



Fostering Rescue Dogs

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Purpose of Fostering

Foster dogs are special. Rescuing and saving these animals helps them and makes us feel good. If they are lucky to have made it into your home from the streets, that means that many people have dedicated time to the process of making sure they succeed by keeping them safe, providing for their health concerns, safety and getting them into a “forever home” as soon as possible. If they are really lucky, their interim stay is in your home – not a shelter or kennel. It then becomes your charge to set them up to succeed by properly preparing them for their new home.

In order to set foster dogs up to succeed (or any dog) they must be able to develop a strong sense of place in your temporary pack until their permanent pack comes along. Your foster dog’s success relies on you providing a strong foundation. The foster dog will carry lessons learned to his new home which can result in an increased permanent placement rate if the structure is the same in the permanent pack. Your job is to make sure this new pack understands the purpose and value of this needed structure and that they maintain this structure throughout the adjustment period or longer if needed.

Most, not all, behavioral issues in dogs can be directly linked back to the owner for not providing:

- A structured environment with clearly defined leadership and expectations and,
- Adequate opportunities for exercise (with the owner) and exploration

Following is information that I share with all my clients who bring me new puppies, adult dogs needing obedience or dogs that have developed behavioral issues needing to be resolved. Let’s see how this can be applied to your pack dynamics so that your new foster dog will feel comfortable and a lot less stressed in his temporary home. And, who knows, you may find that you may develop a whole new sense of order in your own pack that you really begin to enjoy.



Building a Strong Foundation for Foster Dogs

Everyone wants the foster dog to succeed, be a great dog and show well at adoption sites. Walking nicely and not pulling on leash is a good start. A sit for greeting people is a big plus and, for some prospective dog owners it may not even be important for the dog to sit as long as the foster dog didn't jump on visitors and bark a lot. I've spent the last 20+ years solving dog problems for people in their home where the behavior occurs. This handout provides you with a portion of my training and behavior modification outlining how to set a strong foundation for all dogs. It has been organized in a way that allows you to very simply organize your approach to minimize or eliminate potential issues with your foster dog or approach fixing problems that may surface during their time with you. My **solutions to dog behavioral issues** have worked successfully for my past clients and will work for you if you commit to working the program. It's also important to know that successful behavior modification will always begin and end with 100% owner commitment.

Before we get started discussing solutions to potential foster dog problems, let's look at the overall recommended relationship with your foster dog (and home dogs too!) that should be in place before you start changing or modifying behavior. It's important because it will make your job much easier. And, I'm sure you do want to do it as easily as possible, right? Below is how I organize relationships with dogs. It will help you put things in to perspective and to know how you should be interacting with your dog.

My training system focuses on three specific areas in the human-dog relationship: **leadership, training and behavior management**. Leadership coupled with training enables you to effectively manage or extinguish unwanted canine behavior. Following is why it is important to understand how each area affects the other.

First, your role as a leader should be clearly defined. That is, your dog must develop a strong sense of place – as a follower. When the dog is comfortable with it's identity in the pack (i.e. where they are in the pecking order – which should be subordinate) behavioral issues are greatly diminished. Properly structured walks with your dog emphasizes your leadership role and also manages the dog's energy, giving the dog a constructive as opposed to destructive outlet for this energy. Exercise is paramount to effective leadership and behavior management.

Second, obedience training teaches your dog to listen (creates communications) and will give you commands like sit, down and place as appropriate behaviors to which you can redirect inappropriate behavior. It also reinforces your leadership role as you train your dog on a consistent basis. In homes where structure has been lacking, training will provide your dog with a job to do and a stronger sense of responsibility – while at the same time begin to accelerate the leadership process. The consistency and repetition of simple sits and downs puts your dog in the mind set of “when you speak, they respond with the appropriate behavior.” You want to make sure your dog will perform commands around distractions that are “relevant to you.”

You can now begin to see the importance of understanding the connection between leadership and training and their direct impact on behavior management. Your ability to understand how to build a strong foundation in the first two areas enables you to successfully and effectively extinguish unwanted behavior in your dog.

Strengthening Your Leadership Role

Clearly and consistently define your leadership role with your dog by setting the following concrete boundaries and expectations suggested below. If your dog is exhibiting control or behavior problems, you should examine your relationship with your dog first and start working on re-arranging the pecking order by denying privileges reserved for the higher ranking pack member – you. This can be done without physical confrontation. By understanding your dog's pack instincts, you can slowly reverse the dominant role your dog has assumed and eventually regain your position as pack leader. It may take time, but with repetition, consistency and discipline the pecking order will change in your favor and ultimately so will your dog's attitude. Here's what I recommend:

Eating

- Make up the pack meal - your meal and your dog's food at the same time. Leave his on the counter while he watches you eat first. Tether him if necessary.
- Feed your dog after you and/or your family has eaten. Remember to first require your dog to sit, down and then sit from a down. If your dog is in the habit of automatically sitting, get him up and re-sit him on "your" command.
- Pick up his food bowl after 15-20 minutes. No free feeding. No more food until the next meal.
- Any table scraps should be placed in his bowl and not hand fed to your dog.

Sleeping

It's not about keeping your dog off your furniture as much as it is about putting things in perspective for your dog in terms of rights compared to privileges that should be earned – especially with bossy or dominant dogs. Some dogs instinctively try to elevate their status to equal or greater than yours by occupying your space (sofa.) Small dogs often like the top of the sofa. And, if the sofa is more comfortable than the floor, your dog will begin to prefer – the sofa. So the environment is constantly training your dog as well. Dogs know no difference unless you tell them otherwise. Reclaim your space as yours. The following are different levels of structure for controlling your furniture or space depending on how bossy or how much dominance your dog is exhibiting. It starts off with the least amount of structure and then increases. Remember, some dogs can guard space like "your" furniture. If your dog is exhibiting signs of guarding like growling as you or your children come close, you may want to keep your dog off your furniture completely until you can regain control of your furniture.

- Require your dog to sit before getting up on furniture and only allowed up with a command word such as "up." Also teach your dog "off" the sofa by frequently cueing the dog with "up" and "off" commands and making sure that when the dog is off that he does not get back up until he's done the required sit and then is asked to come up on command. Teach your dog to go to his own bed on the floor as an appropriate redirect. This is best done with a line or leash and when your dog is on the floor, simply put your foot on the leash to keep your dog off the sofa until you are ready.
- **For extreme dominance:** Disallow your dog on the bed and furniture completely and provide him with his own bed on the floor. Occasionally move him from his bed and occupy it yourself for a minute – then give it back.

Playing, Games and Toys

If your dog's toys have been laying around the house for your dog to play with anytime he wants, maybe it's time to pick them up and claim them as yours! Depending on the number of toys, get two baskets – one for the interactive toys and one for the other toys like fuzzy squeaky toys, Kongs, nylabones, etc.... Put up all toys on a shelf. For dominant dogs, the following is a non-physical, non-confrontational way to consistently reinforce leadership.

- Each morning when you get up and just before you go to work, get down the basket holding the fuzzies, Kongs and such. Give out as many as you want your dog to play with during the day but require your dog to sit and down for each toy.
- Each evening before bedtime pick up all the toys and put them away in the basket until the next morning at which time you will repeat the exercises.
- Games of fetch and tug can be played with the interactive toys – tennis balls, tug ropes, etc. requiring your dog to sit to start the game and sit to end the game as you put the toys away. Always win games of strength like tug. Require your dog to drop it to end the game. All dogs have a predatory drive – running, chasing, biting, chewing and dissecting. These games of strength (tug-of-war) can help burn off energy that might otherwise be used in destructive ways around the house – as long as you control the toys and win the games.

Grooming (Love and Affection)

Dogs interpret petting as grooming. If your dog can require you to pet him or her anytime it wants, this can, in some dogs, reinforce dominance if done repeatedly every day.

- The best way to structure your affection with your dog is to require it to at least do a sit. Never go to your dog. Remember, always call your dog to you to pet him or her, then require a sit before you pet or give affection to your dog. This will keep things in perspective for your dog. If your dog nudges you for attention or affection, send it away and call it back on your terms. The more bossy the dog, the more sits and downs it should do to earn things it wants from you.

Control

- Dogs are more compliant and responsible when attached to a leash or check cord (line). If you are having issues with your “out-of-control” dog, attach a line or leash to your dog for 2-4 weeks. It’s only taken off when you leave the house or at night. Anytime you can not supervise your dog, the line comes off the dog.
- If your dog steals articles, intentionally place these articles around providing a set-up for the dog so that you can correct him. When he picks up the inappropriate article, don’t chase him. Simply step on the line and stop him. Pull him back to you and take the article. Be sure to replace it with an appropriate dog chew toy – then praise for taking the chew toy. It wouldn’t hurt to require him to sit, down and sit from a down each time you catch him.
- If the dog is in your way, do not go around him, simply pick up the line and make him move. Don’t forget to praise him for doing what you have asked while on the line.
- The line comes off when your dog is under perfect control.

The Controlled Walk is an excellent way to work on strengthening leadership skills by sharing an activity with your dog that dogs instinctively need and want to do – hunt and explore. The controlled walk should be accomplished in the following manner by breaking the walk down into thirds.

The **first one-third of the walk**, walk your dog by your side at heel at a very brisk pace – like you are late for an appointment. When you have reached the end of the first 3rd, stop and sit your dog. Then release your dog to go sniff, potty and explore. Once your dog has completed its one-third of the walk, sit your dog at heel and begin your walk back home.

The first and last third of the walk you exercise your dog, yourself and your leadership. The second (middle) one-third of the walk sends the message to your dog that you get to do your doggie thing but it’s on my schedule – not yours. Remember, during “your” controlled walk times (first and last third of the walk) do not allow your dog to control the walk by trying to

stop and sniff or pee. If your dog needs to potty right away when you get outside to start, let it do so before beginning your controlled walk.



Preventing Unwanted Behavior

If you see inappropriate behavior developing in your foster dog, run down your mental check list to make sure that you are comfortable that the protocols of leadership and training are in place before you begin your work fixing any issues. Problem solving unwanted behavior in a canine is always best done from a leadership role. As you look at social situations and interactions that tend to cause your foster or home dog to act out inappropriately, it's important to consider all the factors that influence your dog's behavior to triggers or stimuli in the environment at any given moment. Let's also consider these factors.

Leadership

If your home dog has already claimed a sense of entitlement about controlling all social situations, bringing a new foster into your home could cause a problem with your home dog. This can also work in reverse. The new foster could come in and try to take over causing friction with your home dog.

I've provided you with foundation work previously (pages 4 – 7) to do that's non-confrontational and non-physical and that will allow you to control the things that have value and relevance to dogs: food, space, articles of play and games and grooming (love and affection.) Dogs are not genetically predisposed to just accept a lower rank in your home. They are, by design as canines, instinctively driven to get as high up in rank in your family "pack" as possible because more things of value are accessible to them.

Temperament

Where there is little to no structure in the pack, dogs who's temperament lean more on the dominant or bossy side tend to more quickly take over in situations and exhibit annoying behaviors like alert barking at the doorbell or jumping on visitors. Dominance can also manifest itself in behaviors like guarding or controlling things of value which can include owners (you), leashes, food, space (chairs, sofas, beds) and anything else not nailed down or put away, most of which, may be your stuff. Size of the dog doesn't matter. Small dogs can be just as or more controlling as they often spend more time in the owner's lap. Learned behavior plays an important role here too. Dogs with softer or easy going temperaments are less likely to exhibit behaviors like the bossy or dominant dogs.

So what can bring the bossy, dominant dog back in line and pull the insecure dog with low confidence up by their "boot straps?" The answer is strong leadership, training and working on behavior modification exercises to redirect inappropriate behaviors and desensitize dogs to the environmental stimuli.

If you detect a potential conflict between the foster dog and the home dog(s) the first order of business is to contain and control the foster dog until this can be appropriately checked out. Aggression between dogs can escalate quickly. Should you

see an aggression issue developing between the foster and one or more of your dogs, let's take a look at the following reasons for aggression directed towards a canine housemate so that we can begin to sort things out:

Reasons

- Competition for resources, including your attention
- Status-related conflicts. Housemates of the same sex fighting over social status.
- A poor introduction to each other.
- One dog having established territory and resenting the other as an intruder.
- Redirected aggression. The dogs really want to go after the mailman or the dog next door, but are prevented from doing so and turn on each other in frustration.

Body Language Cues

- Lip licking
- Pupil Dilation
- Sniffing the ground
- Accelerating discomfort – indicated by some of the following:
 - Urination
 - Excessive salivation
 - Slinking postures
 - Rolling over on the back and retracting the lips – here the dog is in sever conflict
 - Lowering or tucking the tail
 - Ears pulled back horizontally
 - Pilo-erection reflex (hair standing up on the back of the neck)
 - Growling
 - Snapping
 - Head and neck slightly lowered, looking up out of the tops of the eyes
 - Any sudden stillness. This usually happens just prior to a strike or lunge culmination in a bite

Exercises for Housemate Aggression

Before any of these exercises are attempted, be sure that all dogs have a sound foundation on their basic obedience; i.e. sit/stay, down/stay, come and off.

- Make it clear to the dogs that they will both be generously rewarded for displaying socially compatible behavior:
 - Calming signals
 - Ignoring each other
 - Sharing your attention – or anyone else's attention
 - Remaining non-reactive with each other

Specific Exercises

- Put both dogs in a sit near you. Pet one then feed that one. Then feed the other dog for tolerating your interactions with the first dog.
- Put one dog in a sit or down stay. Pet the other dog and make a fuss over him. Reward the first dog for tolerance and remaining in place. Then reverse the exercise.
- Train regularly on sits and downs with both dogs – never putting them facing each other (a conflict position.)
- Then release them and allow them to interact, praising them for good behavior.
- Put them in sits or downs parallel to each other (again not facing each other) and reinforce/reward them for ignoring each other.

These procedures give the dogs structure. Explain to them what you are expecting in each other's presence, and manufacture pleasant experiences around each other.

Remember, dogs are pursuing aggression, not because they are not "nice", but because the aggression is:

- Working for them to get them something they think they need; i.e. access to resources, status, etc.
- Working to keep something away they desperately want kept away; i.e. a housemate who would otherwise strike first.
- Simply a result of the dogs' chemical arousal level being very high and their having learned to get release by turning on their housemates.

When approaching your problem solving, here is my Easy Check List:

EASY CHECK LIST

Setting proper boundaries for leadership

- Eating: Eat first – feed your dog last – require a sit/stay for food
- Sleeping: () Require your dog to sit before getting up on furniture and only allowed up on command.
 () Disallow your dog on the bed and furniture for 4-6 weeks. Then require "Sit" and "up."
 () Disallow your dog on the bed and furniture completely.
- Playing: Control all toys – Pick up each day - dogs must earn the right to play with them by performing a sit and down
- Grooming: Require your dog to earn its petting/attention by doing a sit
- Control: Put a check cord on your dog for control while in the house – only remove it when you are gone or can't supervise and at night.
- 5 Min. Rule: When arriving home, completely ignore your dog(s) for 5 minutes.

Obedience Training around distractions that are relevant to your situation

<u>Commands</u>	<u>Training Sessions</u>	<u>Time Allowed</u>
○ Sit/Stay	_____ per day	_____
○ Down/Stay	_____ per day	_____
○ Correction - "Off" "No" "Leave it"	_____ per day	_____
○ Come	_____ per day	_____
○ Walking*	_____ per day	_____

*The first 1/3 and last 1/3 of the walk is by your side. You exercise your dog, yourself and your leadership skills.
 The middle 1/3 is dog's free time to pee, poop, sniff, etc. Message to the dog is your time is on my schedule – not yours.

Behavior modification exercises (set-ups) relevant to your dog's behavioral issues

<u>Inappropriate Behavior</u>	<u>Trigger</u>	<u>Preferred Behavior Set Ups Per Day*</u>
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Additional Training Tips when Working on Behavior Modification

Here are SOME VERY IMPORTANT training tips to remember when working on issues with *your* specific foster dog:

- Always work and train your dog *ON-LEASH*. All training and/or behavior modification exercises must be controlled with dog on leash and at appropriate distances so that NO DOG AND NO HUMAN is in danger.
- Dogs have approximately 1 to 1.5 seconds during which they will relate corrections and/or praise to a behavior just exhibited. So timing is *critical* when working on any training with your dog. Remember, you must know what the key stimulus is and as important, you must understand the critical importance of catching the dog at this initial stimulus time. To wait until the dog is fully involved in their inappropriate behavior requires stopping the avalanche of learned behavior in midcourse simply does not work.
- Do not overwhelm your dog by working too close to the distraction at first. Find a distance where you have comfortable control – then gradually close the distance.
- The two main objectives in modifying your dog's behavior will be to :
 - Desensitize your dog to the trigger (distraction) that produces the inappropriate behavior. This is gradually getting your dog used to or closer to a trigger.
 - Counter condition your dog - teach to perform an alternate and appropriate behavior that is acceptable such as a sit, down, heel or come. Slowly move closer to the trigger as you have your dog perform the recommended exercises.
- Both objectives are worked on at the same time as you progress from lesson to lesson and from distraction to distraction.
- Be consistent with the following sequence of actions as you begin to train and counter condition your dog:
 - Interrupt the inappropriate behavior and correct your dog: “No, Off!”
 - Redirect to an appropriate behavior: “Sit!”, “Come!” or “Heel!”
 - Praise your dog for the appropriate behavior: “Good Dog!”



Barking Problems

Note: The term “barking” is used throughout this article. However, the discussion also pertains to such other forms of vocalization as howling, whining and yowling.

Causes

Dogs bark for a variety of reasons. Barking can be classified into the following categories:

- Watchdog barking
- Request barking
- Spooky barking
- Boredom barking
- Barking to seek relief from some disturbing condition, usually social isolation
- Barking to relieve tension created by frustration or anxiety (sometimes from separation.)

Correction of Problem Barking

Aside from any bark-reduction training, it’s also crucial to address, if present, any underlying socialization deficits, lack of exercise, and impoverished environment (i.e. inadequate mental stimulation.) The following programs have produced excellent results.

More than 75% of the barkers that are kept in the backyard or on the porch are isolated because of other problems, such as chewing or house-soiling. In these cases, the underlying problem should be identified and corrected, at which time the dog can be readmitted to the house and the barking usually ceases.

Dogs that bark to relieve tension caused by frustration need a simple, but consistent program to remove the source of their frustration. Even if the barking has been inadvertently reinforced by owners who have *returned to the dog* to punish it, the following program has been highly successful.

Learn-To-Earn and Pushups: The learn-to-earn praise and pet program can be used in correcting barking. Each time the dog seeks affection or attention, it must be pleasantly told to sit, then praised and petted briefly (3-5 seconds), then released from the Sit.

The dog should also be taught to do Down on command after being told to Sit, then Up to Sit from Down, then back Down from Sit, then released and petted briefly. This exercise, called Pushups, can be used as described later.

Limited Barking Permitted: If the dog barks when the owners are at home, it should be immediately called to the owner on the *first* bark and *very quietly* told to Sit. If the stimulus that caused the first bark is known *not* to warrant barking (the barking

was unnecessary in that situation), the sitting dog should be quietly released and immediately recalled, and the routine repeated until the dog settles down.

If the owner believes the stimulus should be investigated, the dog should be called, told to sit, then released, at which time the owner should go quietly to investigate the stimulus that caused the barking. If the cause for the bark is not worrisome, the owner should quietly tell the dog again to sit, release it and return to former activities. This teaches the dog that its bark is important, but that *the owner is in control of the situation, not the dog*. If the dog starts again to bark during this procedure, it must again be called and the routine repeated. When this is done consistently, the dog will soon begin to give a single alarm bark, then seek the owner for further guidance.

This exercise is very important in that it teaches the dog it has a *function* in the family group. At the same time, it learns *not* to sound the alarm at stimuli that are not important, such as neighbors returning home, visitors arriving, or sirens sounding.

Defusing Homecomings and Departures: Evoke the 5 minute rule. Ignore your dog(s) for five minutes upon arrival. At homecomings or departures, the owners must avoid all emotional interplay with the dog. This requires behaving matter of factly. In many cases, even eye contact with the dog should be avoided if it causes excitement. Homecoming greetings should be delayed at least 5 minutes and then should be low key, with minimal petting and a few quiet words. If the dog barks for attention, the greeting must be ignored until the dog becomes quiet.

Leadership Exercises: Many barking dogs are leader types. That is, if the owner walks from one room to another, the dog rushes ahead of them. The owner must understand that this is the dog's way of *leading* in their relationship. To reverse this situation, the dog should be taught, by movement (the dog's language), that the *owner* is in charge of movements around the house. This is not difficult, but it must be applied consistently.

Each time the owner starts to go somewhere and the dog begins to move ahead, the owner should produce a single hand clap and *reverse direction*, which puts the *owner* in the lead. If the dog catches up and again starts to move ahead, the hand clap and direction reversal are repeated. This should be done if the dog rushes ahead of the owner when the doorbell or phone rings, or at meal times, until the dog begins following its new leader. If the dog is a backyard barker, this exercise should be applied there as well as in the house.

Staging for Correction of Isolation Barking: Staging "setups" must coincide with the times of day or night at which troublesome barking occurs. For instance, if the dog barks when the owners leave for work Monday through Friday, setups should be staged during weekend days at those times.

The owner should quietly leave the dog, but be prepared to monitor it for *any signs of restlessness or anxiety*. This may mean sneaking to a window, listening at a door, or peeking over or through a fence (downwind of the dog). If the dog shows anxiety or starts to bark, a single, loud sound should be made to startle the dog and reorient its attention. This can be a hand slapped on a wall, or a sharp knock on a window. The owner must remain silent. If needed, this should be repeated each time anxiety behavior or barking occurs until the dog settles down.

At least 5 minutes after the dog has settled quietly, the owner should return, again with *no emotional interplay*, waiting at least 3 1/2 hours before repeating the procedure. This period between setups allows the conditioned learning to "incubate" better than if the sessions were conducted over a shorter time.

How long the owner remains away can usually be doubled between sessions. That is, the owner initially stays away for 5 minutes, then 10, 20, 40, 80, etc, until the dog has quieted dependably.

More Pushups: If, after 4 days, all of the foregoing steps have been strictly applied with little or no progress, the setup should be repeated by leaving the dog and applying the single, sharp sound stimulus one time. Then the owner must literally *rush* into the area where the dog is and pleasantly, but with *urgency*, apply the pushup routine of “Tippy, sit. Good sit. Tippy, down. Good down. Tippy, sit. Good sit,” etc, *until the dog shows signs of tiring*. At this time, and again with no emotion or eye contact, quietly leave the dog, again to monitor and repeat the routine until the dog is quiet for the required minimum of 5 minutes. The time the owner spends away can be increased by doubling, as previously described.

Correction of Anticipation Barking: Many dogs bark in anticipation of the owners’ homecoming. This usually can be resolved using the steps outlined above. When barking persists, the owner must arrive home early, applying the setups at the first signs of anxiety or barking.

Remove the Cause: Some vocal dogs bark in response to stimuli that can be removed. These dogs may bark at neighborhood cats or other dogs. If the neighbor’s cat or other dogs can be kept away, the barking may stop. Some dogs gazing out their favorite window may bark at people or other animals. Keeping the drapes drawn often resolves these problems. Many dogs that bark in the backyard for entry to the house benefit from a pet door.



Barking Problems at Adoption Site

Of all the reasons listed below and discussed previously in this article, barking to seek relief from some disturbing condition, usually social isolation and barking to relieve tension created by frustration or anxiety sometimes from separation are probably the main reasons dogs are barking at adoption sites. And, to fix the problem, dedication to my program of leadership, training (which includes exercise) and behavior modification is a must.

It is important to understand that certain protocols must be in place for this to work. Those would be structure for leadership and training. This is also where time, patience and dedication must be present in those working these dogs. Once you are certain that these are in place, you can begin working on behavior modification - Changing the dog's perception of people and dogs approaching their crate. Here's one way to accomplish this:

1. Condition these dogs to the clicker. Click then treat with a "high value" food treat.
 - a. High value food treats would include fresh lamb or liver loaf, grilled chicken, etc. and believe me, the dogs will know the difference!
2. Plenty of exercise before taking to adoption.
3. Station someone in a chair next to their crate so that you can do set ups with volunteers or other people.
4. Every time someone approaches their crate, click and treat the dog for being quiet. Make sure you keep the approaching person outside the dog's trigger point in the beginning.
5. Have the person gradually get closer and closer to the crate until the dog is quiet with the person next to the crate.
6. Have the person treat the dog after approaching so dog will have a more direct and positive association with people.

Remember, dogs don't generalize well so changing up the distraction people will be important. Also remember that the treats given to the dog have to be high value and only available on adoption day.

A different approach:

If the foster dog has a particularly good bond with the handler this technique may work better.

1. Dog in crate with it's handler standing right next to crate
2. Handler does not look at, talk to or touch the dog.
3. As person approaches and dog starts barking, handler says "Off!" and leaves out of site.
4. Return to the dog in 1 minute to repeat the exercise.
5. Repeat 3 and 4 until the dog begins to offer up another behavior like scratching or circling.
6. As soon as you get "quiet," lavishly praise the dog and treat with "high value" treats!

Remember, dogs don't generalize well so changing up the distraction people will be important. Also remember that the treats given to the dog have to be high value and only available on adoption day.



Food and Treat Ingredients – What’s Good & What’s Not

Following is a list of ingredients found in dog food and treats. It is very important to know that the first ingredient listed is your main protein source. Make sure it is a solid high quality protein.

INGREDIENTS	COMMENTS
<p>Protein Sources: Lamb, Salmon, Chicken, Beef, Turkey,</p> <p>Meat or meat by-products</p>	<p>If the ingredient list starts with one of these or other “specifically named proteins”, then that is the main, high quality protein source. Protein sources labeled chicken <i>meal</i>, lamb <i>meal</i>, etc., are very acceptable but are not as high quality.</p> <p>Look out for ingredients that just say “meat” without listing the species. Pet grade meat by-products consist of organs and parts either not desired, or condemned, for human consumption. This can include bones, blood, intestines, lungs, ligaments, heads, feet and feathers.</p>
<p>Grains: Brown rice, wheat, barley, millet, oats,</p> <p>Corn Brewers rice</p>	<p>High quality grains should be whole – not flour. Many dogs are allergic to soy, wheat or corn. If your dog has food allergies, feed a food that does not have these ingredients. Soy bean meal is a lower quality grain.</p> <p>Corn is also hard for dogs to digest. Lower cost by-products of another food manufacturing process. Examples include wheat bran and brewer’s rice (a waste product of the alcohol industry.)</p>
<p>Vegetables: Carrots, sweet potatoes, spinach, green beans, peas.</p>	<p>All good ingredients.</p>
<p>Berries and Fruits: Apples, blueberries.</p>	<p>All good ingredients.</p>
<p>Sweeteners: Cane molasses would be a natural sweetener.</p>	<p>Sweeteners listed just as “sugar” are refined sweeteners and not as healthy.</p>
<p>Preservatives: Look for natural preservatives such as vitamin E, phosphoric acid, sorbic acid, tocopherols.</p>	<p>Avoid foods and treats with chemical preservatives. Chemical preservatives include butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT), ethoxyquin (used to preserve rubber in tires), sodium nitrate, propyl gallate, propylene glycol (also used as a less-toxic version of automotive antifreeze) artificial colors such as Red 40, Yellow 5, Yellow 6, Blue 1 are bad for dogs. The long-term build up of ethoxyquin, BHA and BHT (if eaten every day) could potentially cause cancer in dogs.</p>
<p>Fat: Chicken fat, beef fat, lamb fat</p>	<p>Look for a named fat source, such as poultry or chicken fat, that is naturally preserved.</p> <p>Animal fat is a generic fat source that is most often made up of rendered animal fat, restaurant grease, or other oils too rancid or deemed inedible for humans.</p>
<p>Sweeteners:</p>	<p>Sweeteners such as corn syrup, sugar and cane molasses are usually added to lower quality foods to increase their appeal. Dietary sugars can aggravate health problems including diabetes.</p>

References: The Animal Protection Institute, “What’s Really in Pet Food,” January 29, 2002; Kerns, Nancy, “Choose the Best Dry Food.” The Whole Dog Journal, February, 2000, 13-17; The animal Protection Institute, “Selecting a Commercial Pet Food,” 10/25/01.



About Jim Burwell

Since 1988, Jim Burwell's grass-roots, in-home dog-training business has grown to become **Jim Burwell's Petiquette**. Motivated by his love for dogs and armed with his curriculum, Jim has successfully trained over 20,000 dogs in 20 years. Jim's reputation is wide-spread and people from as far away as California have enlisted Jim's expertise to learn the skill set of pet dog training and behavior counseling. Yes, he trains trainers as well.

Jim Burwell's success has led to high-profile dog training assignments, with both local and national acclaim. Samplings of his accomplishments and accolades as a professional dog trainer include:

- Recognized by the Houston Chronicle's Texas Magazine, October, 2003, as "Houston's Dog Whisperer" <http://www.chron.com/disp/story.mpl/texas/2159819.html>
- Founder of Texas Dog Training
- Past President of Lone Star Search & Rescue Dog Association
- Founder of Rover Oaks Pet Resort, *Home of Texas Dog Training*
- Training of "Radar" the weather dog, a celebrity dog owned by NBC's affiliate station, KPRC-TV in Houston
- Training dogs for television commercials and theater productions. Among his students: "Sandy," the dog featured in the musical production of Annie in 1998 at Houston's Wortham Theater.
- Selected "Best Dog Trainer in Houston" in 2006 by the readers of the Houston Press
- Appointed "Training Section Chair" for the Pet Care Services Association formally American Boarding Kennels Association, an organization created to adopt both national and world standards for pet industry services.



Member of **Association of Pet Dog Trainers** and **International Association of Canine Professionals**.