



WITH  
**MAYA MITCHELL**



**@pawsandpeopleoc**



**SETTING YOU AND YOUR  
NEW DOG UP FOR  
SUCCESS!**



# About Me



**COCO**

-  Certified R+ Trainer
-  Fear Free Certified
-  Pet CPR Certified
-  Experienced w/ deaf dogs



**ROCKY**

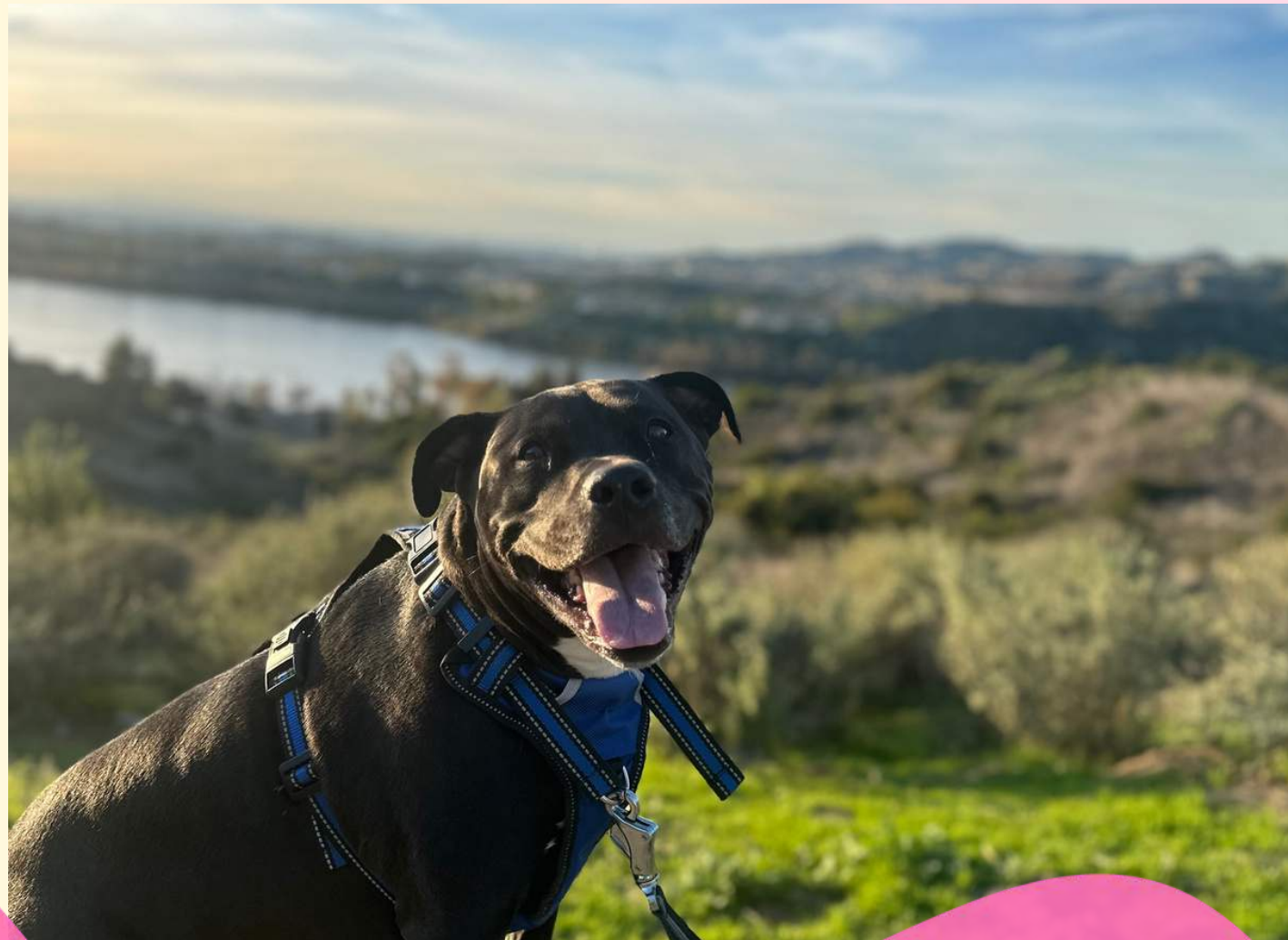


**SOCCS**



# Why I Am A

# Positive Reinforcement Trainer ✨



Using fear can weaken their trust with you and/or others.

Using fear usually suppresses the underlying issue by addressing the symptom not the root cause.

Our dogs are not born understanding our rules and are forced to adapt to a world that revolves around us humans.

Using fear can lead to a dog biting you if they decide they need to defend themselves.

Positive Reinforcement (R+) is backed by science in improving a dog's welfare and long term listening skills.

Personally, it's also way more fun! Training and learning should be fun for you both, not stressful.

Positive reinforcement training is all about using what your dog likes as motivation for teaching them new skills!



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# Let's Get Into It

What we will go over:



WHAT TO EXPECT DURING THE TRANSITION PERIOD

BUILDING A ROUTINE

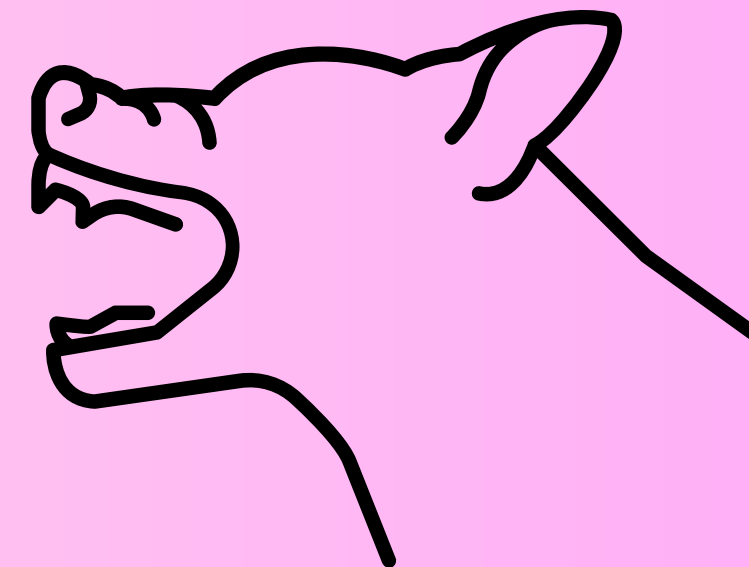
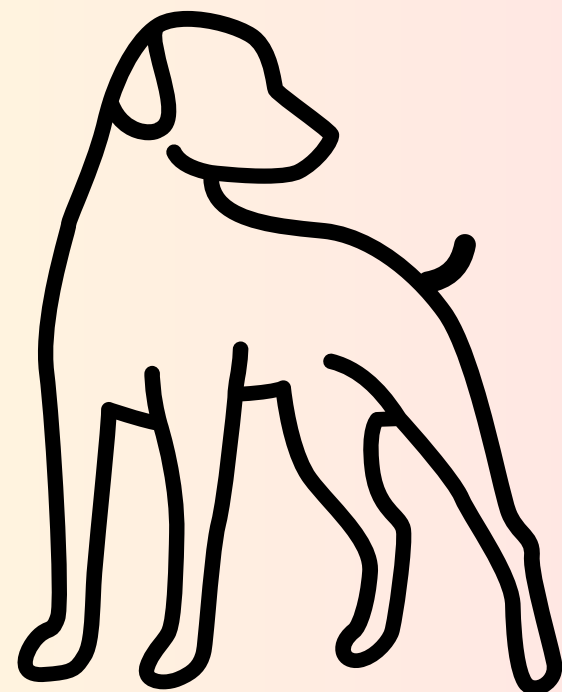
LEARNING ABOUT YOUR DOG

BUILDING CONFIDENCE

MULTIPLE ANIMAL HOUSEHOLDS

SOCIALIZATION

BUILDING YOUR TEAM

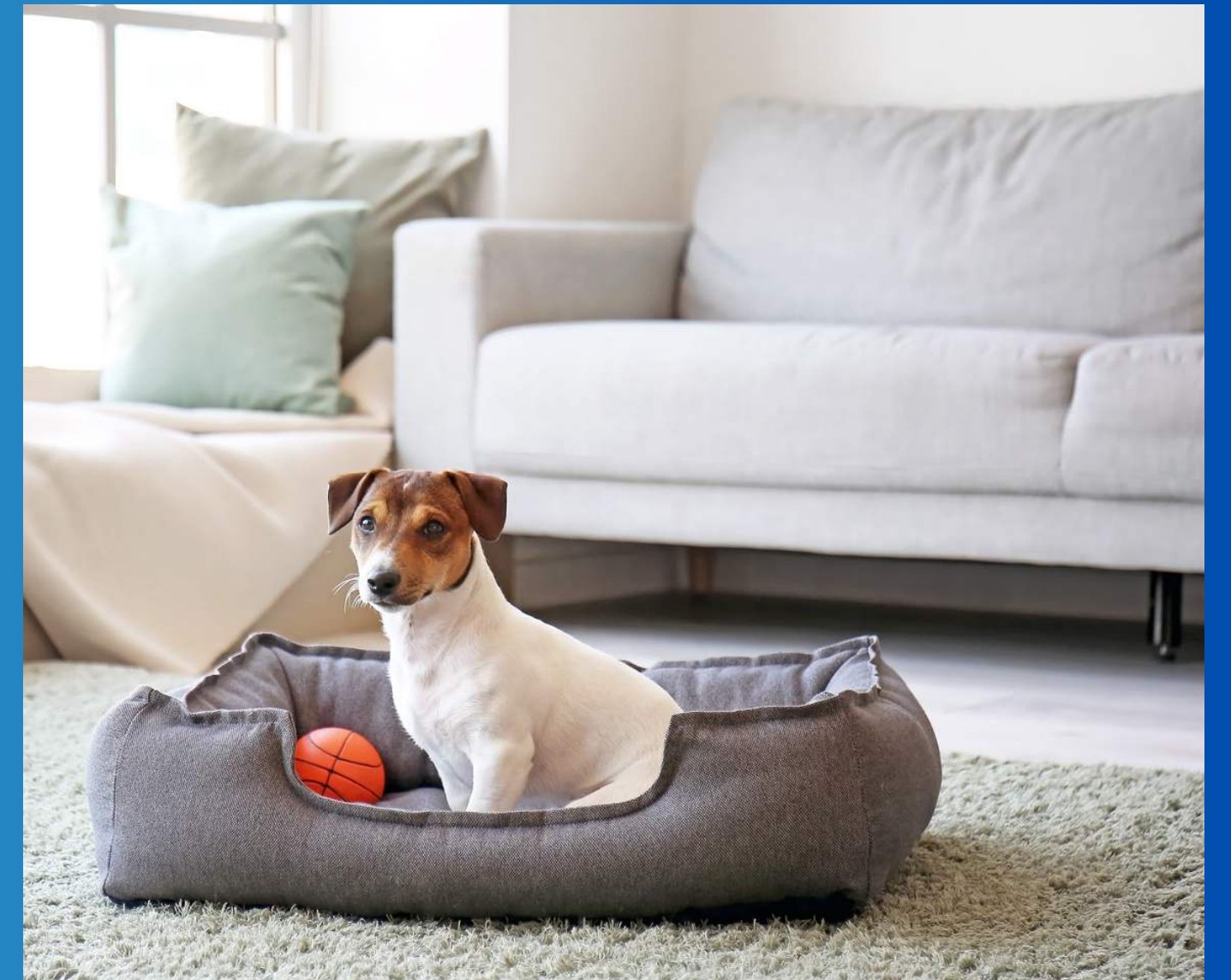


QUICK  
TIPS



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# WHAT TO EXPECT WHEN YOU FIRST ADOPT OR FOSTER A NEW DOG



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**First,**

**CONGRATULATIONS**

**on bringing home your  
new dog, puppy, or taking  
the time to learn before  
you do!**



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# **Things that are totally normal with a new dog:**

- Bathroom accidents**
- Extra stress (hiding, keeping to themselves)**
- Not fully trusting**
- Exploring the home & surroundings**
- Lots of excitement**
- Constantly stopping on walks**
- & more!**

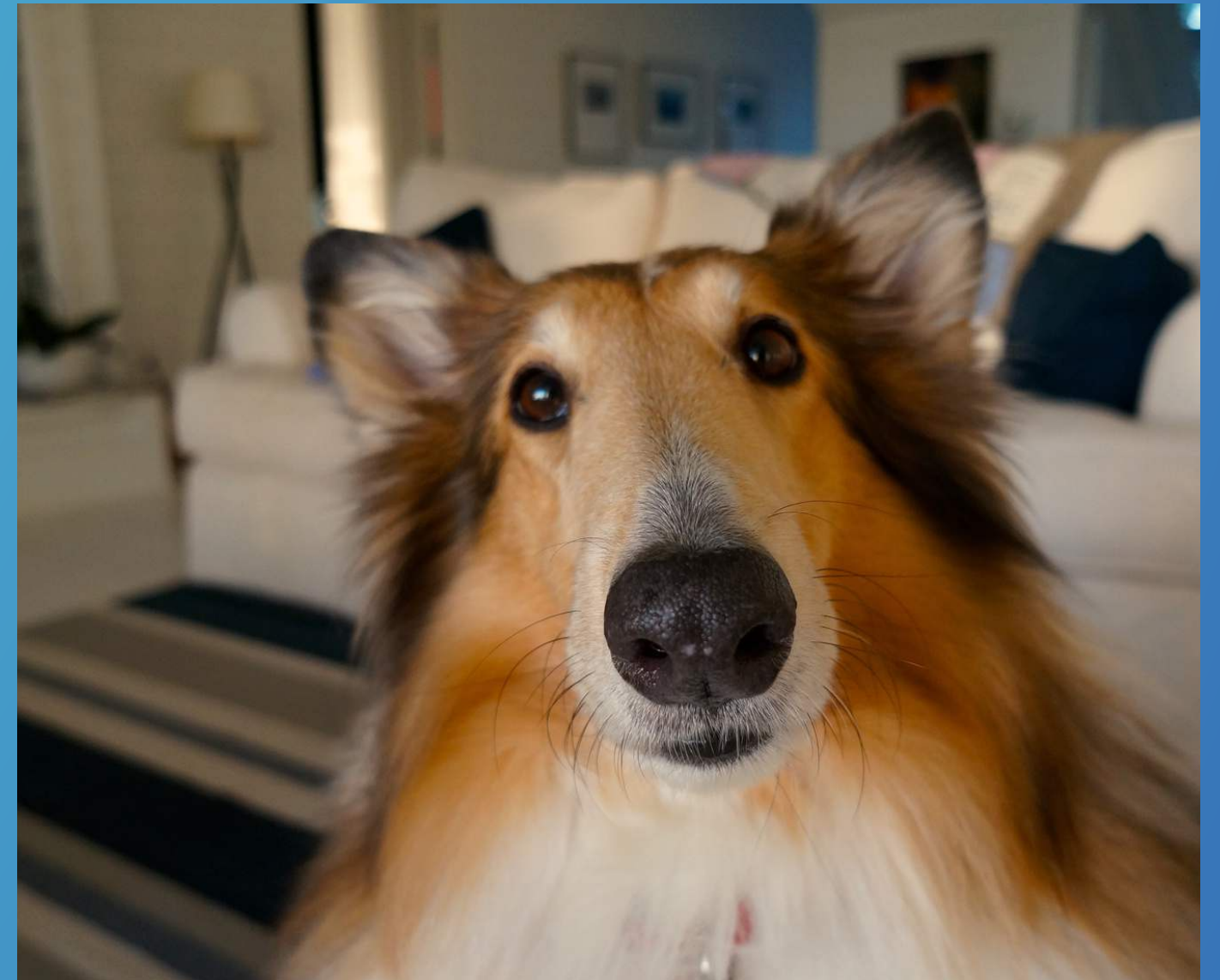


# Navigating the Transition Period

When you bring your new dog home there will be a transition period for you both. It's a big change for everyone.

Your dog is now in a new environment, with different people, furniture, routines, smells, noises, etc.

It's normal for there to be extra stress and for the start to not always be so smooth. The biggest key is patience and understanding for you both.



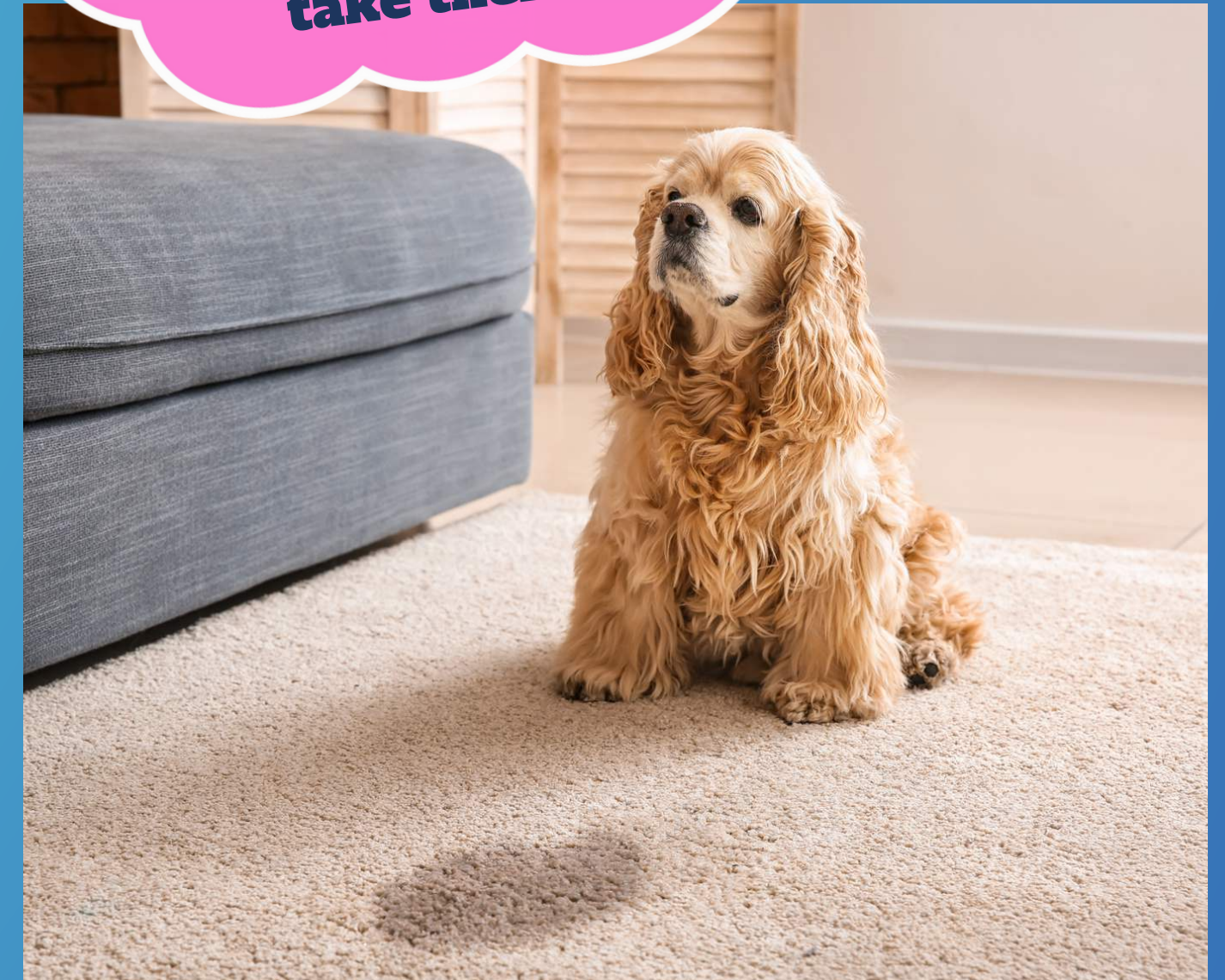
# TRANSITIONING- Building A Routine

Setting up a routine that is realistic for both of you can be immensely helpful. Routine allows your dog to get used to their new lifestyle easier by teaching them what to expect. Once they have adjusted well, then you can see about adding variety.

For example, bathroom accidents are common during transition periods as the dog's routine is disrupted. The change may confuse them on where they are expected to go. Having a specific and consistent bathroom area, times, and route that you take them to can help your dog clear up any confusion and learn or relearn where to go easier.

It's also ideal you give your new dog or puppy ample opportunities to go in the correct area.

**Key tip:**  
Set an alarm on  
your phone if your prone  
to forgetting to  
take them out



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# TRANSITIONING- Sensitivity

As your new dog adjusts, they may feel stressed due to all of the change causing them to be extra sensitive. This can present in different ways such as being skittish around new people and noises, not settling or relaxing in the home, being uncomfortable when touched and/or stared at, and frequent stops on walks.

Give them time! Over time many dogs will settle in and show you their true personality. Each dog has their own pace as some may take just a few days to settle in and others may take a few months. Do what you can to help build and keep your dogs trust to increase confidence over time. Listen to what they're telling you. If they show signs of stress when being touched or with people in their space, it's best to respect their feelings and give them the space they're asking for. This also helps reduce escalation in how they communicate their needs and feelings.



# TRANSITIONING- Sensitivity

Expect them to want to explore your home! This is very normal and can be exciting, scary, or a little bit of both. Allow them to do so at their own pace (you'll see me say this a lot). Keeping a leash on while they explore can help you have control when/if needed. You can encourage them if they are unsure of any areas but don't push it! Make sure your home is dog proofed and nothing is left in reach that you would not want them getting. This will help prevent problems from arising especially as you first get to know your dog. We do not want to be in a position where they have something inappropriate in their mouth and you need to get it incase they do have resource guarding behaviors.

Any area you don't want them to go into, use barriers to block them off such as baby gates or doors. They will not come into your home knowing what is and is not off limits.



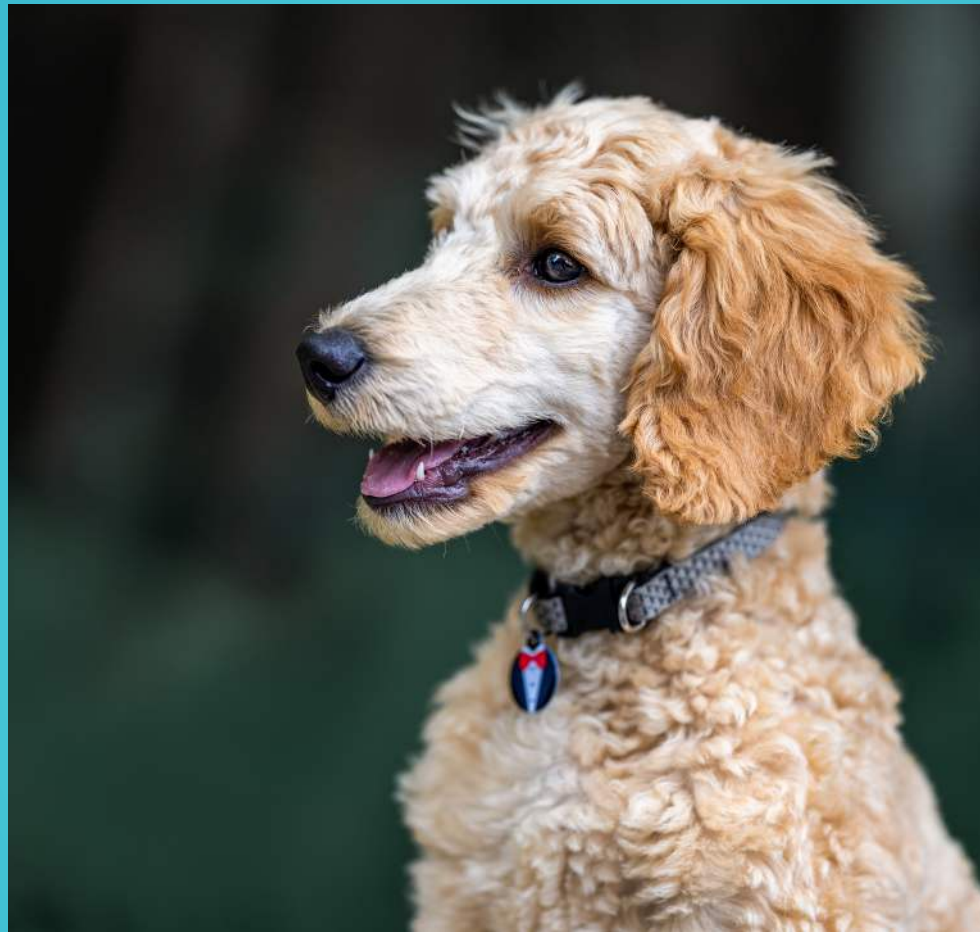
# Tools

Let's talk about some of the different tools that are available for dogs:



## Head Halters

These go over their muzzle but should NOT restrict their access to pant, drink water, take treats, or even bite. These are not muzzles but is a tool that leads your dog by their head and neck similar to the ones for horses.



## Collars

There are different types of collars, but the standard one goes around their neck where any pressure will be centered to their neck area. These can cause damage to the throat for dogs who constantly pull.



## Harnesses

Harnesses are attached to their body, allowing their chest and back to take the pressure opposed to their neck or head. This can be a safer option for many dogs, but all tools can cause harm and be dangerous if used incorrectly. There are multiple styles of harnesses.

# Tools

Let's talk about some of the different tools that are available for dogs:



## Head Halters



## Collars



## Harnesses

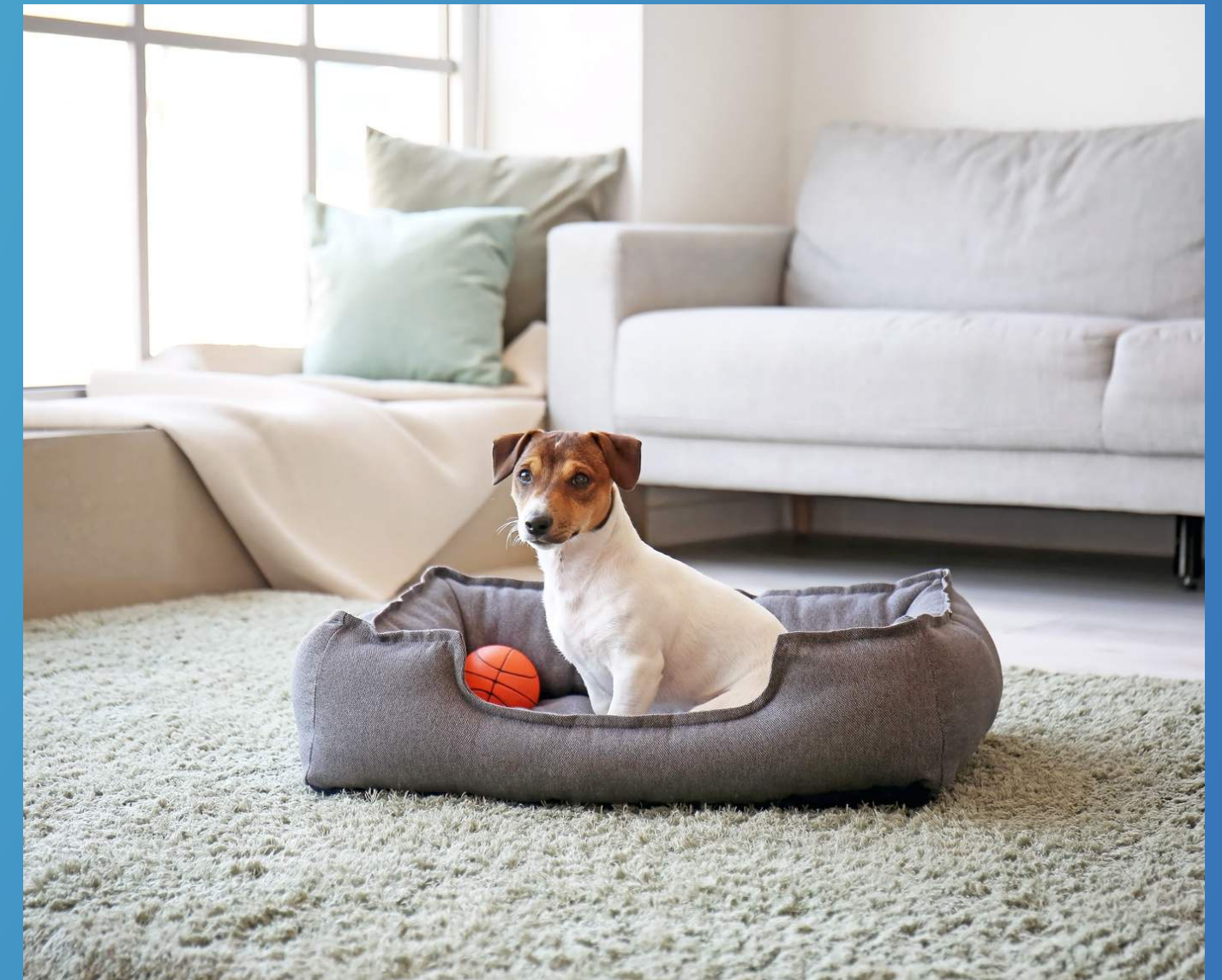
Some dogs are used to a specific tool. If you are trying a new tool for them, introduce it slowly and pair it positively with treats and/or fun activities. This also goes for puppies, especially if they have never had anything on them before.

# Building Routine

Building routine can be very helpful for your new dog so they can get to know what each day will look like. This helps them predict and get ready for the next steps, and can help ease stress from uncertainty. Variety can be great too, but starting off with a simple daily routine at first can be ideal for most dogs.

Daily routines you can set are:

- Bathroom areas and times
- Meal times and set up
- Activities
- Walking times and routes
- And sleeping routines



# Building Routine- Safe Space

Giving your dog a space to call their own can be very helpful in allowing them to feel comfortable and confident. A safe space is great for them to go to when they need to calm down from over excitement or stress. Nap time is also very important for puppies! Having a space of their own for this is great for building confidence alone.

A safe space is any area they feel comfortable in and have space away from people and others. This can be a crate, area of a room, or even a space in a closet if this makes them comfortable. Make it cozy with a comfortable bed and blanket if they like.

Having your dog in your bed is okay as long as they don't show signs of resource guarding. They should still have another area to themselves. There is no evidence that having your dog sleep in your bed increases or creates anxiety or dominance in your dog. With that being said, it is still important to get them comfortable being alone overtime. If they do show signs of resource guarding reach out to me, a certified trainer, to work through the problem before it escalates.



# Learning Your Dog

Every dog is different in personality, likes, dislikes, and behaviors.

Take some time and space to get to know your dog.

Experiment with trying different activities. This can include fetch, going out, swimming, running, training, sniffing activities, puzzle toys, and more. See what they do and do not like.

Knowing your dog's breed(s) can help identify activities that may be fulfilling to them.

Pay attention to anything that excites them or makes them uncomfortable.

This is the same for touching them. Always go slow, offer breaks, and take note of which areas they like and do not like being touched. To know what they like and do not like look for signs listed in the next slide or reach out to a certified professional like me!



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# Learning Your Dog

Getting to understand dog body language can be very helpful in understanding what your dog is actually feeling.

Some signs of **stress** can be but are not limited to:

Lip licking

Yawning when they are not tired

Avoiding eye contact

Walking away

Whale eyes

Tucked tail

and ears held back to their head

Some signs of **comfortability** can be:

Coming closer to you

Asking for pets (by pawing or cuddling)

A loose and bouncy body

Play bows

“Helicopter tail”



**Key tip:**  
**Look at their entire body,**  
**and look for multiple signs**  
**before guessing how**  
**they may be feeling**



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# Building Confidence

Activities are great to help build confidence, especially ones they like! Activities that require problem solving skills are also great for confidence building and teaching them how to overcome obstacles. These exercise your dogs mind which is just as important as physical exercise.

For ideas see my instagram page @pawsandpeopleOC and go to my highlight labeled "Activity Ideas"

Some examples of mental exercise activities include

- Sniff based walks

- Find It games or Scent work

- Stuffed toys

- Semi difficult to difficult puzzle toys

- The Tyed Towel Knot (see on my instgram, this is my fav!)

Giving a dog space to feel comfortable and not forced into situations can also help a lot with their confidence over time. Encouragement can be helpful, but force can do the opposite and make a dog more scared.



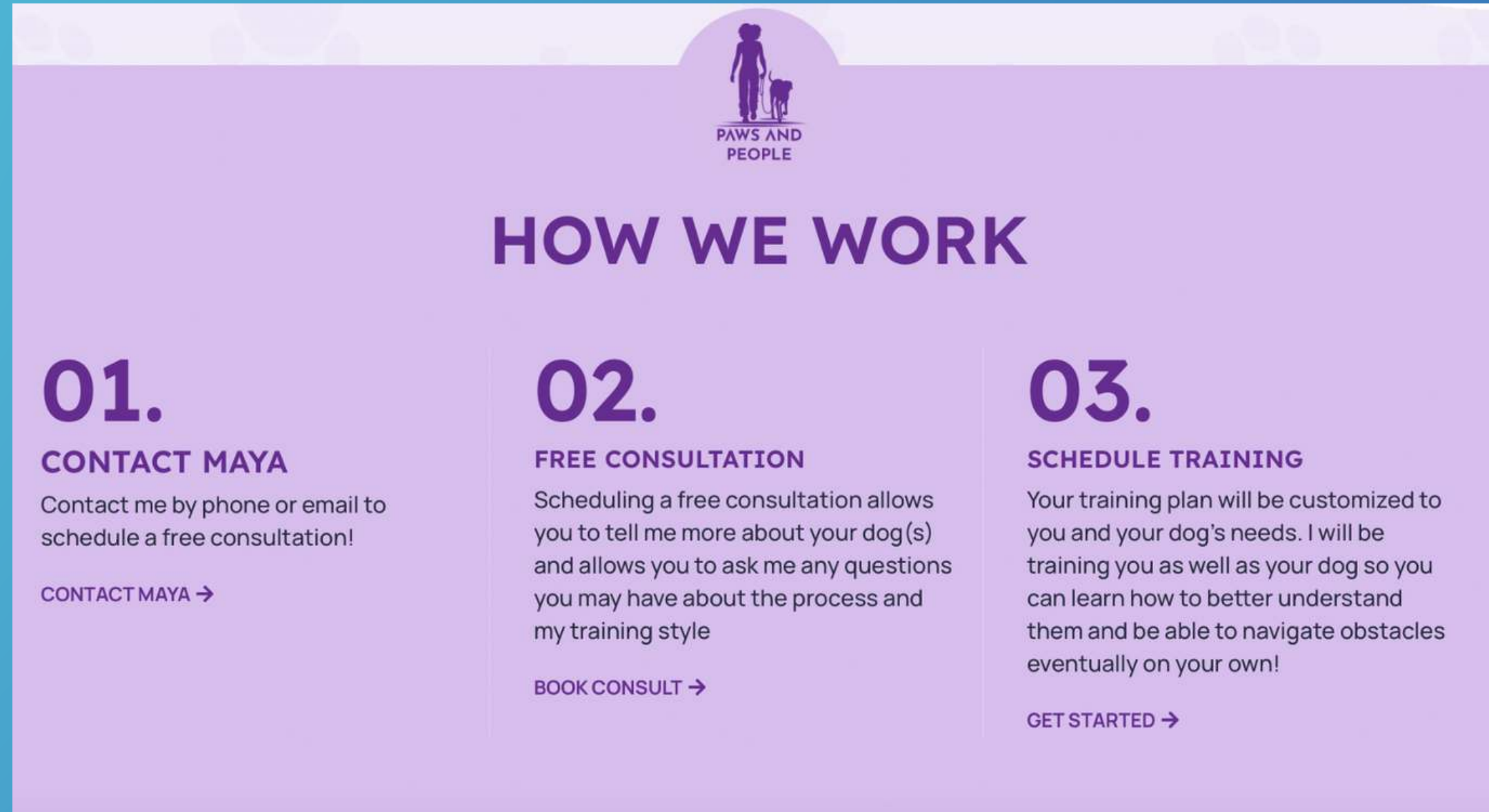
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# Building Confidence

Basic training, trick training, and dog sports are great ways to exercise your dogs mind, have fun, and build confidence!

Training is also a great way to build your communication with your dog and strengthen or build your relationship with them.

Want to start training? Go to my website PawsandpeopleOC.com to see how to get started! I offer group classes, in person-private sessions, and even virtual sessions for people with busy schedules!



**PAWS AND PEOPLE**

## HOW WE WORK

- 01. CONTACT MAYA**  
Contact me by phone or email to schedule a free consultation!  
[CONTACT MAYA →](#)
- 02. FREE CONSULTATION**  
Scheduling a free consultation allows you to tell me more about your dog(s) and allows you to ask me any questions you may have about the process and my training style  
[BOOK CONSULT →](#)
- 03. SCHEDULE TRAINING**  
Your training plan will be customized to you and your dog's needs. I will be training you as well as your dog so you can learn how to better understand them and be able to navigate obstacles eventually on your own!  
[GET STARTED →](#)



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# Animals In The Home

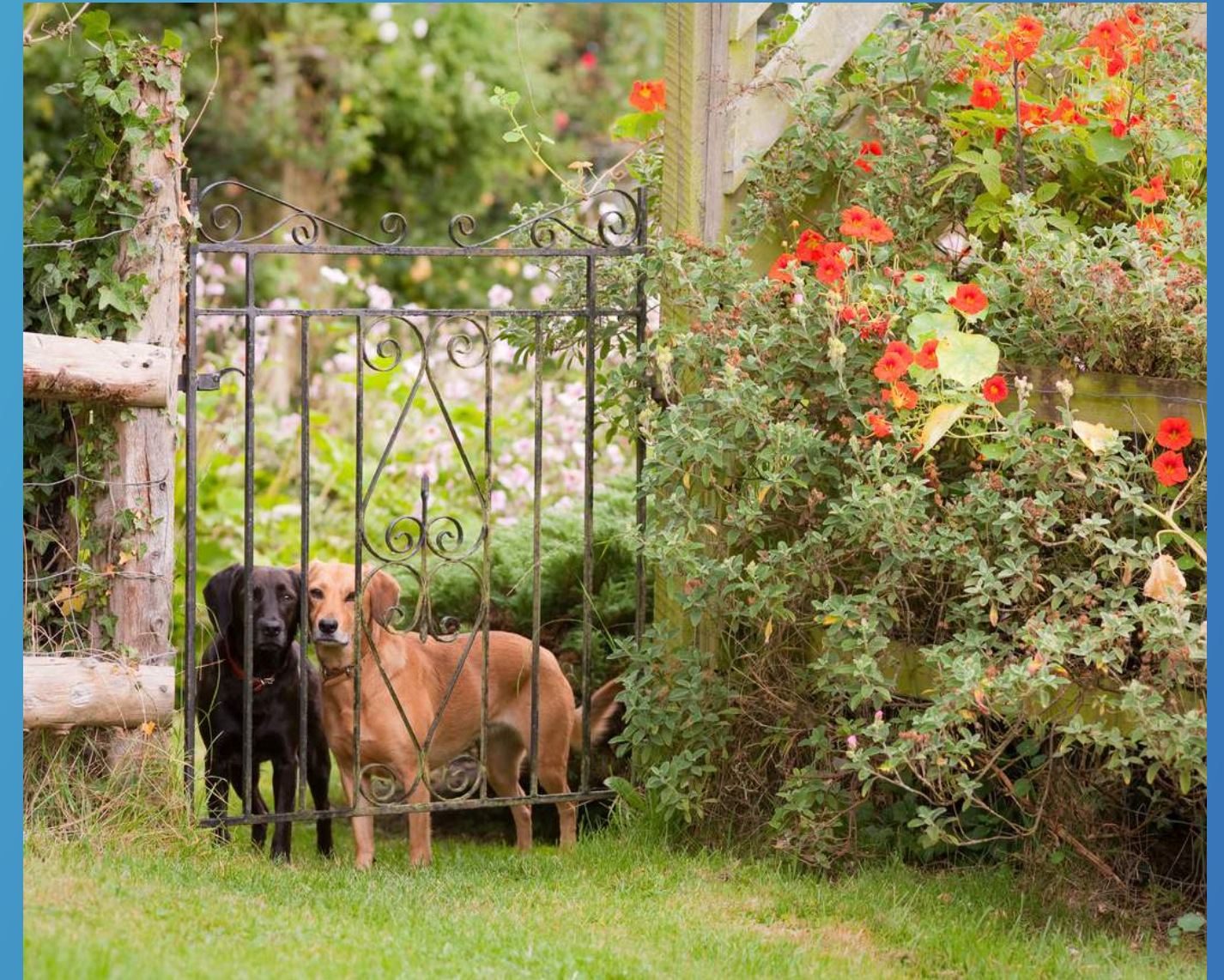
Do you have other animals in the home?

Some animals hit it off right away but it's best to take this process slow to give them the best chance of feeling safe and comfortable. You can do this by utilizing baby gates or other barriers and space.

Baby gates can help by providing a barrier that they can smell and get to know each other through, while allowing each dog or animal to maintain their space and boundaries. This gives them the option to walk away if needed and helps prevent one of them from staying in the other's face and potentially making the other animal uncomfortable. Once you see both sides are feeling comfortable, you can remove the barrier.

It's ideal to still supervise when two animals are around each other to make sure there is no conflict. It's also best to feed animals separately so they do not feel the need to resource guard or develop these behaviors overtime.

Space can be really helpful for first interactions, especially when there can be a lot of excitement from one or both sides.



# Animals In The Home

You can also utilize walks outside as a way for them to get to know each other. Pick a neutral area such as a park or trail and walk with distance apart. For example you can walk with one handler and dog on one sidewalk, and the other handler and dog on the other sidewalk on the opposite side of the street and go in the same direction. This is called a **"Parallel Walk"**. This allows them to see each other and get used to each others presence but with space. If they are comfortable with this, you can then slowly get closer and be on the same side of the sidewalk.

For more tips on how to properly do this or have two different dogs or animals meet, please reach out for help!



# Kids In The Home

The same rules of giving each other space, the option to walk away, and supervision all apply to kids as well.

Many dogs are uncomfortable around kids due to their energy, sometimes chaotic behavior, and their unlikeliness to understand when they are uncomfortable. For these reasons, dogs should always have the ability to walk away from a situation when kids are present. This is their way of reducing their own stress. If a dog is unable to do this, they may show signs of stress to communicate their need for space. If these signs go unnoticed this is when the dog may feel the need to escalate, which over time can lead to snapping and biting. Some dogs won't remove themselves from the stressful situation and instead freeze. This is where the parents should step in and give both the dog and child space to avoid conflict.

Use precautions and know both dogs and kids make mistakes, which is why supervision is always needed.



# Socialization

Socialization is the practice of exposing your dog to different stimuli such as people, noises, objects, environments, and such to help them become comfortable with them and build confidence.

An example can be taking your dog to a regular park and watching the environment such as birds, people, and animals from a distance.

Socialization is NOT about interacting with every single thing, person, and animal you see. This can teach your dog to always try and interact which may not always be ideal, safe, or possible. Good socialization actually focuses on building neutrality and positive feelings with their environment.

Dogs will not always be comfortable with everything they experience and interact with. It is important to allow them to explore at their own pace, encourage them, but avoid pushing them past what they can handle as this can make them much more uncomfortable and afraid.



# Socialization

Helping them navigate stressful situations is also important such as reminding them they can walk away when they are uncomfortable. This helps build coping skills as they get older so they can make good choices for themselves when needed.

Start off slow with quiet areas, and as you see your dog is comfortable and confident, then you can try slightly louder, more crowded, or unique areas to expose them too. Always have an option to leave if needed.

Socialization is important for puppies and can be very impactful on how comfortable they are in the world as they get older but it is also important for dogs of all ages to continue doing (at their own pace and limits).

Again, this is not limited to just getting comfortable around people and other animals but also different environments, items, surfaces, and more. Examples also include: stairs, walkers, ramps, elevators, pools, people with hats, firework noises, parking lots, etc.



# Concerning Behaviors

Is your dog showing concerning behaviors such as guarding, growling, lunging, reactivity, mild to severe anxiety, or aggression?

Reach out so I can help you determine what the next best steps are to help you and your new dog. Remember this is a big change and your dog may need time to settle, but we do want to address concerning behaviors as soon as we can. We also want you and your family to feel comfortable and safe with your new dog.

Document the concerning behavior. Write down what behavior your dog showed as well as the context such as to who, when, and where. The more details the easier it can be to find patterns and the reason why. Knowing why your dog is displaying these behaviors allows us to determine what steps we can take to help the situation.

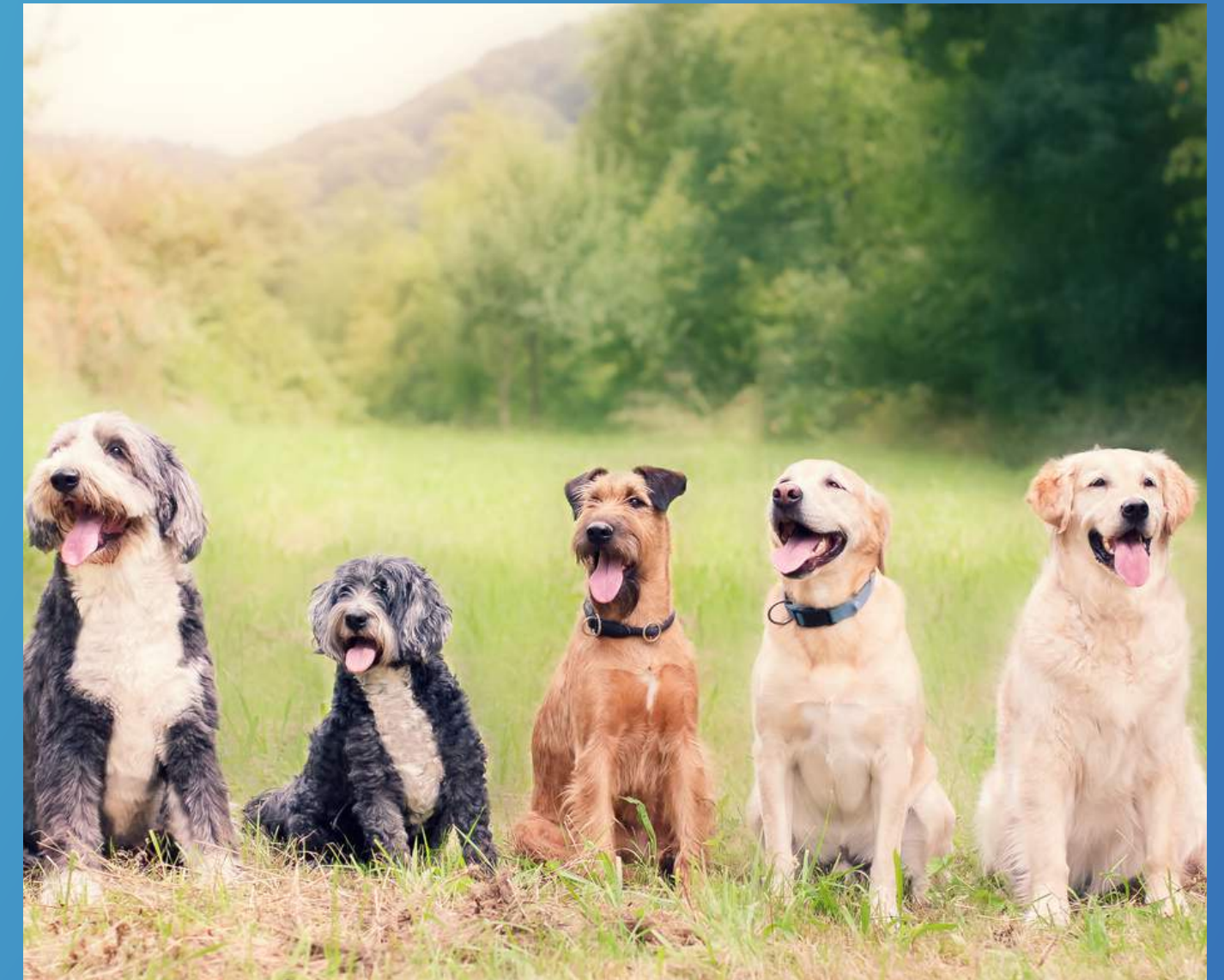


# Building Your Team

Just like you have a team for yourself such as your doctor, therapist, dentist, and such, your dog deserves a team as well.

This may look like your dog sitter, vet, trainer, groomer, and/or walker. Find people you trust to build your team.

It's great to have a sitter in mind before you need to leave. This allows your dog to meet them prior to a vacation to make sure they are a good fit. There are different options for overnight care for your dog. This could be a boarding facility though a large company, mom or pop shop, or just a sitter or family member you drop your dog off to. There are also sitters who stay at your home so your dog can still be in the same environment while you're away. Think about what would be ideal for you and your dog.



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# Building Your Team

Once you have gotten to know your dog and a routine that works best for them, give all of this information to your sitter. Use my FREE dog care instructions form so your sitter has all of the information they may need when it's time for you to take a trip. This form also includes extra information such as what to do if your dog is anxious, what activities they like, and more!

**My Dog's Care Instructions**

My Dog(s): \_\_\_\_\_ My phone number(s): \_\_\_\_\_

Will be back on \_\_\_\_\_ at \_\_\_\_\_ AM/PM

**Their Vet Information**  
Vet Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_  
Hours: \_\_\_\_\_

**Nearest Emergency Vet**  
Emergency Vet Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_  
Hours: \_\_\_\_\_

**Feeding Instructions**  
Breakfast \_\_\_\_\_  
Lunch \_\_\_\_\_  
Dinner \_\_\_\_\_

**Medication Instructions**  
Breakfast \_\_\_\_\_  
Lunch \_\_\_\_\_  
Dinner \_\_\_\_\_

**Allergies**  
\_\_\_\_\_  
\_\_\_\_\_

**Bathroom Break Instructions**  
\_\_\_\_\_  
\_\_\_\_\_

**Walks or Exercise Instructions**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Typical Signs of Stress in a Dog**  
Disclaimer: Every dog is different and may exhibit signs of stress in their own way or slightly different than described. It is always best to take into consideration the dog's entire body language and context when determining how a dog is feeling.

Typical Signs of stress can include but are not limited to:  
Panting when it is not hot or they have not exercised  
Pacing  
Lowered ears or ears held closely to their head  
Lowered body (as if they are trying to get small)  
Avoiding eye contact  
Growling  
Snapping  
Barking  
Baring Teeth  
Walking away when you try to interact with them  
Lip Licking (aka tongue flicks) when food is not present, they don't have something on their nose, etc  
Whale Eyes -When you can see the whites of the dogs eyes more than usual-  
Tucked or low tail (even if it is wagging)  
Yawning when they are not tired

**What To Do If My Dog Seems Stressed Or Anxious**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Activities My Dog Likes**  
\_\_\_\_\_  
\_\_\_\_\_

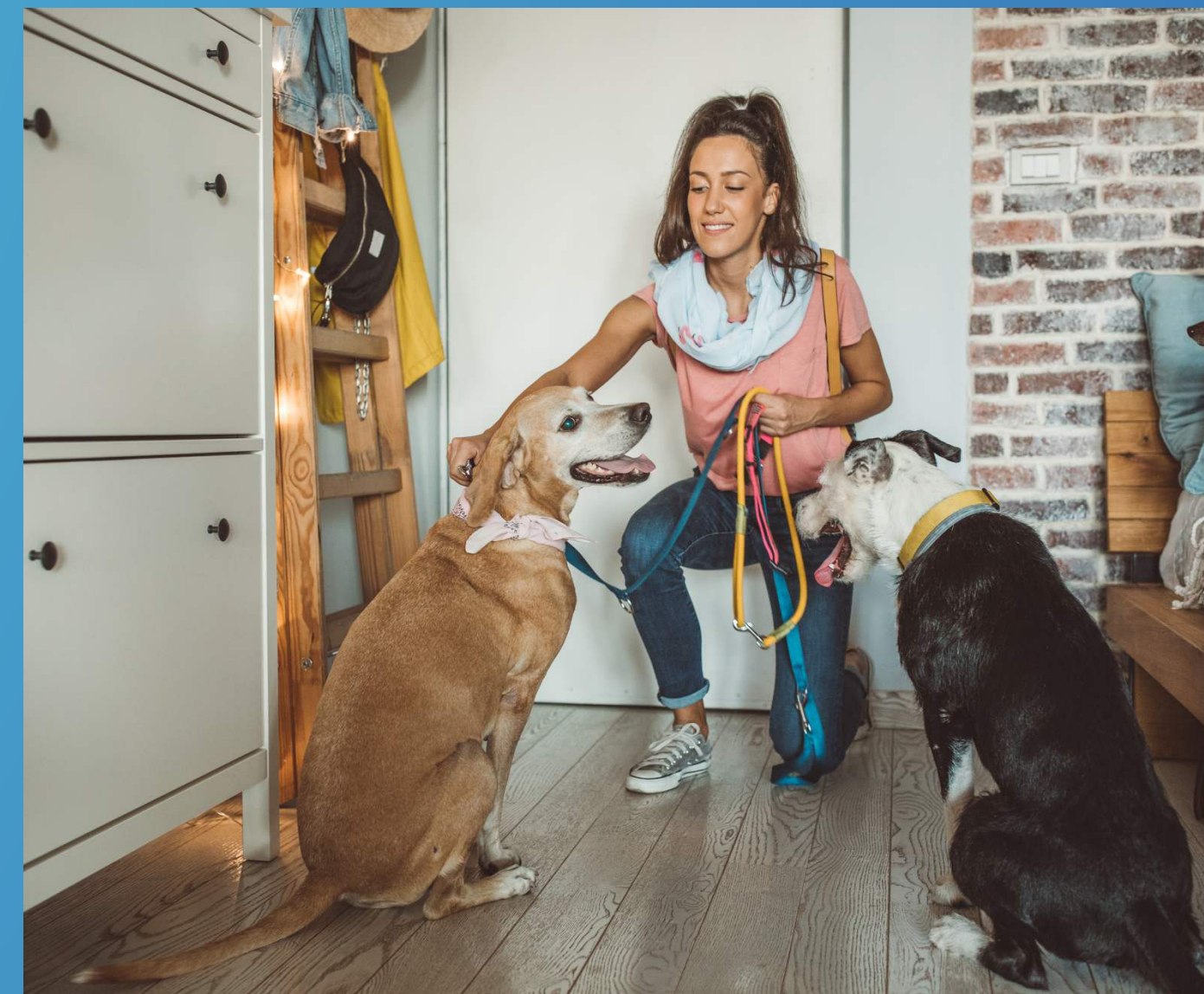
Link in Instagram bio or email me for this

# Building Your Team

Find a vet you feel comfortable with and trust. This is important so you can always rely on them when you are in doubt and have questions. Talk to your vet about the pros and cons of pet insurance as this can help avoid costly bills when your dog gets sick, and/or injured.

It is important to stay on top of your dogs health as health and behavior go hand in hand. If your dog is not feeling well it is very common for them to start or increase reactions, sensitivity, and even aggression. Think about when your not feeling well. You may be easier to snap and/or more sensitive. The same goes for our dogs. You may also see completely new behaviors from your dog if they are injured or do not feel well.

Many vets now offer "Happy visits". These are typically free visits where the dog gets to know the staff and gets love and treats without any actual check ups. This helps build a positive association with the vet. It's easy for the vet to only be associated with stressful events so "happy visits" can help break this and even start their experiences off to a good note. Ask if your vet offers this.



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# Building Your Team

Trainers are here to help you understand your dog's behavior, teach both ends of the leash how to communicate with each other, and step in on how to address concerns to have a happy and healthy lifestyle for you both.

Training should be fun for both sides! Teaching commands such as recall, door boundaries, and basic listening skills can go a long way in keeping your dog safe. There are also so many other skills and commands you can teach with training such as a wide variety of tricks, walking skills, sports, settling outside, navigating their different life stages, and more!

There is also behavior modification training which focuses on how to change or help your dog through behaviors that may not be ideal, safe, and/or affects your dog's well being. This could be reactivity, anxiety and sensitivities, resource guarding, and more! Having someone that can help you through all of these things can be very helpful for you both!



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# Building Your Team

Physical and mental exercise are very important for your dog. Meeting their daily needs can help reduce anxiety, stress, reactions, and increase calmness and confidence. Many of us now live busy lives and may not be able to fulfill all of their needs all of the time. The occasional day or two off is okay and can be useful in teaching your dog how to have calm days at home, but we should still aim to fulfill their needs as best as we can. Days at home can also include inside activities which you can find on my instagram page.

Despite this, looking into dog walkers to be apart of your team may be helpful as an ongoing or when needed basis.

Make sure it is also another person you trust. Everyone in your team should be open to questions and getting to know you and your dog. You also want to pick someone your dog is comfortable with. Many walkers will offer a meet and greet before taking them for a walk and moving forward.



# Congratulations



Congratulations on getting through all of the information!

I hope you feel ready and that this helped set you and your new dog or puppy up for success! For any questions, comments, and reviews please feel free to email me at [pawsandpeopleOC@gmail.com](mailto:pawsandpeopleOC@gmail.com)

I hope you are also excited for this new chapter in both of your lives! It can feel stressful at times (especially at the beginning), but remember to have fun and enjoy the process!



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# SEE MY OTHER COURSE!

Now that you are prepared for your newly adopted or fostered dog, see my other course on **“Understanding Dogs”** to learn more about how to tell what your dog is feeling, the truths about Alpha Theory, common “problem behaviors”, and how to deal with them.

