

# TRAINING & BEHAVIOR CLASSES

## DOG TRAINING MADE FUN!

We want to help keep pets happy in their homes by educating people about humane, responsible treatment and training of their companion pets.

Our training and behavior department offers in-person and virtual training classes, private consultations, and workshops for your dog, puppy, cat or kitten. Classes are offered at both OHS' Portland and Salem campuses.

## WE OFFER MANY CLASSES FOR YOUR PET SUCH AS:

- **Puppy Classes**
- **Adolescent Classes**
- **Small Dog Classes**
- **Reactive Classes**
- **Cat Classes (virtual only)**
- **Newly Adopted Pet Classes**
- **Pet Parent Classes for People Only**
- **Private Training Classes**

**And More!**



**SCAN CODE FOR MORE INFO!**



Check out our website for our current selection of classes at:

**[oregonhumane.org/training](https://oregonhumane.org/training)**

## BEHAVIOR CONCERNS?

Call OHS pet Behavior Helpline with your questions: **(503) 416-2983**

**(503) 285-7722**

Portland Campus | 1067 NE Columbia Blvd., Portland, OR 97211  
Salem Campus | 4246 Turner Rd. SE, Salem, OR 97317

## Cat and Dog Introductions

Dogs and Cats can injure each other very easily, even if they're only playing. Some dogs have such a high prey drive they should never live with a cat. Other dogs may want to chase and play with cats, causing the cat to become afraid and defensive. Use the techniques described above to begin slowly introducing your new cat to your resident dog.

In addition:

- 1. Practice Manners:** Teach your dog to sit, lie down, come and stay on cue. High value treats (e.g. string cheese or chicken) can help your dog focus on you when your new cat is around. Have the leash on the dog and be holding it securely as sometimes dogs instinctively go to chase cats and you need to prevent this from happening.
- 2. Control Meetings:** After your new cat and resident dog have become comfortable eating on opposite sides of the door, and have been exposed to each other's scents, try a supervised meeting. **Keep your dog on-leash** and use treats to help him sit or lie down and stay. Once your dog is settled, someone else should allow your new cat in to the room. They should quietly sit near the cat, but not physically touch her, and offer her some special treats. At first, the cat and the dog should be on opposite sides of the room and the visits should be very short. Don't wait until the dog becomes uncontrollable to leave the room. Repeat this step several times until both the cat and dog can remain calm in each other's presence.
- 3. Allow your cat freedom:** Once both animals seem to be relaxed, allow your cat freedom to explore your dog at her own pace. Keep your dog on-leash and in a relaxed "down-stay." Make sure you give your dog treats and praise for his calm behavior. If your dog gets up from his "stay" position, just lure with a treat into the down, and praise and reward for staying. If your cat runs away or if either becomes aggressive, go back to the previous steps.
- 4. Continue to supervise all interactions between your dog and cat.** Keep your dog with you **on-leash** whenever your cat has free run of the house during the introduction process. Be sure that your cat has an escape route and a place to hide. Keep your dog and cat separated when you aren't home until you are sure your cat and dog will be safe.

**Positive Reinforcement:** Your dog should also be taught how to behave appropriately around cats. Be sure to reward your dog for sitting, coming when called, and being calm around the cat. If your dog is always punished when your cat is around, and never has "good things" happen in the cat's presence, your dog may associate bad things happen when the cat is around and become anxious or show aggression toward the cat. Positive associations work best.

**Precautions:** Dogs like to eat cat food. You should keep cat food out of your dog's reach (in a closet or on a high shelf). Eating cat feces is also a relatively common behavior in dogs. This behavior is probably unfavorable to you and it's also upsetting to your cat to have such an important space as the litter box invaded. Unfortunately, attempts to keep your dog out of the litter box by "booby trapping" will also keep your cat away as well and punishment after the fact will not change your dog's behavior. The best solution is to place the litter box where your dog can't access it: depending on your dog and cats agility level you can try behind a baby gate, in a closet with the door anchored open from both sides and just wide enough for your cat, or inside a room with a cat door in the bottom. There are many solutions to this problem so please call for more advice.

## Kittens and Dogs

Exercise caution because kittens are so much smaller and therefore in more danger of being injured or killed by a dog.

## When to Get Help

If introductions don't go smoothly, seek professional help immediately. Conflicts between pets in the same family can often be resolved with professional help.

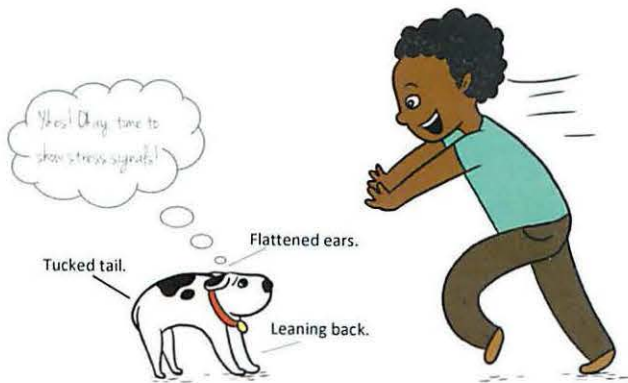
**Need help? Call our free pet behavior help line at (503) 416-2983.**

## Introductions - Dog to Dog

## Oregon Humane Society

- Introduce your current dog to your new dog while they are both on leash in a big open space, which is away from the current dog's food, bed and toys and territory.
- Go for a walk with the dogs (each dog has his own person) and encourage walking, not interacting.
- If you have a large fenced in yard, and your dog is not protective of your yard, you can try the introductions there, on leash.
- Your existing dogs routine should stay the same
- The new dog will need to be kept on leash when not in a crate or dog proof confined area when you cannot supervise. (i.e. when taking a shower)
- Increase praise to your current dog whenever the new dog approaches.
- **Very important:** do *not* feed the dogs next to each other. Put them in separate rooms and close the door or stand between rooms. Prevent any interactions while preparing food, while they are eating and immediately afterwards. Pick up the bowls once both dogs have finished.
- Refrain from giving either dog bones or long lasting food treats.
- Avoid playing high arousal games with the dogs at first. Tug of war or a fast game of fetch may cause a fight to break out if they are both energized.
- Separate the dogs when you are not home until they have proven that they can get along.

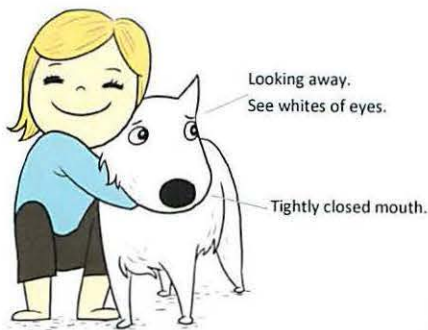
# Canine Common Sense



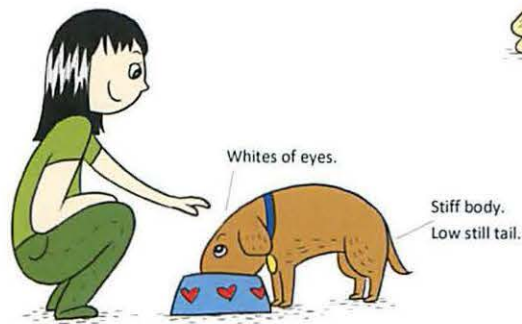
**Never go up to or touch a dog you don't know.**



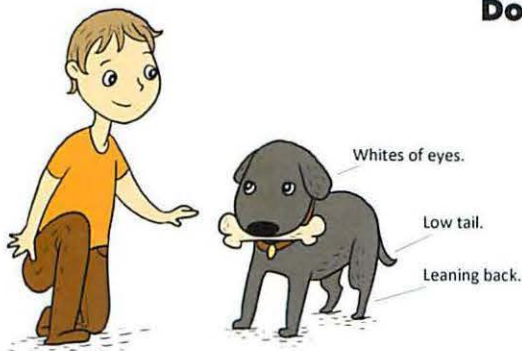
**Always wait for a dog to come to you. If they want to be petted or play, they will ask!**



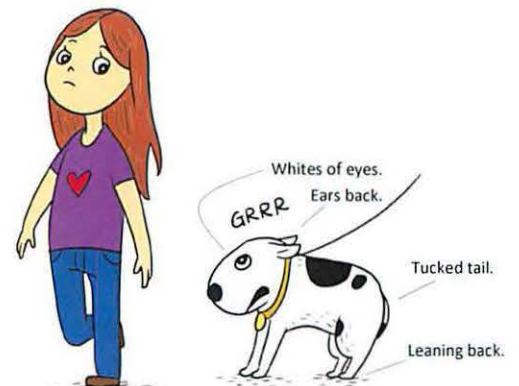
**Avoid hugging a dog or kissing it on the face.**



**Don't bother a dog when they are eating.**



**Do not try to take a bone or toy away from a dog.**



**If a dog growls at you, stop what you are doing and walk away slowly.**

Illustrations generously donated by Vivian Chen.

Oregon Humane Society | 1067 NE Columbia Blvd | Portland, OR 97211 | 503.285.7722 | oregonhumane.org



# DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"  
look away/head turn



STRESSED  
yawn



STRESSED  
nose lick



"PEACE!"  
sniff ground



"RESPECT!"  
turn & walk away



"NEED SPACE!"  
whale eye



STALKING



STRESSED  
scratching



STRESS RELEASE  
shake off



RELAXED  
soft ears, blinky eyes



"RESPECT!"  
offer his back



FRIENDLY & POLITE  
curved body



FRIENDLY



"PRETTY PLEASE"  
round puppy face



"I'M YOUR LOVEBUG"  
belly-rub pose



"HELLO I LOVE YOU!"  
greeting stretch



"I'M FRIENDLY!"  
play bow



"READY!"  
prey bow



"YOU WILL FEED ME"



CURIOUS  
head tilt



HAPPY  
(or hot)



OVERJOYED  
wiggly



"MMMM...."



"I LOVE YOU,  
DON'T STOP"

## For Parents: A Guide to Dog Body Language

- Every year, an estimated 400,000 children, most ages 5—9, seek medical attention for dog bites.<sup>1</sup>
- Most dog bites to children occur while a parent is standing within three feet of the child, supervising the interaction.

When dogs and children interact, parents need to recognize when the dog is saying “I’m doing fine and enjoying this interaction” or “I’m worried about this interaction and if it doesn’t stop, I may have to take action!”

- Comfortable dog body language is **loose, relaxed, and wiggly** with the dog often leaning into the child, soliciting more attention.
- **Stiffening and freezing** in a dog are warning signs. If you see the dog tense his body, or if he moves from panting to holding his breath (he closes his mouth), intervene immediately.

### Intervene

- If your child climbs on or attempts to ride the dog.
- If your child pulls the ears, yanks the tail, lifts the jowls or otherwise pokes and prods the dog.

Don’t marvel that your dog tolerates these antics. **There will be a point when he’s had enough. If you’ve done nothing to help, he will bite.**

### Intervene

- If the dog shows **stress signals** (see illustrations on back) such as:
  - Yawning outside the context of waking up
  - Half-moon eye – this means you can see the whites on the outer edges of your dog’s eyes.
  - Lip licking outside the context of eating food.
  - Moving away from a child. You need to prevent the child from following the dog.
- If the dog is growling. **Growling is a warning sign** prior to snapping or biting. **Heed it.** If growling doesn’t work, the dog may escalate to snapping or biting. Growling is a clue that you should intervene between the dog and the child. Growling is a non-biting communication so listen for growling and help your dog out of the situation! Do not punish the dog for growling (we don’t want them to skip this warning step!).

When you allow your child to continue to interact with a dog displaying stress signals or warning signs, it is likely that the dog will think “Since I can’t escape, I’ll snap or bite at this kid to get him to go away.” Please intervene before your dog has to make that choice.

<sup>1</sup> Center for Disease Control and Prevention. <http://www.cdc.gov/homeandrecreationalafety/dog-bites/index.html>.

## Crate Training Your Dog

Crate training is a very useful tool for a variety of situations. If you have a new dog or puppy, you can use the crate to limit his access to the house until he learns what he can and can't chew on and where he can and can't eliminate. It will also prevent your dog from engaging in unwanted behaviors (like rummaging through the garbage while you're at the store or in the shower). A crate is a safe way of transporting your dog in the car and gives you the ability to take him places where he can't run freely. If you properly train your dog to use a crate, he'll think of it as his safe place and will be happy to spend time there when needed.

### Choosing a Crate

Crates may be plastic or metal. They come in different sizes and can be purchased at OHS and most pet supply stores. Your dog's crate should be just large enough for him to stand up and turn around and comfortably lie down in.

### Crate Training Process

It's important to keep two things in mind while crate training. The crate should always be associated with something pleasant, and training should take place in a series of small steps - don't go too fast!

**Step 1: Happy introductions.** Put the crate in an area of your house where the family spends a lot of time, such as the family room but ensure it won't be knocked or accidentally kicked. Put a soft blanket or towel in the crate. Bring your dog over to the crate and talk to him in a happy tone of voice. Make sure the crate door is securely fastened opened so it won't hit your dog and frighten him.

Drop some small food treats near the crate door, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, that's okay - don't force him to enter. Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If he isn't interested in treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.

**Step 2: Meals in the crate.** After introducing your dog to the crate, begin feeding him his regular meals near the crate. If your dog is readily entering the crate when you begin Step 2, put the food dish all the way at the back of the crate. If your dog is still reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little further back in the crate.

Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he's eating. At first, open the door as soon as he finishes his meal. With each successive feeding, leave the door closed a few minutes longer, until he's staying in the crate for ten minutes or so after eating. If he begins to whine to be let out, you may have increased the length of time too quickly. Next time, try leaving him in the crate for a shorter time period. If he does whine or cry in the crate, it's imperative that you not let him out until he stops. Otherwise, he'll learn that the way to get out of the crate is to whine, so he'll keep doing it. If he is continuing to whine, distract him from whining by showing him a treat, wait for a 3 second silence, give the treat and open the door.

**Step 3: Increase crate time.** After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you're home. Call him over to the crate and give him a treat. Tell him "kennel up." Encourage him by pointing to the inside of the crate with a treat in your hand. After your dog enters the crate, praise him, give him the treat and close the door. Sit quietly near the crate for five to ten minutes and then go into another room for a few minutes. Return, sit quietly again for a short time, then let him out of the crate. Repeat this process several times a day. With each repetition gradually increase the length of time you leave him in the crate and the length of time you're out of his sight. Once your dog will stay quietly in the crate for about 30 minutes with you out

of sight, you can begin leaving him crated when you're gone for short time periods and/or letting him sleep there at night.

**Step 4: Leave the house.** After step three is solid, ask him to “Kennel Up” and give him a long lasting safe food treat to chew on. You might also want to leave him with a few safe toys in the crate. You’ll want to vary at what point in your “getting ready to leave” routine you put your dog in the crate. Although he shouldn't be crated for a long time before you leave, you can crate him anywhere from five to 20 minutes prior to leaving. Don’t make your departures emotional and prolonged, but matter-of-fact. When you return home, don’t reward your dog for excited behavior by responding to him in an excited, enthusiastic way. Keep departures and arrivals low key. Continue to crate your dog when you are home (feeding, sleeping, special long lasting treats) so he doesn’t only associate crating with being left alone and start to not want to go in.

## Trouble Shooting

**Too Much Time in the Crate:** Your dog should always spend more time **out** of the crate than in it. If you don’t trust him out while you're at work all day, make other arrangements such as coming home for lunch and giving him a long walk or a good game of fetch, hiring a dog walker, or consider doggy daycare. Also remember that puppies under six months of age shouldn't stay in a crate for more time than they can control their bladders and bowels (one hour for every month of age up to 6mths)

**Whining:** If your dog whines or cries while in the crate at night, it may be difficult to decide whether he’s whining to be let out of the crate, or whether he needs to be let outside to eliminate. If you followed the training procedures outlined above, your dog hasn’t been rewarded for whining in the past by being released from his crate, then try to ignore the whining. If your dog is just testing you, he’ll probably stop whining soon. Yelling at him or pounding on the crate will only make things worse. If the whining continues after you've ignored him for several minutes, use the phrase he associates with going outside to eliminate. If he responds and becomes excited, take him outside. This should be a trip with a purpose, not play time. If you’re convinced that your dog doesn’t need to eliminate, the best response is to ignore him until he stops whining. Don’t give in, otherwise you’ll teach your dog to whine loud and long to get what he wants. If you’ve progressed gradually through the training steps and haven’t done too much too fast, you’ll be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

**Separation Anxiety:** Attempting to use the crate as a remedy for separation anxiety won't solve the problem. A crate may prevent your dog from being destructive, but he may injure himself in an attempt to escape from the crate. Separation anxiety problems can only be resolved with counter-conditioning and desensitization procedures. You may want to consult a professional animal behaviorist for help.

**Need help? Call our free pet behavior help line at (503) 416-2983.**





## KENNEL COUGH

### ***What is Kennel Cough?***

Kennel Cough is a broad term covering any infectious or contagious condition of dogs where coughing is one of the major clinical signs. The term *tracheobronchitis* describes the location of the infection in the “windpipe” or trachea and bronchial tubes. Several viruses and bacteria can cause kennel cough, often at the same time. These include adenovirus type-2 (distinct from the adenovirus type 1 that causes *infectious hepatitis*), parainfluenza virus, and the bacterium *Bordetella bronchiseptica*. Because the infection spreads when dogs are housed together, it is often seen soon after dogs have been in kennels, hence the name “kennel cough”.

### ***What are the clinical signs of kennel cough other than coughing?***

Clinical signs may be variable. It is often a mild disease, but the cough may be chronic, lasting for several weeks in some cases. Common clinical signs include a loud cough often describe as a “goose honk”, runny eyes and nose, swollen tonsils, wheezing, lack of appetite and depressed behavior. Most cases of infectious tracheobronchitis have a demonstrable or elicitable cough that occurs when the throat is rubbed or palpated.

### ***What is the treatment for infectious tracheobronchitis?***

There is no specific treatment for the viral infections, but many of the more severe signs are due to bacterial involvement, particularly *Bordetella bronchiseptica*. Antibiotics are useful against this bacterium, although some antibiotic resistance has been reported. Some cases require prolonged treatment, but most infections resolve within one to three weeks. Mild clinical signs may linger even when the bacteria have been eliminated.

### ***How can I prevent my dog contracting Kennel Cough?***

Most vaccination programs your veterinarian will recommend contain adenovirus and parainfluenza. Bordetella vaccination is also highly recommended for dogs that are boarded, groomed or interact with other dogs in areas such as dog parks.

### ***How effective are these vaccines?***

Immunity, even if the dog has experienced a natural infection, is neither solid nor long-lasting. We cannot expect vaccines to do much better. Since immunity varies with the circumstances, Consult with your veterinarian regarding specific vaccination recommendations for your pet. Which may vary according to specific circumstances. Some kennel facilities require a booster vaccination shortly before boarding and some veterinarians recommend a booster vaccine every six months to ensure maximum protection against this troublesome infection.

### ***How are the Bordetella vaccines administered?***

Bordetella vaccination is given either by injection or intra-nasal route. Intra-nasal refers to the liquid vaccine administered as nose drops. This allows local immunity to develop on the mucous membranes of the nose, throat and windpipe where the infectious agents first attack.