Anna: 358342 What to Expect

Anna 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 Anna never received appropriate socialization during her formative months. She truly needs someone who is the exact right match and who has the patience to give her a life-long home.
She is looking for structure, routine and to learn how to settle and relax. She has **anxiety, but this nervousness** can also manifest itself in **panicking and barking** and becoming *overly* excited **jumping and mouthing.** She does like to explore when in calm quiet areas, and cuddles once she trusts someone!

Again, she's a puppy who has never received socialization when it should have been provided and now 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.

Anna has been tolerant of dogs she grew up with and having another calm, social dog in your home *might* help her do better. However, you would need ways to slowly introduce and separate when you cannot be around, because she has shown some possessiveness over people and toys since being with us and these normal behaviors might be even worse in your home – initially. A pet meet is recommended before adoption if there is a resident dog in the home.

She and her siblings came from rural Pendleton Oregon. They were raised in an isolated environment and not positively exposed to the normal sights and sounds of a home, traffic and things we take for granted because we see them every day (people, cars, high-rises, bicycles etc.) The more chaotic or busy the environment, the more insecure and fearful she will feel. She needs a quiet home, with a securely fenced back yard and a very quiet neighborhood, as even walking on leash is frightening.

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

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

As fearful dogs often pendulum swing into being overstimulated, jumpy, bitey puppies, we suggest you work on having Anna settle on a mat and gently praise for lying down. If they get up to pace, call them back and use a treat to lure them into a down again. If Anna 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*. This is very helpful to prevent destructive chewing (remember, Anna is in adolescence – please watch our on-demand webinar about this difficult stage in life). 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 Anna is still learning how to walk 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 Anna 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 several months. Crate them when you cannot watch them. You will have long lasting success if you follow this method.

Skip the dog park. Do not take Anna 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.). This is called "flooding" and will not help you to build trust with your new dog. Baby steps are the way to success and slow exposure, so not to overwhelm or frighten your pup is the key to long term success.

Visiting the Vet: Unless it is an emergency, give your dog a month or more to bond to you before taking them to your vet. The vet can 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 may have been using anti-anxiety medications to help Anna, and you will be given all the information about these during adoption.

We're here to help!

We want Anna to be successful in your home. We're available to answer questions via phone and email. During your first two months with Anna, 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 watch our on-demand webinar "The Adolescent Dog" https://www.oregonhumane.org/training/virtual-training/

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 Oregon Humane. Congratulations on your new dog!