



Cairo 297401: What to Expect

Cairo is a graduate of our Behavior Modification Program and is looking for a special home. Cairo is an energetic, curious, and affectionate dog. Unlike most huskies he enjoys attention and affection and will lean in for pets from just about anyone. Cairo is a confident dog who is comfortable in all sorts of environments; walks around the park, hikes in nature, running with his handlers, and meeting new people and dogs. When Cairo is with his people, he tends to be able to handle just about any scenario, even chilling and relaxing at home. He would make a great companion for an active family who wants their dog to be an active participant in their activities. However, Cairo struggles with being left alone away from his humans. When in isolation, like being left home alone while his owners are at work, Cairo will howl, pace, pant, and become destructive to his home. He has been adopted and returned 3 times for these behaviors. He has escaped multiple kennel/crates and was found as a stray, likely due to escaping a backyard when left alone. While at OHS, we have been working to build comfort and confidence in being left by himself with a combination of training and medication. We have been successful getting Cairo comfortable being left in an outdoor secure and covered run for up to 1 hour and a real-life room for up to 30 minutes alone with little issue once all his biological needs are met. We believe he would be successful in a home with a resident dog he could find comfort and confidence in when left alone **and** a family who can spend most of their time with Cairo, at work or at home. He would not do well in a home where his owners need to be gone several hours a day multiple days a week. During the first few months his needs will be fairly demanding until he's comfortable and settled in.

During his time at OHS Cairo struggled during the adjustment period, and we believe this will also be the case in his new home. We go by the "3 3 3 rule" when helping understand the time it will take for a dog to decompress and settle in to a new predictable environment. It takes 3 days to decompress, 3 weeks to learn their new routine, and 3 months to start to feel safe and at home. We believe Cairo has the capacity to settle into his home and life as a comfortable pet with owners who can be gone from the home, but it can take up to 3-6 months of consistent and predictable routine before that happens. During the adjustment period Cairo will pant, pace, refuse food, and overall be very anxious, even in the presence of his humans. Creating a predictable routine, implementing the same positive reinforcement techniques we've been successful using at OHS, and setting him up for success will be crucial in helping him overcome his anxieties when transitioning into his new home. We believe he will become the perfect adventure friend to the family who is willing to take the time and patience to help Cairo succeed.

Here's how to help Cairo settle in during your first months together:

Use routine to get Cairo comfortable in their new home. It could take several weeks for Cairo to feel comfortable in their new home and with you. Having a predictable schedule will help them adjust to their new home.

Take Cairo outside on leash. Even if you have a fenced yard, please do not let Cairo out alone. He can become distressed and attempt to escape a backyard by jumping/climbing the fence, pushing open a gate, or digging under the fence. Cairo does like to go for walks and go outside to potty but needs some time to figure out the routine before being trusted off leash alone in the yard. Supervised time outside will be enriching and safe.

Use treats and toys to build trust. Maintaining and continuing Cairo's training will create a bond and a form of communication between two species who don't understand each other. The more positive experiences Cairo has with their owners, the more valuable you will become in high distracting situations.

Patience will come in handy for you. Cairo responds best to positive reinforcement and reward-based training. They will need an understanding, calm owner who has the time and desire to work on helping them learn to live in a home. Cairo will pay you back by supplying love and enthusiasm!

If you're having people over, put Cairo on leash so they learn to not dart out the front door or jump all over people. Once everyone is sitting down and calm you can drop the leash and allow your dog to decide if they want to go say hi to your guests. Ensure your guests ask Cairo to sit before being pet so they're rewarded for keeping 4 feet on the floor.

Cairo needs daily exercise to reduce stress. Cairo loves to go for runs, walks, play fetch, and chase a flirt pole. Giving your dog a healthy outlet for some of their energy will help them settle during calm hours at home.

Work on having Cairo settle on a mat, dog bed, or cot and gently praise them for lying down. If they get up to pace, call them back and use a treat to lure them into a down again. If Cairo is on leash, you can hold them with approximately 4 feet of leash and wait until they offer a settle by lying down. Softly praise and treat when they do this.

"Puppy proof" your home and practice tether training to prevent them from getting into puppy/adolescent trouble. When home have Cairo on leash, attached to you or tethered to a large piece of furniture as you go about your daily routine. This will help with potty training, bonding, and creating boundaries within the home. Let Cairo drag the leash around the house or yard from time to time to simulate "freedom", but do not let them off leash until they can 100% be trusted not to get into things they shouldn't. This could take up to a few weeks. Crate Cairo when you cannot watch them. This will ensure their puppy curiosity doesn't get them into any trouble. You will have long lasting success if you follow this method.

Take a training class. Cairo would benefit from taking some training classes with their new owners and would love to learn more alongside their family in a training class. Training classes help strengthen the bond between owner and dog by creating clear and precise communication so there are no misunderstandings. You can find more info about our training classes on our website at (<https://www.oregonhumane.org/training/training-at-ohs/>).

Visiting the Vet: Unless it is an emergency, give your dog plenty of time to bond to you before taking them to your vet. Cairo does very well at the vet, they handle meeting new people well. The vet can still be a scary place. Bringing tasty treats like cheese and/or hot dogs can help make the experience more pleasant.

Try using **Adaptil (Dog Appeasing Pheromone)** or **Rescue Remedy by Bach Flower Essences**. These products may help dogs settle in new environments by easing the stress associated with change.

We're here to help!

We want Cairo to be successful in your home. We're available to answer questions via phone and email. During your first two months with Cairo, we can also set up a free one-on-one consultation. For questions or to schedule an appointment, contact Annika at **(503) 802-6713** or annikah@oregonhumane.org.

Please keep in touch so we can continue to help you now and in the future. Reach out if you have questions or concerns, or just to give an update. We love to see photos and hear how our friends are doing! Thank you for adopting from the Oregon Humane Society. Congratulations on your new dog!

Behavioral Medication for your new dog

This dog has been prescribed one or more medications to help reduce anxiety and impulsivity during their time in the shelter. You may be provided with a supply of this dog's medication(s) along with specific dosing instructions at the time of adoption. We would recommend that you continue giving this medication for at least the first 6 months after adoption to help reduce stress that may be associated with this dog making a smooth transition into your home. In order to avoid any adverse side effects (including behavioral and systemic) please do not abruptly stop administering these medications or discontinue use without consulting your veterinarian. When it appears time to stop giving your dog these medications, please contact your veterinarian for an appropriate protocol to make sure you have enough medication to allow for a gradual weaning off process. Please do not substitute other supplements or medications (including your own prescriptions) without consulting a veterinary professional.

During this process, please watch for any signs of worsening fear or anxiety. If the dog appears to be getting worse during the weaning off process, contact your veterinarian as longer treatment or a different combination of medications may be needed. Remember that successful behavioral rehabilitation often relies on a combination of pharmaceutical therapy as well as various training modalities.