

Preparations for your dog's arrival

Once you have adopted a dog, or chosen to be a foster family for one, and need to have the wait to go until the dog finally comes to your home, there is a lot you can, and must do, to prepare for your dog's arrival.

New Hope Denmark has put together some requirements and recommendations for our adopters and foster families. These requirements and recommendations are not something we have come up with to make it difficult for you as an adoptive/foster family, but solely to take the best possible care of the dog - your new best friend.

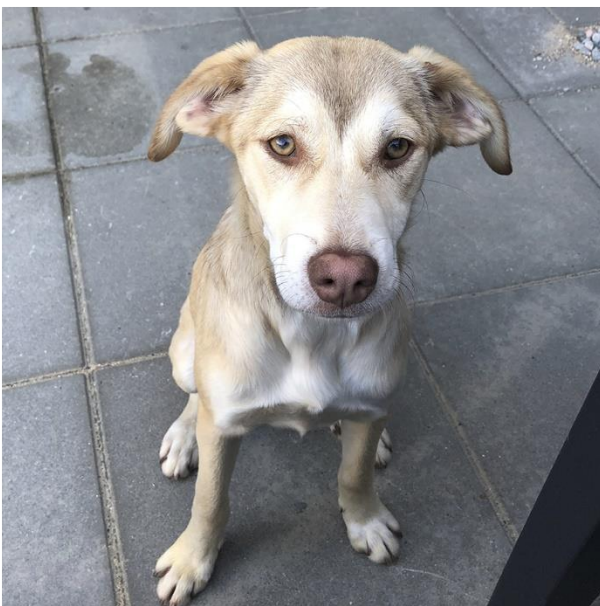
Our requirements and recommendations are based on solid experience, with all the dogs we have conveyed from Portugal - and their new families.

Requirements

The requirements that are set are solely about your dog's hopefully calm development and safety, for the first three months.

These requirements also apply to dogs that are already in Denmark when they are adopted or come into foster care.

The 3-3-3 rule, required



The NHDK "models"

Top left, at home the first day - top right, at home for a month and a half.

Bottom left, before leaving Portugal - bottom right, at home for three months.

The first 3 days

For the first 3 days, the dog will be overwhelmed by the journey, the new surroundings, smells, sounds, and people. The dog's body will be filled with stress hormones (cortisol), and will typically be withdrawn, tired, and insecure about it all. It is also normal for the dog not to eat for the first few days as many dogs do not eat when they are stressed. Many dogs may seem introverted and need to retreat, for peace.

Contrary to the above, some dogs may appear hyperactive and happy, almost excessive, due to the stress, and thus the cortisol that pumps around the body. As with the dogs that react with nervousness, and to withdraw, calm and calmer is the right approach here.

Do not expect the dog to pee/poo on walks. Expect accidents indoors, as even the garden can be too cluttered and unsafe yet. Insecure dogs will often pee and groom where they are most safe, which is often indoors.

Advice:

- Tranquility, tranquility, and more tranquility.
- Leave the dog at peace when it withdraws.
- No visits.
- No (longer) walks.
- For very insecure dogs, one should completely wait for walks, use a garden or urinal mats.
- Tell children that during this period the dog may need complete tranquility, and this must be respected for a healthy and trusting relationship.

After 3 weeks

The dog gradually begins to feel more comfortable and the stress hormones have slowly dropped. The dog has begun to be more comfortable with his new environment, and has begun to know, and be calm about the smells and sounds in the home, your routines, and you. The dog now usually begins to relax more and begins to show his true personality.

Advice:

- Tranquility, routines, and respect for the dog to be allowed to retreat.
- Begin home-alone training quietly.
- Walking can slowly be extended to slightly longer trips, be sure to walk the same routes at first.
- At the end of the 3 weeks, the dog may meet other family members or friends of the family. However, considering that the dog is not overwhelmed.

After 3 months

Most dogs are now relaxed and safe in their new home. Most families have now built trust, and a genuine bond with their dog, giving the dog a perfect sense of security with his family. The dog is also confident in the routines of the home - if they have been maintained as routines, throughout the period.

The 3-3-3 rule is important, regardless of the dog's age, "past" and where it comes from. When a dog moves to a new home, it initially becomes stressed.

The 3-3-3 rule advice should **ALWAYS** be followed, even if your dog seems to be "feeling fine", you are not able to read the dog's signals right after it has moved home, so it is best not to go too fast, and push the dog unnecessarily.

The Stay harness from Trixie, required

Adopters and foster families must sign in the contract that the dog, at least for the first 3 months after coming home, wears a tight-fitting harness, which it cannot get out of when it is outside the home.



Dogs can impressively escape most harnesses, either because they do not fit well enough on the body or because they are set too loosely - the straps on a harness, and a collar, must fit snugly to the dog, which should only be able to come two fingers under the strap (fingers should be next to each other, not on top of each other).

New Hope Denmark's recommendation

New Hope Denmark has assessed that the harness that is by far the safest is the Stay harness from Trixie.

Stay harness from Trixie

This dog harness is especially suitable for dogs that will do anything to run away, it is simply not possible for the dog to either wriggle or back out of this harness.

The harness has 3 belts, all of which can be adjusted to the dog's exact size, one around the neck, one around the chest, and one at the waist.

The harness is easy to adjust and is comfortable for the dog, as it can be adapted to the dog's body due to the adjustment options, also, the harness is quilted with nice soft neoprene on the inside.

Once the harness is set for the dog, it is easy to put on.

Purchase of the harness

You can order a Stay harness on the internet, but since they are an order item from the manufacturer's side in all online stores in Denmark, there is a long delivery time, and many sizes are often sold out.

New Hope Denmark has entered a collaboration with the webshop Smartdog, they make sure to order a small stock home a month before each of our returns, we buy them and bring them with us to our returns. Adopters and foster families can therefore choose to buy a Stay harness from us, at a normal web price.

Inform your contact person if you want to buy the harness at the arrival.

If you choose not to buy a Stay harness, at the arrival, make sure you buy a similar harness that the dog can **NOT** get out of. However, it can be a difficult task when you do not have the dog to try the harness on.

Small puppies and very small dogs are not recommended a Stay harness, however, a "Curli Harness" is really good for the little ones. It is also possible to buy Curli harnesses, at Smartdog's sale price, minus the 10% discount that all adopters and foster families are offered by Smartdog.

The dog **MUST** be wearing an acceptable harness before it can go home with its new family.

Retriever line (loop cord), required

Adopters and foster families must sign in the contract that they will use a retriever line for the first few weeks after the dog arrives at home when it is outside the home.



The retriever line is an extra safety measure that helps to secure the dog for the first few weeks.

A retriever line also called a loop string, is a string and collar in one. The leash is shaped like a loop, which should be around the dog's neck.

Not for "airing"

The retriever line should **NOT** be used to air the dog, so it is not the line the dog notices, it should just be there, as extra security in the first weeks, if the line in the harness jumps off (it has been seen to happen). Therefore, the retriever line should be a bit longer than the line that sits in the harness.

The line does not replace the line that must be attached to the dog's Stay harness, the retriever line must be used as extra security.

The leash in the Stay harness is the only leash the dog must "notice" if it pulls. It is **NOT** recommended to use a Flexi line, as the line in the harness!

The retriever line should be used for the first two to three weeks, you are outside with your new dog, when you start walking with your dog, depends entirely on the dog's state of mind.

Purchase of the line

It is recommended that you buy a retriever line yourself before you pick up the dog. It is not necessary to know the exact size of the dog to buy a retriever line.

If you have not made sure to buy a retriever line for your dog when it is picked up, it is possible to buy a simple version of a retriever line of New Hope Denmark on the arrival.

Inform your contact person if you want to buy the line on arrival - however, it will be optimal if you make sure to buy your own.

The dog **MUST** be wearing a retriever line before it can go home with its family (there may be few exceptions, this is assessed to the individual dog's age and state of mind, upon arrival).

Remember the "stop ring"

Be sure to buy a retriever line with a stop - this means that the collar has a stop ring so that the dog's neck is not tightened when pulling on the line.

Collar with dog tag/name tag, required

In Denmark, it is mandatory for all dogs over 4 months to wear a dog tag.

In the contract, adoptees and foster families must sign that the dog, at least for the first 3 months after arriving home, always wears a collar with a dog tag - even when it is inside the home.

Also, the dog must, of course, according to the law, wear dog tags when it is outside the home, for the rest of its life.



One of the first things to buy when the dog has moved home is a collar that fits the dog - it can be difficult to buy in advance, as New Hope Denmark does not have the opportunity to receive exact measurements on the dogs before they arrive in Denmark.

The dog must, at least for the first three months after arriving home, wear a collar with a dog tag, around the clock. It only takes a split second of inattention and a small crack for a dog to run away.

When the dog is out for a walk for the first period, and therefore of course is wearing his Stay harness, it is not necessary to wear the collar (when a retriever line is also used), just make sure to have a dog tag on the Stay harness.

Purchase of the dog tag

Remember to make sure that there is the statutory information on the dog tag.

Recommendations

Below are a few recommendations and good tips, the only reason why the GPS is not a requirement is that we cannot afford to impose additional costs on our adopters and foster families (subscription to the GPS service), it should be seen as a "requirement", even if it is not...

GPS tracker, recommendation

A GPS tracker can be the crucial difference that allows one to capture an anxious and stressed dog. Especially when it has just moved into its new home, and therefore does not yet have confidence, neither in its family, nor strangers, nor does it know its "immediate area".

The only reason why the GPS is not a requirement is that New Hope Denmark cannot afford to incur additional expenses for adopters and foster families (subscription to the GPS service).

A GPS tracker should be seen as a "requirement", even if it is not.



Insecurity and independence

When a dog has just arrived at its new home, it is stressed and insecure - this of course applies to a very high degree to a stray or shelter dog, but all dogs who are exposed to a change in their home/everyday life.

The dog does not know that it can trust you, it may be used to "being on its own paws", and it, therefore, has a great tendency to want to run away, and not necessarily, to return to you, or your home all by itself - it has no insight into what it's best to do.

They run - fast even

A frightened dog can get really far away, in a very short time. It will most likely not seek "help" from the people it meets, but simply keep running until it finds a place it thinks is calm and safe.

Finding such a dog is almost impossible! And here it is really smart if the dog carries a GPS tracker, which makes it possible to keep an eye on its direction and whereabouts on a smartphone.

Discount agreement

New Hope Denmark has obtained a discount agreement with Tractive, with this discount you can save 25% by buying a GPS tracker from them (note, the discount does not apply to the subscription).

In addition to buying the tracker itself, you also need to create a subscription.

Ask your contact person for the discount code.

Application

For the first three weeks, the tracker should be on the dog's collar, which it should always wear, for the first three months, after which it can be put on the dog's harness so that it is "only" there as security when you are out for a walk with the dog. The tracker can be easily moved from the dog's collar to the harness. And extra holders can be bought, so there is both a holder on the collar and the harness - this makes it easier to switch between the collar and the harness.

Be sure to charge the tracker every night so that it is always fully charged, for the first period. And remember to put the tracker on the dog, when you wake up in the morning, and before the dog possibly is let out in the garden or get out for a walk.

The GPS tracker is also a really good "peace of mind", even for dogs who have learned that they *should* come when called.

Cave / dog cage, recommendation

When the dog moves home, it can help it to have a cave in which it can seek safety.

Many people mistakenly assume that cages are used exclusively as "punishment", or for transport. But dogs love a quiet and safe place that they can consider their very own. Many dogs have an instinctive desire to seek shelter in cave-like stands, under trees - or tables if they feel insecure.



Fido Studio dog cage from Omlet (furniture with built-in cage), cage in fabric, and a "regular" cage in a lattice.

Security

A cage can give the dog a sense of security e.g., by loud noises such as fireworks and thunder - or when the dog has just moved home, and everything is "dangerous" and strange. In many cases, a cage can counteract and reduce separation anxiety.

Types of cages

There are many different types of cages, some are made of molded plastic, some of fabric, and others are made of metal lattice. It is also possible to buy a piece of furniture that is made especially for a dog cage.

If the cage is made of lattice, and thus is completely open, it is recommended to use a blanket to cover the top and sides, so that the cage becomes more "cavity-like".

Size

The cage must be of a size that allows the dog to lie at its full length in the cage. It must be able to stand up and it must be able to turn.

Slow learning

The dog must learn that the cage is "the best place in the world", it can be a long and slow process, it is important that you only create positive connections to the cage, and never use it as punishment/exclusion from the herd (the family).

Give the dog its food near the cage, place treats in the cage, sit quietly next to the cage in the meantime - read if necessary, a book, and give treats once in a while, or let the dog enjoy a good bone. You should not interact with the dog while it is in the cage, but just leave it alone when it is in there. The door does not have to be closed on the cage during training/habituation and may never even need to be closed.

If you try to force the dog into the cage or go too fast, neither you nor the dog will experience the training as a success, and you will both become unnecessarily frustrated.

Leave the dog alone when it is in its cage.

Toys, recommendation

It's hard not to buy yourself poor in teddy bears, balls, and other fun things when preparing for a new dog to move home.

Many of the things we humans think are good, fun, and lovely for our dogs, your new dog probably does not know at all, and it may think it is something dangerous.



Yes, there was purchased in abundance before the NHDK model moved home, but everything was hidden away before she arrived - she just got the squid a year after she had moved home.

Toys - bones and cushions

It can be quite overwhelming for a dog to move into a new and foreign home, with one or more people who think it's the best idea to offer it something (in abundance) that is quite strange to it.

Therefore, do not "drown" your dog in toys, introduce one thing at a time, read the dog, does find it interesting, or does it just want to get away from it.

Playing with balls and pulling games should also be avoided, especially in the first period, as these games increase the dog's stress level (cortisol).

Instead of lots of toys, make sure you have some good, solid bones that your dog can enjoy and that you can use as a distraction if chewing on something that is not suitable for dog teeth.

For what exactly is the difference between a cushion, a child's toy, and a teddy bear for your dog...

Buffalo horns, antlers, or other good, durable bones, can both be fun, chewed - and thrown around the house (if needed).



Here the girls have fun with buffalo horns.

Diet food, recommendation

The dog needs to have its stomach stabilized right when it comes home. Both due to stress, but also because it has not necessarily been served the best food where it comes from.

There are many different versions of diet food, each family may have their own version that they are used to be using. The following is just an example that can guide you on the right path - otherwise, it is always possible to find other "recipes" when searching the Internet.

Boiled rice and chicken

Rice is boiled in double to triple the amount of water and must be boiled twice the recommended cooking time - the rice must be "over"-boiled, excess water can always be poured off.

The chicken breast fillet is boiled with a couple of cloves of garlic for approx. 30 minutes. Once the chicken is cooked, cut it into smaller cubes.

Mix rice and chicken, your dog will love it.

How much, how often, and for how long

Give a small amount of food approx. every two hours (except at night), the total amount (distributed throughout the day) is difficult to determine, but it should correspond to the amount recommended of general food - it is necessary to sift a little, and most importantly, look at the dog's well-being - does it seem hungry or full?

It is possible to make a larger portion of diet food, and just freeze it in portions - then it is easy to take a bag for the day out of the freezer in the evening, put it in the fridge, and take it out early in the morning, so the food can thaw up.

After 4-7 days on a gentle diet, the gentle diet can slowly be replaced by the normal food - but remember that it must be gradual, keep an eye on the dog's feces. Soften if necessary, the normal dog food a little with some water.

Water

ALWAYS provide plenty of fresh water! If your dog does not feel like drinking water, try throwing a few treats into the water bowl while the dog sees it (and is aware of what treats are).

Other useful tips, recommended

It is difficult to prepare in advance everything you need as a dog owner, but you can give it a try.

Of course, it is not a requirement to have all of this "stuff", but perhaps it can give a good idea of what others "have in stock".



The dog's "pharmacy"

- Inflatable neck collar.
- Flea and tick repellent.
- Chlorhexidine for dogs.
- Snout cream in a stick.
- Paw wax in a stick.
- Paw socks.
- Zoolac or Slippery Elm (for the stomach).
- Bandage (self-adhesive, waterproof, added bitter substance, so the dog does not want to remove it).
- Crocodile oil ointment and/or Aloe Vera spray (for wounds and tears)
- Mature trousers and sanitary pads (only necessary for female puppies that have not yet been neutralized and must go through the first maturity before the neutralization).
- Nail clippers.
- "Klip Stop" (stop the bleeding when nail clipping).
- Shampoo.
- Furminator (also takes undercoat), or other brushes that suits the dog's fur.
- Non-slip mat for baths.
- "Lickimat" for activation in the bath.
- A small scissor for fur between paw pads.
- Tick remover.

Other good "stuff"

- Good towels with "pockets" for the hands, so the dog can easily get the paws dried, after a wet walk.
- Light for the collar/harness.



- D.A.P. Diffuser and refill.
- Everyday sounds, mp3 with 40 different everyday sounds and fireworks.
 - Train your dog to be indifferent to the sounds it encounters in its daily life, run the audio file on a low-level volume, to begin with, distract your dog (get its attention) if it responds to any of the sounds, and slowly (spread over weeks) turn up the sound volume. It is also possible to find "training sounds" on YouTube.
- IP camera, it is super smart to be able to monitor your dog, both for your peace of mind, but especially in connection with training alone at home, firstly it is possible to hear if the dog is at peace before you go back to it again, and it is possible to talk to the dog if it can help it calm down.
- Child lock for sockets (if they are at dog height).