

MORRIS ANIMAL REFUGE

DOG ADOPTION

PACKET



DEAR M.A.R. ADOPTER,

First and foremost, congratulations and THANK YOU! By choosing to adopt from a shelter, you are not only saving the life of one animal, but also freeing up a space for the next animal in need! Adopters like you are integral to our lifesaving mission -- your support allows us to provide care for thousands of animals every year.

Your newly adopted animal is spayed/neutered, treated for fleas, dewormed, microchipped, and up to date on their age-appropriate, core vaccines. They may have also received a wellness exam from our veterinarian to check for any immediate issues. We recommend seeing a veterinarian within 1-2 weeks of adopting your animal as a follow-up to our basic exam and to establish their baselines within your vet's records.

At the Morris Animal Refuge, our goal is to make matches that will last a lifetime. In this packet, you will find guidance and helpful resources to ease your new animal's transition to your home and set you and your furry family member up for success.

In addition to reading through this packet, it is imperative that you register your microchip with Found Animals upon bringing your animal home. This can be done by going to found.org/start. The first 24-48 hours in a new home can be stressful for an animal and it is not uncommon for nervous animals to bolt out of the house or car, even if you're careful! A microchip cannot be used to track your animal, but if someone finds them and brings them to a veterinary clinic or shelter, scanning the microchip will provide access to your contact information so the animal can be quickly returned to you! This is only the case if the microchip is registered and up-to-date with your current contact information!

We want our adopters to feel supported throughout the life of their animal, so please feel free to contact us by phone (215-735-9570) or email (adoptions@morrisanimalrefuge.org) with any questions you may have.

All the best,
The Morris Animal Refuge Team



TIPS FOR ADDITIONAL MEDICAL CARE

Low Cost Wellness Clinics in Philadelphia

PAWS Spay/Neuter and Wellness Clinic

2900 Grays Ferry Ave. Philadelphia, PA 19146
(215) 298-9680 | gfclinic@phillypaws.org
phillypaws.org/locations/spay-neuter-and-wellness-clinic/

PAWS Northeast Adoption Center and Low-Cost Clinic

1810 Grant Ave. Philadelphia, PA 19115
(215) 545-9600 | neclinic@phillypaws.org
phillypaws.org/locations/paws-northeast-adoption-center-low-cost-clinic/

Pennsylvania SPCA

350 E. Erie Ave. Philadelphia, PA 19134
(215) 426-6300 | callcenter@pspca.org
pspca.org/veterinary-care/veterinary-center

The Bridge Clinic

2820 Old Lincoln Highway Suite 1A Trevose, PA 19053
(215) 639-3333 | info@thebridgeclinic.org
thebridgeclinic.org

Women's Animal Center

3839 Richlieu Rd. Bensalem, PA 19020
(215) 750-5252 |
helpline@womenshumanesociety.org
womensanimalcenter.org/our-veterinary-hospital

Providence Animal Center

555 Sandy Bank Rd. Media, PA 19063
(610) 566-1370 | info@providenceac.org
providenceac.org/vet-services/

Emancipet

575 Adams Ave. Unit 2 Philadelphia, PA 19120
(267) 774-4901 | general@emancipet.org
emancipet.org/philadelphia/

Dutton Road Veterinary Clinic

10901 Dutton Rd. Philadelphia, PA 19154
(215) 331-2968
duttonroadvetclinic.com

Payment Plan Options

Care Credit

(800) 677-0718
<https://www.carecredit.com/>

ScratchPay

(855) 727-2395 | support@scratchpay.com
<https://scratchpay.com/>

Flea Control Options

YES!

Frontline

Advantage

Activyl

Revolution (by prescription only)

If you have questions about flea prevention product safety, contact us or your vet!

Make sure to only use products appropriate for your species and their weight, and to follow directions.

NO!

Hartz

Sergeants

Flea Collars

Flea Dips/Flea Baths

These products can cause nausea, vomiting, neurological side effects such as seizures, and death!

WHAT TO EXPECT WHEN YOU BRING YOUR NEW DOG HOME



Time to Adjust

After coming home, all dogs need time to adjust. This can look different depending on the dog's personality. Some dogs experience a surge of energy, while others just want to nap. We use the Rule of 3's, but this is not a hard and fast rule for all dogs -- some may take longer or less time, so follow your dog's timeline and be patient.

3 DAYS

Your dog is overwhelmed by the newness, so make the first days at home calm and quiet. Don't have friends over to meet him yet and limit exposure to new places until he's comfortable at home. Some dogs may have accidents, even if they're house-trained.

3 WEEKS

Your dog is settling in and showing more of his true personality! Please get in touch with us if you're noticing any undesirable behaviors at this point, as this is the best time to work on them using positive reinforcement training.

3 MONTHS

Your dog is fully settled and has built a trusting relationship with you! He knows he's safe at home and feels fully integrated into the household.



Dog Parent Shopping Checklist

- ✓ **Food**
- ✓ **Water Bowl**
- ✓ **Kongs (and other food puzzles)**, use these instead of bowls for meals
- ✓ **Toys** (start with a small selection of very different toys to figure out your dog's preferences, i.e. balls, tugs, squeaky toys, rubber chews, etc. buy a size larger than you think you need to prevent choking.)
- ✓ **Treats**, different flavors and textures to see what your dog prefers. It's also helpful to get chews that take time to eat to provide an activity. **Avoid rawhide!** It can be a choking hazard!
- ✓ **Crate**
- ✓ **Walking Equipment** (See Leash Manners 101)
 - ✓ Collar
 - ✓ Harness
 - ✓ Leash

WHAT TO EXPECT WHEN YOU BRING YOUR NEW DOG HOME



Decompression and Respectful Interactions

As your dog is getting to know you, you'll want to respect his boundaries, just like you would with a person! The way we show affection usually doesn't translate well to dogs, especially when they are still getting used to us. He'll already be stressed from being in a new environment, so the following decompression and handling tips will be crucial to keeping everyone comfortable and safe in the first few days at home. We recommend even experienced dog parents read this list of Doggy Do's and Don'ts. You may be surprised by some of the things that made it onto the list!

DO!

Go on a short neighborhood walk together in a low traffic area before entering your home.

Only introduce your dog to people that will be living with them for the first 1-2 weeks.

Watch for subtle body language cues of stress/anxiety:

Lip-licking when no food is present

Yawning

Showing the whites of their eye ("whale-eye")

Turning their head/body away

Tucking their tail

Pinning back their ears

Do a Consent Test

Kneel at the dog's level and call him to you. Let him approach you, give a few pets, and take a step back. If he re-approaches, he is giving you his consent to continue petting.

Give pets and gentle scratches on the side of the dog's body and back.

Provide lots of treats and play with appropriate toys to build trust.

Provide lots of exercise in quiet areas/at low traffic times of day (walks in a quiet neighborhood or park, fetch in a backyard).

Give your dog a comfortable space they can retreat to and use to communicate desire for space.

DON'T!

Bring your dog to pet stores, heavily trafficked neighborhoods and parks, dog parks, or friends' houses.

Ignore subtle body language cues.

Dogs talk with their bodies the way we use our words. If ignored, the dog feels like he must be more clear with a growl, snap, or bite.

Lean over the dog or make prolonged eye contact when approaching.

Give hugs or kisses!

Most dogs tolerate hugs at best. They can make the dog feel trapped. If your dog is a hugger, he'll let you know as you build your relationship!

Kissing is also discouraged -- face-to-face contact can be a threat to dogs and licking your face can be a sign of anxiety not affection, so forgo kisses until you know your dog better.

Take anything from your dog (i.e. food or toys). You wouldn't like it if your host served you dinner and then took it away, so our dogs deserve the same respect.

Occupy every minute of your dog's day with direct interaction.

Instead, provide food puzzles and enrichment games they can do on their own and plenty of time for naps.

Leave your dog unsupervised with children.

HOW NOT TO GREET A DOG

Most people do this stuff and it stresses dogs out so they BITE!
Please show dogs some respect.



DON'T
Lean over the dog & stick your hand in his face



DON'T
Lean over the dog & stick your hand on top of his head



DON'T
Grab or Hug him



DON'T
Stare him in the eye
(This is an adversarial gesture)



DON'T
Squeal or shout in his face



DON'T
Grab his head and kiss it
(This is an invasion of space)

Doing this to a dog who doesn't know you is like a perfect stranger giving you a great big hug and kiss in an elevator. Wouldn't that creep you out? And wouldn't you have the right to defend yourself?

The correct way:



- * No Eye contact
- * Let the dog approach you in his own time
- * Keep your SIDE towards the dog (non-threatening posture)



- * Pet or stroke him on the SIDE of his face or body. Or on his back.

DOG PARENT FAQ



Is my dog housetrained?



Most shelter dogs are previously house-trained pets, but it's common for them to need a reminder when they arrive at home. The best reminder is to give your dog the opportunity to go to the bathroom outside every 2-3 hours. Between walks, keep an eye on him for signs of restlessness (pacing, sniffing, etc.) that may indicate he needs to go. If he has an accident, clean the site

with a pet-safe, odor-eliminating, enzymatic cleaner to neutralize the scent. Then scatter food or treats over the site once it's dry. Never punish him for eliminating indoors. This won't teach him where to go and will make him afraid

of going in front of you. If your pup is still eliminating indoors after 3 weeks despite consistent trips outside, take him to the vet to rule out medical issues before continuing house training. For a more thorough resource on housetraining, please email adoptions@morrisanimalrefuge.org.

How often should my dog go on walks?

This depends entirely on you and your dog! Many dog parents take 3-4 walks a day, each lasting 15-20 minutes. Some dogs need longer walks to burn off their energy, but outdoor time in a yard can replace some walks. Some dogs (usually smaller, older, low-energy) are content using puppy pads or sod boxes indoors, but should still go on 1-2 walks a day, even if they don't go to the bathroom.

What should I feed my dog?

We will send you home with a small bag of the food your dog is already eating. Transition to his new food slowly and monitor his fecal output during this time. Reduce the amount of new food in the mix if you notice loose stool or diarrhea.



Days 1 & 2
75% Old Food
25% New Food



Days 3 & 4
50% Old Food
50% New Food



Days 5 & 6
25% Old Food
75% New Food



Days 7 & 8
100% New Food

Feed your dog a brand with an AAFCO Statement on the label, which indicates the food is balanced and nutritionally complete. Food that's appropriate for your dog's life stage (puppy, adult, senior) is preferable over food for "all life stages".

DOG PARENT FAQ



Should I crate-train my dog?

Not all dogs need to be crated at home! Crates are a great tool when potty training or when your dog can't be supervised while he's still new to the home. This depends on the individual dog -- some dogs don't have experience with a crate and will be extremely anxious in it.

An alternative to crating is blocking off areas where he can get in trouble with baby gates when you're away. Even if you don't plan on crating at home, it's still an important life skill for your dog. See [Crate Training 101](#) for more information.

What if my dog starts resource guarding?

Resource Guarding is any behavior a dog may display to discourage the approach to or taking of a valued object like food or a toy. These behaviors may be minor (hard stare, lifting lip, etc.) or severe (growling, biting, etc.). Assessing resource guarding in a shelter setting is unreliable, so the only way to truly discover it is in the home. That being said, don't test your dog for this behavior at home! There's no reason to take an appropriate object away from your dog, and if he picks up something that he shouldn't have, distract him with a yummy treat before taking it away so he drops it on his own.

If you notice any signs of resource guarding (no matter how small), follow these steps:

1. Don't punish the dog even if he growls at you. Resource Guarding comes from an insecurity that something the dog "owns" will be taken from him, so punishing him or taking away the item will only make the behavior worse and can result in a bite.
2. Email adoptions@morriscaninerefuge.org. We'll help you assess the severity of the guarding, take steps to build trust with your dog, and seek help from a professional.

What if my dog starts showing signs of separation anxiety/distress?

Separation anxiety is a condition in dogs characterized by destruction, inappropriate elimination, and/or self-harm when the dog is left home alone. It occurs when a dog has formed an attachment with their person, making it difficult to diagnose in a shelter setting. Separation anxiety can sometimes be mixed up with boredom when a dog gets into trouble when he has nothing to do at home.

If you notice any signs of separation anxiety (no matter how small), follow these steps:

1. Don't punish the dog for destructive behavior. He won't know what he did wrong, and will only become more anxious.
2. Email adoptions@morriscaninerefuge.org. We'll help you assess the severity of the anxiety, take steps to build your dog's confidence, and seek help from a professional if the situation is severe.

What if my dog growls at me?

Welcoming a dog into your home is a getting-to-know-you process for both, you and the dog. If he grumbles at you, don't take it personally. Take a step back and evaluate what made your pup uncomfortable. This is how dogs give each other warnings and isn't a sign of aggression! In fact it's the opposite -- dogs growl to ask for space and avoid fights. Respecting this will build your dog's trust and keep the situation from escalating. Don't punish him! If he doesn't feel safe growling, he may skip right to a bite next time he feels uncomfortable. For help, contact a professional trainer or email adoptions@morriscaninerefuge.org if you have any concerns!

ENRICHMENT FOR DOGS



“A Tired Dog Is A Good Dog”

Many behavior issues, including destructive behavior, barking, jumping, and mouthing, stem from the lack of appropriate outlet for energy, and can be solved by redirecting that energy in a structured way that also rewards calm behavior. We recommend all dog parents use these strategies for burning mental and physical energy, as they are just as effective at avoiding behavior issues as they are at solving them.

Ban the Bowl!

Food bowls are boring and old-school! Behavior experts recommend tossing them completely! Using food puzzles and training sessions to feed your dog burns energy, works his brain, relieves stress and boredom, and builds your relationship. Some of the best food puzzles are easy to DIY with things you probably have at home already. Just make sure to start with easier puzzles and build up in difficulty to keep your dog from getting frustrated.



- Kongs: Get one size up from the size you think you need to prevent frustration. There are lots of recipes, but a classic is stuffing the Kong with soaked kibble, freezing it, and topping it off with peanut butter before serving.
- Purchase or make a snuffle mat from things you can buy at the Dollar Store (<https://www.thehonestkitchen.com/blog/diy-make-your-dog-or-cat-a-snuffle-matt/>).
- Put your dog's food in a muffin tin and cover the openings with tennis balls.
- Put your dog's food in an egg carton and close. Cut holes in the top to lower the difficulty.
- Put your dog's food in an empty, clean plastic bottle or jug. Cut holes in the sides to lower the difficulty.
- Scatter feed by spreading your dog's food out in the yard or around the house so he has to use his nose to find his dinner (make sure there's nothing else in the yard he can ingest).
- Purchase a food puzzle. Search “dog food puzzle” on Amazon or Chewy.com and you'll be flooded with everything from treat dispensers to puzzle boards.
- Feed your dog his food by teaching them tricks or working on manners like loose-leashing walking or crate training.



Play With Other Dogs

If your dog is dog-friendly, finding him a playmate can be one of the best ways to get exercise. If you find yourself thinking, “I exercise my dog every day and he's never tired,” this is a great option. Playing with other dogs is great for mental health and 20 minutes of play can burn more energy than an hour-long walk.

Find individuals in your area to have playdates with instead of going to dog parks - you never know the temperament or health status of dogs at the park. Some dogs play better in groups, so enrolling in doggy daycare is a great option. Make sure to visit the daycare and do your research first!

TRAINING YOUR DOG



Training

All animals can benefit from training and you don't need to be a professional to start if you understand how animals learn. Training is important for setting boundaries, as well as exercising the brain, relieving stress, and learning fun tricks.

Whether you're looking for a professional trainer or looking for tips online, at MAR we endorse only positive reinforcement, force-free, and science-based trainers and methods.

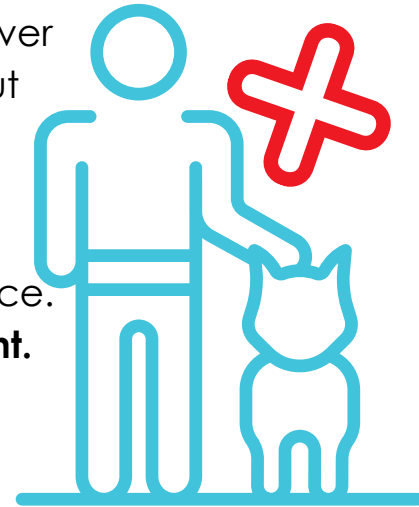
Why Positive Reinforcement (or R+) Training?

Our knowledge of animal behavior has changed tremendously over the past 30 years. Because of this, there's lots of misinformation out there on the best dog training methods. So what is positive reinforcement (R+) and why is it the method we recommend?

R+ means rewarding behaviors we like so that they happen more in the future. Dogs are never punished for making the wrong choice.

An important part of this method is something called management.

This means controlling your dog's surroundings to set him up for success. For example, if your dog is a counter surfer, never leave food out unattended. Use pet gates and close doors to keep your pup supervised at all times. Give him food puzzles to create more appealing options for him than stealing snacks. When you think about it, management is a lot like baby-proofing and training a dog is a lot like teaching a toddler!



BENEFITS OF R+ TRAINING

Faster short-term learning since the dog wants to work and is motivated by something very exciting (like food, toys, or praise).

More effective long-term learning since the dog must think about his choices.

Stress relief by offering the dog choice and control.

Relationship-building with your dog by (1.) giving you a way to communicate with each other and (2.) making you the source of positive outcomes.



Directing your dog's energy to an appropriate activity.

TRAINING YOUR DOG



Myths... Busted!

With so much information online, it can be difficult to sift through it to find the best answers. Below are some of the common misconceptions about R+ training:

MYTH...	BUSTED!
<p>"My dog is acting out because he is stubborn, spiteful, or dominant. I need to show him I'm the alpha."</p>	<p>Your dog doesn't have the mental capacity to be stubborn or spiteful. And he doesn't have a "pack mentality," so making yourself "alpha" won't help him learn (this "Dominance Theory" has long been disproven) and will only intimidate him. Punishments like physical corrections or "alpha rolling" will only teach him what not to do in front of you and they don't give him the opportunity to make a good choice. So when the same dog sneaks off to perform the behavior we often misinterpret this as a spiteful action.</p> 
<p>"Giving my dog treats is just a bribe. He should just listen to me."</p>	<p>As much as you love your job, you wouldn't work without pay, so dogs shouldn't either! Rewarding your dog is the most effective way of saying thank you for making the right choice, motivating him, and building your relationship. As you reward behaviors consistently, they will become habits that are second nature and treats can be slowly phased out.</p>
<p>"R+ training is slow and I don't have time. I need a quick fix to stop undesirable behavior immediately."</p>	<p>"Quick fixes" usually involve methods that cause pain, intimidation, and stress, without offering the dog choice. They can take a toll on your dog's mental health and your relationship, and often cause aggression. Having a dog is a commitment, and most R+ exercises won't take more than 20 minutes a day with noticeable progress within a few weeks if done correctly. In the grand scheme of your dog's life, that's no time at all if it means having a dog who chooses to follow the rules you set.</p>
<p>"I'm ignoring my dog's undesirable behaviors but they're only getting worse! I can't train my dog if I can't tell him when he's doing something wrong."</p>	<p>When it comes to our dogs, we often miss opportunities to reward quiet, calm behavior while focusing on behaviors that annoy us. The reality is, all undesirable behavior has a start and an end -- there's no dog who barks or jumps on you 100% of the time. By paying attention to all of our dogs' behavior, we increase our opportunity of catching them in the act of being good.</p> <p>Also, our "punishments" are often reinforcing. Yelling, pushing them, or pinning them down are all high-energy fun and may increase the behavior.</p> <p>Lastly, if we suddenly stop rewarding a behavior, it's normal for it to get worse before it gets better. This rough patch is called an "extinction burst." The behavior has had results in the past, so your dog will try a little harder the first few times you ignore him. Reinforcing during this rough patch will lead to significant worsening of the behavior -- patience is key!</p> 

TRAINING YOUR DOG



Hiring a Professional vs. Doing It Yourself

Hiring a professional or learning to train your dog yourself largely depends on your personal situation, resources, and goals for you and your dog.

IT'S FINE TO DIY FOR...

Solving minor behavior issues that aren't a safety threat to you or your dog.

Teaching basic manners (i.e. crate-training, housetraining, etc.).

Building confidence to overcome minor fears like city traffic or fireworks.

Basic clicker training and teaching fun tricks.

Dog parents who can hold themselves accountable to keep up with daily practice without a coach.

Dog parents who don't mind doing some reading or taking an online class to hone their skills.

HIRE A PROFESSIONAL FOR...

Help with severe reactivity, resource guarding, separation anxiety, or aggression.

Consultations for minor behavior issues that aren't getting better with DIY training (i.e. nuisance barking, leash pulling, counter surfing, etc.)

Teaching you the basics to set you up for DIY training in the future.

More structure and coaching through weekly sessions to motivate you to practice on your own.

Trying out a sport like agility if you're not sure where to start.

Can I Have Someone Train My Dog For Me?

Board-and-train services exist, but they're not ideal for a few reasons:

- Dogs don't generalize behavior very well between people, so the best way to ensure training sticks is to have you doing it.
- Trainers are skilled at teaching the person as well as the dog. This will set you up for skills in the future to train by yourself.
- Not all board-and-train services are created equal. Being present for sessions ensures that you can consent to anything that happens to your dog.



NOTE:



If you notice any signs of aggression to people/animals or of self-harm (typically associated with separation anxiety):

Get help from a professional right away!

Email

**adoptions@morrisanimalrefuge.org
for recommendations!**

HOW TO FIND A TRAINER



Finding a trainer can be a daunting task! Dog training is not a regulated industry, making things confusing for dog parents. Regardless of what a trainer's title (trainer, behaviorist, behavior consultant, etc.) it's important to do your research by following these steps.

For additional help finding a trainer, please email adoptions@morriscanrefuge.org for recommendation in your area.

1

Check out their website.

Look for words like "humane, positive, force-free, scientific, science-based, reward-based" and avoid red flags like "balanced, correction, aversive, traditional, dominance, pack theory."

2

Make a shortlist and interview these trainers.

Ask open-ended questions about specific scenarios to understand their training philosophy.

- **What is your dog training philosophy?**

Red flags are the same as in Step 1.

- **How would you teach a dog a simple skill like "sit"?**

The best trainers will give the dog time to figure it out or "lure" the dog into a sit with a treat instead of pushing down on their back end.

- **Do you ever use leash corrections?**

The answer to this should be "absolutely not!" Some trainers may say they use a quick "pop" of the leash to communicate with the dog. This is just another word for a leash correction!

- **How would you deal with a dog who is not listening or misbehaving?**

Avoid trainers who use words like "dominant," "stubborn," or "disrespectful." Good trainers will adjust their training style or go slower.

3

Sit in on a class or session and watch for the following:

- If the trainer has any issues with you observing, this is your first red flag.
- Is the trainer friendly, positive and supportive? Do they have several methods up their sleeve to tailor their approach to clients with different abilities?
- Are the dogs doing what their owners ask enthusiastically? Or are they hunched over, tail tucked under, ears pulled back?

Think about how you would teach a 2-year-old child. If you wouldn't use the trainer's methods to teach a toddler, you shouldn't use them to teach your dog!

4

Once you pick a trainer, check in with yourself as you go:

Are you seeing improvements from your dog and is he excited to go to training sessions? Are there other students in your class using harsh corrections or equipment? Investigate if this was recommended by the trainer. Is the trainer losing patience with the dog if he isn't complying? Moving toward leash corrections or using words like stubborn, dominant, or disrespectful to describe your dog?

They may not be qualified to deal with your dog's specific needs.



LEASH MANNERS 101



Leash Manners

To get the most out of this section, please read "Training Your Dog" first.

Many shelter dogs are young, energetic, and outgoing, so they don't always have the best leash skills. The most important part of teaching leash manners is consistency and patience. Inconsistent training is worse than no training at all! The best way to teach leash manners is through positive reinforcement. This teaches your dog that choosing to walk by your side has the best rewards. This is much more effective than using aversive equipment to teach him that wrong choices lead to pain or discomfort.

The Training

There are lots of exercises you can do to build good leash manners.

Whatever strategy you choose, the most important things are:

- **Reward the good, ignore the bad -- if the dog starts pulling, do not yank or pop the leash.**
- **Be consistent always! Make sure everyone who walks the dog walks him the same way while he's learning!**
- **You don't need to use a clicker to build good manners, but it's helpful to have basic clicker skills (see [How To: Clicker Train Your Dog](#)).**

Exercises

- **"Be Like a Tree":** If your dog is charging ahead, simply stop moving until he chooses to release the pressure. This takes a lot of patience and consistency, so try to plan your walks so you have time to do this. This will teach him that a loose leash gets him where he wants to go. Alternatively, change direction and walk the other way. Click and treat when the dog catches up but before he passes you.
- **Reward with a click and treat** (or just a treat) any time your dog makes eye contact with you regardless of whether or not you called his name. Pay attention to your dog while walking. **Don't multitask, as you can miss valuable opportunities to reward good behavior.** This exercise can be practiced at home, too.
- **Practice heeling off-leash** (Video: [Dunbar Dog Diaries #11 - Loose leash walking and heeling](#)) Use the steps in the video, starting at home or in your yard without a leash first.

1. Feed one treat every few seconds and build duration slowly until your dog walks by your side for ~30 seconds between treats.
2. Next add the leash, but keep practicing in a low-distraction environment until he is walking proficiently.
3. Try adding distractions little by little like other family members walking past. If you raise the distraction level decrease the duration between treats.
4. Take it to the streets! Reinforce very often at first.
5. Eventually you won't need to reinforce very often at all. While he doesn't have to be in a perfect heel all the time, continue to stop if your dog gets to the end of the leash and reward when your dog checks in with you.



NOTE:



Walking your dog off-leash is discouraged (and illegal in Philadelphia) for your safety as well as the safety of others.

No matter how friendly your dog is, people around may be walking anxious/reactive dogs or may be afraid of dogs themselves. Unless you're in a secure, fenced area, keep your dog on-leash!





LEASH MANNERS 101



The Equipment

There is no equipment on the market that will be a “quick fix” to your dog’s leash manners. It’s all about the training! Below is a list of recommended, force-free walking equipment, as well as equipment to avoid. Once you have the right equipment, you can move on to the training.

	YES!	NO!
COLLAR	<p>Flat Collar with ID Tags</p> <p>Collars should be worn at all times for ID purposes in case your dog gets lost. We discourage using collars for walking. A dog’s neck is just as sensitive as ours -- these muscles are meant for moving the head around, not for withstanding pressure, so even mild pulling can cause severe injuries over time.</p>	<p>Choke Collar, Pinch Collar, Prong Collar, E-Collar, Martingale, Head Collar</p> <p>These collars put pressure on the dog’s very sensitive head/neck. They seem to work for some dogs because they would rather comply than feel pain. In other dogs, it makes reactivity and pulling behavior worse, since the pain is now combined with the sight of the trigger.</p> 
LEASH	<p>4-6 ft Leather or Woven Flat Leash</p> <p>You don’t need any fancy equipment in the leash department! Choose something sturdy and save your money for a quality harness. See vetstreet.com’s video "How To Properly Hold a Leash" for important leash-handling skills (https://www.youtube.com/watch?v=ecWakrgXBME)</p>	<p>Retractable Leash</p> <p>We discourage their use for everyday walks for several reasons:</p> <ol style="list-style-type: none"> 1. There’s no way to reinforce your grip on this leash, as shown in the video. 2. The cord can cause friction burns if grabbed. 3. If the plastic casing slips out of your hand, your dog may think he’s being chased and will run far and fast.
HARNESS	 <p>TrueLove Harness, Chai’s Choice, Front Range by Ruffwear, Hurtta</p> <p>Choose a harness with clear instructions on proper fit, and a back clip attachment for a leash. "Padded, Y-shaped" harnesses are typically good options. A properly fitted harness disperses the pressure caused by pulling, and is more difficult to escape from than a collar.</p> <p>If using a front-clip harness, please do so under a trainer’s guidance.</p> <p>It’s easy to accidentally misuse the front-clip as a correction instead of a redirection and it’s best to desensitize dogs to the feeling of the sideways pull before using it for training.</p>	<p>Sporn No-Pull Harness, PetSafe Easy Walk Harness, etc.</p> <p>Ill-fitting, poorly-made harnesses with no adjustment points should be avoided. These are a recipe for a loose dog. Additionally, be wary of “no-pull harnesses” as they can sometimes have squeezing/pinching features that are aversive and can cause chafing. Avoid front-clip harnesses where the clip sits very low on the dog’s chest, as this can cause tripping and interfere with their normal gait.</p>
MISC.	<p>Treat Pouch (we prefer the kind with a hinged opening)</p>	<p>Clicker</p> <p>Treats</p>

CRATE TRAINING 101



Why Use a Crate?

Crates are a useful management tool when used correctly and combined with positive reinforcement. Unfortunately, they are easy to misuse, too. While crate training is a useful life skill for dogs to have, many dogs don't have to be crated on a daily basis. Until your pup can be trusted home alone, try restricting his space using baby gates or exercise pens instead of a crate, especially if he's never used one. Below are appropriate and inappropriate reasons to crate your dog:



CRATES ARE APPROPRIATE FOR...

A dog who is comfortable in his crate and doesn't whine or bark.

Providing a quiet place to nap or work on a food puzzle or chew.

Avoiding accidents during potty training.

Short-term confinement (up to a few hours) when you're unavailable to supervise and only until your dog picks up on household rules and routines.

Training for situations like travel, or staying at the vet, groomer, or pet sitter.

CRATES SHOULDN'T BE USED FOR...

Dogs who are anxious (barking, whining, pawing at door, etc.) when confined. They likely have never used a crate before and need your help and patience with adjusting to the crate.

Keep reading for a step-by-step guide!

Punishment. This will build negative associations and your dog will eventually refuse to go in.

Extended confinement (6-8 hours). If you'll be gone for longer, use a dog-walker or doggie daycare if possible. Long days in the crate can lead to pent-up energy, anxiety, and other behavior issues.

How To Crate Train: Choosing and Introducing the Crate

1 Set up your crate with a soft blanket or bed inside. The crate should be large enough for your dog to stand up, turn around, and lie down comfortably. When you're not training, tie the crate door open so your dog can walk in and out without it swinging shut and startling him.

2 Gauge your dog's familiarity with the crate. Is he scared of it? Does he approach it comfortably and go inside? Depending on his comfort level, you may be able to skip steps. If you're unsure, take it slow. Moving too fast will create negative associations with the crate.

CRATE TRAINING 101



Build Positive Associations

- 3 Keeping the crate door open, scatter treats on the floor of the crate and let your dog enter and search for them. You can also feed meals in the crate to speed up learning.
- 4 With your dog outside of the crate, close the door and toss treats into it. When he whines or paws at the door, open it, offer praise, and let him eat the treats. When he comes out, close the door behind him and refill the crate with treats. Repeat until he's excited about entering the crate.

Start Closing the Door

- 5 Repeat Step 4, adding longer-lasting treats/chews/food puzzles and quietly close the door and hold it closed for as long as it takes for him to eat the treats. Open it back up right before he finishes the treats.
- 6 Start feeding meals out a Kong in the crate. Close the door, but stay with your dog and open the door right before he's done with his Kong.

Build Distance and Duration

- 7 Slowly start increasing your distance from the crate as your dog is working on his Kong. Start by doing an activity in the same room and progress to doing a quick chore in a different room, still coming back before he finishes his meal and gets restless.
- 8 Build duration in the crate by offering long-lasting chews/difficult food puzzles and spending more time out of sight. He'll likely finish his chew or Kong and fall asleep. Until you're sure he's comfortable, try to time your return before he wakes up and becomes restless.



Crate Training Tips

Slow and Steady Wins the Race

Take these steps slowly! If he is barking, whining, or pawing at the crate as you start leaving him alone, you're moving too fast. Letting him "cry it out" will undo the positivity you worked so hard to build and can lead to anxiety and refusal to enter the crate.

Plan Ahead

Time your training session after play or a long walk, so your dog isn't at his most energetic.

Use Praise Strategically

To make the crate exciting, praise heavily for entering, but make leaving boring. Continue doing this even when he's used to the crate.

Distance vs. Duration

When building distance and duration, only work on one at a time. For example: Say your dog can be crated with you sitting by him for 30 min. Your next step may be increasing distance by sitting on a couch in the same room. To set him up for success, decrease duration to 5 min. when you increase distance and build back up.

Additional Information:

Check our [Simpawtico Dog Training's playlist \(Home Alone/Crate Training\)](#) on choosing and using crates.

HOW TO START CLICKER TRAINING



What is Clicker Training?



These days, lots of dog trainers (and owners) have turned to a technique called "clicker training" to communicate positively with their dogs. With the internet as a resource, clicker training is easy to pick up yourself!

Clicker training works by pairing a sound (ex. the "click" of a clicker) with the immediate delivery of a reward. This is a much more efficient way of training since a sound is clearer and easier to time with the desired behavior instead of trying to pull out and deliver a treat fast enough without confusing the dog.

Step 1: Finding Your Dog's Motivation

Video: Go Anywhere Dog's "Motivation... What Works For Your Dog?"

<https://www.youtube.com/watch?v=wNL0O5kJK-A>

Video: McCann Dog Training's "How To Motivate Your Dog To Train"

<https://www.youtube.com/watch?v=qYLTuLTV8bg>

Figure out what motivates your dog. All dogs have unique preferences so it might take some trial and error. While praise works for some dogs, most dogs will work best for a more tangible reinforcer like treats or a toy. Your dog will tell you when you find his ideal reward! He will perk up and stop whatever he's doing for it. If you're going to be training often, save this reward exclusively for training to make it more exciting and effective.



Dog Food

Some dogs love their food! If his food is motivating enough, your pup won't eat extra calories that can lead to weight gain.

Measure out his food for the day and use it throughout the day for anything from loose-leash walking to training tricks.

Freeze-Dried Treats

These are low-carb, high-protein snacks, easy to break into little pieces, and smelly to get your dog's attention without being too messy.



Produce

Some dogs go bananas for, well... bananas! Produce is nutritious and low in calories. Favorites include: carrots, cucumbers, apples, strawberries, blueberries, and bananas.

Processed Foods

This includes hot-dogs, string cheese, and commercial treats (Zuke's, Pupperoni, etc.). They're extremely enticing and are a great tool if you're struggling to motivate your pup. Only use these treats during training to avoid extra calories.

Spreadable Snacks

This includes peanut butter, and squeeze cheese. They're high in fat and shouldn't be your go-to. Use as a distraction for necessary handling (brushing, nail trims, etc.) or sealing Kongs.

HOW TO START CLICKER TRAINING



Step 2: Introducing the Clicker

Video: Kikopup's "How To Start Clicker Training"
<https://www.youtube.com/watch?v=yvw2bcGcoDk>

Below are the steps for teaching your dog what a clicker is and what it means.

1 Grab your dog's favorite treats. This can be his regular kibble or an extra special training treat, as long as your dog is excited about it. Time your training between or instead of meals so your pup isn't so full he doesn't take treats, but not so hungry that he feels like he must train to eat or gets overexcited about the food.

2 **There are two methods for the next step:**
2a. If your dog doesn't know any commands yet, simply click, pause for a second, and treat.

2b. If your dog already knows an easy command like "sit," ask him to sit, click at the exact moment he sits, pause for a second, and treat. Using a command he already knows will help him learn the meaning of the clicker faster.

3 Repeat step 2 (a or b) in 3-5 sessions of 5 minutes each. You'll know your dog has picked up on the concept when he perks up upon hearing the clicker and looks around for food.

Clicker Pro Tips

If you click, always give a treat -- the click is only meaningful when combined with food. It can't act as a reward on its own.

A click isn't a cue or a way of getting the animal's attention. It should only be used after the behavior happens, not as a cue to elicit a behavior.

The click should "mark" the behavior you're looking for. Think of it as trying to take a photo of a picture-perfect behavior by clicking at the exact second the behavior happens.

Practice correctly timing your clicks by bouncing a ball and clicking every time it hits the ground.

Step 4: Training

Once your dog understands the clicker, you're now ready to begin the real training. Below are some of our favorite resources for dog training using the clicker:

[Kikopup \(Youtube\)](#).

[Pat Miller \(Books\)](#).

[Simpawtico Dog Training \(Youtube\)](#).

[SpiritDog Training \(Youtube](#)

[and Website\)](#).

[Karen Pryor \(clickertraining.com\)](#).



Body Language of Fear in Dogs



Slight Cowering

Major Cowering

More Subtle Signs of Fear & Anxiety



Licking Lips
when no food nearby



Panting
when not hot or thirsty



Brow Furrowed, Ears to Side



Moving in Slow Motion
walking slow on floor



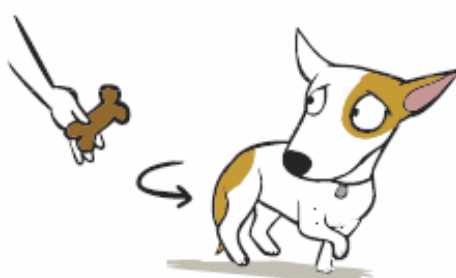
Acting Sleepy or Yawning
when they shouldn't be tired



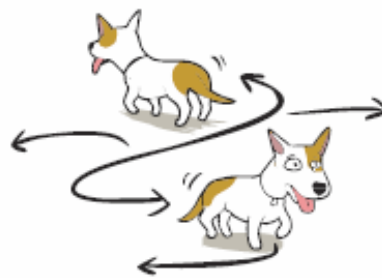
Hypervigilant
looking in many directions



Suddenly Won't Eat
but was hungry earlier



Moving Away



Pacing