



ADOPTION RESOURCES

FOR YOUR NEW DOG

- [The Basics \(Food, Water, Leash Safety\)](#)
- [Share the Love](#)
- [Tips for a Happy Dog](#)
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Congratulations on Your Dog Adoption



We know how exciting bringing home a new companion is, and we also know that you might have questions or need support along the way. For basic pet care tips, please visit aspca.org/behavior or call us at 636-583-4300.

THE BASICS

Food: Franklin County Humane Society is a proud supporter of Purina. Your dog/puppy has been eating Purina Dog Chow or Purina Puppy Chow (unless otherwise noted). Please ensure to read the bag for instructions on the proper amount of food to feed your new pet.

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 current food in with the new food. We also recommend providing food only at mealtimes. Leaving food out for your dog to eat whenever they want can lead to obesity and other diseases.

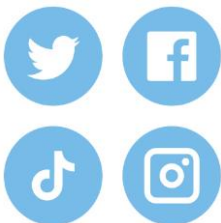
Water: Provide fresh water in a clean bowl daily. Your dog should have access to the water at all times.

Leash Safety: We recommend you always walk your dog with the leash attached to the proper equipment starting from the time of adoption. Never allow your dog to be 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 pet to a dog park until you have gotten to know them better.

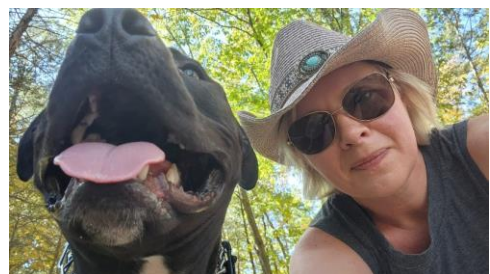
The Honeymoon Stage: Adopting a new family member is exciting, but there will likely be an adjustment period for both you and your new pet. There may be times when you feel overwhelmed and have second thoughts about your adoption. It's important to remember that during the transition period, your dog 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. For example, the dog came from living in a shelter, where walks, meals, and bathroom breaks varying times, and in your home, that may be different.

If you experience any behavior challenges, we encourage you to journal the behavior and contact us at 636-583-4300 if you need support. We are here to help in any way possible!

SHARE THE LOVE!



Follow us on all major social media platforms: Facebook, Twitter, Instagram, and TikTok! We welcome you to join our other adopters in our FCHSMO Alumni Page on Facebook! This group was created for our adopters to share their stories and photos of their adopted pet.



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 regret or frustration. 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 to your dog:

- Your pup may not have ever been in a car before
- All the sights, smells, and sounds in and around your home can be overwhelming
- 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 Happy Dog



TIPS FOR A SUCCESSFUL TRANSITION

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.
- 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 to and watch the action from afar, which can help them feel safe. See this [crate training resource](#) to learn how to introduce your dog to a crate.
- 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. See this [housetraining resource](#) for more tips.
- 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. Or check out this [enrichment guide](#) to learn how to make your own enrichment at home!
- 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.
- 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. New introductions will go better if they are comfortable in their new environment and with their handler.
- 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. [Check out this webinar on speaking dog.](#)

Tips for a Happy 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 to enforce a good experience. You are your dog's voice; if they are uncomfortable in a situation, don't be afraid to speak up on their behalf.
- 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. [See our resource on introducing dogs for more tips.](#)
- Wait on nail clippings or baths, as these may be unpleasant or frightening for your new dog. When introducing these things, take it slow and give lots of treats for reward.

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's noises, play some relaxing music, turn on the TV, or use a white noise app on your phone.
- If your pup is barking out 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.

CANINE DIY ENRICHMENT

Enrichment does not always mean exercise! The key to a happy and healthy dog is regular enrichment and allowing them to engage in their normal behaviors, such as playing, chasing, smelling, chewing, and scavenging. Allowing your dog to engage in these behaviors satisfies them physically, emotionally, and mentally. Dogs who don't receive stimulation tend to find ways to enrich themselves, resulting in unwanted behaviors. For great DIY projects that will keep you and your dog entertained, visit aspca.org/pet-care/dog-care/canine-diy-enrichment. These resources include food and environmental enrichment and guides to help you make your own affordable, easy dog toys and games.



ASK FOR HELP!

If you need support, contact us at 636-583-4300 or frontdesk@fchsmo.org

We understand taking a pet home can come with unexpected challenges, and we are here to support you. If you feel like you need more in-depth guidance, we suggest seeking out the support of a certified professional.

Dog Body Language



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"



CURIOUS
head tilt



HAPPY
(or hot)



OVERJOYED
wiggly



"MMMM...."



"I LOVE YOU,
DON'T STOP"



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



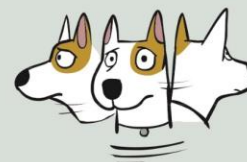
Brows Furrowed, Ears to Side



Moving in Slow Motion
walking slow on floor



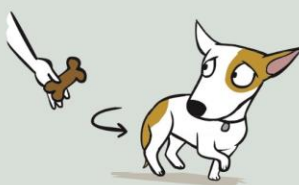
Acting Sleepy or Yawning
when they shouldn't be tired



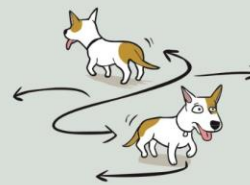
Hypervigilant
looking in many directions



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 us to teach them what we consider appropriate to chew by guiding them to appropriate chewing items and discouraging them from chewing things that aren't.

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. Appropriate items to chew may include hard rubber Kong-like toys or edible chews like marrow bones, knuckle bones, 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 to 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.

SUPERVISE

Set up your dog 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 crates (make sure your dog is crate trained!) and 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.



Dealing with Chewing & Destructive Behavior



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 (check out these [ideas](#))



Important DON'TS to keep your dog safe



MEDICATIONS/FOOD NOT HUMAN SAFE FOR ANIMAL CONSUMPTION

10 Most Common Human Medications Harmful to Dogs

1. Aspirin
2. Ibuprofen
3. Naproxen
4. Indomethacin
5. Acetaminophen
6. Xanax
7. Ambien
8. ACE inhibitors
9. Beta Blockers
10. Adderall

Pet Poison Hotline

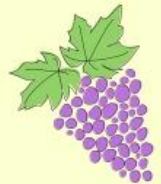
Keep this number on your fridge should your pet ingest a poison or medication*:

855-764-7661

24/7 Animal Poison Control Center

PEOPLE FOODS THAT ARE NOT SAFE FOR YOUR PUP

Alcohol	Garlic
Avocado	Grapes
Apple cores	Macadamia nuts
Bacon	Medicine
Bones	Nuts
Chocolate	Onion
Caffeine	Peaches
Citrus	Plums
Coconut	Raisins
Chives	Raw meat
Dairy products	Salt
Eggs	Yeast dough



The Facts on Parvovirus



- **Parvovirus is a serious, deadly threat to the unvaccinated dog population**
- **It is spread through fecal matter and fluids to other animals and surfaces.**
- **Parvovirus is considered “ubiquitous”. This means no environment is free from the virus unless it is regularly disinfected.**
- **Parvovirus is extremely hardy and can remain for up to six months outside and one month inside.**
- **Most veterinarians recommend multiple parvovirus vaccinations for the growing puppy to establish protective immunity, which can reduce the risk of the disease. Once vaccinated, your dog’s immunity will be maintained through annual boosters. Please discuss vaccine options with your vet.**
- **Humans nor other animals can catch parvovirus, however they can spread the virus through contact with clothing and shoes.**
- **An unvaccinated dog should not be taken to public places until he or she is fully vaccinated. This includes but is not limited to; dog parks, human parks, walking trails, truck stops/gas stations, and other high traffic areas.**
- **Only bleach can fully kill parvovirus. The formula to use to clean is one part household bleach to 32 parts water.**
- **There is a 3 to 7 day incubation period of the virus before a dog may seem obviously ill.**

Symptoms of Parvovirus

Vomiting

Severe diarrhea (often bloody)

Depression and lethargic

Loss of appetite

Severe bloating or abdominal pain

High fever or low body temperature

If your dog presents with any of these symptoms, it is dire for the animal’s survival to contact a veterinarian immediately.