

OPH Adult Dogs MEDICAL SUMMARY RECORD

The information below contains a list of vaccinations, medications and preventatives that were given to your dog or puppy. Please contact Operation Paws for Homes with questions.

Name: _____ **Age or DOB** _____ **Breed guess** _____

Altered? Yes / No

5 way vaccine Date _____	5 way vaccine Date _____	Bordetella Date _____
Rabies Shot Date _____	Treatment notes and additional supplements given:	Snap Test done on dogs over 7 months of age (Circle result): <u>Heartworm</u> +/- <u>Lyme</u> +/- <u>Ehrlichia</u> +/- <u>Anaplasma</u> +/- Date _____

Ivermectin based heartworm preventative <u>(Dogs need this EVERY MONTH)</u> Date/s _____ Next due date _____	Flea and tick prevention Name of med _____ Date/s _____ Next due date _____
Wormer dates Drontal puppy: _____ Nemex : _____ Panacur: _____ Allwormer chew: _____ Other: _____	Coccidia treatment is not needed by most adults Toltrazuril dates: _____

Humane Society Recommended Vaccinations**

All Dogs:

- **Monthly Flea & Tick Prevention** - Available online (1-800-Petmeds or PetcareRX and at Petsmart/Petco)
- **Monthly Heartworm Prevention** - Prescription from vet; available online

Adult Dogs:

- DHLPP - Yearly
- Heartworm Test - Yearly
- Rabies - 1-3 years (after first two shots)
- Bordetella – Yearly
- Heartworm Test

It is recommended that get your adopted dog heartworm tested six months post adoption.

*** Please be sure to consult with your vet as to the proper vaccinations and vaccination schedule for your dog.*

OPH does not give Lyme or Lepto vaccinations to dogs in the rescue organization.

OPH does not conduct blood analysis (unless medically needed for apparent illness) or DNA tests on adoptable dogs.

**IMPORTANT
OPH ADOPTION INFORMATION**

Patience is a Virtue!

Every dog in our rescue has a story. They have all been through several transitions prior to entering your life. They started who knows where, were abandoned at a shelter, vetted, transported over 10 hours north, put into foster care and now... they are finally home! But they don't always immediately know that. ***Please be patient with them!! Adjustments into a new home can take a day, a week or a month.*** Each dog is different. You should expect it to be 48-72 hours before true personality comes out. Be patient and review these materials and reach out to the foster for advice. Understand that the dog may not eat out of fear, uneasiness, or confusion for a day or two. It does happen. Above all – try to find a workable solution. Don't give up without trying different options and reaching out for help.

Resources

We want to provide you with resources to help set your new dog up for success! Please be sure to visit our website, www.ophrescue.org for information about pet ownership. Additionally, we have included information about nutrition, training, behavioral issues, and adjustment into your home in this adoption folder. We have compiled this information to help you and your new dog with acclimating to a long life together! Several websites have online guides to help you transition your new friend through life's obstacles: <http://www.dogstardaily.com/>, <http://www.dogbreedinfo.com/care.htm>, and many others found via Google.

Pet's Health

OPH and our shelter and rescue partners do not knowingly transport or adopt out a dog that is sick, injured or aggressive. There are several ailments, illnesses, and viruses that can take hours, days, and even weeks to display symptoms. A few of these ailments include parvo, kennel cough, intestinal parasites, worms and mange. Many times, the stress of transport, a new schedule and/or a new environment can cause the undetected health issues to begin to show symptoms. OPH is committed to providing the best care we can for all of the dogs we rescue. Basic vaccines and deworming are provided prior to transport (unless health or age prohibit such actions) and we provide additional deworming, vaccinations, parasite treatment and probiotics for every dog that arrives in our care. If a serious health issues arises, we ask that you contact us so we can provide guidance and contact the shelter or location where the dog came from. We encourage you to read the "Guide to New Arrivals" that we provide as well as read up on common ailments. We cannot give you prescription meds and we cannot reimburse for your vet bills.

Return Policy

You are required to contact OPH if you are unable or unwilling to keep the dog you adopted. You have signed a legally binding contract that requires you to contact us prior to rehoming the dog on your own or turning the dog into a shelter. Failure to comply will result in legal action and/or we will levy a fine. We take this seriously as we work hard to save each dog and promise them the best life.

Adoption Costs

The adoption fees associated with adopting one of our dogs allow us to rescue and save many more dogs in need. OPH pays a fee for every single dog we bring into our rescue. These fees include, but are not limited to, vaccinations, deworming, parasite treatment, spay/neuter, surgery and basic care for each dog. The adoption fee is important as we must provide the best care possible to each dog and we want to support the shelters and organizations we work with in the rural areas. These fees also help us to pay for quarantine, boarding, transportation and urgent care for dogs when necessary. Please understand that all money spent by you in the form of the adoption fee is used to save more dogs and to provide the care and treatment of each dog in the rescue.

OPERATION PAWS FOR HOMES



Adopting A New Dog or Puppy

What do I need?

1. Food:

- We recommend exploring healthy dog food brands. Recommended brand names include Blue Buffalo, Wellness, Taste of the Wild, Merck, Nutro and Authority.
- Look at the ingredient list for each food. If corn, grain and/or chicken-by-product are the first two ingredients, then the nutrition quality of the food isn't great.
- Wet vs. Dry Food ~ Many people will decide to only feed their dog dry food, which is perfectly acceptable. Mixing in wet food is great for dogs that may not receive enough water from eating just dry food.

2. Dog Collar:

- Whether you want a plain or fancy variety - collars are important and will be an item you use daily. It is important to pick out a collar that will fit and be comfy for the dog.
- Experts recommend a space between the dog's neck and the collar to be at least 2 fingers wide. The dog collar should never be too loose or too tight. Take your dog when you buy a collar.
- Consider a dog harness for larger dogs or dogs who pull while on walks.

3. Dog leash:

- When selecting a leash, it needs to be strong enough to hold your dog. Both retractable leashes and regular cloth leashes are good options.
- Additionally, many stores sell leashes that are clearly marked with the breeds the leash is suitable for.

4. Grooming accessories:

- Just like us, dogs need grooming too! The grooming accessories will vary by breed. If you have a dog that will need relatively little grooming, that is with a short coat, then you will need only a basic toolkit, which includes dog shampoo, a toothbrush and toothpaste, and basic dog brush.
- We also recommend including salmon oil or other vitamin supplements to increase the shine in your dog's coat and to reduce itchy skin for dogs (especially in the winter or for dogs who like to swim!).

5. Bones:

- Every dog should have milk bones, rawhides or nylabones to chew on. These will help if they are teething, will help with the dental care of your dog, and will occupy them if they are destructive in the home.

6. Dog beds and crate:

- Dog beds and crates are great for dogs. It gives the dog a 'retreat' and they will value having their own comfy space where they can go when cold or sleepy. Crates are wonderful for housetraining!

7. Dog toys and treats:

- Most dogs love playing, and just like children, love their toys! It is especially important if you are away for long periods of time that your dog has something to play with. It's best to give them a variety of toys as this will keep them occupied and away from your flip flops and slippers!
- Treats and toys should be both age and size appropriate for your dog. If the toy is too big, the dog won't be able to play with it. Toys can also be used to train and challenge your dog!

8. Heartworm Prevention and Flea Prevention

- Ensure your new dog receives monthly flea/tick prevention and heartworm prevention. Flea prevention is available at Petco, PetValu and online at discounted prices at PetCareRx, Entirely Pets, and 1-800-Pet-Meds.
- You need a prescription to buy heartworm prevention. It is available through your vet or the online sites with proof of a prescription.

9. Training Resources:

- Google and YouTube have great resources available!
- **Free Online Training Guide:** www.openpaw.org/PDFs/BEFORE_YouGetYourPuppy.pdf
- **Free Book On Bringing Home a New Dog:** <http://www.dogfencediy.com/rescue-dog/>

Nutrition & Foods to Avoid

Toxic Foods - Common household food and items that dog should never be allowed to ingest.

Toxic Items to Avoid

Notes and Comments

- | | |
|--|--|
| • Chocolate/caffeine | |
| • Onion | <i>Be very careful with onions!</i> |
| • Mushrooms | |
| • Grapes/raisins | <i>even a handful can have effects</i> |
| • Broccoli | <i>in large quantities</i> |
| • Coffee, Coffee Grounds, Tea, Soda | |
| • Raw fish | <i>when fed regularly</i> |
| • Nutmeg | <i>small doses results in toxic effect</i> |
| • Sugar-free foods | |
| • Baby food with onion powder | |
| • Human vitamins with iron | <i>large doses of iron can cause severe damage</i> |
| • Macadamia nuts | |
| • Poultry bones | <i>poultry bones splinter and can cause several damage</i> |
| • Avocado | <i>all parts of the avocado and avocado tree are toxic</i> |
| • Several plants and flowers!! | <i>Plant info: http://www.entirelypets.com/toxicplants.html</i> |

** This list is not inclusive.

The list was created from information on the following websites: www.peteducation.com, www.entirelypets.com, www.animalpetsandfriends.com. Another great resource: <http://www.asPCA.org/pet-care/poison-control/>. Please visit their sites for more complete information on toxic foods for dogs.

~~~~~

**Vitamins & Probiotics** – We highly recommend including vitamins and probiotics in your dog's diet. **Bactaquin** Digestive Health Supplement and **Forti Flora** Supplement are two probiotics we use in the rescue.

**Nutrition** - Resources with information on dog food, treats, and alternative foods for the health and care of your dog.

- **When changing foods, use boiled chicken and rice together to help transition from one food brand to another. It cuts down on loose stool and helps the dog transition.**
- To check out how dog foods stack up against each other nutritionally we recommend this website: [www.dogfoodanalysis.com](http://www.dogfoodanalysis.com)
- Dog Food **ratings**: <http://www.the-puppy-dog-place.com/dog-food-ratings.html>
- **How much to feed**: <http://www.dogbreedinfo.com/feeding.htm>.
- Nutritional information about dog food, explanations of dog food ingredients, and an up-to-date list of dog food **recalls**: <http://www.dogfoodproject.com>
- Nutritional comparisons for dog food brands: <http://www.the-puppy-dog-place.com/dog-food-comparisons.html>
- **Supplements**: Dogs with itchy skin may suffer from a lack of nutrients, flea bites or a compromised immune system. Improper diet and fleas contribute to problems. Consider adding supplements to your dog's diet such as multi-vitamins and salmon oil: <http://www.stopdogitching.com/dog-supplements.html>
- Recipes for dog food and treats: <http://recipes4gourmetdogs.com>
- All natural dog foods and treats: <http://www.all-natural-dog-treat.com/>



OPERATION PAWS FOR HOMES

## **Fun Places To Go With Your New Family Member**

### **VIRGINIA**

#### **Attraction**

#### **Location**

#### **Info**

|                           |             |                                         |
|---------------------------|-------------|-----------------------------------------|
| Mt. Vernon Estate         | Mt. Vernon  | Must be leashed.                        |
| Great Falls National Park | Great Falls | Walking trails, must be leashed         |
| Bull Run National Park    | Manassas    | Walking trails, must be leashed         |
| Shirlington Dog Park      | Arlington   | Has a lazy river for dogs!              |
| Baron Cameron Park        | Reston      | Dog park, fenced, sectioned by dog size |
| Shenandoah Mountains      | Luray       | Great hiking trails; must be leashed    |

**\*\* More dog parks in Virginia are detailed here:** <http://www.ecoanimal.com/dogfun/virginia.html>

**Dog Friendly Attractions:** <http://www.dogfriendly.com/server/travel/guides/att/attstateVA.shtml>

### **WASHINGTON D.C.**

#### **Attraction**

#### **Info**

|                                   |                                          |
|-----------------------------------|------------------------------------------|
| C&O Canal Towpath                 | 184 mile path, must stay leashed.        |
| Capital Crescent Trail            | Paved bike trail, must be leashed.       |
| National Arboretum                | Walking trails, must be leashed.         |
| Rock Creek Park                   | City park, must be leashed.              |
| Capitol River Cruises             | Water tour of DC for both of you!        |
| Cantina Marina - Doggy Happy Hour | Select Mondays from 5 to 9 p.m.          |
| Helix Lounge - Doggy Happy Hour   | Select Wednesdays from 5 to 8 p.m.       |
| FDR Memorial                      | Outdoor memorial, must be leashed.       |
| Gangplank on the Potomac          | Cruise, must be leashed if off the boat. |
| National Mall                     | Must be leashed.                         |

**\*\* More DC Locations to visit:** <http://www.findoutdc.com/active/dog-parks.shtml>

### **MARYLAND**

#### **Attraction**

#### **Location**

#### **Info**

|                              |                |                                               |
|------------------------------|----------------|-----------------------------------------------|
| Quiet Waters Park            | Annapolis      | Dog park, fenced, off the leash.              |
| Chesapeake Bay National Park | Annapolis      | Park, must stay leashed.                      |
| Gaithersburg Dog Park        | Gaithersburg   | Dog park, fenced, off the leash.              |
| College Park Dog Park        | College Park   | Dog park, fenced, off the leash.              |
| John G. Lancaster Park       | Lexington Park | Dog Park, fenced, off the leash.              |
| Canton Dog Park              | Baltimore      | Dog park, fenced, sectioned by dog size.      |
| Hard Times Café & Café Nola  | Frederick      | Dogs can join you in outdoor seating section! |

**\*\* Additional Maryland Dog Parks:** <http://www.ecoanimal.com/dogfun/maryland.html>

**Dog Friendly Attractions in Maryland:** <http://www.dogfriendly.com/server/travel/guides/att/attstateMD.shtml>

### **PENNSYLVANIA**

Great overview of dog friendly places: <http://www.ecoanimal.com/dogfun/pennsylvania.html>

Hiking Trails in PA that are dog friendly: <http://www.hikewithyourdog.com/States/Pennsylvania.html>

Another great PA resource for dog friendly locations - <http://www.dogster.com/local/pa>

### **General sites:**

Hiking with Your dog: <http://www.hikewithyourdog.com/>

Traveling with Your dog: <http://www.dogfriendly.com/>

Multifunction Resource for Bringing Fido with you: <http://www.bringfido.com/>

Don't forget your dogs are always welcome at Petsmart, Petco and other pet resource Stores! It is a great way to socialize for the four legged-friend in your family.

~~~ Are we missing your favorite dog spot? Please send us an email and let us know so we can share with other OPH dogs!

HEARTWORM PREVENTION FOR ALL DOGS

It is recommended that you get your adopted dog heartworm tested every 6 months.

This Disease Must be Taken Seriously

Heartworm disease is a serious issue for dogs. One mosquito bite could result in this disease being transmitted to your unprotected dog. The treatment is expensive. And left untreated, heartworm is fatal.

Information

Heartworms are transmitted by mosquitoes and, once mature, take residence in the heart and large vessels of the lungs. If your dog has been recently infected or has a mild infection, it may show no signs of the illness. As the disease progresses your dog may show signs of lethargy, coughing, exercise intolerance, loss of appetite or difficulty breathing. In cats the signs are vomiting, coughing, diarrhea or difficulty breathing.

Facts

- Puppies should be started on Heartworm preventative by 8 weeks of age (depending on the product being used).
- Dogs should be tested on a regular basis (recommendation by most vets is to be tested yearly)
- Heartworms are parasitic worms that normally live free floating in the right ventricle of the heart and nearby blood vessels.
- The parasites are transmitted from one individual to another by mosquitoes.
- Heartworm is diagnosed with blood tests, and/or X-rays, along with other tests.
- Yes – a test result can be a “false negative” or a “false positive”
- Heartworm has been diagnosed in all 50 states and also worldwide. In most areas of the country Heartworm is an important pet health care issue.
- Your pet may have heartworms if he/she exhibits any of the following symptoms: anorexia, weight loss, exercise intolerance, lethargy, coughing.

Prevention

Monthly heartworm prevention is not only required for all dogs adopted from OPH, but strongly recommended for any dog. Additionally, the American Heartworm Society recommends year-round prevention, even in seasonal areas. In addition to protecting your dog from heartworm, most monthly heartworm preventives have activity against intestinal parasites. Many of these same intestinal parasites that infect dogs can also infect people, so please speak with your vet about the best preventative for your dog.

Resources

- <http://www.heartwormsociety.org>
- <http://www.petsandparasites.org/dog-owners/heartworms.html>
- <http://healthypets.mercola.com/sites/healthypets/archive/2011/11/22/cheaper-safer-therapy-for-heartworm.aspx>



Operation Paws for Homes **Guide for New Arrivals**

We have a new dog! Now what?!

Bringing home a new four legged family member is exciting! But there are important things to remember. **Dogs need time to adjust to new environments just like humans!** Be patient!

OPERATION PAWS FOR HOMES

Expect your dog to need a few days to adjust. Also, count on your new dog marking or having accidents in the first few days. This will happen even if they are housetrained. You should also be prepared for some transitional behavioral problems. Each dog will need to adjust to the rules and schedule of your home. Be careful with your dog bolting out the front door – they may be nervous and unsure. Additionally, you **MUST** take your dog to the vet within two weeks of adopting. This will ensure your vet looks over the records and recommends additional vaccines if needed.

Dogs are like people and may need a couple of days to adjust to their new surroundings. Stairs and hardwood floors may take time to adjust to. Also, please understand that the dog food you bought... may not be what they want initially. Your dog may have loose stool when transitioning to a new food. If you encounter this, add chicken and rice (boiled – human version) to their diet to help transition. If they don't seem interested, add wet food or chicken to their food to encourage them to eat. If the problem persists beyond the first 24 hours (or is accompanied by vomiting or diarrhea) then let us know and contact a vet. If you do not contact us, we cannot help in problem solving. Remember – this is a dog, not an electronic and things can happen!

Dogs are pack animals, so you should be the leader in their eyes. As their leader, you should set them up for success... not failure. So look around and "puppy proof" your home. Don't leave out shoes or other items they may try to chew on. Don't leave your new dog unattended in the home. When you are unable to supervise them, confine them to a crate, kitchen or other secure area. When walking, remember that this is a dog! Keep them on a leash to avoid them darting in front of a car or running to chase a neighbor's cat.

Additional Guidance:

For housetraining or housebreaking complications:

- <http://www.dogbreedinfo.com/housebreaking.htm>
- <http://www.cuhumane.org/topics/hseold.html>
- <http://www.housebreakingadog.org/>

For behavioral related issues including dominance and aggression:

- <http://www.wonderpuppy.net/canwehelp/behaveD.htm>
- <http://www.canismajor.com/dog/aggres1.html>
- <http://www.dogsonly.org/Dominance.html>

For a quick reference-style guide on generic symptoms and illnesses, please refer to the guide that has been included in your welcome packet. When a physical condition may require emergency medical care, here is an easy checklist: <http://www.canismajor.com/dog/emerlist.html>

And a personal favorite, that will cover the importance of ownership, general training advice, obedience tips.

The official dog training headquarters itself: <http://www.dogtraininghq.com/>

Life Stages – Information:

Dogs go through different life stages, just like humans. Find out what to expect during and after puppyhood: <http://www.langeanimalhospital.com/stages.htm>

Wonderful guide to help understand what your dog needs at different life stages: <http://www.petfinder.com/pet-health/developmental-stages-dogs-life.html>

Chewing Tips

Dogs need to chew. It's part of their growing and learning process. They chew to learn about their environment, exercise their jaws, test their rank in the pack, ease the pain of teething and just pass the time. It's nearly impossible to stop a puppy from chewing all together so it's easiest to try to channel the chewing to chew toys.

Providing your puppy with approved chewing opportunities will help to eliminate the chances for him/her to chew things they shouldn't. Anytime your puppy is left in a crate or secured space, it should have a chew toy available to keep it busy. In fact, it's not a bad idea to provide your puppy something to chew on at all times as someone can't be playing with or paying attention to him/her at all times.

If you do catch your dog chewing, make an "aagghht" sound and remove the object from the dog (or the puppy from the object if it's something large like a piece of furniture). Immediately provide a suitable substitute for the puppy to chew on and praise the puppy for chewing the approved object.

Taste deterrents such as Bitter Apple can be used also. These will leave an unpleasant taste in the puppy's mouth and discourage it from chewing that object again.

You can also use a Kong and stuff it with all natural peanut butter for your puppy to chew on. You can freeze the Kong, adding longer lasting mental and physical stimulation for your puppy. The cold will also help ease the pain of teething.

Just don't forget, it is perfectly natural for your puppy to chew and you should expect it to. It's YOUR responsibility to make sure he/she is chewing the appropriate items. Puppy proofing a house should be very similar to child proofing a house!

Potty Training Tips

Every dog is different in their development and progress of potty training. Bottom line – Be Patient!

Have a routine for your new dog to ensure a smooth transition for potty training. Be consistent at all times. Pick a place where you would like for the dog to go potty and when it's time to go out, go to that spot, on leash, and stand quietly for 10 minutes waiting for the dog to go to the bathroom.

If after about 10 minutes he/she does not eliminate, take him/her back inside without saying a word and wait about 10 minutes and then try again. The first few times it may take a while. Be patient. Once he/she does go – CELEBRATE and offer a treat. Once the dog consistently goes to the spot, incorporate the word "potty" to associate the word with the action. You can do this by simply saying "good potty" to the dog the second he/she starts to eliminate. You must praise/treat right after the potty is done.

Exercise Tips

Getting your puppy the proper amount of exercise is imperative. If your dog is bored they will get into trouble. Because they are pets, they depend on **You** to ensure they are exercised.

Exercise is crucial for high energy breeds such as labs, hounds and terriers as these dogs were bred to do a specific job. Feeding this need for stimulation will help your puppy act in a more appropriate manner in the house. It will eliminate unwanted chewing, barking or disruptive/destructive behaviors.

Exercise can come in many forms or fashions but it's important to know what is actually stimulating him/her and what is not. He/she must be most mentally and physically engaged. Simply going for a walk isn't really enough exercise and it is not mentally engaging. It would be no different than you walking to the mailbox and calling that your exercise for the day.

Use your imagination and we can't stress enough the importance of making sure he is both physically AND mentally exhausted. Chances are if you're not tired, neither is your dog!

Crate tips

Crating your dog while you are away from home can be scary for new adopters. Most foster dogs are crated while the foster is at work. We do this to help the dog transition into the home of families who need to use crates and to ensure the dog's safety while we are away. Here are some great tips!

<http://www.raisingspot.com/intro-crate-training>

Medical Considerations

Medical expenses for a dog can be costly. Basic shots are given, and spaying/neutering is completed if age appropriate. Vaccination clinics are a wonderful resource for booster shots if needed. If there are extenuating medical factors for your dog, to the extent we are aware of these medical conditions, they will be noted in the dog's adoption folder.

As the new owner, if problems arise, you understand that Operation Paws for Homes cannot help you if we are not informed of the problem. It is the responsibility of the new owner to provide medical attention and maintenance vaccinations if/as necessary, as well as all preventative care required such as

grooming, teeth cleaning, nail trimming, flea and heartworm preventative. We are happy to provide recommendations to the extent we are able.

Cats – Advice on how to Introduce a Dog to your Cat!

Introducing dogs and cats should be a slow process. Please consider reviewing these materials for suggestions.

Dogtime - <http://dogtime.com/new-dog-old-cat-dog-training-center.html>

Another introduction guide - <http://pets.webmd.com/cats/features/when-dog-and-cat-meet>

There are several wonderful resources on the internet!

Make Copies of Your Records – Many dogs have eaten many records!

Please be sure to make a copy of all of your records. You never know when a four-legged someone may find the records and try to snack on them!

Smart Shopping!

Websites we recommend for your dog! There are great deals out there –

Entirely Pets, 1-800-Petmeds, PetCareRx, Jeffers Pet Supply, and www.budgetpetcare.com.

Coupons for these various websites are available on the internet - retailmenot.com, coupon cabin, etc.!

Expected Costs:

With any adopted dog, you need to be prepared to incur the following costs immediately following adoption:

1. Vet Visit – Office fees range from \$35 - \$75
2. Heartworm preventative for 1 year
3. Flea preventative for 1 year
4. Most vets will also recommend a fecal examination to ensure there are no residual worms
5. Many states and counties require you to register your dog and will charge a fee for such registration
6. Additional vaccinations outside the scope of what OPH provides - Includes Lyme and Lepto
7. Activate your microchip – This is well worth it in case something spooks your new companion
8. Dewormer – we do deworm your dog, but many dogs require multiple cycles of dewormer

Resources for Children & Parents:

- You can buy the **Doggone Crazy!** board game, **Dog Detective** e-book, printed story books, coloring books, stickers and body language flashcards at www.DogGoneSafe.com.
- **May I Pet Your Dog? - The How-to Guide for Kids Meeting Dogs (and Dogs Meeting Kids)** by Stephanie Calmenson teaches children in pre-school through second grade when and how to approach a dog.
- The website www.LivingWithKidsandDogs.com offers all sorts of useful information for parents, as well as a link to order the book **Living With Kids and Dogs...Without Losing Your Mind** by Colleen Pelar.
- If you are expecting a baby, look at <http://www.DogsandStorks.com> to find answers for many of your questions and concerns. This is also a great site if you have an infant or toddler at home.

** We have several book recommendations on our website to talk to children about dogs and dog ownership.

Pet Insurance

It's an easy decision when you bring home your two-legged bundle of joy- all the routine doctor visits, and the vaccines and sick visits, you wouldn't consider going a week into your precious bundle of joy's life without medical insurance. So when you bring home your furry bundle of joy from the adoption event, why would that be any different?

There are an estimated 78 million furchildren in the United States, and each day, on average 50,000 of those families spend around \$250 on a vet visit- and that is a routine, scheduled visits! The average "emergency room" visit for a dog costs 25,000 families a whopping \$650 a day and the numbers only go up from there!

In 2009, only 5 million pets in the United States were covered by some form of insurance. In 2011 the number of pets jumped to nearly 12 million and in the last two years, that number has continued to increase by roughly 20% each year! But, like insurance for your family, it can be difficult to navigate, difficult to understand, and downright frustrating.

There are companies that ask for monthly stipends from as little as \$5.00 ranging up to \$100.00 a month- all offering a variety of coverage and included services. No one company stands out from the rest; rather each company offers different costs and benefits. The smaller stipend plans offer basic healthcare coverage, while you pay most of the additional expenses; while some of the more costly options pay nearly all of the expenses and reward you for things like vaccination upkeep, spay/neuter of covered pets, routine healthcare upkeep. Much like with insurance for humans, the right option for your pet is dependent on what your home budget allows, as well as your personal choice on the topic.

We don't advocate for one company or another, but many of our fosters and adopters find that having pet insurance has taken a burden off their backs when it comes to having funds available for the emergent needs when your pup devours a towel or is injured at the park, or in some cases, for just good old fashioned routine care!

One slip on the ice can result in a substantial injury costing you \$2,000 +. Large medical issues can be costly and pet insurance can help pet owners in planning and preparing for accidents and health problems that come later in a dog's normal life.

We encourage you to consider the purchase of a policy that would help you and your wallet – making ownership of a pup that much more enjoyable!

Compare the offerings of various companies at Reviews.com - <http://www.reviews.com/pet-insurance/>

Here are some options to consider:

- Embrace - <http://www.embracepetinsurance.com/>
- PetFirst – www.petfirst.com
- VPI Pet Insurance – www.petinsurance.com
- 24 Pet Watch – www.24petwatch.com
- ASPCA Pet Insurance – www.aspcapetinsurance.com
- Trupanion – www.trupanion.com

Finding time for Your New Dog in Your day!

We want to help owner's find a good balance and also spend time with their dogs... Here are some thoughts and suggestions to include your new addition into your daily lives:

"I work too much or too long hours" –

Do you feel like you work too much and have too much to do in the evenings and cannot pay enough attention to your dog? Is your family too busy to take care of the dog? Does your dog get into trouble when you are out?

If so... consider this:

- **Chores** - Are you spending "quality" time with you dog when spend time together? Consider this - Are you talking to them while emptying the dish washer or folding laundry? Can you pause and throw their ball down the hall while putting away laundry? Do you garden? Spend time throwing a ball or Frisbee while working in the garden.
- **Exercise** - Are you an exercise buff and can you include them? Could you include a short run or walk in your routine so Fluffy can participate?
- **Dog Park** – Let's face it – going to the dog park means different things for different people. Do you talk to neighbors the whole time? If so, break away and bond with your dog. You should definitely spend quality time engaging in fetch and playing with your dog. Let them socialize as well, but you should join in the socialization.
 - **Running errands** – Dogs are welcome at many pet stores and some restaurants and hotels.

Resources:

- Restaurants that are dog friendly - www.bringfido.com/restaurant/
- Dog friendly restaurants & bars - <http://www.petfriendlyrestaurants.com/>
- **Short training sessions** – do you have ten minutes a day? If so, you can have an amazing bonding experience with your dog in just ten minutes. You don't even need to leave your living room. There are TONS of online training guides that will allow you to self-train.

Resources:

- Dog Star Daily – Online training manual - <http://www.dogstardaily.com/>
- Dog training headquarters: <http://www.dogtraininghq.com/>

If you combine playing/exercise and training, you will come out ahead with your dog. Once you have a well mannered dog, it is much easier to include him in your activities. Think about it... need to take the kids to the little league game? Bring the dog! Dropping off your daughter at dance? Bring the dog! Waiting for your teenager in the car while they go to the dentist? Bring the dog and go for a walk while you wait.

- **Short vacations** – Take the dog! So many hotels away dogs and many hotels do not charge more than a nominal fee for your four legged friends. Considered your dog is too big? Several rescue volunteers have traveled with their personal big dogs and found no issues!

Resources:

- Pet's Welcome: <http://www.petswelcome.com/>
- Bring Fido: www.bringfido.com/
- **Weekend fun** – Did you know that several national parks, hiking trails, monuments, vineyards, etc. in the DC metro area allow dogs? Yes, even Mt. Vernon estate or the National Mall or Northern VA vineyards are dog friendly. Take some time to do a quick internet search and include your dog in your weekend plans!

Resources:

- Dog Friendly Places - www.dogfriendly.com
- Hiking trails - www.hikewithyourdog.com/
- **Doggie daycare** – Sure, its not free. But, even one or two days a week will help your dog out! Find a daycare on the way to your work and let you dog have Tuesdays be their day with friends! If you can't afford or don't want to pay for a full week, find a place where you can do just one or two days a week!

Resources:

- Finding a daycare - www.findpetcare.com/
- Search by area - www.findpetcare.com/

Remember – your dog loves you! Try to incorporate your dog into your life and spend some good, quality time with them. It doesn't have to be hours of your life dedicated to your dog. You would be surprised how easy it is to include them in your daily life!

CHILDREN AND DOGS

Dogs and humans speak different languages, and nowhere is this difference more clear than when kids and dogs get together. Signs of affection from kids — hugging, kissing, playing dress-up, sharing a blanket — can make dogs feel threatened. Dogs also often feel unsafe around the high-pitched voices and quick, unpredictable movements that are so natural to children. Dogs express their discomfort through signals that people often don't recognize or understand. This can lead to a bite or nip that is not a child's or dog's fault, but rather our own.

If you're a parent, you love your kids and your dog, and want them to become happy companions. If you're a "pet parent" without kids in the home, you want your dog to develop good relationships with children who visit, as well as those you meet in public.

Key points to remember:

- Learn to read your dog's stress signals. If your dog isn't enjoying your child, it's time to intervene.
- Carefully supervise all play between your child and dog. Being in the same room with them isn't enough.
- Recognize that when your dog growls, he is warning you, in the best way he knows how, that he is over-stressed and needs your help.
- Remember that the same dog that loved your baby may not be as comfortable when that same baby is a toddler, young child, or teenager.
- Keep in mind that sometimes, it's best to put your dog in a separate area before your children's friends arrive, so that your dog isn't revved up by the loud noises and sudden, quick movements that ensue.

Even a "Good Dog" Can Bite

Head lowering or turning, a tucked tail, moving away, lip licking, shaking off (as if wet), yawning or a half-moon eye (white arc around the iris) are all messages from your dog that he is stressed and needs to get away. When we miss their signs of distress, our dogs may end up growling to let us know that they have had enough.

Punishing a growl won't protect your child. Rather, it will teach your dog to bite without a growled warning!

Parents are typically surprised to learn that most dog bites to children occur when parents are in the same room. We don't notice that what we think of as cute is stressful for our dogs. We miss the signs.

But even "good" dogs will bite if no one is helping them and they see no other way out. Supervise interactions and intervene early. Let your dog escape to a "safe" place before he feels a need to protect himself.

Tolerance vs. Enjoyment

Your dog, especially if he's mellow, may tolerate some of your child's more rambunctious antics. But when your child chases, falls on, picks up, hugs or grabs your dog, most dogs don't enjoy it. Unless your dog is enjoying, not just tolerating, the interaction with your child, it's a good idea to separate the two. Likewise, when your child has had enough of your dog's nipping, jumping or licking, give your child somewhere safe to go.

Make sure their time together is happy, and give them a break before your child is upset or your dog is stressed.

Conditioning is not a guarantee

Some parents have tried pulling tails, ears, and bumping into dogs to prepare them for children. Not only is this unfair to your dog, it also doesn't guarantee that your dog will tolerate children doing the same. Your dog has a unique relationship with each person; so, focus on building a good relationship between your dog and your child.

Teach your dog to associate your child with good things happening by giving your dog special treats when your infant or toddler is around. Teach your school-age child how to gently offer a treat and make sure your children have activities of their own, even though your dog is in the same room.

Good intentions are not enough

Many children mean well when they're with your dog, but that's not enough. Your dog can be unhappy when children do things that are uncomfortable— like hugging, kissing, patting the dog's head, going into his crate, or lying down on him. At home and in public, help children who run up to your dog learn what your dog likes and how to read his signals. Encourage them to pet your dog on his chest or under his chin, and then only if your dog approves. Teach them that if your dog backs away or looks away, it's time for a nice good-bye. They may even be pleased that they have learned some "Doglish".

Teens can be as tough as toddlers

Your field of vision has to grow as your child does. Even if your dog was fine around your baby, when that same child begins crawling, walking and falling, it's a new ballgame. Young children and teens present their own set of dangers, like riding bikes, throwing balls, having friends over, and running around the house. Just because your teen has grown up with dogs and can reason (kind of) doesn't mean that he won't do mindless things around your dog.

And when your children's friends come over, it may be best to separate your dog from the chaos by putting him in his own space with a stuffed Kong or interactive toy before those friends arrive.

Supervision is critical

Supervision means more than being in the same room with your child and dog. Paying attention to what goes on, and letting your dog escape when he needs to, will help your child and dog learn how to enjoy each other. Children and dogs can build memories together that last a lifetime, but they can't do it without your guidance and support.

Enough Already

The chart below is presented, with the kind permission of its author Colleen Pelar. Notice the different body language in each column, and remember that if your dog is tolerating, rather than enjoying, your child at that moment, it's time to help your dog escape before things escalate. Be safe, rather than sorry.



REGISTRING YOUR DOG'S MICRO CHIP

To register your pet's microchip number, please follow the directions below. There are two main microchip companies that are used by OPH shelter partners. Please review your records. Locate the microchip and the company name.

24 Pet Watch – The microchip numbers start with 0A

- Log into 24petwatch.com
- Select Lost Pet option
- Select Change option on the left side
- Click on Dog (in red) to access the form.
- Print and complete the form – you will need a copy of your adoption contract to send in. Please write the dog's ID number on the contract near the name.
- Fees are \$21.95/1 year or \$59.95/ lifetime

Home Again - The microchip number has 15 numerals (no letters)

- Log into Homeagain.com
- Select Register
- Enter your email address and click Sign Up
- Complete the online form with \$17.95/yr payment.

If your OPH adopted dog goes missing, please contact OPH. We have helped many families find lost dogs. Many shelters will also contact us if an OPH dog has been located.

Help Us Help More Dogs!

[Amazon Smile](#)

Do you use Amazon to shop? Did you know you can shop and support OPH at the same time? Adding OPH to your shopping trips is easy. For Amazon, simply go to - <http://smile.amazon.com>. Select "Operation Paws for Homes" as your choice of Charity. Then shop! It's literally that easy and you can get done shopping and know you helped to save dogs at the same time.

[GoodSearch](#)

OPH has joined over 100k other non-profit organizations and schools on GoodSearch. Goodsearch is a search engine, powered by Yahoo, that donates a penny per search to a designated cause. Designate Googsearch.com as your primary search engine and start contributing to the rescue, rehabilitation, and placement of dogs in need, one search at a time!

Select "Operation Paws for Homes" as your cause: GoodSearch.com

[iGive](#)

With your iGive account our dogs will receive a donation everytime you shop at over 1,000 online stores, including Crate and Barrel, Buy Buy Baby, Petco, Toys R Us, and over 1,300 more.

Select "Operation Paws for Homes": [iGive](#)

BLUE RIDGE VETERINARY BLOOD BANK

120 EAST CORNWELL LANE PURCELLVILLE, VA 20132 1-800-949-3822 WWW.BRVBB.COM

Could your dog be a life saver? Canine Blood Donor Program Information

Could your dog become a life saver?

A donation of blood means giving the gift of life to an animal that is sick or injured. The demand for blood products continues to increase, and we need the help of willing canine volunteers to meet this need. Give your dog a chance to be someone's hero. We are the largest veterinary blood bank and our standards are providing the leading edge for the industry. Our canine donor base consists of ALL volunteer donors – no cages or no compounds of caged dogs! Just real dogs living in real homes that make periodic visits from your loving homes, into the hands of our specially trained and caring staff.

Why do dogs need blood transfusions?

Dogs may need blood transfusions for different reasons. Your dog's blood is made of red blood cells, white blood cells, platelets and plasma. Blood can be separated into these various components so that the specific transfusion needs of your dog can be met. The most common transfusions involved the use of red blood cells or plasma. Red blood cells are used in the treatment of anemia (low red blood cell count), following an accident or during surgery when blood is lost, when your dog's body cannot produce enough red blood cells by itself or when diseases cause the body to destroy its own red blood cells. Plasma contains proteins or enzymes which help to clot the blood. It can be used to treat bleeding due to liver disease or bleeding seen with the accidental ingestion of rodent poisons. Plasma is also used when the protein or albumin of the patient becomes very low. Another component of plasma, cryoprecipitate, is used in the treatment of hemophilia or in other inherited bleeding problems.

Do dogs have blood types?

Blood types are determined by molecules (proteins and carbohydrates) on the surface of the red blood cells. Dogs have at least six characterized blood types, also known as dog erythrocyte antigens (aka DEA). The antigens are DEA 1.1, 1.2, 3, 4, 5 and 7. The blood type considered most important in dogs is DEA 1.1. Dogs can either be negative or positive for DEA 1.1. Dogs that are negative for DEA 1.1 and the majority of other blood types are considered "universal" blood donors. Dogs that are positive for DEA 1.1 can only give blood safely to dogs that are also DEA 1.1 positive. The majority of dogs are DEA 1.1 positive and only a SMALL percentage of dogs are "universal" donors.

Donor dogs must be:

- Healthy and happy
- Greater than 35lbs
- Between 9 months and 7 ½ yrs of age.
- Able to lay still for 10 minutes (with help)
- Up to date on rabies and dhlpvcv
- Current on monthly flea/tick heartworm preventatives year round
- Not on any long term medications (exceptions apply)

What is a donation like?

Our donors come in once every 5-7 weeks to donate blood. We ask that families that decide to join the program commit to 5-8 donations a year. Some families that come see us every 6 weeks donate in upwards of 9 times a year! We use the same equipment that is used in human medicine. Blood is collected from the jugular vein and takes between 5-10 minutes. We take between 225mls and 450mls depending on your dog's size and temperament, which equates to 1-2 measuring cups. After the collection the dogs get lots of treats and praise as well as a high energy meal. The total time your dog spends with us is about 20 minutes!

What happens to the blood?

After the whole blood is collected, it is spun in a centrifuge to separate the red cells from the plasma. We can process two units of packed red blood cells and plasma from one 450mls donation. This means a single donation could potentially help save 4 dogs! Packed red blood cells can be kept refrigerated for 5 weeks and plasma can be kept frozen for 1-5 years.

Since we make such a large investment in your pet to screen and qualify them as a donor, we ask that you make the commitment to volunteer donations consistently.

We can't say Thank You enough; We would not be able to do it without each and every one of our LIFE SAVERS!