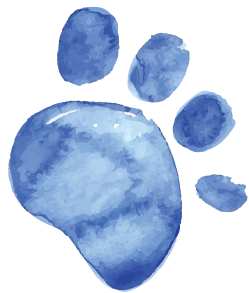


# From Rescue



to

# Home

## Your Survival Checklist

- Adoption Questionnaire
- New Dog Shopping Checklist
- Puppy Proofing Your Home Checklist
- Bringing Your Adopted Dog Home
- The 3 Days, 3 Weeks, 3 Month Rule
- Dog Body Language Cheat Sheet





# Rescue Dog Adoption Questionnaire

**Date:**

**Shelter Name:**

**Dog's Name:**

## GENERAL QUESTIONS

How did the dog end up in the shelter or rescue?

How long has the dog been in the shelter or foster home?

Why was the dog surrendered?

Is there any history of abuse or neglect?

How would you describe the dog's personality?

Where do they sleep at night? In a crate, dog bed?

Have they been to a groomer before? How did it go?

Do they allow you to trim their nails, clean their ears, and bath them?

Are there any special needs this dog requires?

What are the adoption fees for this dog?

Will it be possible for my current dog to meet the adoptable dogs before adopting?

Do you have a foster-to-adopt program?



## HEALTH QUESTIONS

Has the dog had a general wellness exam by a veterinarian? When?  
Did they find any health issues or concerns?

Do you provide any health guarantees or support in case of medical issues shortly after adoption?

Is the dog neutered/spayed?

Are they current on all vaccines? Rabies – Distemper/Parvo – Bordatella. If you adopt the dog, make sure to get copies of all vet records.

Are they current on heartworm and flea/tick preventative?

Have they had a Snap 4 DX test?

(A 4Dx snap test is a blood test that is run by a vet. While not required, it provides valuable information. The test is a screening process for six vector-borne diseases: Heartworm, Lyme, Ehrlichia canis, Ehrlichia ewingi, Anaplasma phagocytophilum and Anaplasma platys.)

Is the dog microchipped, and how can I update the contact information if needed?

Do they have any allergies? To food or environmental?

Check the eyes and ears for yourself. Are the eyes clear of discharge, are the inside of the ears clean?

Have they had any dental problems?

What type of food do they eat? Find out the brand and exact variant so you can either feed the same food or slowly transition to a higher quality food.

LOOKING FOR FRIENDS



## ENERGY LEVEL QUESTIONS

How much exercise does this dog need?

How would you describe the dog's energy level?

How many times a day do they need to be walked, and for how long?

Do they know how to relax and lay down when you are ready to stop playing?

What types of activities or exercises does the dog enjoy? (fetch, swimming, frisbee, walking, running)

Would they be a good dog for going on hikes or running?

## ADDITIONAL NOTES

Use this space to add any additional notes and observations.



## BEHAVIOR QUESTIONS

Has the dog undergone any behavioral assessments or training while at the shelter?

Are there any known behavioral issues we should be aware of?

Does the dog have any resource guarding issues with food, toys, or anything else?

Are they independent or dependent? Are they anxious or shy?

Do they show any signs of separation anxiety?

Do they bark excessively when left alone?

How long can they be left home alone?

Do they have any fears? (thunderstorms, loud noises, men)

Do they chew things such as kids' toys, furniture, or shoes?

Do they like to play with other dogs?

Would this dog prefer to be the only dog in the house or with other dogs?

Are they dog-friendly around other dogs? How do they act when they meet new dogs?  
On leash and off leash.

Ask to see them interact with another dog. Note your observations.

Have you ever taken them to a dog park? How did it go?

If you have a cat, have they been around a cat before? How do they act around cats?

Is there anything that brings out fear or aggression in them? (Bikers, strangers, men, etc.)

How do they act around strangers? Are they scared, shy, aggressive, or friendly when meeting new people?

Is the dog [child-friendly](#)? Have they been around kids? How old were the kids? How does the dog act around them?

Has the dog ever nipped, bitten or attacked anyone?

Do you consider them a vocal dog? What makes the dog bark? Do they bark when left alone, at the doorbell, at people/dogs on walks?

How are they in the car? Are they calm, overly excited or scared of the car?

Can the dog jump fences? Do they need a high-fenced secure yard?



## TRAINING QUESTIONS

**Potty Training:** Is the dog potty-trained? Don't assume that an adult dog is already potty-trained. Do they have any signals to ask to go outside? How often do they need to go outside?

Do they have any known behavioral issues?

Has the dog had any formal training for behavior, obedience, hunting, agility, etc.?

What commands do they know? Ask for specific words or hand signals used, this will help you understand how to interact with the dog if you adopt them.

How do they walk on a leash? Do they walk with a flat collar, harness, prong collar, or any other tools?

Do they pull or lunge at other dogs, people, cars, or bikes?

Can I take them for a short walk? If you have another dog, ask if you can walk the two dogs together.

Does the dog have a good recall? Do they respond to their name when called?

What type of training tools have been used on them? Martingale collar, E-collar, prong collar, etc.

Is the dog food motivated? If not, what does motivate the dog?

What type of discipline works with them? A firm no, a leash correction, redirection, time-out?

**Crate Training:** Is the dog crate trained?

How do they act in a crate? Calm, anxious, bark?

If not crate trained, does the dog have free roam of the house when alone? If so, what do they do? Any mischievous behavior?



## FUTURE SUPPORT AND FOLLOW-UP

Do you offer any guidance or resources for helping the dog transition to a new home?

Are there training classes or behavior resources available for adopted dogs?

Can you recommend local trainers or behaviorists if needed?

Do you have an online community or support group for adopters?

What steps should I take if the dog shows signs of illness or distress after bringing them home?

What if the dog ends up not being the right fit?

How can I contact the shelter if I have questions or concerns after adopting the dog?

What is the process if, for any reason, I need to return the dog to the shelter?

Are there any conditions or fees associated with returning an adopted dog?



# New Dog Shopping Checklist

Shopping for a new puppy is fun, but also can get expensive real quick. Go shopping BEFORE you bring home your new puppy. Keep to our basic shopping list at first, then you can add more items as you get to know your dog and what he will really need.

**A complete list of product recommendations:**

**New Puppy Shopping List**



- Leash, Collar, and ID Tag
- Food and Treats
- Food and Water Bowls
- Crate and/or Puppy Play Pen
- Baby Gate(s)
- Toys and Chew Toys
- Dog Bed
- Dog Shampoo
- Brush
- Nail Clippers or Dremmel
- Dog Toothbrush and Toothpaste
- Pooper Scooper
- Poop Bags
- Enzyme Cleaners
- Mini Carpet Cleaner
- Other \_\_\_\_\_



# Puppy Proofing Your Home Checklist

Just like if you were bringing home a new baby, your house needs to be safe for your new puppy. Even if you are adopting an adult dog, your house needs to be safe.

Start by laying down and/or crawling on your hands and knees on your floor, what do you see? Search for anything small, wires from TV, phone and chargers, TV remote, shoes, kids toys, pens, gum....

## 10 Puppy Proofing Tips

Electrical Cords and Phone Chargers

Trashcan (Kitchen, Bathroom, Office)

House Plants

People Food

Kids Toys

Toilet Bowls

Medicine Bottles

Cleaning Supplies

Dangerous Hiding Places (Recliner Chairs, Unstable Shelves or TVs)

Balcony Or High Deck

Backyard Fence, Plants, Lawn Chemicals

Garage Chemicals



# Bringing Your Adopted Dog Home

The first thing most people want to do is show off their new puppy. But I urge you to take it slow, he has been through a lot and it's very stressful. Give your new dog time to decompress.

The common milestones your new dog will go through will be the first 3 days after bringing your dog home from the shelter, then 3 weeks, then 3 months. Study the graphic on the following page.

## Bringing Home a Rescue Dog



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Keep dog on leash and in a crate for car ride home.

Take a nice long walk outside with your new dog before entering your home.

Keep existing pets separated from new dog for at least 24 hours.

Introduce your new dog to the inside of the house slowly so to not create overwhelm.

Keep the first few days quiet, no special outings or visitors.

Create a routine from day one.

Research training classes and sign up for one right away.

Never leave the new dog alone with your children.

Stay calm, be patient, and read about the [3-3-3 rule](#).

# The 3 Days, 3 Weeks, 3 Month Rule



**3D** In the first 3 days, your new dog will be overwhelmed with his new surroundings. He will not be comfortable enough to be himself. Don't be alarmed if he doesn't want to eat for the first couple of days, many dogs don't eat when they are stressed. He may shut down and want to curl up in his crate or under the table. He may be scared and unsure what is going on. Or he may be the opposite and test you to see what he can get away with, kind of like a teenager.

**3W** After 3 weeks, he's starting to settle in, feeling more comfortable, and realizing this really may be his forever home. He has figured out his environment and getting into the routine that you have set. He lets his guard down and may start showing his real personality. Behavior issues may start showing, this is your time to be a strong pack leader and show him what is right and wrong.

**3M** After 3 months, your dog is now completely comfortable in his home. You have built trust and a true bond with your dog, which gives him a complete sense of security with you. He is set in his routine and will come to expect his dinner at his usual time.

[More About the 3-3-3 Rule](#)



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# The 3 Days, 3 Weeks, 3 Month Rule of Adopting a Rescue Dog

The 3-3-3 rule is a general guideline, every dog is unique and will adjust differently. Give your dog space and allow him to go at his own pace.

## 3D



### In the first 3 days,

- Feeling overwhelmed
- May be scared and unsure of what is going on
- Not comfortable enough to be "himself"
- May not want to eat or drink
- Shut down and want to curl up in his crate or hide under a table
- Testing the boundaries

## 3W



### After 3 weeks,

- Starting to settle in
- Feeling more comfortable
- Realizing this could possibly be his forever home
- Figured out his environment
- Getting into a routine
- Lets his guard down and may start showing his true personality
- Behavior issues may start showing up

## 3M



### After 3 months,

- Finally completely comfortable in his home.
- Building trust and a true bond
- Gained a complete sense of security with his new family
- Set in a routine

# Dog Body Language Cheat Sheet



## Calm and Relaxed

**Body:** Relaxed posture  
**Tail:** Relaxed, wide sweeping or circular wag  
**Ears:** Relaxed  
**Eyes:** Relaxed, small pupils at the center  
**Mouth:** Relaxed, mouth closed or opened slightly



## Playful

**Body:** Play bow, front legs on ground with butt up  
**Tail:** Up and wagging  
**Ears:** Up  
**Eyes:** Pupils dilated  
**Mouth:** Open or closed



## Alert

**Body:** Standing tall posture, hackles up  
**Tail:** Horizontal  
**Ears:** Perked up, forward and high on head  
**Eyes:** Wide open  
**Mouth:** Closed and quite



## Dominant

**Body:** Stiff posture, hackles may be raised, mounting  
**Tail:** High and stiff or wagging  
**Ears:** Perked up, high on head  
**Eyes:** Wide open  
**Mouth:** Closed or possible growling



## Aggressive

**Body:** Stiff posture, hackles may be raised  
**Tail:** High and stiff wagging  
**Ears:** Held up and back  
**Eyes:** Wide, whites of eyes visible (whale eye)  
**Mouth:** Growling, lips curled, teeth visible



## Fearful or Anxious

**Body:** Trembling or cowering  
**Tail:** Tucked or low and slowly wagging  
**Ears:** Tilted back or flattened  
**Eyes:** Avoidance, whites of eyes may be visible  
**Mouth:** Yawning, licking lips, whining, dry panting

Learning how to read your dog's body signals is a great way to connect with your dog. It will help you understand what they are feeling and thinking. And your dog is going to be so grateful for it.

## Calming Signals

Calming signals are signs that dogs give to humans and other dogs to avoid conflict and announce stress.

- Yawning
- Licking his lips
- Head turning away
- Shaking body
- Walking in a curve
- Walking slowly or freezing
- Lifting one front paw
- Lowering the head, sniffing ground
- Scratching
- Raised or furrowed eyebrows

# ADOPT. LOVE. TRAIN.

Rescue Dogs 101 is here to help guide you in your journey of adopting and raising a rescue dog every step of the way.



## My Dog's Health Planner

A 34-page digital dog health record book with fillable form fields to make it easier than ever to keep track of everything related to your dog.

[LEARN MORE >](#)



## Dog Parent's Toolbox

Discover our digital library of helpful tools and resources for keeping your dog happy and healthy.

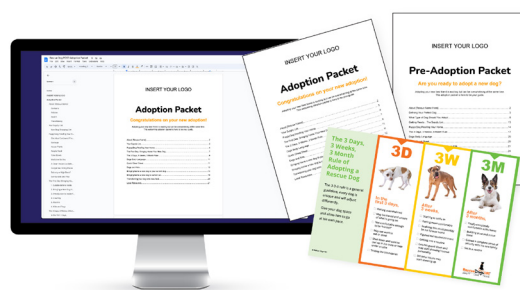
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## Dog Body Language Learning Set

Learn canine body language with our full-color photographic guide, coloring pages and flash cards.

[LEARN MORE >](#)



## Dog Adoption Handbook Templates

Pre-Adoption and Adoption Packets provide all the crucial information adopters need to ensure a seamless and successful adoption process.

[LEARN MORE >](#)

If you have a friend or family member that could benefit from this resource, please direct them to get their copy at [www.RescueDogs101.com](http://www.RescueDogs101.com).

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