



Frito 300283: What to Expect

Frito is a graduate of our Behavior Modification Program and is looking for a special home. Frito is an incredibly happy boy with lots of zest and love for life! He's a quick study that loves to learn and would love nothing more to be your next adventure buddy. Much of Frito's history is a mystery, but we do know he was found as a stray and brought into a local county shelter before being transferred to OHS through our second chance program. During his time at OHS, Frito has shown to be a very high energy dog that struggles when his exercise and enrichment needs aren't met. This can manifest as jumping on handlers, biting at loose fitting clothing or leashes, and barking. During his time at OHS, we've implemented training plans to help Frito learn impulse control (sitting before he exits doors or before being pet) and to better meet his enrichment needs. Potential adopters will need to be ready to meet these needs and continue using the same positive reinforcement-based training methods that we've been successful with here at OHS! When engaged, Frito loves to play fetch, go for runs, cuddle in close for pets, and play with other dogs.

Frito loves playing with other dogs! During playgroups at OHS, he's had a blast both wrestling and playing chase. That love for other dogs can easily turn into frustration when Frito is on leash or behind a barrier and can't play with the dogs he eyes out in the world. This frustration can look like barking, jumping up walls, windows, or fences, and lunging towards other dogs. We've been successful helping Frito understand that barking and lunging isn't a behavior that's going to lead to being able to play with and say hi to other dogs. Rewarding calm behaviors and working on impulse control can help Frito understand that those behaviors are what lead to play dates with other dogs. We will transfer these skills to future adopters prior to adoption so the whole family is set up for long term success.

Here's how to help Frito settle in during your first months together:

If you're having people over, put Frito on leash so they learn to not dart out the front door or jump all over people. Once everyone is sitting down and calm you can drop the leash and allow your dog to decide if they want to go say hi to your guests. Ensure your guests ask Frito to sit before being pet so they're rewarded for keeping 4 feet on the floor.

Frito needs daily exercise to reduce stress. Frito loves to go for runs, walks, play fetch, and chase a flirt pole. Giving your dog a healthy outlet for some of their energy will help them settle during calm hours at home.

Don't take Frito to busy places where they will have lots of uncontrolled interactions with people/dogs (such as Saturday Market, off-leash dog parks, coffee shops, walks down Hawthorne St., Home Depot, etc.).

Practice "Leave it." Frito may bark and lunge if they see other dogs out on a walk. When a dog is sighted, **before** they start barking, say "leave it." When they turn to look at you, reward with praise and a treat and walk away from the trigger. Distance is calming.

Work on having Frito settle on a mat, dog bed, or cot and gently praise them for lying down. If they get up to pace, call them back and use a treat to lure them into a down again. If Frito is on leash, you can hold them with approximately 4 feet of leash and wait until they offer a settle by lying down. Softly praise and treat when they do this.

Walk Frito on an appropriate walking tool. We have been using a special head halter, called a transitional leash, to help guide Frito to walk nicely on leash with little to no pulling. When Frito sees other dogs on walks, they become incredibly excited and then frustrated that they cannot run up to say hello and play, causing them to jump, pull, whine, bark, and sometimes growl. It will be important to never let Frito run up to other dogs on leash as that can reinforce their frustrations.

Practice crate training. Start by feeding meals in a wire crate and work your way up from there. It will be in your best interest to **slowly** increase time in the crate, so they view it as a safe, comfortable spot. When you cannot monitor your dog in the home, allow them some time to settle and relax in the crate.

“Puppy proof” your home and practice tether training to prevent them from getting into puppy/adolescent trouble. When home have Frito on leash, attached to you or tethered to a large piece of furniture as you go about your daily routine. This will help with potty training, bonding, and creating boundaries within the home. Let Frito drag the leash around the house or yard from time to time to simulate “freedom”, but do not let them off leash until they can 100% be trusted not to get into things they shouldn’t. This could take up to a few weeks. Crate Frito when you cannot watch them. This will ensure their puppy curiosity doesn’t get them into any trouble. You will have long lasting success if you follow this method.

Take a training class. Frito would benefit from taking some training classes with their new owners and would love to learn more alongside their family in a training class. Training classes help strengthen the bond between owner and dog by creating clear and precise communication so there are no misunderstandings. You can find more info about our training classes on our website at (<https://www.oregonhumane.org/training/training-at-ohs/>).

Visiting the Vet: Unless it is an emergency, give your dog plenty of time to bond to you before taking them to your vet. Frito does well at the vet, they handle meeting new people well. The vet can still be a scary place. Bringing tasty treats like cheese and/or hot dogs can help make the experience more pleasant.

Try using **Adaptil (Dog Appeasing Pheromone)** or **Rescue Remedy by Bach Flower Essences**. These products may help dogs settle in new environments by easing the stress associated with change.

We’re here to help!

We want Frito to be successful in your home. We’re available to answer questions via phone and email. During your first two months with Frito, we can also set up a free one-on-one consultation. For questions or to schedule an appointment, contact us at **(503) 285-7722 ex 422** or BMODTrainers@oregonhumane.org.

Please keep in touch so we can continue to help you now and in the future. Reach out if you have questions or concerns, or just to give an update. We love to see photos and hear how our friends are doing! Thank you for adopting from the Oregon Humane Society. Congratulations on your new dog!