

Friends of Manchester Animal Shelter



Dog Foster Packet

Introduction

Thank you for wanting to foster for Friends of the Manchester Animal Shelter (FMAS). By opening up your home to foster pets, you're not only helping to save lives, you're providing the individual attention and love these animals desperately need.

Our foster program is designed to help animals from FMAS get a second chance at finding a home. Many of the animals who need foster homes require extra care and attention, which shelters often don't have the staff or resources to provide. But in a loving foster home, every animal can get the individual attention he or she needs to find a forever family.

Foster homes are asked to provide care for the animals, as well as transportation to and from veterinary appointments as needed. Care for foster animals includes feeding according to size and needs, exercise according to energy levels, and lots of play time and positive socialization.

Although, fostering is a lot of work, it is a very rewarding experience. By participating in this program, you are saving lives and helping many different types of animals find the families they've been longing for.



Points of Contact

Main Point of Contact

Jenn Stairs- K9 Coordinator/Foster Coordinator
(603)628-3544 Ext 208
canines@manchesteranimalshelter.org

Medical Emergencies

Jess Farwell- (603)628-3544 Ext 210
medical@manchesteranimalshelter.org
VECM Emergency Vet (603)666-6677

Emergency Point of Contact

Journey Ewell- (603)540-7660
journey@manchesteranimalshelter.org

Executive Director

Kendra Paul- (603)628-3544 Ext 204
executivedirector@manchesteranimalshelter.org

Foster Contract

- 1) All foster animals, including any animals born to pregnant foster animals in a foster home, are solely the property of FMAS. Foster parents have no authority to promise any foster animals in their care to anyone. Adoption applications on all foster animals must be approved and finalized by FMAS management in the normal course. FMAS reserves the right to deny any adoption application if it deems the applicant unsuitable for any reason.
- 2) If a foster parent is unable or unwilling to continue fostering, s/he shall give FMAS ample notice (at least 48 hours, except in cases of emergency) by contacting the foster coordinator or management to make appropriate arrangements. Under no circumstances shall a foster animal be taken to another shelter, given away, or transferred in any fashion to a friend, family member, or any other person without written permission of FMAS Management.
- 3) FMAS shall be responsible for providing veterinary care for foster animals. Foster parents shall coordinate with the foster coordinator or management to bring the foster animal to FMAS for needed veterinary care. Should the foster animal require emergency veterinary care, the foster parent shall contact Journey Ewell (603-540-7660), who can authorize emergency veterinary expenses. Should the foster animal require non-emergency, specialty veterinary care, the foster parent shall coordinate with the foster coordinator or management to arrange for such care. Any and all such veterinary expenses must be approved by FMAS. FMAS shall not reimburse a foster parent for veterinary expenses incurred for the foster animal that were not authorized by FMAS.
- 4) Should the foster parent desire to adopt the foster animal, the foster parent shall complete an adoption application and go through the normal channels to adopt the animal, including paying the normal adoption fee.
- 5) FMAS shall, upon request, provide food and basic supplies (ie litterbox, bowls, leash, toys) for foster animals. Unless a foster animal is on a special diet, the foster parent shall feed the foster animal Science Diet dry food. If the foster animal is on a special diet, the foster parent shall only feed the foster animal the kind of food designated by FMAS. If a foster animal is on a special diet, FMAS shall provide the food upon request to the foster parent. FMAS shall advise foster parents of any and all dietary needs of foster animals.
- 6) FMAS shall treat all foster animals for fleas and ticks. FMAS shall provide all needed medications, if any, to the foster parent. Foster parents shall administer all needed medications to the foster animal as directed by FMAS. The foster parents shall promptly report any medical issues or concerns regarding the health of their foster animal to FMAS and bring the foster animal for veterinary care as directed by FMAS.
- 7) FMAS is not responsible for veterinary expenses or any other expenses incurred by the foster parent in connection with animals owned by the foster parent.
- 8) Foster parents shall keep foster cats and kittens exclusively indoors. Foster felines shall be segregated from other animals in the foster home. Foster parents shall provide all foster felines with clean water, food as directed by FMAS, and litter boxes shall be cleaned at least daily. Foster parents shall carefully supervise any interactions between children and foster felines. If foster kittens are born in a foster home, the foster parents shall promptly advise FMAS of the births and provide a description of each kitten.

- 9) Foster parents shall provide all foster dogs with clean water, food as directed by FMAS, and exercise at least twice daily. Foster canines shall be segregated from other animals in the foster home. Foster parents shall carefully supervise foster dogs while they are interacting with children. When a foster dog is left alone, the foster dog shall be secured in a separate room, or in a crate. FMAS shall provide crates to foster parents upon request, subject to availability. Foster dogs shall be leashed at all times when they are outdoors, unless they are in a secure, fenced in area, and are being supervised by the foster parent. If foster puppies are born in a foster home, the foster parent shall promptly advise FMAS of the births and provide a description of each puppy.
- 10) Under no circumstances may a foster parent change the name of a foster animal. However, foster animals born in a foster home may be named by the foster parent, subject to FMAS approval. The names of such foster animals shall be provided to FMAS no later than at the time of their first checkup/vaccinations.
- 11) If a foster animal escapes, gets lost, attacks any person or domesticated animal, if the subject of an attack, or is involved in any incident that requires medical/veterinary attention of the involvement of Animal Control, Police or any other similar agency, the foster parent shall notify FMAS Management immediately and fully comply with all instructions provided by FMAS.
- 12) The foster parent understands that FMAS does its best to evaluate a foster animal's temperament and behavior. The foster parent agrees that s/he will not hold FMAS liable for any damage the foster animal may cause while in foster care. FMAS is concerned about the health of all animals in its care and exercises due caution to prevent the transmission of disease. Unless notified otherwise, or in the case of unborn kittens, all foster animals have received preventative immunization. However, given the nature by which many of the animals come into FMAS's care, FMAS cannot guarantee that any animal does not carry or has not been exposed to an infectious disease. FMAS cannot warrant or guarantee the foster animal is healthy or good-natured. Any animal has the potential to bite, scratch, or cause injury.
- 13) The foster parent will return the foster animal to FMAS upon request and as directed. FMAS reserves the right to reclaim any foster animal at or without notice to the foster parent.

Types of Dog Fostering

Medical

- Recovering from Surgery
- Allergies
- Heart Conditions
- Skin Issues
- Dental Procedures
- Medical Treatments
- Pancreatitis

Behavioral

- Fear aggression
- Reactivity
- Socialization
- Potty training
- Jumpy/Mouthy behavior
- Severe leash issues
- Body handling discomfort

Frequently Asked Questions

What do foster families need to provide? What does the shelter provide?

Foster families need to provide the following:

- A healthy and safe environment for their foster animals
- Transportation to and from the shelter and all vet appointments as needed
- Lots of exercise and positive stimulation to help them develop into great animals

The shelter provides the following:

- Food and Food Items (bowls, prescription food, etc.)
- Crates and Bedding
- Toys
- Other Basics (litter, collars, leashes, etc.)
- Medical Care

How long will the animal need to be in foster care?

Every animal requires a different length of time, ranging from a couple of days to a year. This is all dependent upon their health and behavioral status. Before you pick up the animal, the foster coordinator will be able to give you a better estimate of how long the animal will need to be in foster.

What do I do with my foster animal if I go out of town?

You will need to arrange with your foster coordinator a time to bring the animal back to the shelter. Please give as much notice beforehand as possible, as it may be necessary to already have another foster home lined up for your foster animal. You cannot leave your foster animal with an unauthorized person or pet sitter.

Can I let my foster animal play with my personal pets?

There are a few guidelines that we ask foster families to adhere to regarding their personal pets, such as all your personal pets need to be up to date on their vaccines. Your foster coordinator will speak to you about each individual foster animal and let you know what the rules for that animal will be.

What do I do if my foster animal becomes sick or injured?

If your foster animal becomes sick or injured, you should report it to the foster coordinator immediately. You will coordinate with the foster coordinator to bring the foster animal to the shelter for needed veterinary care. Should the foster animal require emergency veterinary care, the foster parent shall contact Journey Ewell, who can authorize emergency veterinary expenses, and the foster animal will be taken to VECM (Veterinary Emergency Center of Manchester).

What if I want to adopt my foster animal?

If you want to adopt your foster animal, you will need to complete an adoption application and follow the full adoption process, including application approval and payment.

What if I know someone who is interested in adopting my foster animal?

If someone you know is interested in adopting your foster animal, please contact the adoption coordinator. Your friend will need to fill out an adoption application and follow the complete procedure. Please make sure to make anyone interested aware that FMAS reserves the right to approve or deny any application and that you as a foster cannot guarantee they will be able to adopt the animal.

What if my foster animal is not working out?

You are never required to continue to foster an animal if you feel it is not working out. We will work on moving your foster animal out as soon as possible, but we may not have an immediate alternate foster or space at the shelter, so we ask for your patience. Please contact your foster coordinator as soon as you feel you may need a replacement foster for your foster animal.

What if my foster animal bites me?

If any of your foster pets bite you and break skin, causing you to bleed, you need to report the bite to the foster coordinator within 24 hours. The teeth of the animal, not the nails, must be what broke the skin. If you are unsure, then report the bite anyway.

Depending on the severity of the bite, we suggest that you see a doctor. Animal bites can get infected and a doctor can provide antibiotics if needed.

Glossary of Dog Terminology

ACO animal control officer

Aggression hostile behavior towards a human or animal-fear is the most common cause

Assessment evaluate a dog's behavior

Behavioral dog a dog that has behavioral problems

Bloat stomach fills with air and expands. It is fatal if not caught and treated early. Wait 45 minutes-1 hour after feeding to exercise the dog, especially large barrel chested dogs.

Bordetella kennel cough vaccine

BQ Bite Quarantine-bite breaks the skin causing bleeding. The dog will be quarantined for 10 days to be observed for rabies.

Cytopoint injection for allergies

Dewormer a medication that gets rid of worms

Diarrhea loose, watery stool-no form to it

Drontal broad spectrum dewormer that gets rid of hookworm, roundworm, and tapeworm

Entropion bottom eyelid folds in

Fear Aggression a fearful dog that bites

Foster Fail foster family adopts the dog they are fostering

FTA foster to adopt

Heartworm Disease disease in dogs where heartworms are found in a dog's heart and vessels. Fatal if not treated

Hip Dysplasia the hip joints are not stabilized in hip sockets-common in large breeds

Interceptor heartworm preventative

Kennel Cough bacterial infection causing a cough in dogs

Lepto leptospirosis-when the mucous membranes come into contact with infected urine usually in a body of water-zoonotic illness

Luxating Patella the kneecap dislocates or moves out of its normal spot.

Martingale Collar slip proof collar (has an extra loop with a d-ring so the collar tightens when the dog pulls, preventing the dog from slipping out of the collar)

Meet N Greet a potential adopter meets a dog they are interested in adopting

Municipal Shelter a shelter that provides services to the animals in its city/town

Murmur abnormal blood flow through the heart

Pancreatitis inflammation of the pancreas

Parasites organism that lives and feeds off its host-common parasites in dogs-hookworm, ringworm, tapeworm, whipworm, roundworm, giardia, coccidia

Reactivity often mistaken for aggression, the dog over reacts to its environment...barriers, dogs, people, cars...

Rescue typically foster based with no facility

Shelter typically facility based

Spay/neuter altering an animal by removing the reproductive organs/testicles

Subluxating patella partial dislocation of the kneecap from the groove in the end of the femur

Sub Q Fluids subcutaneous fluids-an injection given under the skin

Transport dogs from southern shelters brought to northern shelters for adoption

URI upper respiratory infection

UTI urinary track infection

VECM/VECOM Veterinary Emergency Center of Manchester

Zoonotic illness or disease that transfers from animal to human

DEVELOPMENT OF CANINE BEHAVIOR

Prenatal

- Stressed mom can lead to reactive pups
- A disproportionate number of males in the litter can lead to larger and more aggressive females in then litter
- Few studies done on canids; most research has been on rodents

Socialization

- 3-12 weeks (although period is now thought to be more fluid)
- Dog forms attachment with members of own species, as well as non-conspecific attachment
- Best time for exposure to novel stimuli !!!
- Dogs that are well socialized at 3 months can regress and become fearful again in the absence of periodic social reinforcement

Juvenile

- About 12 weeks- onset of sexual maturity (6-12 months)
- 7-10 months; neophobic period (becomes fearful of new things)

Physical Maturity

- 1-2 years
- Negative social experiences at this time can lead to long-term behavior problems (both with conspecifics and non-conspecifics)
- First signs of aggression usually seen here
- Worst time to expose dogs to negative situations (dog parks, shelters, neglectful home, etc.)

Behavioral Maturity

- 2-4 years
- You see the "real dog". Aggressive behaviors likely to appear

References; James Serpell "The Domestic Dog, Its Evolution, Behavior, and Interactions With People", Scott and Fuller "Genetics and The Social Behavior of the Dog", Dr. James Ha, Professor; Psychology Dept. University of WA

DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"
100+ away/head turn



STRESSED
yawn



STRESSED
nose tick



"PEACE!"
sniff ground



"RESPECT!"
tuck & walk away



"NEED SPACE"
whale eye



STALKING



STRESSED
scratching



STRESS RELEASE
shake off



RELAXED
soft ears, blinky eyes



"RESPECT!"
offer his back



FRIENDLY & POLITE
curved body



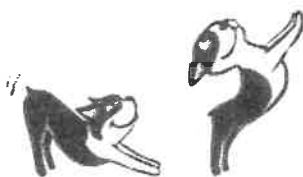
FRIENDLY



"PRETTY PLEASE"
round puppy face



"I'M YOUR LOVEBUG"
belly rub pose



"HELLO I LOVE YOU!"
greeting stretch



"I'M FRIENDLY!"
play bow



"READY!"
play bow



"YOU WILL FEED ME"



CURIOUS
head tilt



HAPPY
(or hot)



OVERJOYED
wiggly



"TUMMIE...."



**"I LOVE YOU,
DON'T STOP"**

CALMING SIGNALS



Lili

Body Language of Fear in Dogs



Slight Cowering



Major Cowering



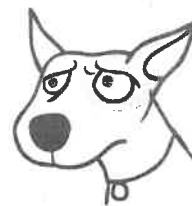
More Subtle Signs of Fear & Anxiety



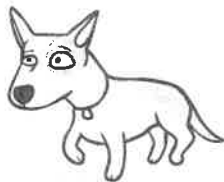
Licking Lips
when no food nearby



Panting
when not hot or thirsty



Brows Furrowed, Ears to Side



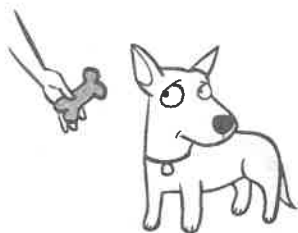
Moving in Slow Motion
walking slow on floor



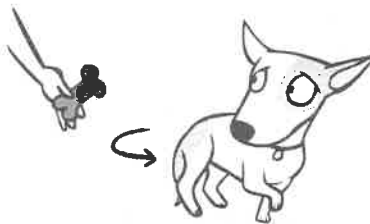
Acting Sleepy or Yawning
when they shouldn't be tired



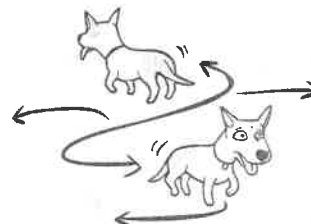
Hypervigilant
looking in many directions



Suddenly Won't Eat
but was hungry earlier



Moving Away



Pacing

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Dr. Sophia Yin, DVM, MS
The Art and Science of Animal Behavior

For additional free dog bite prevention resources and more dog behavior books and products, visit www.drsophiayin.com.



Decompression

Patience is crucial. Your new dog does not know where he is, who you are, whether he will be fed, be let out to relieve himself or even be safe. Please give him plenty of time to acclimate and learn. Don't rush him to interact with you, family members, neighbors, friends, or your other dogs and cats. Dogs that have been at a shelter for a long period of time need to decompress, destress, and feel safe. This also pertains to dogs that have been abused by a fellow human. There must be patience and they must feel safe in their new home.

The most important phase that dogs go through when initially getting out of the shelter is what we refer to as the **Decompression Phase**. That is the first few weeks in your home. People want the dog to fit in and often make the biggest mistakes during this period. They will give the dog too much love, too much training, too much attention; everything that's too much is TOO MUCH! After the experience of living at the shelter or the unknown the best thing a dog can get upon getting out is **Space**. Space that will allow the dog to decompress from the emotional stress that dogs incur at our shelters and/or abusive situations. During this phase you allow the dog to see what his new life will be without expecting too much from him.

Giving your dog limited access for a short time will help prevent his world from being too large and too overwhelming. Depending on the dog, you can use a tall baby gate or x-pen so the he can still observe his new world. Crating also gives a dog a safe place to hang out. You can cover it with a blanket for that secure safe place and put padding and or blanket inside. It can also help with house training. Many people neglect to give this life-saving space to the dog and often times the dog will fail. The more the dogs fail, or the more severely his failures are, the more likely he is to end up being returned and not given a chance. ☹️

It will take your rescue dog an average of 7-14 days to simply decompress and begin to relax. It will take your dog an average of 4-6 weeks to start to learn your routine. You will need to teach him your routine-you cannot assume he knows it. The best way for him to learn is through repetition and consistency: feed him, let him out or take him for walks at the same time each day, praising him when he does what you ask.

If your new dog is child-friendly, introduce the new dog to immediate family children slowly. Never force the interaction or allow the dog to be cornered to or have too much stimulation and feel overwhelmed. Remember your home and your environment is all new to your dog. Just as the dog needs to be taught to be respectful with children, children need to be taught to be gentle and respectful of the dog.

Take the time to introduce your new dog to resident dog slowly. Keep the rescue dog separate from resident dogs for at least a week if not 2 so he can decompress and begin to form a bond with you. Then introduce slowly. It's always best to introduce the dogs away from the home such as on a walk or at a park to get acquainted. The next step after they seem to get along on the walk is to let them socialize in the backyard, when that is successful then you can let both the new/foster dog into the home along with the resident dog together...You want the new dog to transition into the pack without incident. **Number one rule...** keep your new dog/foster in a crate or separate room during decompression time and always when you are not home. After decompression and everyone is acquainted and comfortable it is up to you as the owner to take responsibility to see if your pet can stay free in the home or if they should be crated. The last thing you want is to come home and find an awful accident because you left your animals unattended to make their own decisions. Not to say it cannot work, but you have to be sure it can, if not, crate them. Sometimes you can just tell that all dogs are fine with each other right away but always monitor the interaction just in case.

After the two-week shutdown, if your new dog is doing well, take the dogs on short walks together in the neighborhood. Ideally with one person per dog. Speaking of dog interactions, how do you know if they are

going well? Look for: loose tail wag, soft eyes, wiggly body. You will know the dogs need some more space if you notice: very stiff posture, ears forward, hackles raised, and/or avoidance. When introducing the dogs, allow a 3 second rule for the first sniff and then lead them away from each other. To learn more about the 3 second rule

http://www.thrivingcanine.com/letting_dogs_meet_the_three_second_rule

If your new dog is cat friendly, let your new dog decompress for at least a week by himself then slowly...oh so slowly integrate the animals together. Never force the introduction and always allow the cat a way to escape from the interaction with the dog.

There is no rule that says a dog should be fed from a bowl. Get to know our new dog by hand feeding. Hand feeding meals can help the dog bond with you and your family. It also gives shy dogs confidence and teaches outgoing dogs a little self-control. Meal times should also be scheduled. Setting feeding times will give the dog needed structure and security. It will also help with housetraining. If you know and when your dog ate, you know when to give them a bathroom break. While your dog may have been house trained in the previous living situation this may not be the case in a new home. Dogs that are in shelters, many times do not have enough potty walks, (sometimes none) so be patient. Teach the dog where to eliminate. He can't be expected to know where to go and what to do in a new environment unless he is taught and he learns by repetition, consistency and praise when he goes in the right place.

Remember that you made the decision to care for this dog and make him a member of your family. We cannot stress how important PATIENCE is during the initial stages with a rescued dog.

The beauty of a rescue dog is watching his or her personality emerge as they learn to trust, gain confidence and feel safe.

If you need assistance during the acclimation period or with introductions to children, dogs, and cats, or if certain behavior issues have surfaced at any time, seek the help of a profession trainer or behavior consultant.

How Kids SHOULD Interact with Dogs

Use common sense.

Be polite and kind to pets



Learn to recognize when your dog is scared or anxious



Play appropriate games with pets, such as:

Fetch



ROLL OVER



Training tricks (like roll over, shake, beg, etc.)

TREATS

Walking and running with a dog



SNIFF
SNIFF



Playing hide-n-seek

Always remember:

Supervise all interactions. Accidents can happen in a split second.



Train your dog to associate the kids with positive experiences so he'll be more likely to tolerate your child in case she accidentally interacts inappropriately.



For additional Low Stress Handling information, posters, flyers, books, and DVDs, please visit our website at <http://DrSophiaYin.com>



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How Kids SHOULD NOT Interact with Dogs

It's common sense. Just imagine how people should interact with each other.

Avoid taking people's food



Avoid bothering dogs when they are eating

Avoid stealing other people's toys



Avoid taking a dog's bones or toys

Avoid putting your face right up to someone else's face



Avoid putting your face right up to a dog's face

Avoid bothering when asleep



Avoid bothering animals when they are resting. Let sleeping dogs lie.

Avoid pestering



Avoid grabbing tail/ears

Avoid climbing on or trampling



Avoid climbing on or trampling

Avoid pinching



Avoid hugging. Most dogs dislike it.

Avoid screaming around



Avoid hollering and shouting. Use your "inside" voice instead.

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Toxic Food for Dogs

- Coffee, Chocolate, tea, soda, and anything else with caffeine
- Mushrooms
- Onions and garlic
- Nuts...macadamia are the most dangerous
- Avocado and persimmons
- Tomatoes, potatoes, and rhubarb
- Grapes and raisins
- Nutmeg
- Alcohol
- Baking soda, baking powder, and yeast

Preparing for Your Foster Dog

Your foster dog may be scared or unsure of what's happening when you bring him home, so it's important not to overwhelm him. Prepare a special area for the foster dog to help make his transition easier. Oftentimes, it's best to confine your foster dog to a small area in your home until he is more comfortable. The area should be large enough for a crate, food and water dishes, toys, and room to walk around. All foster dogs are to be housed indoors only. They are to never be left outside for long periods of time or left outside unsupervised.

During the first 2 weeks, do not introduce your foster dog to new people outside of your household. If you have other pets at home, they will need to stay separated until you have talked and worked with your foster coordinator to integrate them together. Do not leave your foster dog unattended with your personal pets.

Supplies You'll Need

FMAS will provide you with any supplies that you may need. However, we greatly appreciate any help that you can provide in supplying items for your foster dog. Here's what your foster dog will need and what we will supply...

A bowl for food, a bowl for water, appropriate sized crate, bedding, food, treats, toys, medications, monthly preventatives, medical care, winter coat if the weather is cold, baby gate, and any other supplies the dog may need.

Dog-proofing Your Home

Never underestimate your foster dog's abilities. Here are some tips for dog-proofing your home.

- Be sure all trash cans and recycle cans are covered
- Keep the toilet lid closed
- Keep people and pet food out of reach and off all counter tops
- Move houseplants out of reach
- Make sure all animal cages/tanks are securely covered and locked and out of reach of the foster dog
- Remove all medications, lotions, toxic items to dogs from accessible surfaces
- Cover/hide all electrical outlets, cords, wires so the foster dog does not chew or get tangled in them
- Pick up all clothing items off the floor as some dogs will chew them, get tangled in strings or ingest buttons.

- Move all breakable/valuable items that your foster dog may be able to reach and break.

Bringing Your Foster Dog Home

Thank you for opening up your heart and home to a dog in need that desperately needs your help.

The foster coordinator will help you decide on which dog to foster according to your experience, home setting, family/lifestyle, schedule, and comfort level. Once the dog has been picked, you will schedule a time with the foster coordinator to pick the dog and his supplies up from the shelter.

Dog and Cat Introductions

The foster dog should only meet your personal dog(s) or cat(s) with the consent and help from the foster coordinator. A dog intro with your personal dog will most likely happen before taking the foster dog home, unless it's been agreed that the dogs will never have contact with each other. This will be up to the foster coordinator, as some dogs will need to go into a home for the companionship of another dog.

Children and Dogs

Since we don't always know a dog's history or tolerance level, we will almost always ask that the dog does not come into contact with any children. On the occasion when we do know the dog can be around children, only allow them to be around the foster families children and not friends or neighbor's children.

- Always leave the foster dog alone while it's eating or sleeping. Some dogs may nip or bite if bothered while eating or being startled awake.
- Do not take a toy away from the foster dog as sometimes they look at their toys as very valuable. Instead, toss treats in the opposite direction. When your foster dog moves away from the toy to eat the treats you can safely remove the toy.
- Don't chase the foster dog around the house and don't move too quickly around them, as this may scare him.
- Pick up all toys. Some dogs may not be able to tell the difference between what is theirs and what belongs to the kids.

Children under the age of 18 are not allowed to walk a shelter/foster dog. The person walking the dog needs to be 18 years old. This is a shelter policy.

Feeding Your Foster Dog

All foster dogs are to be fed the prescribed diet that was sent to foster with them. Feed your foster dog twice a day preferably 8-10 hours apart. The amount will be based on the dog's age and weight. The foster coordinator will tell you how much to feed your foster dog. Water needs to be replaced daily. All food and water dishes need to be cleaned on a daily basis.

You can give your foster dog treats provided by the shelter or treats approved by the foster coordinator. Keep in mind, not all dogs like to share, so only give treats when your foster dog is confined to his/her own area.

Daily Routine

When you first take your foster dog home, be sure not to overwhelm her with too many new experiences all at once. Too much stimulation can cause a dog to behave unexpectedly toward a person or animal, which is why it's important to keep introductions to a minimum during the first couple of weeks. It's important to establish a daily routine of feedings, bathroom breaks, and walks.

Also, on a daily basis monitor your foster dog for any changes in behavior or diet. If you notice any changes, contact your foster coordinator immediately.

House-training your Foster Dog

Your foster dog may not be house-trained or fully house-trained. Be prepared for an adjustment period until the dog is fully trained and gets used to your schedule.

Take your foster dog out to go to the bathroom multiple times a day. Initially you may want to bring your foster dog out frequently so he gets used to where the door to outside is and so he knows he will get multiple opportunities to go outside to use the bathroom. Most dogs will give cues to indicate that they need to go out. Keep the dog in a crate when you are not available to supervise her indoors.

If your foster dog has an accident inside the house, don't discipline or punish her. It will only teach her to fear and mistrust you. Clean up all accidents with an enzymatic cleaner.

Mental Stimulation and Exercise

Depending on your foster dog's age and energy level, he or she should get at least two 30-min play sessions or walks with you per day. Try a variety of toys to see which ones your foster dog

prefers. Discourage the dog from playing with your hands, since mouthing is not a desirable behavior. There is a section in this packet with fun activities you can play with your foster dog.

Health and Safety Requirements

- Your foster dog is to be leashed at all times if he is not safely secured in your home. At no point should your foster dog ever be off leash unless he is being supervised in your fenced in yard.
- Foster dogs must be harnessed and buckled into your car when he is being transported or taken anywhere.
- All surfaces your foster dog touches need to be thoroughly cleaned with an approved disinfectant to ensure germs are not spreading from dog to dog.
- Floors need to be swept and washed daily as dogs step in many undesirable things outside and could bring disease into a home. Washing your floor with a disinfectant will help cut down on the spread of disease.
- Food and water bowls need to be washed daily to kill any bacteria growing in the bowls.

Medical and Emergency Protocols

FMAS provides all medical care for the foster dog at our shelter. We are responsible for your foster dog's well-being so all treatment must be authorized by your foster coordinator. If it is a medical emergency and you cannot reach your foster coordinator, contact Journey Ewell at 603-540-7660. Foster families are not authorized to make any medical decisions. FMAS will provide all medications and monthly preventatives.

Signs of illness and What to do Next

Dogs generally do a good job of masking when they don't feel well, so determining if your foster dog is under the weather will require diligent observation of the dog's daily activity and appetite levels. It's a good idea to keep track of these levels in a journal. You'll also want to record any of the following symptoms, which could be signs of illness.

Eye discharge. It is normal for dogs to have some discharge from their eyes when they wake up and some may have more than others, depending on the breed. But if your foster dog has yellow or green discharge, or swelling around the eyes (making it hard for him to open his eyes), or the third eyelid is showing, you need to contact the foster coordinator to schedule a vet appointment.

Coughing and nasal discharge. Coughing can be common if your foster dog is pulling on leash. If the coughing becomes more frequent, however, watch for discharge coming from the nose. If the discharge is clear, the infection is probably viral and medication may not be needed, but check with the foster coordinator to find out if a vet appointment is necessary.

If the discharge becomes colored, inform the foster coordinator because the dog may have a bacterial infection. Be sure to monitor the dog's breathing. If the dog seems to struggle to breathe or starts wheezing, call the foster coordinator immediately and follow the emergency contact protocol. Also, once you notice nasal discharge, monitor the dog's eating habits more closely to ensure that he or she is still eating.

Loss of appetite. Your foster dog may be stressed after arriving in your home, and stress can cause lack of appetite. But if the dog hasn't eaten after 24 hours, please notify the foster coordinator. Also, if the dog has been eating well, but then stops eating for 12 to 24 hours, call the foster coordinator. Please do not change the dog's diet without contacting the foster coordinator. An abrupt change in diet can cause diarrhea, which can lead to dehydration.

Lethargy. The activity level of your foster dog will vary depending on age and personality. Keeping an activity log and journal will help you notice whether your foster dog is less active than he normally is. If the dog cannot be roused or seems weak and unable to stand, it's an emergency, so start the emergency contact protocol.

Dehydration. Dehydration is usually associated with diarrhea, vomiting and/or loss of appetite. To test for dehydration, gently pinch the dog's skin around the scruff area. If the skin stays taut, the dog is dehydrated. Please call the foster coordinator immediately.

Vomiting. Sometimes dogs will eat too quickly and will immediately throw up their food. Occasional vomiting isn't cause for alarm, but if your foster dog has thrown up two or more times in one day, please notify the foster coordinator. It could be indicative of infection.

Pain or strain while urinating. When a dog first goes into a foster home, he or she may not urinate due to stress. If the dog hasn't urinated in more than 24 hours, however, please contact the foster coordinator. Also, if you notice the dog straining to urinate with little or no results, or crying out when urinating, please contact the foster coordinator immediately because it may be indicative of an infection or an obstruction.

Diarrhea. It is important to monitor your foster dog's pooping habits daily. Soft stool is normal for the first two or three days after taking a dog home, most likely caused by stress and a change in food. If your foster dog has liquid stool, however, please contact the foster coordinator so that an appointment can be scheduled to ensure that the dog doesn't need medications. Keep in mind that diarrhea will dehydrate the dog, so be proactive about contacting the foster coordinator. If your foster dog has bloody or mucoid diarrhea, please contact the foster coordinator immediately.

Frequent ear scratching. Your foster dog may have a bacterial or yeast infection (or, in rare cases, ear mites) if she scratches her ears often and/or shakes her head frequently. These conditions can be treated by a veterinarian, so please call the foster coordinator.

Swollen, irritated ears. If your foster dog has irritated, swollen or red or pink ears that smell like yeast, he may have an ear infection called otitis. This type of infection is more common in dogs who have very floppy ears, like basset hounds or Labradors. These dogs may need to have their ears cleaned more often to ensure that the infection does not re-occur.

Hair loss. Please contact the foster coordinator if you notice any hair loss on your foster dog. It is normal for dogs to have thin fur around the lips, eyelids and in front of the ears, but clumpy patches of hair loss or thinning hair can indicate ringworm, dermatitis or the early stages of mange. It is important to check your foster dog's coat every day.

Common Ailments in Animals from Shelters

Shelter dogs may suffer from kennel cough, giardia or intestinal parasites. Symptoms of kennel cough include a dry hacking cough, often with phlegm discharge, discharge from the nose and/or eyes, decrease in appetite, dehydration and slight lethargy. Symptoms of giardia or intestinal parasites include vomiting, diarrhea (often with a pungent odor) and/or dehydration. If your foster dog is displaying one or more of these signs, please contact the foster coordinator. These ailments can worsen if left untreated.

Criteria for Emergencies

What constitutes a medical emergency in a dog? A good rule of thumb is any situation in which you would call 911 for a person. Here are some specific symptoms that could indicate an emergency:

- Not breathing or labored breathing
- Symptoms of parvovirus: bloody diarrhea, vomiting, weakness, high fever (above 103.5 degrees)
- Signs of extreme dehydration: dry mucous membranes, weakness, vomiting, tenting of the skin (when the skin is pulled up, it stays there)
- Abnormal lethargy or unable to stand
- Unconsciousness or unable to wake up
- Cold to the touch
- Broken bones
- Any trauma: hit by a car, dropped, stepped on
- A large wound or profuse bleeding that doesn't stop when pressure is applied
- Loss of appetite for more than 24 hours

If your foster dog displays any of these symptoms, please follow the emergency phone protocol. If the animal is vomiting or has diarrhea, but is still active, eating and drinking, you can probably wait until the next day to get help.

Behavior support

One of your goals as a foster parent is to help prepare your foster dog for living successfully in a home. So, we ask that you help your foster dog to develop good habits and skills through the use of positive reinforcement training, which builds a bond of trust between you and your foster pet. The basic idea is to reward desirable behaviors and ignore unwanted behaviors.

You must not punish a dog for a behavior that you find undesirable because punishment is ineffective at eliminating the behavior. If the dog is doing something undesirable, distract him or her before the behavior occurs. It is also important for every human in the foster home to stick to the rules established for your foster dogs, which will help them to learn faster.

When interacting with your foster dog, refrain from wrestling or engaging in play that encourages the dog to be mouthy and “play bite” on your body. Also, try to refrain from inviting dogs up on the couch or bed. Not all adopters find this habit acceptable.

Some foster dogs will have behavioral issues, which we are aware of at the time of their rescue. Some of these behavior challenges are separation anxiety, destruction of property, fear issues or aggression toward other animals. We will only place dogs with behavioral issues with a person who feels comfortable working with the dog on his/her particular issues. We will provide that person with all the necessary information so that proper care and training can be given to the foster dog.

If you feel unable to manage any behavior that your foster dog is exhibiting, please contact the foster coordinator during business hours to discuss the issue. We will guide you and help in every way that we can. If the behavior is extreme enough to warrant use of a trainer, we will provide one for you. Please understand that we have limited resources, so for basic training and minor behavior problems, we will personally work with the dog.

Crate Training Your Dog

"Way to Go" Karen B London, Ph.D, Patricia B McConnel, Ph.D

If your pup is hesitant about going inside, put the treats on the lip of the crate and gradually toss the treats farther and farther toward the back. Don't shut the door, just let him run in and out as he pleases. Do this three to five times in a row so that your dog associates going into the crate with a fun game, rather than the beginning of being trapped. Repeat this exercise every couple of hours during the day. Once your dog happily charges into the crate, begin to shut the door for just a second after he enters it. After a few more session of that, toss in a treat shut the door, then feed your dog through the gate.

The next step is to leave him in the crate with a stuffed Kong to keep him busy. Once he's involved with licking out the food, walk away, only to return in about 30 seconds (before he has had a chance to lick up all the food), open the door, and encourage him to come out. With repetition, he will learn to love being left in his crate and he will be happy to be in there for a long enough time to finish what he's doing.

Other ways to help your pup feel comfortable in his sleeping area are to line it with a towel that you or his littermates slept on, a t-shirt that smells like you, or something else soft and fuzzy to make it cozy. These soft cloth objects help many puppies to cope with being alone at night, but some puppies will just chew them up, so they may not work for every dog. Some puppies prefer crates that are covered and some prefer them uncovered. If you get a wire crate, you can try experimenting by draping the crate with a sheet or towel to see if your puppy likes it better covered or uncovered.

You'll also want to put your pup in the crate when he's sleepy, so that he gets in the habit of sleeping in it. This part is really easy-puppies have on/off switches and after playing like maniacs, will slump down like a rock in water and go to sleep in less than a minute. As soon as you see signs that your pup is about to nod off encourage him to walk into his crate and sleep there. If you find him already asleep, then carry him to it and put him inside it as quietly as you can.

Use your pups crate both at night and any time during the day when you can't be watching him or have him outside. At night, pups settle best if they sleep in the same room as you, where they can hear and smell you. Remember that your pup may have never been alone in his life, so it helps to ease the transition by crating him close to you at night. Our preference is for the dog's crate to be in the same room where you sleep at night, but if it's more convenient, the crate can be in other parts of the house during the day. It's best if the crate is not in a high traffic area of the house so that the pup isn't disturbed by people passing by. Also, don't put the crate by the window-from a human perspective it seems that it would be more pleasant, but often it just over stimulates and frustrates dogs. Do pick a quiet place where your pup can nap.

Basic Commands/Cues

Duration-length of time a behavior can last

Distance-how far away a dog can listen to a command/cue

Distraction-ensuring a dog will still follow a cue with environmental distractions happening around the dog during training

Please follow the 3D's in this order when training a dog. Increase each of the 3D's in very small increments.

Say the command once, never more than one time. If the command is repeated, the dog will think command/cue has to be said multiple times before listening. If you say a command/cue and the dog doesn't respond the first time, wait a few minutes and try again. You can also "reset" the dog by tossing a treat a few feet away. After the dog eats the treat, get his attention and try again.

Name game

- Say dog's name once and treat as soon as the dog looks at you (make silly sounds to get dog's attention)
- Practice with mild distractions in different locations. All staff/volunteers practice

Come

- While at dog's level put treat on nose, say dog's name and come in a happy voice, turn and jog away using silly sounds. As soon as the dog turns his head and goes toward you, immediately treat. Praise the dog while jackpotting
- Slowly fade the treat lure once the dog can successfully come 80% of the time.
-

Sit

- Put stinky treat on dog's nose and lure into a sit-do not use verbal cue, as soon as the dog's bottom touches the floor mark and reward
- After several successful lures, add the word sit before luring into a sit
- Slowly fade the lure away after the dog can successfully sit 80% of the time and only use the cue "sit".

Sit at Your Side

- Lure the dog to your side, ask for a sit in the above order, mark and reward-use both sides of your body

Down

- Put the dog in a sit position
- Put treat on nose and lure straight down into a down position-do not use verbal cue, as soon as the dog lays down on the floor mark and reward
- After several successful lures, add the word down before luring into a down
- After the dog can lay down 80% of the time, fade the lure away and only use the verbal cue

Four Feet on the Floor

- This is not a cued behavior, it's a behavior we want to eliminate or replace with a more appropriate behavior like sit.
- Stand up, turn around, fold arms, walk away, ignore the dog if it jumps on you. Once the dog is no longer jumping praise a lot. There is no marker or reward (unless the dog sits)

Stand

- Important for vetting, grooming, drying feet, etc
- Have the dog in a sit or down position, put treat on the dog's nose, pull treat forward along side your body
- Mark and reward as soon as the dog stands
- After several successful lures into the stand position, add the cue "Stand" before he stands up
- Fade the lure away once the dog can stand with the lure and cue 80% of the time.

Pre-Stay/Stay

- Pre-Stay helps them get the idea they should stay in a behavior
- Ask the dog for a sit and keep feeding treats as they stay
- Once the dog starts to understand, give a few treats, wait a few seconds, then treat again-only do this for a few minutes
- To expand on Stay add duration, distractions, and distance

Hand Targeting

- Put a piece of food between 2 fingers or rub the palm of your hand with a piece of stinky food.
- Show the palm of your hand to the dog
- Once his muzzle touches your palm, mark his behavior and let him have the treat.
- After he does this consistently just have him touch the palm of your hand without a treat in it.
- As soon as the dog's muzzle touches your hand, mark the behavior and treat him.
- When the dog is able to do this 80% of the time you can add the cue to the behavior...hold out the palm of your hand and say touch.
- As soon as the dog touches your palm (do not move your hand toward the dog. Make the dog come to you) mark the behavior and treat immediately.

Leave it

- Put a small bland treat in one hand. Close your fist and hold it out to the side of your body.
- As the dog approaches, say "leave it". She will probably lick or sniff your hand.
- As soon as the dog loses interest in the treat, mark and treat for leaving it.
- Eventually, the dog should be able to immediately walk away from the treat once you say Leave It. When this happens, add the next step.
- Instead of holding the treat in your closed fist, you will drop the treat onto the floor and cover it with your foot or block it with your body. It is natural dog behavior for dogs to use body blocks when communicating with each other, so we will be using the same technique.
- Block the treat and say Leave it. Keep the treat covered or blocked until the dog loses interest.
- Once the dog leaves the treat alone, mark and treat thier behavior.

SAY PLEASE PROGRAM

GOAL: This program creates and maintains positive relationships with people, in a non-confrontational manner, by teaching the dog to sit (or perform another trained behavior) in order to gain access to what it wants. A dog who sits every time he wants something (ie, attention) is vastly preferable to most adopters over a dog that hasn't learned to say please, and jumps up or barks when they want something.

GENERAL RULES:

- All dogs should learn to **sit** prior to participating in the Say Please Program.
- The dog must obey a command ('say please') before it gets anything that it wants.
- Ignore all undesirable behavior: the dog gets NO attention when it is barking, jumping, or doing anything else to demand attention.
- Dog must sit before:
 - Mealtimes
 - Putting on harness or head collar to go outside
 - Putting on leash to go outside
 - Exiting kennel
 - Exiting doors to outside
 - Being greeted and petted
 - Being allowed off leash in yard
 - Gains access to ball or toy during retrieve, tug, and chase games
- Do NOT require that the dog sit before doing things that it does NOT want
 - Going back indoors
 - Going back in the kennel



CENTER FOR
Shelter Dogs

A PROGRAM OF THE ANIMAL RESCUE LEAGUE OF BOSTON

Canine Enrichment

Enrichment is a pretty important part of your dog's mental, emotional, and physical health. We have compiled a list of activities that you can do with your dog at home, outside, at the park, or wherever you may be.

Sound is the most highly developed canine sense. Dogs can easily become agitated and nervous just from hearing sounds around them.

- Play soft or soothing music to help keep our dog calm and quiet. Try classical music or music created specifically for dogs...Through a Dog's Ear

Smell is how dogs greet the world

- Nose Games
- Find it-hide treats around the house or yard for the dog to sniff out
- Bury treats for a scavenger hunt
- Scented toys
- Spray essential oils
- Busy Buckets-stuff bucket with toys and hide kibble inside of the bucket
- Scent trails

Sight

- Give them an occasional change of scenery, a stroll around the neighborhood, an afternoon at the office, a play date, or a car ride
- Blow bubbles for visual stimulation. Be sure they are non toxic

Touch is important to dogs. We rush in to exercise them or give them food, but forget to just sit and touch them. Patting and massaging dogs, especially in a quiet space, helps promote a better mental and emotional state.

- Sit with the dog for 10+ minutes to pat and massage them. You can even read to them!

Taste is closely linked with their sense of smell. Some dogs may ignore food in stressful situations.

- Soak rope toys in broth and freeze for a tasty, fun treat
- Feed multiple small meals throughout the day in slow feeders/snuffle mats
- Frozen kongs-fill kongs with dog friendly foods and freeze
- Puzzle toys
- Treat dispensers
- Empty peanut butter, yogurt, cream cheese, etc tubs frozen
- Frozen flavored ice treats from an ice tray