



Lone Star Bulldog Club Rescue

Adoption Handbook

So you are adopting a
Bulldog! What do you
need to know?

December 2022



Welcome!

Adopting a rescue Bulldog can be one of the most rewarding experiences of your life. It can also be a disaster. ASPCA studies show that up to 30 percent of dogs are returned within three weeks of the adoption.

What happened?

If you are considering adopting or have adopted a “rescue” dog in the past, you most likely have a gentle heart, longing to help a dog and the desire to provide all the love and attention this special Bulldog has never gotten before they came to rescue. These are all very admirable traits. However, it can be this very loving and helpful personality that may also sabotage a human/adopted dog relationship.

Please remember that the first week with a new dog in your home will always be the most difficult. This dog doesn't know you from anyone and is most likely coming out of a not-so-great situation. You are at least the fourth home he has had in recent weeks—the original home, shelter, clinic, foster and now you. **So take it slow in the early days.** Have patience with your new dog's behavior, level of training, and the time it takes to establish a bond with you. Give your new dog time and space to adjust. Please allow some time for your dog to get comfortable with you and vice versa. You are really saving a life, and if you stick with it, the reward will be far greater than any house training accident, or chewed up shoe!

We feel that the dogs we rescue are always part of our rescue family. And as an adopter, you too become a part of our rescue family. When you have any problem, question or concern about your new dog, please reach out to their foster family immediately. No one knows the dog better than their foster family and they have the experience to walk you through most any issue. You will find that the fosters will be periodically reaching out to you to check in and see if there are any issues with which they can help. Please be honest with them about any problems you are having. We have also, asked them to be very honest with you before adoption.

They also have the ability to reach out to dozens of other fosters who have considerable knowledge. Do not be afraid of bothering them with your questions. **Our goal is always a successful adoption and we want to stay in touch to make sure that happens.** And fosters always love an email or text with a regular update and picture!

Poison Control Hotline: 888-426-4435 <http://www.asPCA.org/pet-care/animal-poison-control>

Behavior Resources: Scott Scheaffer, USA Dog Behavior <http://www.usadogbehavior.com>

Helpful Websites:

Lone Star Bulldog Club Rescue: <http://dfwbulldogrescue.org>

Bulldog Club of America: <http://www.bulldogclubofamerica.org>

Bulldogs World: <http://www.bulldogsworld.com>

The Bulldog Information Library: <http://www.bulldoginformation.com>

ASPCA: <https://www.asPCA.org>

Bulldogology: <https://www.bulldogology.net>

Chewy Pet Supplies: <https://www.chewy.com>

Best Friends Animal Society: <http://bestfriends.org>

Modern Dog Magazine: <http://moderndogmagazine.com>

Dog Food Advisor: <http://www.dogfoodadvisor.com>

After the Thrill Is Gone . . .

What is more exciting than adding a new dog to the family? Everyone fawns over her and competes for the pup's attention. Everybody wants to play with, feed, and even bathe him. Picking up the outside poop is just part of having her in your home and heart. He is the nucleus of the household, love is everywhere, and the thrill of the new Bulldog fuels an emotional high.

But sometimes, that emotional fuel evaporates. As time wears on and newness wears off, walking her becomes a chore. The vet bills exceed expectations. Cleaning the wrinkles and the nether regions is a bother. That sweet pup is no longer so popular, no one dotes on him as before and neglect becomes her usual state.

The kids have moved on to other shiny objects and the pup's star has tarnished. His heart and spirit are broken. She may become a behavioral problem, sometimes fouling the house because she does not know how she "failed" you.

It is not his fault; he did not change, you did. Family chat admits that maybe, adopting her was a mistake. This is a tragedy for the adoptive family but more so for the Bulldog. She did little more than love you for adopting her. No one, especially LSBCR ever wants this to happen.

The LSBCR champions the cause of our beloved Bulldogs. Some applicants grouse about the process, so let us explain why we are so passionate about our rescued pups and careful about screening their adopters. English Bulldogs are consistently among the top five most popular breed in the U.S. They are beautiful, friendly, and bred for companionship. Most exemplify gentle and sweet temperaments and are affectionate lovers. They also require more love and attention than other breeds. They cannot tolerate outside temperature extremes, suffer from skin, digestive, and other ailments, and crave human interaction more than most.

As a potential adoptive family, your priority must be the dog's happiness, love, security, and fur-ever home. Any mistake could mean heartbreak for your family, especially the kids, but mostly for the Bulldog. He or she is our focus and the reason we at LSBCR are so zealous in their guardianship.

Please consider these factors as you make your Bulldog decision.



Valuable Advice From An Adopter . . .

It's been a while since I have written about Bojangles. As most of you know, Bo came into rescue and spent 584 days before he was adopted, by me and my husband David. I want to give all of you an update on our journey with him:

This story is for those who can lose faith or feel lost and defeated in adopting the not so perfect bulldog or any dog for that matter. I'm a three time adopter from LSBCR, my first two came into our home and settled in with the pack with barely any issues. This doesn't mean they didn't have baggage, they did, but theirs was so much easier to overcome. Bo's was much more difficult and we went into this knowing he had problems.

Bo didn't come from an abusive home. His was very loving. His foster mom gave him space to settle in and loved him unconditionally. Our official adoption of Bo was May 31, 2022 and so excited to add him to the pack. We gave Bo time to adjust to learn the routine here. The first week he was wonderful. Then he began to start lashing out, happy one moment, then angry or confused the next. I couldn't explain the trigger other than Bo had his "quirks." I enrolled him in training and he completed it successfully and graduated with flying colors. Even with this he would suddenly start a fight or growl and bite at me or my husband.



We tried to start Prozac to see if he would do better. Well he got worse! I was in tears. I reached out to my adoption coordinator, Renea and Bo's foster mom who calmed me down. They both told me to call the vet tell them the issue I was seeing. We immediately took Bo off Prozac and at the vets recommendation started him on Paxil. Within a week we saw Bo's fuse get longer. The vet reminded me give it time it can take up to six weeks to see the full effect. So we waited

I learned how much patience it takes to help these dogs who don't come as a perfect little smush faced puppy.

patiently and kept working with Bo. Bo did get better as time went on, but there would still be outbursts. So back to the vet we went to have conversations on next steps. I told them I thought Bo hurt or was having some type of pain at times. They were wonderful and said, let's add Gabapentin to the regiment. That has been 30 days now and all I have to say is I have my amazing companion who runs to meet me, who wiggles head to tail, he wants to go chase the horses with the rest of the pack, he sleeps in the office and on the couch with all of us piled in.

Am I still cautious right now—yes. Has this been a journey—absolutely. Would I do it again—without a doubt. I learned how much patience it takes to help these dogs who don't come as a perfect little smush faced puppy. I have learned

compassion and have grown into a better pet parent. It made me realize I have friends and people who are here not only for the dogs, but for the adopters and each other. I now am Bo's world as he is mine. I can see the love in his eyes and not the confusion. It has been a 6 month journey and I cry as I type this. Thank you to LSBCR and Bright Star Vet Clinic for being the rocks I needed to make this be the wonderful outcome I wanted and to tell people, don't give up. It isn't always easy but the reward is so worth it.

—Charlene, David, Bojangles & The Pack

Your New Dog—Starting Out Right

You love your new dog! And you should! We want them to become a full member of the family. We want to love them and treat them like our own children. Really? Do we sometimes treat them better than our children?

As much as you think on day one that the new dog is “your baby,” they have no idea who you are yet. They don't know you, they don't trust you, they don't know what you want or expect of them and they don't feel safe—yet. This learning and adjustment could take place in two weeks or a month. You can only progress at the speed the dog can adjust and become comfortable. So please stay on top of your training for that time. This is one reason rescue allows you to bring back a dog for up to a month and get your adoption fee refunded. You really need to give it a month to let them entirely adjust.

If you have a new baby do you overwhelm them with gifts, people and all kinds of stimuli? Or do you gradually introduce them to this new world of your home? If you adopted a child from a different country or a totally different culture/environment than your home, how would introduce them to their new life? Would you overwhelm them instantly or would want to gradually introduce them to this new world? But they came from impoverished circumstances. And we will tend to overcompensate and try to make up for years of neglect or want. But is doing too much too soon good for them? No!

For that new child, would you give them everything they could possible desire, and ask nor expect anything in return? How do you react when you are around a child who has been totally spoiled and acts like it? Who is to blame for such behavior? The adults who did the spoiling! You really cannot blame to child for reacting the way they were trained.

Now let's apply all this to your new dog! Should you overstimulate them from the beginning with all new sights, smells, sounds, people, things? Should we lavish them with everything they could possible desire and expect nothing in return, but love? But they have been neglected, and once again we think if we overcompensate that will somehow make amends for how they were treated in the past. But dogs don't think that way. Children don't either! They look forward and expect to receive the same level of attention in the future. When they don't get it, they react in the only way they know how. And if their bad behavior works (gets them what they want), what do they do in the future? Act out!

They don't know you, they don't trust you, they don't know what you want or expect of them, and they don't feel safe yet.

Please do not overcompensate in the early days of having your new bulldog. You will even have to do something that might be a little painful for you. Hold back a little on the affection and avoid establishing expectations that you cannot keep up with, and expectations that are not good for the dog or you. After all, they are a dog in the family and need to learn their place in your family structure. Please read the article, *Nothing In Life Is Free* in the *Appendix* (Page 25).

Remember, these dogs that are rescued from dire places have never experienced such affection. You need to understand affection from their viewpoint—comfort, any kind of comfort, a temperature controlled home, carpeting, a bed, a human bed, toys, treats, good food at regular times, sitting on your furniture, sitting on your lap, petting, and holding.

All of these things are affection, so when a dog has never had any of these basics, imagine what happens to them when they are inundated with them. They love it! In fact, they love it so much that they become unbalanced with it. It is intoxicating and they strive to keep it, to guard it, and to have all of it.

Then when either a new person comes in their home, or sometimes even the other dog in the home tries to have a little bit of their new found comfort, you have a battle. You have a dog now that is unbalanced and has no boundaries and is intoxicated and now aggressive to fight for what it has and a war is on.

We cannot tell you how many times we have had an adopter contact us with these exact issues because of the same problem: too much affection; not enough boundaries; and not enough time for the dog to establish his or her role in the home (which should always be low in the pecking order with all humans in the home).

If you overload a dog with all of these things they see you as an equal and not as a leader. Consequently, many of them will take control of the home and take control of you. When a new dog comes in the home it is always best to not have toys, treats, and it is always best to give very little if any hands-on affection. Just being in your home is enough to begin with and they can settle and adapt before starting the human affection. This gives them time to decompress and feel safe that they have a leader and they can just follow you and not have the pressure to fight for what they've been presented with in this new world.

So when you bring that new dog home, think about making it a member of your family. The dog is a member of your family and should be treated accordingly—not better. Help them adjust, but not overwhelm. Help them fit in and learn their place and the new responsibilities and expectations. There are no free rides and there is nothing worse than a spoiled child or a spoiled dog. You have done both a disservice if that is what happens.



Supplies

- **Leash & Collar/Harness** - A breakaway collar is a good choice for everyday wear. They are designed to unsnap easily if the collar gets caught on something so your dog doesn't get choked. For walks, a buckle collar or harness is a better choice because they are designed *not* to unsnap easily so your dog doesn't run off.
- **Food** - Changing a dog's food abruptly can cause diarrhea, sometimes for several weeks. To avoid this, continue feeding the same food provided by the foster home, or mix the old with the new to gradually adjust your dog to a new diet. Be sure to ask the foster how much they were feeding. Instructions on switching to a new food as well as guidelines on how much to feed your dog and how often should be on the bag itself. However most dog food brands also have this information on their website. Always check with your veterinarian if you have any questions.
- **Food & Water Dishes** - Pick a spot and leave them in the same place so your dog knows exactly where to go for water. Make sure the water bowl is clean and has fresh water at all times. We also recommend stainless steel or ceramic. Plastic harbors bacteria that can be harmful to your dog's health.
- **Crate** - Properly used, crates can be a benefit to you and your new dog and make the adjustment period less stressful for everyone. They can become that den, or place of sanctuary for your pet. The crate should be big enough for your dog to stand up, turn completely around and lie down comfortably in. However, if the crate is too big your dog may have accidents in it, so pay attention to crate dimensions and the dog's weight/height for which it is recommended. Be sure to use a crate pad or soft blankets or towels for your dog's comfort.
- **Toys** - Safe toys help dogs ease stress and, of course, have fun! Having toys available will ease the adjustment period. Always supervise your dog when playing with toys. You can leave your Bulldog alone with heavy duty toys like Kongs, Benebones and Nylabones but check them for damage periodically to avoid choking hazards.

Set Up

- Planning where you will keep your dog before you bring your dog home will make the entire process easier for everyone. When you first bring a new dog home, you'll want to confine them to a single room, such as a kitchen or family room. ***Make your new dog's world small and manageable for him/her for the first few days.*** This room should not be an isolated room, but a room where you spend a large part of your day or evening, as dogs are pack animals and want to be with you. This room is especially important when you're at work or away from the house, as it will be a new environment in which they need time to become familiar and comfortable.
- **Dog/Puppy Proofing:** Even if your dog is older, curiosity can get the better of them. Make sure your home is a safe place for them by putting yourself in his paws. Crawl around on the floor and check for any potential dangers. Electrical cords, poisonous houseplants, and any item small enough to swallow. These are just a few of the things that should be out of his reach.
- Veterinarians perform more surgeries to remove strange objects that a dog has swallowed than any other surgery. Even after puppy proofing, it's a good idea to not leave your Bulldog

unsupervised in the house until they have learned what is off limits. That way they won't have the chance to develop any bad habits while you're not looking! You'll also avoid having to buy all new shoes because your's got chewed.

- If your dog destroys something that is valuable to you, it is your fault for making it available to them. Dogs have no concept of how much something costs, and they don't chew things to spite you. They do it because it is fun. Dogs also chew to relieve stress, so a dog who normally doesn't chew things may do so when under stress. Make available appropriate chew toys and keep items you don't want chewed out of reach!

Ground Rules:

• Arriving Home:

- Bring your dog straight home from the adoption. Try not to run errands along the way. No stops at the pet store!
- No welcome-home parties. Limit/discourage visitors for the first few days so that your new dog is not overwhelmed. There are already enough adjustments to deal with. Remember you want to keep her new world small and manageable at the start.
- When you arrive at home, take your dog out for a walk or bathroom break. Walks are not only good exercise (and will help tire out an excited dog), but they also serve as a training tool and an opportunity to establish the lines of communication that better educate them.
- Introduce them on leash to their new home, including his confinement area (either a crate or room).
- Give your dog a chew bone or a stuffed Kong and leave him alone in the confinement area for approximately 5 minutes.
- If your dog begins to howl, whine, or bark, wait until he has been quiet for at least ten seconds before you respond. Otherwise, your dog will learn that whining or barking makes you appear or gets him out of the confinement area. That means in the future, they'll bark or cry for longer periods of time expecting you to return.
- You must get your dog used to short absences starting within the first few hours of his arrival. This is extremely important. You'll want to spend every minute with your dog when he first comes home, but you should prepare them right away for a normal routine. They must learn to be relaxed, calm and settled when they're alone. Alone-time training is necessary because dogs are highly social animals and being alone doesn't come naturally to them.
- Leave your dog alone in their confinement area while you go out or spend time in another part of the house. Vary the length of your absences, from 30 seconds to 20 minutes, and repeat them throughout the day. If your dog seems comfortable, you can increase the amount of time they're left alone. Remember, it may take several days or weeks for your dog to make the transition to their new home.
- Your rescue dogs should have been given basic vaccinations and have already been spayed or neutered. It is still important that your dog is examined by a veterinarian within the first month after adoption for a health check and any needed vaccinations.

*You can't
change a
dog's past,
but you
could
rewrite his
future.*

- **Quiet Time:**
 - We recommend that after you bring your newly adopted dog home, let them check out the area of the house where they will be allowed and let them figure things out for 3 to 4 hours with you supervising. Wait a couple of days before inviting friends etc. over to meet the new dog.
 - If the dog wants to play a bit with you, that's fine but do NOT allow them to interact with young children yet. If the dog does not solicit play or attention from you, let them establish themselves for a while. Don't force them to play.
- **Establishing the Rules:**
 - When adopters bring home a new dog home, it can be tempting to be a little lax on the rules, especially with a rescued dog. Resist the temptation now so you can avoid problems later on. It's much easier to prevent a bad habit from starting than it is to break one. Dogs, like children, like rules and structure. It makes them feel more secure to know exactly what is expected of them and exactly what happens if they don't follow the rules. It also keeps order in the household. If you have other pets who already know the rules, they can get quite stressed out by an unruly newcomer. Whatever you do, do NOT feel sorry for your poor little rescue dog. Nobody wants pity, dogs included. For your dog's best interest, put whatever sad past they may have had behind them and live in the current moment. They are with you now, happy and cared for.
 - Do not leave your new dog unsupervised in the house unless they are crated, until they have learned the rules. This way, you can prevent bad habits from forming. If you don't see them, you can't stop them! No unsupervised time unless crated also helps with house-training. If they don't have a chance to make a mistake, the bad habits won't form.
 - Expect housetraining accidents. Your dog is in a new territory and is establishing a new routine, so accidents probably will happen. Review housetraining information available from a shelter, your veterinarian or the Appendix. The key is to be consistent and maintain a routine.
 - If you don't want dogs on the furniture, don't let him on the furniture just because they're new.
 - Expect your dog to break the rules frequently in the beginning. They are not being stubborn or difficult. Dogs have a hard time generalizing, which means that something they learn in the living room will have to be learned all over again in the kitchen and again in the bedroom. It's easy to get frustrated when you feel like they should understand already, but they still don't. It helps to have a sense of humor. It can take 30-50 or more perfect repetitions before a dog truly "gets" a command.



- Remember, dogs operate with the mental capacity of a toddler, no matter how old they are. All of this is new and takes time to click. Bulldogs are also stubborn, so be patient and persistent.
- **Meeting The Family**
 - Hold a family meeting to create rules about caring for the dog. Will they be allowed on the couch, the bed, and in all rooms of the house? Where will they sleep and eat? Who will walk them and have clean up duty? As a family, you must all be consistent with your decisions or you will confuse the dog, usually resulting in the dog making his own rules and causing unnecessary tension.
- **Meeting the Children:**
 - The kids are probably beside themselves with excitement about the new dog. They probably can't wait to play with them and show them just how much they love them. Prepare your children ahead of time so that they understand the boundaries.
 - Let your children meet the new dog BEFORE they come home.
 - When the new dog does come home, keep them on leash and have your children sit down to say hello. Sitting will help them be calmer which will help your dog be more relaxed.
 - Always supervise children with dogs, no matter how small the dog. This is for the safety of your dog and your child.
 - Teach your children not to pinch, pull, or squeeze the dog.
 - If your dog is nervous, ask the children to give them a break until the dog gets comfortable with them.
 - Don't let children feed your new dog until they are settled in.
 - Don't let your children take the dog's toys, and don't let your dog take the children's toys.
 - Don't let children walk the dog without adult supervision.
 - Set up a "safe" place for your new pet that is off limits to children. A crate is great for this. Instruct the children not to try and play with him when he is in his safe place.
- **Establish Daily Routines:**
 - **Sleeping** — Initially the crate or bed should be in the room you would like the dog to sleep in eventually. The area should be safe, dog-proofed, easily cleaned, cozy and quiet, with familiar scents. Don't put your new dog in an uninhabited area like the garage or basement.
 - **Feeding** — Check with your vet about what the recommended food and amounts should be for your dog based on breed, size, age, activity level, and health. If possible, feed two smaller meals per day rather than one large meal. You may need to reduce the meal size to allow for treats during training. Make sure the dogs food dish is in a safe, out of the way area.
 - **Walks** — Keep the walks short at first (5-10 minutes) until you get to know your new dog's behavior and how they respond to different stimuli. Keep to relatively quiet places

at first. Avoid interaction with other dogs and unfamiliar people until you and your dog are comfortable. **CAUTION:** Remember Bulldogs are very sensitive to both heat and cold and their time outdoors should be monitored and limited. They are prone to heatstroke in the summer and should not be left outside unattended.

- **Chew Toys/Interactive Toys** — Use of the crate and appropriate toys are great ways to keep your new dog out of trouble. Management of your dog and the environment prevents problem behaviors. Chew toys are a great way to direct your dog’s attention to appropriate toys, and away from objects that you don’t want your dog to destroy. Interactive toys help your dog to use its mind and tire them out, mentally. With a new dog, avoid rough and tumble, slapping, wrestling, and chase games when playing with your dog.
- **Prevent separation anxiety** — Use the crate and a toy in combination with leaving for short periods and coming back several times a day, starting with your first day with your new dog. Don’t make a big fuss of coming or going.

IT DOESN'T HAPPEN OVERNIGHT
 THE 3/3/3 RULE IS A GENERAL GUIDELINE FOR THE ADJUSTMENT PERIOD OF A DOG AFTER ADOPTION. EVERY DOG IS UNIQUE AND WILL ADJUST DIFFERENTLY.

		
3 DAYS	3 WEEKS	3 MONTHS
TO DECOMPRESS	TO LEARN YOUR ROUTINE	TO START TO FEEL AT HOME
<ul style="list-style-type: none"> ● FEELING OVERWHELMED ● MAY FEEL SCARED/UNSURE OF WHAT'S GOING ON ● NOT COMFORTABLE ENOUGH TO BE "HIMSELF" ● MAY NOT WANT TO EAT OR DRINK ● SHUTS DOWN AND/OR HIDES UNDER FURNITURE ● TESTS THE BOUNDARIES 	<ul style="list-style-type: none"> ● STARTS SETTLING IN ● FEELS MORE COMFORTABLE ● REALIZES THIS COULD BE HIS FOREVER HOME ● FIGURES OUT HIS ENVIRONMENT ● GETS INTO A ROUTINE ● LETS HIS GUARD DOWN, MAY BEGIN TO SHOW HIS TRUE PERSONALITY ● BEHAVIOR ISSUES MAY START TO APPEAR 	<ul style="list-style-type: none"> ● FINALLY FEELS COMPLETELY COMFORTABLE IN HIS HOME ● BEGINS TO BUILD TRUST AND A TRUE BOND ● GAINS A COMPLETE SENSE OF SECURITY WITH HIS NEW FAMILY ● SETS INTO A ROUTINE
GIVE THEM A CHANCE		

- **Regular Maintenance**

- Besides food, water and daily medicines, your Bulldog will have some daily maintenance needs. If their folds are not cleaned regularly they become a breeding ground for bacteria.
- Use unscented or medicated baby wipes to clean their face, making sure to thoroughly clean all wrinkles.
- Use an unscented baby wipe to clean around their tail and clean out any folds.
- Use a wipe to clean out their ears at least once a week. If they are especially dirty, you may need to use an ear wash. Just be sure to do this outside or in the bathroom. There is nothing quite like them shaking their head and having all that goop fly out!
- Regular baths (at least twice a month) will help keep their coat fresh and will also help keep down the buildup of skin bacteria. Be sure to use a shampoo formulated for dogs—not humans. Their skin and pH levels are different than ours and can make them uncomfortable.

- **Relationship Building:**

- **Patience** — Have patience with your new dog's behavior, level of training, and the time it takes to establish a bond with you. Give your new dog time and space to adjust.

Commit time the first few days to get to know your dog's habits and personality. Establish a routine for the dog and balance interaction and down-time. This is a period of trust-building, so don't scare or yell at them or try to force close contact. Watch your dog's postures and expressions. Learn to read him. It may take even up to several months for you to get to know your dog's true nature. And don't forget, your new dog is trying to do the same with you!

As in the story of the tortoise and the hare—slow and steady (patient) wins the race.

- **Training** — Physical and mental stimulation are necessary parts of your dog's well-being. Training helps your dog settle into a new home, teaches your dog how to fit in to a new family, and strengthens your relationship. Once your dog has settled in and you are familiar with your dog's responses, take a positive reinforcement style training class (avoid dominance-based methods!).

- **Last:** Remember to manage your dog's environment so that you set him up to succeed. Be proactive, not reactive. In other words, prevent inappropriate behavior from happening, and then you won't have to correct it.

Introducing Your Dog To A New Dog

This is perhaps the most important piece of the foster/adoption puzzle. It can make or break your time as an adopter. But it is also a bit confusing. There is an abundance of theories at play on how to introduce a new dog into your home. Not every way works for every family or with every dog.

Your existing dog has met your new dog at the adoption and they did well together. But now the tables are turned. You are no longer at the foster dog's home, you are at the home of your

existing dogs. The dynamics can be totally different. So we recommend you go back through the entire introduction process.

We want to start with a guiding philosophy. We will then offer some suggestions, but remember there is no one-size-fits-all solution. But a little extra work here will pay big dividends for you, your new dog and your existing dogs.

To some a slow introduction is 30 minutes and to another it is two weeks! Some believe you should just throw them together and let the dogs sort it out.

Slow introductions are not meant to be about you nor are they determined by you.

“Slow” is determined by your dogs. You can only go as fast as the slowest dog can adapt to the change in their environment. This is why there are a variety of methods suggested on how to introduce dogs. Slow normally is not hours—it is often days or even weeks to complete the adjustment period. But taking it super slow in the beginning can pay great dividends later and help ensure a successful adoption.

Some dogs accept change immediately and adjust to their new environment. Some will crawl under your bed and not come out on their own for a month. When any dog starts showing signs of stress (dominance, frozen stare, aggression, barking, etc.), you need to calmly stop and back up a step in your process. The dog will determine when it is time to move on to the next step. You have to go as slow as the dog is!

As in the story of the tortoise and the hare—slow and steady (patient) wins the race.

Take everything **SLOW** when bringing a new dog into to your home. It is easier to take it slow, than to bring a new dog into your pack and deal with the problems that arise from not implementing slow introductions. Your pack may be one dog or several dogs. The more dogs in your pack, the longer the process takes. This process is also required for homes with no dogs in residence, but who have other pets, especially cats.

If you are uncertain how one (or both) of the dogs will react, be cautious. Ideally you would want your new dog to meet each of your dogs individually at a neutral site. This is not always practical. Most such meetings will occur at your house. Before the meeting takes place, let the new dog roam around the house and back yard. This will allow him or her to get accustomed to a new home and group of humans (you). During this time, your other dog(s) should be out of sight, because the newcomer will be exploring and leaving his scent on a territory that is still not his or her own. Also be sure to remove any current dog's toys or personal items before the new dog explores.

When the new dog meets your dogs (whether a few hours or days after arriving), it needs to be one dog at a time, and for just a few minutes. There is little more terrifying to a new dog than to be surrounded by 4 strange dogs sniffing every inch of them and bumping into them. Keep your new dog on a leash, take them to the back yard where one of your calmest and friendliest dog is waiting, and walk the new dog around the perimeter of the yard. Do not immediately walk the new dog directly to your dog. Either could assume this to be an aggressive move.

Slowly move the new dog closer to your dog as you walk. This is much easier to do if you have another adult helping you and holding your dog.

Make your new dog's world small and manageable for him/her for the first few days.

Next, let the dogs meet. As the dogs approach each other, watch their body language closely, paying attention to the entire body. The dogs may need to do a little posturing or make a little noise. If you don't know how to tell the difference between dogs getting to know each other and dogs who don't like each other, have someone there who does.

Do not allow nose-to-nose greetings too soon. This type of greeting is very stressful for many dogs, particularly those who are fearful or feel threatened by eye contact. When dogs first look into each other's eyes, the appropriate behavior is to give a glance and then look away. A hard stare into another dog's eyes is a challenge—not a friendly way to greet. If the dogs practice inappropriate behavior like stiffening, staring or threats, try to get the dogs to focus back on walking.

You might want to have a spray bottle or shake-can (something noisy) handy, in case a fight breaks out. While still introducing the dogs, you can drop their leashes (but leave them on) as you watch their reactions. Try to have another adult around to help in case there's a scuffle that gets carried away. If there's a scuffle, don't panic. Anything less than 3 seconds is just "discussion". If you count to 3 and they are still "at it", then it's a fight and needs to be broken up! If it's not easy to break them up, a loud noise or a cold dose of water works wonders!

DO NOT PUT YOUR HANDS IN THE WAY OF THEIR MOUTHS! Do not try to grab the collar of a fighting dog. A good way to grab them is to grab their upper rear legs from behind and pull them apart.

It is often helpful to limit full contact between the new dog and current dogs for the first several days. Several 10 to 15 minute sessions are often better than just throwing them together and letting them work it out. As they relax, you can increase the length of their together sessions. Remember: Slow and steady wins the race!

If your current dog has toys, please put them away for a few days. Toys can often be triggers during the adjustment period. This can stop a lot of fights. Your dog can play with them in his crate or when the new dog is not around. Just as you slowly introduce the dogs, you should slowly introduce toys to share.

Remember: Slow and patient will make all the difference! If you go too fast in the beginning, it could cause problems the entire time the dog is with you.

For more information on introductions read the article on page 21



Housetraining

- Some adult dogs are not house trained. If your dog has an accident, it's not because he's incapable or unintelligent, it's because he has not been properly trained. To successfully house train your dog, you need to treat him like an 8-week-old pup. The confinement area is your key to success.

- Until your dog is perfectly house trained, never leave them unless they are in their confinement area.
- They must be 100% supervised when they're outside their confinement area.
- Take your dog out on leash frequently. Start by walking them at half-hour intervals.
- If you see your dog sniffing and circling in the house, take them out immediately.
- Praise and reward them with a treat when they relieve themselves outdoors.
- Never yell or punish your dog for a potty accident in the house.
- PATIENCE—Your new dog needs your patience and affection, especially if they have been in many different situations recently. Whenever they do something good, be sure to let them know! Happy praise and affection really helps them to know that you care and that they are good. This includes if they are lying quietly and behaving.... let them know that this is desirable behavior.
- See the article on page 23 for more detailed suggestions.

Basic Bulldog Care and Maintenance

Allergies

- **Rash:** Apply Desitin diaper rash ointment daily till rash is gone.
- **Hair loss and itchiness:** Gold Bond Medicated Powder (apply with a blush brush)
- **Oral Medication:** Benadryl or Chlor-trimeton

Dryness of Nose and Paws

Apply Bag Balm, Vaseline, Vitamin E oil or Coconut Oil twice daily. Several companies make products specifically for dogs' noses.

Wrinkles

Clean with soapy water mixture of warm water mixed with a medicated dog shampoo. Wipe dry and dust with Gold Bond if needed to help with moisture. If red and raw looking, medicate with Desitin diaper rash ointment, Animax or Entederm. Use a plastic condiment bottle with a small spout to put the powder in the wrinkle. Medicated wipes can be used on facial folds as well as tail pockets.

Hot Spots

Clean with Listerine (the original kind). If it's a large hot spot, shave the area and then medicate. This allows the skin to breathe and air out. After it starts healing, you may dust with Gold Bond powder. Spay with an athletic foot type spray as this dries it out, kills fungus and cools the itching.

Chin Zits

Clean with medicated dog shampoo or Listerine (the original kind) daily till gone; may dust with Gold Bond powder to help with moisture. Benzoperoxide cream can be applied once a day for several days in a row to help clean this up. Switch to stainless steel or ceramic

feeding/water bowls. Plastic bowls hold germs in the frayed plastic edges that lead to chin infections.

Inter-digital Cysts

Stay away from the mega doses of long-term antibiotics if possible. They don't usually help much with these cysts. Listerine (the original kind) can also be helpful when applied twice a day and allowed to soak in if only one paw has a cyst. For multiple cysts try warm Epsom salt water soaks twice a day. The cyst needs to be totally submerged under water in the bathtub. Soak the affected foot for at least 10 minutes in the warm salt water then pat dry. Also the trick of spreading peanut butter on the inner edge of the tub keeps them occupied while they are soaking for the several minutes they need to be in the tub and NOT drinking the water. Afterwards apply Preparation H or other hemorrhoid cream twice daily until swelling is totally gone.

Tear Stains

Tear stains are typically caused from excessive tearing. In this case, the damp face hair is a breeding ground for bacterial and yeast growth that can come from unfiltered water or dog food; thus the reddish brown discoloring. You may have to try different dog foods till you find one just right for you. You want to make sure the food you choose for your Bulldog has no coloring added which will only add to the staining. Water should be in a stainless steel bowl to prevent bacteria harboring in porous materials such as plastic.

Changing to bottled water may also be helpful. Baby wipes can be used daily to wipe the eye folds and nose fold, especially if the nose fold is really deep. If the wipes don't appear to be taking care of it or if they start smelling, then use a medicated dog shampoo that takes care of yeast and bacteria.

While tear staining is typically no more than a minor annoyance, it can also be a symptom of a serious eye health problem. If consistent, mention it to your veterinarian at your appointment to rule out medical causes versus too much tear production.

With rescue dogs, you cannot move at the speed of light; but at the speed of life!

Chew Toys

Nylabones and Benebones are recommended chew toys. NEVER feed rawhides or pig ears. Bulldogs tend to swallow things without chewing. Rawhides don't digest; they get trapped in the stomach, twist and need to be removed surgically if not passed. Never use rope toys either. As with rawhides, the strings can get stuck in the stomach and it can be fatal.

Gas Problems

They are Bulldogs! They are going to have some gas. Flatulence/Gas is not indicative of a serious medical problem. Intestinal gas usually means that your pet has simply eaten something they cannot digest properly. The problem often tends to be excess carbohydrates, which contain sugar and starch that ferment in the intestine. Remember, dogs are lactose-intolerant. Feeding dairy products can result in gas. Check the ingredients listed on the label. Opt for a food with no wheat, corn and soy. All of these are laden with gas-producing carbs. If changing foods, gradually do so. Remember any sudden change in diet can bring on gas and diarrhea. Some have found a regular Tums tablet added to their food at each feeding can be helpful in controlling gas buildup.

Your Bulldog Medicine Cabinet

There are many things you can have at home on hand to help care for your Bulldog and handle many care issues at home. This list is brief and **does not take the place** of advice provided by our veterinarians.

Medications You Can Have at Home

- **Pedialyte or Smart Water** – Good to give your dog if they have been vomiting or had diarrhea. Do not use Gatorade or anything flavored.
- **Hydrocortisone cream** – Use for controlling itching, topically only.
- **Vaseline/Aquaphor/BagBalm** — Use for dry noses
- **Coconut Oil (Unrefined)** – Good on noses and a spoonful in food can be good for coat, skin and eyes (not applied to eyes)
- **Desitin Cream** – Use for minor skin irritations, keeping skin folds dry, and minor sunburn. Also sometimes useful on interdigital cysts, after cleansing the area.
- **Styptic Powder (Anticoagulant)** – Use to stop bleeding caused by cutting into the quick when trimming nails.
- **Triple Antibiotic Ointment** (Comes under many brand and generic names)– Use for minor scrapes and cuts. Not for use in the eyes or mouth.
- **Hydrogen peroxide** – Use to induce vomiting or as a general antiseptic cleanser.
- **Lemon Juice**– Use to clear phlegm from the Bulldog's throat and ease breathing. Squirt liberally into the back of throat.
- **Antiseptic Solution** – Used for cleaning scrapes and minor wounds.
- **Ophthalmic Ointment (non-steroid)** – Used for eyes to clear up infections.
- **Antihistamine (Benadryl)** - Use for allergic reactions and bee/wasp stings.
- **MucinexDM** - Plain (with no pain killer). Use for coughs and congestion.
- **Eye Drops (Natural tears)** -Simple straight forward eye drops to moisten the eyes and rinse out dust. No red eye or other specialty additives.
- **Eyewash** – Used to flush out eyes.
- **Chlorhexadine Solutions** – Used for cleansing wounds and skin folds.
- **Epsom Salts** – Use as in a warm water soak for inter digital cysts (blisters between the toes)
- **Listerine (brand or generic)** for chin acne and inter-digital cysts.
- **Baby wipes** for cleaning folds and tails, wiping chins, cleaning ears and quick wipe downs when you don't have time for a regular bath.
- **Apple Cider Vinegar** topical for hot spots; ingested for digestion and insect repellent. Use to wipe off hot spots when one is starting. A teaspoon a day in your Bulldog's water is recommended by many to aide with digestion.
- **Zymox** - Used for flushing/cleansing ears.
- **Pepto Bismol** - Used for diarrhea, indigestion, nausea, vomiting.
- **Canned Pumpkin** – Can be used to counteract diarrhea and constipation.
- **Honey** – Often given to dogs suffering from idiopathic head tremors.
- **Probiotic/Yogurt** – Helps to replenish the good bacteria after being on antibiotics.
- **Pill Pockets/Cheese** - Used to administer medications.
- **Raw Goats Milk** – Used to aid in digestion and boosting immune system.

NOTE: Specific dosages have not been given here for several reasons. First, we are not veterinarians and do not have the right to prescribe medications or doses. Second, bulldogs

come in many different sizes and there is no way to assure correct dosage. Please check with your veterinarian!

Enjoy Your New Family Member

You have taken special care in choosing the right dog for your family. They are your companion for life. Their love and support of you and your family will be life-changing for everyone. But the journey will not always be easy. Just as you have put in a great deal of effort in the application and selection process it will take effort to make a lasting home for your new family member. It is important to get off to a good start by following the suggestions in this booklet. But the results are well worth the effort.

Remember, members of the LSBCR family are ALWAYS here for you. You and your bulldog's happiness are why we do this!



Appendix

Introducing New Dogs to Your Existing Dogs — Page 20

House Training Your Dog — Page 22

Nothing In Life Is Free — Page 24



Introducing New Dogs to Your Existing Dogs

©Scott Sheaffer, CDBC, CBCC-KA, CPDT-KA, USA Dog Behavior, LLC

It's important to use a proper protocol when bringing a new dog into a residence with an existing dog. This is true whether the new dog is going to live in the residence or just visit for the weekend.

Following the step-by-step process below should make this introduction go more smoothly.

It is important in a multi-dog residence that each dog is introduced to the newcomer individually using this process. Additionally, this process requires a separate handler (i.e., person controlling the leash) for each dog; each handler must be an adult as well as experienced and competent in working with dogs on leash.

If at any stage of this process there are problems of any kind, discontinue the introduction and keep the dogs away from each other. This process does not guarantee a successful introduction – some dogs will never get along and must be separated at all times.

1. Both the incumbent dog (i.e., the dog that is currently living in your residence) and the new dog need to have secure collars that are properly adjusted and quality leashes.
2. The initial meeting needs to occur outside of the incumbent dog's residence in a neutral territory. Normally, just getting away from the incumbent dog's residence/lawn works well.
3. Both handlers will walk the dogs in parallel but at a safe distance from each other. If the dogs are showing no signs of stress or aggression, the distance between the two handlers and dogs can slowly be closed while you continue to walk with them; they can eventually walk next to each other if all is going well. Remember, if at any stage of this process there are problems of any kind, discontinue the introduction and keep the dogs away from each other. This process does not guarantee a successful introduction – some dogs will never get along and must be separated at all times.
4. While keeping both dogs on leash, move both to the incumbent dog's fenced back lawn or a fenced outside area that the incumbent dog would identify with (e.g., small fenced area provided by an apartment complex for dogs). Be careful to bring both dogs through the gate into the fenced area on leash and bring them in single file - no squeezing through the gate at the same time. Have both handlers walk the dogs in parallel again within this outside area watching for any stress or aggression, which would terminate the introduction.
5. If all is going well in the fenced outside area, drop the leash of the incumbent dog (called "dragging a leash"). The new dog is kept on leash and is held by a handler. The incumbent dog drags a leash in the event that control of the incumbent dog needs to be regained, because of problems, by picking up the leash.
6. The leash of the new dog can then be dropped in the fenced outside area if there are no problems. Allow the dogs to interact with each other while carefully observing for any issues.
7. Next, the dogs can be brought inside the incumbent dog's residence if they are interacting with no problems. Prior to bringing them in, remove any water bowls, food bowls and dog toys to ensure there are no resource guarding (e.g., food aggression) issues. Be careful to bring both dogs into the residence on leash (i.e., handler is holding the leash) and bring them in single file through the door (no squeezing through at the same time). If there are no problems with stress or aggression, drop the leash of the incumbent dog first.

8. The leash of the new dog can then be dropped inside if there are no problems with aggression or stress. It is advisable to use baby gates or keep some interior doors closed in order not to give the new dog access right away to the entire residence. The new dog has to earn the privilege of accessing increasing areas of the residence.
9. Monitor both dogs closely to ensure that things continue without incident in the hours and days ahead; intra-household aggression can appear rather unexpectedly in some instances requiring the dogs to be separated. It is imperative that the humans in the household understand and continually watch for body language from any of the dogs that indicates problems.
10. Remember, if at any stage of this process there are problems of any kind, discontinue the introduction and keep the dogs away from each other. This process does not guarantee a successful introduction – some dogs will never get along and must be separated at all times.

House Training Your Dog

©Scott Sheaffer, CDBC, CBCC-KA, CPDT-KA, USA Dog Behavior, LLC

The following are key points that will enable you to train your new puppy or your older dog to only eliminate outside.

Containment

1. Your dog cannot eliminate in areas where he is not allowed to go. Using a crate is an excellent way to quickly housetrain a dog as dogs will generally not eliminate in the same space where they sleep.
2. If a crate is not an option, you can also contain your pet in a small area of your house such as a kitchen or bathroom using baby gates.
3. Keep your dog confined at all times when you are not directly supervising (100%) him until you are sure that he is housetrained.
4. Another method is to tie a leash to your dog and loop the leash handle through your pant's belt loop or tie the leash around your waist so that the dog must be with you at all times. This also makes it easy for you to quickly move your dog outside if he starts to eliminate in the house.

Schedule

1. By adhering to a consistent schedule for food, water and walks, you will pattern your dog to the desired behavior. Always take your dog out first thing in the morning, after meals and after naps.
2. Do not leave food down in a bowl all day for the dog, but rather give him 15 minutes or so to finish whatever you give him to eat. Then, pick up the bowl when he is done. Your dog should always have access to water however.
3. By controlling when and how much your dog eats and drinks you can better predict when he will need to eliminate.
4. If you have rescued an adult dog, the best tactic is to pretend your dog is an 8-week-old puppy and start from scratch.

Positive Reinforcement

1. Always praise your dog enthusiastically when he eliminates in the correct place, as this will let him know that he is doing the right thing by going outside.
2. Never hit or yell at your dog for eliminating in the incorrect place or rub his nose in his mess. Punishing him is counterproductive as it teaches the dog that eliminating in your presence is a dangerous thing, but doesn't teach them not to eliminate in the house at all.
3. If your dog eliminated in the house, it is likely because he was simply unable to hold his bladder for that long or he was not confined properly or supervised properly. Dogs do not eliminate in the house because they were "mad" at you or "vengeful." If your dog urinated on your bed or fancy rug, the only thought on your dog's mind at the time was that he needed to urgently eliminate. And dogs don't eliminate on bedspreads or carpets to be spiteful or send a message. They eliminate on these surfaces because they are soft and they prefer to eliminate on these kinds of surfaces. It's the same reason that they eliminate on grass instead of hard surfaces when they are outside.
4. If your dog starts to eliminate while you are supervising, use a gentle "eh-eh" or clap your hands to distract him and then gently scoop him up or leash him and run outside. When he finishes going, praise him and reward him effusively.

5. Only reward him when he is outside and eliminating – do not wait for him to come back inside to reward him. Otherwise he will think he is being praised for coming back inside with you and will focus on getting positive reinforcement inside instead of eliminating outside. Just like with humans, when dogs eliminate it is normally a self-rewarding behavior; rewards for eliminating outside aren't really necessary.
6. If you want him to eliminate in a certain area of the yard, bring him out to this area on leash and wait for him to eliminate. You can add in a “go potty” cue while he is eliminating so he can associate this cue with his bodily function.

Odor Removal

1. When your dog eliminates in the house, the most important thing is to remove all traces of the odor or the dog will continue to eliminate in that spot.
2. Using common household cleaners is typically not enough and using ammonia products will actually encourage your dog to return to the spot to go again since the cleaner residue is very similar to urine.
3. Use products sold specifically to eliminate pet urine and feces odors that you can purchase at most pet supply shops. Nature's Miracle and Simple Solution are two brand names for such products. You are looking for enzymatic or bacterial cleaners that are pet specific. Follow the label directions carefully.

Other Tips

1. Try to avoid paper or puppy-pad training. If you do this, the dog is learning it's okay to go in the house, albeit in a certain area, and can make housetraining more difficult. Crate training is a better alternative.
2. If you bring the dog outside and you think he needs to eliminate but he won't, take him back inside and crate him for another 10-15 minutes and take him out to the same place again. Don't assume that he didn't need to eliminate and let him run around your house unsupervised.
3. Some people find it helpful to take the dog outside to urinate on leash. Wait patiently until he eliminates and then let him off leash to play. If you let him wander around the yard on his own until he urinates and then immediately go back into the house, he will learn that his fun playtime outside stops after he eliminates. You want him to learn if I potty first, then I get to play.
4. Likewise, if you do not own a yard and must walk your dog on the street, take your dog outside and calmly wait for the dog to eliminate before proceeding with your walk. You want the dog to understand that his fun walk is the reward for eliminating. If the dog goes immediately before he comes back in, the dog will wait longer and longer to go, and sometimes he will hold it until you bring him back inside.
5. Does your dog have a way to alert you when he needs to go out? Ask us about ways to do this if you don't.
6. If you have more than one dog and one of them is having housetraining issues, take the dog that is having housetraining issues out separately until he no longer has accidents inside. Sometimes dogs, especially younger ones, get overly distracted by the presence of other dogs and forget to eliminate while outside.

Nothing in Life is Free

© 2018 Scott Sheaffer, CDBC, CBCC-KA, CPDT-KA, USA Dog Behavior, LLC

"Nothing in Life is Free" isn't a magic pill that will solve a specific behavior problem. Instead, it's a way of living with your dog that will help him behave better because he trusts and accepts your leadership.

What is "Nothing in Life is Free"?

You have resources—food, treats, toys and attention. Your dog wants and needs those resources; make him earn them. That's the basis of "Nothing in Life is Free." When your dog does what you want, he gets rewarded with the things he wants.

In short, you control the resources he wants and needs.

You may also hear this concept called "No Free Lunch" or "Say Please." These are just other names for "Nothing in Life is Free."

How to practice "Nothing in Life is Free"

1. First, use positive reinforcement methods to teach your dog a few cues and/or tricks. "Sit," "Down," "Come," and "Stay" are useful cues. "Shake" and "roll over" are fun tricks to teach your dog and can also be used.
2. Once your dog has mastered a few cues, you can begin to practice "Nothing In Life Is Free." Here's how it works. Before you give your dog anything (food, treat, walk, petting, etc.) he must first perform one of the cues he has learned or another behavior you are asking for. For example:
 - a) In order for you to put your dog's leash on to go for a walk, he must sit until you've put the leash on. He must also sit and be still before you take the leash off.
 - b) When you feed your dog, he must sit and stay after you've put the bowl on the floor. Only then will you give him a release cue (e.g., "free") to begin eating.
 - c) Play a game of fetch by having your dog sit and shake hands, for example, each time you throw the toy.
 - d) Check out all toys to your dog one-by-one. Your dog's toy bin is kept out of his reach and is essentially a "toy library" and you are the librarian. When he is given a toy he must sit and wait patiently for you to give it to him. When he is done playing with the toy put it back in the toy bin and check it out to him at a later time.
 - e) He must wait patiently for your release cue (e.g., "free") before going outside and then again before he is let back in the house.
 - f) He must sit and wait patiently for a release cue (e.g., "free") before you provide him treats.
 - g) Before he is allowed into or out of the car, he must first sit and wait for your release cue.
 - h) He must sit and wait patiently before being petted or shown affection.

3. Once you've given the cue, don't give your dog what he wants until he does what you want. If he refuses to perform the cue, stay calm and don't give in. Be patient and remember that eventually he will comply with your cue to get what he wants.
4. Make sure your dog knows the various cues well and understands what you want before you begin practicing "Nothing in Life is Free."

The benefits of this technique

Requiring your dog to work for everything he wants is a safe, positive, nonconfrontational way to establish your leadership position and make you more relevant in your dog's life.

Even if your dog never displays aggressive behavior toward you such as growling, snarling, or snapping to get what he wants, he can still manipulate you. He may use attention-getting techniques to the point of being pushy such as nudging your hand to be petted or worming his way onto the furniture to be close to you.

Why this technique works

Dogs want good stuff. If the only way to get it is to do what you ask, they'll do it.

Good leadership encourages good behavior by providing the guidance and boundaries dogs need.

Practicing "Nothing in Life is Free" gently and effectively communicates to your dog that you are the leader and relevant to him because you control all the resources.