



Super Nova Bear 348051: What to Expect

Super Nova Bear is looking for a special home. One in a calm, relaxed environment, with a fenced yard would be best and with people who have the time, patience and understanding that Super Nova Bear is a young adult dog who has received no socialization in her life. She is looking for structure, routine and to learn how to settle and relax. She's timid and insecure, but this nervousness can also manifest in her panicking and barking at people and also, when she feels secure she can become overly excited, jumping and mouthing, seemingly out of control. She does like to explore when in calm quiet areas, and cuddle once she trusts someone! Again, she's a dog with limited prior socialization and needs a patient and understanding person to understand that taking baby steps is the only way forward to improve her confidence and help guide her through this tricky adjustment time.

The only dog Super Nova Bear has known her whole life is her sibling, so being around other dogs causes a fear and avoidance response, and if pushed, she will snap, bark, growl in an attempt to keep them away from her. You should not take her to a dog park as this would be a terrifying experience. Slowly introducing her to a known, calm and well socialized dog in a calm and controlled manner might result in her building trust and being able to make friends, but please go slowly, so you don't cause her to take one step forward and then 10 steps backwards. Patience is key. Scheduled playdates with known dogs (one at a time) in a securely fenced yard or SniffSpot will ensure Super Nova Bear learns social skills in a safe and controlled manner. A pet meet is required before adoption, if there is a resident dog in the home.

Super Nova Bear will walk on a leash in a quiet area such as a cul-de-sac or quiet green space (no cars, buses, trains, crowds, construction noise, main roads etc.) but is cautious and sometimes skittish when outside. Please have a very **good fitting collar that she can't slip out of** and a very **solid grip on your leash** in case she startles and darts away from you. We have been walking her inside a fenced area and she has been doing well.

Here's how to help Super Nova Bear settle in during your first months together:

Use routine to get Super Nova Bear comfortable with you and your home. It will take a couple of months or more. Having a predictable schedule will help her adjust to her new home. These first few weeks may seem overwhelming for you all, but by sticking to a routine and riding this adjustment time out, you will succeed. 😊

If you're having people over, put Super Nova Bear in a separate room first or you could try to have her on leash as she seems comfortable on a leash and this will also prevent door darting/escaping or lunging and barking out of fear.

Once everyone is sitting down and calm and are given tasty treats, you can have them throw treats to her and see if she calms and approaches. If she barks, simply lead her away by the leash and reset.

Super Nova Bear needs daily exercise to reduce stress. Super Nova Bear might enjoy playing in your secure, fenced in yard or going on regular, short walks to sniff (which is calming and enriching). Giving your dog a healthy outlet for some of their energy will help them settle during calm hours at home.

Work on having Super Nova Bear settle on a mat 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 Super Nova Bear 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.

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 to settle and relax in the crate.

Practice on Leash. As Super Nova Bear is somewhat comfortable on leash, you could attach it to you as you go about your daily routine. This will help with potty training, bonding, and creating boundaries within the home. Let Super Nova Bear 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 months. Crate them when you cannot watch them. You will have long lasting success if you follow this method.

Take a training class. Super Nova Bear 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/>).

Skip the dog park. Don’t take Super Nova Bear 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.).

Visiting the Vet: Unless it is an emergency, give your dog plenty of time to bond to you before taking them to your vet. Super Nova Bear does very well at the vet, with patience 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 Super Nova Bear to be successful in your home. We’re available to answer questions via phone and email. During your first two months with Super Nova Bear, we can also set up a free one-on-one consultation. For questions or to schedule an appointment, contact us at **503-802-6729** or OHSTrainers@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!