



Thank you for choosing to adopt an animal. The Humane Society of Harford County is a small group of dedicated people – some paid staff and many volunteers – working very hard to find homes just like yours for almost 3,500 homeless pets each year. We rely on the generosity, the care, and the compassion of our community to aide in this life-saving work.

By adopting a pet you have already joined the ranks of those saving lives and for that we thank you. We hope that your life with your new pet will be as happy and fulfilling as possible. With this packet, we have provided some information to get your new relationship off on the right foot. Whether you are a first timer or a seasoned pet owner, we encourage you to utilize the information provided in this packet and contact HSHC with any questions. Adopting a pet means adding a new member to your family. To us it means joining ours as well, and we are here to help you with your pet in any way we can.

**HSHC adoption counselors can be reached by calling 410.836.1090 ext. 107 or by email at [adopt@harfordshelter.org](mailto:adopt@harfordshelter.org) to answer any questions you might have about your new pet.**

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## HSHC Canine College

When you feel frustrated with your dog's behavior, remember that someone must teach a dog what is acceptable behavior and what is not. A dog that has not been given any instructions, training or boundaries can't possibly know what you expect of him. By teaching your dog how you want him to behave, you will not only have a saner household, but a healthier and happier dog as well.



### An Educated Dog:

- Allows you to handle every part of his body, to check for injury or illness and to give him medication.
- Has good manners, so he can spend most of his time indoors with his people, which means more supervision, less boredom and fewer opportunities for mischief. The more time you spend with your dog, the more likely you will be to notice when something is wrong with him, such as a limp, a cough, a sensitive area or loss of appetite. By recognizing such irregularities early, you can seek medical attention immediately and, hopefully, prevent more serious problems.
- Wants to stay near you, listening for instructions (and praise). This means he will have less opportunity to get into trouble.
- Will walk or run beside you on a leash without pulling, dragging or strangling, so you and your dog can get more exercise and spend more time together.
- Knows that "drop it" and "leave it alone" are phrases that mean business, so he will have fewer opportunities to swallow dangerous objects. He also can be taught what things and places are out of bounds, like hot stoves, heaters or anxious cats. However, you will still need to limit his access to dangerous places when you cannot supervise or instruct him.
- Will "sit" immediately, simply because you say so. No matter what danger may be imminent, a dog that is suddenly still is suddenly safe. And a dog that will "stay" in that position is even safer.
- Understands his boundaries, knows what's expected of him and has few anxieties. Less stress means a healthier dog.

The Humane Society of Harford County is pleased to offer our Canine College classes through Mutt Magic Training Services. Eight-week group classes are offered right here at the shelter and include:

- Basic/CGC Prep: Start with the basics and end with a Canine Good Citizen certificate! On graduation day, your dog can take the AKC Canine Good Citizen test to have your dog certified at the end of the course!
- Confidence Course: This course has been designed for the shy or fearful dog.
- S.T.A.R. Puppy Course: Start your puppy off on the right paw! Each session is half obedience and half puppy socialization.

**To sign up for a class**, enroll online at [www.MuttMagic.com](http://www.MuttMagic.com) or email [info@muttmagic.com](mailto:info@muttmagic.com).

Please note:

- ✓ All classes run for 8 weeks.
- ✓ Unless otherwise advertised, all classes are \$150 with a \$25 discount for all pets adopted from HSHC.
- ✓ The first class is for humans only please. Please plan on attending your first class without your pet.
- ✓ When Harford County schools close for inclement weather, classes are cancelled.

## Ten Steps to Doggy Bliss

Guaranteeing Your Dog a Lifetime of Health & Happiness

1. Expect your dog to act like a dog. Don't take it personally when he exhibits typical dog behavior. He's not being "bad", he's just being a dog. Supply your dog with acceptable outlets for his doggy behavior, rather than punishing it.



2. No more free lunch. Dogs are happiest when they're exercising their skills. Make her work for her food, stuff it inside chewtoys or have her gently eat from your hand.

3. Take the leash off in the safety of your yard, at Rebel's Dog Park, our public off-leash dog park, or on a

pet-friendly trail. Let your dog feel the wind in his fur by allowing him to run around free of leashes and chains. A dog who spends most of his time on a leash or chain, or alone in a yard without the contact of his family, is likely to develop behavior problems.

4. Make sure your dog has plenty of opportunities to play with other dogs. Dogs are not people in little fur coats. They need to interact with other dogs. How would you feel if you never got to talk to or socialize with people?
5. Don't punish your dog for being bad. Dogs do not understand punishment. Instead reward her for the behaviors you want her to have.
6. Play with your dog, such as racing, tug-of-war, fetch, or a fund game of hid-and-seek.
7. Allow your dog to live and sleep inside the house like the rest of the family. Provide a wise variety of social interactions every day. What's the worst punishment a person can get in prison? Solitary confinement. Dogs are social animals too! (P.S. There is NO such thing as an "outside dog".)

8. If you have a puppy, handle her endlessly. And make it as pleasant an experience as possible, so she'll associate being handled with good feelings.
9. Spay or neuter your dog. He'll be friendlier, healthier, and more focused on hanging out with the family than marking his territory, mating, roaming, or reproducing.



10. Enroll in a good, positive, reward-based training course. Formal training is fun for your dog, teaches her how to behave, and will encourage her to bond with you.

## Nothing In Life Is Free

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Does your dog: Get on the furniture and refuse to get off? Nudge your hand, insisting on being petted or played with? Refuse to come when called? Defend its food bowl or toys from you? “Nothing in life is free” can help. “Nothing in life is free” is not a magic pill that will solve a specific behavior problem; rather it’s a way of living with your dog that will help it behave better because it trusts and accepts you as its leader and is confident knowing its place in your family.

### How to Practice “Nothing In Life Is Free:”

- ✓ Using positive reinforcement methods, teach your dog a few commands and/or tricks. “Sit,” “Down” and “Stay” are useful commands and “Shake,” “Speak” and “Rollover” are fun tricks to teach your dog.
- ✓ Once your dog knows a few commands, you can begin to practice “nothing in life is free.” Before you give your dog anything (food, a treat, a walk, a pat on the head) it must first perform one of the commands it has learned. For example:

#### YOU...

- Put your dog’s leash on to go for a walk
- Feed your dog
- Play a game of fetch after work
- Rub your dog’s belly while watching TV

#### YOUR DOG...

- Must sit until you’ve put the leash on
- Must lie down and stay until you’ve put the bowl down
- Must sit and shake hands each time you throw the toy
- Must lie down and rollover before being petted

- ✓ Once you’ve given the command, don’t give your dog what it wants until it does what you want. If it refuses to perform the command, walk away, come back a few minutes later and start again. If your dog refuses to obey the command, be patient and remember that eventually it will have to obey your command in order to get what it wants.
- ✓ Make sure your dog knows the command well and understands what you want before you begin practicing “nothing in life is free.”

### The Benefits of This Technique:

- Most dogs assume a neutral or submissive role toward people, but some dogs will challenge their owners for dominance. Requiring a dominant dog to work for everything it wants is a safe and non-confrontational way to establish control.
- Dogs who may never display aggressive behavior such as growling, snarling, or snapping, may still manage to manipulate you. These dogs may display affectionate, though “pushy” behavior, such as nudging your hand to be petted or “worming” its way on to the furniture in order to be close to you. This technique gently reminds the “pushy” dog that it must abide by your rules.



- Obeying commands helps build a fearful dog's confidence; having a strong leader and knowing its place in the hierarchy helps to make the submissive dog feel more secure.

**Why This Technique Works:**

Animals that live in groups, like dogs, establish a social structure within the group called a dominance hierarchy. This dominance hierarchy serves to maintain order, reduce conflict and promote cooperation among pack members. In order for your home to be a safe and happy place for pets and people, it's best that the humans in the household assume the highest positions in the dominance hierarchy. Practicing "nothing in life is free" effectively and gently communicates to your dog that its position in the hierarchy is subordinate to yours.

From your dog's point of view, children also have a place in this hierarchy. Because children are small and can get down on the dog's level to play, dogs often consider them to be playmates, rather than superiors. With the supervision of an adult, it's a good idea to encourage children in the household (aged eight and over) to also practice "nothing in life is free" with your dog.

# Inside Or Out? - Making Your Dog Part of the Family

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Some dog owners believe that dogs, especially large ones, should be “outdoor only” pets. At HSHC, we believe that dogs of all sizes are happier, healthier and safer when they can be indoors with their people the majority of the time. Dogs have a need to be social just like we do.

## Exercise

Some people believe that dogs need to be outside so they can get plenty of exercise. The truth is that most dogs don't exercise when they're in a yard by themselves; they spend most of their time lying by the back door, waiting for “their people” to either let them in or come out and play with them. However, dogs do need exercise every day, so we recommend walking your dog or engaging him in a regular game of fetch!

## Socialization

Dogs need to spend time with “their people” in order to learn their rules and how to get along with them. Dogs that spend most of their time alone or only in the company of other dogs may demonstrate fearful, aggressive or overactive behavior toward family members or strangers because they've never learned how to act around people.

## Safety

Dogs that spend most of their time outdoors are at risk for a variety of reasons. They could escape from the yard and become lost; a disgruntled neighbor could throw poison over the fence or spray the dog with mace or pepper spray; or the dog could be stolen and possibly sold to a research facility or dog-fighting ring.

## Behavior Problems

Dogs left alone in the yard for long periods of time often get bored, lonely and frustrated. As a result, they may dig or bark excessively. Most cities have noise ordinances that penalize owners of barking dogs. If a dog escapes the yard in search of interesting things to do, not only is he at risk of being injured by a car, but also his owner is liable for any damage or harm that he might do.

## Protection

Dogs that spend time with their owners and feel attached to them are more likely to be protective of “their family.” Dogs that spend most of their time outdoors may be friendly to any stranger who pets or feeds them. Alternatively, some yard dogs may become overly territorial and feel the need to protect their territory even from family and friends. If a dog is hardly ever allowed to come indoors, it will be difficult for him to distinguish between family, friends and uninvited “guests.”

## Puppies

People who are away from home for eight to ten hours a day may be inclined to leave their new puppy in the yard because he can't control his bowels and bladder for that length of time. Although it's true that puppies need to eliminate more frequently than adult dogs, it's also very important for puppies to receive adequate people time at this formative stage of their lives. If dogs aren't adequately socialized when they're young,

they're likely to become fearful or aggressive toward people, and possibly other animals. Puppies are also more vulnerable to extreme weather conditions than adult dogs. If you must be away from home for more than four or five hours at a time every day, this may not be the right time for you to adopt a puppy.

### **The Garage**

While dogs may be safer from people and other animals in the garage than in the yard, unless people spend time with them in the garage, they'll still suffer from isolation and, as a result, may develop any of the behavior problems previously mentioned. Most garages are very hot during the summer months and cold during the winter. Each year many pets suffer and die from heat exhaustion during the warmer months and from illness and exposure to the cold in the winter months from being left in a garage.

Garages are often storage places for tools and chemicals that could cause injury to a curious dog. If the garage has an automatic door opener, the dog could run out into the street when the door is opened.

### **Changing Times**

Some of us may have fond childhood memories of a family dog that lived outside, but times have changed. More mothers used to stay at home and children used to spend more time outdoors. The outdoor dog had company while mom hung laundry or gardened and the children played outside. With the advent of two-income families, television and computer games, the outdoor dog is more likely to spend most of his time alone.

### **No Alternative**

If you **must** leave your dog outdoors, unsupervised for extended periods of time, please provide him with the following:

- An insulated shelter with a wind-proof opening. Some very short-coated breeds like greyhounds, beagles and dalmatians, may not be able to tolerate extreme cold, even with a shelter.
- Shade in the summertime. All dogs need shade, but remember that heavy-coated dogs, such as huskies and chows, are more susceptible to the heat.
- Fresh food and water every day. In winter, you'll need a heated water bowl to keep the water from freezing. In summer, you'll need a tip-proof bowl so your dog won't tip the bowl over in an effort to get cool.
- Interactive playtime daily.
- A daily walk.
- An escape-proof fence with a locked gate.
- "Busy" toys.

Most dogs do enjoy spending time outdoors, but the time dogs spend alone outdoors must be balanced with quality time with "their people." With a little time and training, dogs can learn to be well behaved around people and can come to respect the house rules. They can then be left inside alone without cause for worry and be trusted companions and members of the family.

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## Housetraining

You will need:

- A crate only large enough for the dog to stand up and turn around comfortably in
- Schedule for going outside
- Treats for whenever you go outside with the dog
- Good observing skills to prevent accidents
- Patience

### A) Crate

The dog/puppy must be crated whenever you're away or can't actively supervise (e.g., when you're busy around the house, sleeping, etc.) This will make him hold on so that you can have a success outside later. If you find the dog/puppy is soiling his crate, the likelihood is that the crate is too large: she can use part of it as a toilet OR she is being kept in the crate too long.

### B) Schedule

You must provide the dog/puppy with a set schedule for eating and for going outside. If you are away for longer than 4 hours, have someone come to the house to take him out. Optimally, there is always someone at home during the housetraining period.

A typical schedule looks like this:

1. First thing in the morning
2. A few minutes after each meal. This is often when dogs/puppies will have to poop. You will discover your own pet's rhythm.
3. For puppies: every hour on the hour. Take the puppy outside on leash for five minutes in a small area. Always return to the same spot so he begins to associate the area with its purpose. Don't interact with the puppy. Have a play period once he is finished. If nothing happens after five minutes, bring him back into the house and crate him for another thirty minutes. Then try again. If he does eliminate, he may have a free period in the kitchen or confinement area, or, better yet, a nice walk. This acts as an added bonus for performing.
4. During the night. A very young pup (6-7 weeks) may need to go out once during the night.

### C) Treats

Every time your dog/puppy eliminates outside, lavish him with enthusiastic praise during the act and follow with an extra special treat (e.g., a small piece of cheese or hot dog). If you find that the praise makes him stop in the middle of eliminating, save it until just after she finishes.

### D) Good Observing Skills

Your dog/puppy will give off signals that he needs to eliminate. It's essential that you learn what these are so you can prevent mistakes. Common behaviors include circling, restlessness & sniffing. Whenever you see these, take the dog out!



## **E) Patience**

Don't lose your cool. Especially with puppies, many dogs will have accidents, especially in the beginning of training. Since your puppy will be supervised at all times when loose in the house, you will be able to provide the proper feedback as the dog begins to eliminate or, even better, take him out before he even starts (see "good observing skills..." above).

If you catch him starting to eliminate inside, interrupt him with a sharp sound. This may even prevent him from finishing. Urgently say "outside" and then get the puppy there as quickly as possible. Stay outside for the 5-minute period and praise & treat if he finishes eliminating. If not, bring him back inside and either supervise or crate him for another try later.

If the dog/puppy has an accident in the house or in the crate and you did not see it happen, NEVER punish him after the fact. Simply clean up the spot and then apply a commercial odor neutralizer or 50% vinegar to water. This will help prevent a certain location from smelling like an "indoor toilet". Most importantly after any accident, vow to supervise more closely in future and/or add another outing to your schedule.

## **Frequently Asked Questions**

- 1. What do I do if there is no one to come home while I'm at work to let him out after 4 hours?*  
Try to find a doggy daycare that can provide your puppy with the attention he requires during the first 4 months. The more accidents that go without feedback, the longer it will take to housetrain.
- 2. I follow the schedule but my puppy urinates several times an hour in the house! Is he normal?*  
Have your veterinarian check whether the puppy has a urinary tract infection.
- 3. My puppy is four months old and still having frequent accidents. Help!*  
He has too much unsupervised, loose time in the house. Remember that each time he eliminates in the house without being caught, he is being de-trained. Tighten up your regime.
- 4. I want my dog to eventually go outside but I'm confused. Should I paper-train first and then later train him to go outside?*  
If you have access to the outdoors and your goal is for the dog to eliminate there, paper training is unnecessary. It's easier on the dog to not first teach him that it is okay to eliminate inside and then later change the rules.

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## Re-Housetraining Your Adult Dog

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Many adult dogs adopted from animal shelters were housetrained in their previous homes. While at the shelter, however, they may not have gotten enough opportunities to eliminate outside, and consequently, they may have soiled their kennel areas. This tends to weaken their housetraining habits. Additionally, scents and odors from other pets in the new home may stimulate some initial urine marking. Remember that you and your new dog need some time to learn each other's signals and routines. Even if he was housetrained in his previous home, if you do not recognize his "bathroom" signal, you might miss his request to go out, causing him to eliminate indoors.

Therefore, for the first few weeks after you bring him home, you should assume your new dog is not housetrained and start from scratch. If he was housetrained in his previous home, the re-training process should progress quickly. The process will be much smoother if you take steps to prevent accidents and remind him where he's supposed to eliminate.

### Establish a Routine

- Take your dog out at the same times every day. For example, first thing in the morning when he wakes up, when you arrive home from work, and before you go to bed.
- Praise your dog lavishly every time he eliminates outdoors. You must praise him immediately after he has finished and not wait until after he comes back inside the house. This step is vital, because rewarding your dog for eliminating outdoors is the only way he will know that is what you want him to do.
- Choose a location not too far from the door to be the bathroom spot. Always take your dog, on leash, directly to the bathroom spot. Take him for a walk or play with him only after he has eliminated. If you clean up an accident in the house, leave the soiled rags or paper towels in the bathroom spot. The smell will help your dog recognize the area as the place where he is supposed to eliminate.
- While your dog is eliminating, use a word or phrase like "go potty," that you can eventually use before he eliminates to remind him of what he is supposed to be doing.
- Feeding your dog on a set schedule, once or twice a day, will help make his elimination more regular.

### Supervise, Supervise, Supervise

Do not give your dog an opportunity to soil in the house. He should be watched at all times when he is indoors. You can tether him to you with a six-foot leash, or use baby gates, to keep him in the room where you are. Watch for signs that he needs to eliminate, like sniffing around or circling. If you see these signs, immediately take him outside, on a leash, to his bathroom spot. If he eliminates, praise him lavishly and reward him with a treat.

### Confinement

When you're unable to watch your dog closely, he should be confined to an area small enough that he won't want to eliminate there. It should be just big enough for him to comfortably stand, lie down and turn around in. This could be a portion of a bathroom or laundry room blocked off with boxes or baby gates. Or you may want to crate train your

dog and use the crate to confine him (see our handout: “Crate Training Your Dog”). If he has spent several hours in confinement, when you let him out, take him directly to his bathroom spot and praise him when he eliminates.

### **Oops!**

Most dogs, at some point, will have an accident in the house. You should expect this, as it is a normal part of your dog’s adjustment to his new home.

- If you catch your dog in the act of eliminating in the house, do something to interrupt him like making a startling noise (be careful not to scare him). Immediately take him to his bathroom spot, praise him if he finishes eliminating there.
- Do not try to punish or issue a correction to your dog for eliminating in the house. Dogs do not understand punishment. If you find a soiled area, it is too late to administer a correction. Do nothing but clean it up. Rubbing your dog’s nose in it, taking him to the spot and scolding him, or any other type of punishment, will only make him afraid of you or afraid to eliminate in your presence. Punishment will do more harm than good.
- Cleaning the soiled area is very important because dogs are highly motivated to continue soiling in areas that smell like urine or feces.

### **Other Types of Housesoiling Problems**

If you have consistently followed the housetraining procedures and your dog continues to eliminate in the house, there may be another reason for his behavior.

- **Medical Problems:** House soiling can often be caused by physical problems such as a urinary tract infection or a parasite infection. Check with your veterinarian to rule out any possibility of disease or illness.
- **Submissive/Excitement Urination:** Some dogs, especially young ones, temporarily lose control of their bladders when they become excited or feel threatened. This usually occurs during greetings, intense play or when they are about to be punished.
- **Territorial Urine-Marking:** Dogs sometimes deposit urine or feces, usually in small amounts, to scent-mark their territory. Both male and female dogs do this, and it most often occurs when they believe their territory has been invaded.
- **Separation Anxiety.** Dogs that become anxious when they are left alone may house soil as a result. Usually, there are other symptoms, such as destructive behavior or vocalization.
- **Fears or Phobias.** When animals become frightened, they may lose control of their bladder and/or bowels. If your dog is afraid of loud noises, such as thunderstorms or fireworks, he may house soil when he is exposed to these sounds.
- **Surface Preferences.** When a dog has been trained to eliminate on only one type of surface, such as newspapers, or has not been offered a variety of surfaces, such as being confined to a run with a concrete floor, a surface preference may develop. This can be difficult to change but is often managed by ensuring that their preferred substrate is unavailable indoors, but is available in an outdoor location.

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## Introducing the New Dog to Your Resident Dog

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Animals that live in groups, like dogs, establish a social structure within the group called a dominance hierarchy. This dominance hierarchy serves to maintain order, reduce conflict and promote cooperation among pack members. Dogs also establish territories, which they may defend against intruders or rivals. This social and territorial nature affects their behavior when a new dog is introduced to their household.

### Introduction Techniques

**Choose a Neutral Location:** Introduce the dogs in a neutral location so that your resident dog is less likely to view the newcomer as a territorial intruder. Each dog should be handled by a separate person. With both dogs on a leash, take them to an area with which neither is familiar, such as a park or a neighbor's yard. If you frequently walk your resident dog in a park near your house, she may view that park as her territory, so choose another site that's unfamiliar to her. We recommend bringing your resident dog with you to the shelter and introducing the dogs before adopting the new dog.

**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. Let them sniff each other, which is normal canine greeting behavior. As they do, talk to them in a happy, friendly tone of voice - never use a threatening tone of voice. Don't allow them to investigate and sniff each other for a prolonged time, as this may escalate to an aggressive response. 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.

**Be Aware of Body Postures:** One body posture that indicates things are going well is a "playbow." One dog will crouch with her front legs on the ground and her hind end in the air. This is an invitation to play that usually elicits friendly behavior from the other dog. Watch carefully for body postures that indicate an aggressive response, including hair standing up on the other dog's back, teeth-baring, deep growls, a stiff legged gait or a prolonged stare.

If you see such postures, interrupt the interaction immediately by calmly and positively getting each dog interested in something else. For example, both handlers can call their dogs to them, have them sit or lie down and reward each with a treat. The dogs will become interested in the treats which will prevent the situation from escalating into aggression. Try letting the dogs interact again, but this time for a shorter time period and/or at a greater distance from each other.

**Taking the Dogs Home:** When the dogs seem to be tolerating each other's presence without fearful or aggressive responses, and the investigative greeting behaviors have tapered off, you can take them home. Whether you choose to take them in the same, or different vehicles, will depend on their size, how well they ride in the car, how trouble-free the initial introduction has been and how many dogs are involved. If you have more than one resident dog in your household, it may be best to introduce the resident dogs to

the new dog one at a time. Two or more resident dogs may have a tendency to "gang up" on the newcomer.

### **Introducing Puppies to Adult Dogs**

Puppies usually pester adult dogs unmercifully. Before the age of four months, puppies may not recognize subtle body postures from adult dogs signaling that they've had enough. Well socialized adult dogs with good temperaments may set limits with puppies with a growl or snarl. These behaviors are normal and should be allowed. Adult dogs that aren't well socialized, or that have a history of fighting with other dogs, may attempt to set limits with more aggressive behaviors, such as biting, which could harm the puppy. For this reason, a puppy shouldn't be left alone with an adult dog until you're confident the puppy isn't in any danger. Be sure to give the adult dog some quiet time away from the puppy, and perhaps, some individual attention as described above.

### **When to Get Help**

If the introduction of a new dog to a household doesn't go smoothly, contact a professional animal behaviorist immediately. Dogs can be severely injured in fights, and the longer the problem continues, the harder it can be to resolve. Conflicts between dogs in the same family can often be resolved with professional help. Punishment won't work and could make things worse.

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## The Fearful Dog

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Dogs may display a variety of behaviors when they are afraid. A frightened dog may try to escape, may show submissive behaviors (avoidance of eye contact, submissive urinating, rolling over to expose his belly), or he may freeze and remain immobile. Some dogs will bark and/or growl at the object that is causing their fear. In extreme cases of fearfulness a dog may be destructive (out of general anxiety or in an attempt to escape), or he may lose control of his bladder or bowels and, therefore, house soil. A fearful dog will display certain body postures, including lowering his head, flattening his ears back against his head, and tucking his tail between his legs. He may also pant, salivate, tremble and/or pace.

### Causes of Fearful Behavior

Determining why your dog is fearful is not always essential to treating the fearful behavior, although the reason for his fear will dictate the relative success of the treatment. A dog that is genetically predisposed to general fearfulness, or a dog that was improperly socialized during a critical stage in his development, will probably not respond as well to treatment as a dog that has developed a specific fear in response to a specific experience. It is essential, however, to first rule out any medical causes for your dog's fearful behavior. Your first step should be to take your dog to your veterinarian for a thorough medical evaluation.

### What You Can Do

Most fears will not go away by themselves, and if left untreated, may get worse. Some fears, when treated, will decrease in intensity or frequency but may not disappear entirely. Once medical reasons have been ruled out, the first step in dealing with your dog's fearful behavior is to identify what triggers his fear. Most fears can be treated using desensitization and counter conditioning techniques, which do require a good amount of time and patience. You may need help from a certified animal behavior specialist to help you with these techniques.

### Desensitization

- Begin by exposing your dog to a very low level or small amount of whatever it is that is causing his fear. For example, if he is afraid of bicycles, start with a bicycle placed at a distance of 100 feet from your dog.
- Reward him for calm, non-fearful behavior in the presence of the bicycle. Gradually move the bicycle closer to him. As long as your dog remains relaxed, reward him with treats and praise. If at any point he becomes anxious, move the bicycle further away and proceed at a slower pace.
- When your dog can remain relaxed in the presence of a stationary bicycle, move the bicycle 100 feet away again, but have someone ride it slowly by him. Again, gradually increase the proximity of the slowly moving bicycle, rewarding your dog for remaining calm and relaxed. Repeat this procedure as many times as necessary, gradually increasing the speed of the moving bicycle.
- This process may take several days, weeks or even months. You must proceed at a slow enough pace that your dog never becomes fearful during the desensitization process. Additionally, whatever causes the dog's fearful reaction must be limited or (preferably) completely removed from his environment during times that you are not working on treatment.

### **Counter Conditioning**

Counter conditioning works best when used along with desensitization. This involves teaching the dog a new reaction to the fear stimulus.

- Using the desensitization technique example described previously, while your dog is exposed to the bicycle, ask him to perform some obedience exercises, such as “sit” and “down.” Reward him for obeying and continue to have him obey commands as the bicycle is moved closer to him.
- If your dog does not know any commands, teach him a few using treats and praise. **Do not use punishment**, collar corrections or scolding to teach him the commands, as the point of counter conditioning is for him to associate pleasant things with the thing that frightens him.

### **Realistic Expectations**

Some of the things that frighten dogs can be difficult to reproduce and/or control. For example, if your dog is afraid of thunderstorms, he may be responding to other things that occur during the storm, such as smells, barometric pressure changes and/or changes in the light. During the desensitization process it is impossible for you to reproduce all of these factors. If your dog is afraid of men, you may work at desensitizing him, but if an adult man lives in your household and your dog is constantly exposed to him, this can disrupt the gradual process of desensitization.

### **When to Get Help**

Because desensitization and counter conditioning can be difficult to do, and because behavior problems may increase if these techniques are done incorrectly, you may want to get professional, in-home help from an animal behavior specialist. It is important to keep in mind that a fearful dog that feels trapped or is pushed too far may become aggressive. Some dogs will respond aggressively to whatever it is that frightens them. If your dog displays any aggressive behavior, such as growling, snarling, snapping or baring his teeth, stop all behavior modification procedures and seek professional help from an animal behavior specialist as soon as possible.

### **Consult With Your Veterinarian**

Medication may be available that can help your dog feel less anxious for short time periods. Your veterinarian is the only person who is licensed and qualified to prescribe medication for your dog. Do not attempt to give your dog any over-the-counter or prescription medication without consulting with your veterinarian. Animals do not respond to drugs the same way people do, and a medication that may be safe for humans could be fatal to your dog. Drug therapy alone will not reduce fears and phobias permanently. In extreme cases, behavior modification and medication used together may be the best approach.

### **New Products**

There are products being marketed by reputable companies to help with anxiety and stress relief in dogs. Please note that none of these is an automatic cure for fear/anxiety, but should be used in conjunction with behavior modification techniques.

### **What Not To Do**

- Do not punish your dog for being afraid. Punishment will only make him more fearful.
- Do not try to force your dog to experience the object or situation that is causing him to be afraid. For example, if he is afraid of bicycles and you force him to stand in place while bicycles whiz by, he will probably become more fearful, rather than less fearful of bicycles.
- Never punish your dog after the fact for destruction or housesoiling caused by anxiety or fear. Animals do not understand punishment after the fact, even if it is only seconds later. This kind of destruction or housesoiling is the result of panic, not misbehavior. Punishment will do more harm than good.
- Do not attempt to reassure your dog when he is afraid. This may reinforce his fearful behavior. If you pet, soothe or give treats to him when he is behaving fearfully, he may interpret this as a reward for the fearful behavior. Instead, try to behave normally, as if you do not notice his fearfulness.

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## Destructive Chewing

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It is normal for dogs to explore the world with their mouths. However, chewing can be directed onto appropriate items so your dog is not destroying items you value. Until he has learned what he can and cannot chew, it is your responsibility to manage the situation as much as possible, so he doesn't have the opportunity to chew on unacceptable objects.

### Taking Control by Managing the Situation

- Take responsibility for your own belongings. If you don't want it in your dog's mouth, don't make it available. Keep clothing, shoes, books, trash, eyeglasses, cell phones and remote controls out of your dog's reach.
- Don't confuse your dog by offering him shoes and socks as toys and then expect him to distinguish between his shoe and yours. Your dog's toys should be obviously different from household goods.
- Until he learns the house rules, confine him when you are unable to keep an eye on him. Choose a safe place that is dog proof with fresh water and safe toys. If your dog is crate trained, you may also crate him for short periods of time.
- Give your dog plenty of people time. Your dog won't know how to behave if you don't teach him alternatives to inappropriate behavior and he can't learn these when in the yard by himself.
- Take your dog to an obedience class to teach him important commands, like "leave it." Classes may have the added benefit of reducing destructive behavior because they will help your dog burn off some excess energy.
- If, and only if, you actually catch your dog chewing on something he shouldn't, interrupt the behavior with a loud noise and offer him an acceptable chew toy instead. Praise him lavishly when he takes the toy in his mouth.
- Have realistic expectations. It is virtually inevitable that your dog will, at some point, chew up something you value. This is often part of the transition to a new home.

Chewing is normal teething and investigative puppy behavior; however, dogs will engage in destructive behavior for a variety of reasons. In order to deal with the behavior, you must first determine why your dog is being destructive.

### Play, Boredom and/or Social Isolation?

Normal play behavior can result in destruction, as it may involve digging, chewing, shredding and/or shaking toy-like objects. Since dogs investigate objects by pawing at them and exploring them with their mouths, they may inadvertently damage items in their environment. Your dog may be chewing for entertainment if:

- He's left alone for long time periods without opportunities for interaction with you or other family members.
- His environment is relatively barren, without playmates or toys.
- He's a puppy or adolescent (under 3 years old) and he doesn't have other outlets for his energy.
- He's a particularly active type of dog (like the herding or sporting breeds) who needs an active lifestyle to be happy.

**Solutions:**

- Play with your dog daily in a safe, fenced-in area. If you don't have a yard, a tennis court can be a good place to play. Fetch is a great game that will use up your dog's excess energy without wearing you out!
- Go for a walk. Walks should be more than just "bathroom time." On-leash walks are important opportunities for you and your dog to be together. Don't forget to allow time for sniffing, exploring, instruction and praise.
- Increase your dog's opportunities for mental stimulation. Teach your dog a few commands and/or tricks and practice them daily. If you have time, take an obedience class at HSHC.
- Provide your dog with lots of toys.
- Rotate your dog's toys to refresh his interest in them. "New" toys are always more interesting than old ones.
- Try different kinds of toys, but when you introduce a new toy, watch your dog to make sure he won't tear it up and ingest the pieces.
- Consider the various types of toys that can be stuffed with food. Putting tidbits of food inside chew toys focuses your dog's chewing activities on these toys instead of on unacceptable objects.
- Make your dog's favorite off-limits chew objects unattractive to him by covering them with heavy plastic, aluminum foil, hot pepper sauce or a commercial "anti-chew" product.
- Consider a good doggie day care program for two or three days a week to work off some of your dog's excess energy.

**Separation Anxiety**

Dogs with separation anxiety tend to display behaviors that reflect a strong attachment to their owners. This includes following you from room to room, frantic greetings and reacting anxiously to your preparation to leave the house. Factors that can precipitate a separation anxiety problem:

- A change in the family's schedule that results in your dog being left alone more often.
- A move to a new house.
- The death or loss of a family member or another family pet.
- A period at a shelter or boarding kennel.

These behaviors are not motivated by spite or revenge, but by anxiety. Punishment will only make the problem worse. Separation anxiety can be resolved by using counter conditioning and desensitization techniques.

**Attention-Seeking Behavior**

Without realizing it, we often pay more attention to our dogs when they are misbehaving. Dogs who don't receive much attention and reinforcement for appropriate behavior may engage in destructive behavior when their owners are present as a way to attract attention, even if the attention is "negative," such as a verbal scolding. From a dog's point of view, negative attention is better than no attention at all.

**Solutions:**

- Make sure your dog gets plenty of positive attention every day – playing, walking, grooming, or just petting.

- Ignore (as much as possible) bad behavior and reward only good behavior. Remember to reward your dog with praise and petting when he's playing quietly with appropriate toys.
- Make his favorite off-limits chew objects unattractive or unavailable to him. Use aversives on objects that cannot be put away.
- Teach your dog a "drop it" command so when he does pick up an off-limits object, you can use your command and praise him for complying. The best way to teach "drop it" is to practice having him exchange a toy in his possession for a tidbit of food.
- Practice "Nothing in Life is Free" with your dog (see the section "Nothing in Life is Free"). This gets your dog in the habit of complying with your commands and is a good way to make sure he gets lots of positive attention for doing the right things so he won't have to resort to being naughty just to get your attention.

### **Fears and Phobias**

Some dogs are afraid of loud noises. Your dog's destructive behavior may be caused by fear if the destruction occurs when he's exposed to loud noises, such as thunderstorms, firecrackers or construction sounds, and if the primary damage is to doors, doorframes, window coverings, screens or walls.

### **What Not To Do**

Punishment is rarely effective in resolving destructive behavior problems and can even make them worse. Never discipline your dog after-the-fact. If you discover an item your dog has chewed even just a few minutes later, it is too late to administer a correction. Your dog doesn't understand that, "I chewed those shoes an hour ago and that's why I'm being scolded now." People often believe their dog makes this connection because he runs and hides or looks guilty. Dogs don't feel guilt; rather they display submissive postures like cowering, running away or hiding, when they feel threatened by an angry tone of voice, body posture or facial expression. Your dog doesn't know that he's done something wrong; he only knows that you're upset. Punishment after-the-fact will not only fail to eliminate the undesirable behavior, but may also provoke other undesirable behaviors.

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## Keeping Your Dog Confined to Your Property

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We recommend that you keep your dog indoors, unless you're present to supervise his time outside. Dogs are "pack animals" and need to socialize with you and the world around them. By walking your dog regularly (at least twice a day), you can provide him with the exercise and mental stimulation he needs.

If there are times when you must leave your dog outside, keep him in a securely fenced yard to prevent him from straying. Within the safe confines of your yard, he should have access to adequate shelter from rain, snow, severe winds and other inclement weather. You may also consider providing him with a covered dog "run" or pen with a doghouse inside. This is a good alternative if you're unable to fence your yard, or if your dog is apt to escape from your yard by jumping the fence.

We don't recommend that you chain or tie your dog up to prevent him from wandering off. A chained or tied up dog is likely to become frustrated, which could lead to destructive and/or aggressive behavior. He could also become entangled in his chain, rope or leash and, as a result, severely injure himself.

However, if you feel you must chain or tie up your dog, then use a "dog trolley." You can construct one by sliding a ring onto heavy wire or rope and fasten the ends between two posts or trees. Then, connect your dog's lead to the ring. Make sure the lead is short enough to avoid tangling, yet long enough to allow your dog to lie down. The trolley may either be overhead or on the ground. Provide at least 15 feet of clear space for your dog to move around in and be sure to remove any objects or debris that could cause him to become entangled or injured. Don't secure the dog trolley near stairways, fences, decks or porches, and make sure it's a safe distance from all possible "escape routes." When using a dog trolley, don't ever use a choke chain collar, but use a leather or nylon harness instead. Don't leave your dog chained outside for extended periods of time.

Maryland law requires you to make sure your dog has access to appropriate shelter, clean water at all times, and food, if necessary.

It's best to provide your dog with a tip-proof water bowl or place the bowl in an area where it won't get knocked over. You can dig a hole and place the bowl at ground level, which will not only keep it from being knocked over, but will keep the water cool as well. You'll also want to provide your dog with safe toys that are appropriate for his size.

## The Canine Escape Artist

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Escaping is a serious problem for both you and your dog, as it can have tragic consequences. If your dog is running loose, he is in danger of being hit by a car, being injured in a fight with another dog, or being hurt in a number of other ways. Additionally, you are liable for any damage or injury your dog may cause and you may be required to pay a fine if he is picked up by an animal control agency. In order to resolve an escaping problem, you must determine not only how your dog is getting out, but also why he is escaping.

### Why Dogs Escape:

#### Social Isolation/Frustration

Your dog may be escaping because he is bored or lonely if:

- He is left alone for long periods of time without opportunities for interaction with you.
- His environment is relatively barren, without playmates or toys.
- He is a puppy or adolescent (under three years old) and does not have other outlets for his energy.
- He is a particularly active type of dog (like the herding or sporting breeds) who needs an active job in order to be happy.
- The place he goes to when he escapes provides him with interaction and fun things to do. For example, he goes to play with a neighbor's dog or to the local schoolyard to play with the children.

#### Recommendations:

We recommend expanding your dog's world and increasing his "people time" in the following ways:

- Walk your dog daily. It is good exercise for both of you.
- Teach your dog to fetch a ball or Frisbee and practice with him as often as possible.
- Teach your dog a few commands and/or tricks. Practice these commands and/or tricks every day for five to ten minutes.
- Take an obedience class with your dog and practice daily what you have learned.
- Provide interesting toys to keep your dog busy when you are not home. You can also rotate the toys to keep them interesting.
- Keep your dog inside when you are unable to supervise him.
- If you work very long days, take your dog to a "doggie day care," or ask a friend or neighbor to walk your dog.

#### Sexual Roaming

Dogs become sexually mature at around six months of age. An intact dog is motivated by a strong, natural drive to seek out a mate. It can be very difficult to prevent an intact dog from escaping, because their motivation to do so is very high.

#### Recommendations:

- Have your male dog neutered. Studies show that neutering will decrease sexual roaming in about 90 percent of the cases. If, however, an intact male has established a pattern of escaping, he may continue to do so even after he's neutered, so it is important to have him neutered as soon as possible.

- Have your female dog spayed. If your intact female dog escapes your yard while she is in heat, she'll probably get pregnant. Millions of unwanted pets are euthanized every year. Please do not contribute to the pet overpopulation problem by allowing your female dog to breed indiscriminately.

### **Fears and Phobias**

Your dog may be escaping in response to something he is afraid of if he escapes when he is exposed to loud noises, such as thunderstorms, firecrackers or construction sounds.

### **Recommendations:**

- Identify what is frightening your dog and desensitize him to it. Check with your veterinarian about giving your dog an anti-anxiety medication while you work on behavior modification.
- Leave your dog indoors when he is likely to encounter the fear stimulus. Mute noise by leaving him in a basement or windowless bathroom and leave on a television, radio or loud fan.
- Provide a "safe place" for your dog. Observe where he likes to go when he feels anxious, then allow access to that space, or create a similar space for him to use when the fear stimulus is present.

### **Separation Anxiety**

#### **Your dog may be escaping due to separation anxiety if:**

- He escapes as soon as, or shortly after, you leave.
- He displays other behaviors that reflect a strong attachment to you, such as following you around, frantic greetings or reacting anxiously to your preparations to leave.
- He remains near your home after he has escaped.

#### **Factors that can precipitate a separation anxiety problem:**

- There has been a change in your family's schedule that has resulted in your dog being left alone more often.
- Your family has moved to a new house.
- There's been a death or loss of a family member or another family pet.
- Your dog has recently spent time at an animal shelter or boarding kennel.

### **Recommendations:**

Separation anxiety can be resolved using counter-conditioning and desensitization techniques.

### **How Dogs Escape:**

Some dogs jump fences, but most actually climb them, using some part of the fence to push off from. A dog may also dig under the fence, chew through the fence, learn to open a gate, or use any combination of these methods to get out of the yard. Knowing how your dog gets out will help you to modify your yard. However, until you know why your dog wants to escape, and you can decrease his motivation for doing so, you will not be able to successfully resolve the problem.

### **Recommendations for Preventing Escape:**

- For climbing/jumping dogs: Add an extension to your fence that tilts in toward the yard. The extension does not necessarily need to make the fence much higher, as long as it tilts inward at about a 45-degree angle.
- For digging dogs: Bury chicken wire at the base of your fence (with the sharp edges rolled inward), place large rocks at the base, or lay chain-link fencing on the ground.

### **Punishment**

- Never punish your dog after he is already out of the yard. Dogs associate punishment with what they are doing at the time they are punished. Punishing your dog after the fact will not eliminate the escaping behavior, but will only make him afraid to come to you.
- Never punish your dog if the escaping is a fear-related problem or is due to separation anxiety. Punishing fear-motivated behaviors will only make your dog more afraid, and thus make the problem worse.
- Chaining your dog should only be used as a last resort, and then only as a temporary measure until a more permanent solution can be found. Chaining your dog does not give him sufficient opportunity for exercise and can be dangerous if done improperly (see the section “Keeping Your Dog Confined to your Property”).

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## Crate Training Your Dog

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Crate training your dog may take some time and effort, but can be useful in a variety of situations. If you have a new dog or puppy, you can use the crate to limit his access to the house until he learns all the house rules, such as what he can and can't chew and where he can and can't eliminate. A crate is also a safe way of transporting your dog in the car, as well as a way of taking him places where he may not be welcome to run freely. If you properly train your dog to use the crate, he will think of it as his safe place and will be happy to spend time there when needed. Always provide water for your dog anytime he is in the crate. Spill proof bowls or bowls that attach to the kennel gate work best.

### Selecting a Crate

Crates may be plastic (often called "flight kennels") or collapsible, metal pens. Collapsible fabric kennels are designed for use when the owner is present and may not contain a dog for long periods while unsupervised. Crates come in different sizes and can be purchased at most pet supply stores. Your dog's crate should be large enough for him to stand up and turn around in.

### The Crate Training Process

Crate training can take days or weeks, depending on your dog's age, temperament and past experiences. It's important to keep two things in mind while crate training; one, the crate should always be associated with something pleasant; and two, training should take place in a series of small steps – don't go too fast.

#### Step 1: Introducing Your Dog to the Crate

- Put the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or towel in the crate. Bring your dog over to the crate and talk to him in a happy tone of voice. Make sure the crate door is securely fastened open so it won't hit your dog and frighten him.
- To encourage your dog to enter the crate, drop small food treats near it, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, that's okay – don't force him to enter. Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If he isn't interested in treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.

#### Step 2: Feeding Your Dog His Meals in the Crate

- After introducing your dog to the crate, begin feeding him his regular meals near the crate. This will create a pleasant association with the crate. If your dog is readily entering the crate when you begin Step 2, put the food dish all the way at the back of the crate. If your dog is still reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little further back in the crate.
- Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he's eating. At first, open the door as soon as he finishes his meal. With each successive feeding, leave the door closed a few minutes longer, until he's staying in the crate for 10 minutes or so after eating. If he begins to whine to be let out, you may have increased the length of time too quickly. Next time, try



leaving him in the crate for a shorter time period. If he does whine or cry in the crate, it's imperative that you not let him out until he stops. Otherwise, he'll learn that the way to get out of the crate is to whine and he'll keep doing it.

### **Step 3: Conditioning Your Dog to the Crate for Longer Time Periods**

- After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you're home. Call him over to the crate and give him a treat. Give him a command to enter, such as, "kennel up." Encourage him by pointing to the inside of the crate with a treat in your hand. After your dog enters the crate, praise him, give him the treat and close the door. Sit quietly near the crate for five to 10 minutes and then go into another room for a few minutes. Return, sit quietly again for a short time, then let him out of the crate.
- Repeat this process several times a day. With each repetition, gradually increase the length of time you leave him in the crate and the length of time you're out of his sight. Once your dog will stay quietly in the crate for about 30 minutes with you out of sight the majority of the time, you can begin leaving him crated when you're gone for short time periods and/or letting him sleep there at night. This may take several days or several weeks.

### **Step 4:**

#### **Part A – Crating Your Dog When Left Alone**

After your dog is spending about 30 minutes in the crate without becoming anxious or afraid, you can begin leaving him crated for short periods when you leave the house. Put him in the crate using your regular command and a treat. You might also want to leave him with a few safe toys in the crate. You'll want to vary at what point in your "getting ready to leave" routine you put your dog in the crate. Although he shouldn't be crated for a long time before you leave, you can crate him anywhere from five to 20 minutes prior to leaving.

Don't make your departures emotional and prolonged, but matter-of-fact. Praise your dog briefly, give him a treat for entering the crate and then leave quietly. When you return home, don't reward your dog for excited behavior by responding to him in an excited, enthusiastic way. Keep arrivals low key. Continue to crate your dog for short periods from time to time when you're home so he doesn't associate crating with being left alone.

#### **Part B – Crating Your Dog at Night**

Put your dog in the crate using your regular command and a treat. Initially, it may be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy. Puppies often need to go outside to eliminate during the night, and you'll want to be able to hear your puppy when he whines to be let outside. Older dogs, too, should initially be kept nearby so that crating doesn't become associated with social isolation.

Once your dog is sleeping comfortably through the night with his crate near you, you can begin to gradually move it to the location you prefer. Puppies that are healthy can have their water taken from them a few hours before bedtime to help decrease the frequency of potty trips they need to make during the night.

## **Potential Problems**

### **Too Much Time In The Crate**

A crate isn't a magical solution. If not used correctly, a dog can feel trapped and frustrated. For example, if your dog is crated all day while you're at work and then crated again all night, he's spending too much time in too small a space. Other arrangements should be made to accommodate his physical and emotional needs. Also, remember that puppies under 6 months of age shouldn't stay in a crate for more than three or four hours at a time. They can't control their bladders and bowels for longer periods.

### **Whining**

If your dog whines or cries while in the crate at night, it may be difficult to decide whether he's whining to be let out of the crate, or whether he needs to be let outside to eliminate. If you followed the training procedures outlined above, your dog hasn't been rewarded for whining in the past by being released from his crate. Try to ignore the whining. If your dog is just testing you, he'll probably stop whining soon. Yelling at him or pounding on the crate will only make things worse. If the whining continues after you've ignored him for several minutes, use the phrase he associates with going outside to eliminate. If he responds and becomes excited, take him outside. This should be a trip with a purpose, not play time.

If you're convinced that your dog doesn't need to eliminate, the best response is to ignore him until he stops whining. Do not give in, otherwise you'll teach your dog to whine loud and long to get what he wants. If you've progressed gradually through the training steps and haven't done too much too fast, you will be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

### **Separation Anxiety**

Attempting to use the crate as a remedy for separation anxiety will not solve the problem. A crate may prevent your dog from being destructive, but he may injure himself in an attempt to escape from the crate. Separation anxiety problems can only be resolved with counter-conditioning and desensitization procedures.

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## Your Pet's Life Stages

Use this table to help you determine your pet's stage in life. Following the table, locate your pet's age in years down the left-hand side. Now, locate your pet's weight across the top of the table and match it with the age in years. For example, a 9-year-old dog weighing 70 lbs. is the equivalent to a 61-year-old human, and the dog is classified as a senior citizen!

<b>Age</b>	<b>0-20 lbs.</b>	<b>21-50 lbs.</b>	<b>51-90 lbs.</b>	<b>90+ lbs.</b>
5	36	38	40	42
6	40	42	45	49
7	44	47	50	56
8	48	51	55	64
9	52	56	61	71
10	56	60	66	78
11	60	65	72	86
12	64	69	77	93
13	68	74	82	101
14	72	78	88	108
15	76	83	93	115
16	80	87	99	123
17	84	92	104	
18	88	96	109	
19	92	101	115	
20	96	105	120	

*Chart courtesy of Fred L. Metzger, DVM, Dipl. ABVP*

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## Wish List for Our Homeless Friends

See [www.harfordshelter.org](http://www.harfordshelter.org) for a complete list

### FOR DOGS & CATS

- Hill's Science Diet dry food for dogs, cats & kittens
- Canned food for dogs, cats & kittens (any brand)
- Cat toys
- Kitty litter (any brand)
- Buckle-type Martingale collars
- Pill pockets for dogs & cats
- Semi-moist cat & dog treats like Pupperoni & Pounce

### FOR SMALL ANIMALS

- CareFresh small animal bedding
- Timothy & alfalfa hay
- Oxbow rabbit & guinea pig food

### CLEANING SUPPLIES

- Dawn dish soap
- Finish PowerBall detergent pods
- Germicidal bleach (no low-splash)
- Trash bags (kitchen & 55-gallon heavy duty)
- Toilet paper
- Tissues
- Paper towels
- Sponges
- Lysol disinfectant spray & wipes
- Jugs of Simple Green all-purpose cleaner
- Nitrile gloves
- Jugs of white vinegar
- Mr. Clean magic erasers
- Commercial grade string mop heads from Home Depot

### OFFICE SUPPLIES

- Copy paper
- 1st-class stamps
- 3-tab manila folders
- Colored 2-pocket folders
- Batteries (AA, AAA & 9V)

### OTHER

- Gift cards to Staples, Walmart, PetSmart, Home Depot, , etc.
- Pet-friendly ice melt
- Gas gift cards