

KEEP IS SIMPLE - LESS IS MORE

Limit the area the dog has access to by closing doors and adding baby gates to block off hallways to bedrooms.

If other family members haven't met the dog yet, ensure they are seated for the initial meeting. They should let the dog come to them for attention, as opposed to soliciting attention from the dog.

Supervise the dog at all times, even outside. If you are not actively engaged with the dog, put them in their crate.

USE THE CRATE A LOT! Do not leave your foster dog unsupervised at any time (inside or outside). Do not feel bad if they whine or cry in the crate. If you are doing the above, using the crate is how you get the dog to relax! Just like young children need naps, even though they may resist, cry, and fight to not take them, it is the parent's job to do what is best for them, get them to nap! The crate is how you give your foster dog nap time.

Consider adding white noise to help soothe the dog and level out any noises. Box fans work great for this. Fans also are a bonus as they help circulate air and keep your dog cooler in the crate. Other options are a white noise machine or app on computer or phone that plays white noise. You can also try classical or reggae music. All of these have proven to work well for helping dogs decompress and soothing nerves while they adjust to the crate.

If the dog is unable to settle down (panting, whining, constantly in motion, etc.) channel their energy into a task such as basic sit and come practice, snuffle mats, lick mats, frozen kongs, puzzle toys or any game (hide a few milk bones around the house or yard and play a game where you encourage them find them) that engages their brain until they can relax. Physical workouts are a needed part of decompression, but mental workouts are key.

Stick to using essential (safety-related) commands during the first 24-48 hours. Don't want the dog to jump onto your couch while jumping around the house? Think about saving that lesson for another day when they are calmer and more available for learning and engage your foster in a game that's incompatible with jumping on the couch.

We understand these three days might be challenging. Each dog is different. The reward of a relaxed dog after decompression time is worth it! Please do your best just stick it out for the first 72 hours. Don't feel bad about using the crate! Reach out when you feel stuck, overwhelmed or just unsure. Let us help you solve any unknowns.

FOR MULTI-DOG HOMES_

- Crate and rotate. Keep the dog separated from your own pets for 1-2 weeks or as directed by an ANM Staff. After that time, if your foster is visibly relaxed, we will help you move to the introduction phase (unless we have discussed your foster dog has requirements to remain separated).
- Always feed the dog and resident pets separately.
- Give treats and use toys separately. Put toys up when not using them.

If you have any questions or concerns please contact us at:

Info@anmdogrescue.org