

## Host Home Handbook



Dear Host Home,
Enclosed in this notebook is information that will be very useful and educational for you as the host home for a Leader Dog breeding stock dog.

It is with great appreciation from Leader Dogs for the Blind that you have made the very important and responsible decision to become involved in a wonderful and special volunteer opportunity.

Hosting a specially chosen dog to love, care for and be responsible for is a huge commitment of your time. Please remember that LDB staff members are here to support you when you have questions or concerns.

Very few of the dogs that enter Leader Dog for training are singled out and considered for breeding. The purpose of having a breeding colony of dogs is to produce well-rounded, stable, intelligent, healthy dogs to empower people who are blind or visually impaired with independent travel skills. The goal of the breeding program is to maintain a quality breeding colony for continued availability of dogs for training.

Please review the contents of this packet and familiarize yourself with the responsibilities involved with being a host home. If you have any questions, always feel free to contact Breeding Program Manager, Dana Hunter dana.hunter@leaderdog.org 248-218-6327 or Breeding Specialists, Alex Guigar (alexandra.guigar@leaderdog.org) or Sam McCormick (samantha.mccormick@leaderdog.org) at 248-2186403.

## ADDITIONAL REFERENCE NUMBERS

To email the entire Breeding Team: breeding@leaderdog.org
Veterinary Department: 248-651-9011 ext. 1118
Veterinary Department (direct): 248-218-6308
Leader Dog 24-Hour Toll-Free Number: 888-777-5332
Puppy Care Department: 248-218-6313
Puppy Care Drop-off and Pick-up line: 248-648-0364
Breeding resource web page: www.leaderdog.org/breeding-hosts

## FOR AFTER HOURS EMERGENCY

Take your dog to the nearest emergency clinic if immediate attention is necessary.
For emergencies needing attention outside of normal business hours, call 248-218-6308.
You will be prompted to dial " 0 " to reach the LDB veterinarian on call.
Leader Dogs for the Blind is grateful for your support of our breeding program and we hope it will be a very rewarding experience for you for many years to come.

## Table of Contents

Section 1 Guidelines and Care of Your Breeding Stock Dog Pg. 1Information and Requirements for Hosting a Breeding Stock Dog Pg. 2
General Overview of Care of Breeding Stock Dogs Pg. 4Host Home Social Media Policy and GuidelinesPg. 6
Breeding Stock Facebook Group ..... Pg. 7
Section 2 Reproduction, Breeding and Host Home Responsibilities ..... Pg. 8Male ReproductionPg. 9
Breeding at Leader Dog ..... Pg. 11
Ovulation Timing and Breeding Management ..... Pg. 11
Host Home Responsibilities ..... Pg. 13
Disorders of the Male Reproductive System ..... Pg. 13
Journey of a Future Leader Dog ..... Pg. 16
Section 3 Health and Wellness of Breeding Stock ..... Pg. 17
Preventative Health ..... Pg. 18
Common Intestinal Parasites ..... Pg. 21
Nail Trimming ..... Pg. 24
Common Dog Hazards ..... Pg. 26
Emergencies and First Aid ..... Pg. 27
Normal Values for Your Dog ..... Pg. 32
Administering Medication ..... Pg. 34
Canine First Aid Kit ..... Pg. 35
TTouch ..... Pg. 37
Section 4 Training ..... Pg. 39
Expectation of Behavior ..... Pg. 40
Breeding Stock Basic Training ..... Pg. 41
General Thoughts from the Dogs ..... Pg. 44
Basic Obedience Commands ..... Pg. 46
Tricks for Breeding Stock Dogs ..... Pg. 56
Breaking the Habit of Coprophagia (Eating Feces) ..... Pg. 59
Thievery/Counter Surfing ..... Pg. 61
Using Your Crate ..... Pg. 62
House Training ..... Pg. 63
"Sit Down" and Other Ways to Confuse Your Dog ..... Pg. 65
Canine Behavior: Use of Calming Signals ..... Pg. 67
Toys ..... Pg. 71
Raising an Obedient and Self-Controlled Dog ..... Pg. 72
Section 5 Forms ..... Pg. 76
Body Condition System (BCS) Chart ..... Pg. 77
Fecal Scoring SystemPg. 78

## SECTION 1 GUidelines and Care of your Breeding Stock Dog

Information and Requirements for Hosting a Breeding Stock Dog
General Overview of Care of Breeding Stock Dogs

Breeding Host Home Social Media Policy and Guidelines

Breeding Stock Facebook Group

## Information and Requirements for Hosting a Breeding Stock Dog

Hosting a breeding stock dog is a long term and special commitment as well as a unique and rewarding experience. The future of the dogs for our clients rests in large measure on the specially selected breeding dogs and the families who will house them.

Usually breeding stock dogs move into the breeding colony when they are 12 to 18 months old. This is the age at which they will be placed in a breeding stock host home. The dogs chosen for the breeding colony have received all their pertinent health clearances and have been temperament tested by Leader Dog's experienced staff.

Your dog was chosen for the Leader Dog breeding colony because of his/her breeding potential and their value to the breeding colony. Failure of the host home to keep the dog under control, safe, and to follow the guidelines outlined below and in the host home contract, may compromise the dogs' viability as a breeder and may result in the removal of the dog from the host home.

Leader Dog breeding stock will not be "working dogs" that lead a person who is visually impaired and have not received formal guide training.

Leader Dog uses athletic dogs and they are happiest when they are living with families and kept busy. We suggest that basic obedience training be a routine part of the breeding stock dogs' life and encourage host homes to attend obedience classes in their area. The Leader Dog breeding program offers quarterly host home meetings with educational presentations and the opportunity to network with other host homes.

It is imperative that the breeding stock dogs be kept in good physical health and weight. The breeding females are bred for four consecutive cycles, which will last approximately $21 / 2$ years. Males can be bred later in life and sometimes many times a year. Decisions concerning breeding are based on the dog's physical condition and the quality of puppies produced.

When a breeding stock dog is retired from the breeding colony, Leader Dog will neuter/spay the dog and return it to you. If the host home decides not to keep the dog, the dog must be returned to Leader Dog and the dog will be placed in a new home. The routine costs of feeding and caring for the dog, transportation to and from Leader Dog and transporting the litter rests with the host home.

Veterinary care at the Leader Dog veterinary clinic, Heartgard (heartworm prevention) and Frontline Gold (flea/tick prevention) are free for all breeding stock dogs. Any veterinary care at Leader Dog is by appointment only. Veterinary care can also be handled by your personal veterinarian at the expense of the host home. Records must be supplied to Leader Dog for any outside veterinary care.

Whenever you plan to go out of town and cannot or do not want to take your dog with you, Leader Dog asks you to board your breeding stock dog with us at no cost. You can make arrangements with the Breeding Department.

Extensive information and support are available to each host home, including quarterly meetings, literature, DVD, and newsletters. There is also a Facebook page exclusively for Breeding Hosts and Puppy Raisers. Finally, the staff of the Breeding Team is always available to support you and answer any questions you may have.

Females are brought into Leader Dog around the fifth day of their cycle. The host home of the selected male will be notified when the male is needed for breeding and given 1-4 days to bring the male into Leader Dog. When breeding stock dogs come in for breeding, they may remain at Leader Dog for up to two weeks. Routine tests, general exams and inoculations will be administered as needed while at Leader Dog. When the breeding is complete, the host home will be notified to make arrangements to pick up their breeding stock dog.

Please remember

- Leader Dog breeding stock are owned solely by Leader Dogs for the Blind and all breeding rights are retained by Leader Dogs for the Blind.
- Leader Dog breeding stock must be on a leash or long line unless in a completely enclosed area. This includes going from home to vehicle, swimming, playing in fields and any type of training. Breeding stock cannot be used for hunting purposes.
- Due to the high potential for an unwanted pregnancy, intact/non-sterilized dogs of the opposite sex to the Leader Dog breeding stock dog are not able to reside in the home of a breeding stock dog.
- The personal dog limit for a host home is two dogs and/or the number regulated by the city or township in which the host home resides, whichever is less.
- Male breeding stock must live within a four-hour, one-way drive, to Leader Dog and reside in the USA.
- Female breeding stock must reside within a six hour, one-way, drive to Leader Dog and reside in the USA.
- Female breeding stock can never be left outside unattended during their heat cycle even if in an enclosed yard. This is to ensure safety and prevent unwanted breeding.
- It is the responsibility of the host home for the female breeding stock to immediately notify the Leader Dog breeding department each and every time the female goes into her heat cycle. The heat cycle may occur once every five months to once every 12 months.
- Host homes accept the responsibility to transport their breeding stock dog to Leader Dog within a three to four day period and sometimes sooner, when notified to do so.
- Leader Dog breeding stock dogs do not have access rights and should not be taken into public businesses, transportation, etc. The dogs' number and microchip tags must not be altered and must always be attached to their collar. The breeding mom or dad bandanas are solely for identification purposes for such functions as parades and Leader Dog arranged engagements.
- All breeding stock must be kept in top physical condition at all times. A target weight will be assigned to each dog and it is the responsibility of the host home to maintain the dog at its target weight. Failure to maintain the dog at its target weight may necessitate the removal of the dog from the host home.
- All breeding stock dogs must be kept as household companions, by living in the home environment and not in a kennel.
- It is the responsibility of the female breeding stock host home to transport puppy litters to Leader Dog when the puppies are approximately seven weeks of age.
- All whelping must be in-home and fully attended. Puppies will be kept in the host home from birth to about seven weeks of age. Leader Dog will supply whelping equipment.
- Leader Dog retains the right to make the sole decision on when to retire the breeding stock dog.
- Female breeding stock normally retire at approximately four years of age and males at about eight to ten years of age.
- Your breeding stock dog can participate in a variety of activities such as therapy dog training, agility or obedience when it will not interfere with the breeding process.


## General Overview of Care of Breeding Stock Dogs

As with all dogs, proper feeding and weight maintenance is critical to the health and longevity of your Leader Dog breeding stock dog. Additionally, proper nutrition and weight management are vital to the dog's fertility. Since it is their fertility that makes the dog a part of the breeding program, great care must be taken to ensure that it is not compromised by obesity or nutritional influences.

For this reason, we require that all dogs in the Leader Dog breeding program be maintained at the target weight range determined by the Leader Dog veterinary team and breeding staff. Since metabolism and exercise levels vary from dog to dog, you will be given a feeding regimen specific to your dog. Once in the home, the feeding amounts may need to be altered slightly to maintain the dog at its target weight. Failure to maintain the dog within this optimal breeding weight zone may result in the removal of the dog from the host home.

Nutrition is a particularly important component in caring for a breeding dog. We ask that you feed Purina Pro Plan Active 27/17 Chicken and Rice formula. Supplementation of calcium, vitamins, mineral or any other nutritional components are not to be added to the diet without prior approval of Leader Dog. Diets that are marketed as "grain-free" are not permitted as they contain ingredients that can affect fertility.

Leader Dog uses a Body Condition System (BCS) score to consistently assess your dog's weight and condition. Please see the Body Condition System chart in Section 7. We like to maintain our dogs at a BCS of 5 out of 9 . You will find your dog's weight and BCS on the Post-Breeding Information sheet that you are given each time you pick your dog up from breeding.

Please note that these guidelines will help ensure that each dog lives a long and healthy life with optimal fertility to ensure happy and healthy puppies.

## Breeding Stock Dog in Public

Leader Dog Breeding Stock are always required to wear their Leader Dog issued tags . They will need additional tags as required by local laws. You will be issued a special "Leader Dog Mom" or "Leader Dog Dad" bandanna to identify the dog while out in public. These may be worn for promotional events, parades, presentations, etc. but should not be used to gain entrance to stores, restaurants or other public places where Leader Dog puppies in training are welcomed. Leader Dog puppies need socialization to help prepare them for their careers as guide dogs. A breeding stock dog does not require this type of preparation and taking it into such places only serves to wear-out the welcome for the puppies.

## Health Care

The Leader Dog veterinary clinic is available, by appointment, for all breeding stock dogs and is the preferred site for all health care. Emergencies may be handled locally when immediate care is critical. For those families too far from Leader Dog to make routine visits practical, a local
veterinarian should be selected for routine health care. As a matter of policy, billing arrangements for care outside of the Leader Dog veterinary clinic are the responsibility of the host home. Leader Dog will reimburse families for pre-approved care provided by a local veterinarian for the puppies whelped in-home. Estimates should be submitted in advance for approval by a Leader Dog veterinarian. Remember, vaccinations must be updated annually, and your dog must have an annual test for heartworm and be on Heartgard year-round. We provide Heartgard free of charge for all breeding stock dogs.

## Parasites

Each host home is responsible for ensuring that parasites such as fleas and ticks do not become a health or comfort issue for the dog. Fleas are more than a nuisance for you and your dog, they present the potential for serious health problems. Prevention is much easier and cheaper than dealing with fleas once they reach crisis levels in the home. The key to dealing with fleas is to regularly apply Frontline Gold, or other Leader Dog approved product, to your dog and keep your home and yard flea and tick free. The most overlooked area is the family car. Please consult with the Leader Dog veterinarian as to the appropriate products to use if not using Frontline Gold. We provide Frontline Gold free of charge for all breeding stock dogs.

## Boarding

When you need to go out of town, please board your dog with Leader Dog at no cost. You are welcome to take the male breeding stock dog with you but please contact the Breeding Team ahead of time to ensure he will not need to come in for breeding during your absence. Arrangements for boarding can be made through the breeding department.

## Breeding Host Home Social Media Policy and Guidelines

As a host home for Leader Dogs for the Blind you participate in a unique program that allows us to provide people who are blind with independent travel. Your generosity and care are greatly appreciated.

As you are aware, all breeding stock dogs are the property of Leader Dogs for the Blind and must always be carefully guarded and protected, both in physical and online environments. For this reason, this policy applies to the use of social media in host homes, especially when newborn puppies are present. It is critical for host homes to understand and follow the guidelines of acceptable conduct outlined in the Leader Dogs for the Blind volunteer handbook. Also, become familiar with the terms of service and existing guidelines published by each social media channel (Facebook, Twitter, YouTube, etc.) before posting photos or information. Our ultimate goal is to keep our dogs, clients, and host homes safe from harm, liability, and invasion of privacy.

Social networking sites provide the ability to share the joy and pride you experience when hosting a Leader Dog Mom or Dad. It is a wonderful way to communicate to others who may be interested in volunteering for Leader Dog, but it must be done while respecting privacy and maintaining positive publicity for Leader Dogs for the Blind. Good judgment and common sense must be used in what is shared online. Remember that every YouTube video has an individual URL and can be viewed, shared as a link or embedded via other social media outlets and on websites by anyone-indefinitely.

Please keep these guidelines in mind before creating and airing a video of a Leader Dog:

- DO keep all communication on social media channels positive and public.
- DO create fun, short videos that entertain and inform the community about Leader Dogs for the Blind. The content of the video must be positive and wholesome.
- DO use the opportunity to direct viewers to visit the Leader Dogs for the Blind website for further information about hosting a dog in their home (leaderdog.org).
- DO remember that the videos you share with members of the public may result in an online dialogue directly with you.
- DO remember that anything you post on a social media channel is a reflection of you and Leader Dog to some degree. Before posting ask yourself if the content reflects how you want others to see you and positively supports Leader Dogs for the Blind.
- DO NOT leave a camera on and unattended for any period of time while streaming the video online. This creates a potentially dire situation if an unforeseen tragedy takes place. Keep your videos short and personally monitored.
- DO NOT use private channels or invitation-only channels. These cannot be monitored by Leader Dogs for the Blind and may put our dogs and your family at risk.
*Special note specifically for a volunteer hosting a Leader Dog Mom:
- DO NOT have a live video feed of your dog giving birth or for the immediate days that follow.

We are proud of our host homes and want to continue to show this pride in the future and on social media sites. Please ask a member of the breeding team if you have any questions. Thank you for all that you do!

## Breeding Host and Puppy Raisers Facebook Group

This social group has been designed to celebrate, educate and inform Leader Dogs for the Blind's current breeding host homes and puppy raisers. To ensure the best possible experience for all group members, we have established some basic guidelines for participation.

1. Using a web browser, navigate to: www.facebook.com and search: Leader Dogs for the Blind Puppy Raisers/Breeding Hosts.
2. In the upper right-hand corner, request permission to join the group.
3. Once your request is approved, you will be a member of this closed group.

## Guidelines for the Leader Dogs for the Blind Puppy Raisers/Breeding Hosts group

- By joining this community group, you agree that you have read and will follow the rules and guidelines set for this community
- You also agree to reserve posting comments for topics best suited to the forum. This is a great forum in which to solicit advice of your peers, benefit from their experience, and participate in an ongoing conversation.
- Do not challenge or attack others. Posting comments is meant to stimulate conversation, not to create contention.
- Solicitation for personal benefit will not be allowed; however, postings that will ultimately generate funds for Leader Dog such as tools, events or fundraising opportunities that adhere to Leader Dogs values and missions will be permitted.
- All defamatory, abusive, profane, threatening, offensive or illegal comments are strictly prohibited.
- We reserve the right to remove posts that do not serve our mission. Please do remember to be mindful.
- By joining this page, your personal profile settings will become accessible to other group members. Do not post comments that you would not want to be made public or that you would not want to claim personally.


## Section 2 Reproduction, Breeding and Host Home Responsibilities

Male Reproduction

Breeding at Leader Dog
Ovulation Timing and Breeding Management

Post-Breeding Care and Host Responsibilities
Disorders of the Male Reproductive System

Journey of a Future Leader Dog

## Male Reproduction

Dogs are sexually mature between 6 and 14 months old, depending on breed.
In contrary to the females, who are only sexually active once or twice a year when they are in season, male dogs are sexually active year-round. The smell of a female in season attracts them and often they are willing to overcome several obstacles to get to the desired goal.

Because you have an intact dog at your house, a small amount of mucoid discharge at the preputial opening is normal. Should this discharge be bloody or should you notice more frequent or bloody urination, please contact the vet department.

## Breeding soundness exam

One of the tests a dog must pass before being pulled for breeding is a breeding soundness exam.
Optimal fertility requires normal libido, normal breeding ability and normal semen quality. Therefore, a complete physical examination is performed with particular attention given to the genitalia, looking for size, normalcy, and symmetry. Also, a complete semen evaluation is performed, which includes a total sperm count and microscopic examination of sperm motility and morphology.

## Semenalysis/spermiogram

Assessment of sperm morphology (spermiogram) is an important component of evaluating reproductive function of the male because sperm quality is highly indicative of male fertility. Examination of fixed and stained semen smears with at least $2 \times 100$ sperm are evaluated to ensure adequate representation of the sperm sample.

Sperms contain of a head, midpiece and a tail. Optimal fertility is expected in dogs that have at least $80 \%$ morphologically normal sperms. Abnormalities include bent or coiled tails, double heads, or cytoplasmic droplets. It is important to differentiate between major (primary) defects occurring during spermatogenesis (sperm development) and minor (secondary) defects occurring as a result of conditions like environmental or infectious factors that may compromise mature sperm during transport and storage within the epididymis (part of the spermatic duct system).

Dogs with abnormal spermiograms often recover therefore, repeated testing at specific intervals is recommended. Frequency of retesting should be based upon the underlying suspected cause of the abnormality. Typically, males with previous abnormal spermiograms will recover within 3 months. This is the time a new sperm needs to develop and mature (spermatogenic cycle).

Treatment consists of sexual rest and/or avoidance of conditions that may compromise normal spermatogenesis or viability of matured sperm. Also, there are studies out that show
improvement of sperm quality, no matter if age, environmental or disease related, with fatty acid supplements (e.g. AllerG3 caps) and Vitamin E.

Starting at certain age we will provide both AllerG3 and Vit.E caps for you to supplement your dog with daily. This helps to ensure good sperm quality and is only to be discontinued when advised by veterinary or breeding department.

If, after 3 months, retesting indicates persistence of the abnormality, then prognosis for future fertility is guarded. If no improvement is observed by 6 months, prognosis is poor. Abnormalities that extend for up to 12 months suggest irreversible infertility.

## Cryopreservation of semen

The preservation of semen while Leader Dog stud dogs are young and healthy assures a reproductive future before age or illness makes reproduction impossible. It further allows us to work with other Guide Dog facilities to broaden our genetic variety without the female or male having to travel long distances for mating.

From a single semen collection, one can gain multiple inseminations and therefore have many more matings and subsequent litters from genetically valuable dogs. Leader Dog would even have the possibility to breed the same dog to different females at the same time, which is a major limitation with natural breeding. If for some reason the dream candidate for an upcoming breeding is not available, the cryogenically preserved semen could be used as an alternative.

Leader Dog aims to freeze enough samples of one stud dog to be able to inseminate about 20 bitches in the future. The male dog will be collected with the help of a teaser bitch in season. Then semen is evaluated for concentration, motility, and morphology. If the semen is of adequate quality for freezing, it is mixed with a specific amount of extender, slowly cooled, and then frozen on dry ice and placed into tanks with liquid nitrogen. In those tanks cryopreserved semen will be kept, in the form of straws or pellets the size of small peas, for an indefinite length of time.

After the freezing process is complete, a single pellet will be thawed to assess post thaw motility and morphology. This data is used to calculate the final number of straws/pellets needed for a single insemination. The post thaw characteristics do not change after long term storage, often years. Out of a single collection 6 or more inseminations can be obtained.

## Breeding at Leader Dog

## General Breeding Guidelines

Once the female comes to Leader Dog for breeding, she will have a pre-breeding evaluation every two or three days to determine when she has ovulated. Every female will be bred, on average, two times during a given cycle. Breeding can occur in the natural way by the introduction of a carefully chosen mate, or by artificial insemination. The artificial insemination (AI) may occur vaginally, surgically, or by transcervical insemination (TCI). The semen used for AI may be fresh, chilled, or frozen-then-thawed.

## When Your Breeding Stock Dog Comes in for Breeding

As soon as the female comes into season, as indicated by blood drops from her vulva, the host home calls the breeding department and reports the date/day this occurrence started.

The female arrives at Leader Dog around five days after the first indication that she has come into season. All seasons need to be reported, even if it is a season that the female will not be bred. This information will be recorded in the female's file in Leader Dog's database so future breeding plans can be researched.

As soon as the appropriate stud dog is selected, his host home will be called for a "heads-up" call that there is a new breeding session in. Depending on the time schedule or the distance to Leader Dogs the male host home can plan accordingly when it is best to bring the dog in. Depending on the cycle of the bitch, the breeding specialist will let the male host home know one or two days before it is actually time for the first breeding "date".

Even though Leader Dog Breeding department tries to plan ahead as much as possible, there is always the chance that a stud dog host home is called for a last minute breeding. This may be because the female has progressed further in her cycle than expected or various other factors why Leader Dog needs a "back-up plan".

The appropriate matching is determined by results and records that are kept from previous litters or the individual stud dog's production record. Appropriate matching to size, structure, temperament, and genetic carrier traits are also taken into consideration.

Upon arrival both the female and male receive a general health check. This will consist of inspecting ears, eyes, teeth, foot pads, toenails (trimmed if necessary), coat condition, weight (it is very important to maintain their target weight), reproductive exam, overall structure, and body condition. Vaccinations are checked and updated (Distemper series cannot be updated if too close to breeding for the female). A heartworm test is generally done when vaccinations are updated.

Both male and female will have their blood drawn for a Brucellosis test, if it has been 3 months or longer since the last test.

The females will have a pre-breeding evaluation where a vaginal swab is collected to read vaginal cytology which assists tin determining how far along the female is in her cycle. If cytology and vaginoscopy show the first signs of progesterone influence, blood is drawn to be sent to the lab for progesterone level testing. As a general rule, early on in the female's season the levels can be about 0.5 nanograms ( $\mathrm{ng} / \mathrm{ml}$ ); if the progesterone level is as low as $0.5 \mathrm{ng} / \mathrm{ml}$ then a few days later another progesterone level test is done. Breeding usually occurs after ovulation when progesterone levels are between $7-10 \mathrm{ng} / \mathrm{ml}$ and between $10-15 \mathrm{ng} / \mathrm{ml}$. Progesterone levels are determined on each day the female is bred.

The male and female are introduced to each other in the breeding room, which is about $20^{\prime} \times 20^{\prime}$ in size. The flooring is rubber matted for traction and safety. Both male and female are supervised during the breeding sessions, so that the chance of injuries or accidents is minimal.

Leader Dog always tries to achieve natural breedings, as those tend to result in better conception rates and litter sizes. Natural breedings also ensure that we are breeding healthy dogs that are able to reproduce themselves.

If during the breeding process the male is unable to penetrate the female for a natural breeding, then semen is collected, and an artificial insemination is performed. Then the semen is placed into the vagina with the help of a catheter. All females, whether bred naturally or by artificial insemination, are confined in their sleeping area immediately after breeding. After 60-90 minutes, they will be let out to eliminate.

Once the progesterone levels indicate that further breeding is not necessary then the host homes are called to come to pick up their breeding stock dogs. The entire process usually requires a one week stay at Leader Dog. If warranted, a bath is given before returning home, but not before breeding is complete.

Leader Dog staff make every effort to keep your breeding stock dog happy, safe, and comfortable. Many wonderful volunteers spend countless hours sitting with, walking, talking to, playing with, petting, and loving the breeding stock dogs while they are housed at Leader Dog.

Breeding stock dogs seem very happy to arrive for breeding, but just as happy to leave to go back home to their comfortable, loving host homes.

## Disorders of the Male Reproductive System

Reproductive disorders can be genetic or acquired. Mentioned here are only the most important acquired forms because the genetic disorders have been ruled out at the breeding soundness exam (e.g. cryptorchidism).

- geriatric
- orthopedic
- neurologic
- endocrinologic (e.g. hypothyroidism)
- injury/pain of penis or prepuce
- infections of the reproductive tract (prostatitis, brucellosis, inflammation of the testes or the epididymides)
- drugs
- testicular degeneration or cancer
- excessive sexual activity
- prolonged sexual abstinence
- any condition interrupting normal testicular thermoregulation or trauma (e.g. scrotal dermatitis, prolonged fever secondary to other infections, obesity, heat exposure in summer months)


## Host Home Responsibilities

- Check scrotum regularly for lacerations, swelling or pain
- Do not blow dry scrotum after bathing
- Avoid trauma to testes
- Monitor urination habits, frequency, and color of urine
- Check preputial discharge (normal: mucoid)
- Avoid contact with chemicals (e.g. disinfectants, weed killer)
- Avoid contact and ingestion of human hormone replacement medications
- Report problems that could be related to orthopedic or neurologic problems, e.g. does not jump into the car anymore, avoids stairs, limps etc.
- Do not apply or give medications or supplements that are not approved by vet department
- Keep dog in good condition and at his target weight


## Prostate and related disorders

The prostate is an accessory sex gland in males that surrounds the urethra (the small tube where urine flows from the bladder through the penis) at the neck of the bladder. The prostate produces fluid that is added to the ejaculate when a male dog mates. It flushes the sperm into the uterus during the post-coital tie and provides nutrients and assists in the sperm's movement.

There are three major conditions that cause prostatic enlargement:
-benign prostatic hyperplasia
-prostatitis
-cancer of the prostate
The diagnosis of prostate enlargement is made by digital rectal examination, during which the size, position, and firmness of the prostate gland is assessed. Ultrasonography provides additional information and may be helpful in guiding a needle into the prostate to obtain a biopsy to be sent into a lab for definite diagnosis if in question.

## Benign Prostatic Hyperplasia

Benign prostatic hyperplasia is the most common prostatic disorder and is found in most intact male dogs over 6 years old, although it may begin as early as 2.5 years of age. It is an increase in the size of the prostate gland, revealing a non-painful, symmetrically enlarged prostate at digital rectal examination. The disease is hormone-dependent and is influenced by testosterone. Usually it progresses as the dog grows older and cystic hyperplasia tends to develop. Ultrasonography shows diffuse, relatively symmetric involvement with multiple, diffuse, cystic structures. Ejaculates most likely show hemorrhage (blood) and mild inflammation, urine might be bloody as well or bloody discharge might be seen at the preputial opening.

As the prostate enlarges it might cause constipation and straining while defecating. The feces may appear flat or ribbonlike and can be difficult to pass.

Treatment of choice in dogs not intended for breeding is neutering, which eliminates the stimulus for prostatic enlargement.

For our males intended for use in breeding, finasteride is the most effective medical therapy without negative side effects to the dog's general health and breeding future. It blocks an enzyme that converts testosterone to dihydrotestosterone, the key hormone for promoting hypertrophy. It resolves clinical signs, maintains normal testosterone levels, and has no detrimental effect on semen quality, fertility, or libido.

## Prostatitis

Prostatitis is a bacterial infection of the prostate gland. Infection of the prostate may be caused by disease of the urethra, other urinary tract infections, or may be secondary to another prostatic disease. This disease occurs more commonly in male dogs that have not been neutered and older dogs are in greater risk than younger ones.

There is an acute form and chronic form.
In acute prostatitis, animals are usually quite ill and may even require emergency care. Weakness, fever, depression, anorexia, vomiting, diarrhea, and painful urination are common signs. The dog may have an arched back or a tucked-up abdomen. Bloodtinged or purulent secretions may drip from the prepuce. The prostate gland is enlarged, swollen, and tender.

In severe cases fluid therapy is indicated as well as antibiotic treatment based on sensitivity testing for 2-4 weeks. Large prostatic abscesses should be treated by surgical drainage.

On the other hand, dogs with chronic prostatitis are generally much more stable, sometimes exhibit no clinical symptoms at all or only show reoccurring urinary tract infections. It is a significant cause of male infertility and can derive out of an acute disease. Antibiotic therapy should be continued for 4 weeks or longer, as it is a condition hard to resolve.

As antibiotics have difficulty penetrating a swollen prostate gland, both forms require repeated microbiological cultures of prostatic secretions before the end of antibiotic treatment to assure the inflammation is resolved completely.

Neutering helps to resolve symptoms and decreases the likelihood of recurrent prostatitis.

## Prostate Neoplasia/Cancer

It is a very rare form of cancer in dogs, with adenocarcinoma being the most common neoplasm. It is a not testosterone-dependent growth, so neutering does not slow the process of the disease nor can it protect against developing it. It occurs with the same frequency in both intact and neutered dogs.

Clinical signs closely mimic other prostatic diseases. Systemic illness and weight loss often present. Diagnosis is made by biopsy. Usually disease is far advanced at the time it is diagnosed with gross metastases present in regional lymph nodes, lumbar vertebrae, or bony pelvis. There is no effective curative treatment.

## Journey of a Future Leader Dog

- Litter is born. Host home calls/emails to LDB Breeding department the number of puppies in the litter, gender, and coat color of each puppy. Host home gives each puppy a colored rick rack or ribbon to wear. Leader Dog will eventually match that color with a collar.
- LDB Breeding department gives Puppy Development all litter information.
- Puppy Development begins contacting potential raisers for each puppy.
- Host home returns litter to Puppy Land at 6-7 weeks old, usually a Monday or Tuesday morning.
- Litter is seen by the veterinary department on Wednesday for physical, vaccinations, deworming, and microchip implant.
- Raisers begin to pick up puppies the end of that week. Each puppy is given a Leader Dog tag with an assigned number engraved.
- Host home will be mailed a sheet stating where each puppy is being raised.
- Puppy raisers are required to meet with their puppy counselor monthly. Raiser is asked to socialize their puppies to new environments and teach basic obedience and manners.
- Puppy Development sends a notification to each raiser several months prior to the puppies first birthday with a date to return puppy on or before. Raiser will call Puppy Development to schedule the exact day and time to return their puppy.
- When the puppy is returned, it will go into the In for Training canine village to begin his journey.
- The dog receives a medical exam and x-rays, spay/neuter and begins to make some canine friends. Dogs may be career changed at this point for medical reasons, pulled for breeding stock or move on through training.
- The dog will be picked up by a guide dog mobility instructor (GDMI) team for training which consists of four phases approximately one month each. Dogs are evaluated at two weeks, between $4-6$ weeks and $9-12$ weeks. Dogs not progressing may be career changed at any time during the training.
- Clients arrive on a weekend and are issued their dog by a GDMI the following Wednesday and then begin the rest of their 26-day training period together. They live together in their own room in the Polk Residence Hall. Sometimes a trained dog will be home delivered to a client.
- The client is given the chance to meet with his/her dog's puppy raiser on the second Saturday evening during their training period.
- Breeding stock host will receive their "Litter Close Out" packet in the mail before the litters second birthday. If you do not receive your packet, please call the breeding department. Your Litter Close Out packet will consist of pictures of your puppies that are now working with a client (you will be given each client's name and geographical location), puppies that have been pulled for breeding with their official Leader Dog mom or dad picture and, if any puppies were career changed, a brief description of the reason.


## Section 3 Health \& Wellness of Breeding Stock

Preventative Health

Common Intestinal Parasites

Nail Trimming

Common Dog Hazards

Emergencies and First Aid

Normal Values for Your Dog

Administering Medication

Canine First Aid Kit

TTouch

## Preventative Health

It is a simple truth that throughout its lifetime your dog will be exposed to bacteria, viruses and parasites that can cause diseases, some of them serious and life threatening. Although nobody knows your dog better than you do, your dog cannot tell you what is wrong when it is not feeling well. Fortunately, many canine diseases can be prevented, treated, or controlled. Your role in keeping your pet in the best shape possible starts with understanding the most common threats to its health.

## Rabies

Rabies is a generally fatal viral disease that affects the central nervous system and can infect all warm-blooded animals. The disease is zoonotic, which means it can be transmitted to humans through a bite by an infected animal. People exposed to rabies must undergo post-exposure treatment.
Signs: Changes in behavior that can include uncharacteristic restlessness, aggressiveness, agitation, shyness, and paralysis.

## Prevention: Vaccination

## Canine Parvovirus or 'Parvo'

Parvo is an acute, potentially fatal disease of the gastrointestinal tract and, less commonly, the heart muscle. Although dogs of all ages are susceptible, puppies are more at risk.
Signs: Vomiting, bloody diarrhea, fever, and dehydration. Since these symptoms can indicate other diseases as well, the veterinarian will confirm a diagnosis of parvoviral infection by examining the feces.
Prevention: Vaccination

## Canine Distemper

Canine distemper, also known as hard pad disease, is a systemic, very contagious, potentially fatal viral disease.
Signs: Fever, runny nose, cough, and vomiting, progressing to twitching muscles or seizures.
Prevention: Vaccination

## Infectious Canine Hepatitis (ICH)

Infectious Canine Hepatitis, or ICH, is a contagious viral disease that can damage a dog's liver, kidneys, spleen, and lungs. ICH ranges from mild to severe and can be fatal in puppies.
Signs: Fever, diarrhea, thirst, loss of appetite, discharge from the eyes and nose, and respiratory distress. Abdominal pain may be present in some cases.
Prevention: Vaccination

## Kennel Cough

Kennel cough, or Infectious Tracheobronchitis, is an extremely contagious infection of the upper respiratory tract. Contributing infectious agents, either acting alone or in combination with Bordetella bronchiseptica, canine parainfluenza virus and canine adenovirus. Kennel cough can spread rapidly among susceptible animals in close contact with other dogs. Though the disease is generally mild, it can be serious or even fatal in puppies and can cause chronic bronchitis in older dogs and dogs with other illnesses.
Signs: Harsh, dry cough followed by retching and gagging. In more severe cases, kennel cough can present along with a systemic infection such as distemper.
Prevention: Vaccination

## Canine Parainfluenza

Canine Parainfluenza is a chronic, viral contagious respiratory disease that is involved in opportunistic canine infections.
Signs: Cough.
Prevention: Vaccination

## Leptospirosis

Leptospirosis is a contagious bacterial infection caused by organisms that can survive in surface waters for extended periods. Animals and humans can become infected by coming into contact with the urine of infected animals or by ingesting urine-contaminated feed or water. Brown rats, raccoons and other dogs are the primary sources of infection in dogs.
Signs: Sudden slight weakness, loss of appetite, vomiting, fever, and mild conjunctivitis in the early stage; labored breathing, strong thirst, back pain, abrasion-like patches in the mouth in later stages.
Prevention: Vaccination, rodent control and not allowing dogs to play in wet areas or standing water. Antibiotics are used to treat the disease.

## Canine Influenza (Dog Flu)

The Canine Influenza virus causes flu-like symptoms in dogs and is commonly spread in kennel housing situations or in areas where many dogs congregate such as dog parks, dog shows, and doggie daycare. Dogs do not have a natural immunity built up against this virus, and it is highly contagious between dogs. Canine Influenza is not transmissible to humans.
Signs: Fever, coughing, sneezing, and runny nose are the most common clinical signs. Prevention: Vaccination, with the initial dose given twice, 2-4 weeks apart.

## Fleas and Flea Infestation

Fleas are common parasites. These tiny pests can hop onto your dog unobserved to feed on its blood and lay eggs, beginning another generation. Fleas can make life miserable for people and dogs alike, disrupting your household with a nasty cycle of biting and scratching.
Signs: Flea bites itch and may cause inflammation of the skin called Flea Allergy Dermatitis (FAD). You should also look for signs of such as black specks on your dog or
in your dog's bed. Also, your dog may become nervous or annoyed and will scratch excessively if infested with fleas.
Prevention: Use of an approved product like FRONTLINE Gold (fipronil/(S)methoprene/pyriproxyfen) will kill fleas that are already on a dog and prevent fleas from re-infesting your animal. Once a flea infestation is noted, several control measures are required, including the use of appropriate flea control products in indoor and outdoor pet areas, frequent cleaning of pet bedding and blankets, vacuuming and sanitizing.

## Ticks and Tick-Borne Disease

Ticks are ectoparasites that attach themselves to host animals (including humans) to feed on the animal's blood. Ticks may carry serious, even fatal, diseases such as Rocky Mountain Spotted Fever, Lyme disease, Ehrlichiosis, Babesiosis and others. Most of them are zoonotic, so we as humans could get infected as well. Some ticks carry even more then one of those diseases Signs: Symptoms of tick-borne diseases are unspecific and include fever, lameness, loss of appetite, sudden onset of pain in your pet's legs or body, arthritis or swelling in your dog's joints, lethargy, or a cough.
Prevention: Use of a tick-killing product like FRONTLINE Gold as directed, check your dog for ticks after each walk. If you find a tick, remove it as soon as possible with a tick hook, twister, or tweezers. It is important to minimize the time the tick has a chance to infect your dog (or you) with its saliva.

## Heartworm Disease

The parasitic worm responsible for heartworm disease is called Dirofilaria immitis. The life cycle of the heartworm begins when a mosquito bites and feeds on the blood of an infected dog that is carrying tiny immature heartworms, called microfilariae, in its blood. The mosquito takes in the immature heartworms when it feeds. During the next two to three weeks, the larvae develop into the infective stage within the mosquito. When the mosquito feeds again, it can transmit infective larvae to a healthy dog. The larvae enter the dog's body through the mosquito's bite wound, migrate through its tissues, and develop over the next few months, eventually reaching the dog's heart and lungs. Heartworms may be present in the heart and lungs approximately four months after initial infection. Once in the dog's heart, the worms may grow to between seven and 11 inches in length and cause significant damage to the heart and lungs. If left untreated, heartworm disease may result in death. After adult heartworms mate and produce immature heartworms, an infected dog which is bitten by an uninfected mosquito, will transmit microfilariae to the mosquito, beginning the cycle again.
Signs: Dogs in the early stages of heartworm disease may not show any symptoms of illness at all. As the disease progresses, the infected animal may cough and exhibit intolerance for exercise and, in severe cases, may die suddenly.
Prevention: Use of a heartworm prevention product like HEARTGARD Plus (ivermectin/pyrantel) as directed will kill any immature heartworms before they have the chance to mature and cause heartworm disease. Once a dog has heartworm, treatment can be difficult.

## Common Intestinal Parasites

## Roundworms (Toxocara canis)

There are four ways that infection with Toxocara canis can occur in dogs

1. Consuming infective worm eggs from soil in the environment (generally through normal grooming).
2. Nursing from an infected mother.
3. Consuming a prey animal (usually rodent) that is carrying developing worms.
4. During embryonic development when an infected mother is pregnant (most puppies are infected this way).

There are two important concepts to keep in mind about de-worming:

1. Medications essentially anesthetize the worm so that it lets go of its grip on the host intestine and passes with the stool. Once passed the worm cannot survive in the environment and dies. This means that you will likely see the worms when they pass. Be prepared because they can be quite long and may still be alive and moving.
2. Larvae in migration cannot be killed by any de-worming products. After the worms are cleared from the intestine, they will be replaced by new worms completing their migration. This means that a second and sometimes even a third de-worming is needed to keep the intestines clear. The additional de-wormings are generally given several weeks following the first de-worming to allow for migrating worms to arrive in the intestine where they are vulnerable. Do not forget to complete the additional de-wormings.

## Hookworms

The adult hookworm lives in the small intestine of its host. It attaches to the intestinal wall using its six sharp teeth and drinks its host's blood (unlike other worms that just absorb the digested food through their skin as it passes by). The adult worm lives and mates within the host.

When the female worm produces eggs, they are released into the intestine and passed from the host in its stool. The eggs hatch and develop from a first stage larva (the hatchling) to a second stage larva, and finally a third stage larva which is ready to infect a new host.

The larva can infect a new host in several ways. They can penetrate the host's skin directly through whatever part of the host is touching the ground (usually the feet or belly). They can also be present in soil that is licked and swallowed by the new host as it cleans itself.

An infected mother dog will typically have encysted larvae all around her body. Throughout the adult dog's life, some larvae will awaken, break out of their cysts, and complete their migration to the intestine. Unfortunately, the hormones of pregnancy serve as a wake-up call to encysted
hookworm larvae and the little worms migrate to the unborn puppies and to the mammary gland. Some of the litter will be born infected while others will become infected by drinking the contaminated milk of their mother or from the soil of their nest which will become contaminated with the stool of the infected litter.

## Coccidia

Coccidia are microscopic parasites that infect the intestines and rapidly multiply in the intestinal wall which ruptures the cells of the intestinal lining (called coccidiosis). They are detectable on routine fecal tests in the same way that worms are, but coccidia are not worms and are not susceptible to deworming medications. They are also not visible to the naked eye.

Coccidia come from fecal-contaminated ground. They are swallowed when a pet grooms/licks the dirt off itself. Coccidia infection is especially common in young animals housed in groups such as shelters, rescue areas, kennels, etc. This is a common parasite and is not necessarily a sign of poor husbandry. Coccidia can stay infective for months and are frequently resistant to disinfection.

Coccidiosis is likely to affect puppies in stress situations and immune-compromised dogs in general. Affected puppies may show watery, sometimes bloody diarrhea as the most prominent clinical sign. Other clinical signs are vomiting, abdominal discomfort and inappetence. It can be a life-threatening problem, especially for a small or young pet.

The most common medicines used against coccidia are coccidiostats which inhibit reproduction. We treat all puppies on the day they are returned to Leader Dog and every subsequent week they are on campus. The intent is to kill the parasite in its early stages before there is damage to the intestinal wall.

If we detect a Leader Dog Mom as positive for Coccidia, we will most likely treat her several days before she gives birth to prevent her from passing coccidia to her newborn puppies.

There are many different species of coccidia, but for dogs and cats the most common infections are from coccidia of the genus Isospora. The information presented here pertains to Isospora species. Isospora species cannot infect people. Other pets may become infected from exposure to infected fecal matter but it is important to note that this is usually an infection of the young (i.e. the immature immune system tends to let the coccidia infection reach large numbers whereas the mature immune system probably will not). In most cases, the infected new puppy or kitten does not infect the resident adult animal.

## Giardia

Giardia is the genus of a protozoan parasite that is infectious to both humans and pets all over the world. Giardia consists of flagellates, which mean they move by using several whip-like
structures called flagella. They live as a form called a trophozoite in the intestine where it causes diarrhea.

After passing from the host's intestine, the trophozoites round up and form cysts that enable them to survive environmental conditions without a host to protect them. If the environment is cold and wet, the cyst can live for many months ready to infect a new host. Contaminated water is the usual source of a Giardia infection.

After infected, it takes 5-12 days in dogs or 5-16 days in cats for Giardia to be found in the host's stool. Diarrhea can precede the shedding of the Giardia. Infection is more common in kennel situations where animals are housed in groups.

In the past, diagnosis was difficult. The stool sample being examined needed to be fresh, plus Giardia rarely shows up on the usual fecal testing methods used to detect other parasites. What has made Giardia testing easier is the development of a commercial ELISA test kit (similar to home pregnancy test kit). A fecal sample is tested immunologically for Giardia proteins and the test can be completed in a few minutes while the owner waits. Giardia shed organisms intermittently and may be difficult to detect. Sometimes pets must be retested in order to find an infection

Areas that the dog frequents should be disinfected using bleach diluted 1:32 in water, which in one study required less than one minute of contact to kill Giardia cysts. Organic matter such as dirt or stool protects the cyst, so surfaces should be cleaned prior to disinfecting. Because cysts can stick to the fur of the infected dog and be a source for re-infection, it should be thoroughly bathed before being reintroduced into a "clean" area. A properly chlorinated swimming pool should not be able to become contaminated. As for areas with lawn or plants, decontamination is not possible without killing the plants and allowing the area to dry out in direct sunlight.

## Human Transmission

Most people become infected with Giardia by drinking contaminated water (typically water from a contaminated lake or stream). If an infected animal is in the home, it is important for the animal to be bathed at the completion of treatment and retested to minimize the potential for reinfection of the pet and of the humans in the house. Good hygiene, such as washing your hands after handling the infected pet or its waste and prompt disposal of feces, is especially important in this situation.

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## Nail Trimming

Nail trimming is an important part of a regular grooming routine. If your dog's nails get too long, they can break causing pain and potential of infection. Long nails prevent the dog from moving in a natural way causing more stress on their body. By the time nails are clicking on the floor the dog has already had to change the way they move.

The first time you use the clippers, do not plan on giving your dog a full pedicure. Instead, just clip one or two nails, then give your dog treats or play a game right after trimming. If you want him to relax while you are trimming his nails, you will need to be relaxed, too.

If you have never trimmed your dog's nails before, spend a few days getting him used to having his feet handled first.

1. Pick up one of your dog's paws and gently touch his toes and nails for a few seconds.
2. Release his paw and immediately give him something delicious, like a small piece of cheese or chicken.
3. Repeat steps one and two for a couple of minutes.

After a day or two of practicing steps 1 to 3 , if your dog seems comfortable with you touching his paws and nails, get out the nail clippers and move on to step four:
4. Pick up your dog's paw and touch the clippers to one of his nails. (Do not actually trim the nail yet.)
5. Immediately feed your dog a treat.
6. Repeat steps four and five for several minutes.

After another day or two of practicing steps 4 to 6 , as long as your dog still seems relaxed when you handle his paws, try trimming a nail or two. Start your nail-trimming session when your dog is sleepy or well-exercised. Remember to give your dog a tasty treat or play a game after trimming each nail.

Gather some treats and your clippers and take your dog to a quiet area. Choose a nail to trim. Take your dog's toe and hold it firmly but gently between your fingers. If you are using a scissors-type trimmer, hold them at a right angle to the nail with the tip of the nail between the blades. Quickly squeeze the handles to close the scissors and cut the nail. If you are using a guillotine-type trimmer, insert the tip of your dog's nail into the hole, holding the trimmer perpendicular to the nail so that you cut from top to bottom, not side to side. To be sure of where you are cutting, you can face the cutting blade toward you rather than your dog. To produce a cleaner cut, you can face the cutting blade toward your dog, but you will not be able to see exactly where the blade will make contact with the nail. Choose whichever orientation makes you most comfortable. When you have positioned the trimmer in the right place, squeeze the handles to cut through your dog's nail.

If your dog has dark nails, you can avoid cutting into the quick by trimming one little sliver of nail at a time, starting with the tip. As you cut slices off your dog's nail, look at the exposed edge of the cut nail. Eventually, you will see a gray or pink oval starting to appear. Stop trimming when you see the oval. If you do not, you will cut into the quick, causing pain and bleeding.

You can use a styptic pencil or styptic powder containing silver nitrate to stop blood flow. Alternatives are corn starch or push the end of the toe that is bleeding in a part of a wet soap bar. A battery operated Dremel tool can also be used to grind the nails back. Dremels get warm so grind the nail in small spurts, moving the Dremel around the nail as you grind. Many dogs find grinding less offensive and you will be less likely to grind into the quick.

## Common Dog Hazards

There are many everyday items that you encounter that are potentially hazardous to dogs. Below is a list of some things that you should not allow your dog to have access to minimize their risk of injury. This is not a complete list by any means, but simply a reminder of some of the more common items we encounter that may pose a risk to our dogs.

- Chocolate (most specifically dark chocolate, cocoa powder, concentrated forms of chocolate)
- Onions and onion powder
- Raisins and grapes
- Sugarless gum or candies containing Xylitol
- Tylenol (Acetaminophen) or Motrin (Ibuprofen)
- Any human prescription drugs
- Vitamins
- Rat and mouse bait
- Liquid potpourri
- Tobacco products
- Coffee
- Alcohol
- Raw yeast dough
- Fatty foods
- Tea leaves
- Batteries
- Coins
- Socks
- Towels
- String, yarn, or dental floss
- Anti-freeze/coolant for the car
- Gasoline/oil
- Pesticides
- Styrofoam
- Candles
- De-icing salts


## Emergencies and First Aid

## NOTE: Always have emergency veterinarian telephone numbers available.

## Recognizing an Emergency

The best way to recognize and respond to an emergency is to know how your pet usually looks and acts. Observe such things as how your dog breathes, eats, drinks, walks, urinates, and defecates. Know your dog's normal anatomy and normal values (see Normal Values for Your Dog later in this Section).

## Some Common Emergencies

- Trauma: hit by a car, severe dog fight, fall from significant height
- Difficulty breathing
- Seizures: first time, lasting more than two minutes, and recurring
- Cuts and gashes that cause bone or internal organ exposure
- Excessive bleeding, spurting blood, prolonged bleeding that will not stop with direct pressure
- Heat stroke or hypothermia
- Poisoning
- Shock
- Burns


## Survey the Victim

1. Inspect the area, dog's body, posture, presence of blood, feces, vomit, breathing pattern, sounds and or any materials around its body.
2. Inspect the dog
a. Airway: is there an open airway?
b. Breathing: is the animal breathing?
c. Circulation: is there a heartbeat/pulse?
d. Mucous membrane color
e. Capillary refill time
f. Bleeding
g. Level of consciousness: is the dog alert, awake, seizing, disoriented, hyperactive, depressed, or unconscious?

## Shock

Shock is a clinical state within the body resulting from an inadequate supply of blood and oxygen to the tissues and organs. It can also be a state in which the tissues and organs cannot properly use oxygen. Tissues and organs deprived of necessary oxygen die.

Shock is a very complex condition in general and there are many types. Examples include:

1. Cardiogenic shock: A condition in which there is an abnormality that interferes with the blood flow from the heart to tissues and organs.
2. Hypovolemic/Traumatic shock: A condition in which there is a history of trauma or blood loss resulting in a decrease in blood volume. A decrease in blood volume will cause a decrease in oxygen and nutrients getting to tissues and organs to sustain life.
3. Septic shock: A condition in which the body is overwhelmed by a disease and begins to shut down.

## In general, signs of shock include:

- A change in level of consciousness
- Weak or absent pulses
- Pale mucous membranes with prolonged capillary refill time
- Skin may be cool to the touch
- May be an increased or slow respiratory rate
- May be an increased or slow heart rate

A dog that is in shock may go into cardiac arrest and needs to be seen by a veterinarian as soon as possible. Treat this condition as an emergency. Untreated shock will result in death.

## First Aid for a dog in shock

1. Control bleeding (external) with direct pressure using a clean pad, cloth, or towel
2. Keep the dog warm using towels and blankets
3. Transport to the veterinary hospital

## Bloat and Torsion (Gastric Dilatation and Volvulus-GDV)

Bloat and torsion most commonly occur in large and giant breed dogs. Bloat, or gastric dilatation, occurs when the stomach fills up with air or food. Torsion, or volvulus, is a continuation of this condition when the stomach moves and turns around on itself, often misplacing the spleen as well. This movement cuts off the blood supply to both organs, resulting in life-threatening shock and death. This condition progresses rapidly and is an emergency.

## Signs of bloat and torsion include:

- Drooling or salivating
- Frequent retching and attempts to vomit that are nonproductive (occasionally they may be able to regurgitate a pool of foamy saliva)
- Anxious, restless, and pacing
- Depression or signs of shock
- Stomach may be bloated


## First Aid for a dog with bloat

1. Check for signs of shock
2. Transport to a veterinarian immediately

## Seizures

A seizure or convulsion is a transient disturbance of brain function that is sudden in onset, ceases spontaneously and tends to recur. Most seizures are generalized and involve the loss of consciousness and severe involuntary contraction of skeletal muscles.

## Signs of seizures:

1. Before a seizure: The dog may seem dazed or anxious, may seek you or a safe place
2. Active seizure: The dog may fall over, twitch, urinate, defecate, drool, appear stiff, exhibit jerky movements, and often will not recognize you or respond to your voice or touch
3. After a seizure: The dog may be disoriented, have difficulty walking, walk into walls, or appear to be blind

## First Aid for a dog having a seizure

1. Make sure the animal is in a safe place so as not to hurt themselves
2. Record how long the active phase of the seizure lasts, date and time it occurred
3. Keep your hands away from the dog's mouth!
4. If this is your dog's first seizure, call your veterinarian.
5. Seizures lasting more than two minutes or cluster seizures are medical emergencies.

## Allergic Reactions

Allergic reactions can result from insect bites (bees, spiders, etc.) or medications.

## Signs of allergic reaction:

- Pain, itching, licking at a site of a sting
- Swelling of a site which may spread and include the face and neck
- Hives around the site or spreading to other parts of the body (hives are bumps in the skin)
- Redness at the sight of bite, rash
- Vomiting or diarrhea
- Difficulty breathing
- Anaphylactic Shock is a severe form of allergic reaction which may occur immediately or over a short period of time


## First Aid for a dog having an allergic reaction

1. Check for signs of shock and if present, go to a veterinary hospital immediately
2. If the animal has hives or a swollen face, call a veterinarian. They may be able to prescribe an over the counter antihistamine such as Diphenhydramine (Benadryl).

NOTE: Do not medicate without the consultation and prescription from your veterinarian.

## Poisoning

Poisons can be eaten, inhaled, and absorbed through the skin. The signs of poisoning may occur immediately, within hours, or may take days to appear. There are many potential sources of toxins for dogs:

- Plants, both indoor and outdoor.
- Prescription medications
- Household chemicals which may include cleaning solutions, antifreeze, rat or mouse bait, ant baits and other pesticides
- Non-prescription drugs such as acetaminophen, aspirin, and ibuprofen
- Inhaled toxins such as carbon monoxide
- Household foods including chocolate


## Signs of poisoning:

- Vomiting or diarrhea
- Seizures or other abnormal mental state or behavior such as hyper excitability, depression, or trembling
- Salivation, drooling or foaming at the mouth
- Swollen, red or irritated eyes
- Ulcers in the mouth, on lips or skin
- Bleeding from the mouth or other body cavity


## First Aid for a dog that has been poisoned

1. Check animal's mental state, note changes
2. Call your veterinarian immediately. Have the following information on hand:
a. Exact name of poison
b. How much the animal ate or was exposed to
c. How long ago the exposure or ingestion occurred
d. The animals' vital signs: temperature, heart rate, breathing rate, capillary refill time, mucous membrane color and consciousness
e. Approximate weight of the animal
3. Depending on what your veterinarian tells you, be prepared to transport the dog to the veterinary hospital immediately
4. Your veterinarian may suggest inducing vomiting in your dog. The dose is 10 ml or two teaspoons of hydrogen peroxide orally, repeated every 10 minutes for a prescribed duration noted by your veterinarian.
5. Do not induce vomiting without the consent of your veterinarian.

## Normal Values for Your Dog

## Heart Rate and Pulse

1. A dogs' heartbeat can be felt around the point where the left elbow touches the chest between the 4th and 5th rib.
2. Lay your dog down on its right side. Bend the left front leg at the elbow. Bring the elbow back to where it touches the chest.
3. Place your hand over this area to feel and count heartbeats.
4. There should be corresponding strong pulses with the heartbeat. These can be felt by using a light touch of your middle and index fingers in three additional locations:

- The inner thigh - With the dog lying on its side, lift the upper back leg away from the lower back leg. Place two fingers high on the inside of either leg. The pulse can be felt about half-way between the front and back of the leg.
- Just below the wrist (carpus) - With the dog sitting or lying, locate the area just above the middle pad on the underside of either front paw. Lightly use your fingers to feel for a pulse.
- Just below the ankle (hock) - With the dog sitting or lying, locate the area just above the middle pad on the underside of either hind paw. Lightly use your fingers to feel for a pulse.


## Normal Heart and Pulse Rates

For large breed dogs over 50 pounds: $50-90 \mathrm{bpm}$ resting, $80-160 \mathrm{bpm}$ during exam

## Breathing Rate

1. Have your dog lie down or stand.
2. Watch your dog and count the number of times in one minute that the chest rises and falls. Normal respiration rate is 15 - 50 breaths per minute, and up to 200 pants per minute.

## Body Temperature

1. Use a pediatric rectal or digital thermometer.
2. If using a mercury thermometer, shake the thermometer to reset it from the last use.
3. Lubricate thermometer with a water-based lubricant such as petroleum jelly.
4. With the dog standing or lying, insert the thermometer into the rectum and leave in for three minutes or until it beeps.
5. Remove and read. Normal rectal temperature is $100.2-102.5$ F

## Mucous Membrane Color

You can determine if enough oxygen is in your dog's bloodstream by observing the color of its mucous membranes.

1. The dog may sit, stand, or lie down.
2. Lift the dog's upper or lower lip to observe the color of the gums and inner lip.
3. If your dog has black or pigmented gums and lips, place your thumb on the skin just under the lower eyelid and pull down to look at the color of the membrane of the inner lower eyelid. Normal mucous membrane color is pink. Blue, pale yellow, white, brick red or brown coloring can indicate an emergency and your veterinarian should be contacted.

## Capillary Refill Time

This is the time it takes the gums or inner lips to return to their normal pink color after you press on them. The normal capillary refill time is $1-2$ seconds. This is a quick way to see if blood circulation is normal.

1. Your dog may be sitting, standing, or lying down.
2. After checking the mucous membrane color, press lightly on the gums or inner lip.
3. Observe the color as it turns white and then pink again. The pink color should return after one or two seconds.

## Administering Medication

NOTE: do not administer any medication without being told to by a veterinarian.

## Liquids

1. Place the end of the eye dropper or syringe in the dog's mouth just behind the canine teeth.
2. Position the dropper above the lower teeth or in the pouch between the gums and lower teeth. Note: placing the medicine over the teeth will result in less spitting of the medication than placing it in the pouch.
3. Slowly administer the medication no faster than the dog can swallow. Dosage amounts:
$1 \mathrm{cc}=1$ milliliter ( ml )
$5 \mathrm{cc}=1$ teaspoon
$15 \mathrm{cc}=1$ tablespoon
8 ounces $=1$ cup

## Pills and Capsules

1. Hold the dog's snout and gently point it toward the ceiling. This will cause its lower jaw to drop slightly.
2. Place the medication in the center of the back of its tongue as far back in the mouth as possible.
3. Hold the dog's mouth closed until it swallows or licks its nose. Sometimes gently rubbing its throat or blowing on its nose will cause the dog to swallow.

## Eye Medication

1. Rest the side of the hand you will use to administer the medication on the bone above the dog's upper eyelid to help prevent poking the medication tube into its eye if you are jostled.
2. Put the palm of your second hand under the dog's chin and tilt its head backward.
3. Pull down the lower eyelid with the second hand. Place drops or ointment directly on the eye being careful not to touch the tip of the dispenser to the eye.

## Ear Medication

1. Stand on the same side of the animal as the ear you will be treating.
2. Lift the floppy portion of the ear so you can clearly see inside the ear to the opening of the ear canal.
3. Place drops or ointment into the opening of the ear canal.
4. Massage the base of the ear to allow the medication to move deeper into the ear.

## Canine First Aid Kit

Assemble two first aid kits if possible-one for your home and one for your car. Always keep the kit in the same place so you can find it in an emergency.

## Assembling the First Aid Kit

Use a water-resistant container. A fishing tackle box works well because it has trays for organization.

Put a large red cross with the words FIRST AID KIT on the outside of each side the box.
Tape an envelope with the following information for each of your dogs to the inside of the lid:

- Your name, address, and all telephone numbers (home, work, cell).
- The breed, name, identifying color/markings, date of birth of your dog and typical weight
- Any medical conditions your dog has and any medications your dog takes regularly.
- The name, address, and telephone numbers (daytime, after hours) of your veterinarian. Include contact information for emergency veterinarian if needed.
- A list of the contents of the first aid kit, include correct dosage for each medication.
- A copy of your dog's rabies certificate
- A photo of your dog with its name, tattoo and/or microchip number.


## First Aid Kit Contents

- ACE elastic bandage: To hold an ice pack to dog, temporarily wrap a sprain or secure an injured dog to a makeshift stretcher
- Adhesive tape: To secure bandages and splints
- Alcohol or alcohol swabs: To sterilize instruments or skin
- Antibiotic ointment: For wounds
- Benadryl tablets or capsules: For insect bites or stings
- Vet wrap/cohesive bandage: To cover wounds
- Cold pack: To reduce swelling or to treat burns (preferably the type that gets cold when folded in half)
- Cotton squares: To clean and protect wounds
- Cotton swabs: To clean dogs' ears
- First aid instructions: Keep in envelope taped in lid of box
- Gauze bandage roll: To bandage wounds and to hold splints in place
- Gloves (latex): To protect your hands when cleaning up after a sick dog
- Green or antibacterial soap: To clean skin and wounds
- Hydrogen peroxide: To induce vomiting if instructed by a veterinarian. Do not use to clean wounds.
- Imodium (2 mg capsules sold OTC): To reduce diarrhea
- Lubricating jelly: To lubricate a thermometer or prevent gauze bandages from sticking to wound
- Muzzle or length of bandage: To use if your dog shown signs of aggression. Even if your dog has never snapped at you, it may if in pain or frightened.
- Penlight/small flashlight: To look in ears, down throat or check if eyes respond to light after a head injury
- Plastic bags (resealable): To package wet items or prevent items from drying out
- Blunt-end scissors: To cut bandages and trim hair around a wound
- Safety pins: To fasten bandages together
- Sterile saline solution: To rinse eyes or clean wounds
- Stockinet or bootie: To protect bandage on leg or foot
- Styptic powder: To stop small areas of bleeding
- Syringe: To flush eyes or administer medications
- Thermometer (rectal): To take temperature
- Tweezers (flat end): To remove foreign objects such as ticks, thorns, and foxtails.

Keep a blanket in your vehicle when you travel to wrap a dog with frostbite or in shock. A blanket can also be used as an emergency stretcher.

Label each item in your kit with its name and expiration date.
Go through the kit each year and keep it updated and replenished.

## TTouch

TTouch was developed by Linda Tellington-Jones and though initially used on horses, has quickly spread to all animals including humans! It is a thoughtful way to touch your dog that is relaxing, soothing and helps build a trusting relationship. You touch your dog anyway, so why not do it in a way that is good for both of you!

Remember to breathe. Many times when learning something new and concentrating we tend to hold our breath. Just the simple act of breathing normally will help to calm your dog (holding your breath tends to make your dog worried and tense). When performing TTouch on your dog, you may find yourself feeling calmer and more relaxed.

Because TTouch should be a pleasurable experience for your dog, do not make it sit or lay down for the touches. Let your dog decide what is comfortable. Usually after a couple of minutes of touches your dog will want to lie down to be more comfortable.

For some dogs, the touches can feel ticklish at first. Do not worry or give up, just remain calm, remember to breathe, and do a couple of touches, stop for a minute, then do a couple more. While doing the touches, remember that slow, soft movements are the most soothing for your dog.

## The Touches

## Noah's March

- A good way to begin and end a session
- Use the entire palm side of your hand and keep your fingers together
- Use long sweeping strokes in the direction of hair growth
- Start at the head and stroke all the way down the tail, or move down the side and continue down the leg
- Move slow and gently with very light pressure, keeping your hand in contact with the dog during the entire stroke


## Circle Touch (Clouded Leopard)

- Use the tips of your fingers, keep your fingers together and move the skin around in a circle for one-and-a quarter rotations
- Make the circles in a clockwise motion
- Make circles about the size of a quarter
- Visualizing a clock face makes the $11 / 4$ motion easier (start at 6 , go once past 6 and end at 9)
- Use only one hand at a time
- Take about $2-3$ seconds to make a circle
- When you complete a circle, gently trail your fingertips along the skin to a new location Ear Slides
- Most effective way to calm and soothe
- Do one ear at a time
- Place your fingers on the inside of the ear flap and your thumb on the outside at the base of the ear where it attaches to the head
- With light pressure, draw the ear flap gently between your fingers all the way to the tip
- Move your fingers over slightly and repeat until you have stroked the entire ear flap, base to tip
- The slower your movements, the more calming they will be
- After you finish one ear, move to the other
- Your dog may at first be somewhat ticklish as there are tiny hairs in the ear, take your time, be patient and your dog will learn to enjoy this touch very much


## Hair Slides

- Very effective for making a connection with your dog as it is soothing and relaxing for you both
- Grasp a small tuft of hair between your thumb and index finger, start as close to the skin as possible and gently slide the hair with a gentle pull from "root to tip" in the direction it grows
- On long-haired or heavily coated dogs, you can spread your fingers and pinch some hair between your fingers and gently pull in the direction of hair growth
- Use this touch anywhere you can grasp a small tuft of hair


## Section 4 Training

Expectation of Behavior<br>Breeding Stock Basic Training<br>General Thoughts from the Dogs<br>Basic Obedience Commands<br>Tricks for Breeding Stock Dogs<br>Breaking the Habit of Coprophagia (Eating Feces)<br>Thievery/Counter Surfing<br>Using Your Crate<br>House Training<br>"Sit Down" and Other Ways to Confuse Your Dog<br>Canine Behavior: Use of Calming Signals<br>Toys

Raising an Obedient and Self-Controlled Dog

## Expectations of Behavior

Since our breeding stock dogs will come and go out of our kennel for several years, we have set up a few expectations of their behavior while with us. These simple expectations help keep a safe and less stressed environment for our dogs, team members and volunteers. Please maintain the same expectations while in your home. Dogs will be less stressed with the change of environments since the expectations will be the same.

Dogs continue to learn their entire life. Whether your breeding stock dog came to you with a good knowledge of obedience, or still needs to learn it, they will learn what you allow and what gives them attention, they will learn what you expect of them.

We will expect the dogs to:
Sit before having the kennel opened
Remain sitting until leashed or allowed out
Not rush through doors
Look at us when we say their name
Walk on a loose leash

You will find help for these behaviors in the following pages.

## Breeding Stock Basic Training

Remember how happy you were when you earned your first paycheck or when you spent it on something you really wanted? Ever had a teacher or coach tell you how good you were doing? They made you want to do it again, right? That is positive reinforcement.

Dogs do not care about money. They care about food, play and possibly you. Positive reinforcement training uses praise, play, and/or treats to reward your dog for doing something you want him to do. Because the reward makes him more likely to repeat the behavior, positive reinforcement is one of your most powerful tools for shaping or changing your dog's behavior.

Rewarding your dog for good behavior sounds simple—and it is! But you need to follow some basic guidelines to practice the technique effectively.

## Timing is Everything

Correct timing is essential when using positive reinforcement.

- The reward must occur immediately-within seconds-for your pet to associate it with the proper action. For example, if you have your dog sit but reward him after he stands back up, he will think he is being rewarded for standing.
- Using a clicker or a reward marker like saying "Yes" to mark the correct behavior can improve your timing and help your dog connect the correct behavior to the treat.


## Keep it Short

Dogs do not understand sentences. "Daisy, I want you to be a good girl and sit for me now," will likely earn you a blank stare.

Keep commands short and uncomplicated. The most commonly used dog commands are:

- Their name (yes, their name is a command)
- Sit
- Down (to lie down)
- Stay
- Come
- Heel (to walk close to my left side)
- Off (to get off me or to get off the furniture)
- Leave it


## Consistency is Key

Everyone in the family should use the same commands or your dog will be confused. It might help to post a list of commands where everyone can become familiar with them.

Consistency also means always rewarding the desired behavior and never rewarding undesired behavior. Scolding or yelling to correct an undesired behavior brings a lot of attention to the dog. Sometimes even negative attention can be rewarding to your dog.

## When to use Positive Reinforcement

The good: Positive reinforcement is great for teaching your dog commands, and it is also a good way of reinforcing good behavior. You may have your dog sit

- Before letting him out the door (which helps prevent door-darting)
- Before petting him (which helps prevent jumping on people)
- Before feeding him (which helps teach him good mealtime manners)

Give him a pet or say "Good dog" for lying quietly by your feet or slip a treat into a Kong-type toy when he is chewing it instead of your shoe.

The bad: Be careful that you do not inadvertently use positive reinforcement to reward unwanted behaviors. For example, if you let your dog outside every time he barks at a noise in the neighborhood, you are giving him a reward (access to the yard) for behavior you want to discourage.

## Shaping Behavior

It can take time for your dog to learn certain behaviors. You may need to use a technique called "shaping," which means reinforcing something close to the desired response and then gradually requiring more from your dog before he gets the treat.

For example, if you're teaching your dog to "shake hands," you may initially reward him for lifting his paw off the ground, then for lifting it higher, then for touching your hand, then for letting you hold his paw, and finally for actually "shaking hands" with you.

## Types of Rewards

Positive reinforcement can include food treats, praise, petting, or a favorite toy or game. Since most dogs are highly food motivated, food treats work especially well for training. However, food treats should not be used exclusively, or you will become boring to even the most food motivated dog.

- A treat should be enticing and irresistible to your pet. Experiment to see which treats work best for your pet.
- It should be a very small, pea sized treat so that he will immediately gulp it down and look to you for more. Do not give your dog something he has to chew or that breaks into bits and falls on the floor.
- Keep a variety of treats handy (in a pocket or fanny pack) so your dog will not become bored by always getting the same treat.
- Couple every food reward with a verbal reward (praise). Say something like, "Good dog" in a positive, happy tone of voice as you give your dog a treat.

If your dog is not motivated by food treats, a toy, petting, or brief play can be very effective rewards.

## When to Give Treats

When your pet is learning a new behavior, reward him every time he does the behavior. This is called continuous reinforcement.

Once your pet has reliably learned the behavior, you want to switch to intermittent reinforcement. You continue with praise but gradually reduce the number of times he receives a treat for doing the desired behavior.

- At first, reward him with the treat four out of every five times he does the behavior. Over time, reward him three out of five times, then two out of five, and so on until you are only rewarding him occasionally.
- Continue to praise him every time. Once your dog has learned the behavior your praise can be less effusive, such as a quiet but positive, "Good dog."
- Use a variable schedule of reinforcement so that he does not catch on that he only has to respond every other time. Your pet will soon learn that if he keeps responding, he will eventually get what he wants-your praise and an occasional treat.

Caution! Do not decrease the rewards too quickly. You do not want your dog to become frustrated.

By understanding positive reinforcement, you will see that you are not forever bound to carry a pocketful of treats. Your dog will soon be working for your verbal praise because he wants to please you and knows that, occasionally, he will get a treat, too.

## General Thoughts from the Dogs



Training isn't a single time in our lives. We are not trained, we are in training. Just as you continue to learn throughout life so do we.

Expect that we will try to get what we want if it is not given to us. You do know that we want things that you don't want to give us.

We weren't born knowing how to walk on leash, so we need some lessons before heading out into the world. We also have limited impulse control which can make it tough - and quite frustrating -when we aren't able to get to something or someone when we want to, or when we want to sniff and "update our status" at the nearest tree. We can become frustrated and our frustrations may come out in different ways.


Think about it. Over time, with every on-leash adventure when we are not allowed to do what we want, when we want, in a manner that we want, we become more and more frustrated! (Kind of like when you are stuck in traffic and cannot get to where you want to go!) This frustration builds and builds and can get to the point where we cannot contain our good behavior. This does not mean you need to give into us, but that we would occasionally like to do what we want to do. Let us compromise, if I am good, give me a chance to be a dog. Yet, if you give into me, realize that you are rewarding the behavior I was doing.

We don't understand not to do something-we understand doing something. It's important that you figure out and decide what behavior you want from us. Once you know what you want us to do, teach us how to do that. Whatever you decide though, make sure it's something fun and rewarding that we will enjoy.



Don't forget to reward us. Reward. Reward. Reward! You don't work for free, why would we want to? It doesn't have to be much, but it needs to be there often. Would you work harder if you were thanked and appreciated more often?

You weren't born knowing how to train dogs. We will need to practice together so we both learn how to work together. The more we practice, the better I will learn that some days you will talk differently or forget the command and I'll come to expect that a push in the right direction may be all I get.

If your dog is not doing what you expect, pause, and reflect on how the dog must think about their situation. Determine what you want and teach him in a way he understands. Make it fun and rewarding! With time and consistency, the new behaviors will soon become the better, more desirable choices when out walking. This way he will begin to associate other dogs with activities that are enjoyable instead of frustrating, and the next thing you know he will be great out on your walks.

## Basic Obedience Commands

## Teaching Name Recognition

It only takes a handful of kibbles and a few minutes of your time to teach a dog his name, even if he is answered to something else for years.

- While on leash in a non-distracting environment, make sure your dog is already paying attention to you then say her name and immediately reward.
- After a few repetitions let your dog lose interest in you, then call her name in a happy voice. As soon as she turns to look at you, reward her with a "Yes!" and a bit of food. Then allow her to get distracted again. Repeat several times.
- Once your dog understands, make it more challenging by taking her off leash, training in different locations, adding a distraction or adding distance.

Big Tip: Call your dog's name just once during each exercise; if you repeat it over and over, he will eventually tune it out.

If you find you have called your dog's name and she does not turn toward you, tap her on the shoulder, ear or rump to get her attention instead of repeating her name.

The end result is that your dog will look at you when you call her name. You can reward the look or follow up with more commands that will be rewarded. This is an invaluable tool. If you can call her name and get her to look at you, you have broken her concentration and possibly averted misbehavior.

Too keep this command reliable, remember to reward it and never follow it up with something the dog will view as negative like being put in a crate, having their nails trimmed, being brought inside or having something taken away.

## Teaching Sit, Down and Stand

It is easy to teach your new dog sit, down and stand on command, it just requires patience.

## Sit and Stand

1. Have a bunch of tiny treats ready to use as a "lure" to help him to get into the position you want. The lure is only used at the beginning; you will eventually stop using a lure because you want your dog to always respond to you, whether or not you have a treat!
2. Standing up, have your dog stand in front of you. Show him a treat in your hand, with the treat in a closed fist place your hand right in front of your dog's nose then move it slowly from his nose up and back a bit over his eyes. Most dogs will quickly sit so they can easily reach the treat, but you might need to be patient and wait for this to happen.
3. When he does sit, immediately reward him with the treat and praise. Time the release of the treat with the moment his rear hits the ground so he learns that that is what got him the treat. If he does not sit but instead keeps backing up trying to get the treat, then practice in the corner of a room or against a wall. Never give him the treat until he sits! Then try again, from the start.
4. Do not say "sit" or "stand" at this point. It is best to wait until the behavior is being performed reliably before adding the verbal cue. That way your dog does not connect the word with the wrong behavior. When you can predict that he will sit consistently, start saying the command just before presenting the lure.
5. Once your dog is sitting, lure him into a "stand" by moving a treat from his nose straight toward you (stay parallel to the ground, if you lift up, he will try to sit again). Do not move the treat very far, you just want him to get off his haunches and stand still. Reward him as soon as he lifts into the standing position. Continue practicing sitting and standing until it is easy. Be sure at this point you are reinforcing each correct response with a reward.

TIP! Dogs learn the hand signals much more easily, so they tend to ignore the verbal commands that go along with them. It is best to teach them separately.

## Sit and Down

1. Lure your dog into a sit.
2. Lure him into down by holding the treat at his nose then slowly dropping it straight down to the floor and out slightly toward his toes so he needs to lie down to get it. Be careful not to go out so far that he needs to walk forward to get it. Some dogs drop right away, but most will need a bit of patience and maneuvering the treat to get them into position.
3. If he gets up, start again with luring to "sit" then "down" again.
4. Most dogs go "down" from sitting, but for some dogs starting from a standing position is easier. To do this, drop the treat from his nose to the ground as before, but as you are reaching the ground move the treat backward (between his legs) a little bit instead of forward. This should prompt him to drop into the "sphinx" position.
5. To get him back into a sitting position, lure him up the same way (as when teaching "sit"), until he sits up, then reward.
6. When you lure up for "sit," have your palm face up. When you lure for "down," have your palm face down.

Once your dog is lying down you can then practice "doggy push-ups." Sit-down-sit-down, rewarding each one. But don't forget to also practice plenty of "sits" and "downs" from a standing position.

TIP! Be sure to lure the dog into "sit." If you command "sit" then lure to "down," you will likely confuse the dog and they may learn to lay down on the "sit" command.

## Losing the Lure

Now that you have your dog moving into positions quickly and easily, it is time to lose the lure. By carefully phasing out the lure, you teach him that it is not the sight of a treat that gets him a reward, but the response to your command.

1. Lure your dog up and down a couple of times with a treat in your signal hand, rewarding each response.
2. Hold a treat in your signal hand to act as the lure, but do not give it to your dog. Lure your dog into "sit" or "down" with your signal hand, praise him, then give him a treat from your other hand.
3. Practice a lot of "sits" and "downs," as well as "sits" from a stand. Very soon your dog will perform the behavior and then quickly look toward your other hand.

## Using Your Signal Hand

The next step will to be to use your signal hand to give the signal without holding a lure.

1. Lure your dog up and down a couple of times with a treat in your lure hand but giving the treat from your other hand as explained above.
2. The last time, give him the treat from your lure hand, then immediately do the exact same motion with your empty signal hand. If your hand motion (the signal) remains the same, your dog will most likely be 'faked out' and will respond as before.
3. Praise very enthusiastically and reward with a treat from your other hand! Remember, palm up for "sit," palm down for "down." Practice this until your dog responds reliably to each signal.
4. If you have been sitting, kneeling, or bending down to give the "down" signal, it is time to do it standing up. You will need to do this in small increments by standing a bit more upright each time, so your dog still understands the signal means to sit. The signal should eventually become a slight downward motion with your palm down for "down," and a slight upward motion with your palm up for "sit" or fading the hand signals to only a voice command.

## Adding Verbal Signals

Once your dog is responding reliably to your lure or hand signals, begin teaching him the verbal signal for each behavior. Since dogs communicate primarily through body language, teaching hand signals is easy, teaching verbal signals will take a bit more effort. You are going to connect a word (sit, down or stand) to the already familiar hand signal for each behavior.

1. Say the word and then immediately give the hand signal, do not do them at the same time. If you say the word at the same time you give the signal, your dog will focus on the familiar hand signal, not the word. But if he repeatedly hears the word and learns that the hand signal will follow, he will connect the behavior you want.
2. Repeat until your dog responds to the new word before you have the chance to do the hand signal.

## Phasing Out Treats

When you feel that your dog has really learned the signals and is very reliable in responding to them, it is time to quit offering treats.

Start by intermittently rewarding with praise instead of a treat. Have your dog complete a couple of behaviors before rewarding with a treat. Instead of giving a food treat when your dog successfully completes a behavior, praise him enthusiastically, praise quietly, throw a ball, play tug 'o war, give his dinner, open the door to go outside, give a butt scratch-whatever he may
find enjoyable. The best trainers are variable and unpredictable! If the dog does not know what he is going to get or when, it makes it all the more fun for him.

If your dog begins to give less of a response over time, just go back to positively reinforcing more often for a short time to refresh his memory. You will never stop using treats or rewards because a behavior that is never reinforced will go away, a behavior that is variably reinforced will stay strong.

## Teaching Stay

Stay is just building duration and distance to the positions your dog already knows.

1. Start teaching short "stays" simply by delaying the food reward after a position change. While the dog maintains position, alternate periods of instructive feedback, like "Good Rover, stay" and short periods of silent appreciation.
2. Gradually decrease the amount of praise and increase the length of silence. A treat reward can happen occasionally if given quietly and calmly with the dog still maintaining position. The key here is to reward before the dog moves from the position.

Most dogs give a lot of warning that they are about to break their "stay." First, they look away, then they sniff away, and then they go away.
3. If your dog looks away from you or if he even looks like he is about to break his "stay," simply re-instruct your dog, "Rover, sit!" to help him maintain the position. No need to shout or create a sense of urgency.
4. If he has moved out of body position, do not give him time to move from the spot. Calmly bring him back and ask to "sit, stay" and reward again before he breaks. Use your voice as an instructive reprimand. Try not to use your hands to re-position your dog because the added physical attention may make breaking "stay" more worthwhile than staying.

Keep an eye on the time so you have a good objective grasp of your dog's duration. Remember, to practice stay in multiple positions- "sit-stay," "down-stay" and "stand-stay."
5. As you build duration, start building distance by moving a step away then returning to reward. Step in front and practice standing toe-to-toe in front of your dog.

Once your dog is comfortably performing a 30 -second "stand-stay," a one-minute "sit-stay" and a three-minute "down-stay" with you close, it's time to gradually and progressively increase distance.
6. Take one step back and after just one second return to your dog and praise him. After every successful short training session, always return to the toe-to-toe position and praise
your dog to reinforce the "stay." Then take two steps back and after two seconds return to your dog and praise. Then take three steps back and after three seconds return to your dog and praise and so on. If your dog looks like he is about to break, immediately step back to him and re-instruct him to sit.

As your dog becomes comfortable with you at a distance, it is time to increase distractions gradually and progressively. By increasing the distance and distractions in this fashion, the cumulative duration that the dog will "stay" will increase dramatically.
7. Get the dog used to silly and unexpected things that you do. Most dogs will break a "stay" if you simply get down on the ground and roll over. This is not good. We want the dog to reliably "stay" when around children (and children spend a lot of time jumping, skipping, shouting, and rolling on the floor).
8. Slowing increase distractions (jump, clap, laugh, sing, etc.) and return to your dog and praise after each success.

## Come

You have already taught your dog that saying his name means that he should look at you, this is the foundation for "come." Believe it or not, teaching "come" begins with not using the word "come." When your dog is new to your house and running around the house with that forbidden piece of underwear, your first instinct might be to yell "Rover, come!" Do not do it! Say anything else instead like "hey, doggie, hey, doggie, over here" in an exciting tone of voice.

There are many ways to use your voice and body language to encourage your dog to want to come to you, but for now, save the word "come" for times when you are $100 \%$ sure that your dog will come to you.

## Come Game

You will need two people, one great toy, some treats, one dog and a distraction-free room.

1. Sit about 8—10 feet apart with you holding your dog and your friend holding the toy.
2. Your friend should make that toy look like the best thing in the world, make the dog really want the toy.
3. When your dog just cannot wait to get the toy, release him while your friend calls "Rover, come!" as your dog races toward the toy.
4. When your dog gets to the toy, your friend should give lots of praise and some playtime.
5. Your friend takes the toy from the dog and rewards with a treat while taking the dog's collar.
6. Your friend tosses you the toy and you reverse roles so your dog gets to run back and forth between you.

You can use lots of games to encourage "come" behavior, without using the word "come." When you are outside playing in a fenced area and can get your dog's attention, make something fun happen. Lean over, back away from them, say "Hey doggie, hey doggie, hey doggie" encouraging your dog to move toward you. Grab a toy and entice him with it. Whenever he comes to you, make it lots of fun. It will not matter if a leaf or a good smell along the way distracts your dog because it was just a game and you didn't use the word "come" so no harm was done.

TIP! Keep it fun and quit before your dog has had enough. Also, avoid distractions so you can be sure that your dog will not "change course" on his way to you.

## Teaching Come

You can begin to teach "come" in strange places once your dog is comfortable with loose leash walking.

1. Start with your dog walking on a loose leash.
2. Say "Rover, come!" and back up to get your dog heading toward you. Pay attention because the instant your dog takes a step in your direction you need to run backward (baby steps), lean down, open your arms, and tell him "good dog," so he thinks that coming toward you is the greatest thing in the world. Chasing moving things is an instinct and this is a good way to make use of it. As you move away from your dog he will want to run after you, or "come" toward you.

Once your dog understands "stay," you can also work on "come" from the "stay" position.

1. Start with your $\operatorname{dog}$ on leash.
2. Say "Rover, come!" taking a small step backward if necessary, to get him moving toward you.
3. Praise him as he moves toward you, so he knows he is doing the right thing.
4. Have him come all the way to you. Praise him some more. Make it fun!

Once your dog is enthusiastically responding to "Rover, come!" you can stand in one position as you call him. Be sure he comes all the way to you.

## Tips

- When using the word "come," always be sure that you can make it happen. If a dog learns that "come" is optional, it can be hard to change their mind.
- Always praise your dog when they come to you, even if they are carrying a piece of your new shoe. In their mind "come" should always be a positive thing.
- Always say "Rover, come!" in a positive tone of voice. Never call your dog to you to scold them. They will not understand. They will think they are being scolded for coming to you.


## Loose Leash Heeling

Loose leash heeling is a technique to teach your dog to walk in the heel position with collar and leash slack. This technique promotes learning in a calm, relaxed manner.

## Teaching Loose Leash Healing

1. The dog must be on a loose leash before starting to walk
2. Walk at a slow, steady pace with a confident, relaxed demeanor
3. If the dog applies tension to the leash:
a. Stop
b. Back up without using any verbal commands
c. When the dog acknowledges you by making eye contact or focusing on you, immediately praise with "good boy"
d. Bring the dog back to heel position
e. Wait until the dog is calm and on a loose leash, then move forward.

Consistency is key. The occasional time a dog is allowed to pull to something they are selfrewarding and learning that if they pull enough, they will get what they want. The dog is receiving a mixed signal and it will become confused.

## Why it Works

Your dog begins to understand that tension/pressure on the collar halts all forward motion and, in fact, takes him farther away from his objective. He will learn that the only way to move forward is on a loose leash.

## Tips

- Learning can be stressful, and your dog may exhibit signs such as sniffing, lip-licking, and panting. These are normal and should not be a concern when your dog is initially learning.
- Your dog's pulling may increase as you approach doors or stairs. Remain patient and do not allow the dog to reach its goal until it can do so with a loose leash.
- It is important to use this technique consistently, not sporadically. Random reinforcement (allowing the dog to sometimes reach its goal by pulling) is a very powerful training (or in this case anti-training) method. Allowing your dog to pull the last 10 feet to the door can negate any progress you have made to that point.
- Be aware that dogs have a limited attention span for learning (about $10-15 \mathrm{~min}$ ). If the dog is not responding or is becoming anxious or inattentive, take a short break and let him relax.


## Off

"Off" teaches your dog to remove itself from someplace it should not be or off someone it should not be on. Prevent the need of having to teach your dog to get off the furniture by never allowing it on the couch, bed, or chair in the first place.

## Teaching Off

1. While your dog is on the furniture, take something it wants and toss it a foot or two away
2. When your dog goes to get it, tell him "off"
3. Praise him once he gets off the furniture
4. Once your dog begins to learn this, switch the order by asking it to get off before tossing the toy or treat

## Tips

- To help prevent your dog from getting up on the furniture, place inexpensive plastic carpet runners prickly side up on furniture
- Ask your dog to get off any time you see him starting to get on the furniture
- Give your dog a comfortable place to lay down a bed of his own
- Even if you allow your dog on the furniture, this command is useful to get the dog off the couch to allow space for a guest to sit or allow you to get under your covers at night


## Leave It

Teaches your dog to leave things alone.

## Teaching Leave It

1. Take an amount of food equivalent to one full meal and divide it into two equal piles.
2. Put one pile on a table behind you and hold one pile in your hand
3. Sit on the floor holding your hand open to your dog with the food in it
4. When your dog begins to sniff the food, close your hand so he cannot get it or if he persists to pay attention to your hand, put your hand up over your head and ignore him
5. Do not make eye contact and do not say anything-just ignore the dog for a few seconds
6. Put your hand with the food in front of your dog and watch closely
7. The moment your dog backs off or looks away from the food, praise him and give him a piece of the food from the pile on the table behind you
8. Repeat this process until your dog looks away, backs away or ignores the food in your open hand

When this happens regularly, add the cue words "leave it." "Leave it" is not a punishment, only a cue to tell the dog to back off at that moment in time. You are not punishing the dog, only giving them information so that they can make a choice to leave the food alone.
9. Offer the food in your open hand and say "leave it" in a nice tone of voice
10. When your dog backs off, say "leave it" again then reward from the food on the table behind you
11. Lower your hand toward the floor and in several different directions repeating "leave it"
12. Once you can lower and raise your hand and your dog backs off, put treats on the floor
13. If your dog moves toward the food, put your hand over it to make sure he doesn't get any of it (if your dog gets food it is a very strong reinforcement for him to go after it next time)
14. Keep repeating "leave it" and praise and treat from the food pile on the table behind you never from the food on the floor

This all goes very rapidly and within 15 minutes of the first time you try this, your dog should be following the "leave it" command well.
15. Once your dog is effectively ignoring the treats on the floor, you can up the criteria and walk him by the treats, saying "leave it" before you get to the treats on the floor (be careful not to tighten up on that leash involuntarily making "leave it" a punishment).
16. Eventually work on "leave it" in different environments (rooms, outside, etc.) to generalize the behavior. Teach your dog to "leave it" in the kitchen facing north, to "leave it " in the bedroom facing east and to "leave it" outside.

## Tips

- When you teach "leave it" in new environments, start back at Step 9 and reteach the behavior to set your dog up for success. It usually takes a couple of times to get the brain in gear in a new environment.


## Tricks for Breeding Stock Dogs

Since breeding stock dogs will not be trained to guide, we do not need to worry about teaching confusing hand signals or positions that apply to our working Leader Dogs. Their function is now focused in a new direction and we encourage our host homes to teach their dogs to do a variety of behaviors or tricks.

## Benefits of Teaching Tricks

- Simple tricks help build the relationship between the adult dog and the host home. Working on tricks together creates a reward history for the dog and it is a fun way to spend time with your new dog.
- Host homes learn about how dogs learn. The same methods used to teach tricks can be used to teach any behavior. This skill is a must for a host home taking home their new companion.
- The selected behaviors all strengthen or stretch core muscles which will help female dogs when they are whelping. By combining the tricks, you can provide a combination of calisthenics and yoga for your dog.
- Keeping a dog's mind and body active provides an outlet for their mental and physical energy. Dogs who have their energy needs met are happier, healthier pets.
- Knowing a few tricks makes your dog a hit when you meet new people or throw a party. Who can resist a dog that will literally beg for attention?


## Target on Hand

This trick is helpful in getting your dog to move without having to physically touch him.

1. Open a flat hand in front of your dog
2. When he sniffs or touches it with his nose, treat him
3. If your dog seems disinterested, close, and open your hand again to make him look to see if something is there
4. If your dog is still not interested, put your hand behind your back, then bring it out again and open it in front of him. Looking at your hand instead of at your dog will prompt him to look where you look.
5. Once your dog is touching your hand $100 \%$ of the time, then start saying "touch" just before you open your hand

## Spin

1. Using a treat, lure your dog in a circle by getting the nose to follow around to the hip
2. When the dog completes the circle, treat him
3. If your dog does not feel comfortable luring, you may have to shape the behavior as you lure.
a. Reward each movement in progressive steps.
b. Repeat each step a few times before asking for more.
c. Reward just turning the head, then reward taking a step, then turning the shoulder, to taking another step, until you have them facing the opposite direction
4. Once your dog is turning in one direction, teach him to turn in the opposite direction
5. Many different verbal commands can be used for this trick such as "flip," "twist" or "twirl"

## Sit Up (Beg)

1. Start with your dog in a sitting position
2. Place the lure just above his nose and up above his head (if the dog jumps up to get the food, you are moving your hand too fast and high)
3. As soon as his feet come off the floor, treat him
4. As your dog builds lower back and abdominal muscles, you can expect him to sit up longer
5. If your dog is having difficulty, place him in a corner where two walls meet so they can support his "sit up" position

## Weaving Through Legs

1. Hold food lures in both hands and start with the dog in heel position
2. Move your right leg forward and offer the lure under your leg
3. Praise any movement towards the lure
4. Give a huge reward for the first complete weave through one leg (tip: keep the food lure close to your leg, as the dog starts to follow, move the lure to the front of you).
5. Once the dog is completely through your legs and standing beside you, start again with the other leg, move slow and reward every weave
6. Once your dog starts moving easily between your legs, you can introduce your verbal command and or hand signal
7. Practice until it is a fluid motion going through both directions

## Back

1. Stand in front of the dog
2. Hold a treat with both hands in front of you
3. Move the treat just under your dog's chin then back toward his chest to get your dog to follow with his nose until he steps or rocks backward
4. At the slightest indication of a backward movement, reward him
5. Continue doing this exercise, slowly increasing the amount of movement backwards before your dog receives a reward
6. When the dog is reliably taking several steps back, introduce the verbal command "back" just before you move the dog
7. When the dog begins to move back on verbal command, begin fading your movement into the dog

## Tips

- Each dog will learn differently. Let your dog's actions set the pace.
- Always present enough of a challenge so your dog does not get bored but not so much that he makes the wrong choice.
- When you move to a new place or add more distractions, you may need to lower your expectations of how well your dog performs until he is performing on verbal command in a variety of places with little to no error.


## Breaking the Habit of Coprophagia (Eating Feces)

Coprophagia is the common, natural, yet disgusting, canine habit of eating feces. The dog may eat its own feces, a housemate's, cat's, or wild animal's. In general, it is harmless habit that can begin for a variety of reasons. But since it is an undesirable habit, we need to stop it. This same method could be used to end a variety of undesirable habits.

Eating feces may be disgusting to us, but it is rewarding to your dog. So, any time he gets to eat feces he is rewarding himself for the behavior you do not like. Remember this, because most habits will take a month to break, a month of your dog not self-rewarding.

The first step in breaking a habit is to teach an opposing behavior. It is near impossible to teach a dog to do nothing; so, you need to choose to teach something. You can teach your dog to come to you when he has finished parking. If he is moving away from his feces, he cannot eat it.

To set your dog up for success, you must show him what you do want and prevent him from doing what you do not want.

1. Put your dog on leash to go park
2. Allow him to find his spot and finish parking
3. Immediately, before he has a chance to turn around, call him to you and reward him with a few high value treats slowly dispensed over 10 seconds, or a quick game of toss or tug (something he will want to do more than eat feces). Timing is important because you need to break his concentration off what he was doing (going after feces)
4. Now that your dog is engaged with you and has been rewarded, take him inside
5. Come back out alone and clean up after him so he cannot eat the feces later

If your dog does not come to you when you pull out his treats, get in his face and lure him away. Continue to work with him on "come" and name recognition during other training sessions throughout the day.
6. Repeat this process every time you take your dog outside for a week or more
7. When your dog starts turning to you when he is done parking, allow more time to pass before calling him (he is still on leash).
8. Allow him the ability to sniff his feces before calling him. This is a hard stage, but it sets the tone for truly leaving his feces alone. If your dog is ready for this step, he is not likely to attempt to sniff his feces because he is already coming to you. If he turns to sniff then
comes to you without snatching the feces when called, stay at this stage until he will come without sniffing.
9. When your dog comes to you without sniffing at all, start creating distance between you and your dog with a longer leash or with no leash at all.
10. Slowly build up distance to the point where you can stay at the door.
11. Eventually, build up the amount of time between when your dog parks and you call him.

The goal is that over a four-week period you will be able to stay in the house and your dog will park and come looking for you instead of his feces.

## Thievery/Counter Surfing

When your dog can see the tops of tables and countertops, he may discover there are good things worth stealing up there (or from the dirty laundry basket, or from the shoe closet). An ounce of prevention is worth many pounds of correction when it comes to thievery.

If you minimize opportunities for theft by keeping forbidden things out of reach, supervising your dog and having acceptable toys readily available, chances are that your dog will grow right through the stealing stage and that it will never be an issue.

Sooner or later, your dog will get into something he should not. You can correct the dog only if you catch him in the act. If you find the pieces of the remote control with no dog around, it is too late to do anything about it. If you find your dog carrying around your shoe, do not automatically go on a rampage. Encourage your dog to come to you and give it up. If he does, praise them to the skies. He did a wonderful thing by coming to you, even if he should not have had the shoe in the first place. Then correct yourself for leaving the shoe where the dog could get it.

When you see your dog about to go after something he should not, use "ah-ah-ah," and "leave it," then follow through with physically blocking him from getting the forbidden object.

Should you need more assistance with this, please do not hesitate to contact Leader Dog.

## Using Your Crate

## The Benefits of Using a Crate

A crate is a place of safety and security to your dog and is an invaluable tool for you during your dog's first year. It is a bed for overnight, naps and resting, where your dog can safely remain close to family activities. Using a crate greatly simplifies house training your dog. The crate protects your dog and your home from its curiosity when you are away or busy, and in your car while traveling. It is a home away from home when you are vacationing and a refuge when your dog needs a break from too much activity. A dog that has learned to accept and enjoy its crate will adjust more easily to kenneling while in at Leader Dog for breeding.

## Teaching Your Dog to Accept Its Crate

You can help your dog accept its crate as a good and happy place right from the start.

- Make the crate part of mealtime. Begin by feeding your dog next to the crate, and progress to feeding your dog in the crate with the door open. Then feed your dog in the crate with the door closed; be ready to let your dog out when it is finished. Note: Feeding in the crate is temporary and may be discontinued after your dog has accepted its crate.
- Gather your dog's toys up and put them in the crate so he will walk in and out to get his toys.
- Use the crate for naptime. Some dogs tire quickly and nap frequently. Place your tired dog in its crate. When it wakes up, take it directly outside for "park" time. You can avoid accidents and greatly speed up house training by using the crate (see House Training later in this section).
- Your dog will be most content in the presence of family, so place the crate where it will be able to see and hear the daily activities. At night, move the crate to someone's bedroom so you and the dog will sleep easier.
- The crate should not be used as punishment, though it can be used when your dog (or you) needs a time out. Gently place your dog in his crate, praising him as he goes in. Leave him with a toy until you have time and patience to deal with his energy.


## Tips

Never pay attention to your dog when barking or seeking for attention while in the crate. Always wait for a moment that your dog is quiet, praise him and then let him out.

## House Training

## House Training Basics

Successful house training is built upon a dog's innate desire to "not soil the den" and upon getting the dog to its "relief spot" when it needs to go. Accidents are almost always a human failure-not a dog's misbehavior. "Park" is the command used when you want your dog to relieve himself. It is taught through repetition and scheduling the dog's natural relief times.

Practice, praise, and patience are the keys to successful house training. The rules of house training are:

- Use a consistent dog bathroom area. "Park" your dog by taking it to the same spot in your yard every time. This will soon become a signal as to the mission your dog needs to accomplish while outside.
- Always accompany your dog, even if your yard is fenced. This is a vital step to house training. You must be there to praise the dog when he relieves himself. Watch for the telltale signs of circling, sniffing, and starting to squat, then ask the dog to "park." Tell him "Good park!" as he relieves and praise him like he just won the Super Bowl.
- Take your dog out to "park" regularly. An adult dog has bladder control and does not need to go outside every hour. Every four hours is a good time to start during the day, plus after eating or sleeping. Do not take the risk of having accidents right from the start. If your dog does not "park" when you take him out, crate him and try again an hour later. Your new dog may need to "park" every hour or so when awake, and immediately after he wakes up from a nap. As your dog adjusts to living in your house, he may learn to give you signals when he needs to park. Keep in mind that your dog will need to go more frequently when it is very active or highly distracted, and toward the end of the day when he is tired.
- Limit your dog's freedom during house training. Dogs are essentially clean animals. Your dog would prefer not to soil his home. By confining him to a small play area, such as a kitchen or mudroom; you can help him learn to wait until he is outside to relieve himself. Even in a small play area, you must watch him closely. It is your job to successfully get your dog outside when he has to go.
- Use your dog's crate appropriately during house training. When you cannot supervise your dog, crate him for safety as well as house training. However, you must be sure that you get him outside frequently enough to prevent accidents in the crate.
- Expect your dog to find it harder to "park" away from home. You will need to allow for extra "park" time when you are away from home with your dog. He will not have the familiar sight and smells of his home parking spot. He does not have a familiar exit to go to when he needs to relieve himself. Help the dog by taking him out frequently and watching for signals that he needs to go out.


## When Accidents Happen

Even diligent dog owners will have to face a few accidents during house training. There are appropriate ways to respond to your own, and your dog's mistakes.

- If you catch your dog in the act of relieving himself, you can often slightly startle it into stopping with a verbal "no" or "ah-ah-ah," then take him out to his "park" spot. As soon as the dog begins to finish his park outdoors, praise him.
- If you find the "evidence" but do not catch the dog in the act, reprimand yourself for not being diligent in getting your dog out when he needed to go. Adjust your dog's "park" schedule to get him out more frequently if needed and reduce his indoor play area to a more manageable size. Do not scold the dog after the fact. He will not understand. If anything, it will think that "Mom does not like that stuff, so I better hide it better next time." You may begin to find accidents in out-of-the-way places such as behind furniture.
- Accidents on carpets: For effective long lasting clean up, use enzyme-containing cleaning solutions especially designed to destroy urine odors. These are readily available in pet stores and through pet catalogs. Usual household disinfectants are not as effective.


## "Sit Down" and Other Ways to Confuse Your Dog

## By Jeff Millman

(http://www.watchandtrain.com/free-dog-training-tips/dog-training-blog/entry/qsit-downq-and-other-ways-to-confuse-your-dog.html)

Providing clear instructions is critical in dog training. Have you ever thought about the cues we give our dogs from their perspective? Over the years I am sometimes completely amazed that a given $\operatorname{dog}$ is able to understand the trainer at all.

All trainers present many different signals to their dog without knowing it. Have you ever said, "Sit" at the same time you are moving your hand in the "Sit" hand signal that you have taught your dog? That is called "blocking," which is presenting a dog two signals at the same time. The dog might learn one signal, both or neither. In that case, is the cue for "Sit" the verbal cue, the hand signal, or the combination?

If you want your dog to learn BOTH the hand signal and the verbal cue, try this: say the verbal cue with a quiet body (no extraneous movements,) and then after one second, help your dog with the hand signal. If you have not established a hand signal cue, work on that first.

Lesson learned: Don't expect your dog to learn two things at once. Separate the two with a slight pause.

Next, I want you think about specific language. What does "Sit Down" mean? Does it mean "Sit" or "Down?" People have a tendency to speak in synonyms, colloquial speech patterns and slang. That is fine if you teach your dog all of those specific terms. But if you have not, do not expect her to know them. Use "Sit" or "Down," but do not use them together.

Lesson learned: Be specific with your language. If your dog is having trouble with something, ask someone to watch one of your training sessions to determine if you are being clear with your instructions.

One of the most common confusing messages that I see all the time is when people say, "Down" to their dog when she is jumping on people or on furniture that is off-limits. I recommend teaching "Off" to mean "keep your paws off that person or object." "Down" should be reserved for lying down. One reason that I am such a stickler about this point is that the meaning of the cue gets diluted over time. Think about asking your dog to "Down" off of your guests and furniture many times a day and then expecting them to lie "Down" when you want them to? You have defined one cue to mean two very different things.

Lesson learned: Define each cue to mean one behaviour.

The last example is the common usage of "Leave it" and "Drop" used interchangeably. The lesson is the same as "Down" and "Off," but there is a more noticeable and dramatic reason for making sure you are consistent. You could save your dog's life by paying attention to this rule.

If you need your dog to "Drop" something that may hurt her, you do not want her to pause to interpret what you mean. You want her to do the behaviour as a reflex response. Many people use "Leave it" to mean both: "Move your mouth away from that object" and, "Drop it" to mean, "Open your mouth." Getting snappy, consistent responses require conditioning through repetition of behaviours paired with a cue many, many times.

Think movements in sports, responding to orders in the military and typing as three examples. Why do athletes at any level practice for hours and hours? It is to get muscle-memory of behaviours and achieve a level of comfort with the action so their body easily does the movement without a lot of thought. This allows them to refine their movements, think about strategies, work on their role, and not get bogged down in the details.

Have you ever asked your dog to do something and then gotten a really delayed response, or no response at all? Of course you have. I have, every trainer has. That is part of the learning process. If you define "Leave it" to mean two different things, will your dog have a snappy response? Possibly, but you are leaving too much room for interpretation. Teach, "Leave It" to mean "Move your mouth away from that" and, "Drop it" to mean "Open your mouth."

Lesson learned: Snappy responses require repetition of behaviours paired with a cue many, many times.

## Canine Behavior: Use of Calming Signals

(Based on the book On Talking Terms with Dogs: Calming Signals, by Turid Rugaas)

Dogs are flock animals and it is thought that they have a language for communication with each other. Canine language consists of signals, body positions, face, ears, tail, sounds, movements, and expression. Our domesticated dogs seem to have lost some of this usage or ability to signal. If we study our dogs and their behaviors, we may be able to communicate with them better.

It is thought that calming signals are used to maintain a healthy social hierarchy and resolution of conflict within the flock. Turid believes that dogs have the ability to calm themselves in a fearful or stressful situation and calm others as well. When Turid observed these signals, she believed they are used at an early state to prevent things from happening.

Learning these signals will help you in training, handling, and understanding your dog. Signals can be swift, subtle or a combination of movements.

## Turning of the head:

The dog may turn its head to the side and back, or the head can be held to the side for some time, or it can be subtle, slight turn of the head. Sometimes instead of moving the head, it could be an aversion of the dog's eyes from side to side.

- Your dog may do this if approached too fast or head on, or if you stoop over him or scold him.
- You can use head turning when a dog starts to get worried or frightened when you approach him.
- Looking at an individual in a softer way, lowering the lids, averting the eyes, and not staring in a threatening way are signals both you and your dog can use.


## Licking the Nose:

A very quick movement of the tongue can be a calming signal.

- Your dog may use this in any situation that may make them nervous or uncomfortable, such as another dog approaches aggressively, you hold your dog too tight, or talk to them in a commanding or stern voice.


## Freezing:

Your dog may 'freeze' or become perfectly still when another dog approaches and starts sniffing them all over. They usually remain in this position until the dog acts friendly or moves on to other things.

## Slow Movements:

Very slow movements are thought to have a calming/non-threatening effect.

- Your dog may use it to calm another dog at first sight, if you use a very stern voice, or if a lot of things are happening around the dog.
- You can use it if a dog seems frightened or you do not want to scare the dog.


## Play Position:

If a dog goes into a bowing position with his hind end up, he may want to play. If he is still, he may be using it as a calming signal.

- Your dog may use it to become friends with another dog that may seem nervous or skeptical.
- You can use it around nervous, skeptical dogs to indicate play and friendliness.


## Sitting Down:

Turning their back to you while sitting down or just sitting down is a signal.

- Your dog may use it in uncomfortable or threatening situations to calm another dog and themselves.
- You can make yourselves less threatening to a dog that is uncertain of what to think of you.


## Down:

This is the same as sitting but they lie down with their belly to the ground.

- You can do this with your dog or a strange dog, to appear less threatening and calm, an unsure dog is more likely to come to you in this position.


## Yawning:

- Your dog may use this when you go to the veterinarian's office, if a stranger approaches, or if there is a lot of commotion around them.
- You can use this with sitting or lying down to calm a scared or nervous dog.


## Sniffing:

Sniffing can be a swift movement down and up again or it can be down for some time until the problem or situation is over.

- Your dog may use it if someone approaches him or another dog, or if a sudden situation occurs.
- You cannot really use this, but you can sit and scratch at the grass or something similar.


## Splitting up:

Going physically between dogs and people is a signal.

- Example: two puppies are playing, it gets a little rough, and an older dog goes in between to change the situation.
- You can use it when dogs get too tense or when something/someone is making your dog uneasy.


## Wagging Tail:

A wagging tail is not always a sign of happiness. Example: a submissive dog who may tuck its tail and wag and urinate as you approach may be trying to calm the approaching situation and itself.

- You may see your dog use it in relation to you if you are stern with them, trying to calm you down.

Turid thought these were among the most common used signals in dogs. Spend some time observing your dog at home and with other dogs. Try to identify individual calming signals. There is no statistical proof either way that dogs communicate, so what do you have to lose? The worst that could come out of it is that you will see the signals and see how your dog talks to you and to other dogs. Perhaps the two of you will understand and co-exist a little better.

## Toys

## Good Toys

There are many toys on the market today and it can be hard to decide which are safe and which could prove to be fatal. Nylabone toys have a reputation for being sturdy. Kongs, or the similar West Paw toys, have a long life but must be watched for wear and tear.

## All toys should be checked for rips and tears on a regular basis. Throw away toys as soon as they become worn to the point that they are unsafe!

## Unacceptable Toys

Never buy toys that have bells and/or pieces that can be chewed off and swallowed. Toys that can physically harm your dog include rubber toys with squeakers, rope toys and stuffed toys.

Do not give your dog rawhide bones because they can become impacted in your dog's digestive tract.

Do not give your dog real bones which can splinter, stick in your dog's throat, or crack their teeth.

Socks, old shoes, towels, or gloves should not be used for toys. They will confuse the dog and possibly encourage seeking good clothing as toys.

## Raising an Obedient and Self-Controlled Dog

Your goal as a dog owner is to have a confident, well-socialized and well-behaved dog. The sense of accomplishment that comes with bringing out the best in your dog is immeasurable. From the day your breeding stock dog enters your home, it will be learning from you. Whether you realize it or not, the learning never stops.

Raising a dog to be an obedient dog includes much, much more than formal obedience training on a leash. Your dog is always learning, and obedience should become part of your daily routine.

It is also important for your dog to learn its place in the family hierarchy. Dogs are a pack animal and packs have leaders and followers. In the family pack, you want your dog to know you are the leader and that you can be trusted. Your dog should recognize its place in the pack as well below all the human pack members.

Here are just a few examples of how you can show pack leadership:

- Require a quiet "sit" before feeding your dog.
- Do not allow your dog to push past you through doors. You should ALWAYS be the leader.
- Use the same "sit" exercise for going in and out of doors, gates, cars, and crates, especially when your dog is distracted or excited. Always be sure your dog is attentive and looks to you for direction, waiting until you give permission to go forward.


## Tips

- Scolding is not necessary for any of this-just consistent direction and praise for the correct behavior.
- Be sure all family (pack) members are consistently showing pack leadership.

It is also important for a breeding stock dog to exhibit self-control. All dogs have within them the ability to develop self-control, for some it is a longer process of maturing and settling down. However, you can do many things to encourage the process to speed up.

In the dog training world, the ability for the dog to "get it now" is call self-rewarding behavior. It is hard to live with a dog that constantly engages in self-rewarding behaviors. Some selfrewarding behaviors include leash pulling, hand licking, hand mouthing, counter surfing, food stealing, raiding the trash can, barking, jumping up, and over-excitement at seeing other dogs.

## Teaching Food Self-Control

1. Get down on the floor with your dog on your left side and kibble in your right hand.
2. Put your left hand in the dog's collar and ask it to "sit."
3. Place the whole handful of kibbles on the floor about two feet in front of your dog.

Some dogs will be leaping and straining to get to the kibble. This is NOT what you want. You want your dog to sit quietly next to you without straining or pulling.
4. When your dog is sitting quietly, reach over with your right hand and get one piece of kibble and feed it to your dog. You are rewarding the sitting and being quiet. Do not reward the wiggly or pulling dog.
5. Repeat using several pieces of kibble.
6. If your dog is sitting nice and relaxed, relax your hold on the collar to one finger.
7. Reach over with right hand and reward with a piece of kibble.
8. When your dog is being successful, release the collar and reward with pieces of kibble.
9. If your dog gets up and heads toward the food, cover the food with your hand and go back to holding the collar. Your dog is not ready for this step yet. If you allow your dog to get the food on the floor, you will be rewarding him for getting up and doing their own thing. Self-control must be earned.

You are teaching your dog that good things come to those who wait.

## Tips

- Remember what you are trying to develop in your dog: sitting quietly, not straining on the collar, not getting up and not diving toward food.
- If you have a dog that gets highly excited with the sight of food, try this exercise shortly after feeding your dog instead of when it is very hungry.
- Whatever you do, do not ever settle for less than a quiet, calm "sit" before rewarding.


## Meeting and Greeting

It should be the goal of every dog owner to have a dog that will sit quietly at your side while a human approaches and greets it. The same goes for children, other dogs, or any other type of distraction.

Let us mention motivation here. Many Labrador Retrievers and Golden Retrievers go absolutely "gaga" when a stranger approaches making all kinds of cute noises because the stranger is in love with your dog. The sweet faces of these dogs send people over the top. Your dog is rewarded when the person gets to it or the dog beelines to the person. We want our dogs to be friendly, but they must greet in a civilized manner.

If you have a dog that already has a very hard time being still for a greeting, this training will be incremental. For example, start working on greeting people in the home before going outside of the home. You must remember that the self-control to greet in a controlled manner must come from the dog-you cannot punish or force a dog to have self-control.

You will need someone to help you teach this behavior.

1. Put your dog on your left side in a "sit." Do not speak to the dog, do not use the leash to correct and do not show emotion as the greeter approaches and the dog reacts. Most dogs that have a problem greeting will stand up and wag their tail, or jump, or lick or any other behavior to get the greeter's attention.
2. As soon as the dog gets up from sitting, the greeter turns around and walks away. The dog gets up and the "reward" disappears.
3. Gently reposition your dog in a "sit" without saying anything.
4. The greeter will approach again and if the dog gets up, the greeter will turn around and walk away.
5. Gently reposition your dog in a "sit" without saying anything. At some point, the dog will realize that getting up drives away the reward.

It is interesting to watch the dog when they reach this part of the decision-making process. Suddenly the dog becomes much less intent on the approaching person. The goal is that the greeter can come up and pet the dog without the dog getting up or licking hands or pawing. The dog that stays in a sit gets petted. There are no food rewards in this exercise. Impulse control comes from within the dog. You cannot put it in the dog, but you can encourage the steady growth of self-control.

Although you do not want to work on all these situations in one training session, you will want to try all of these situations to test your dog's progress in this area. Do not move on until your dog has mastered the first step, or you will be setting yourself up for failure. Here are suggestions as to how to progress with this behavior:

1. The greeter approaches the dog quietly.
2. The greeter approaches talking in a happy voice.
3. The greeter approaches talking in a happy voice and encouraging the dog with her hands.
4. The greeter runs up or past the dog talking in a happy voice.
5. The greeter crouches down towards the dog while talking in a happy voice.
6. The greeter is a child.
7. The greeter is a man.
8. The greeter is a woman.
9. The greeter is another dog.
10. The greeter is a dog running past your dog.
11. The greeter is a cyclist, jogger, inline skater, or other type of distraction.

If at any time your dog gets up, simply put it back in a "sit." Your goal is to have a nice, steady "sit" on a loose leash. Be careful that you are not restraining your dog. The idea is for your dog to learn to regulate the impulse to jump up.

If your dog lunges, throws itself on the ground, bites at the leash or in general embarrasses you, enlist the help of your mentor or an experienced dog handler at Leader Dogs for the Blind. Often it helps to have someone not emotionally involved to persevere through these challenging experiences.

## Section 6 Forms

Body Condition System (BCS) Chart

Fecal Scoring System

Most forms can be found online in the files section of the LDB Breeding Stock website. You can also contact Leader Dog for an electronic version to be sent to you via email.

## R Nestlé PURINA

## Body Condition System



Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.

Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass.

Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.

## $-4$

Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.

Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.

Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.

Ribs palpable with difficuly; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.

Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.

Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.

The 300Y CONDITION SYSTEM was develoged at the Neite Purino Pet Care Center ond has been adideted an documerted in the following publicetions:
Mowby D, Bortges /W, Moyers T, et. of. Camporisan of body fat estimates by dualenergy x-roy absorphiametry and devterium oxide difition in client awned dogs. Compandium 2001; 23 (9A): 70
taflomme DP. Development and Walidation of a Sody Candinion Scare System for Dage. Conive Proctice Mry/Augual 1997; 22.10-15
Kanly, et. al. Effects of Diet Restriction on Life Span and Age-Related Changes in Dogs. JabMA 2002; $220.1315-1320$
Call 1-800-222-VETS (8387), weekdays, 8:00 a.m. to 4:30 p-m. CT


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