



Toast 315415: What to Expect

Toast a graduate of our Behavior Modification Program and is looking for a special home. Toast is a sweet, goofy, and chill dog! He likes going for leisurely walks, snuggling up with his people on the couch, and running around the yard. He wants nothing more than to be your couch potato. Toast can be a bit of a nervous lad, especially when encountering something new. For Toast, this can look like laying down and refusing to move until he's comfortable and familiar with a new space or environment. During his time in the Behavior Modification Program, we've been successful building up Toast's confidence in new areas and teaching Toast that forward movement, even when uncomfortable, can be beneficial. Future adopters will need to continue his training using the same positive reinforcement-based training methods we use here at Oregon Humane and understand it may take Toast several visits through the same space before he's comfortable moving through it. We believe Toast will do best in a calm, low traffic home & neighborhood, without young children. While Toast could be successful in an apartment or townhome, he would likely find living in a busy high rise apartment building or downtown neighborhood overwhelming and frightening.

Toast was previously adopted from Oregon Humane and he felt insecure when sharing resources such as food, toys, and human attention with another resident dog. When uncomfortable, he would growl or snap to communicate, and he could escalate if the other dog continued to push interactions. For this reason, Toast needs to be the only pet in his home, where he can soak up all the love and attention for himself. During his time at Oregon Humane, we've introduced Toast to a variety of dogs and seen that he prefers to coexist with other neutral dogs. Toast can get frustrated when seeing other dogs out on walks. When on leash, if he sees another dog, Toast may pull hard on leash and bark. It's important not to allow him to greet dogs on leash or when displaying these behaviors as greeting dogs will only reinforce to Toast that when he barks & pulls, he gets to say hello. Instead, we've been successful teaching Toast to walk nicely on leash and "leave it", checking back in with his handlers when he sees another dog on walks. Because of this, Toast is not a candidate for uncontrolled settings such as dog parks or doggie daycares. Instead, he would be better suited for casual side by side walks or one on one playdates with other well socialized adult dogs.

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

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. Distance is calming.

Let them drag a leash attached to their collar for the first week or two inside and outside the home. If you go slow at the beginning, you'll build a trusting relationship. Treats always help!

Use routine to get Toast comfortable in their new home. It will take a couple weeks for Toast 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 Toast 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 Toast to sit before being pet so they're rewarded for keeping 4 feet on the floor.

Toast needs daily exercise to reduce stress. Toast 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.

Don't take Toast to busy places where they will have lots of uncontrolled interactions with people/dogs (such as Saturday Market, off-leash dog parks, coffee shops, walks down Hawthorne St., Home Depot, etc.).

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.

Take a training class. Toast 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's an emergency, give your dog plenty of time to bond to you before taking them to your vet. Start with positive visits just for treats. Vet visits will more than likely be scary, but if your dog already trusts you, your presence may help them feel more comfortable.

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 Toast to be successful in your home. We're available to answer questions via phone and email. During your first two months with Toast, 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.

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.

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