



## Calypso 333623: What to Expect

**Calypso is a graduate of our Behavior Modification Program and is looking for a special home.** Calypso is an active and loving adolescent dog who enjoys the company of her human and dog friends, going for runs, and playing with toys. She would do best in an active home with a family who is looking to get up and go adventure either in the wilderness or urban neighborhoods. Calypso was transferred to OHS from another institution through our Second Chance program, so her history is a mystery to us. During her time at OHS, Calypso found the shelter environment overwhelming and exciting and in her exuberance at receiving attention would jump up and on her handlers, attempting to “kiss” them on the face. During a couple of these occasions of excitability, Calypso has broken skin on her handlers in her exuberance.

Calypso was moved to our Behavior Modification Program where she could receive some one on one specialized attention and a calm environment to help her get a handle on her adolescent emotions. We have been successful in teaching Calypso to sit and wait for leashing on walks and at doorways to keep her arousal levels low. Calypso LOVES to learn through positive reinforcement and treat training and catches on to new things quickly. She already knows how to sit, lay down, fetch, stay, and walks well on a loose leash! She would love to continue her training with her future family as she grows into a well adjusted adult dog. 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/>).

We’ve been successful introducing Calypso to multiple dogs during her time at OHS and have determined she’s a very social dog, though her excitement can be a bit much for calm, shy, or older dogs. She much prefers the rough and tumble play style of a teenage dog who wants to chase and be chased. Calypso enjoys the company of other dogs, but at their initial sighting she can vocalize, jump, or charge while on leash in an attempt to hurry up and play. This is a rude introduction, and many dogs do not receive it well, but we’ve been successful having Calypso remain calm around new dogs, focus on her handlers, and approach calmly to say hello. Her future family will need to continue to practice this behavior, so she learns to emotionally regulate while in high states of arousal.

### **Here’s how to help Calypso settle in during your first months together:**

**Designate a “safe spot” in your home.** You can use a crate or taller baby gates to confine them to a smaller area where they have access to water, bed, and toys. When you are unable to supervise the dog, leave them in their safe spot. Slowly work toward leaving them alone, unsecured, once they’ve had the chance to settle into your home and you know with certainty, they will be comfortable.

**Be your dog’s advocate.** It’s okay to ask someone to stop or prevent a person from letting their dog come up to say hi to your dog. Watch their body language and help your dog out of situations if they appear stressed. Explain that Calypso is in training & is learning to remain calm when meeting strangers while on their walk. Tossing a treat on the ground is more effective for your dog to make positive associations with new people. Distance is calming.

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

**If you’re having people over, put Calypso on leash so they learn not to 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 Calypso to sit before being pet so they’re rewarded for keeping 4 feet on the floor.

**Calypso needs daily exercise to reduce stress.** Calypso 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 Calypso 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 Calypso 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.

**Walk Calypso on an appropriate walking tool.** We have been using a special head halter, called a transitional leash, to help guide Calypso to walk nicely on leash with little to no pulling. When Calypso sees other dogs on walks, they become incredibly excited and then frustrated that they cannot run up to say hello and play, causing them to jump, pull, whine, bark, and sometimes growl. It will be important to never let Calypso run up to other dogs on leash as that can reinforce their frustrations.

**Practice crate training.** Start by feeding meals in a wire crate and work your way up from there. It will be in your best interest to **slowly** increase time in the crate, so they view it as a safe, comfortable spot. When you cannot monitor your dog in the home, allow them some time to settle and relax in the crate.

**“Puppy proof” your home and practice tether training** to prevent them from getting into puppy/adolescent trouble. When home have Calypso 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 Calypso 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 Calypso 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.

**Practice “Leave it.”** Calypso may bark and lunge if they see other dogs out on a walk. When a dog is sighted, **before** they start barking, say “leave it.” When they turn to look at you, reward with praise and a treat and walk away from the trigger. Distance is calming.

**Skip the dog park.** Don’t take Calypso to busy places where they will have lots of uncontrolled interactions with people or other dogs (such as Saturday Market, dog parks, coffee shops, etc.). Calypso is still learning to curb her enthusiasm when she sees other dogs. Taking leashed hikes to the river, playing in the backyard, or to places not frequented by many other dogs will allow for exercise, but keep Calypso calm and engaged with you.

**Visiting the Vet:** Unless it is an emergency, give your dog plenty of time to bond to you before taking them to your vet. Calypso 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 Calypso to be successful in your home. We’re available to answer questions via phone and email. During your first two months with Calypso, we can also set up a free one-on-one consultation. For questions or to schedule an appointment, contact us at **(503) 285-1145** or [BMODTrainers@oregonhumane.org](mailto:BMODTrainers@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!