple as two ten-minute walks per day plus a puzzle feeder while you're at work. Try to stick to this goal for 30 days. It's a great way to bond with your dog and create healthy habits for both of you!

Microchip Information



All dogs adopted from MHHS are sent home with an implanted microchip. This microchip, which is the size of a grain of rice, is the easiest way to help locate your dog if and when they go missing. Implanted with a large needle, a microchip takes seconds to implant, and most pets don't even feel when it's been inserted. MHHS believes that **all dogs should be microchipped**. Microchips are implanted between the shoulder blades but can move over time.



A microchip will contain contact information for an owner: name, address, phone number, and email. At adoption, this information is automatically uploaded onto the microchip of your new dog. This information can and should be checked and updated whenever contact information changes (such as moving, a new phone number, a new owner, etc.). This is all done online. All microchip changes should be done at <https://www.24petwatch.com/>.

All pet owners should check that the information on their pet's microchip is accurate at least once a year.

How do microchips work?

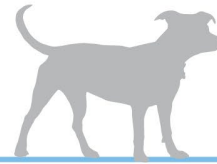


Microchips are NOT GPS trackers. There is no tracking information contained in a microchip. MHHS is not able to track your dog to determine their location.

Information on microchips can be accessed through a microchip scanner. All shelters, animal control officers, and veterinary hospitals should have microchip scanners. When a chip is scanned, the person scanning will access a personalized code, which will then allow contact with the microchip company or the pet owner.

One of the first things shelters, animal control officers, and veterinary hospitals do with stray animals is scan for microchips with the hope of reuniting them with their owners. Check your microchip information annually to ensure that it is up-to-date.

Seeking Veterinary Attention



New pet ownership comes with a whole new set of responsibilities. It can be worrisome when it appears your dog is doing something out of the norm. MHHS is here to help with limited veterinary options for the first two weeks post-adoption. MHHS recommends making an appointment with your family veterinarian as soon as possible to make your new dog a client. With the current veterinary shortage in the area, there are often long wait times to become a new patient.

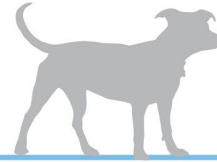
MHHS offers discounted prevention medication for heartworm and fleas for the first year post-adoption and can be purchased onsite. Your dog is up-to-date on age-appropriate vaccinations at the time of adoption. This means they are up-to-date for DAPPv (good for canine distemper, adenovirus, parvovirus, and parainfluenza) and rabies. Non-core vaccinations you may want to consider based on your lifestyle include leptospirosis, Lyme, canine influenza, and Bordetella (kennel cough).

Whether you choose to purchase preventative through MHHS or elsewhere, it is recommended that your dog receives a dose once a month. Bordetella (kennel cough) needs to be received every six months. Leptospirosis, Lyme, and canine influenza need vaccinations annually. After initial dosages, vaccinations for DAPPv and rabies can be given every three years.

WHEN TO SEEK VETERINARY ATTENTION

Here is a list of times we recommend seeking veterinary attention:

- Severe bleeding or bleeding that doesn't stop within five minutes
- Choking, difficulty breathing, or nonstop coughing and gagging
- Bleeding from nose, mouth, rectum, coughing up blood, or blood in urine
- Inability to urinate or pass feces (stool), or obvious pain associated with urinating or passing stool
- Injuries to your pet's eye(s)
- You suspect or know your pet has eaten something poisonous (such as antifreeze, xylitol, chocolate, rodent poison, etc.)
- Seizures and/or staggering
- Fractured bones, severe lameness, or inability to move leg(s)
- Obvious signs of pain or extreme anxiety
- Heat stress or heatstroke
- Severe vomiting or diarrhea – more than two episodes in a 24-hour period, or either of these combined with obvious illness or any of the other problems listed here
- Refusal to drink for 24 hours or more
- Unconsciousness



DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"
look away/head turn



STRESSED
yawn



STRESSED
nose lick



"PEACE!"
sniff ground



"RESPECT!"
turn & walk away



"NEED SPACE!"
whale eye



STALKING



STRESSED
scratching



STRESS RELEASE
shake off



RELAXED
soft ears, blinky eyes



"RESPECT!"
offer his back



FRIENDLY & POLITE
curved body



FRIENDLY



"PRETTY PLEASE"
round puppy face



"I'M YOUR LOVEBUG"
belly-rub pose



"HELLO I LOVE YOU!"
greeting stretch



"I'M FRIENDLY!"
play bow



"READY!"
prey bow



"YOU WILL FEED ME"



CURIOS
head tilt



HAPPY
(or hot)



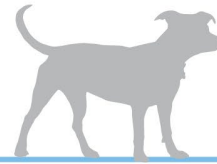
OVERJOYED
wiggly



"MMMM...."



"I LOVE YOU,
DON'T STOP"



Body Language of Fear in Dogs



Slight Covering



Major Covering

More Subtle Signs of Fear & Anxiety



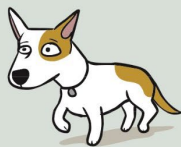
Licking Lips
when no food nearby



Panting
when not hot or thirsty



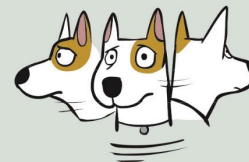
Brows Furrowed, Ears to Side



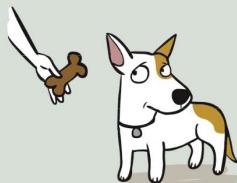
Moving in Slow Motion
walking slow on floor



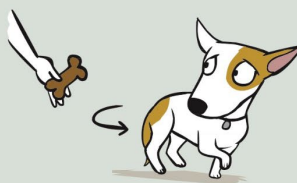
Acting Sleepy or Yawning
when they shouldn't be tired



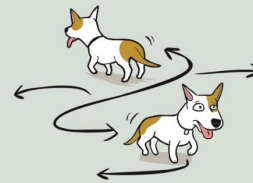
Hypervigilant
looking in many directions



Suddenly Won't Eat
but was hungry earlier



Moving Away



Pacing

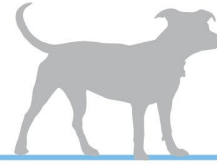
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Dr. Sophia Yin, DVM, MS
The Art and Science of Animal Behavior

For additional free dog bite prevention resources and more dog behavior books and products, visit www.drsophiayin.com.



Dealing with Chewing & Destructive Behavior



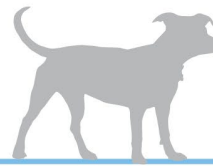
Chewing is a natural behavior that dogs engage in for a variety of reasons, from boredom to comfort-seeking. Dogs chew as a natural way to clean their teeth and exercise their jaws, while puppies may chew to relieve discomfort from incoming teeth or explore the world around them. Dogs consider any objects they can fit their mouths around as good to chew. As caretakers, it's up to you to teach them what is considered appropriate to chew by guiding them to appropriate chewing items and discouraging them from chewing things that are inappropriate.

PROVIDE YOUR DOG WITH APPROPRIATE ITEMS TO CHEW AT ALL TIMES

Making sure that your dog has easy access to appropriate items to chew will reduce their urge to chew on things you would prefer they don't. This may include hard rubber Kong-like toys or edible chews like antlers or Bully Sticks. Be clear and consistent from the beginning regarding what is appropriate and what isn't, and only provide chewing items that you want your dog to chew on. Do not provide your dog with old running shoes to chew on if you don't want them also chewing your expensive new shoes! Many dogs prefer to interact with new toys over old, boring toys. Rotating available toys and chews is an easy way to give your dog variety. It also helps the toys last longer.

If you see your dog chewing an item they should not be, interrupt and provide them with an alternative, appropriate option. Make sure you put the confiscated item away where your dog can't reach it, so they don't return to chewing on it. In fact, it's a good idea in general to prevent access to items you don't want your dog to chew. Make sure shoes are placed in closets, wires are blocked, and restrict access to areas that may have a lot of tempting items, like bedrooms. Having your dog wear a drag leash is a great idea to assist in supervision. This way, you can easily redirect your dog if they are doing something that is inappropriate without having to grab their collar and inadvertently startle or upset them.

Dealing with Chewing & Destructive Behavior



SUPERVISE

Set your dog up for success by supervising them when they are loose in the house. This is especially important for the first few weeks since your new dog is still just learning what you expect. Use baby gates when you are unable to supervise to ensure they only have access to appropriate items. That prevents your dog from making chewing mistakes.



EXERCISE

Exercise is important! One reason dogs chew is that they have excess energy to burn. Providing adequate exercise daily will help reduce destructive behavior. Think cardio and remember that some dogs require more exercise than others. Mental exercise and boredom busters are also important. Some dogs chew because they are bored and don't know what else to do. Providing interactive toys (like stuffed, hard rubber chews) also encourages mental stimulation. Spend time teaching your dog new tricks (like sit, down, paw, etc.) every day. This provides mental stimulation for your dog and gives you a fun and different way to interact with your dog. Impress your friends and family with all the different behaviors your dog can do on command!

TIPS

- Provide plenty of appropriate chew items
- Prevent access to inappropriate chew items
- Supervise whenever possible and confine when supervision isn't possible
- Provide adequate physical exercise
- Provide mental exercise in the form of training and food-dispensing toys
- Take a training class to strengthen your bond and provide mental and physical stimulation