

From Rescue



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Welcome

Hi, my name is Debi McKee. I am a mom of three human kids and three dogs. I am a huge advocate for rescue dogs, volunteering for a local dog rescue and humane society.

At Rescue Dogs 101, I will guide you in your journey of adopting and raising a rescue dog every step of the way.

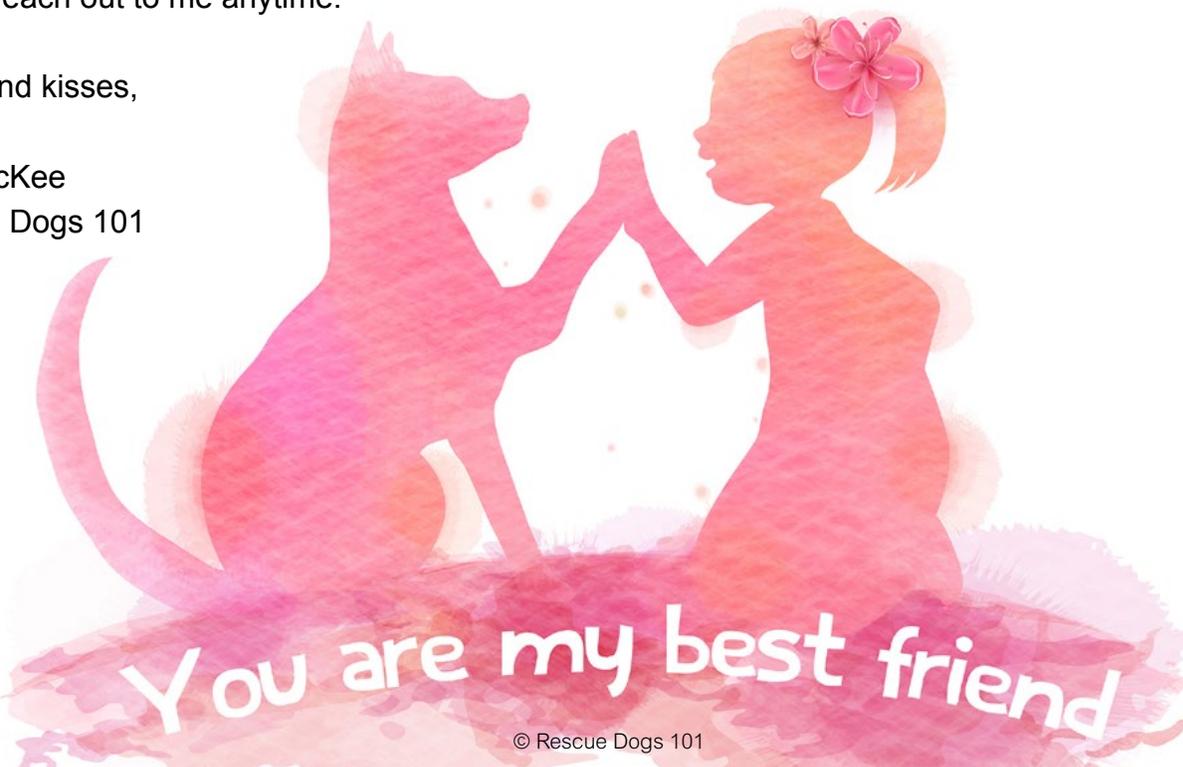
I have been a dog lover my entire life, starting with our family dog, Stormy, as a young child. As an adult, my husband and I had the pleasure of adopting seven dogs over the past 25 or so years. We currently have Ginger (mutt), Bear (yellow lab), and Thunder (border collie).

The Rescue Dogs 101 blog is jam-packed with resources for not only adopting but also for when questions and problems may arise, including training techniques, tools, and useful products to help keep your dog happy and healthy.

My goal is to be here for you and your dog, so if you have any questions, comments or just want to share your story, please feel free to reach out to me anytime.

Paws and kisses,

Debi McKee
Rescue Dogs 101



Adoption Questionnaire

Questions to ask the humane society or rescue about the dog you want to adopt.



Date:

Rescue Name:

Dog Name:

Notes

Use this space to add any additional notes and observations.

GENERAL

How did the dog come to be in the shelter or foster home?

How long has the dog been in the shelter or foster home?

Why was he surrendered?

Where does he sleep at night? In his crate, dog bed?

Has he been to a groomer before? How did it go?

Does he allow you to trim his nails, clean his ears, give him a bath?

HEALTH

Has he had a general wellness exam by a veterinary? When? Does he have any known medical issues?

Is the dog neutered/spayed?

Is he current on all vaccines? Rabies - Distemper/Parvo - Bordatella. If you adopt him, make sure to get copies of all vet records available.

Is he current on heartworm and flea/tick preventative?

Has he had a Snap 4 DX test?*

Does he have a microchip?

Does he have any allergies?

Check the eyes and ears for yourself. Are the eyes clear of discharge, are the inside of the ears clean?

**A 4Dx snap test is a blood test that is run by a vet. While not required, it provides valuable information. The test is a screening process for six vector-borne diseases: Heartworm, Lyme, Ehrlichia canis, Ehrlichia ewingi, Anaplasma phagocytophilum and Anaplasma platys.

ADOPTION TIP: Don't be afraid to ask questions. Whether you are adopting from the humane society or a local rescue group, find out as much as possible about the dog you want to adopt. This is a life-time investment for the dog and your family.

Notes

Use this space to add any additional notes and observations.



POTTY TRAINING

Is he potty-trained? Don't assume that an adult dog is already potty-trained.

Does he have any signals to ask to go outside?

How often does he go outside?

ENERGY LEVEL

How much exercise does this dog need?

What is his typical energy level like?

How many times a day does he need to be walked, and for how long?

Does he relax and lay down when you are ready to stop playing?

What are his favorite activities? (Playing fetch, swimming, frisbee, walking, running)

Would he be a good dog for going on hikes or running?

CRATE TRAINING

Is he crate trained?

If not crate trained, do you leave him loose when you're not home? If so, how does he do? Any mischievous behavior?

How does he act in a crate? Calm, anxious, bark?

How do you think he does when left alone?

ADOPTION TIP: A dog that is in a shelter situation may not be able to be fully assessed since it is not in a home environment. When a dog is in a shelter, it may never feel comfortable.

Refer to the 3-3-3 Rule in this PDF on [page 20](#).

Notes

Use this space to add any additional notes and observations.



BEHAVIOR

Does he have any resource guarding issues with food, toys, or anything else?

Is he independent or dependent? Is he unsure or shy?

Does he show any signs of separation anxiety?

Does he bark excessively when left alone?

How long can he be left home alone?

Does he have any fears? (Thunderstorms, loud noises)

Does he chew things such as kids toys, furniture or shoes?

Does he like to play with other dogs?

Is this dog friendly around other dogs? How does he act when he meets new dogs? On leash and off leash.

Ask to see him interact with another dog.

Have you ever taken him to a dog park? How did it go?

If you have a cat, has he been around a cat before? How does he act around cats?

Is there anything that brings out fear or aggression in him? (Bikers, strangers, men, etc.)

How does he act around strangers? Is he scared, shy, aggressive, or friendly when meeting new people?

Has he been around kids? How old where the kids? How does he act around them?

ADOPTION TIP: Don't ever feel pressured into adopting a particular dog, you have the right to say no and find the perfect match. Do not ignore the red flags. Remember, this dog will be part of your family for the next 10-15+ years.

Notes

Use this space to add any additional notes and observations.



Finding Your Perfect Dog

BEHAVIOR, continued.

Has he ever nipped, bitten or attacked anyone?

Do you consider him a vocal dog? What makes the dog bark? Does he bark when left alone? Does he bark at the door bell? Does he bark at people/dogs on walks?

How is he in the car? Is he calm, overly excited or scared of the car? Does he get car sick?

TRAINING

Has he had any formal training for behavior, obedience, hunting, agility, etc.?

What commands does he know? Ask for specific words or hand signals used, this will help you understand how to interact with the dog if you adopt him.

What type of training tools have been used on him?
Treats, harness, e-collar, prong collar, etc.

How does he walk on leash? Does he walk with a flat collar, harness, prong collar, or any other tools? Can I take him for a short walk? If you have another dog, ask if you can walk the two dogs together.

Does he pull or lunge at other dogs, people, cars, or bikes?

Does he have any known behavioral issues?

Is he food or toy motivated?



New Dog Shopping Checklist

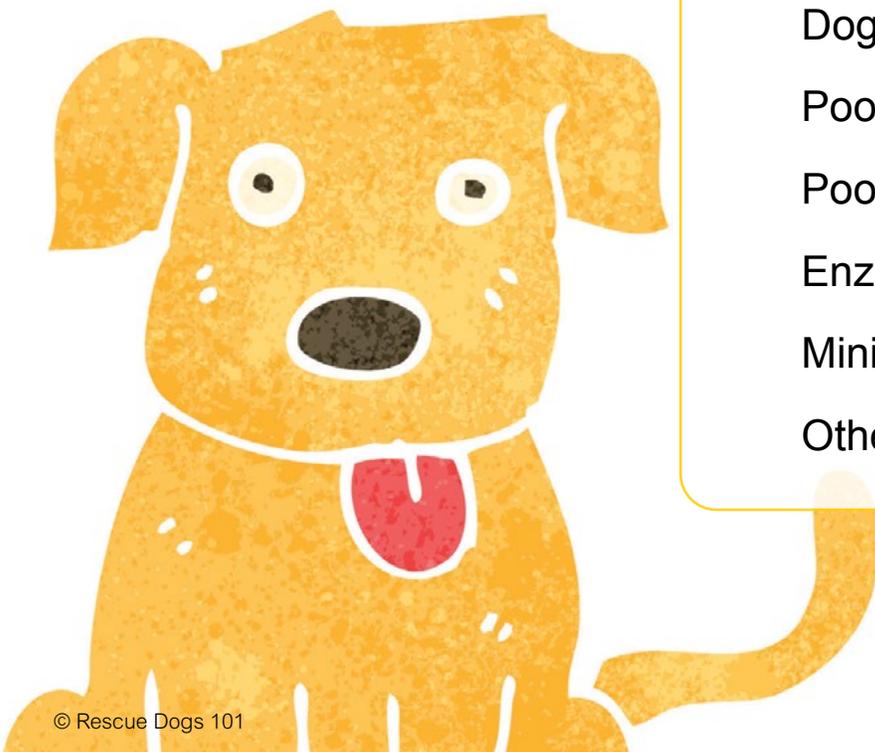
Shopping for a new puppy is fun, but also can get expensive real quick. Go shopping BEFORE you bring home your new puppy. Keep to our basic shopping list at first, then you can add more items as you get to know your dog and what he will really need.

A complete list of product recommendations:

New Puppy Shopping List



- Leash, Collar, and ID Tag
- Food and Treats
- Food and Water Bowls
- Crate and/or Puppy Play Pen
- Baby Gate(s)
- Toys and Chew Toys
- Dog Bed
- Dog Shampoo
- Brush
- Nail Clippers or Dremmel
- Dog Toothbrush and Toothpaste
- Pooper Scooper
- Poop Bags
- Enzyme Cleaners
- Mini Carpet Cleaner
- Other _____



Puppy Proofing Your Home Checklist

Just like if you were bringing home a new baby, your house needs to be safe for your new puppy. Even if you are adopting an adult dog, your house needs to be safe.

Start by laying down and/or crawling on your hands and knees on your floor, what do you see? Search for anything small, wires from TV, phone and chargers, TV remote, shoes, kids toys, pens, gum....

10 Puppy Proofing Tips

Electrical Cords and Phone Chargers

Trashcan (Kitchen, Bathroom, Office)

House Plants

People Food

Kids Toys

Toilet Bowls

Medicine Bottles

Cleaning Supplies

Dangerous Hiding Places (Recliner Chairs, Unstable Shelves or TVs)

Balcony Or High Deck

Backyard Fence, Plants, Lawn Chemicals

Garage Chemicals



Bringing Your Adopted Dog Home

The first thing most people want to do is show off their new puppy. But I urge you to take it slow, he has been through a lot and it's very stressful. Give your new dog time to decompress.

The common milestones your new dog will go through will be the first 3 days after bringing your dog home from the shelter, then 3 weeks, then 3 months. Study the graphic on the following page.

Bringing Home a Rescue Dog



© Rescue Dogs 101

Keep dog on leash and in a crate for car ride home.

Take a nice long walk outside with your new dog before entering your home.

Keep existing pets separated from new dog for at least 24 hours.

Introduce your new dog to the inside of the house slowly so to not create overwhelm.

Keep the first few days quiet, no special outings or visitors.

Create a routine from day one.

Research training classes and sign up for one right away.

Never leave the new dog alone with your children.

Stay calm, be patient, and read about the 3-3-3 rule



The 3 Days, 3 Weeks, 3 Month Rule



3D In the first 3 days, your new dog will be overwhelmed with his new surroundings. He will not be comfortable enough to be himself. Don't be alarmed if he doesn't want to eat for the first couple of days, many dogs don't eat when they are stressed. He may shut down and want to curl up in his crate or under the table. He may be scared and unsure what is going on. Or he may be the opposite and test you to see what he can get away with, kind of like a teenager.

3W After 3 weeks, he's starting to settle in, feeling more comfortable, and realizing this really may be his forever home. He has figured out his environment and getting into the routine that you have set. He lets his guard down and may start showing his real personality. Behavior issues may start showing, this is your time to be a strong pack leader and show him what is right and wrong.

3M After 3 months, your dog is now completely comfortable in his home. You have built trust and a true bond with your dog, which gives him a complete sense of security with you. He is set in his routine and will come to expect his dinner at his usual time.

More About the 3-3-3 Rule



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Rescue Dogs 101[™]
ADOPT LOVE TRAIN

The 3 Days, 3 Weeks, 3 Month Rule of Adopting a Rescue Dog

The 3-3-3 rule is a general guideline, every dog is unique and will adjust differently. Give your dog space and allow him to go at his own pace.

3D



In the first 3 days,

- Feeling overwhelmed
- May be scared and unsure of what is going on
- Not comfortable enough to be "himself"
- May not want to eat or drink
- Shut down and want to curl up in his crate or hide under a table
- Testing the boundaries

3W



After 3 weeks,

- Starting to settle in
- Feeling more comfortable
- Realizing this could possibly be his forever home
- Figured out his environment
- Getting into a routine
- Lets his guard down and may start showing his true personality
- Behavior issues may start showing up

3M



After 3 months,

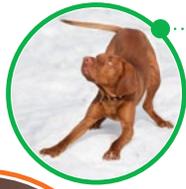
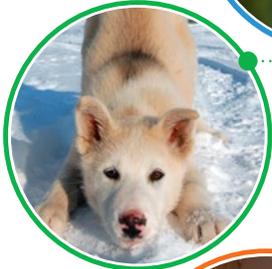
- Finally completely comfortable in his home.
- Building trust and a true bond
- Gained a complete sense of security with his new family
- Set in a routine

Dogs Body Language Quick Cheat Sheet



Calm and Relaxed

- Body:** Relaxed posture
- Tail:** Relaxed, wide sweeping or circular wag
- Ears:** Relaxed
- Eyes:** Relaxed, small pupils at the center
- Mouth:** Relaxed, mouth closed or opened slightly



Playful

- Body:** Play bow, front legs on ground with butt up
- Tail:** Up and wagging
- Ears:** Up
- Eyes:** Pupils dilated
- Mouth:** Open or closed



Alert

- Body:** Standing tall posture, hackles up
- Tail:** Horizontal
- Ears:** Perked up, forward and high on head
- Eyes:** Wide open
- Mouth:** Closed and quite



Dominant

- Body:** Stiff posture, hackles may be raised, mounting
- Tail:** High and stiff or wagging
- Ears:** Perked up, high on head
- Eyes:** Wide open
- Mouth:** Closed or possible growling



Aggressive

- Body:** Stiff posture, hackles may be raised
- Tail:** High and stiff wagging
- Ears:** Held up and back
- Eyes:** Wide, whites of eyes visible (whale eye)
- Mouth:** Growling, lips curled, teeth visible



Fearful or Anxious

- Body:** Trembling or covering
- Tail:** Tucked or low and slowly wagging
- Ears:** Tilted back or flattened
- Eyes:** Avoidance, whites of eyes may be visible
- Mouth:** Yawning, licking lips



Take it to the next level

ADOPT. LOVE. TRAIN.

Want More?

Set yourself on the path to success. Solve your biggest challenges and questions about the adoption process and your dogs health and happiness.



Keep track of your dogs health records, learn about home remedies, make homemade treats and dog shampoo! These are just a few examples of what you will get in the Rescue Dogs 101 Dog Parent's Toolbox! It's entire library of resources for you to live the best life possible together with your fur baby!

Your dogs life depends on you!
Let us help you become the best dog mom or dad ever.

[LEARN MORE >](#)

If you have a friend or family member that could benefit from this resource, please direct them get their own copy at **www.RescueDogs101.com**.

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