



Dog Adoption Booklet



My Adopted Dog is: _____

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Adoption Centre: 2 McCowan Rd crn Bloodwood Rd Ingleside

Phone: (02) 9486 3133 Fax: (02) 9486 3136 Mobile: 0429 044 484 Email: monika@doggierescue.com

ACN 098 918 471 ABN 49 098 918 471 Rehoming Organisation No. R251000024



As you probably already know your new doggie came from a pound as an unclaimed or surrendered dog.

To help you settle them into your home and keep them happy and safe, we have put together this booklet filled with important information and handy guidelines. Please take them time to read through this and give us a call if you have any questions or problems with settling them into your home. We have spent many years working with abandoned waifs and know that some need very special care.

As a DoggieRescue.com dog, he/she receives a free health and wellness voucher to our vet clinic The Cottage Animal Hospital (*please see end of this document*) and a copy of our magazine is also enclosed for your perusal.

Thank you for giving an abandoned orphan a second chance in life.

Warmest regards,

Monika

Monika Biernacki OAM

Founder & CEO

Ceallai O'Connell
Dog Trainer
0450 703 063



Contents

MICROCHIP-REGISTRATION REQUIREMENTS	4
MY DOG'S HEALTH DETAILS	5
WHAT YOU SHOULD KNOW ABOUT TICK POISONING	6
FEEDING	7
WHAT NOT TO FEED YOUR DOG	8
TOP TEN POINTS TO SETTLE IN YOUR NEW DOG	10
TOILET TRAINING FOR DOGS AND PUPPIES	13
EXERCISE	15
HOW TO BE YOUR DOG'S GENTLE LEADER	16
PRINCIPALS OF POSITIVE TRAINING	18
TRAINING CLUBS	20
INTRODUCING YOUR CAT TO YOUR NEW DOG	21
HOW KIDS SHOULD INTERACT WITH DOGS	22
BODY LANGUAGE OF FEAR IN DOGS	23
SOME FINAL TIPS FOR YOUR NEW FAMILY MEMBER	25
FREE HEALTH AND WELLNESS CONSULTATION VOUCHER	27

MICROCHIP-REGISTRATION REQUIREMENTS

COMPULSORY & FREE LIFETIME REGISTRATION

All DoggieRescue.com dogs are microchipped. As the new owner, you are now required to register your dog under the Companion Animals Act with your local council, and this covers the dog for its lifetime in NSW, regardless of any changes in ownership. Pet registration is **free** for people who adopt a rescue pet from council pounds, animal shelters and rehoming organisations, to help ensure more dogs and cats find a forever home. If you fail to register your dog when required to do so you may be issued with a fixed penalty notice of \$330, or a court may award a maximum penalty of up to \$5500.

To register your dog,

1. Wait for an updated **Certificate of Identification** from council confirming that you are now recorded as the owner.
 - a. Please check that it states the dog is 'sold from an eligible pound/shelter' and as 'desexed' before paying the registration fee. If it doesn't, please contact us.
 - b. If after one month you have not received the **Certificate of Identification**, contact your local council directly to provide a copy of the Change of Owner (C3B) form that was completed at the time of adoption, or contact us.
2. Make payment of \$0 by either of the following ways:
 - a. Online at NSW Pet Registry www.petregistry.nsw.gov.au – by creating a profile (i.e. registering an account as a pet owner), linking your pet's microchip record to your profile, then selecting the registration payment option.

Further information about how to use the Registry is available on the OLG website at www.olg.nsw.gov.au/public/dogs-cats/information-for-professionals/information-for-breeders/.

The registry also allows you to update your dogs' name/other pertinent details, your contact details, and report missing pets.

- b. Over the counter at your local council
- c. Over the counter or online at Service NSW



MY DOG'S HEALTH DETAILS

VACCINATION

Vaccination papers for your dog are enclosed. Adult dogs should be vaccinated annually.

Your dog was last vaccinated (C5) on _____ and is **due** _____.

Puppies under 16 weeks come with 3 x C5 vaccinations & due dates are on the vaccination card.

FLEAS and HEARTWORM

Flea control throughout the year is the most effective way to reduce the flea population explosion during summer months. Your pet has been treated with _____ which kills not only adult fleas but kills flea larvae in the pet's surroundings as well. It is safe to use even on nursing mothers.

Your dog was last treated on _____ and is **due** _____.

If your dog is an adult, it has been tested for heartworm and the test was negative. Your dog is now on monthly heartworm prevention treatment. Your dog has been given Advocate or Revolution to prevent heartworm. Advocate or Revolution gives dual protection from fleas and heartworm in a monthly spot-on treatment.

GASTROINTESTINAL WORMS

Your dog has been wormed using Drontal Allwormer which kills all worms in dogs. Adult dogs should be wormed every 3 months. Puppies should be wormed at 2 weeks, 4 weeks, 8 weeks, 12 weeks, 4 months, 5 months and 6 months. **If you are using Advocate, Drontal is not needed.**

TICK PREVENTION

Your dog had his/her tick prevention on _____ and next treatment is **due** _____.

Puppies are treated with Frontline/Advantix from 7 weeks of age.

Other products are on the market to cover these aspects of your dog's health. Please consult your veterinarian for details.

**If you have any queries or worries about your pet,
please don't hesitate to call DoggieRescue on 02 9486 3133.**

WHAT YOU SHOULD KNOW ABOUT TICK POISONING

PREVENTION

Do a daily search of the dog after removal of the collar, feeling with the fingertips, paying particular attention to the head, neck and shoulder areas. Speak to your vet about the best tick prevention medicine for your dog and for your area then purchase either at the vet, at the large pet stores or online (often the cheapest).

Treat your dog regularly during the worst months of the year, Spring and early summer.

IF A TICK IS FOUND ON YOUR DOG – REMOVE IMMEDIATELY AND WATCH CLOSELY FOR SYMPTOMS. IF ANY SYMPTOMS ARE DISPLAYED – TAKE YOUR DOG TO THE VET IMMEDIATELY.

The Dog Tick (*Ixodes Holocycclus*) occurs only in Australia, mainly in the eastern coastal strip, its distribution roughly corresponding to that of the bandicoot, its natural host.

It can prove fatal to a number of species including man, but dogs and cats are its most common victims. The tick has to be attached to the skin, engorging for three days before it commences to inject its poison.

SYMPTOMS

The earliest signs are often dullness, vomiting, change in bark, a grunt in breathing, soon followed by a stagger in the hind legs. If left untreated this loss of control extends up the spine to affect the front legs, then the neck muscles, and finally the breathing centre in the hindbrain is paralysed and death occurs. The swallowing ability of the dog is often affected, so that food, fluids or medicine given by mouth usually finish up in the lungs causing the secondary symptoms such as pneumonia, dehydration, heart failure and these are usually the cause of death. If your dog displays any of the above symptoms – **TAKE YOUR DOG TO YOUR VET IMMEDIATELY.**

TREATMENT

The most important drug used to treat dogs with tick poisoning is CANINE ANTI-TICK SERUM. This is a purified blood extract taken from dogs made hyper-immune to ticks. Thus their blood contains anti-bodies, which are chemical substances produced by the body to fight poisons. The serum, containing anti-bodies is injected into the blood stream of the poisoned dog so that the anti-bodies will immediately commence neutralizing the toxins produced by the tick.

With adequate vigilance you can avoid tick poisoning in your pet, and the expensive treatment necessary to save its life.

FEEDING

We feed our adult dogs once a day in the morning (because of the number of dogs we have plus we depend 100% on help from volunteer feeders).

HOW OFTEN SHOULD I FEED MY DOG

It depends on your lifestyle, the age and behaviour patterns of your dog. The most important thing is to establish a routine. Don't free-feed your dog as this can lead to obesity and it lowers a dog's food drive.

On the other hand dogs with high food drive are recommended to be fed small portions 2-3 times daily.

- Remember to feed your dog after exercise **never** before.
- Adult dogs are fed once a day (or half portions twice daily).
- If your dog is an older dog it is recommended to feed him/her smaller portions 2-3 times a day.

We feed our dogs **NATURAL FOOD** like cooked/raw chicken/beef mince with Basmati rice and veggies (carrots, spinach, potatoes, pumpkin etc.) It is also important that you give your dog **RAW chicken wings/necks for dental health** on daily basis. Also try to give your dog raw beef/lamb bones 2 x weekly.

PUPPIES

Puppies under 5 months must be fed 3 times a day. Puppies from 5 months up to 12 months must be fed twice daily.

- AM raw beef mince + cooked chicken (warm) and lactose free puppy milk
- Lunch raw chicken mince+ cooked Basmati rice + veggies eg carrots, spinach, pumpkin and raw chicken necks
- PM raw beef mince + cooked chicken (warm) and lactose free puppy milk
- Premium dry puppy food freely available plus raw beef/lamb bones 2 x weekly.

GENERAL ADVICE

Nutrition affects behaviour in both dogs and people. Just as too much sugar can cause kids to become hyperactive, cranky, and out of control, poor nutrition can contribute to canine behaviour issues. Dogs who are anxious, fearful, "hyperactive" or aggressive are likely to be even more so with excess sugar and unhealthy chemicals flooding their system. There are so many dog foods on the market that it can be confusing to figure out which ones are truly nutritious. Learning to read labels will allow you to bypass exaggerated advertising claims and get a realistic idea of a product's quality.

Avoid dog foods that contain large amounts of corn. Corn is a common allergen that has been known to cause itchy skin as well as hyperactive behaviour

In general, supermarket brands are of lower quality than those found at pet supply stores. Higher quality foods are more expensive, but because they contain more nutrients, less is fed per meal, so it balances out. And because the body is able to absorb more nutrients, less waste is produced!

Feeding a high-quality food is an investment in your dog's health. Spending a bit more now might well save you the cost of veterinary visits in the future.

To switch from one food to another, do it gradually over the course of a week. Add in more of the new food little by little as you decrease the amount of the old.

WHAT NOT TO FEED YOUR DOG

Many common 'people' foods are actually harmful or can even be fatal to dogs. Some of these (listed below) will surprise you, while others are things you may already know. Some of these foods need to be avoided altogether, while some are safe in small amounts. If you use this list as a guide it will help you keep your new dog happy, healthy and safe. If in doubt you should always consult your veterinarian.

CHOCOLATE

We've all heard 'chocolate is bad for dogs', but many people do not realise how unsafe it can be. Chocolate contains thiobromine which is very toxic to dogs and causes liver damage. The darker the chocolate, the more dangerous it is, however any chocolate in large enough amounts can cause death. For example, as little as 250-500g of milk chocolate, or 30-60g of cooking chocolate can kill a 5kg dog.

Signs of overdose include excessive salivation, neurological symptoms (seizures shuddering/shaking/twitching/convulsing), diarrhoea and vomiting – these can lead to a coma and death if left untreated. These symptoms may not show up for several hours, but can lead to death within 24 hours.

Chocolate overdose is life threatening and needs to be treated as an emergency. Be sure to check the label on any 'dog chocolate' to make sure that it is made with carob instead of real cocoa.

ONIONS

These contain thiosulfate, which will destroy red blood cells and can cause anaemia, weakness, and breathing difficulty. Avoid feeding large quantities of onion or small quantities over time as it will build up in the dog's system. Large amounts of garlic cause the same problems as onions, as well as chives, as they belong to the same family of plants. If your dog is showing signs of anaemia or has overdosed on onions, you need to see your vet urgently.

GRAPES AND RAISINS/SULTANANS

These can cause kidney failure in dogs. As little as a handful of grapes or sultanas can kill a dog. If the dog doesn't eat enough at one time to be fatal, he/she can be severely damaged by eating just a few grapes or raisins regularly.

MACADAMIA NUTS

As few as SIX macadamia nuts can cause paralysis in dogs. Dogs with macadamia poisoning will appear anxious and have difficulty moving their rear legs. Other symptoms include pain (especially in the legs), depression and vomiting. Unshelled macadamias can also cause bowel blockages if eaten. If your dog has consumed macadamia nuts you need to take him/her to your vet urgently. The paralysis will generally disappear after several days of treatment. Walnuts and cashew nuts are also poisonous to dogs.

TOMATOES

Green/unripe tomatoes contain solanine, which can be toxic even in small amounts. Ripe tomatoes are very high in selenium, which is toxic in large doses. Ripe tomatoes are harmless in small amounts. If you have tomato plants in your garden make sure you keep your dog away from them (tomato plants, except for the tomato itself, are also poisonous to humans).

COOKED BONES

Chicken wings, necks, beef and other bones are safe to feed in moderation, as long as they are raw. When bones are cooked (particularly chicken bones) they can splinter and cause damage to your dog's digestive system, either by tearing or becoming stuck. This can be very painful for your dog and lead to serious health complications. Whenever possible your dog should be supervised while eating bones.

OTHER BAD FOODS

- Artificial Sweeteners
- Fruit seeds
- Fatty and Salty Foods
- Liver and liver treats (when taken in quantity)
- Plants around your garden

TOXIC SUBSTANCES

The following substances are commonly found around the home or in your neighbourhood. Great care should be taken at all times to keep your dog from coming into contact with the following substances:

- "1080" fox baits
- Alcohol
- Anti-freeze
- Cigarettes and nicotine
- Cleaning products
- Fertiliser
- Insecticide
- Lead and products or items containing lead
- Paracetamol ("Panadol")
- Petrol
- Paint thinner etc.,
- Prescription medication (unless prescribed by a veterinarian, specifically for your dog)
- Rat Bait (or rats who have died from rat poison)
- Snail bait.

If your dog has swallowed or inhaled any of these poisons it is important that you contact your veterinarian immediately to arrange treatment.

TOP TEN POINTS TO SETTLE IN YOUR NEW DOG

FOLLOW UP SUPPORT: We provide free follow-up support for all Doggie Rescue dogs. Should you have any problems, please call DoggieRescue on 02 9486 3133. Very often we can help with a single phone call but with more complex problems we can organise a training session or behavioural consultation. If outside of Sydney we can recommend a qualified, experienced trainer in your area who can help with getting your dog to settle in smoothly or for any behavioural problems that might arise. Sometimes it is a matter of knowing what to do in order to turn a situation around, and handling things incorrectly can certainly exacerbate a budding problem. Please do not hesitate to call us before a problem becomes worse.

1. GIVE YOUR DOG A CHANCE! BEING ADOPTED IS STRESSFUL

Studies have shown that when a dog leaves a shelter and goes into a home, a stress response accompanied by a huge spike in cortisol levels follows (cortisol is the stress hormone).

Fascinatingly this spike is equal to that of the spike a dog has when first coming into a noisy shelter or pound environment. It can take anywhere from three days to two weeks for their cortisol levels to drop back down to a normal level.

Stress can affect a dog in different ways: a) it can mean your dog becomes subdued and quiet, suppressing a lot of his normal behaviours and may be too upset to play, eat etc. OR b) it can mean he displays behaviours which would not normally arise when he is relaxed and comfortable in familiar surroundings. Just like people who are under stress, their fuses can be shorter, they can lose appetite or become uninterested in things that would usually give them pleasure. **Please be patient and kind to your new dog. We can often provide insight into what is normal for them, and what may be triggered by stress, so should you find anything that worries you, or you are not sure how to handle a particular situation, please call us straight away.**

2. DOGS NEED A LIFE TOO

In the wild, dogs would spend a large portion of their time scavenging for food. This is a pleasurable activity and engages their mind and problem solving abilities. Consider throwing away food bowls and feeding your dogs out of interactive food toys while you are out, or at the very least, feed your dog at night, and give interactive food toys in the day.

Put them outside sometimes when you are home with a kong stuffed with their favourite food, or a Holey Molee containing a raw chicken wing. This will keep them happily occupied and stimulated for hours, and will tire them out. You will also be conditioning them to be happy when on their own.

Time spent training or using interactive food toys is equivalent to the mental stimulation of a walk, and increases the production of serotonin in the brain (making them calmer and happier). It is not a replacement for exercise, but works beautifully in conjunction with daily exercise and training to ensure your dog has a happy, interesting and meaningful life, full of things to look forward to each day. Remember, dogs are genetically programmed to live in packs and would never normally be alone. This will make time on their own enjoyable, and you might find they are too occupied to even notice you are leaving!

3. DOG PARKS ARE NOT FOR EVERYONE

Off leash dog parks can be a wonderful place to take your dog for exercise and to run and play. They can also be a very dangerous and unpleasant place for your dog. Many owners treat dog parks as off-

responsibility areas and take inappropriate dogs there to exercise them, with little to no supervision and no thought for the effect their unruly dogs might have on the others.

Before unleashing a load of boisterous dogs on your newly adopted dog, make sure that your dog actually enjoys the company of other dogs. Not all dogs do! Watch the behaviour of the other dogs at the park before taking your dog in. Many dogs, (just like people who are uncomfortable in crowds) really do not enjoy being descended on by a bunch of bolshy Labradors and would much prefer a quiet leash walk with you in the street. Some dogs would just prefer that you go to the park in quiet times.

4. BE YOUR DOG'S ADVOCATE

You need to be aware of what is going on for your dog emotionally when he is out with you.

Never let anyone (dog or human) force themselves on your dog if he looks apprehensive or overwhelmed. He needs to be allowed to approach at his own pace. If your dog is reactive (barks at, lunges at or growls at anyone) rousing on him is the worst thing you could possibly do. Not only is he already worried or outright fearful, now he is also being yelled at, so next time he comes across the thing that upsets him he will also be anticipating a punishment. This will make him more afraid and/or reactive. If your dog looks uncomfortable, see if you can assist him and take the pressure off by increasing his distance from what upsets him. Talk to him in a happy voice, show him you are not upset or bothered by it at all.

You want your dog to have confidence in you as a reliable caretaker who won't put him into a situation where he is frightened, overwhelmed or unable to cope. It is important to note that reprimanding or punishing a dog for growling may result in him inhibiting his growl next time he feels threatened or afraid and can result in a dog that bites without warning. A growl is a wonderful thing! It is a dog's way of telling us that they are upset, scared, or feel they have to defend themselves so we can back off and avoid an escalation of the situation. Never punish your dog for growling, should a situation arise where your dog growls, please call us straight away.

5. SEPARATION DISTRESS

The two most common problem behaviours seen in shelter dogs are separation distress or other related behaviours (and on-lead aggression, see below). Puppies and dogs that become over- dependent on their owners develop behavioural problems. Build your new dog's self- confidence and ability to cope in the world without needing you by his side at all times. You will not always be able to be home with your dog, so set him up right away by going out for a few minutes at a time on the first day. You can further help them in the following ways.

- Put him outside sometimes whilst you are home, give him something to do, a bone to chew, a Kong stuffed with food etc. This helps blur the lines between what most dogs very quickly work out; i.e.. when you are home it is fun and I have company, when you are out it is lonely and boring and I have nothing to do. He will learn that it can be fun and entertaining when he is alone outside, setting him up to happily eat his Kong or other toys out there when you do have to leave.
- Notice what your dog is doing before you let him in. Never let him in if he is barking, scratching or yelping at the door. Wait until he is calm and his attention is not on you. Pick those moments to let him in with minimum fuss.

6. ON LEAD AGGRESSION

On lead aggression is extremely common in dogs that have been relinquished to pounds. If carried out correctly, it is very effectively addressed with behavioural training. On lead aggression can be caused by several things. The most common is fear, but it can also begin as frustration at not being able to get to

another dog to say hello, or could mean your dog has had a distressing experience when he has been on lead in the past (for instance attacked or overwhelmed when on lead and unable to flee as a puppy or young dog). A dog that has been yelled at or jerked around on lead by owners for pulling to say hello to another dog will very quickly develop aggression when it sees another dog. Should your dog show any signs of over-arousal, or reactivity when on lead, please call us urgently. Resist the temptation to yell at or rouse on your dog as this will most certainly only make the problem worse.

7. GUARDING: FOOD AGGRESSION/RESOURCE/LOCATION GUARDING

This behaviour can present in a variety of situations. It can be around food bowls or bones (most common), but can also present as growling or biting when moved from a location, or protecting precious items such as toys, sticks or even socks or bits of fluff! Dogs can guard their beds or people they love when sleeping next to them. They can guard items from people or from other dogs. Guarding requires professional help and punishment is not part of a training program to resolve this issue. Food guarding often starts when breeders feed tiny puppies all out of the same bowl, so they are already conditioned to feel their food is under threat before they leave their litter. Please call us if you're your dog displays any of these behaviours.

8. TOILET TRAINING

Although we often find that dogs have been house trained after they have been adopted, the fact is, dogs that have been in shelters or kennels have not had the luxury of being able to wait to be taken from their yards or kennels to eliminate, so unfortunately the likelihood is that they need training when you get them home.

Most dogs that have been relinquished to pounds come from impoverished environments and backgrounds. Many were not allowed in the house to start with and certainly no-one put the time in to train them properly. When you bring your new dog home, assume they have no idea about toilet training, and *follow the guide in this booklet*. Please ensure you call us if you are having problems with toilet training, it can sometimes be an indicator of a more complex issue or medical problem.

9. A WORD ON TV TRAINERS, DOMINANCE & PACK STRUCTURE

Much research has been done in recent years on canine cognition and we have learnt so much about the way dogs think and learn. It is now a known fact that domestic dogs do not operate in the same pack structures as wolves. While dogs read human body language well, they absolutely know the difference between humans and other dogs. For information from what PHD behaviourists say about Cesar Milan, dominance and pack structure; See Beyond Cesar Milan <http://beyondcesarmillan.weebly.com/>

10. HOW TO FIND A GOOD TRAINER

Dog training is currently an unregulated profession. Behaviourism and learning theory is a science, not a religion and it is definitely not something people are born with an innate knowledge of. Ask yourself, would you take a troubled child to someone who was practicing as a psychiatrist but had not completed any formal study and was not qualified? Of course not. Furthermore, science and research are constantly being updated, so when looking for a trainer, make sure they are at the very least qualified, and preferably have more than one qualification, they go to seminars and lectures every few months and regularly update their knowledge and skills. They should be an active member of the APDT. If you can find a trainer that has their CCPDT (Certified Practicing Dog Trainer) KA (knowledge Assessed) or SA (Skills Assessed) or both, that would be great. Be very wary of and avoid trainers that talk about alphas and dominance, pack theory or showing your dog who is boss. We can provide you with contacts for excellent trainers in your area, and of course provide follow up advice and support. Please call Ceallai on 0450 703 063 should you have any issues.

TOILET TRAINING FOR DOGS AND PUPPIES

A dog cannot possibly understand that your entire house is the pack's living area to be kept clean - so do not give him full access to your home to allow toileting in inappropriate locations.

Toilet training is a straight-forward process but we have to be vigilant in the early stages to prevent accidents from happening. Our aim is to minimise the number of mistakes and to reward toileting in the appropriate location.

If you follow the program below, your dog will not have the opportunity to make mistakes and you will constantly be rewarding the correct behaviour, greatly speeding up the process.

Restrict their access around the house when you are not watching them 100% by a combination of any of the following means:

1. crate training;
2. condition the puppy to accept being placed in a small room such as the laundry or bathroom (where accidents can be easily cleaned up);
3. condition the puppy to be on lead, secured to the leg of a table; or
4. give the puppy your full and undivided attention.

The purpose of confinement (a crate, laundry, tie ups) is to prevent any mistakes from occurring around the house when you cannot watch your dog. Doing this also inhibits elimination, since dogs naturally do not want to soil their sleeping areas. This means your dog will want to go immediately upon release from confinement- especially since hurrying to the toilet area will jiggle their bladder and bowls. At night, a puppy should only be expected to hold on from midnight to 6am if put to bed after going to the toilet. An adult dog should be able to hold on 11-7am. Apart from that, crating dogs in the day should really be for a maximum of two hours at a time, an hour for puppies.

Take them out on lead, every hour (puppies), once every two hours for adult dogs, and allow three minutes to eliminate. If they oblige, REWARD WITH HIS FAVOURITE FOOD TREATS! The treat must be delivered within half a second, to three seconds once they finish. Praise them during the act. If they do not go, take them back inside for another hour (30 mins for puppies) and repeat the exercise. Having them on lead will ensure they cannot sneak under bushes and go where you are unable to see and reward them. Our aim is to minimise the number of mistakes and to reward toileting in the appropriate location. Keeping the container of treats at the toileting location can assist in reminding the puppy that an opportunity for a reward is now available.

Never rouse on, yell at or smack your dog for going inside the house, they will only learn that going to the toilet in the presence of a human is bad news, and will become sneaky pee-ers. If they do go in the house, clean it up and move on. It means you were not watching your dog. An enzyme cleaner such as "Urine off" will completely remove any smells that might attract your dog back to that spot. They are readily available from the supermarket and pet stores. Ammonia products will attract a dog back to that spot, so be careful to read the contents of ordinary household cleaning products.

In addition to this:

- Watch for times that your dog will need to toilet; after meal or a big drink; upon waking up; after a play session; and any other time in between! Ensure that the puppy is guided to the correct toilet location at these times.
- Look for pre-toileting behaviours such as sniffing, circling, etc. (it will vary from one dog to the next), rush the dog to the correct toilet location, keeping him close to floor level so that he can see how to get there himself.
- Thoroughly clean the areas where the dog has had accidents. The scent of previous droppings will stimulate them to stop and toilet then and there. Use this fact to your advantage by collecting up any droppings and placing them in the grassy area where you would like your doggie to toilet - he will believe that this area is his chosen toilet.

**Should you have any questions, please do not hesitate to contact
Trainer Ceallai O'Connell on 0450 703 063 or ceallai@hotmail.co.uk**

EXERCISE

Engaging in physical exercise triggers a chain of chemical reactions in the body and brain that promote a feeling of calm. The mechanism works in essentially the same way in both dogs and people. Have you ever noticed how relaxed your dog is after a long walk? Achieving that calm, relaxed state is important, and doubly so for anxious, fearful, “hyperactive,” or aggressive dogs.

How much exercise your dog needs depends on his breed, size, age, and physical condition. Most healthy adolescent Labrador Retrievers, for example, would benefit from at least an hour of exercise a day. If your dog is not accustomed to regular exercise, start slowly. Build duration and intensity gradually, and don't count on your dog to tell you when he is tired.

Walks: Daily walks allow for not only physical exertion, but mental stimulation in the form of stimulating scents. Sniffing where other dogs have left their marks is like reading a community bulletin board: Hmm, an adolescent male has moved into the neighbourhood. Aah, Fifi was here! These daily outings provide a great excuse for you to get out and exercise as well.

Hikes: Hikes are like walks, but in a fabulous doggy amusement park! Hikes provide the opportunity to romp over dirt trails and play among shady trees, checking out natural scents along the way. Keep initial outings brief, and tailor hikes to your dog's comfort level and physical capabilities. Follow posted rules and always be aware of your surroundings. If your dog is fearful or reactive with other dogs or people, keep him on leash and hike when you are less likely to encounter others. Plan outings when the weather is cool, and always bring along water for both of you.

Outdoor Play: If your dog will retrieve, toss a ball or favourite fetch toy in your backyard. If your dog is reliable off-leash (he will come every time you call) and is dog-friendly, playing with other dogs at the dog park is a great form of exercise. (Monitor all interactions; not all other dogs are friendly). If you're lucky enough to have a swimming pool, let your dog swim! Swimming is great cardiovascular exercise, and strengthens muscles without stressing joints (especially good for dogs with arthritis or other joint-related conditions). Assuming good physical health, other aerobic options include jogging with your dog, or having him run while you ride your bike. Consider dog sports such as agility, tracking, and Rally O (a gentler form of competition obedience). If your dog loves chasing a ball, find a beach, dam or lagoon where they allow dogs and throw the ball in the water for them to swim out and retrieve (this is my absolute favourite way to exercise my dogs).

Indoor Exercise: Tug is a great game that can be played with a rope toy, and has the added benefit of building up a dog's confidence. A prerequisite is that your dog understands “Leave”—to release the object he is holding. Start playing, then periodically freeze and ask your dog to “Drop it.” When he does, pause, then resume the game. If your dog's teeth touch your skin at any point say, “Too bad!” and put the toy away. Fetch is another great indoor game if you have the space. And don't forget recreational chewing! It provides exercise for your dog's jaws, is an excellent outlet for excess energy, and has the important benefit of being a canine stress-reliever. Appropriate chew toys should always be available.

If you're too busy: Consider doggy day care, a neighbour who might like to share “play dates,” or a professional dogwalker, friend, or student who will come by and walk your dog.

Check with your vet before starting your dog on any exercise program or sport. Young puppies and dogs with injured or weak shoulders, knees, ankles, or hips should not engage in any activity that involves jumping, or compete in any strenuous sport.

HOW TO BE YOUR DOG'S GENTLE LEADER

Like children, dogs need a fair and consistent carer. Good leadership will earn your dog's respect and help him to feel secure. Here are a few ways to establish leadership:

1. THE LEADER CONTROLS THE RESOURCES

Just as parents control allowance, curfew and use of the car, you should control all the "good stuff" when it comes to your dog. Start with food and play:

Food is an incredibly valuable resource. As such, it should come from you, not from that round thing that is always magically full! Feed once daily, rather than leaving food down. If your dog does not eat after ten minutes, pick the food up and put it away. Most dogs, even those previously free-fed, will quickly adapt to the new routine; no dog will starve himself. (If your dog is tiny, hypoglycemic, or has medical issues, check with your vet before switching to scheduled feedings.) For dogs with severe leadership issues, or to kick-start your program, hand-feed meals (a few pieces at a time) for two weeks. Have your dog sit, shake, or down to get each handful of food.

Control toys and games. Leave your dog with a few toys, but reserve the really special ones for when you are present. Bring them out periodically and play with your dog. Now you are also the source of all fun! Note: Playing tug is fine as long as you control the game, and your dog knows "Drop it" (aka "Out"). Bring out the toy; initiate tug. Periodically freeze, followed by saying, "Drop it." When your dog releases, wait a beat, say, "Take it" and resume the game. (If at any time teeth touch skin, say, "Too bad!" and put the toy away.) When you have finished playing, put the toy away out of your dog's reach.

2. PUT YOUR DOG ON A LEARN TO EARN PROGRAM

That means he must do something for you in order to earn anything that is valuable to him. If your dog wants to be petted, teach him to sit first. Then pet. Have him sit (or do another behaviour he knows) before meals, treats, walks, tossing the ball, and anything else he finds valuable. Make training fun!

3. FURNITURE PRIVILEGES – YES OR NO?

If your dog will get down when asked, no problem! For dogs who are unruly (which really means untrained) and / or those who won't get down when asked, no couch/bed privileges until leadership is better established, and then only when invited. Teaching an "off" is necessary.

4. CONTROL THE SPACE

If your dog zigzags in front as you walk, crowds you as you sit, or otherwise intrudes on your space, that's not very polite! Leaders control space. For zigzaggers, keep your feet firmly on the floor and shuffle right on through. Your dog will learn to move when legs approach. If you are standing and your dog crowds you, use your lower body to gently move him away. If you are sitting, fold your arms and gently move him away using your upper arm or forearm—do not speak or look at him as you do so. (Teaching "Off" is also helpful.) At doorways (until your dog has learned to "Wait" or "Back up"), either push your dog aside gently with your lower body or step in front to block his path. It is not necessary that you always pass through doorways first, but it should be your choice, and shoving is never acceptable!

5. TRAINING

Practice obedience exercises and incorporate them into your everyday life. Sit for pats, sitting opens doors, lunging closes them. Sit before being let out of the car. Sit before unclipping lead etc. Keep practice sessions short and frequent.

6. HANDLING

Teach your dog to accept handling. Do daily massage, including paws, ears and mouth. This practice also makes for easier groomer/veterinary visits and alerts you to any physical abnormalities. (If your dog has issues about being handled, address them with a trainer's help.)

7. GOOD LEADERS ARE NOT BULLIES!

Teach your dog what you want him TO do rather than rousing on him verbally when he does something you don't like. If he does something wrong, show him the right thing to do! If he makes a mistake, forgive and move on. Never use scruff-shakes, jerking, hitting or other harsh physical corrections or punishments. A loud verbal punishment can be very punishing to a scared or soft natured dog. Use praise and rewards to let your dog know when he is doing the right thing. Above all, be a kind and patient leader.

PRINCIPALS OF POSITIVE TRAINING

Training should be an enjoyable experience for both you and your dog. The more you understand about how your dog thinks and learns, the more effectively you can communicate. Clear communication means successful training and good behaviour—with no need for coercion or physical corrections.

1. BEHAVIOUR THAT IS REWARDED IS MORE LIKELY TO REOCCUR

In other words, dogs do what works for them. If your dog was given praise & a cookie the last time he sat, he is more likely to sit again the next time you ask. If he knows that jumping up on you will earn your attention, he'll keep jumping, as your attention is a reward. This powerful principle is a key component of reward-based training.

2. DOGS LEARN BY ASSOCIATION

When training, it is important that the reward closely follow the desired behaviour. For example, when teaching your dog to sit, the praise and treat should be given when his rear touches the floor, not after he's stood up again. On the other side of the coin, reprimanding your dog for something he may have done hours, or even minutes ago (for example, you come home to find your slippers shredded) is pointless; your dog won't associate your yelling with what he's done, and if it happens often enough, he may begin to fear your arrival home, as you're always angry for no reason he can fathom.

3. REWARD BEHAVIOURS YOU WANT, RATHER THAN PUNISHING BEHAVIOURS YOU DON'T WANT

Most of us are so accustomed to noticing "mistakes" our dogs make that it seems strange to notice & reward "good" behaviours. For e.g, your dog barks, so you yell at him to be quiet. Sure, a barking dog is hard to ignore. But what about when he's calmly lying down? Most of us never consider rewarding calm, so the dog only gets rewarded with our attention (even yelling is attention) when he is doing something we don't like. Naturally, he keeps doing those things! If, on the other hand, he gets attention for being calm, he will be calm more often. Make it a point to catch & reward your dog for doing something right. If your dog is engaged in a behaviour that can't be ignored (e.g chewing the table leg), interrupt with a sharp verbal, "Eh-eh!", lead him away from the area, ask him to sit, & give him a chew toy or other activity to keep him busy.

4. EXTINCTION. IF BEHAVIOUR IS IGNORED, IT WILL EVENTUALLY EXTINGUISH ON IT'S OWN

Imagine you are trying to buy a soda from a vending machine. You insert your money, press the button, and wait. Nothing happens. You press the button more forcefully, and try a few others as well. Still nothing. You jangle the change lever. No soda, no change. You might even become so angry that you shake or kick the machine. All that effort and still no soda! Grumbling to yourself, you give up and leave. In this example, the soda-seeking behaviour extinguished because there was no payoff, no reward. Kicking or shaking the machine is an example of an extinction burst. What that means for your dog is that if you ignore an unwanted behaviour such as jumping or barking, before your dog gives up, the behaviour may actually escalate. The important thing is to wait it out rather than giving in; it will eventually stop, and will stop even sooner the next time around.

5. POSITIVE REINFORCEMENT IS SOMETHING THE DOG WANTS

Just because you think those expensive new treats are a great reward doesn't mean they are. If your dog turns his nose up at them, they're not much of a reward in his mind. A reward can be petting, verbal praise, a throw of the ball, a quick game with a favourite toy, sniffing the grass, or saying hello to another dog. The sky's the limit. Consider which things your dog finds rewarding, and use them.

6. FIND AN ALTERNATIVE BEHAVIOUR

When you want your dog to stop doing something, give him something else to do instead i.e. something that is incompatible with the behaviour you don't want. For e.g if your dog jumps up on you, have him sit instead. He can't sit & jump at the same time. Does he chew on furniture? Give him an appropriate chew toy instead; he can't chew items on both at once. Try this: Take a piece of paper, and draw a line vertically down the center. On the left side, list all the things your dog does that you'd like him to stop doing. On the right, next to each behaviour, write down a behaviour he could do instead. Once you start thinking about things in this way, you'll be surprised at the creative solutions you come up with—and how needless punishment really is.

7. RAISE CRITERIA GRADUALLY IN SMALL INCREMENTS, BUILDING UPON EACH SUCCESS

Simply put, that means don't expect too much too soon. Build small steps to get from Point A to Point B. For example, when teaching your dog to stay, start with a three-second stay. If successful, try for a stay that is two seconds longer. If the five-second stay is too much (your dog breaks the stay), don't correct him. You've asked for too much too soon. Simply go back to three seconds and start again, then build slowly, one second at a time. Any time your dog does not perform an exercise correctly, ask yourself if you have raised the criteria too quickly. Go back to the point at which your dog was last successful, then build gradually. Raising criteria gradually eliminates the need for correction by setting your dog up to succeed.

8. IF TRAINED CORRECTLY, BEHAVIOUR IS NOT CONTINGENT ON FOOD

This is something that many people who are opposed to food-reward training don't understand. If you phase treats out gradually & begin to substitute lots of real-life rewards (like petting, games, the door opening for a walk), your dog will perform the desired behaviours even when you don't have food with you. We use plenty of treats at first to teach & practice new behaviours. Eventually, a schedule of random (unpredictable) reinforcement, along with real-life rewards, will ensure that the good behaviour continues. You wouldn't want to stop getting paid once you got better at your job, so don't forget to reward your dog sometimes for a job well done!

Training should be fun!

- Keep training sessions short; three to five sessions of three to five minutes a day is fine.
- Focus on one new behaviour per session.
- Keep an upbeat attitude when training. Don't train when you're cranky!
- End each training session on a successful note. Did your dog just do ten good sits, with the last one being really great? End the session there.
- As each behaviour is learned, incorporate it into your daily routine as often as possible.

Above all, BE KIND TO YOUR DOG & HAVE FUN!

TRAINING CLUBS

AGILITY DOG CLUB of NSW

Castle Hill Showground – Carrington Road, Castle Hill - Ph: (02) 9654 1951

NORTHERN SUBURBS DOG TRAINING CLUB Inc

St.Ives Showground-Mona Vale Rd, St.Ives - Ph: (02) 9489 1554
ask for Ginny (Annual membership \$120)



Blacktown and Marayong -Blacktown Kennel & Training Club	9622-8663
Castle Hill -Paws 4 Fun	9980-5030
Castle Hill -Hills District Kennel Club	9652-1764
Centennial Parklands -Eastern Suburbs Dog Training	0412-645154
Eastwood -Brush Farm Dog Training Club Inc.	9801 8797
Hawkesbury Dog Agility Club	4575-2222
Hornsby Dog Training Club	9990-7301
Hurstville All Breeds Dog Training Club	9771 2582
Lindfield -Metropolitan Mid-Week Dog Training Club	9873-2304
Manly -District Kennel & Dog Training Club	0416 053 590
Warringah – German Shepherds Dog League	0401 019 213
St George Dog Training Club	02 9382 2645

INTRODUCING YOUR CAT TO YOUR NEW DOG

It's important to understand firstly that cats care about their place in the home **physically**, whereas dogs care about their place **socially** so once the cat realizes the social side is what the dog is after they tend to settle towards the dog & can work out the relationship.

Always keep the dog on a loose lead when introducing him to cats and if you act calm & have a "see it's just a cat, nothing to worry about" attitude the dog will pick up on this

If the dog is food motivated use food rewards for any time the dog looks at the cat & remains calm. If the dog is reactive by barking or carrying on, take him/her out of the room where all the fun & treats are going on. Don't tell the dog off but instead if he reacts, say "silly boy, now we have to leave the room" & take him out on the lead. When the dog calms down outside the room, the owner & dog can re-enter the room where the cat is, the dog getting food rewards for keeping the calm behaviour or if he reacts then out of the room he goes again until he begins to understand that reacting gets him nowhere.

Always give the cat a safe spot it can dash to where the dog cannot get to. Cats like to observe from a safe spot so it is important to allow the cat to do this.

Since dogs & cats use different body language to communicate it can be confusing to the opposite species to work out what the other one is about. For example, when a dog holds one front paw up this is to indicate they mean no harm & would like to be friends, where as in the cat world a paw up is threatening so it will take them awhile to work out what the other animal actually means.

Another way to do the introduction is through a baby gate (obviously make sure the dog cannot scale the gate & get to the cat.) Doing it this way allows the cat to enter the dogs premises at its own pace while also being able to flee back to its safe spot if it needs to do so. Food rewards should be used for rewarding the dog when the cat gets close & the dog hasn't reacted. Lots of praise for the dog when he does the correct behaviour.

If the dog is reacting to the cat (while doing the intro through the baby gate), ignore the behavior then when the dog settles & is behaving quietly/calmly praise the dog for this behavior so they are learning acting calmly towards the cat gets them attention, praise, food rewards etc.

Doing some training exercises like sit, drop, high 5, in the presence of the cat at a distance is also a good way to help the dog relax & focus on something other than the cat. Giving the dog adequate exercise & play time means the dog will not need to 'chase the cat' for fun.

For the first couple of weeks while the dog & cat are getting used to each other never leave them alone together. Always keep them separated while you are out to ensure consistent training with the issue.

Puppies are usually harder to introduce as they are so happy & playful - making it fun for the pup but scary & threatening to the cat. Always supervise the pup with the cat at the start until the pup learns its boundaries with the cat.

HOW KIDS SHOULD INTERACT WITH DOGS

Be polite and kind to pets

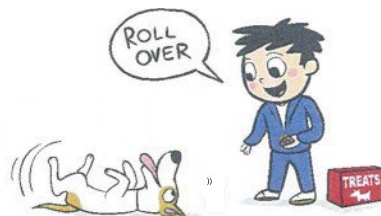


Learn to recognize when your dog is scared or anxious



Play appropriate games with pets, such as:

Fetch



Training tricks (like roll over, shake, beg, etc.)

Walking and running with a dog



Playing hide-n-seek

Always remember:

Supervise all interactions. Accidents can happen in a split second.



Train your dog to associate the kids with positive experiences so he'll be more likely to tolerate your child in case she accidentally interacts inappropriately.

Dr. Sophia Yin, DVM, MS
Mc Art and Science of Animal Behavior

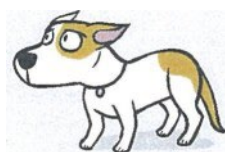
For additional free dog bite prevention resources and more dog behavior books and products, visit www.dr.sophiayin.com.



BODY LANGUAGE OF FEAR IN DOGS



Slight Cowering



Major Cowering

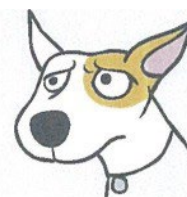
More Subtle Signs of Fear & Anxiety



Licking Lips
when no food nearby



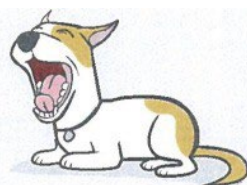
Panting
when not hot or thirsty



Brows Furrowed, Ears to Side



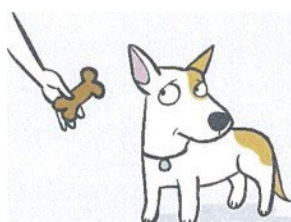
Moving in Slow Motion
walking slow on floor



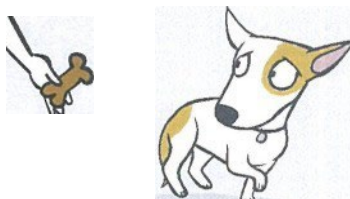
Acting Sleepy or Yawning
when they shouldn't be tired



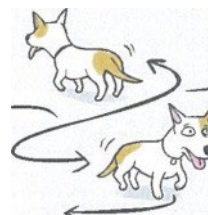
Hypervigilant
looking in many directions



Suddenly Won't Eat
but was hungry earlier



Moving Away



Pacing

ID 2011 Dr. Sophia Yin, DVM, MS

Dr. Sophia Yin, DVM, MS
The Art and Science of Animal Behavior

For additional free dog bite prevention resources and more dog behavior books and products, visit www.drsophiayin.com.

Dr Yin's Program for Developing Leadership in Humans and Impulse Control in Dogs

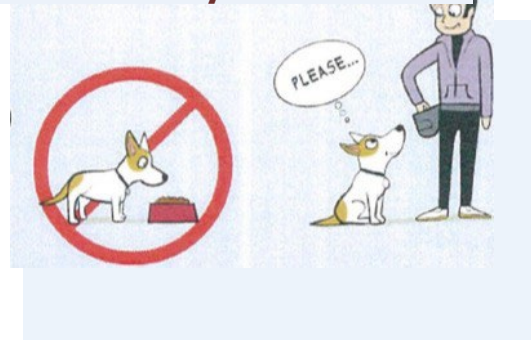
From excessive barking, to jumping to aggression and separation anxiety, one of the common issues is that these dogs tend to lack impulse control and their humans need to find better ways to provide guidance and leadership. Fortunately humans can develop the needed communication skills while training dogs to have self-control and emotional control in Dr Yin's fun, reward-based version of the Learn to Earn Program.

Become a Leader Your Dog Can Trust

Once owners set guidelines and communicate the rules by consistently rewarding desired behaviors while removing rewards for unwanted behaviors until the desired behaviors are a habit, then the owners are seen by the dog as the leader whom they can trust to guide them. Alternatively, when rules change randomly or the messages are garbled the dog may view the owner the same way you might view an indecisive boss who mumbles.



Throw Away the Food Bowl



For the fastest training, dogs should earn their meal throughout the day when you are home. That means no food in the food bowl. Instead you'll carry food around with you in a bait bag, your pockets, or have it available in easily accessible containers throughout the house. Then, throughout the day, when you are home, you'll reward appropriate behavior. Now your dog will get 100 rewards for desired behavior instead of a free meal.

Require the Dog to Say Please By Sitting

In this program we turn the house rules onto their head. Whereas taking things without asking worked before, the only thing that works to get the dog what she wants now is to automatically say please by sitting.



VS



FREE!

100 x REWARDS!

Use All Motivators to Your Advantage

You require her to sit for resources such as petting, attention, and play, when she wants these things, you'll increase your toolbox of rewards even more. Add to this, removal of all rewards for undesired behavior and now you have a formula for changing the dog's behavior patterns virtually overnight

Keep Your Dog Attached to You

Tethering to you teaches your dog that when she doesn't want to pay attention to you, she can't just blow you off and walk away and then get rewarded by something else, such as food that she grabs off a table. That is, tethering her to you helps prevent rewards for undesirable behavior. Plus, if your dog's close, it's easier to reward good behaviors as they occur. Otherwise you tend to forget and miss opportunities, which makes the training take weeks or months longer.



Walk with a Loose Leash

When your dog's attached to you on leash, she should sit and remain seated when you are stationary and then walk by your side on a loose leash (not ahead of you) when you move from place to place.



Dr. Sophia Yin, DVM, MS

SOME FINAL TIPS FOR YOUR NEW FAMILY MEMBER

1. MEASURE THEIR FOOD

'Eating better' is often at the top of everyone's goal list and the same should be made for our pets! Part of this diet change involves paying close attention to how much food you give them. Most owners 'eyeball' their pet's daily food intake, resulting in overfeeding and weight gain. Instead, use a measuring cup to ensure your pet gets just the right amount of food for their individual needs;

2. START A PET SAVINGS FUND

As our pets age, their medical needs can become more complex and can result in higher costs associated with medical care. Putting aside a reasonable amount of money per month will ensure that you never have to compromise when it comes to getting your pet the best care possible, or invest in appropriate pet insurance;

3. UPDATE THEIR TAG

Many pet owners forget to keep their pet's identification tags up to date. If any of your contact information has changed since the last time you had your pet vaccinated or registered, you ought to update their tags and microchip information. It is the best way to ensure their safe return home in the event they go missing;

4. MAKE TIME TO PLAY

Make it a priority to play with your pets. Assign certain hours of your week that can be entirely devoted to play time. It provides a great opportunity for you and your pet to exercise, as well as an important one on one bonding time;

5. TRY A NEW ACTIVITY

Just as we often get bored with predictable daily routines, and so do our pets! Try something new with your pet. Choose a new activity that you can do together, like swimming or hiking;

6. GIVE THEM A GROOM

Regular brushing and grooming remove excess fur from the coat, reducing the amount you find on your clothes and furniture. It also helps distribute oils from the skin to the fur, maintaining the health and shine of their coat;

7. TEACH A NEW TRICK

Make your pet's mental health and overall behaviour a priority. Teaching your pet, a new trick can be great for stimulating their brain and keeping them young at heart;

8. CLEAR OUT OLD TOYS

Just as we often declutter our homes of old clothes, toys, and junk in the New Year, our pets need the same service. Stop holding on to old, destroyed, germ-filled pet toys and replace them with new, exciting, and stimulating ones;

9. START A MEDICAL LOG

Keep a medical log of your pet's vet visits, medications, and special needs. Keeping a pet medical log can be extremely helpful if you must make an emergency trip to the vet for something serious in the future;

10. VISIT THE VET

Perhaps, one of the most important resolutions for every pet owner to make this year, is to take your pet to the vet at least once a year. As much as we think we know what is best for our pet, there can be underlying conditions going on that only your veterinary staff is able to point out;

The 3 Days, 3 Weeks, 3 Month Rule of Adopting a Rescue Dog

The 3-3-3 rule is a general guideline, every dog is unique and will adjust differently. Give your dog space and allow him to go at his own pace.

3D



In the first 3 days,

- ☐ Feeling overwhelmed
- ☐ May be scared and unsure of what is going on
- ☐ Not comfortable enough to be "himself"
- ☐ May not want to eat or drink
- ☐ Shut down and want to curl up in his crate or hide under a table
- ☐ Testing the boundaries

3W



After 3 weeks,

- ☐ Starting to settle in
- ☐ Feeling more comfortable
- ☐ Realizing this could possibly be his forever home
- ☐ Figured out his environment
- ☐ Getting into a routine
- ☐ Lets his guard down and may start showing his true personality
- ☐ Behavior issues may start showing up

© Rescue Dogs 101

3M



After 3 months,

- ☐ Finally completely comfortable in his home.
- ☐ Building trust and a true bond
- ☐ Gained a complete sense of security with his new family
- ☐ Set in a routine


RescueDogs101™
 ADOPT LOVE TRAIN

DOGGIERESCUE FOREVER HOMED

Pet Legacy Program

What would happen to your pets if something happened to you?

We know how much you love your pets - So having a solid plan in place for what happens to your pets when you are no longer around is a sensible and responsible way to thank your pets for the years of unconditional love and friendship they have given you.

What is DoggieRescue Forever Homed?

DoggieRescue Forever Homed is a Pet Legacy Program available to those who love their pets and choose to leave a gift in their Will to Monika's DoggieRescue.

How does it work?



Enrol your pet(s) in the **DoggieRescue Forever Homed Program** which includes providing comprehensive information about your pets individual requirements and personality characteristics.

We keep this information on file to guarantee that, if the time comes, we have everything we need to take care of your pet and find them a suitable, loving new home.

Even if you have someone to take care of your pet, DoggieRescue Forever Homed can still provide a reliable backup plan. Your family members' circumstances may change, and your neighbors may relocate. By enrolling in **DoggieRescue Forever Homed**, you can rest assured that your pet will receive proper care no matter what happens.

Forever Homed: A Legacy of Love for Your Pets



More information on the website Doggierescue.com or email amanda@doggierescue.com





16 Ross St, Parramatta
ph:98907220

FREE HEALTH AND WELLNESS CONSULTATION VOUCHER

Date of adoption _____

Congratulations on the adoption of _____

Microchip number _____

What an exciting time for you!

We know that adding a new family member has been an important decision in your life and that you want the very best for him/her.

For this reason The Cottage Animal Hospital* is offering you a **FREE** health and wellness examination for your new pet within 14 days of the adoption date.

Your wellness examination allows you to ask any questions or address any concerns you have and allows us to assess the health of your doggy.

At this time we can also advise you on routine things such as heartworm prevention, worming protocols, flea and tick prevention and nutrition and offer you a discount on these items.

If your dog has an existing medical issue that DoggieRescue has alerted you to, we can also discuss this with you.

We look forward to hearing from you, and seeing your new family member!

The Cottage Animal Hospital phone 9890 7220
vets@cottageanimalhospital.com.au - www.facebook.com/TheCottageAnimalHospital

*The Cottage Animal Hospital is 50% owned by DoggieRescue.com