



Congratulations! You've Met Your Match.

A guide to day one and beyond
with your green dog



the green canine-alties

MYM
MEET YOUR MATCH™

What's your green dog all about?

Congratulations on finding your new best friend! This booklet is designed to help you understand your green buddy. It provides helpful pointers on what to do when you bring him home...and what he'll need from that point forward.



life of the party

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I think everything is fun, interesting and meant for play, especially you. Anything you do, I'll want to do, too. With my own brand of surprises, life with me will keep you constantly on your toes, and the fun is guaranteed.

He's the social butterfly!

He's socially motivated and willing to work for the approval of humans and human interaction.

What does he value?

He perceives human contact to be more valuable than toys or food.



free spirit



Intelligent, independent, confident and clever, I prefer making my own decisions but will listen to you if you make a good case. We're partners in this adventure. Treat me like one and we'll both live happily ever after.

Independent at heart!

He's internally motivated and finds all sorts of unpredictable and changing stimuli to be interesting.

What does he value?

He'd appreciate a family who allows him to be that "free spirit" as he explores the stimulus of the moment!



go-getter



Want to get more exercise? Action is my middle name. My "Let's GO!" lifestyle will motivate you to get outside and move. I've got tons of energy, and just like the sun, I'm burning and working 24 hours, seven days a week. I'll run for miles, chase a ball for hours, and still want to play at the end of the day.

He loves everything!

This externally motivated dog responds to many positive stimuli.

What does he value?

He thinks food, toys, and human contact are all great and he'll work hard for them!



Setting the Stage for Success: Your First Week Together

Ready to embark on a lifelong journey with your new best friend? Here are some key factors to consider soon after arriving home to help ensure a smooth transition for both of you.

Creating a comfortable environment

We understand just how important it is to find quick, fun ways to increase the bond with your new dog. Here are some ways to help make your dog feel comfortable in his new home:

Consistency is key! If your dog can anticipate when he'll be going for a walk, taking a nap, and even getting fed, he'll more quickly become relaxed and confident.

Let him check it out! Encourage your dog to explore his new home and reward him for being brave.

Give him a place of his own! Create a space for your dog to relax and get away from the activities in the house. Be sure to put it in a location where he can still see all the action, but choose to observe rather than participate. Put toys in his crate or on his bed to encourage him to hang out in his new digs.

Socialization

We want you to have a fun, well-adjusted dog you can take anywhere. Socialization is a process through which your dog becomes comfortable with all sorts of situations, people, and objects. All dogs are a work in progress, so it's important for socialization to take place throughout their entire lives. To get started on the right foot:

Make it fun! One of the best ways to socialize your dog is to take him everywhere you go, getting him used to different places, other dogs, and people of all shapes and sizes. Bring his favorite toys or delicious treats to reward him for his courage.

Here's the plan for the first week at home: Introduce him to five new people, places and interesting items in the home or out on a walk. Don't forget to bring his treats!

Choosing the proper walking/no-pull device

You may discover your green dog is highly enthusiastic about a good power walk as he drags you down the sidewalk on your first outing together. The goal, however, is for both you and your dog to have enjoyable walks together. There are a few devices that can help deter your dog from pulling on the leash. If your dog isn't pulling on the leash, you can stick with the buckle or snap collar with a regular leash.

He'll be walking with his chest high!

The Weiss Walkie™ or SENSE-ation Harness™ redistributes the pressure from the collar (created by pulling on the leash) to behind the front legs around the barrel of the chest. This sensation discourages the dog from continuing to pull.

Get him ahead of the game! Head collars, such as the Gentle Leader®, are another effective device that deter a dog from pulling on the leash.

With pain there's no gain! No one wants to see their dog in pain or discomfort. We do **not** recommend using prong collars, choke chains, or shock collars. These devices can cause for your dog to develop physical and behavioral problems.

Exercise

Here are some tips to manage your new friend's high energy levels:

Choose an activity! As soon as possible, identify the most fun and effective activity your dog enjoys in order to exercise him.

So many choices! Exercise can include a vigorous game of fetch, a two-mile jog, a couple of walks per day, or a play date at the dog park.

He'll invent his own games! If you don't provide exercise for him, he may invent his own games which could include chewing on your shoes, carpet or even your couch!

The plan for the first week:

Introduce him to five new people, places and interesting items in the home or out on a walk. Don't forget to bring his treats!



Enrichment

Wondering what to do with this new, creative canine in your home? “Enrichment” is a term that describes ways to engage the mind of your inquisitive dog, and includes games and problem-solving toys.

Want a little quiet time? A basic enrichment device is a hollow rubber toy (like a Kong®) stuffed with peanut butter. Your dog will work for quite a long time to lick the peanut butter out, giving you time to yourself. Make this activity last even longer by freezing the stuffed Kong before giving it to your dog. You can also give him marrow bones to keep him busy.

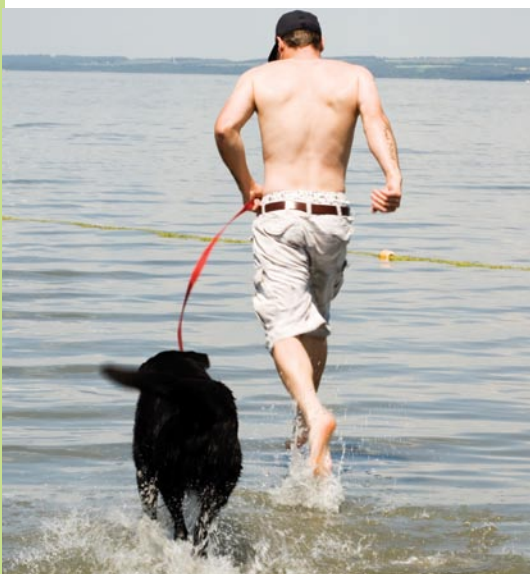
When he’s hungry, teach him! Dogs, especially “Free Spirits,” aren’t always motivated to learn new tricks or verbal cues. Right before mealtime, though, they’re often hungry and willing work for their dinner. Use half his kibble to teach him verbal cues like sit, stay, down, and shake. He’ll be mentally stimulated by all the new things you’re asking him to do!

Make it interesting! Mealtime is another great opportunity for enrichment. Instead of feeding your dog’s kibble out of a bowl, you can scatter it throughout the house so he has to search for it. You can also put the kibble inside a food-dispensing enrichment device such as the Buster Cube® or Tricky Treat™ Ball, which require the dog to roll it around the house for the kibble to fall out.

Don’t forget toys! Also great for enrichment are Nylabones®, squeaky toys, rope toys, plush toys, and balls he can have fun and be silly with.



Activities and interactive objects make your dog’s life more rewarding.



Setting the Stage for Success: Your Second Week Together

You and your new best friend have had a wonderful first week and are both feeling more comfortable with each other. Now's the perfect time to really get to know your buddy and what makes him tick. Your newly-adopted green dog is constantly on the go — keeping you on the go too! This section is designed to help you understand what to expect, how to interact with your dog based on his energy level and what motivates him.

Life of the Party

Certainly living up to his title, your “Life of the Party” green dog is ready to be your best friend and mingle with the entire neighborhood. He works hard for your approval and attention because he thrives off of positive social interaction. He'll likely:

Enjoy exercise and as many activities with you as he can get. A game of fetch or tug will appeal to him as long as he can run or play to his heart's desire.

Be ready to greet anyone with lots of enthusiasm. He may come bounding in, jump on the person, and greet them with lots of licks!

Be ready to seek out your approval. If he chooses to chew his toy as opposed to your new pair of shoes, praise him lavishly!

Free Spirit

The world is his oyster and he's prepared to investigate! Your “Free Spirit” green dog is independent at heart and has energy to spare. He'll likely:

Need to be supervised as he ventures through his very interesting new home. If he chooses to chew a Nylabone® rather than the couch, reward him with an irresistible treat!

Appreciate the daily adventure of a long walk or trip to the dog park.

Be so busy that he'll forget to stop and greet you. To help him remember, give him extra treats he can't resist like hot dogs or pieces of cheese when he approaches you.

Go-Getter

With an extra special enthusiasm for life, your “Go-Getter” green dog is highly energetic and loves food, toys, and playing with you! You can expect him to:

Be on the go much of the time. There are people to meet and new toys to play with!

Require supervision as he discovers all the fun aspects of his new home. In the beginning, he may not know that shoes, pillows, the couch, and other “fun” items are off-limits to him. Encourage him to play with his toys - then praise him!

Be ready for daily exercise. He's up for anything!

Learning what
activities your
dog loves helps
you enjoy your
time together
and strengthen
your bond.



Setting the Stage for Success: Your Third Week Together

Having this brand new bundle of energy in your home has been a blast! Three weeks into your relationship, the “honeymoon” period may be starting to wind down and you’re settling into your routine together. You certainly love your green dog; you just need a little guidance on how to deal with a few behaviors that have recently developed. This portion of the guide will help you stay the course so you and your dog can strengthen your bond and become lifelong buddies!

Why is ignoring incorrect behavior so important?

Your dog loves attention from you and will even do silly and incorrect things to get your focus on him. We’re naturally inclined to give our dogs a stern “NO” or put our hands on them to stop them from doing something. When we do that our dogs are thinking, “It worked! I’m the center of attention! I’ll have to try that again!” Even though we have the best of intentions as we try to correct them, we’re actually reinforcing that behavior and will likely see our dogs do the same exact thing again in the future. They’re looking for attention, whether it’s positive or negative!

Barking for attention

Has your dog developed the new habit of barking at you every time you’re on the phone, cooking dinner, or watching

television? This is one way he knows to get your attention – in fact, it’s the most successful method! Try these tips next time:

Ignore him! He’s looking for some response from you that indicates he got your attention; therefore, don’t look at him or talk to him. If you do, you’ll reinforce the behavior and he’ll continue to bark at you.

Walk away! If you tried ignoring him and he still barks, walk away. He not only loses your attention, he loses proximity to you and knows the chances of getting your attention back are minimized.

Close the door behind you! If he’s still not getting the point, leave the room and close the door behind you so he can’t follow. This will tell him that every time he acts incorrectly in barking for attention, he loses you completely.

Celebrate good behavior! The moment he's behaving correctly and waiting quietly for your attention, praise him! This tells him the correct way to behave and you'll likely see him waiting quietly for attention in the future.

Chewing

By now your dog has probably picked out a few favorite items to chew around your house. Maybe he thinks chewing on your new shoes or on the leg of your kitchen table is great fun, but you don't find it as entertaining! Eventually you want to diminish your role as your dog's full-time supervisor, so here's what you can try in order to show him the correct behavior:

Praise him! When he chooses to chew on his own toys, praise him and let him know he's choosing the correct behavior. He loves your attention, so he'll continue to behave if that earns him what he wants.

Don't scold him! If he chooses the incorrect behavior by chewing on something inappropriate, don't punish him. He doesn't want to be afraid of you.

Show him something better! When he begins to chew a forbidden item, grab one of his toys and engage him in play. He'll learn it's way more fun to play with one of his own toys!

Make it taste unappealing! There are products on the market, such as Bitter Apple Spray®, that you can spray on certain items in your house. Your dog will likely pass up chewing on these items when he finds out how awful they taste!

Jumping to Greet People

Green dogs are well-known for their eager way of greeting people! You love your dog's enthusiasm – you just want him to greet you, your visitors, and strangers in an appropriate manner. Here are some tips to help those greetings go well:

Let him greet you! Dogs greet each other by touching muzzles, so it's only natural for some dogs to want to greet people this way as well. If you feel comfortable, let him lick your chin. This may end the jumping immediately.

Ignore the jumping! When your dog jumps to greet, ignore him by turning your back, avoiding eye contact, and not speaking to him. He won't get anything he wants for his incorrect behavior.

Walk away! If your dog doesn't correct his behavior when you turn your back to him, simply walk away. He wants you, but he won't get your attention unless he tries a more appropriate behavior!

Praise him for four paws on the floor! The moment he has four paws on the floor, greet him! Now he'll know what is expected of him to get your attention and greeting in the future.

Staying consistent and reinforcing the ranks

Our dogs love to act silly and sometimes will choose inappropriate behaviors, and at times we find this cute and funny. However, when we give our dogs attention for the wrong behavior, we'll likely see the same behavior repeated in the future. The next time we see that behavior it may not be at a convenient time, like when friends come over for dinner and our dogs are jumping on the kitchen table for food! In order to communicate clear expectations of correct behavior, we have to stick to the rules. Dogs prefer predictable expectations and routines!



Calming Strategies for Energetic Canines

You enjoy your green dog's enthusiasm and love of life. In fact, his energy was probably one of the most appealing qualities that drew you to him! Sometimes dogs forget their humans have had a long day at work or aren't feeling well, and have high exercise requirements you can't always fulfill. Remember the word "ROMP" to help calm your high energy canine!

R

Reward calm behavior with attention, food, and toys!

O

Obedience training. Have a few solid verbal cues, like "sit", that your dog quickly responds to. When he becomes overly-excited, have him work for your attention.

M

Massage – The long, soothing strokes of a massage can help calm your energetic dog.

P

Play play play! Encourage your dog to play independently with his toys. Give him a favorite chew toy to stimulate and keep him busy.

More tips on enrichment

Keep him busy when he's home

alone! Before you leave him for the day, whether it's in a crate or loose in your home, give him something fun to do to keep him busy while you're gone. Stuff a Kong or a Twist 'n Treat™ with peanut butter or cream cheese. For a greater challenge, freeze applesauce or plain yogurt in a Kong. He'll learn it's pretty fun to be home alone!

Be creative! Identify toys or games your dog really likes, then make playing with them more fun and challenging. For example, bury his favorite toy in blankets so he has to search for it, or freeze it in a container of broth-flavored ice and then sit outside with him while he works to get his toy.

Give him something fun to do when he's home alone.





Setting the stage for success: One month together...and beyond

You and your green dog have happily settled into life together! He loves you and his comfy home and you love him and his great sense of humor. Here are some ways to keep your relationship on the right track:

Activities in your area

Green dogs enjoy a variety of activities in their daily routines, which is a great way for both of you to meet various people and dogs, learn new things, and spend time together to further your bond and develop a trusting relationship. Here are a few ideas for activities in your area:

Learn the tricks of the trade – Obedience Class! These classes can be found in most communities. Your local shelter may offer classes or may be able to direct you to a good trainer. Basic obedience class can serve as a jumping off point if you'd like to get into competitions with your dog that require a moderate amount of training. Whether you want a canine genius or simply a best friend who understands your verbal cues, obedience class is great for any dog. Be sure to seek out a class that uses reward-based training!

Be an example – Canine Good Citizens®! This program recognizes the well-behaved dogs in the community. It isn't a difficult goal to achieve; it only

requires your dog is well-socialized and has a few verbal cues she's practiced and fully understands. It's best if you go through basic obedience class with your dog first. Many Canine Good Citizens go on to become therapy dogs or fill other roles in which they have more contact with the community, but that isn't a requirement.

No, it's not a circus – It's Agility! Agility is great for green dogs, as it's physically challenging and mentally stimulating. There are all different levels of agility so it's suited for small and large dogs alike. Before you look into an agility class, it's important to have a strong set of verbal cues you use with your dog regularly and he understands. In no time, the two of you will be having a blast running the course!

For the love of the ball – Flyball! Do you have a dog who is highly motivated for tennis balls? If so, this is the activity for you! This can be a highly competitive sport as well as a recreational activity. It will require your energetic green dog to physically exert himself, problem solve, and meet lots of new dog friends!



Adding another dog to your home

You're having so much fun with your green dog that you're looking to add another dog to your home! He'll be a friend for your dog to romp around with in the yard and another furry pal to snuggle with at night. Here are some tips to make the transition go smoothly for everyone:

Meet on neutral ground! Have the dogs meet for the first time somewhere that is unfamiliar to both of them so the resident dog doesn't view the newcomer as an intruder. Most of the time you can bring your dog to the animal shelter to "interview" the newest addition to the family.

Make the introduction positive! Use a happy, calm voice when talking to the dogs. If you use a stern, loud voice, they'll make a negative association with each other and will likely be less excited to become great friends. If they have a good experience when meeting each other, it's much more likely they'll enjoy the company of other canines as well.

Watch for play-bows! If one of the dogs crouches with his front legs on the ground and hind end in the air, you'll know this invitation to play means the introduction is going well.

Support the top dog! Once you've decided to adopt another dog and you're settling into life in a multi-dog home, identify the dog that appears to be obtaining important resources before the other dogs. You may notice that one of the dogs always eats first, gets the first pick of toys, or always has the first pick of sleeping spots. Be sure to support that dog by giving and allowing him to have those important resources before your other dogs in the home. All of your dogs will appreciate it!

Tips for life-long enrichment and bonding

Keep things fun! Your dog will appreciate, trust, and enjoy life with you more if things stay on a positive note. He wants you to reward him when he's behaving correctly so he knows what to do again in the future, and not to punish him or become forceful when he chooses the incorrect behavior. A relationship of trust is built on his feeling safe with you at all times!

Change things up and be creative! Keep things fun and interesting for him by, for example, frequently changing the route of his walk. He'll find all sorts of new smells and see lots of novel things along the way! It may seem simple, but dogs like a little variation in their environmental stimulation.

Activities are a great time to bond! Whatever activities you choose with your dog, it will be a chance for both of you to create an even stronger bond. Knowing that your dog understands what you want and that you understand what motivates him can be highly rewarding.

Have a sense of humor! Dogs are funny creatures with a sense of humor, so you need to have one too! When you come home to garbage scattered across the kitchen floor and your dog innocently sitting in the middle of the mess, you can look at it from a positive view. What better enrichment is there than going through the garbage?! Instead of punishing him, just make sure the garbage is out of his reach before you leave next time – and make sure he has a variety of appropriate toys to keep him entertained while you're gone.

Reward him when he's behaving correctly.



We want to wish you well on your lifelong journey with your dog. Dogs are wonderful, fun companions who enhance our lives. If any difficulties should develop along the way with your friend, please seek the advice of your local shelter, trainer, or behaviorist. If the shelter identified any pre-existing behaviors in your dog when you adopted him, refer to handouts they may have provided for further advice on how to best manage or treat the behavior. Thank you for going to your local shelter and adopting a homeless dog in need of a loving home!

All about my match

My new best friend is a

life of
the party

free
spirit

go-getter

Favorite toy

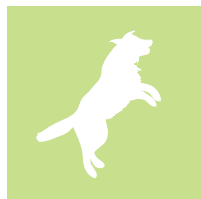
Best walking device

Suggested Enrichment tool

Activities I might like

Other things I should know about my new dog:

The canine-alityies



life of the party

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life of the party



free spirit



go-getter

The Meet Your Match™ Adoption Program is a nationwide program of the American Society for the Prevention of Cruelty to Animals® (ASPCA) available for use by shelters, rescue groups and other animal welfare organizations. Our mission is to increase the potential of successful, permanent placements between guardians and pets. For more information, visit www.aspc.org/meetyourmatch.

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