

Dog Guide



Naperville Area Humane Society

A better home. A better life. A better future.

Congratulations on your new family member!

In order to provide you with support and set both you and your pet up for success, we have compiled some quick-reference information for you based on our most frequently asked questions!

Of course, we also have an abundance of resources on our website... but if we don't have what you're looking for, we can tell you who does!



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Contents

Contacts and Resources	1
Adjusting to a New Home	2
Basic Supplies	4
Basic Care Requirements	6
Training and Behavior.....	10



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Helping Your Newly Adopted Pet Adjust

Bringing a new pet home is exciting, but can also be a little overwhelming for both of you! We've put together some tips to help those important first few weeks together go as smoothly as possible.

Be Patient

All newly adopted animals will need time to decompress and fully transition between shelter life and their new home. This decompression period will vary from a few weeks to several months, as each pet is an individual and their learning histories and previous home situations vary widely. Expect a certain amount of shyness at first, as they ease into your home.

Offer LOTS of treats

You can quickly build trust with your new pet by offering treats for any behavior that you'd like to see more of (such as approaching you, making eye contact, sitting, being quiet, or lying down). Initially, use high-value, meat-based treats, such as cooked chicken, that are highly palatable and easy on the tummy. You can also use their regular food as treats.

Create a Predictable Schedule

Give your new pet a consistent routine. Feed them in the same place and at the same time every day. Add in enrichment activities at set times each day. Take them for walks at the same time, and take the same route initially. Do not forget to include frequent nap time!

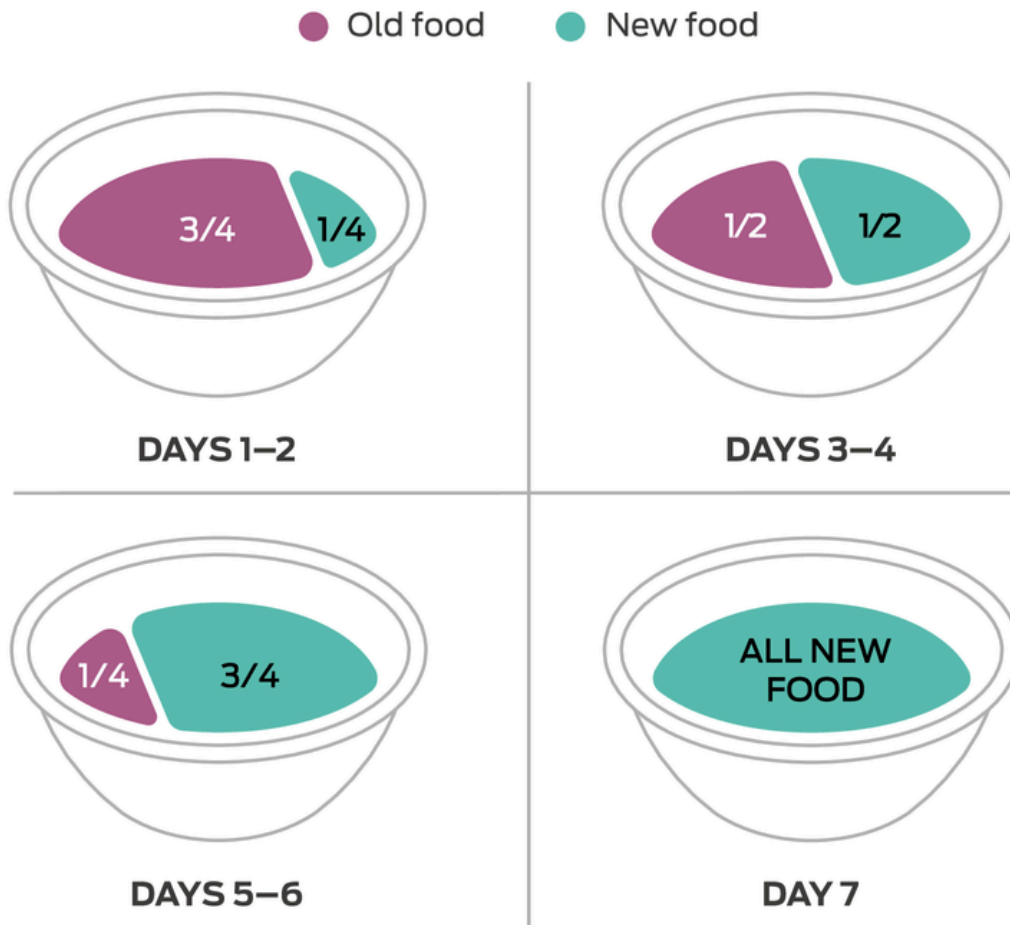
Allow the Pet to Hide

It may seem counterintuitive, but if your newly adopted pet wants to just hunker down and hide for a while, let them! Never force them to interact with a family member or another pet. You can try gently coaxing them out by tossing treats out and then leaving the area, but if they prefer not to come out, let them be. Forcing them out of a hiding spot will only make them more afraid and teach them that they no longer have a safe space.

Avoid Punishment

It can take some time for your new pet to adjust to your household expectations. If they do something you don't like, try to resist the urge to yell at or scold them. They may have been punished in the past, and you can inadvertently add to their distrust by scolding them or using any kind of aversive training tools, such as squirt bottles, a tossed bottle of coins, and certain training collars. [Check out our handout](#) on training collars.

SWITCHING PET FOODS – DOGS



Gradually transitioning onto a new diet will minimize the risk of stomach upset or other issues.

In order not to overfeed – check the feeding guidelines on the new food and the recommended amount for the dog's weight (assuming the pet has a good body condition score).

Gradually replace $\frac{1}{4}$ of the current food with the $\frac{1}{4}$ of the new food every 2nd day. After 7 days, the switch over to the new food is complete.

If a pet is susceptible to stomach upset, it may be beneficial to transition over 10 days.

The Purina Institute aims to help put nutrition at the forefront of pet health discussions by providing user-friendly, science-based information that helps pets live longer, healthier lives.

New Dog Supply List

BARE NECESSITIES

- appropriately-sized crate
- sturdy 6 ft leash
- collar with ID and rabies tags
- poop bags
- dry and/or wet food

GROOMING

- brushes and steel comb
- dog-safe shampoo
- nail trimmers or nail grinder
- dog-safe ear cleaning solution
- toothbrush and dog toothpaste

BASIC SUPPLIES

- well-fitted “Y-shape” harness
- 15+ ft leash (or called a “long line”)
- rubber and/or other safe toys
- dog-safe treats
- enrichment items
- dog bed and/or blankets
- baby gates
- bowls or other enrichment feeding mechanisms

ENRICHMENT ITEMS

- slow-feeder or puzzle bowls
- snuffle and lick mats
- puzzle food toys
- “hide ‘n’ seek” toys
- KONG classic, similar toys

RUBBER TOYS

Select toys that are:

- made from all-natural rubber
- dent-able with your nail

Bonus if they are freezer and dishwasher safe!

Some of the most popular brands of rubber toys include:

- KONG
- West Paw
- Playology
- SodaPup
- Starmark
- Monster K9
- ChuckIt!

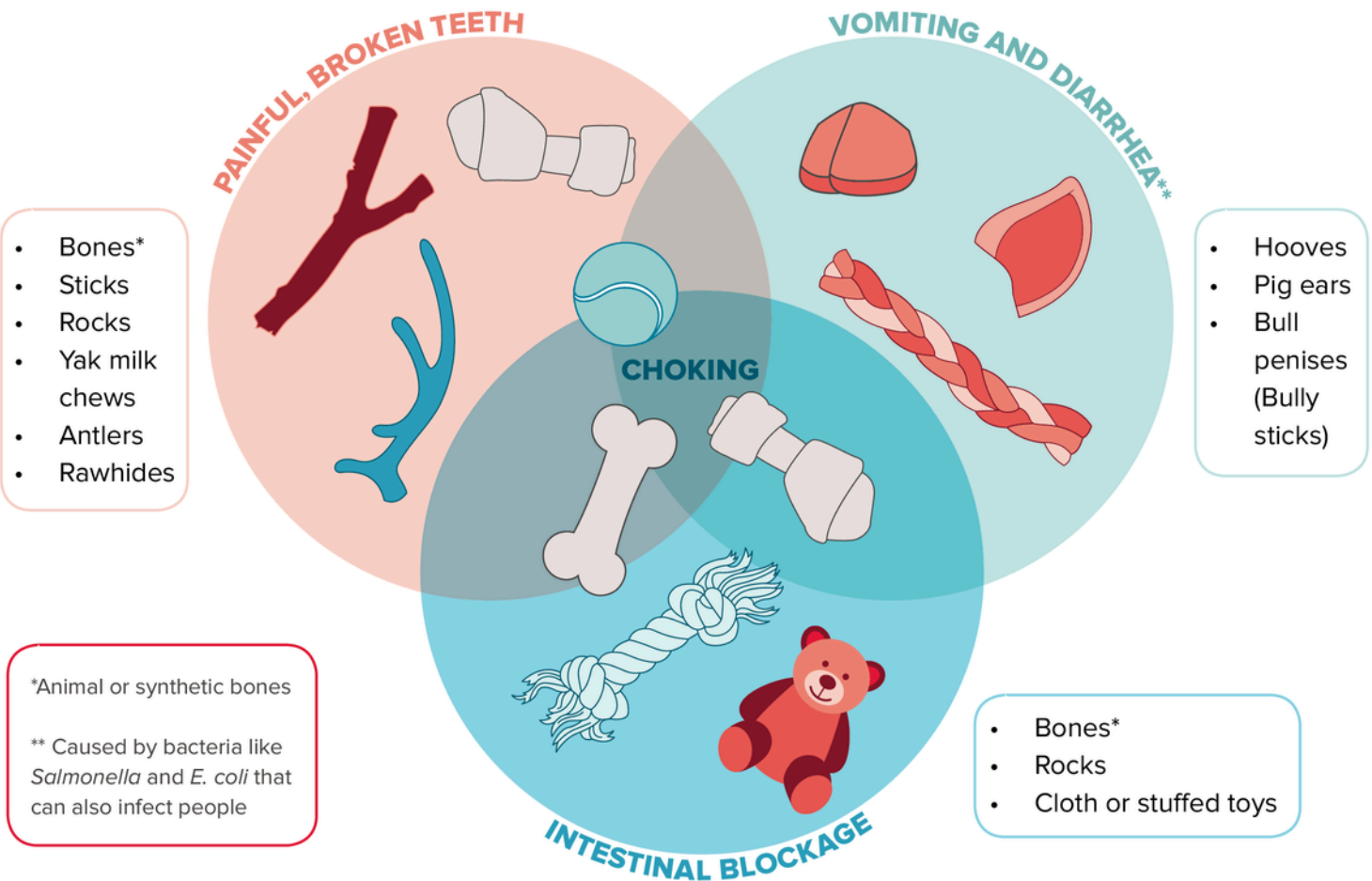
**Some dogs like toys more than others!
Dogs are individuals and preferences
for types of toys will vary.**

ITEMS TO AVOID

- shock, pinch, choke, “stim,” prong, and other aversive collars
- electric fences, e-collars, electric crates
- retractable and “slip” leashes

(DON'T) *chew on this*

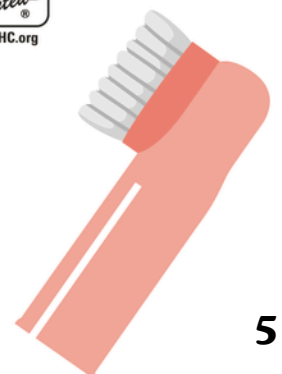
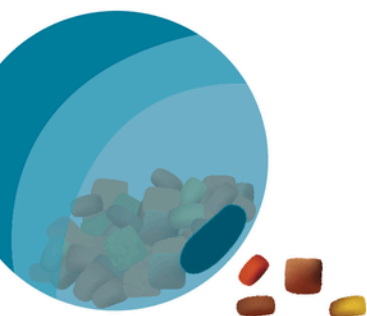
Not all pet dental products are created equal, and some can even damage your pet's teeth or worse. Here are some common products and the possible problems they can cause.



But, wait! There's good news!

Here's how you can choose your pet's dental products wisely:

- Select a chew treat that has received the Veterinary Oral Health Council (VOHC) Seal of Approval.
- Offer healthy, crunchy, edible snacks like carrots, green beans, or apple slices.
- Use puzzle toys that require your dog to push or paw for kibble to fall out.



Basic Daily Care

FOOD & WATER

- Feed your dog at least twice per day (amounts on bag label)
- Feed an AAFCO-compliant food
- Refer to our website for tips on how to pick the best food for your dog!
- Fresh and clean water should be available 24/7

EXERCISE AND REST

In addition to playtime, walks are great physical exercise for your dog. Dogs love to sniff and it's great for their brains. The length of walk varies per dog, but two 15 minute walks would be a great place to start. Quality of the walk is always more important than the distance or time spent on the walk! Also, remember to always walk your dog on a leash.

Giving your dog a comfortable place to rest, nap, and wind down during the day is important. Giving puzzle toys, frozen treats, or lick mats are great during these quieter times.

BRUSHING

For longer or curly-haired dogs, the coat should be brushed daily with a slicker brush, de-matting rake, and/or a stainless steel comb.

GOING OUT TO POTTY

- Take your dog outside at least 3-4 times a day:
 - First thing in the morning
 - In the afternoon or a few hours after every meal (aim for 1-2 walks)
 - Before bed at night

Remember to always walk your dog on a leash and only let them off leash in an enclosed dog-safe area. Getting them into a regular schedule will also aid in ensuring accidents don't happen!

ENRICHMENT

Enrichment, or mental exercise, is just as important to your dog's health as physical exercise. Providing toys, training sessions, and other species-appropriate activities like digging, sniffing, and shredding are all good examples. Reference our website for more information and sources!

DENTAL CARE

Ideally, brushing teeth (dog-safe toothpaste only!) should be done every day as tolerated. Dental chews or treats with a VOHC stamp of approval may also be provided, but are not a replacement for brushing.

Basic Additional Care

MEDICAL CARE

Monthly

- Heartworm, Intestinal Parasite, Flea, and Tick preventative medication
- Weight and/or Body Condition Score check

Yearly

- Wellness Exam
- Rabies, DAPP Vaccinations
 - Lyme, Leptospirosis, Canine Influenza, and BordetellaVaccinations are optional
- Bloodwork, Parasite and Disease Testing, and Urinalysis
- Dental Procedures

GROOMING

Baths and Trims

- Bathing with a dog-safe shampoo (conditioner optional) at least once per month
 - More frequently if your dog has environmental allergies or otherwise directed by your veterinarian
- Shaving or trimming longer hair as appropriate for breed and fur type
 - Monthly to every 2 weeks

Nail Trims

- At least every three weeks or as often as needed to keep the nail from touching the ground

Hygiene

- Cleaning ears, wiping face/eyes, and other hygiene tasks should be done monthly or more frequently with environmental allergies or veterinarian direction



If possible, finding a Fear Free Certified veterinarian (and groomer!) can help make your dog's experience with these tasks so much more positive. Refer to our website or the Fear Free website to locate a certified professional near you!

If your veterinarian and groomer says they "were not able" to do or finish something, this is actually a good sign! This means they are respecting your dog's emotions, boundaries, and tolerance of handling.



Certified groomers will be able to complete many, if not all, of the grooming tasks listed above. Feel free to do these yourself, but only if you and your dog are confident and comfortable!

DOG VACCINE AND PARASITE PREVENTION TIMELINE

The two core vaccinations for dogs are...

DHPPL

Distemper **P**arainfluenza
Hepatitis **L**eptospirosis
Parvovirus

The DHPPL vaccine is a combination vaccine that covers some of the most common preventable viral diseases in dogs.

Dogs receive this vaccine

ONCE every year

after the initial booster series, which typically starts at 6-8 weeks!

RABIES

The Rabies vaccine is a vaccine that protects against the fatal rabies virus. Because of the extremely high fatality of the disease and transmissibility to humans and other animals, having a Rabies vaccine documented with your county is mandated by law in Illinois.

Puppies receive this vaccine

***ONCE every year
or
ONCE every 3 years***

depending on the vaccine type!

Other “non-core” vaccinations like Bordetella, Lyme, and Influenza may be available depending on your veterinarian and location!



PARASITE PREVENTION

Puppies should receive preventative medication for *fleas, ticks, and intestinal parasites* monthly once they are old enough. These preventative medications require an examination from your veterinarian and a prescription. However, once your puppy is an adult at a stable weight, you can order up to 6 months or a year's supply at once! You can also order it to auto-ship on some sites!


Helpful tips to help protect your pet and family.

- + Pick up and dispose of your pet's stool regularly.
- + Wash your hands after exposure to your pet's urine, stool, soil (gardening), and sandboxes.
- + Cover sandboxes and play areas to prevent wild-life and strays from contaminating these areas.
- + Remind children not to put dirt or dirty hands in their mouths.
- + Check your pet and your family for ticks regularly. If you find a tick, remove it right away.

What are parasites and why do they matter?

- + Parasites are organisms that survive by feeding on animals and sometimes people.
- + Parasites can live in a dog's or cat's blood, organs, or on their skin.
- + They can also spread diseases that can threaten the health of your pet and family.
- + Exposure to infection is possible wherever ticks, mosquitoes, and other blood-sucking insects are found.
- + Intestinal parasites can easily be contracted through contaminated dirt or sometimes through other parasites like fleas.
- + Prevention may not be 100% effective.
- + It's important to have your pet tested regularly as recommended by your veterinarian.

Causes of infection	Infectious diseases	Most common signs of infection	Disease progression if not treated	Diagnostics
 Exposure to contaminated soil or stool that contains eggs or worm larvae, transmission from mother to offspring during pregnancy, or ingestion of infected fleas can lead to worm infections.	<ul style="list-style-type: none">• Hookworm• Roundworm• Whipworm• Flea tapeworm	<ul style="list-style-type: none">• Diarrhea• Loose stool or blood in stool• Pale gums• Poor hair quality• Poor health• Pot-bellied appearance• Vomiting• Or may not show any signs	<ul style="list-style-type: none">• Failure to grow/thrive• Severe anemia• Weight loss• Death	<ul style="list-style-type: none">• Stool sample and tests, including the following:<ul style="list-style-type: none">• Fecal antigen testing• Fecal ova and parasites testing
 Infected mosquitoes spread worm larvae from infected animals to your pet.	<ul style="list-style-type: none">• Heartworm	<ul style="list-style-type: none">• Mild cough• Reduced appetite• Reluctance to move or exercise• Weight loss	<ul style="list-style-type: none">• Heart failure• Lung disease• Death	<ul style="list-style-type: none">• Blood tests:<ul style="list-style-type: none">• Comprehensive vector-borne diseases screen• Chemistry profile• Complete blood count• A urine test• Other (depending on initial findings and clinical signs)

 Infected ticks carry bacteria and bite your pet, spreading infection. Ticks spread many diseases.	<ul style="list-style-type: none">• <i>Borrelia burgdorferi</i> (Lyme)• <i>Ehrlichia</i> spp.• <i>Anaplasma</i> spp.	<ul style="list-style-type: none">• Bloody nose• Fever• Lack of energy• Lameness• Loss of appetite• Painful joints• Pale gums• Or may not show any signs	<ul style="list-style-type: none">• Autoimmune diseases• Bleeding complications• Chronic joint pain• Damaged joints• Death• Kidney disease• Low platelet count• Low white blood cell count	<ul style="list-style-type: none">• Blood tests:<ul style="list-style-type: none">• Comprehensive vector-borne diseases screen• Chemistry profile• Complete blood count• A urine test• Other (depending on initial findings and clinical signs)
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Ask your veterinarian about:



Fecal antigen testing:
finds intestinal parasite infections that other types of testing may miss.



Blood tests, including a comprehensive vector-borne disease screen:
testing your dog's blood reveals diseases spread by ticks and mosquitoes.



Effective treatments and prevention:
your veterinarian will recommend the best approach for your dog or cat.

THE SPECTRUM OF FEAR, ANXIETY & STRESS

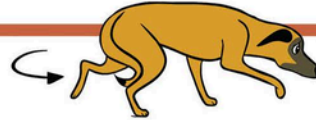
RED: SEVERE SIGNS - FIGHT/AGGRESSION (FAS 5)

- Offensive aggression: lunging forward, ears forward, tail up, hair may be up on the shoulders, rump, and tail, showing only the front teeth, lip pucker - lips pulled forward, tongue tight and thin, pupils possibly dilated or constricted.
- Defensive aggression: hair may be up on the back and rump, dilated pupils, direct eye contact, showing all teeth including molars, body crouched and retreating, tail tucked, ears back.



RED: SEVERE SIGNS - FLIGHT/FREEZE/FRET (FAS 4)

- Flight: ears back, tail tucked, actively trying to escape - slinking away or running, mouth closed or excessive panting - tongue tight instead of loose out of mouth, showing whites of eyes, brow furrowed, pupils dilated.
- Freeze/Fret: tonic immobility, pupils dilated, increased respiratory rate, trembling, tense closed mouth, ears back, tail tucked, body hunched.



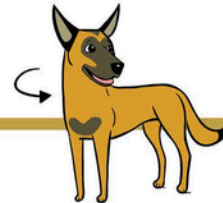
YELLOW: MODERATE SIGNS (FAS 3)

- Similar to FAS 2 but turning head away, may refuse treats for brief moments or take treats roughly, may be hesitant to interact but not completely avoiding interaction.



YELLOW: MODERATE SIGNS (FAS 2)

- Ears slightly back or to the side, tail down but not necessarily completely tucked, furrowed brow, slow movements or unable to settle, fidgeting, attention seeking to owner, panting with a tighter mouth, moderate pupil dilation.



GREEN: MILD/SUBTLE SIGNS (FAS 1)

- Lip licking, avoids eye contact, turns head away without moving away, lifts paw, partially dilated pupils, slight panting but commissures of lips are relaxed.



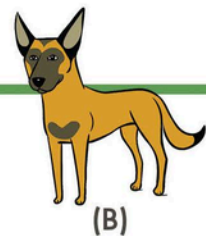
GREEN: ALERT/EXCITED/ANXIOUS? (FAS 0-1)

- Tail up higher, looking directly, mouth closed, eyes more intense, more pupil dilation, brow tense, hair may be just slightly up on the back and tail, may be expectant and excited or highly aroused.



GREEN: PERKED/INTERESTED/ANXIOUS? (FAS 0-1)

- Looking directly but not intensely, tail up slightly, mouth open slightly but loose lips, ears perked forward, slight pupil dilation.

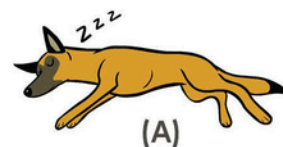


GREEN: RELAXED (FAS 0)

A: Sleeping.

B: Neutral - ears in neutral position, not perked forward, brow soft, eyes soft, mouth closed but lips relaxed, body loose, tail carriage neutral, pupils normal dilation.

C: Friendly greeting - slow back and forth tail and butt wag, ears just slightly back, relaxed brow and eyes, may have mouth slightly open with relaxed lips and loose tongue.



(A)

(B)



(C)

THE DANGERS OF "TRAINING" COLLARS

FEAR FREE
HAPPY
HOMES

Helping pets live happy, healthy, full lives



**Punishment-Based Collars
Can Cause More Problems
Than They Solve**

"Training" collars, like prong collars, electronic collars, and choke chains, offer the allure of a quick fix. These types of aversive collars are designed to reduce undesired behavior by producing an unpleasant sensation, such as a pinch on the neck or a shock, when the animal exhibits the undesired behavior (such as pulling on leash). The idea is that the animal works to avoid the unpleasant sensation and stops exhibiting the unwanted behavior. The trouble is, while you may have temporarily solved the problem (which will likely resume as soon as the collar is taken off), you risk creating other problems, often much worse.

How they work

These types of aversive collars are designed to reduce undesired behavior by producing an unpleasant sensation, such as a pinch on the neck or a shock, when the animal exhibits the undesired behavior (such as pulling on leash). The idea is that the animal works to avoid the unpleasant sensation and stops exhibiting the unwanted behavior.

Potential Problems

Emotional pain

One problem with aversive tools like these is the emotional fallout they can cause. Aversives can lead to mistrust, misunderstanding, and even aggression. A dog trying to interact with other dogs in a friendly manner (often pulling on their leash) will instead be met with pain from the prong collar. They could easily associate the pain with the sight or interaction with another dog, possibly creating aggression towards that dog or even all dogs.

Physical pain

Aversive collars can cause physical pain. Choke collars put dogs at risk for damage to the esophagus or trachea. Prong collars can scratch or puncture the skin around dogs' necks. Electronic collars can cause damage ranging from redness and irritation to infection and tissue death, depending on the tightness of the collar and duration of wearing. Dogs are resilient animals and can build up resistance to the shock or the pain of a pinch/choke collar, making them ineffective.

Doesn't teach the dog what to do

Aversive collars focus on stopping behavior, rather than on teaching the animal what to do instead. The dog learns "Ouch, that hurts when I pull! But I don't know what you want me to DO. Should I stop moving altogether and just sit here instead?"

An enjoyable walk can quickly become an anxiety-ridden outing as the more the dog receives a painful sensation, the more he starts to distrust his surroundings. "What caused that pain? Was it moving? Was it walking? Was it that dog that I saw while I was pulling? Was it my owner?"

Stress

While the dog may outwardly appear to be "doing better" (e.g., pulling less), watch for more subtle signs that he is stressed, such as yawning, lip licking, dilated pupils, blinking, sneezing, turning away, panting rapidly, tucking his tail, laying his ears back, scratching his neck or shoulders, and "drying off" when he is not wet. These are all signs of a stressed dog.