

DOG ADOPTION HANDBOOK

Updated March 2020
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Behavior Manager

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WWW. PETSINNEED.ORG

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PETS IN NEED is delighted to have helped you adopt your newest canine family member. We hope our information booklet will provide the answers to questions you may have concerning proper care.

If you need further assistance, the Pets In Need staff will be more than happy to help you.
If you adopted from our Redwood City location, please contact us at (650) 367-1405 or info@petsinneed.org.
If you adopted from our Palo Alto location, please contact us at (650) 496-5971 or infopa@petsinneed.org.

## II. THE NEW HOME

It is very important to give your new dog time to adjust. It may take several weeks for your dog to feel comfortable in her new home.

Your dog may exhibit behavior problems for a short time. These usually disappear when handled with understanding and consistency. It is important to spend time with your new dog in the quiet of your home helping them become acclimated to their new life. Your gentle reassurance will help your dog to overcome her initial transition.

## SLEEPING ARRANGEMENTS

Your dog will need his own bed or crate in a quiet area. Your pet's bed should be respected as his place to rest. Do not allow children to disturb your dog when he is resting.

Crates are a great way to ensure that your dog is safe when you are away from the home, limiting potential destruction or accidents from occurring. When introduced slowly and positively, crates can become a safe place for your dog to retreat to when tired or overwhelmed.

## INTRODUCING YOUR NEW DOG TO ESTABLISHED PETS

Established pets frequently may not take kindly to a newcomer.

Be patient and give the animals time to accept one another. It may take days, even weeks, until the animals live in harmony- they may become best friends or simply learn to tolerate one another.

## INTRODUCING YOUR NEW DOG TO ESTABLISHED DOGS

We advise introducing the animals in neutral territory, such
 as a park or in a neighbor's yard. An ideal way to introduce two dogs is a walk together, with both dogs on leash, walked by separate handlers side by side. Sniffing, tail-wagging, mounting, and growling are normal behaviors.

Use Positive Reinforcement: From the first meeting, you want both dogs to expect "good things" to happen when they're in each other's presence. While keeping the leashes loose, let them sniff each other, which is a normal canine greeting behavior. As they do, talk to them in a happy, friendly tone of voice - never use a threatening tone of voice. After a short time, get both dogs' attention, and give each dog a treat in return for obeying a simple command, such as "sit" or "stay." Take the dogs for a walk and let them sniff and investigate each other at intervals. Continue with the "happy talk," food rewards, and simple commands.

Feed the dogs in separate locations and try not to break your established dog's feeding and exercise schedule. Do not expect your established dog to share her bed, toys, or food. Provide each dog their own space.

Don't allow a new dog or puppy to continuously harass your established dog. Provide crates in separate areas where the dogs can get away from each other as they desire, and never leave them alone together until you are certain they have accepted each other.

## INTRODUCING YOUR NEW DOG TO ESTABLISHED CAT(S)

Allowing your cat time to adjust to a new dog is very important. Never force an interaction. The introduction should always be made inside. This to ensure your cat cannot run away and get lost if scared.

Keep the dog on a leash. Preferably, have one person managing the dog and a second person with the cat. Never allow the dog to chase, tease or corner your cat, even in play. Make sure that the cat can escape to a "safety zone." This should be a room that the dog will not have access to.

It is a good idea to trim the cat's claws before this introduction in case she/he swats at your dog's face. Be assuring and patient with both animals. Never leave the animals together unsupervised until you are certain they have accepted each other.

## III. The 3-3-3 Rule

The 3 Days, 3 Weeks, 3 Month Rule of Adopting a Rescue Dog
The 3-3-3 rule is a general guideline, every dog is unique and will adjust differently. Give your dog space and allow them to go at their own pace.

| 3D | 3W | 3M |
| :---: | :---: | :---: |
|  |  |  |
| In the first 3 days | After 3 weeks | After 3 months |
| * Feeling overwhelmed | * Starting to settle in | * Set in a routine |
| * May be scared and unsure of what is going on | * Feeling more comfortable | * Building trust and a true bond |
| * Shut down and want to curl up in their crate or hide under a table | * Realizing this could possibly be his forever home | * Gained a complete sense of security with their new family |
| * May not want to eat or drink | Figured out their environment | * Finally completely comfortable in their home |
| * Testing the boundaries | * Getting into a routine |  |
| * Not comfortable enough to be "themselves" | * Lets their guard down and may start showing their true personality |  |
|  | * Behavior issues may start showing up |  |

## IV. DOGS AND YOUR FAMILY

## CHILDREN

Although Pets In Need encourages all family members to become involved in caring for your dog, do not expect children to assume full responsibility for this. A dog can be a child's playmate and friend, but it is important that children be taught proper respect and handling of your dog.

A dog is not a toy to be tugged or teased. Children must learn to respect your dog's need to sleep and eat undisturbed. Never leave young children alone with a new dog.


Physical Exercise

| Run |
| :---: |
| Hike |
| Jumping / running games with you |
| Swim |

Round-robin recall games

## ENRICHMENT

Enrichment can make your new dog's life enjoyable and prevent nuisance behaviors like chewing, barking, and digging. Food puzzle enrichment gives your dog something to do when you aren't around to play. Here are a few things your dog may love.

For his health, your dog needs activities from both columns each week. For more fun, DIY activities that will keep your dog healthy, search "dog enrichment" online.

| Mental Stimulation |
| :---: |
| Stuffed Kong |
| Single-use paper toy (Wrap little pieces of meat in <br> butcher paper and crumple up the paper. Stuff the paper <br> into a tissue box, paper towel roll, etc. for an extra <br> challenge! Always supervise your new dog.) |
| Food puzzle (Buster food cube, Nina Ottosson toys, Twist <br> and Treats, Tug-a-Jug, broth ice block, sealed PVC pipe <br> with holes drilled and kibble inside) |
| Positive reinforcement training, treats and praise |
| Gnaw on safe chew toy |

## V. FEEDING

The dogs and cats in our care at Pets In Need are fed Hill's Science Diet kibble. If you decide to change the food, we recommend that you make the change gradually. Sudden changes in diet can lead to vomiting and/or diarrhea. We also encourage you to consult with your veterinarian to determine the best diet for our new pet.
Dogs should be fed a diet designed for a dog. Human grade food may be appropriate in highly limited situations, like training, but should not be given from a table or a plate so not to encourage begging. It is important to monitor the amount of treats a dog gets during a day as obesity is a risk for many dogs.

It is important to establish a feeding schedule that you can maintain. Irregular feeding is confusing for your dog and may impede housetraining. Fresh water should always be available.

We do not recommend "free feeding" your dog, eg: keeping your dog"s food bowl filled at all times. It is better to control your dog’s eating time so you can judge how much she or he is eating.

## VI. TRAINING

## HOUSETRAINING

The best way to ensure that your new dog quickly becomes housebroken is to supervise him when you're home, and crate him when you can't supervise. Most dogs will instinctively hold its waste if it is confined in a crate.

Take your new dog on leash to the place you want her to eliminate. Wait until she eliminates, and then offer an awesome food treat. Keep in mind that a potty walk is different than an exercise or socialization walk. Try to keep distractions at a minimum including people or other dogs approaching to say hi; feel free to let them know you are in training! Distractions may lead your dog to "forget" about going to the bathroom which may lead to accidents inside.

- Repeat this process for the first couple of weeks or until the dog understands where you want her to "potty."

If your new dog starts to have an accident in front of you, gently lead her to the "potty" place. Do not scold or punish her. If you do, she will learn to fear you, and she will be hesitant to pee or poop in front of you again. This will make housebreaking very difficult.


Be sure to clean up any "accidents" with an enzymatic cleaner (if you don't, the smell will linger and your dog will eliminate in the same place again). Recommended cleaners include Nature's Miracle or Anti Icky-Poo.

## The Basics of Evidence-Based Behavior Modification

To set your new family member up for success, get coaching from a dog trainer who uses modern, science-based methods to teach your dog new skills and work through unwanted behaviors. Check out the "Choosing a Dog Trainer" section on page 8.

Scientific research shows it is best to reward the behaviors you like and make sure that other behaviors do not get rewarded. For many dogs, food is an excellent reward; however, other rewards can also be play, petting, attention or a toy.

- Example: If your new dog jumps for attention, freeze, go silent, and stare upward (i.e., don't reward the behavior). Give food and attention when all four feet are on the floor.
"Management" is key. Control the dog's environment so that A) the dog does not have a chance to practice undesirable behavior when you aren't around to supervise and B) the dog is not rewarded for undesirable behavior.
- Your dog has the intelligence and curiosity of a human toddler. For a toddler, you wouldn't think twice about putting up baby gates, covering outlets, and removing sharp objects. Likewise, for a new dog, it is best to set up Ex-pens (or close doors), put extension cords out of reach, and put away objects you don't want the dog to chew or play with.

Actions that intentionally hurt or scare your dog are not appropriate in dog training. Studies show that force-free positive reinforcement training methods are more effective in the long term and have fewer downsides.

If a person you have hired to help you work with your dog recommends punitive techniques (including using a prong, choke collar or an electronic device) as a first strategy, please call PIN and we'll refer you to a dog trainer who can help you build good behavior and a good bond.

If you are becoming frustrated, call PIN immediately. We will find a solution together.

## VII. RECOMMENDED DOG GEAR



## COLLARS

Your dog should wear a collar and an identification tag always. If your dog should escape, a collar ID will greatly increase his/her chance of being reunited with you.

Microchipping, a procedure that involves implanting a small, scan able rice-sized microchip between the dog's shoulder blades, is a highly effective and permanent way to identify your dog. PIN has already microchipped your newly adopted dog or puppy. If you have other dogs at home, ask your vet about microchipping them.

## HARNESSES

These restraint devices safely and humanely allow you to guide your dog, improve his focus on you, and may manage a dog's ability to pull. These devices will not magically stop a dog that may pull but can help you properly manage your dog on a walk to allow training to occur.

Regular harness (small dogs)


Front-attaching harness
(small or large dogs)


Head-halter
(Gentle Leader, Halti)


## LEASHES

You should walk your dog only on a fixed length leash (4ft or 6ft is common). Flexi-leads or retractable leashes are dangerous for both handler and dog and make it difficult for loose-leash walking training to occur.

## Pets In Need recommends AVOIDING:

- Choke collar
- Prong collar
- Electronic/shock collar

Illegal in many countries around the world, these devices attempt to control your dog's behavior by causing pain. They are often ineffective, and they may cause scarring or permanent damage to your dog's airway. The good news is that there are other options--see above and PIN's list of recommended trainers.


## RECOMMENDED TOY BRANDS

## Pets in Need's veterinarian recommends toys from this list:

- KONG
- Nylabone
- goDog
- Planet Dog
- West Paw (Zogoflex)

Why?
Some dog toys contain dangerous chemicals such as phthalates and bisphenol A ("BPA") and heavy metals like lead cause liver and kidney damage. One study found that toys made in China have a $50 \%$ likelihood of containing high concentrations of chemicals that are unsafe to ingest.

## Pets in Need's veterinarian recommends AVOIDING:

- Raw meat, animal bones, other animal parts, rawhide
- Greenies
- Balls or closed vessels with a single air-hole
- Items that are small enough to fit entirely in the dog’s mouth
- Items that the dog might tear apart and swallow when you aren't around

Dogs often break apart and swallow their toys. Please supervise your dog when introducing new toys.

## VIII. CHOOSING A DOG TRAINER

There are skills every dog should know to help him fit into human society. A great dog trainer can coach you through teaching your new dog these skills and help you strengthen your new bond.

Because there is no legal licensing for dog trainers and dog behavior specialists in California, it can be very difficult for a dog owner to find a competent trainer. A person calling themselves a dog trainer, but who has not striven to educate themselves in science-based animal training methods, can do serious physical harm to your dog or cause your dog to develop life-limiting behavior problems by incorrectly applying aversive training methods. Reputable organizations that ensure some level of certification or adherence to science-based methods include:

- Certification Council for Professional Dog Trainers (CPDT-KA, CBCC-KA)
- International Association of Animal Behaviorist Consultants (ACDBC, CDBC)
- Pet Professional Guild
- Academy for Dog Trainers (CTC)
- Karen Pryor Academy (KPA-CTP)

PIN has identified this group of specialists in the Bay Area who use evidence-based, modern, and humane methods to help you build a bond with your new dog. Please ask for assistance if you are considering hiring a service that does not appear on this list-we're happy to vet them for you!

Offering online training.

| PENINSULA |  |  |
| :---: | :---: | :---: |
| PRIVATE CLASSES | GROUP CLASSES | AGILITY \& SPORTS FOCUSED |
| Margaret Daul (KPA-CTP, CTC) <br> Family Dog Training <br> * familydogtrainer.com <br> (650) 326-2065 <br> - info@familydogtrainer.com <br> Johanna Fiskback Matthews <br> (RVT, KPA-CTP, ABCDT) <br> Hope for Canines <br> \# hopeforcanines.com <br> hopeforcanines@gmail.com <br> Mutts In Training <br> * muttsintraining.net <br> stephanie@muttsintraining.net <br> Wendy Hilton <br> Just Rewards <br> * justrewardsk9.com/group-classes (650) 302-1862 <br> wendy@justrewardsk9.com <br> - Rowdy Rover class for dog-reactive dogs <br> - Parkour Classes <br> - Obedience and Rally all levels Fun and Games classes | Zoom Room Belmont <br> zoomroom.com/location/belmont <br> (650) 517-3899 <br> - Puppy Agility for 8wks-32wks <br> - Training Workshops <br> - All levels obedience training-Rally-Urban Herding <br> Wendy Hilton <br> Just Rewards <br> * justrewardsk9.com/group-classes (650) 302-1862 <br> wendy@justrewardsk9.com <br> - Rowdy Rover class for dog-reactive dogs <br> - Parkour Classes <br> - Obedience and Rally all levels Fun and Games classes | K9 Rat Pack Barn Hunt k9ratpack.com <br> (510) 508-1474 <br> © canineratpack@gmail.com <br> Jump'n Java <br> (\#) javadogtrainingcenter.com <br> (650) 305-1110 |

SAN FRANCISCO

| PRIVATE CLASSES | GROUP CLASSES | AGILITY \& SPORTS FOCUSED |
| :---: | :---: | :---: |
| Shelley Leong-Peterson (CTC) <br> Bright Lights Dog Training <br> * brightlightsdogtraining.com <br> (415) 706-4401 <br> ©info@brightlightsdogtraining.com <br> City Pups SF <br> citypupssf.com <br> (415) 446-8726 <br> ©info@citypupssf.com | SF Puppy Prep <br> * sfpuppyprep.com <br> (415) 618-0828 <br> *info@sfpuppyprep.com <br> - Puppy socialization daycare for puppies 9wks-16wks <br> - Puppy Classes <br> Smarty Pup <br> * smartypup.com <br> - bark@smartypup.com | Ace Dog Sports <br> acedogsports.com <br> (415) 643-5808 <br> info@acedogsports.com <br> - Tricks, specialty workshops, fit paws, canine conditioning and agility dog training" |


| EAST BAY |  |  |
| :---: | :---: | :---: |
| PRIVATE CLASSES | GROUP CLASSES | AGILITY \& SPORTS FOCUSED |
| Dog Soul <br> Susi Hankins <br> \# dogsoul.co <br> (510) 507-9121 <br> «susi@dogsoul.com <br> The Canine's Voice <br> \#thecaninesvoice.com <br> (386) 336-2469 <br> - In-home training specializing in aggression cases <br> Cannon Dog Training <br> Tania Lanfer <br> * cannondogtraining.com/services <br> (415) 317-8985 <br> * taniacannondog@gmail.com <br> DogEvolve <br> Pamela Wyman (CTC) dogevolve.com <br> -info@dogevolve.com | Bravo! Pup <br> © bravopup.com <br> (510) 621-3630 <br> -info@bravopup.com <br> Dodger's Paws <br> © dodgerspaws.com <br> (925) 980-2872 <br> © christine@dodgerspaws.com <br> DogEvolve <br> Pamela Wyman (CTC) <br> \# dogevolve.com <br> - info@DogEvolve.com | Good Dog Daycare <br> gooddogdaycare.com <br> 510-324-1176 <br> - Barn hunt, fly ball, nose work |
| SOUTH BAY |  |  |
| PRIVATE CLASSES | GROUP CLASSES | AGILITY \& SPORTS FOCUSED |
| Modern Hound <br> * modernhound-siliconvalley.com modernhound@gmail.com | Our Pack <br> Marthina McClay <br> \# ourpack.org/classes <br> - info@ourpack.org <br> - Low cost group Options <br> Smith Dog Training <br> Nathalie Smith <br> $\#$ smithdog.training | Morgan Hill Dog Sports *mhdogsports.com (408) 888-6462 |

The following are some suggestions on how to safely socialize your new puppy before they are fully vaccinated. Please be sure to pair all of these experiences with lots of good things like treats and toys!

- Enroll in a puppy socialization/kindergarten class-Zoom Room and Sirius are two facilities in our area that offer these classes for puppies 8 weeks and older.
- Invite friends and family over to your house/yard-Children, adults, delivery drivers, mail carriers, etc. Get your puppy used to having a variety of visitors in your home.
- Visit friends and family- It is important for your puppy to experience other home environments. If your friends and family have dogs, make sure they will tolerate puppy antics-you don't want your puppy to have a bad experience!
- Take a large blanket to your local park- With your puppy safely on the blanket, allow them to watch the world go by. Your puppy
 should remain on the blanket and not touch the grass.
- Take a car ride- Drive around the block to get your new puppy used to riding in a car.
- Visit a pet friendly store/cafe- Many stores allow animals to accompany you while you shop. You will want to have your puppy in a shopping cart, stroller, or a sling (carry) so you can control what they will encounter on your outing. If you are at a pet store, do not allow your puppy to walk on the floor.
- Walk your puppy in a stroller, wagon, or sling- Let them take in all the sights and sounds of a neighborhood walk safely. Take care not to allow your puppy to walk where there is urine and feces from other animals.
- Ask your veterinarian when it is safe to fully expose your puppy to the world.


## Places NOT to take your puppy:

- Dog parks- Until your puppy is fully vaccinated.
- Any place your puppy is likely to encounter stray, unvaccinated, sick or aggressive animals.
- Places where the feces and urine of animals is prevalent.
- Places where there will be large crowds of potentially unruly humans.
- Anywhere you will not be able to devote your full attention to your puppy.


## X. DOG LICENSING

California law requires counties and cities to protect their citizens from contracting rabies by mandating that all owned dogs over four months old be given a rabies vaccine. Cities require residents to license their pets so they may obtain a record of the proof of vaccination. If you are cited for owning an unlicensed dog, you could face fines of \$50-150 per dog.

## WHERE TO GET A RABIES VACCINE

All veterinary clinics provide rabies vaccinations. You can also visit a vaccine clinic for low-cost vaccines. Vetco and VIP Petcare both provide vaccine clinics.

## WHERE TO LICENSE YOUR DOG

You must license your dog with the shelter that serves your city.

| SHELTER / ANIMAL SERVICES | JURISDICTION |
| :--- | :--- |
| Pets In Need Palo Alto | Palo Alto, Los Altos, Los Altos Hills |
| www.petsinneed.org/licensing |  |

## Peninsula Humane Society

12 Airport Blvd, San Mateo
(65) 340-7022 San Mateo County
peninsulahumanesociety.org

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Santa Clara Animal Control
12370 Murphy Ave, San Martin
(408) 686-3900
Stanford, unincorporated Santa Clara County
scccountypets.org
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Silicon Valley Animal Control
3370 Thomas Rd, Santa Clara
(408) 764-0344
svaca.com

Humane Society of Silicon Valley
901 Ames Ave, Milpitas
(408) 262-2133
hssv.org

Sunnyvale

San Jose Animal Services
2750 Monterey Rd, San Jose
(408) 794-7297
sanjoseanimals.com

San Francisco Animal Care \& Control
1200 15th St, San Francisco
(415) 554-6364
sfgov.org

San Jose, Cupertino, Saratoga, Los Gatos, Milpitas
Mountain View, Santa Clara, Campbell, Monte Sereno

## XI. LOCAL VETERINARY CLINICS

| Campbell |
| :---: |
| VCA Bascom Animal Hospital <br> (408) 371-5630 <br> 2175 S Bascom Ave |
| VCA Winchester Animal Hospital <br> (408) 378-4380 <br> 2110 Winchester Blvd |
| Cupertino |
| Acadia Veterinary Clinic (408) 844-4575 <br> 10012 N Foothill Blvd |
| Cupertino Animal Hospital <br> (408) 252-6380 <br> 10026 Peninsula Ave |
| Los Altos |
| Adobe Animal Hospital (650) 948-9661 4470 El Camino Real |
| Los Altos Veterinary Clinic (650) 948-8287 <br> 440 First St |
| Los Gatos |
| Adobe Animal Hospital South Bay (408) 354-9530 <br> 15965 Los Gatos Blvd |
| VCA Animal Hospital Los Gatos (408) 354-9530 <br> 524 N Santa Cruz Ave |
| Mountain View |
| Alta-View Animal Hospital (650) 948-1021 <br> 690 Showers Dr |
| Alpine Animal Hospital (650) 969-8555 460 W. El Camino Real |
| Miramonte Veterinary Hospital <br> (650) 962-8338 <br> 1766 Miramonte Ave |
| Menlo Park |
| Peninsula Pet Hospital (650) 325-4300 548 Glenwood Ave |

## Palo Alto

The Animal Doctors
(650) 325-1343

461 Page Mill Rd
Animal Hospital of Palo Alto
(650) 493-2738

4111 El Camino Real
VCA Palo Alto Animal Hospital
(650) 493-4233

3944 EI Camino Real

## Portola

Portola Valley Veterinary Clinic
(650) 851-3244

884 Portola Rd
Redwood City
SAGE Veterinary Centers
(650) 417-7243

934 Charter St
Mid-Peninsula Animal Hospital
(650) 325-5671

2707 El Camino Real
Woodside Veterinary Clinic
(650) 365-3855

1725 Woodside Rd \#F

## San Carlos

Sequoia Veterinary Hospital
(650) 369-7326

255 Old County Rd
VCA San Carlos Pet Hospital
(650) 591-5718

718 El Camino Real
VCA Holly Street Animal Hospital
(650) 631-7400

501 Laurel St

## San Jose

Evergreen Veterinary Clinic
(408) 238-0690

1611 E Capitol Expy
Pinnacle Animal Hospital
(408) 264-9400

4724 Meridian Ave
San Jose Animal Hospital
(408) 453-2524

940 Berryessa Rd
Story Road Animal Hospital
(408) 292-6600

1241 Story Rd
Willow Glen Pet Hospital
(669) 342-7472

860 Willow St, \#500
West Valley Pet Clinic
(408) 996-1155

1360 S De Anza Blvd
VCA Crocker Animal Hospital
(408) 272-1330

475 N Jackson Ave.
VCA Blossom Hill Animal Hospital
(408) 227-3717

955 Blossom Hill Rd

## Birds \& Exotics

Wildwood Veterinary Hospital
(408) 265-8811

1115 Luchessi Dr
San Jose, CA 95118
Wildwood Veterinary Hospital
(650) 366-9453

2900 Spring St, \#5
Redwood City, CA 94063

## San Mateo

Aragon Veterinary Clinic
(650) 3427282

819 S B St
Crystal Springs Pet Hospital
(650) 341-3438

122 De Anza Blvd
Laurelwood Pet Hospital
(650) 341-7741

1334 W. Hillsdale Blvd
VCA Bayshore Animal Hospital
(650) 342-7022

233 N Amphlett Blvd
VCA San Mateo Animal Hospital
(650) 342-1655

2320 Palm Ave
Santa Clara
Animal Health Center
(408) 675-1889

2078 El Camino Real, Ste A
Santa Clara Pet Hospital
(408) 296-5857

830 Kiely Blvd, \#107
Silicon Valley Pet Clinic
(408) 248-3844

3100 El Camino Real
VCA Lawrence Animal Hospital
(408) 246-1893

771 Lawrence Expressway
VCA Vets and Pets
(408) 246-1893

3345 El Camino Real

## Sunnyvale

Arroyo Animal Clinic
(408) 241-4450

1211 Sycamore Terrace
Pet's Friend Animal Clinic
(408) 739-2688

158 San Lorenzo Ave
Cherry Chase Pet Hospital
(650) 961-4550

1297 W. El Camino Real
ELC Veterinary Clinic
(408) 737-2333

832 E Fremont Ave
Murphy Avenue Pet Clinic
(408) 733-7387

101 W Hendy Ave

## Vaccine Clinics

## Vetco Clinics

At Petco stores, by appointment only
Vetcoclinics.com

## VIP Petcare

Mobile clinic
Vippetcare.com/find-a-location/

