

Zemara 310673: What to Expect

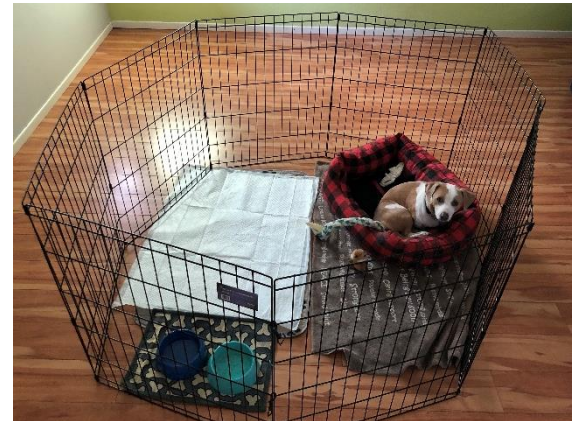
Zemara is a graduate of our Behavior Modification Program and is looking for a special home. Zemara is a fun little puppy who loves to play, cuddle, and go for walks. Zemara can have a shy disposition at times, when she's nervous or scared she will cower, hide, and sometimes even urinate in fear. When introducing Zemara to new people, places, and things it's important to ensure they are neutral or positive experiences for her. Read her body language to give you an indicator on how she feels, keep your distance from frightening things and allow her to approach as she feels comfortable. Once she knows she can trust you and the situation is safe, she will curiously approach and investigate. This will help with long term confidence and strong resiliency as she grows into an adult dog. Forcing Zemara to interact when she's uncomfortable will break any trust she has with her humans and lead to a more fearful dog in the future.

When Zemara is comfortable she is your average puppy and will make a wonderful addition to your family. Due to her fear, we feel she would do best in a home without small children, as their sudden and unpredictable loud noises and fast movements can become frightening for a fearful dog. Older children who can understand how to appropriately interact with Zemara will be best to help her feel the most comfortable. During her time at OHS we have successfully introduced her to other dogs and feel she could live in a home with another dog, but she might not be the type of dog who enjoys uncontrolled environments like the dog park or doggie day care. Playdates with known dogs in a secure environment will help her continue to be confident and trusting in her family and other humans.

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

Use an exercise pen to confine Zemara to a small area when you are not home or able to supervise them (see picture). Give them a bed, water, favorite toy, and a potty pad. This "safe spot" will also be a great place to put them when you have visitors to your home, so they don't have to worry about interacting with everyone if they're not comfortable.

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 Zemara 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.



Zemara's "safe spot" when no one is home.

Limit introductions to new people. Take your time to get to know Zemara before introducing them to someone new. They may need to meet a new person multiple times before feeling comfortable with strangers. Treats and allowing Zemara to approach as they feel comfortable will be best. New people should just completely ignore Zemara at first – playing hard to get is the way to their heart.

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

Patience will come in handy for you. Zemara 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. Zemara will pay you back by supplying love and enthusiasm!

Zemara needs daily exercise to reduce stress. Zemara 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.

“Puppy proof” your home and practice tether training to prevent them from getting into puppy/adolescent trouble. When home have Zemara 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 Zemara 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 Zemara 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. Zemara 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/>).

Don’t take Zemara 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.).

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 Zemara to be successful in your home. We’re available to answer questions via phone and email. During your first two months with Zemara, we can also set up a free one-on-one consultation. For questions or to schedule an appointment, contact us at **(503) 285-1145** 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!