



Congratulations! You've Met Your Match.

A guide to day one and beyond
with your purple dog



the purple canine-alities

MYM
MEET YOUR MATCH™

What's your purple dog all about?

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



constant companion

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Looking for an emotionally secure, mutually satisfying, low-maintenance relationship? I am all you need. Let me sit at your feet, walk by your side, and I'll be your devoted companion forever.

She's devoted to you!

She's socially motivated and looking for approval from her humans. She thrives off interaction with you!

What does she value?

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



couch potato



Like the easy life? Then I'm the perfect match for you. I'm a relaxed, laid back kind of dog who enjoys long naps, watching movies, curling up on laps, and walking very short distances from the couch to the food bowl and back.

She's looking to relax!

She's internally motivated, mellow, and responds to unpredictable and changing stimuli.

What does she value?

She'd appreciate a family who allows her to be the laid-back sweetheart that she is.



teacher's pet



I've got the whole package — smart, fuzzy, four legs, love to learn and live to please. Go ahead, teach me anything. Sit, stay, balance your checkbook, I can do it all. Keep me entertained and I will be yours forever.

She's aiming to please!

She's externally motivated, which means she responds to many positive stimuli.

What does she value?

She'll work for food, toys, and human contact. Teach her lots of tricks – she's ready to learn all sorts of things!



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 how important it is to find quick, fun ways to increase the bond with your new dog. Here are some ways to help your dog feel comfortable in her new home. Remember, she might be shy and unsure and would really appreciate being able to explore her new surroundings with you!

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

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

Make exploring fun! If your dog is unsure about exploring, lure her into rooms with tasty treats and reward her the moment she enters.

Give her a place of her 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 central location where she can still see all the action, but choose to observe rather than participate. Put toys in the crate or on her bed to encourage her to hang out in her special spot.

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 her everywhere you go, getting her used to different places, other dogs, and people of all shapes and sizes. Bring her favorite toys or delicious treats to reward her for her courage.

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

Nip it in the bud! A dog who has not been properly socialized may show signs of stress or fearful behavior and may be unwilling to approach a particular person, place or thing. The first signs of stress you'll see are lip-licking and yawning. More serious signs of stress include

heavy panting and drooling unrelated to exertion. She may also growl, bark, bare her teeth and show other fearful behaviors. Understand that it's not her fault and that you can teach her how to relax and enjoy herself when she's in these situations.

As an example, here's how you can handle your dog's anxiety about the dog park:

1. Walk along the outside of the fence of the dog park and give your dog pieces of cheese or hot dogs as a reward for remaining relaxed. You don't want her to show more of those serious signs of stress including heavy panting or attempting to flee the situation. If she does this, move your starting point farther away.
2. Once she's consistently comfortable outside the fence, move to the area just inside the gates to the dog park. Reward her for relaxed behavior with praise and treats.
3. Next, take a few steps into the park and again reward her for relaxed behavior.

As she learns that good things will happen to her when she goes to the dog park, she'll begin to love these outings! This protocol can be used for many different situations when you're trying to socialize your buddy.

Exercise

Your mellow new friend will enjoy a moderate amount of time outdoors. Here are some tips to manage her exercise needs:

Choose an activity! As soon as possible, identify the most fun and effective activity your dog enjoys. Exercise can include a leisurely walk or a trip to the dog park to socialize.

Keep her trim! Although your dog may not have high energy levels, she still needs exercise to keep her healthy and fit. Try starting with a walk around the block and then increase exercise according to her needs. If she likes longer walks, go for it!

Choosing the proper walking/no-pull device

You may discover your dog pulls a little bit harder than you'd like on the leash while you walk with her. You'd like to enjoy your walk as well, so read on for tips on how both of you can have harmonious walks together! There are a few devices to help deter your dog from pulling. If she isn't pulling on the leash, you can stick with the buckle or snap collar and a regular leash.

She'll be walking with her 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 her 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 your dog to develop physical and behavioral problems.



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 her marrow bones to keep her busy.

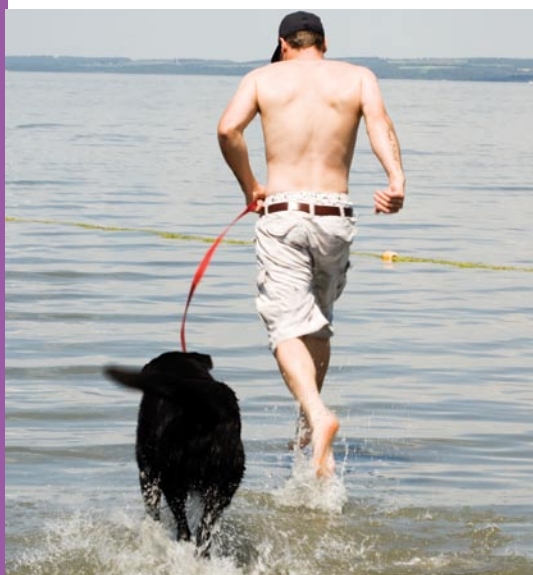
When she’s hungry, teach her! Purple dogs aren’t always food-motivated, but they are often willing to learn new things when they’re hungry before a meal. Use half her kibble to teach her verbal cues like sit, stay, down, and shake. She’ll be mentally stimulated by all the new things you’re asking her 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 she 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 squeaky toys, plush toys, and balls she can have fun and be silly with. Purple dogs aren’t normally heavy chewers so they may have a preference for soft plush toys and fun squeaky toys such as Cuz™ balls.



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 her tick. Your newly-adopted purple dog is your perfect companion – always ready to snuggle and nap with you, and of course, to give (and get!) lots of unconditional love. This section will help you understand what to expect, how to interact with her based on her energy level, and what motivates her.

Constant Companion

Cute and ready to cuddle, your “Constant Companion” thrives off interaction with you. She loves to be by your side for all your daily activities and would go to work with you if she could! You can expect her to most likely:

Need a consistent daily schedule. This will boost the confidence of your reserved sweetie because she can predict her daily life! Be sure she can anticipate when she eats, goes outside, and takes a nap.

Need a little brushing up on her socialization skills. Make new experiences very pleasant for her so she can become a confident canine!

Need some daily activity in order to keep her health and waistline in tip-top shape. Start off with a quick walk around the block and then increase her exercise as needed or if she's ready for more.

Teacher's Pet

Your “Teacher's Pet” is looking to learn and is aiming to please you. She can't wait for you to entertain her and is committed to being your sidekick in life. You can expect her to most likely:

Seem calm and low-key. She'll get more comfortable with each passing day and to help her along, give her lots of love and tasty treats!!

Enjoy time for training, attention, and enrichment. She'll enjoy activities that require thinking and problem solving. Try a Kong stuffed with peanut butter along with other fun toys.

Need some daily activity to keep her waistline trim. Start with a walk around the block and increase her exercise as needed.

Couch Potato

Looking for the easy life, your “Couch Potato” is seeking a laid-back relationship with you. Her recipe for happiness is your lap to cuddle on and a comfy bed to lull her into sleep. You can expect her to:

Be quiet and low-key. One of her first priorities will be finding the most comfortable place to sleep in the house. Give her time; she'll come out of her shell.

Need a consistent daily schedule to help build her confidence. She does best when she knows what her routine will be.

Need a little activity to keep her healthy. Just a short daily walk around the block will be enough for her.



Setting the Stage for Success: Your Third Week Together

Having this brand-new furry friend in your home has been wonderful! Three weeks into your relationship, the “honeymoon” period may be starting to wind down and you begin to settle into your routine together. Even though you likely have a very well-behaved dog, she’ll still occasionally choose incorrect behavior. The following tips will help you deal with those situations.

Why is ignoring incorrect behavior so important?

Your dog loves attention from you and much of the time is ready and willing to work for it! She’ll even do silly and incorrect things to get your focus on her. 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 the behavior, we’re just reinforcing it and will likely see our dogs do the same exact thing again in the future. They are looking for attention, whether it’s positive or negative!

Next time your dog behaves incorrectly, try ignoring her. Turn your back or walk away, avoid eye contact, and don’t speak to your dog until the precise moment

she’s behaving correctly. Then give her lots of praise and treats, and celebrate her good behavior! She’ll soon remember what earns your attention.

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 will 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, for example, 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. Our dogs appreciate those clear expectations as well because it keeps their daily lives predictable.

More on Socialization

Is your purple pal a little unsure of new people who come over to the house? Strangers can be frightening for a dog because they're unpredictable and unfamiliar. Here is how you can make your dog love new people coming to her house:

Go about your business. When new people come to your home, be sure you ignore your dog's fearful behavior. Though you may want to reassure her, doing so may inadvertently encourage her to act fearful in the future.

Let your dog greet the guests! Your guests may want to approach your sweet new dog, but ask them instead to allow your dog to approach them. When she does, ask them to have a quiet greeting with her, avoiding eye contact and fast body movements.

Give her tasty treats! Hand your guests some enticing treats your dog loves, such as cheese or hot dogs, and tell them to give them to her when she approaches them. She'll learn that really good things happen when new people come into her home!

Praise relaxed behavior! If she seems to be loosening up around the guests, praise her correct behavior.

Keeping your purple dog fit and trim

By now you've probably realized your purple dog isn't knocking down the doors of your house to get outside and exercise. Even though it isn't your dog's first priority to stay healthy and trim, it definitely should be one of yours. Keeping her healthy will help prevent future health problems!

Watch the serving sizes. Dog food manufacturers often overestimate the



Keeping your dog healthy and trim will help prevent future health problems.

suggested quantity of food your dog should eat each day. You'll likely have to reduce her food intake, especially since she's less active than other dogs.

Pay attention to her waistline! Make sure she doesn't lose her waist. If you notice she's thickening up just below the rib cage in front of her hips, you'll know it's time to cut back on her daily ration of food.

Encourage activity! Activity is healthy for all dogs of every age. Find something your dog really likes, such as a favorite toy or a favorite place to visit, then use that to incorporate more activity into her daily routine. If she likes to chase toys, throw one around with her. Take a trip to the dog park and let her walk and sniff around for 20-30 minutes. She may even find a new play buddy!

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

You and your purple dog have happily settled into life together! She loves you and her comfy home and you love her and her ability to relax and be easygoing. Here are some ways to keep your relationship on the right track:

Activities in your area

Canine activities serve as a great way for both of you to meet new 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 classes can serve as a jumping off point if you'd like to get into other activities 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! This is also a great opportunity for those shy purple dogs to brush up on their socialization with other dogs. Be sure to seek out a class that uses reward-based training! *Make sure your purple dog is hungry when she goes to class so she's motivated to work for food.*

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.

Find a fun dog park! So your purple dog may not be ready to romp around the park with the other dogs...but she still enjoys their company. This can be a great place for socialization as well as exercise. She'll mingle with the other dogs and get a little activity in while she's at it! Dog parks can be mentally stimulating and part of a healthy lifestyle for both you and your dog.

Activities with your dog help increase your bond and provide lots of opportunities for fun with other people and dogs.





Adding another dog to your home

You're having so much fun with your purple dog that you're looking to add another dog to your home! She'll be a friend for your dog to sniff 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 does not 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 will 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 her 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. She wants you to reward her when she's behaving correctly so she knows what to do again in the future, and not to punish her or become forceful when she chooses the incorrect behavior. A relationship of trust is built on her feeling safe with you at all times!

Change things up and be creative! Keep things fun and interesting for her by, for example, frequently changing the route of her walk. She'll find all sorts of novel smells and see lots of new 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 her can be highly rewarding. Cuddling on the couch is also a great time to bond with your purple pal!

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 torn tissue scattered across your couch and your dog innocently sitting in the middle of the mess, you can look at it from a positive view. At least she was entertained for the few minutes she spent tearing up the tissue! Instead of punishing her, just make sure you put the tissues away before you leave next time – and be sure she has a variety of appropriate toys to keep her entertained while you're gone.

Reward her when she'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 her, refer to the 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

constant
companion

couch
potato

teacher's
pet

Favorite toy

Best walking device

Suggested Enrichment tool

Activities I might like

Other things I should know about my new dog:

The canine-alities



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constant companion



couch potato



teacher's pet

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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