



## Ella 306083: What to Expect

**Ella is a graduate of our Behavior Modification Program and is looking for a special home.** Ella is dog social playful pup who loves to get the zoomies, go on leisurely sniffy walks, and play with her dog friends. When Ella is comfortable she will curl up on the couch next to you, roll over for belly rubs, and play with toys. She was surrendered due to her previous living conditions, in which she lived in an apartment and hardly ever left the house. She was trained to eliminate on potty pads and wasn't very well groomed, leaving her with matted fur, dermatitis, and feces clumped in her fur. During her time at OHS Ella was incredibly shy, nervous, and shut down, she only perked up and came out of her shell when around other dog friends. Ella loves all dogs of all shapes and sizes and temperaments but struggled feeling comfortable and confident with people. We were able to place her in a foster home to see if a consistent and calm environment away from the hustle and bustle of the shelter would help her feel at ease and come out of her shell.

While in foster Ella turned into a whole new dog! While in the shelter she was shy, calm, cautious, and distrusting of people, in a home environment she was playful, active, and loved interacting with people. Ella does best when she has another social and playful dog to engage with and follow cues from as well as a home with quick and easy access to outside. Ella's biggest struggle is eliminating outside. Due to her previous history of living in an apartment and only using potty pads, she is often too excited while outside to relax enough to eliminate. Adopters should expect to work with Ella in teaching her outside is the appropriate place to potty, this could take several months to master as she currently successfully uses potty pads 90% of the time throughout the day.

Being a young dog, Ella does get the "zoomies"; which are an explosion of energy often dispersed through quick running and darting around the room. This is a sign of a happy and comfortable dog but can sometimes be disruptive to folks who work from home or when folks are sleeping at night. The foster parent as seen a decrease in this behavior as Ella has settled into the home and utilized the crate to manage sudden zoomie outbursts and directing that energy into healthy outlets. An active home where Ella can go on frequent walks, adventures, and provides appropriate enrichment will help focus this energy into something constructive and fun. Continued education in the form of professional dog training, agility classes, and/or scent work could help keep an active dog stay engaged while meeting her breed specific needs of enrichment. We think Ella would do best in a home with another dog social dog or dogs. A low traffic home without young children and quick access to an outside area would be best to help Ella master potty training.

### **Here's how to help Ella settle in during your first months together:**

**Designate a "safe spot" in your home.** You can use a crate or taller baby gates to confine them to a smaller area where they have access to water, bed, and toys. When you are unable to supervise the dog, leave them in their safe spot. Slowly work toward leaving them alone, unsecured, once they've had the chance to settle into your home and you know with certainty, they will be comfortable.

**Keep her coat clean and healthy.** Ella has a very thick Northern breed coat that needs continued maintenance and brushing to reduce the chance of painful matting and tangles. Ella is accepting of baths, brushing, and trims as necessary, but it will be on their owner to keep their coat in good shape. Daily brushing can be a time for bonding between dog and owner.

**Be your dog's advocate.** It's okay to ask someone to stop or prevent a person from letting their dog come up to say hi to your dog. Watch their body language and help your dog out of situations if they appear stressed. Explain that Ella is not comfortable with people and doesn't enjoy meeting strangers while on their walk. Tossing a treat on the ground is more effective for your dog to make positive associations with new people. Distance is calming.

**Use routine to get Ella comfortable in their new home.** It will take a couple weeks for Ella to feel comfortable in their new home and with you. Having a predictable schedule will help them adjust to their new home.

**Let them drag a leash attached to their collar** for the first week or two inside and outside the home. Fast movements are startling, and it will take time for them to be okay with you approaching and removing the leash. If you go slow at the beginning, you'll build a trusting relationship. Treats always help!

**Allow for time to build trust.** Always let Ella decide if they want to come closer to you. Don't force interactions. As they grow more comfortable, you will see Ella decide that they enjoy spending time with you by coming closer for pets, jumping next to you on the couch, and following your resident dog around.

**Don't take Ella 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.).

**Supervise your dog outside.** Even if you have a fenced yard, please do not let Ella out alone. They are nervous and could easily hide under your deck or a bush - or slip through a gap in your fence! They do like to go for short walks and go outside to potty but need some time to build confidence to go on longer excursions in even the quietest of neighborhoods.

**Ella needs daily exercise to reduce stress.** Ella 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.

**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 Ella 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 Ella 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 or enclose Ella 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.

**Patience will come in handy for you.** Ella responds best to positive reinforcement and reward-based training. They will need an understanding, calm owner who has the time and desire to work on helping them learn to live in a home. Ella will pay you back by supplying love and enthusiasm!

**Visiting the Vet:** Unless it's an emergency, give your dog plenty of time to bond to you before taking them to your vet. Start with positive visits just for treats. Vet visits will more than likely be scary, but if your dog already trusts you, your presence may help them feel more comfortable.

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 Ella to be successful in your home. We're available to answer questions via phone and email. During your first two months with Ella, 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](mailto: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!