

Live Love
Animal Rescue

Adopter Resource Manual

Updated Jan. 2021

Please watch the following videos compliment this manual:

[Live Love 101: Inside the Home](#)

[Live Love 101: Outside the Home](#)

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Contact Information

Questions or concerns: email adopt@liveoveanimalrescue.org for a response within 24 hours

Emergency behavior questions or concerns: Text Lisa Darcy at 562-458-4894

Emergency medical questions or concerns: Text Emily Peters at 562-810-5350

****Note:** once the foster-to-adopt trial period begins, you are responsible for all costs associated with your newly adopted dog, including any costs for medical and/or behavioral needs (excluding costs related to spay/ neuter, vaccines, and microchip, which are covered under the adoption fee). Live Love will not finalize an adoption until the dog has been medically cleared by our veterinary partners and will disclose any and all known behavioral concerns.

Mission & Vision

Live Love Animal Rescue's mission is to save homeless animals by providing them a lifelong commitment to their well-being. We take in dogs from all situations and often find ourselves rescuing the most extreme behavior and medical cases. Live Love Animal Rescue is dedicated to ensuring these dogs are healed and brought to the greatest possible quality of life and placed in loving, responsible, committed foster and finally, permanent homes. While in the care of foster homes, all dogs are healed, spayed or neutered, fully vaccinated, and receive behavioral training as needed prior to adoption. The ultimate goal is to find our rescued dogs a forever home of their own and for those that are too ill, they will remain in our rescue family as Forever Fosters and be cherished for all of their days.

We partner with local rescues, the shelter and city government to develop a network of volunteers and supporters that can transform Long Beach into a no-kill city for all animals.

Live Love acts with fiscal responsibility to ensure that we meet our commitments to our rescue dogs. We act with gratitude and respect to our network of volunteers, fosters and supporters that provide countless hours of work, support, and donations. Our rescue board, officers, volunteers and fosters act with courtesy, kindness, and respect as a member of the Long Beach community and greater rescue network.

Leadership Team

[Emily Ann Peters](#), Founder & Executive Director

[Lisa Darcy](#), Director of Adoptions & Behavior

[Angela Robinson](#), Executive Board President & Grants Lead

[Megan Sturdevant](#), Executive Board Member & Volunteer Coordinator

[Jennifer Mandel](#), Adoption Coordinator

[Cecile Lindsay](#), Home Checks & Adoptions Event Coordinator

Adoption 101

Setting Up Your Space

You want to make sure you are providing your newly adopted dog a safe, quiet space to transition into your home and routine. You will be provided with some food to get started (it's your choice to keep your dog on this brand or slowly transition to the brand of your choice), leash, martingale collar with an ID tag, and harness if needed. We strongly suggest that you also utilize a crate with a bed/blanket inside, and continue to use a martingale collar and/or slip lead for safety while on walks.

- **Crate:** Set up the crate in a separate room or in a quieter area where the new dog can be given space away from the resident dog(s) and other pets.
- **Feeding:** Plan to feed your new dog separately from your resident dog(s). You may feed your new dog in his/her crate or in a separate room. Once the integration process is complete, the crate and feeding station can be integrated as well.
- **Mindset:** Understand that bringing a new dog into your home won't always be easy. With patience, consistency, and love, you will make great progress! We are here to support you every step of the way, so don't be afraid to ask for guidance.
- **Energy:** Be aware of the energy you are exhibiting. The dog is aware and is already responding based on your energy; either you mirror the dog's energy or s/he mirrors yours. As a leader, you need to have the dog mirroring your calm and balanced energy.
 - Try to avoid getting frustrated or angry when something doesn't go as planned with your newly adopted dog (which it inevitably will!). Take a deep breath, and back up a step or two in the process.
 - The more you can break down a goal into incremental steps, the more success you can achieve and celebrate!

Decompression

- **Definition:** After the stress of changing environments, dogs need a “decompression” period to help them return to a calm, relaxed, SAFE state of mind.
- **Rationale:** Bringing a dog into your home may be happy and exciting for you, but it can be confusing and scary for the dog. Showering the dog with affection and “fun” new experiences may make you feel good, but this isn’t about you. This is about what is best for the dog. Decompression is a safe and effective way for your newly adopted dog to take in the new sights, sounds, and smells of their new environment without being directly involved with it. It gives structure to the dog and prevents them from making poor choices while they are learning the rules and expectations.
- **Procedure:** For at least 2 weeks, your newly adopted dog’s life should be **incredibly simple and boring while they decompress and acclimate in your home.**
 - Have a **daily routine** planned out prior to the dog coming home. From bathroom breaks to crate time, to short walks in quiet boring places, the entire day should be on a schedule. See the section “Establishing a Routine” for a sample daily schedule for your newly adopted dog - you may change the times to fit your needs, but we strongly recommend sticking to this schedule in order to set your newly adopted dog up for success.
 - Dogs find comfort in routine more than they do belly rubs and cuddles. For that reason, keep the affection to a minimum. Their “love language” is actually confident leadership versus being pet.
 - Remember that “**you get what you pet,**” so whatever state of mind the dog is in, you reinforce that when giving affection. Only give affection when the dog is displaying calm behavior, and they will learn to be calm more often. Keep petting and other forms of affection to 5 seconds or less at a time - don’t overdo it.
 - Things to **avoid** during the decompression period:
 - *Introducing your newly adopted dog to new people outside of your immediate family* - It is important for your newly adopted dog to build a strong relationship with you before introducing new people. The more new things we present to the newly adopted dog at once, the greater the chance s/he will become overwhelmed and make a poor choice such as jumping, lunging, mouthing, biting, etc.

- *Introducing your newly adopted dog to your resident dog(s) or other dog(s), whether or not you know the dog(s) personally* - As above, it is important for your newly adopted dog to build a strong relationship with you before introducing new animals. The more new things we present to the newly adopted dog at once, the greater the chance s/he will become overwhelmed and make a poor choice such as jumping, lunging, mouthing, biting, etc.
- *Allowing lots of excitement, play time, or rough-housing* - This type of behavior often leads to overstimulation on the part of the dog, and can lead to a bite incident. Many dogs have not been taught how to play nicely, so it will be up to you (eventually) to teach gentle behavior at a low level of excitement. This should happen **after** the decompression period, in small doses, cutting the play time short if the energy level begins to escalate.
- *Allowing “free time” for the newly adopted dog, either in the home or outside the home* - The more freedom we allow the newly adopted dog, the greater likelihood of a poor choice. They do not know what they should and should not do in this new environment, so we need to limit their ability to test those boundaries. The more we practice structured, calm behavior, the more this becomes “the new normal” for the dog. A leash is our best tool to guide them!
- *Lots of petting and touching of the newly adopted dog* - While petting can be fun for us, it can be stressful for the dog. Many dogs do not want to be touched right away, and this can add to the discomfort of being in a new home if we insist on it. We can also inadvertently reinforce unwanted states of mind such as anxiety, a lack of confidence, or fear. Remember to model calm behavior for your newly adopted dog at all times.
- *Baby talk/ high-pitched voice* - Don't do it! This is incredibly exciting and rewarding for most dogs, and we as humans tend to overdo it. This can quickly lead to overexcitement. Even when providing verbal praise, keep your voice calm, gentle, and even-toned.
- *Going outside of your neighborhood* - Choose a quiet route for walks that works for you and stick to it. Do not introduce

parks, hikes, or other new environments during the decompression period.

- Things to **focus on** during the decompression period:

- *Crate training* - The crate is a positive place. Think of it like the dog's bedroom. During the decompression period, the dog will spend a lot of time in the crate. It is important to associate positivity with the crate. Even while the dog is out of the crate, leave the crate door open. Toss treats in the crate for your dog to retrieve and they will start to associate the crate with good things. Never physically push your dog into a crate, because it will create negative association. Instead, encourage the dog with positive things like calm praise and treats. If needed, use the leash to guide the dog into the crate using steady leash pressure. Make sure to release the leash pressure when the dog begins moving into the crate. Repeat pressure and release as needed until the dog is in the crate. See the "Inside the Home" video and section on Crate Training for more information.
- *Leash work* - Keep your newly adopted dog **on leash at all times**, including inside the home. This allows you to easily redirect the dog and teach them what is and is not acceptable behavior. For example, you can guide them down from jumping on furniture safely without having to grab their collar, which could be a potential trigger. Either hold the leash, tether the dog to a heavy piece of furniture (if doing place training etc. - and always monitor closely!), or eventually allow the dog to drag the leash around loosely without holding it. See the "Outside the Home" video and section on General Training for more information on how to teach your dog to walk on leash without pulling.
- *Threshold training* - Threshold training involves teaching your newly adopted dog to respect thresholds (crate door, gates, front door, etc.) using your body language, the leash, and lots of patience. This will help prevent "door dashing" and other potentially dangerous behaviors, as well as teach the dog to look to you for guidance and direction. See the "Inside the Home" video and General Training section for more information on how to teach this skill.

- *Place work* - This is the only acceptable form of “free time” your newly adopted dog should have during the decompression period. They should be on leash - either with you holding the leash, or with the leash tethered to a heavy piece of furniture (if it is safe for you to do so given your home setup). They must be closely monitored when doing place work - this is not an opportunity for you to walk away from them. See the “Inside the Home” video and General Training section for more information on how to teach and reinforce “place.”
- *Your newly adopted dog’s body language* - It is very common for newly adopted dogs to become stressed out and behave differently in the first few days and weeks of being in a new home. It’s important to minimize their stress level by keeping their energy calm, maintaining routine, and being aware if you are noticing any anxious, fearful, aggressive, etc. body language. This is a clear sign that you need to slow down, identify the stressor(s), and try to minimize or eliminate the stressor for the newly adopted dog. See the **body language charts** below - we want calm, relaxed, neutral body language as much as possible!
- *Taking things slowly* - Don’t rush the decompression process. Be patient and plan for everything to take twice as long as you think it will - this gives you plenty of time to wait for the behavior you want out of your newly adopted dog, and reinforce it accordingly.

Reading Canine Body Language: T-E-M-P.

(with Tickle the Pit Bull)

Tail, Ears & Eyes, Mouth, Posture



Relaxed (down)



Relaxed



Submissive / Happy
I'm Not A Threat



Happy



Ready To Play



Submissive
Deferential



Please Leave
Me Alone



Anxious
Stressed



Terrified



Fearful: Ready
To Fight



Alert



Wary / Unsure
Suspicious



Stalking



Defensive
Territorial

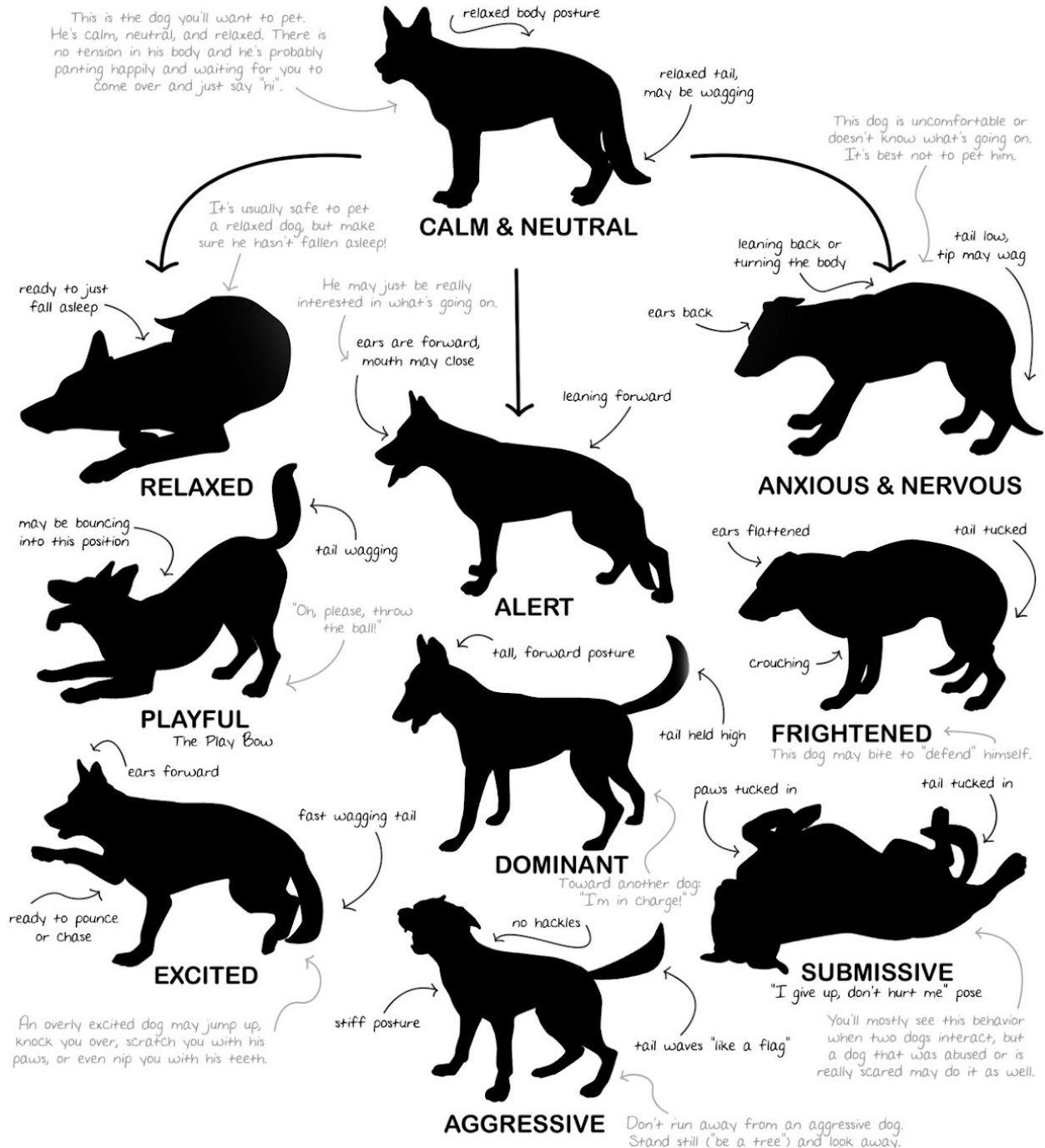


Angry: Ready
To Fight

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Illustrated by Samantha Hines

DOG TO ENGLISH TRANSLATION CHART



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3-3-3 Rule: While each dog will adjust and adapt at his or her own pace, it's important to allow time for transitions to occur. See the infographic for more information on what to expect during the first days, weeks, and months of bringing a newly adopted dog into your home.

3D	3W	3M
		
In the first 3 days,	After 3 weeks,	After 3 months,
<ul style="list-style-type: none"><input type="checkbox"/> Feeling overwhelmed<input type="checkbox"/> May be scared and unsure of what is going on<input type="checkbox"/> Not comfortable enough to be "himself"<input type="checkbox"/> May not want to eat or drink<input type="checkbox"/> Shut down and want to curl up in his crate or hide under a table<input type="checkbox"/> Testing the boundaries	<ul style="list-style-type: none"><input type="checkbox"/> Starting to settle in<input type="checkbox"/> Feeling more comfortable<input type="checkbox"/> Realizing this could possibly be his forever home<input type="checkbox"/> Figured out his environment<input type="checkbox"/> Getting into a routine<input type="checkbox"/> Lets his guard down and may start showing his true personality<input type="checkbox"/> Behavior issues may start showing up	<ul style="list-style-type: none"><input type="checkbox"/> Finally completely comfortable in his home.<input type="checkbox"/> Building trust and a true bond<input type="checkbox"/> Gained a complete sense of security with his new family<input type="checkbox"/> Set in a routine
	© Rescue Dogs 101	 Rescue Dogs 101™ ADOPT LOVE TRAIN

Trigger Stacking

Dogs get stressed with changes - some cause more stress than others. In a normal situation, dogs may experience one “trigger” or stressor at a time, and be able to react appropriately to it.

- Part of the reason decompression is so important is that it helps avoid “trigger stacking” for the newly adopted dog.
- A dog coming out of the shelter is experiencing A LOT of changes all at once, which can lead to them becoming overwhelmed with stress.
- Dogs will choose fight or flight - either of these responses can lead to a dangerous situation for both dog(s) and humans.
- Introduce changes **slowly** to set your newly adopted dog up for success - this includes introducing new people, animals, and environments.
- Watch [this video](#) to learn about trigger stacking and stress hormones.
- For more in-depth information on trigger stacking, read [this article](#).

Establishing A Routine

Dogs thrive on routine! The more they can predict what will be happening around them, the more comfortable they will feel.

- Any unsupervised time should consist of the dog being in the crate.
- Make sure to go straight from the crate to a potty break each time the dog comes out, to avoid any accidents in the house.
 - If you have a foster who tends to “mark” in inappropriate places, we can provide belly bands while crate and potty training is in progress.
- Provide crate rest time after each meal. At least one hour is recommended, especially for large breed dogs, to aid in digestion and avoid bloat.

Sample Daily Routine (during decompression):

7am - 7:30am Potty break and morning walk with leash training
7:30am - 10am Breakfast and crate rest with Kong or safe chew toy
10am - 11am Potty break and place work
11am - 2pm Crate rest with Kong or safe chew toy
2pm - 2:30pm Walk with leash training
2:30pm - 4:30pm Crate rest with Kong or safe chew toy
4:30pm - 5pm Walk with leash training
5pm - 6pm Dinner and crate rest with Kong or safe chew toy
6pm - 7pm Place work and basic training exercises (look, sit, down, come, threshold work, etc.)
7pm - 9:30pm Crate rest with Kong or safe chew toy

9:30pm - 10pm Potty break and/or walk
10pm Bedtime in the crate

Crate Training

Crate training is an essential component of decompression, training, and helping a dog settle into their new home.



- Using a crate begins with your mindset - if you view the crate as a negative tool, so will your newly adopted dog. So make it a positive, happy place! Think of it as the dog's safe space, like their own room within your home.
- Crate training is our main tool to aid in potty training and avoid separation anxiety.
- A crate should be large enough to stand up and turn around in, but not so large that the dog will be tempted to potty in it.
 - It should have a soft bed to lay on and can even be covered by a blanket or towel (to create a den-like feeling).
 - Allow the dog to associate good things with the crate by providing meals, delicious treats, and toys in the crate.
- Not all dogs will take to the crate immediately - but when your mindset/energy about the crate is positive, most do! Here are some tips...
 - You can exercise your newly adopted dog before they use their crate. This will encourage them to rest in the crate.
 - Start with short time periods and work your way up to longer ones.
 - Wait for your dog to "Accept/Surrender" in the crate before closing the door and walking away from the crate.
 - For dogs who need extra support, break down each step of the crate process and deliberately take your time. For example, after you close the crate door, sit beside the crate and *ignore* your newly adopted dog while they acclimate to being in the crate before walking out of the room.
- Going into and coming out of the crate should be a **calm** process. Provide incentives for the dog to enter, and **wait** until they are calm to allow exit.

- The crate is another opportunity for **threshold training** with your newly adopted dog!
- Use the crate door as a “block” for your newly adopted dog if they try to rush out of the crate. Only release the “pressure” of the crate door when they are relaxed and respectful of the threshold. And, ideally, giving you calm eye contact.
- Stay consistent! Don’t give in to whining/barking. If you do, this would become a learned behavior and be challenging to correct in the future.
- Patience and consistency are key - be firm. Just remember, a dog who is crate trained will have the tools to self-soothe for the rest of their life. These life-skills pay off in the long run, and you are providing them this!

General Training

For all training that occurs, short sessions are key. You will make more progress with 3 sessions of 5 minutes spaced throughout the day than you will with 1 session of 15 minutes.

This holds true for walks as well - the goal does not always need to be to make it around the block, but rather to strengthen the leader/ follower relationship between you and your newly adopted dog. Always try to end all training sessions and walks on a positive note!

Keep in mind that training will take time. Take as long as it takes, stay calm, and work in small, incremental steps. You can do this!

Rules, Boundaries, and Limitations

- Your newly adopted dog is coming into your home, so it is up to you to create and enforce rules, boundaries, and limitations for your newly adopted dog.
- It is completely acceptable to give your newly adopted dog different rules than your resident dog(s). Both dogs are at different places in their unique journeys and may require different rules.
- The more structure we give the newly adopted dog, the quicker their rehabilitation, training, and adoption can happen.
- One of the most important boundaries to set up is **not to allow the newly adopted dog onto the couch or into your bed**. While this often seems like the nice thing to do, it can lead to behavior concerns down the road.

- Bad Rap suggests that you wear your “Boss Hat” and has some simple solutions to common problems in a multi-dog household in [this video](#).
- An important skill in creating rules, boundaries, and limitations is using your body language to direct a newly adopted dog, as seen [here](#).

Exercise, Discipline, and Affection

- Exercise is the first step in creating the calm mindset that you want in your newly adopted dog.
- “Discipline” is simply training and mental stimulation - this is not to be viewed as a negative but as a fulfillment of the dog’s needs!
- Affection is a reward once exercise and discipline have been fulfilled, and you have your newly adopted dog in a calm and relaxed state.

Threshold Training

Threshold training helps the newly adopted dog remain calm during transitions. Threshold training can be frustrating for fosters, but remember to take it very slowly and in incremental steps.

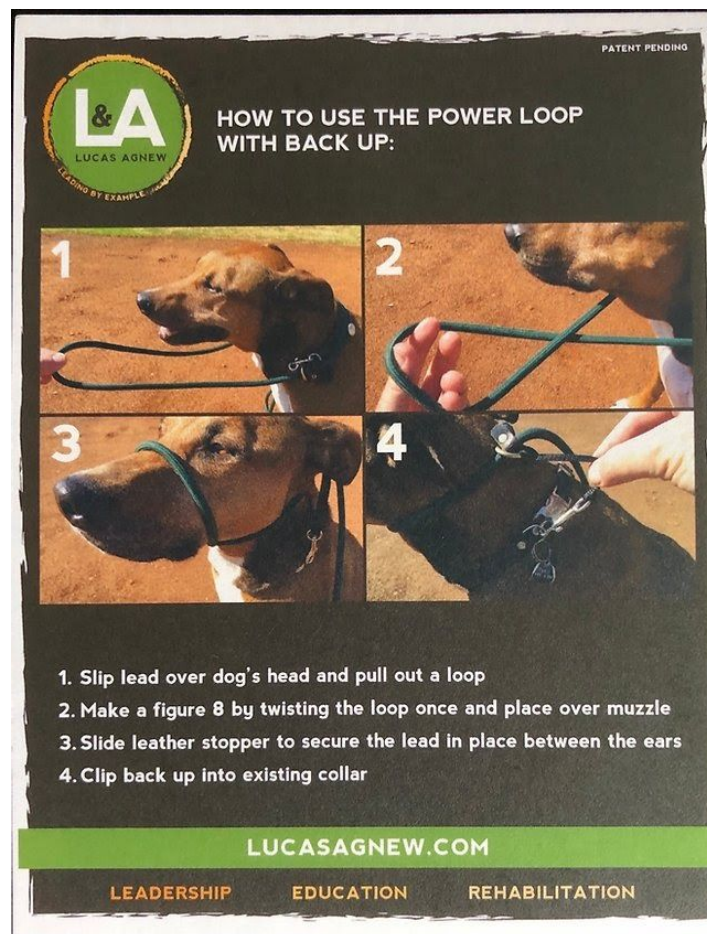
- **Doorways, gates, car doors** - do not allow your newly adopted dog to rush out the door. Whether they sit or stand calmly at the doorway, the goal is that you do not open the door or walk out until the dog is calm.
- **Crate** - do not allow your newly adopted dog to rush out the door. Only allow exit when the dog is calm. You can use the crate door to block the newly adopted dog if they try to rush out.
- **Feeding** - Put your newly adopted dog into a sit and gain eye contact before placing the bowl down. Eventually, add in a “stay” or “wait” so you can place the bowl down before the dog jumps into eating. You can use “okay” or a similar release command.
- See an example of crate threshold training and doorway threshold training [here](#).

Leash Training

Just like threshold training, leash training should be broken down into small, incremental steps. It’s important to teach the newly adopted dog to follow you, their leader, rather than allow them to run the show. Some walks should be structured and some should be unstructured - see below for the difference.

- **Leashing up** - ask for a “sit” or calm behavior before attaching the leash. If the dog gets excited, either remove the leash and start over, or wait until the dog calms down before moving on.

- We recommend using a slip lead so you can place the loop right behind the ears. This is the most sensitive area on the dog's neck and will allow you to use the least amount of pressure on the leash.
- You may have to readjust the leash positioning during the walk if it slides down the neck.
- If you have a dog that pulls excessively, you can use the slip lead as a "Power Loop" as long as you have a backup clip (as shown), carabiner, or other safety method to backup the power loop to the dog's collar.



- **Exiting the house** - use the doorway procedure from threshold training. Make sure that you walk out the door before the dog, or side by side with the dog.
- **Structured walking** - the focus is to create a follower mentality in the newly adopted dog. You set the pace and direction, and don't allow the newly adopted dog to sniff or eliminate anywhere (you choose location). In this

case, allow elimination before the walk begins so the dog is not uncomfortable. Focus on having the newly adopted dog walk next to or behind you.

- The “here” or “heel” command can be a good tool in building the follower mentality in the dog, as seen in [this video](#).
- While you begin to teach this skill, you will be changing directions a LOT so the newly adopted dog begins to learn that they need to follow you.
- Think of your leg as the boundary line - whenever the dog reaches your leg, give a leash pop to communicate the boundary to the dog. If the dog pulls out ahead even after the leash pop, do a U-turn so that the dog is once again in the following position. Repeat this as many times as necessary!
- Remember that WHERE you walk is less important than HOW you walk. It’s okay to go back and forth in front of a couple of houses for the entire 30 minute walk if the dog is learning to walk in a calm follower position. That’s going to be a lot more impactful than letting the dog drag you around the neighborhood for 30 minutes!
- **Unstructured walking** - this is your typical walk. The dog can sniff and eliminate as needed. You still want to focus on having the newly adopted dog walking next to or behind you. Only use unstructured walks for quick potty breaks - these should not make up the majority of your walks and do nothing for draining a dog’s mental energy.
- **Entering the house** - again, use the doorway procedure from threshold training. Entering and exiting the house should be the same in terms of calm behavior.

Obedience Training

Try not to “talk” too much or repeat commands. Hand signals are helpful when teaching dogs commands, as they are more visual than auditory learners. Some possible hand signal cues are provided.

- Look (point to eyes) - this is the best command to help your newly adopted dog stay focused on you.
- Come (sweep arm inward) - recall is extremely important in emergency situations.
- Sit (sweep arm upward) - use treats to lure the dog into a sit, then reward. Build up the duration.
- Down (sweep arm downward) - use treats to lure the dog into a down, then reward. Build up the duration.

- Some small dogs have trouble with the down command. If you have difficulty teaching “down” to a small dog, [try this](#).
- Stay (flat hand outward) - can be practiced in conjunction with sit or down. Reward very small increments of time when first teaching stay, and build up. You can also play around with slowly increasing your distance from the newly adopted dog.

Place Training

The place command is used to instruct the dog to settle calmly in a specified spot. It helps dogs practice a calm state of mind, respect boundaries, and ignore distractions, among other things. Many trainers use a place board (Kuranda bed) to teach this command, but you can really use anything.

- To start, lead the newly adopted dog to the “place” and use the verbal command as their paws are about to touch the place.
- All 4 paws should be on place. Having the dog sit or lay down on place is also helpful.
- Always invite the dog off place or release place when you are done.
- Build up duration and distance as the newly adopted dog gets better.
- *Never correct or punish the dog for breaking place.* We want “place” to be purely positive. Instead, use your body to provide spatial pressure, or use the leash to lead the dog back to place. Release when you are finished.
- A more in-depth look at place training can be seen [here](#).

Corrections

We aim to keep all training experiences as positive as possible - reward calm, appropriate behavior with affection and/or treats, and ignore/ redirect undesirable behavior whenever possible. But what do you do if you just can’t get your newly adopted dog to “snap out of it?”

- Proximity is an important factor if a dog is reacting negatively - try to create distance from the trigger until the dog is able to listen and respond to you.
- Using a leash can help you direct the dog away from a trigger.
- Redirection vs. Blocking
 - Redirection involves moving the dog’s attention away from a lower-level trigger. Treats can be helpful in this situation.
 - Blocking involves using your body and spatial pressure to help move the dog away from a higher-level trigger. Get between the dog and the trigger, and then guide the dog away.
 - If redirection doesn’t work in a given situation, you may need to move to blocking. A leash is also helpful here!

- **Correction vs. Punishment**
 - Punishment is punitive and involves acting on a negative emotion.
 - Correction is teaching and focused on the dog's needs, not yours.
 - We want to correct the newly adopted dog, not punish!
 - Every dog will respond differently to corrections based on the trigger, the dog's personality, and the correction itself. Some possible corrective methods to try (only if needed!) are:
 - i. canned air (such as Pet Corrector)
 - ii. soda can with pennies
 - iii. spray bottle with water
 - If you have success with one of these corrective methods to help a dog "snap out of" a negative reaction, then move to redirecting them to a more desirable behavior that you can reward!

Other Mental Stimulation Ideas

Mental stimulation can often be more energetically draining to a dog than physical exercise. If you are fostering a high-energy dog, you may need more than just exercise and training to keep their minds active. If so, try some of these ideas:

- Kong toys - put some peanut butter (that contains NO xylitol) or wet dog food and a few pieces of kibble inside a Kong toy. Freeze it for a longer-lasting experience!
- Kong Wobblers - have your newly adopted dog eat their normal kibble out of this - they have to bop it around to get the kibble out!
- Hide and seek - hide treats around the house or yard for your newly adopted dog to sniff out. You can also do this with a toy if your newly adopted dog enjoys fetch.
- Puzzle toys - let your newly adopted dog use their brain to figure out how to get the treats! There are many types of puzzle toys in varying degrees of difficulty.
- Snuffle mat - similar to hide and seek, hide treats inside the snuffle mat and let your newly adopted dog use his/her nose to find them all.

Integration into the Resident Pack

Slow Integration is Key:

- Note that you don't need to integrate the newly adopted and resident dogs right away. You may keep them completely separate in the beginning if that's what's best for the newly adopted dog. However, when you choose

to integrate, it's best to start the process outside of the home environment, and **after AT LEAST 2 weeks of decompression time.**

- It is helpful to have another person help you during the integration process - one person handling one dog is ideal.
- If you have more than one resident dog, integrate them one at a time with the newly adopted dog, starting with the most "balanced" of your resident pack.
- If you're ever feeling uncomfortable with moving to the next step, slow down or go back to the previous step until you do feel comfortable. Your dog(s) will sense your unease which will make them uncomfortable as well.
- Anytime you are working on integration, make sure both dogs have been exercised beforehand. This will help with the calm state of mind.
- Watch [this short video](#) outlining the process.

*Note, we do not encourage the use of tie-downs as suggested in this video. We prefer leashes instead!

Step 1: Walks

- Take the newly adopted dog and resident dog(s) on a walk together.
- At first, do not allow any interaction between the dogs. Maintain enough distance between them that neither dog becomes overly excited.
- Once you get a calm state of mind from both dogs, you may begin to allow sniffing or minimal interactions. No nose-to-nose interactions.
- Practice these walks as many times as you need before moving on to the next step. Make sure both dogs exhibit calm behavior around one another.

Step 2: Yard

- Allow the dogs to interact in the yard, each dragging a leash.
- If the energy begins to ramp up, you may pick up the leashes and redirect the dogs.
- Again, make sure both dogs are able to exhibit calm behavior around one another before moving onto the next step.

Step 3: House

- Allow the dogs to interact inside the house, each dragging a leash. Once both dogs are behaving calmly, you may allow interactions without leash-dragging.
- Start with small increments of time together and allow longer periods of time together if they are staying calm.

- Make sure to keep food, toys, and other high-value objects out of reach of the dogs when they are together in order to avoid resource guarding.
- Make sure to supervise dog-to-dog interactions AT ALL TIMES. Never leave your foster and resident dog(s) alone together, unless one or both are crated.

When deciding how quickly to move through the steps of integration, keep in mind the body language the dogs are exhibiting. You want **relaxed, calm, or neutral** body language from all dogs involved in the integration! (review the body language charts in the decompression section)

For more information on integrating a new newly adopted dog into the home, check out [Bad Rap's guide](#).

You can also read through a real-life example of integrating a new dog on [Bad Rap's blog](#).

The concept "Crate, Gate, and Wait" is an easy way to remember how to integrate a new dog! Pitty Pawfessors (formerly known as Lucky Dog Human Education) and iPittytheBull collaborated on [this amazing presentation](#).

Staying in Touch with Live Love

Social Media

- We love staying in touch with our alumni adopters! You may see us reshare your posts if the post settings are "public."
- On Facebook, tag [Live Love Animal Rescue](#)
- On Instagram, tag [@liveloveanimalrescue](#)
- On all social media platforms, please use the hashtags **#LiveLoveAnimalRescue**, **#LiveLoveAnimalRescueAlumni**, and **#LiveLoveDOGNAME** (insert your dog's name into the hashtag, ex. **#livelovefido** - particularly if you are keeping the name they had in rescue).

Maddie's Pet Assistant (MPA)

- Once the adoption is finalized, you should receive an email with details on creating an account with MPA.
- While downloading and using the app is not required, it helps us keep track of how your pup is doing!

- The survey responses help us support you in caring for your pup and troubleshooting any concerns that may arise.
- After your adoption, look for an email from MPA at the 30 day, 90 day and 6 month mark with helpful information on pet insurance, emergency preparedness, and questions on how your new pup is settling at home. Remember that you are now part of the Live Love Family so this is an easy way to stay in touch!

Live Love Pet Care

- If you are in or near Long Beach and need training for your dog, consider our business [Live Love Dog Training](#).
- Remember to ask about the alumni adopter's discount!

Support Live Love Animal Rescue

- We appreciate when our alumni adopters pay it forward by supporting our work to save amazing dogs just like yours!
- Donations can be submitted through:
 - [Website](#)
 - [Paypal](#)
 - [Venmo](#): @liveloveanimalrescue
 - Mail: 4145 Falcon Ave, Long Beach CA 90807
 - [Amazon Wish List](#)