

# 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

# Socializing Your Dog

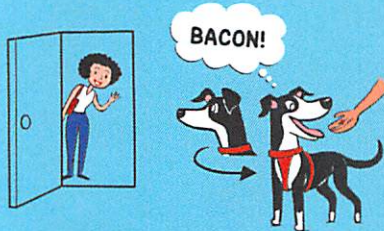
...refers to providing him with POSITIVE experiences with NEW THINGS. The best way to make sure your dog has great experiences is to include things he loves (like food or toys)

## new people

Let your dog approach **at his own pace**, if and when he wants to.



Associate new people with **wonderful things**.



Make sure puppies are **gently & positively exposed** to different people.



**Visit parking lots and other busy places just to watch** the people, animals, vehicles, etc. and feed your dog treats.



## other animals

**Always check** that the other animal is friendly & tolerant of dogs before you let your dog approach.



**Teach your dog how to act politely around other animals by rewarding him for good behavior.** Redirect him if he's pushy or overly excited.



**If your adult dog doesn't want to play with unfamiliar dogs, that's okay.** Adult people don't want to play with every other person we meet either!



## new things & environments

To prevent **noise phobia** (eg, fear of thunder), feed your dog a tiny treat every time the noise happens.



**Visit the vet & groomer's** just for treats and petting.



**Avoid truly scary situations**, such as fireworks.



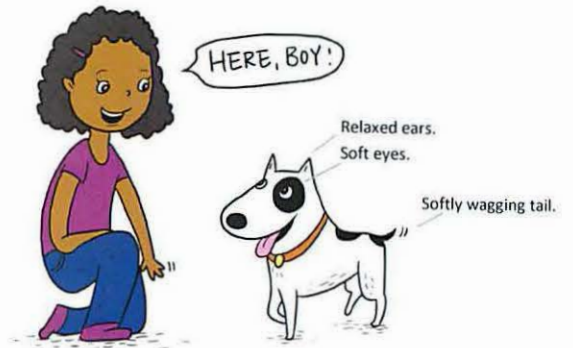
**Remember: EXPOSURE alone isn't socialization!**

If your dog isn't having a great time, you could do more harm than good. Dogs don't just "get over" issues by themselves, so if your dog is shy, worried, or overly excited, leave the situation and work with a professional who can help both of you. If your dog is having a blast and is happy and comfortable, you're doing a great job of socializing him!

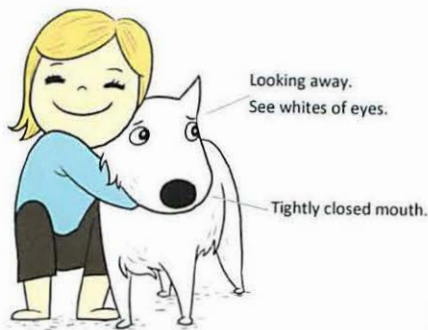
# Canine Common Sense



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



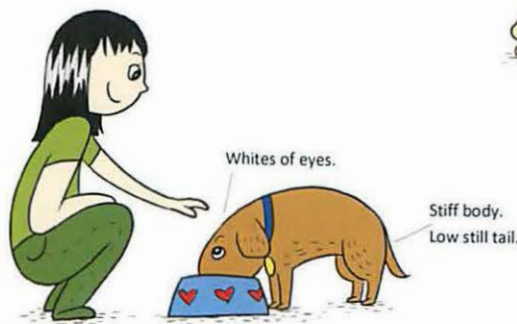
**Always wait for a dog to come to you. If they want to be petted or play, they will ask!**



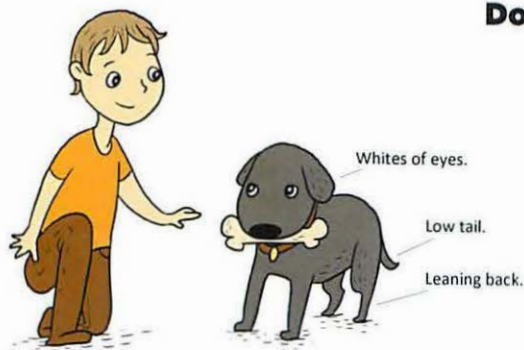
**Avoid hugging a dog or kissing it on the face.**



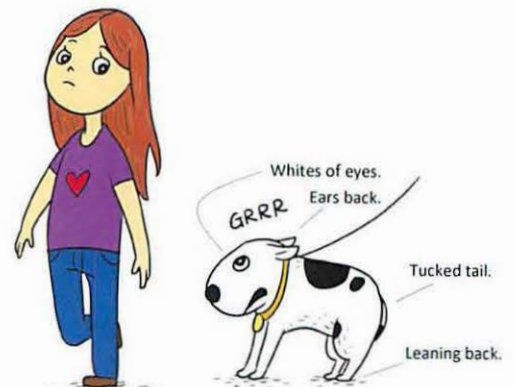
**Never disturb a sleeping dog.**



**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](http://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>.

## Housetraining Your Puppy

Housetraining a puppy requires time, vigilance, patience and commitment. Following the procedures outlined below, you can minimize house-soiling incidents, but virtually every puppy will have an accident in the house (or several). Expect this – it is part of raising a puppy. The more consistent you are in following the basic housetraining procedures, the faster your puppy will learn acceptable behavior. It may take several weeks to housetrain your puppy, and with some of the smaller breeds, it might take longer.

### Establish a Routine

- Like babies, puppies do best on a regular schedule. Take your puppy outside frequently, at least every 20-30 minutes to ensure he has enough opportunities to eliminate outdoors.
- If you have taken your puppy out and you are sure he has to eliminate and he did not do so, do not allow him free access to the house. Confine him or tether him to you for 10 minutes, then take him out and try again. Keep repeating until you are sure he has eliminated.
- Praise your puppy lavishly every time he eliminates outdoors. You can even give him a treat. You must praise him and give him a treat immediately after he's finished eliminating, not after he comes back inside the house. This step is vital, because rewarding your dog for eliminating outdoors is the only way he'll know that's what you want him to do.
- Choose a location not too far from the door to be the bathroom spot. Always take your puppy, on a leash, directly to the bathroom spot. Take him for a walk or play with him only after he has eliminated. While your puppy is eliminating, use a word or phrase, like "go potty," that you can eventually use before he eliminates to remind him of what he's supposed to be doing.
- If possible, put your puppy on a regular feeding schedule. Depending on their age, puppies usually need to be fed three or four times a day. Feeding your puppy at the same times each day will make it more likely that he'll eliminate at consistent times as well. This makes housetraining easier for both of you.

### Supervise!

Don't give your puppy an opportunity to soil in the house. He should be watched at all times when he is indoors. You can tether him to you with a six-foot leash, or use baby gates to keep him in the room with you. Watch for signs that he needs to eliminate, like sniffing around or circling. When you see these signs, immediately take him outside, on a leash, to his bathroom spot. If he eliminates, praise him lavishly and reward him with a treat.

### Confinement

When you're unable to watch your puppy at all times, he should be confined to an area small enough that he won't want to eliminate there. It should be just big enough for him to comfortably stand, lie down and turn around. This area could be a portion of a bathroom or laundry room, blocked off with boxes or baby gates. Or you may want to crate train your puppy and use the crate to confine him (see our handout about crate training). If your puppy has spent several hours in confinement, take him directly to his bathroom spot when you let him out and praise him when he eliminates.

## Oops!

Expect your puppy to have an accident in the house – it's a normal part of housetraining.

- When you catch him in the act of eliminating in the house, do something to interrupt him, like make a startling noise (be careful not to scare him). Immediately take him to his bathroom spot, praise him and give him a treat if he finishes eliminating there.
- Don't punish your puppy for eliminating in the house. If you find a soiled area, it's too late to administer a correction. Do nothing but clean it up. Rubbing your puppy's nose in it, taking him to the spot and scolding him, or any other punishment or discipline, will only make him afraid of you or afraid to eliminate in your presence. Animals don't understand punishment after the fact, even if it's only seconds later. Punishment will do more harm than good.
- Cleaning the soiled area is very important because puppies are highly motivated to continue soiling in areas that smell like urine or feces. Use an enzymatic cleaner to help ensure the scent is gone.

It's extremely important that you use the supervision and confinement procedures outlined above to minimize the number of accidents. If you allow your puppy to eliminate frequently in the house, he'll get confused about where he's supposed to eliminate which will prolong the housetraining process.

## Paper Training

A puppy under six months of age cannot be expected to control his bladder for more than a few hours at a time. If you have to be away from home for more than four or five hours a day, this may not be the best time for you to get a puppy. If you're already committed to having a puppy and have to be away from home for long periods of time, you'll need to train your puppy to eliminate in a specific place indoors. Be aware, however, that doing so can prolong the process of teaching him to eliminate outdoors. Teaching your puppy to eliminate on newspaper may create a life-long surface preference, meaning that he may, even in adulthood, eliminate on any newspaper he finds lying around the house.

When your puppy must be left alone for long periods of time, confine him to an area with enough room for a sleeping space, a playing space and a separate place to eliminate. In the area designated as the elimination place, you can either use newspapers or potty-pads (pads designed for puppies).

## Other Types of House-Soiling Problems

If you've consistently followed the housetraining procedures and your puppy continues to eliminate in the house, there may be another reason for his behavior.

- **Medical Problems:** House soiling can often be caused by physical problems such as a urinary tract infection or a parasite infection. Check with your veterinarian to rule out any possibility of disease or illness.
- **Submissive/Excitement Urination:** Some dogs, especially young ones, temporarily lose control of their bladders when they become excited or feel threatened. This usually occurs during greetings, intense play or when they're about to be punished.
- **Territorial Urine-Marking:** Dogs sometimes deposit urine or feces, usually in small amounts, to scent mark their territory. Both male and female dogs do this, and it most often occurs when they believe their territory has been invaded.
- **Separation Anxiety:** Dogs that become anxious when they're left alone may house soil as a result. Usually, there are other symptoms, such as destructive behavior or vocalization.
- **Fears or Phobias:** When animals become frightened, they may lose control of their bladder and/or bowels. If your puppy is afraid of loud noises, such as thunderstorms or fireworks, he may house soil when he's exposed to these sounds.

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

## 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.**

## 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.



## 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.



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### Facts about Parvovirus

Thank you for choosing to adopt a puppy from The Oregon Humane Society. At OHS all incoming puppies are vaccinated for the most common canine diseases immediately upon arrival. One virus that primarily targets puppies under 6 months of age is the canine parvovirus.

Even though puppies are vaccinated as soon as they arrive at OHS, it may take up to 24 hours before the vaccine provides full protection from illness. Puppies who recently were weaned from their mother may still carry antibodies which can cancel out early vaccines as well. This is why puppies need to receive vaccine boosters throughout their first few months of life, to ensure that adequate disease protection is achieved.

Until your puppy receives a full series of the DA2PP vaccine following the schedule your veterinarian recommends, it is important to limit his exposure to areas where other dogs frequent, such as dog parks, pet stores, and public green spaces.

The parvovirus invades the intestinal wall and causes inflammation. Symptoms arise suddenly and puppies can become very sick within 24 hours time. Puppies with parvo usually develop vomiting and diarrhea which is sometimes bloody. They are reluctant to eat and are lethargic. A puppy with parvovirus infection requires prompt veterinary treatment which can include IV fluids and antibiotics and usually requires hospitalization.

If you notice the above symptoms in your newly adopted puppy, please contact your veterinarian immediately. If your puppy is diagnosed with parvo by your veterinarian, please call the OHS medical staff at 503-285-7722 ext. 414.