



Dear Adopter,

Thank you for making the life changing decision to adopt your newest family member! We are thrilled you have chosen to adopt a True North dog and join the ever growing rescue family we are continuing to build!

We have put this guide together in the hopes it will ease the transition that comes with bringing a new dog into your home. This is a huge decision, and we know sometimes extra support goes a long way! If you have any additional questions, please email [adopt.truenorthrescue@gmail.com](mailto:adopt.truenorthrescue@gmail.com).

We wish you all the best on the exciting adventures you will embark upon with your new dog! In choosing to adopt, you have saved two lives, your dog's and the one we can now rescue in their place!

For the love of rescue,

True North Rescue Mission

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### **So You Adopted a Dog, Now What?**

Before bringing your new pal home it's important to ensure you have the necessary supplies to make them feel at ease. In a saturated pet market, the abundance of choices can feel overwhelming. Below is a list of items that are helpful when bringing a new dog home, and one that will hopefully take some of the stress of shopping off your hands!

#### The Basics

- Collar

We are a fan of martingale style collars, as they are no slip and generally more secure than a typical flat collar. However, a flat collar with a locking carabiner as a back-up is a great alternative.

- Leash

There are many options available. We encourage a 4-6ft leash, made of a durable material. We strongly discourage retractable leashes as they do not allow secure control of your dog and can result in injury.

- ID Tag

Make sure to include a contact number & your dog's name.

- Food and Water bowls

We recommend stainless steel or ceramic.

- Dog Food (refer to our diet section for recommendations)

- Crate

Wire or Plastic; select a size based on your dog's predicted adult size.

- Crate water bottle or dish

- Urine & Stain Remover (such as Nature's Miracle)

- Harness or Head Halter

There are various types; we recommend Easy Walk, Freedom No-Pull, Gentle Leader, K-9 Transitional Lead.

- Dog Shampoo (Earth Bath, Tropiclean, or Warren London are great options)

- Dog Towel (microfiber towels absorb great & dry fast)

- Ear Cleaner (Virbac Epi-Otic is a great option)

- Dog Brush (Furminator is a great option for shedding breeds)

- Dog Bed & Crate Pad

- Puzzle Toys (Kongs, Nina Ottosson, Outward Hound all offer great choices)

- Treats (training treats & single ingredient high value)

- Chew Toys (Benebones, Nylabones, Bully Sticks; STAY AWAY FROM RAW HIDE)

- Poop Bags & Dispenser (Earth Rated, Cycle Dog, and Wild One bags are all Eco-Friendly options)

#### Optional Extras

- Treat Pouch

- Nail Clippers
- Styptic Powder (for bleeding nails)
- Waterless/Dry Shampoo
- Grooming Wipes (for feet & in between baths)
- Pet Carrier (We love Max Pack, Love thy Beast, Shop Dog & Co., and Wild One)
- Collapsible travel water/food bowl
- Collapsible soft crate
- Dog Seat Belt (Mighty Paw Brand is great!)
- Car Harness (Kurgo sells a sturdy one!)
- Car Seat Cover
- Placemat
- Wee-Wee Pads (for dual training or young puppies)
- Chew Deterrent (Bitter Apple)
- CBD or Calming Treats (We love Suzie's CBD, Buzz'n, Dr. Hemp Dog, and Pet Releaf brands)

### Nutrition

Next we want to discuss some of the many options available to feed your pup! There are so many brands & types of food to choose from. We are firm believers in the power of nutrition and most of us choose to feed raw or homemade food. Please do your research and decide what feels right for you!

Types of dog foods to choose from:

- Dry Dog Food

This is the most economical option for many people, though often considered the least nutritionally valuable option. If choosing to feed a dry dog food, be sure to check the ingredients and ensure you are choosing meat forward ingredients list. There is much debate about Grain vs Grain Free Dog foods after the recent cases of DCM linked to Grain Free Foods. All of the brands we recommend are just suggestions and again, we urge you to do your research.

- Wet Dog Food

Often higher in moisture and nutritional value than dry dog food, but still an economical option. There are a ton of varieties to choose from, choose what works best for your dog.

- Dehydrated Food

Dehydrated forms of food that are made with Human Grade Ingredients. Simply rehydrate and feed! A great alternative to dry or wet brands in a fair price range.

- Human Grade Cooked Food

There are many gently cooked brands available now using Human Grade ingredients.

- Freeze Dried Raw

Freeze Dried raw patties which can be served as is or rehydrated with water.

- Commercial Made Frozen Raw

Great for those who like the convenience of pre-made raw with the benefits of a raw diet.

*Below are some of our recommendations for each category:*

Dry Dog Food

- Stella & Chewy's (available in both Grain Inclusive and Grain Free Options)
- Honest Kitchen Clusters
- Zignature
- Farmina N&D
- Orijen/Acana
- Fromm's

Wet Dog Food

- Stella & Chewy's
- Weruva
- Fromm's
- Zignature
- Halo
- Wellness

Dehydrated Dog Food

- Honest Kitchen
- Grandma Lucy's
- Sojo's
- Only Natural Pet

Human Grade Cooked

- The Farmer's Dog
- Just Food For Dogs
- My Ollie's
- Pet Plate
- Tylee's
- Nom Nom Now

Freeze Dried Raw

- Primal
- Stella & Chewy's
- Vital Essentials
- Small Batch Pets

Frozen Raw

- Primal
- Stella & Chewy's
- Small Batch Pets
- Raw Dynamic (Brooklyn Based)
- Bones & Co. (Keto Raw)

### **Pet Care Providers**

So you've got your supplies & chosen a dog food! Next comes the daunting task of choosing your pet care providers. Below are some things to look for in each category along with a few suggestions and recommendations.

#### ***Veterinarians:***

Choosing a vet you feel comfortable with is so important! We advise scheduling an appointment with your primary vet within two weeks of adoption so as to establish a relationship.

Below are our suggestions based on Borough:

#### **Brooklyn:**

- Bushwick Veterinary Center
- The Neighborhood Vet
- Bond Vet
- Animal Kind
- Faithful Friends Animal Hospital
- Williamsburg Veterinary
- Pure Paws Vet
- VERG (24 hour Emergency Vet)

#### **Manhattan:**

- Worth Street Vet
- Bond Vet
- Gotham Veterinary
- Pure Paws Vet
- Small Door Vet (Membership Based Veterinary)
- Blue Pearl (24 Hour Emergency Vet)

#### **Queens:**

- Veterinary Care Group (Various Locations throughout Queens)

#### ***Pet Insurance:***

Pet Insurance is something we highly advise every pet owner to obtain. The monthly premium you pay will guarantee peace of mind should an emergency ever arise. Below are some of the companies we suggest.

- Healthy Paws
- Nationwide
- Trupanion
- Figo

#### ***Microchip:***

Though all of our dogs are microchipped, you have the option to register them with a company of your own choosing. Below are our favorite options.

- Found Animals Registry (Free lifetime registration)
- Home Again
- 24 Hour Pet

***Dog Walkers & Doggie Daycare:***

There are an abundance of choices for both of these services, so here are a few things to consider for each as you begin your search!

***Dog Walkers:***

***Things to Consider:***

- 1) Are they bonded and insured?
- 2) How many dogs do they walk at one time?
- 3) Do they charge additional for solo walks?
- 4) Do they offer package rates?
- 5) Do they offer GPS tracking/client software/daily text updates?
- 6) Are their staff members adequately trained in dog handling & body language?
- 7) Are their walkers CPR & First Aid Certified?
- 8) Will you have a consistent team of walkers?
- 9) Perk of a solo walker vs larger company?

*Here are some companies we feel confident recommending:*

**Brooklyn:**

- Pup Hub NYC (Owned & Operated by our Assistant Director, servicing multiple Brooklyn areas)
- Bushwick Pet Care (Bushwick)
- Hair of the Dog Walkers (Park Slope)
- Jason the Dog Walker.com (Park Slope)
- Hustle Pups (Williamsburg/Greenpoint)

**Manhattan:**

- City Dog Pack (various)
- Mike's Walkers (Chelsea/Hell's Kitchen)
- Mixy Paws (Various locations)

**Queens:**

- Prodigy Pups

***Doggie Daycare:***

***Things to Consider:***

- 1) Do they allow a tour of the facility?
- 2) Do they separate dog's according to size/temperament?
- 3) Are their staff trained in dog handling & body language?
- 4) Are their staff CPR & First Aid Certified?
- 5) How do they interrupt negative behaviors/dog fights?
- 6) Do they have structured breaks/playtime?
- 7) How do they encourage calm behavior/rest periods?
- 8) What is the staff to dog ratio?
- 9) Is the facility clean and well lit?

10) What is the initial evaluation period for each new dog?

***Trainers:***

Obedience training is a great way to ensure you address certain behaviors before they have a chance to begin. There are also certain issues a dog may have that need to be addressed by a professional. Having a trainer you trust is so important to the relationship you build with your dog. Below is a list of trainers we recommend.

Brooklyn:

- Pumpkin Paws
- Canine Cohen (balanced trainer)
- Clarity K-9 (balanced trainer)
- Dog Boy NYC

Manhattan:

- Metro Dog Training (balanced trainer)
- Dream Come True K-9 (balanced trainer)
- Andrea Arden

***Groomers:***

If your dog will require regular grooming, an established relationship with someone you trust is so important! Below are some groomers we recommend!

Brooklyn:

- Bushwick Bark
- My Two Dogs Inc.
- Dawgs All Day

Manhattan:

- Grooming 4 Less
- New York Dog Spa & Hotel

Brooklyn, Queens, Manhattan:

- Try Spaw (in-home grooming)



### **Welcome Home, Buddy**

So you've brought your new pup home and have squared away all the essentials. What will your first few days look like now?

#### **a) Decompression:**

Your newly adopted dog has just been through a lot. Everything is new to them, and it will take them some time to adjust. Some dogs come around more quickly than others. In a short period of time they have experienced a transport, foster home (in some cases a few of them), and now a new place they don't quite know is home.

As they adjust you may notice some of the following behaviors:

- Soiling inside. Even if a dog is housebroken, they may experience accidents in a new environment. Keep them on a routine and limit their access to new rooms. Introduce new areas slowly, you'll thank us later.
- Separation Anxiety. They may whine, cry, bark, and protest when you leave the home or even when putting them in their crate. Be patient, they are probably just confused and unsure. Offer them gentle guidance, and reward calm behaviors both in & out of the crate.
- We do not advise immediately having all your friends and family over to visit, give them some time to settle in and acquaint themselves with their new home first.
- Rest & relaxation. Allow for plenty of time for sleep & crating. This can be one of the most helpful things you can do for your new dog.
- Remember, it takes three days for a dog to begin to decompress. Three weeks to settle into a routine. And three months to feel truly at home. Give them that chance, we promise you it's worth it.

#### **b) Socialization:**

Now that your dog has had some time to settle into a routine and has begun to understand what is expected of them, you can begin the socialization process! Remember not to overwhelm them with too much too soon. Take it slow, you'll see better results!

Here are some tips on how, when, and what to socialize with:

- Do introduce your dog to family & friends in a gradual, controlled way. Avoid large gatherings with too much chaos in the beginning.
- Do take long walks together and familiarize your dog with your building & surrounding neighborhood. This includes a visit to your local pet store, of course!
- Do limit trips to the dog park/dog run - instead focus more on individual play dates with familiar dogs. This can help limit scary incidents that may cause a set back for your pup. Dog parks/runs can be too unpredictable and easy for chaos to ensue.
- Do utilize the power of positive reinforcement whenever introducing your dog to anything new or scary. Whether that be food, toys, or affection, each dog will respond differently!

**c) Crate Training & Housebreaking**

We are strong believers in the positive power of crate training. When used correctly, a crate can be a dog's safe haven. Not only can it keep your dog out of trouble when you aren't around to supervise, it will also serve as a place that is theirs and only theirs. Crates encourage a dog's natural nesting instinct, creating a "den" environment. It's also a great housebreaking tool as most dog's will not defecate where they sleep.

*Here are some tips for crate training:*

- Feed all meals in the crate initially to promote a positive association.
- Give all high value toys, treats, and chews in the crate.
- Reward calm behaviors & ignore behaviors such as crying, whining, and barking.
- Gradually increase the amount of time your dog spends in the crate, do not do too much all at once.
- Make crating a regular part of the routine. Crate when you're home and doing human things (cleaning, cooking, bathing). This will make it a normal occurrence, and not something that only happens when you are leaving the home!
- Always wait for your dog to be calm before opening the crate, this will encourage a calm greeting. Remember, this is no big deal! No need to celebrate your return home.
- Playing calming music or covering the crate with a blanket can also help!
- If using the crate to assist with house breaking, be sure to immediately walk your dog after they exit the crate and only allow free reign if they use the bathroom outside. If they do not, return them to crate and try again in 5-10 mins.
- Consistency is key, so just stick with it!

**d) Introductions to Existing Dogs/Cats:**

**Dog Introductions**

Introducing your new dog to an existing dog can either go really well, or it can be a bit stressful. Here are some tips:

- Perform all introductions outside of the home on neutral territory.
- Never allow the dogs to greet face-to-face, rather allowing them to walk together without interacting.
- Once they have taken a short walk together, you may allow some butt sniffing and see how it goes!
- Once inside the home, ensure to supervise during meal times (we recommend feeding apart in the beginning). Do not leave high value treats, toys, or chews unsupervised as this is a common trigger for fights in new dogs.
- Encourage lots of positive reinforcement. Praise them when they co-exist in a calm manner.
- Remember to be patient and take it slow, building trust will take time!

### **Cat Introductions**

Dogs and cats learn to exist peacefully, and some even become best friends. Ensuring a comfortable and safe transition will depend largely on how they are introduced and allowed to interact. Here are some tips:

- Allow for slow introductions while ensuring your dog is on leash.
- Baby gates are your friend, use them to allow for safe interactions.
- Be patient, it will take time for them to become familiar with each other & set their own boundaries.
- Encourage calm co-existence by rewarding with treats & praise.
- Your dog may get swatted or hissed at, this is fine as long as no one gets hurt. Cats are very clear about establishing their boundaries.

### **e) Introductions to Children**

Last, but certainly not least, are introductions between dogs & children. Below are some tips to help ensure a safe transition for everyone!

- Do supervise your child & dog at all times.
- Create safe spaces for your dog such as their bed or crate, & teach your child which areas are off limits for them. This way, if your dog ever needs to remove themselves from an uncomfortable situation, you have provided them with an alternative behavior to rely on.
- Encourage calm & gentle interactions between your child and dog.
- Don't leave your child alone with the dog, anything can happen in just a moment.
- Don't leave high value bones, treats, and chews unsupervised around the child & dog.
- Separate them during meal time, young children don't always understand the word no.
- Never allow your child to put their face in the dog's face.
- Never allow your child to yank, ride, or grab at the dog.
- Be vigilant of your dog's body language for signs of tail tucking, lip licking, whale eyes (wide eyes), growling, or teeth baring. These can quickly escalate into bites if these warnings go unheeded.

Advocate for both your child & dog, and you will be set up for success!



Thank you for taking the time to read through this guide! We hope it serves as something informative that you can refer back to as needed.

Remember, everyday is a new chance at success if we only practice what we know with patience and integrity! May this be the beginning of a wonderful journey for you both!

With love,  
True North Rescue