

Live Love
Animal Rescue

Adopter Resource Manual

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Contact Information

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

****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.

Board of Directors

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

[Lisa Darcy](#), Vice President & Adoptions Coordinator

[Angela Robinson](#), Grants Lead

[Cecile Lindsay](#), Adoptions Event Coordinator

[Megan Sturdevant](#), Volunteer 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

Text adapted from Gentle Jake's Coonhound Rescue

- **Definition:** After the stress of transitioning to a new environment, dogs need a “decompression” period to help them return to a calm, relaxed, SAFE state of mind.
- **Rationale:** The shift to a new home may be happy and exciting for you, but it can be confusing and scary for a 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.
- **Procedure:** For at least 1-2 weeks, your newly adopted dog's life should be incredibly simple and boring.
 - 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.
 - Dogs find comfort in routine more than they do belly rubs and cuddles. For that reason, keep the affection to a minimum.
 - 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.

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.



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 transitioning into a new home 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.
- Watch [this video](#) to learn about trigger stacking and stress hormones.
- For more in-depth information on trigger stacking, read [this article](#).

Crate Training

Crate training is an essential component of decompression, training, and helping your newly adopted dog become a more balanced member of the family.

- 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 a den.
- 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. Start with short time periods and work your way up to longer ones. Luckily, most of Live Love's foster dogs will come to you with a baseline of crate training!
- Stay consistent! Don't give in to whining.
- Going into and coming out of the crate should be a calm transition. Provide incentives for the dog to enter, and wait until they are calm to allow exit.
- Crate training is also our main tool to aid in potty training.



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 dog who tends to “mark” in inappropriate places, we suggest trying 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.

Example Daily Routine:

- Morning walk with leash training
- Morning feeding
- Crate rest for several hours with Kong or safe chew toy
- Basic training exercises (look, sit, down, come, place, threshold work)
- Unstructured playtime with dog’s toy of choice
- Crate rest for several hours with Kong or safe chew toy
- Afternoon walk with leash training
- Evening feeding
- Crate rest for one hour with Kong or safe chew toy
- Evening potty break walk, unstructured
- Basic training exercises (look, sit, down, come, place, threshold work)
- Bedtime in the crate

Integration into the Resident Pack

Slow Integration is Key:

- When you choose to begin the integration process, it's best to start the process outside of the home environment.
- If you have begun the process while your newly adopted dog was living in their foster home, make sure to still take things slowly after bringing the dog home.
- 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, consider integrating 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 or other secure area

- 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 newly adopted dog 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!

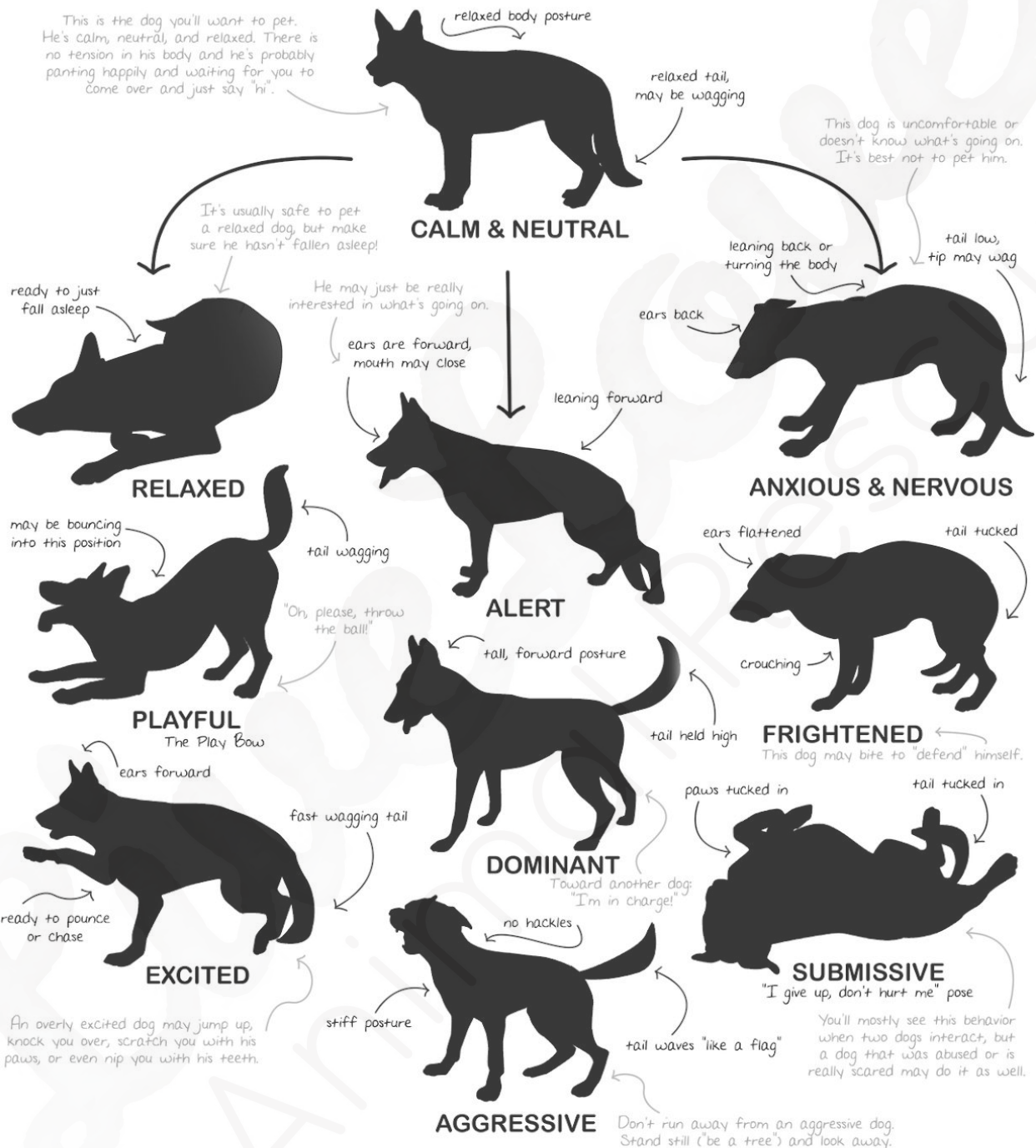
Reading Canine Body Language: T-E-M-P.

(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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DOG TO ENGLISH TRANSLATION CHART



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For more information on integrating a new foster 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](#).

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 him/her.
- 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 integration and training 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. Establish your relationship with the dog as the leader, and eventually you can allow the dog these privileges **when they are invited**.
- 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 foster dog, as seen [here](#).

Exercise, Discipline, and Affection

- Exercise is the first step in creating the calm mindset 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, but remember to take it very slowly and in incremental steps.

- **Doorways** - 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 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 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.
- **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 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 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 dog begins to learn that they need to follow you.

- **Unstructured walking** - this is your typical walk. The dog can sniff and eliminate as needed. You still want to focus on having the dog walking next to or behind you.
- **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 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 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 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 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 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 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 adopting 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 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 dog to sniff out. You can also do this with a toy if your dog enjoys fetch.
- Puzzle toys - let your 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 dog use his/her nose to find them all.

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 care for your pet, consider our founder Emily’s business [Live Love Pet Care](#).
- They provide potty breaks, walks, and overnight care in your home and a portion of every service you use will generate a donation to the rescue!
- Remember to ask about the adopter’s discount and monthly discounts!

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](#)