

# Congratulations

## ON ADOPTING YOUR NEW FAMILY MEMBER!

The Humane Society of Boulder Valley strives to be your primary resource for all things companion-animal related. Whether you need assistance with training or veterinary services, we're here to help. Our website ([boulderhumane.org](http://boulderhumane.org)) is loaded with valuable resources and tips. Thanks for choosing to adopt through our organization. We wish you many years of love and togetherness!

This is an exciting time for you and your new companion. The joy, love, and companionship you will share will change both of your lives. A successful transition into a new home depends largely on you. Taking the time now to help your pet make a smooth transition to their new home will increase the chance that appropriate behavior will continue to develop.

The Humane Society of Boulder Valley pledges to assist and work with you to support the success of your adoption and strengthen the bond between your family and your new pet. During your pet's stay at the Humane Society of Boulder Valley, our staff worked to give them the very best start on their new life.

We want to continue caring for your animal and assisting you, the new guardian, once your animal moves from our home to yours. Just as you will always be there for your pet, the Humane Society of Boulder Valley is always here for you to provide any assistance and information to help your adoption become a lasting success.

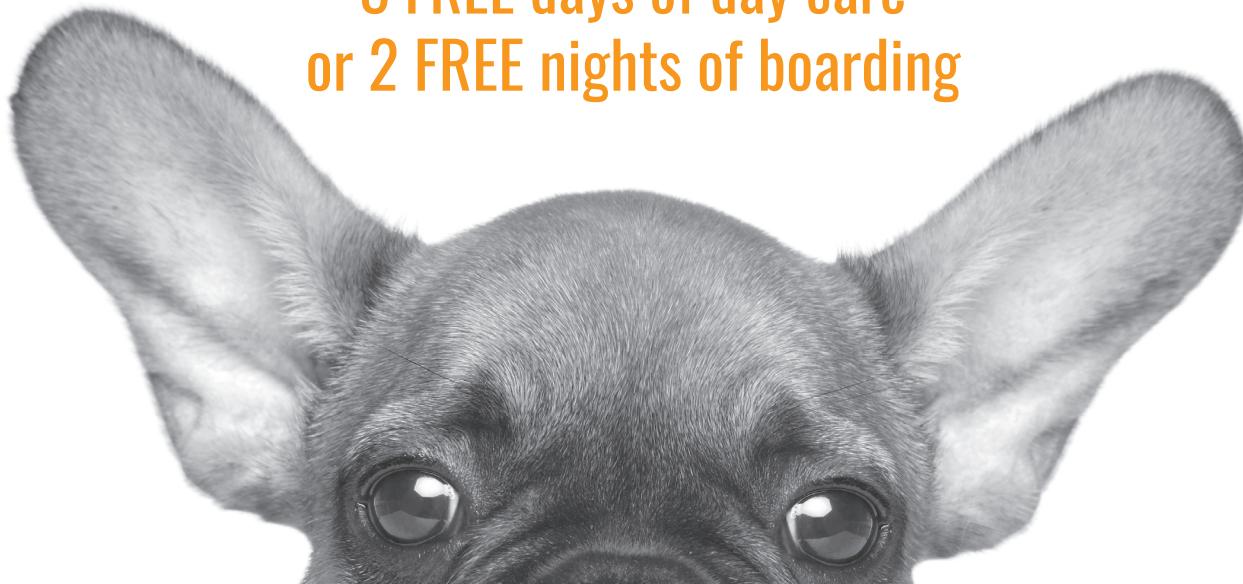
Our Pet Pal Pack is created to help ensure a happy and successful relationship with your pet. You will find information about pet care, resource listings, and licensing information. Please contact the Humane Society of Boulder Valley any time you have questions or concerns about your pet's well-being. Our commitment to you will continue long after this special day.



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# Humane Society of Boulder Valley Resources

## Veterinary Clinic

2323 55th Street, Boulder | 303-442-4030 option 2

Open Monday - Friday, 7 am - 6 pm, and Saturday, 7 am - 5 pm by appointment only. Closed on Sundays. [clinic@boulderhumane.org](mailto:clinic@boulderhumane.org) | [boulderhumane.org/clinic](http://boulderhumane.org/clinic)  
Prescription refills | 303-565-3725

The Humane Society of Boulder Valley's full-service Veterinary Clinic is open to the public. Our dedicated team of professionals provides quality and compassionate medical services to shelter animals and pets with guardians. Revenue generated by the clinic directly supports the mission of the Humane Society of Boulder Valley by funding health care for homeless and abused animals. Our clinic provides a variety of financial assistance options, including discounts for qualifying low-income families.

## Training and Behavior Center

2323 55th Street, Boulder | 303-442-4030 option 4

[trainingcenter@boulderhumane.org](mailto:trainingcenter@boulderhumane.org) | [boulderhumane.org/training](http://boulderhumane.org/training)

The Humane Society of Boulder Valley's professional, certified training and behavior counselors provide positive reinforcement training classes as well as private training sessions and behavior consultations for you and your pet. Training and Behavior consultants hold either an advanced graduate degree or certification in the field of animal behavior and training. Our training classes are offered seven days a week and are designed to be convenient, fun, and build the relationship between you and your pet.

We offer a variety of classes, including "Puppy Kindergarten," "Basic Manners" and "Agility." Revenue generated by your participation in our training classes funds the department's nationally recognized and highly successful behavior modification program which provides training and behavior rehabilitation for shelter pets in need. Please visit our website to sign up or learn more.

## Volunteer

To volunteer, please visit [boulderhumane.org/volunteer](http://boulderhumane.org/volunteer) or call 303-442-4030 option 5

The Humane Society of Boulder Valley volunteers make a difference every day in the lives of homeless animals. From dog walking and events to training assistance and behind-the-scenes help, we rely on the involvement of our caring and hardworking volunteers in all our programs.

## Lost and Found Services

2323 55th Street, Boulder | 303-442-4030 option 1 | [boulderhumane.org](http://boulderhumane.org)

Open Monday - Friday, 11 am - 7 pm, and Saturday - Sunday, 10 am - 5 pm

The Humane Society of Boulder Valley can help you locate your lost pet, regardless of whether or not you adopted the animal from us. Visit our website to see animals that have been reported lost by their guardians and animals that have been found.

Every dog and cat adopted from the Humane Society of Boulder Valley goes home with a collar and microchip. Microchip implants are a good way of ensuring your pet's identification. The microchip, which is about the size of a grain of rice, provides an identification number that is maintained by a national registry. This number can be traced to a pet's guardian. It is important to keep your information updated with the registry. You may be charged administrative fees by the microchip company.

## Thrift and Gift Shop

5320 Arapahoe Road, Boulder | 303-415-0685

Open Monday - Saturday, 10 am - 6:00 pm, and Sunday, 11 am - 5 pm

Donations accepted Monday - Saturday, 10 am - 5 pm

Shop for or donate household items, clothing, furniture and books. Quality second-hand items are sold to benefit homeless animals.

## Sonnyside Retail Store

2323 55th Street, Boulder | 303-442-4030

Monday - Friday, 11 am - 7 pm, and Saturday - Sunday, 10 am - 5 pm

The Humane Society of Boulder Valley has a retail store located in our lobby. Proceeds benefit homeless animals. Purchase treats, toys, collars, and other supplies for your pet.

## How to Donate

For information call 303-442-4030 ext. 637

[boulderhumane.org/donate](http://boulderhumane.org/donate)

The Humane Society of Boulder Valley is a non-profit organization that relies on the generous donations and support of people like you to continue our lifesaving (and life-improving) efforts. If you are interested in supporting our mission, financial contributions can be made in a variety of ways. Visit our website for a list of donation options.



# Welcoming a Dog into Your Family

## Celebrating Your New Dog's Arrival

We know how exciting it can be to add a new dog to your family! Please remember that your pet is excited, too, but may experience some stress with this new life change. Please give your dog a few days to relax and get used to their new routine. If you must have visitors during those critical first couple of days, ensure your dog always has the choice to leave the crowd or sleep in their new bed while everyone is having fun.

## What You Need

Here are some things you'll want to have on hand for your new dog:

- Quality dog food
- Food and water bowls
- Leash
- Collar
- Toys
- Dog bed

## House Training

Your dog may or may not be house-trained when adopted; therefore, you should expect to have some accidents in your home. The most effective way to manage your dog's elimination habits is to have a consistent eating and eliminating schedule, as well as a plan for managing them when you are away or are unable to supervise.

Strive to take your dog to the same outdoor location to help your dog understand what you want. Remember to reward your dog with high-value treats (chicken, cheese, hot dogs) for going to the bathroom outside. When you leave your dog home, consider training them to enjoy staying in a gated area of the home or in a crate. Dogs typically won't soil this space because it is unpleasant to sleep in an area that has been soiled. Puppies younger than four months cannot be expected to control their bladders and bowels like an adult animal. During the day, they are only able to hold their bowel/bladder for one hour per month of age plus one. At night, you can multiply their age times 1.5 to get an idea of how many hours they can hold it. Using management, treats and a set routine are the most effective ways to house train your new dog.

When your dog or pup has an "accident" in the house, simply clean it up. If you catch them in the act of having an accident, calmly say "Uh-oh," then pick them up, carry them outside and allow them to finish. Once they have pottied, reward them. Punishment will only create confusion and worry, especially if implemented after the fact. The way you clean the soiled area is critical to ensure the spot does not become a magnet for all pets in the household. Avoid using steam cleaners and most commercial carpet cleaners. Use a good enzymatic cleaner available at our retail store and at pet supply stores.

## Crate Training

Providing a crate for your dog can be a great way to train them and introduce them to their new environment. Crate training your dog can help you prevent, control and manage common problem behaviors.

### A crate will help you:

- Enjoy peace of mind, knowing your dog is safe and your home will not be soiled or damaged.
- House train your dog more quickly, establishing a regular routine.
- Travel with your dog without causing distractions for the driver.
- Provide your dog with a secure place where they can retreat when tired, stressed or ill.

Training your dog to feel comfortable in their crate must be done slowly and gradually. Place the crate in the home in an area where people spend time; the living room or bedroom are good choices. Start by leaving the door open and occasionally placing a tasty treat inside for them to retrieve. Once your dog is comfortable going in and out for the treat, begin feeding meals in the crate. As your dog becomes accustomed to eating in their crate, you can begin closing the door while they are inside, gradually increasing the time the door stays closed. If your dog whines or cries briefly, just wait for a moment of silence before letting them out. Do not force your dog to stay inside, especially if they appear to be highly stressed. If you have adopted a puppy, make sure you grant requests to potty. Some dogs suffer from distress when left alone; these dogs generally cannot handle crating. It is important to distinguish the difference between a dog that is seeking attention and one that is suffering from separation anxiety.

## Independence Training

Bringing home your new dog is exciting, and you may feel compelled to give them all of your attention. Although sometimes difficult for you and your dog, you should establish a sense of independence within the first few days. Devoting time to your new dog is wonderful, just make sure you practice leaving your dog home alone from day one. A quick trip to the store is a great way to start independence training. Just make sure that you leave your dog either in a crate or a secure space with a special treat like a stuffed Kong so you aren't surprised when you return home. This short, controlled time will give you an idea of how your dog handles being left alone.



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# Canine Companions

Take the time to transition your new dog into the family schedule. Introducing your new dog to an existing pet can be a stressful part of adoption. To facilitate relationship-building between animals, make all interactions fun and positive.

Expect the transition to take some time and be prepared to go about it gradually. Give your first pet lots of attention to reassure them that they aren't being replaced. Be sure that each animal has their own food and water bowls, toys, and bed.

## Dog/Cat Introductions

When introducing the dog to the cat, make sure the dog is on leash, allow the cat to choose to stay or leave, and do not hold the cat in your arms.

The primary goal of a successful dog and cat relationship is peaceful coexistence without predatory chasing that is stressful for your cat. Some dogs possess a very strong predatory instinct to chase, which may render teaching an alternative behavior difficult. If you need support or have questions about chasing behavior, please call the Training and Behavior Center. To introduce your new dog to your resident cat, leash your dog or allow initial introductions behind baby gates. Allow escape routes and hiding places for your cat so that they may exit the situation. For your cat's well-being and to maintain appropriate litter box habits during the adjustment period, ensure that the litter box is kept in an area that is not accessible to the new dog. Please maintain close supervision of all interactions until you are confident that your cat is not in danger.

## Dog/Dog Introductions

Typically, dogs are highly social animals. We hope that your resident dog will be fast friends with their new companion. To maximize chances of a successful friendship, spend a few minutes walking the dogs on leash within sight of one another, but not so close that either dog becomes overstimulated by the other. Be sure to have some treats handy so that you can reward the dogs for choosing to focus on their handler rather than the other dog. Once both dogs are calm, the dogs can be allowed to briefly meet, unless either dog shows signs of anxiety or arousal as the other dog approaches. Try to keep this first greeting brief, probably no longer than five seconds, and be sure to keep slack in both dog's leashes. Call the dogs apart after a few seconds and reward each dog. If both dogs immediately show an interest in playing during this introduction, they can be brought to a safe location to run together with their leashes dragging behind them. If either dog appears hesitant or wary during the introduction, this process may need to be repeated several more times until they are both comfortable in each other's company. Once both dogs are comfortable, take a short walk together before introducing the new dog to your home.

Prior to bringing the new dog into your home, be sure to pick up all the toys, bones, food, and anything else that you believe your resident dog would prefer not to share. For the first several days, only provide items like bones and food when the dogs are in separate areas. Toys may be reintroduced under supervised conditions once you feel confident that the dogs are starting to bond. When you are ready to introduce toys, make sure you have new toys for the new dog and start by putting out lower value items such as plush toys or balls. Some dogs may guard their favorite toys from the other dog, and this is perfectly normal and natural behavior. These items should be treated similarly to food and bones, and only provided when the dogs are separated from one another.

Sometimes the transition can be bumpy, and some degree of management may be necessary for a period of weeks. Crates or kennels can be extremely useful for controlling the dogs' access to each other when supervision is not possible. Make sure that both dogs have been properly introduced to the crate (see page 5) prior to using it as a management tool. Instances of intimidation or other altercations should be interrupted, with the dogs being separated for a period ranging from a few minutes to the remainder of the day, depending on the severity of the incident. If a fight does erupt, loud noises or water will put an end to most altercations. In the case of serious conflict, try not to grab the dogs' collars to intervene because it is easy for either dog to mistakenly bite you. Instead, take hold of the rear hips and pull away while lifting up. Our Training and Behavior Consultants can offer a range of strategies on all aspects of the relationship between the dogs, and they are available as a resource to all of our adopters.

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# Training Your Dog

## Training

Your new dog is learning each and every day. Training allows you and your dog to have a shared understanding, which will make life with your new dog happier and easier (for both of you). Additionally, training enriches your dog's mind, creating a more content, fulfilled animal. Positive training methods have been shown to be far more effective in creating well-adjusted, well-trained dogs than punishment-focused methods. Positive training methods do not require a special training collar, in fact we do not recommend choke, pinch or shock collars. These collars may cause injury to your dog. If your dog pulls on the leash, you may want to try a body harness or head halter.

If you adopted a puppy, the most important thing you can do is to socialize and train your puppy as much as possible before they are 16 weeks old. Enroll in our "Puppy Prep School" class, attend our Puppy Socials, and allow your puppy to interact with adult dogs who are vaccinated, gentle and safe. Introduce your puppy to as many people (including children) as possible. Ask them to please give your puppy a treat. Supervise the interactions and make sure they are positive for the pup. Do not take your puppy to the dog park – there are just too many dogs that may scare the new pup. Practice touching your new puppy on their paws, tail and ears. While doing so, feed them treats. They should learn that this is a wonderful experience.

The most effective way to train your dog is to begin immediately with positive reinforcement training classes. When you adopted your new dog from the Humane Society of Boulder Valley, you received a coupon code for a discount through the Training and Behavior Center. These classes teach you the mechanical skills of dog training and introduce your pet to real world manners, including sit to greet people, come when called, walk on a loose leash, and leave it alone.

Register online at boulderhumane.org or call 303-442-4030 option 4. We offer a wide variety of classes for both you and your dog, so please visit our website to see all the classes available.

## Exercise

A tired dog is a happy dog! Your dog will be more fulfilled and enjoyable to be around if they are getting enough exercise. This includes physical and mental exercise. An hour a day is the minimum for most dogs, although your new dog's age and breed does influence how much exercise is required. Many behavior issues such as destructive chewing, digging and excessive barking are symptoms of dogs that need additional mental and physical enrichment.

## Separation Anxiety

In order to prevent separation anxiety, please see the Independence Training information on page 5. Many shelter dogs attach very strongly to their new family members. On occasion, these strong attachments may render a new dog susceptible to separation distress when left alone in their new home. Here are some of the common warning signs of dogs suffering from separation anxiety:

- Destructive behavior especially to doors and windows when left alone.
- Dog is an escape artist and may injure themselves when attempting to escape.
- Both urination and defecation when left alone.

If you suspect your dog is suffering from separation anxiety, call our Training and Behavior Center for help.

## The Carrot, Not the Stick

To the great fortune of our companion animals, dog care and training have evolved considerably during the past 15 years. In our progressive Boulder community, we now define our role as that of pet "guardian" instead of "master" or "owner," a change in terminology indicative of our changed perception of human/animal relationships. With a large population of dog-loving individuals, the city of Boulder encourages and enhances mental and physical stimulation for our pets by promoting dog park development, opportunities for open space doggie enjoyment and dog training activities. As guardians, we search for and engage in relationship-building activities, such as hiking, trail running and dog agility. No doubt about it, a companion dog in Boulder is a lucky dog indeed!

Most encouraging to those of us in the field of animal welfare, Boulder guardians champion humane, positive training methods to teach pets to be joyful, well-mannered canine citizens. Traditional force-based methods that use choke, pinch or shock collars have grown outdated and are ineffective compared to more efficient,

positive training techniques that rely on treats, toys, high praise and opportunities for playtime. Consider the loveliest dogs you observe around our wonderful city – their good manners are as evident as the enthusiasm with which they respond to their guardians! This overwhelmingly positive effect on the guardian/pet relationship is perhaps the greatest reason for the widespread popularity of positive training methods. To top it all off, dogs not only enjoy positive-based training, they learn quickly and demonstrate exceptional behavioral reliability!

## Science-Based Training

After more than 60 years of study in a variety of animal species, including humans, pigeons and dogs, we understand that behavior is either encouraged or discouraged by the consequences that follow. By simply controlling the consequences that follow our dog's actions, we can easily promote desirable behavior and resolve undesirable behavior – resulting in a well-trained companion! In dog training, we hope to encourage behaviors we enjoy (sitting when neighbors visit) and teach new behaviors to substitute for the undesirable ones (jumping when neighbors arrive). The dividing line between traditional training and a progressive, positive-based approach rests on the decision to use either aversive, force-based techniques or reward-based, positive techniques to accomplish our training goals.

## Why Be Positive?

Positive trainers embrace gentle, reward-based, pain-free training methods and rely on positive reinforcement to encourage and promote desirable behavior – sitting for greeting, chewing on appropriate chew toys, and any number of "obedience" type behaviors.

With the advent of positive training methods, there has been a cultural shift away from intimidation and force as a method for achieving compliance.

We have changed our focus from "How do I get my dog to stop this behavior?" to "How do I get my dog to start doing this instead?" Positive trainers have learned to reframe their expectations of pet dogs with the goal of teaching dogs to work cooperatively and enthusiastically with their guardians.

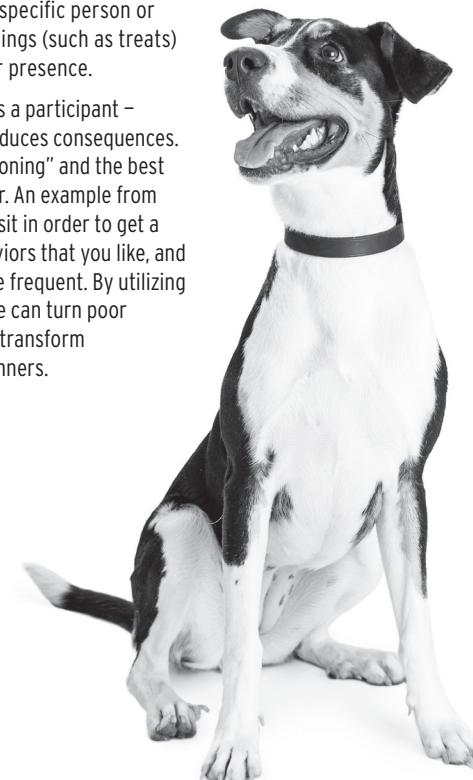
The result is an enthusiastic dog with highly reliable "manners" and an outstanding relationship with their guardian.

## How Dogs Learn

There are two primary ways in which dogs learn most effectively. The first way is as an observer – they watch their surroundings and learn that one event consistently leads to another. This research was pioneered by Ivan Pavlov and is called "Classic Conditioning." A common example from your dog's life could be that the appearance of their leash consistently leads to them going for a walk.

If you wish for your dog to like a specific person or scenario, make sure that good things (such as treats) are consistently paired with their presence.

A second way that dogs learn is as a participant – they learn that their behavior produces consequences. This is known as "Operant Conditioning" and the best known researcher was B.F. Skinner. An example from your dog's life could be that they sit in order to get a treat. Be sure to reward the behaviors that you like, and those behaviors will become more frequent. By utilizing these two methods of learning, we can turn poor associations into great ones, and transform problem behaviors into polite manners.



# Animal Control Ordinances

The following is an outline of some of the animal control ordinances for the City of Boulder. For a complete list of the City of Boulder's ordinances or more information on specific ordinances in your area, please contact your local animal control agency.

## City of Boulder – bouldercolorado.gov

For calls regarding a stray or injured domestic animal in the city limits of Boulder, please contact City of Boulder police dispatch at 303-441-3333. To report domestic animal conflict, such as nuisance barking, please call City of Boulder Animal Control directly at 303-441-1874. For general questions and non-emergency complaints, please call 303-441-1874.

- **Leash Law:** Dogs must be on a hand-held leash at all times. It is illegal to tie up your dog on public property.
- **Poop Law:** City ordinance requires that all guardians immediately remove or clean up all animal waste and dispose of waste in a sanitary manner.
- **Pearl Street Mall:** Animals are not permitted on the Pearl Street Mall at any time.
- **Rabies Vaccination Required:** All dogs and cats over 4 months of age must be vaccinated for rabies by a licensed veterinarian.
- **City Dog License Required:** All dogs over the age of 4 months must wear a current city license at all times. Dog licenses can be purchased online at bouldercolorado.gov.
- **City of Boulder Open Space Lands:** Please check at the trailheads for specific information or call 303-441-3440. For information on the voice and sight control tag program, visit bouldercolorado.gov.

## Unincorporated Boulder County

To contact an Animal Control Officer, call 303-441-3626 to leave a message or Boulder County Dispatch at 303-441-4444.

- **Leash Law:** Dogs are not required to be on leash. Dogs that are off leash must be under voice and sight command.
- **Rabies Tag Required:** Dogs must wear a Rabies tag and ID tag at all times. There is no county dog license.
- **Limit on Number of Animals:** A total of 7 dogs and cats combined per household is allowed.
- **Boulder County Parks and Open Space:** Restrictions vary by trail. Please check trailheads for specific information or call 303-678-6200.

## Dog Parks

Many communities have sanctioned areas permitted for off leash dog play. These dog parks typically have a defined enclosure and offer a place for dogs to run and socialize with other dogs and people. It can be a wonderful opportunity for a dog to engage with others or simply enjoy being untethered.

There are some serious considerations to be made prior to bringing your dog to these designated parks:

- Is your dog shy, worried or otherwise reactive in new and overwhelming situations?
- Does your dog guard toys and objects from other dogs?
- How well does your dog currently respond to your recall (coming when called) cues?
- Is your dog savvy with dog communication (listens to the play cut off signals from other dogs)?

The recommendation for helping your dog enjoy their visit is to learn your own dog's body language and communication. Knowing when your dog may need a break, either because they have not learned that skill or they are not being heard by the other dog, will greatly depend on your attention to the details.

When in doubt, attach the leash and leave the park either to "cool off" or go home.

The best time to check out a new park is during non-peak hours when there are fewer dogs present. Weekends are busiest; weekday mid-morning and late afternoons are quieter.

Most dog parks offer a separate small dog area that is ideal for those under 25 pounds. There are potential perils for intermingling sizes due to play styles and prey drive.

Dogs under 4 months of age are not fully vaccinated and at greater risk for contracting diseases from unknown sources at dog parks. Consider attending a controlled socialization class instead. Proof of vaccinations are required to attend, and therefore, your dog is less likely to be at risk.

Please read the park rules and regulations board before entering as each park may be different.

### Boulder has a number of dog parks:

- **Valmont Dog Park:** 5275 Valmont Road, west of 55th Street
- **East Boulder Community Dog Park:** South side of the East Boulder Community Center at 55th Street and Sioux
- **Foothills Community Dog Parks:** West of Broadway between Locust Avenue and Lee Hill Road
- **Howard Heiston Park (no fenced perimeter):** On 34th Street, south of Iris Ave

Please check with your local community for dog park locations and regulations.





Husband and wife team Ben and Shannon

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### TRAINING & BEHAVIOR CENTER

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Call us at 303.442.4030, option 4, or visit [www.boulderhumane.org/training](http://www.boulderhumane.org/training) for more info and a list of upcoming classes offered seven days a week.



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SOCIETY  
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# Celebrating Your New Cat's Arrival

## Welcoming Your Cat to Their New Home

Bringing a cat into your life is an exciting experience. Your cat will need to acclimate to their new home and their role as your family's companion. To assist you during this adjustment period, the Humane Society of Boulder Valley offers advice through our Training and Behavior Center at 303-442-4030 option 4.

### What You Need

Here are some things you'll want to have on hand for your new cat:

- Quality cat food
- Food and water bowls
- Collar
- Toys
- Cat bed
- Litter box
- Quality litter
- Scratching post (or appropriate scratching options)

### Introduction to Home

The Humane Society of Boulder Valley recommends providing a personal space for your new cat when you bring them home. This space allows your cat to adjust to their new environment at their own pace. As your new cat demonstrates comfort in their new environment, introduce them to all areas of your home. Studies have shown that it can take an adult cat up to eight months to fully integrate into a new home, especially when factors such as children or other pets are present. Be patient and provide your new cat with a lot of affection and physical contact.

### Animal Introductions

How you introduce your new cat to other household pets may influence long-term relationships between the animals. Allow your new cat and your existing pets to experience gradual positive interactions over the course of a few days. As the animals begin to demonstrate an acceptance of each other, allow them to interact under your supervision. The Humane Society of Boulder Valley recommends keeping your new cat separate from your existing pets in your absence until you are confident in their interactions. If you observe interactions that are aggressive, separate the animals and contact our Training and Behavior Center at 303-442-4030 option 4.

### Cat/Cat Introductions

Many cats are quite social and capable of living successfully with other cats, so be optimistic! A successful relationship can take many forms—cats may be playful with one another, choose to sleep nearby or groom each other, or they may simply peacefully coexist.

Ideally, when you bring your new cat home you will have created a safe space for them to start the acclimation process before they meet your resident cat(s). A bathroom or a spare bedroom can work well for this purpose. The room will allow them to become familiar with the sounds and smells of your home, including those of your other cat, before they have free rein of the entire environment. A litter box, food and water station, and a comfortable resting place should be readily available.

Scent sharing is a great opportunity to get your resident cat and your newly adopted cat accustomed to the smell of one another. Once your new cat is comfortable in its own room, select a few items, such as beds, towels, etc. from each cat and swap them. Place a well-loved bed of your resident cat in your new cat's room, and vice versa. If the cats are uncomfortable around the other's scent, or if you observe conflict at or under the door, another way to form positive associations is to feed each cat a favorite treat or wet food in the other cat's territory.

When allowing the cats to meet nose-to-nose for the first time, give them some space. Permit them to investigate freely while keeping an eye on their comfort levels. If either cat is enormously stressed, consider backing up a step and allowing them more time. Some mild tension as the cats get to know each other can be acceptable so long as the cats are safe together. Consider resources such as food, water, litter boxes, and resting spaces and make sure there are multiple options available to each cat, particularly while their relationship is forming.

Some cats prefer the opportunity to observe their surroundings from up high while others are most comfortable at ground level—consider your home and identify or create places at each level where the cats can retreat and survey when they need a break.

Remember to be patient and take the introduction at the cats' pace. Both cats should be comfortable and relaxed at each step in the process before moving onto the next. This may be hours or days for some cats, weeks for others. Taking the time to make the introduction as positive as possible for both cats will give you the greatest likelihood of success.

### Dog/Cat Introductions

The primary goal of a successful dog and cat relationship is peaceful coexistence without predatory chasing that is stressful for your cat. Some dogs possess a very strong predatory instinct to chase, which may render teaching an alternative behavior difficult. If you need support or have questions about chasing behavior, please call the Training and Behavior Center. To introduce your dog to your new cat, leash your dog or allow initial introductions behind baby gates.

Allow escape routes and hiding places for your new cat so that they may exit the situation. For your cat's well-being and to maintain appropriate litter box habits during this adjustment period, ensure the litter box is kept in an area that is not accessible to the dog. Please maintain close supervision of all interactions until you are confident that your cat is not in danger.

### Cat/Caged Pet Introductions

Generally, keep caged pets, such as birds, mice and rabbits out of reach of your new cat in secure cages. Any introductions should be done with people always present—remember your cat is a hunter by nature. Watch the cat for signs of over arousal: chirping, tail twitching and stalking are all behaviors to be concerned about. The cat and caged pet will need to be monitored carefully for a period of time before leaving them alone in the home together. Some cats adjust well to living with caged pets; however, slow careful transitions will keep everyone safe and happy.



## Litter Box Usage

Cats inherently possess the desire to eliminate in a loose, sandy substrate away from their living space, so most cats are already well equipped and prepared to use a litter box successfully in their new home. The best strategy to avoid any misuse as your new pet transitions is to consider a few simple environmental factors to make the litter box both accessible and desirable to your cat.

Your cat will need to both understand and be comfortable with the litter box location in their new home, so consider designating a room or area just for them. Ideally, this area will be close to where the family spends their time, but also allow for some privacy for your cat. Unexpected or intermittent loud noises in the area, such as washing machines or furnaces, could be a source of stress for your cat and may make another location more desirable. For multi-level homes, it is ideal for your cat to have access to a litter box on each level. If there are multiple cats in your home, it is important to have at least one litter box available for each cat and to consider placement of the boxes so that they are not in direct view of each other.

You are more likely to experience litter box success when boxes are:

- 1.5 times the length of your cat's body
- Filled with a fine-grain, clumping, unscented litter
- Adequately cleaned (scooped twice daily, litter changed every 1-2 weeks, and box cleaned with mild soap and water monthly)
- Uncovered and without plastic liners

## Toys and Exercise

Cats are active, playful predators and appreciate opportunities to engage in these instincts with toys and their families! Young cats under the age of two are particularly playful and often feel the liveliest in the morning and evening hours. For this young, athletic population the most stimulating toys are those that allow for interactive play with you or electronically powered toys to engage your cat's desire to hunt, such as wand or feather toys, motorized mice or hex bugs, or even iPad apps designed for cat play. Satisfying a cat's need to "finish their hunt" by concluding a play session with canned food or a favorite treat can help them relax after play, clearly punctuate the end of a session, and allow them to complete their predatory sequence in a healthy way. Older or more sedate cats may be more appreciative of catnip-filled toys or treats sprinkled around the house that they can hunt at their leisure. If you are gone for extended periods during the day, consider toys that will allow your cat some entertainment in your absence, such as balls on tracks, food delivery toys, catnip toys, or batting and rolling toys.

## Scratching

Cats have an innate need to scent mark, shed the outer layer of their nails, and stretch the tendons in their feet, all of which is achieved by scratching. If a designated place of their own to scratch is not provided, some cats may elect to scratch furniture or other undesirable locations. Commercially available scratching posts are an easy solution to providing a safe place for your cat to scratch. Cats often prefer to scratch in high traffic areas so the best placement for scratchers may be living or family rooms, or bedrooms. Because some cats prefer to scratch horizontally and others prefer to scratch vertically, you may need to test several types of scratchers to discover which your cat prefers.

If your cat is persistently scratching in an undesirable location, you can reduce damage by keeping your cat's nails trimmed as often as every other week or by applying soft plastic nail caps (Soft Paws), which tend to stay on for 4-6 weeks. You can also use a deterrent material that creates unfavorable conditions for scratching, such as sticky tape and metallic materials like tin foil, to redirect your cat to a dedicated scratching area.

# It's time to take a look at our Veterinary Clinic.

If you're searching for a full-service Veterinary Clinic with a wealth of experience treating most every illness that animals in our community can have, the Humane Society of Boulder Valley Veterinary Clinic is for you.

We're open to the public with a team of highly skilled veterinarians ready to help your precious friends. Plus, revenue from our clinic helps fund health care for homeless and abused animals.

Open Monday - Saturday by appointment.

303.442.4030 option 2

2323 55th Street, Boulder



# Health Information

## Help Your Pet Stay Healthy

The health of your pet is critical, particularly during the initial transition into your home. Often we receive animals from households in crisis, and we may not know if they received proper preventive health care. Despite the medical care and nurturing we provide, animals are exposed to more stress in the shelter than exists in the home environment. This stress can weaken an animal's immune system, making their health more vulnerable.

As part of our adoption program, we are committed to helping ensure that your new pet is healthy upon adoption. We have not noticed any signs of disease in this animal unless noted in the medical record that was provided to you at the time of adoption.

To ensure your pet's wellness, we encourage you to select a veterinarian and schedule an appointment as soon as possible. At your pet's first exam, your veterinarian can determine any health issues that may have developed since adoption, or conditions that weren't apparent during the animal's stay at the Humane Society of Boulder Valley.

While at the Humane Society of Boulder Valley, your pet received the following vaccines and/or treatments. Many animals receive more than what is listed below. Your new pet may need additional vaccinations. It will be important to review your pet's medical history with your veterinarian for other medical issues diagnosed/treated.

### DHPP (Distemper Combination)

This vaccine, given to dogs upon intake, includes canine Distemper (upper respiratory virus that can affect the central nervous system), hepatitis (liver infection), parainfluenza (upper respiratory infection) and parvovirus (a severe gastrointestinal virus that is highly fatal to dogs and puppies if not treated early). Puppies and dogs may need additional doses administered by your veterinarian over a period of weeks or months to achieve maximum immunity from disease.

Until these are completed, it is best to limit the exposure your pup has to other dogs. Many serious dog illnesses are spread by fecal material, so properly dispose of waste and avoid areas of elimination used by other dogs.

### Rabies Vaccination

All of our dogs and cats who are old enough are vaccinated for rabies. Boulder County and most other jurisdictions, require all dogs and cats over 4 months old be vaccinated for this zoonotic disease.

### FVRCP (Distemper Combination)

This vaccine, given to cats upon intake, includes Feline Viral Rhinotracheitis (an upper respiratory infection), Calicivirus (another viral upper respiratory disease) and panleukopenia (also known as feline distemper). Cats and kittens may need additional doses administered by your veterinarian over a period of weeks or months to achieve maximum immunity from disease.

### Bordetella

This vaccine, given to dogs upon intake, protects against what is commonly called kennel cough in dogs. This is an upper respiratory illness easily spread where lots of dogs gather. (If your dog starts to develop cold-like symptoms, keep them quiet, and entice them to eat. The best cure for kennel cough, like the common cold is time, good care and love.) If your pet has green mucus discharge or has signs of being seriously ill with pneumonia, your veterinarian may want to provide antibiotics.

### Deworming

A preventive dose of medicine to eliminate roundworms and hookworm was given to all puppies and kittens. Continued treatment and other types of parasite control may be provided by your veterinarian depending on the pet's needs.

### Spaying/Neutering

All of our animals are surgically sterilized prior to being placed in our adoption area. If your new pet recently had surgery, you should keep an eye on the incision site, but you do not need to worry about stitch removal as there are no stitches that need to come out. Your female pet may have a green tattoo on her incision. Watch for any redness or swelling and contact our Veterinary Clinic immediately if you have any concerns.

### Preparing for Your Vet Visit

Many of the veterinarians in our community offer discounted services for your newly adopted pet. When you take your pet for their first examination, also take this Pet Pal Pack folder with you. Show the veterinarian the information inserted inside the back cover. That is where we've identified the vaccinations and treatments your pet received at the Humane Society of Boulder Valley.

### Frequently Asked Questions

The following is a list of the most commonly asked questions and their answers.

#### When do I need to take my new pet to the veterinarian?

While each animal is examined by our professional staff, we recommend taking your pet to your own veterinarian or to HSBV's Veterinary Clinic for a health examination within 30 days. Establishing a relationship with a veterinarian is vital for the long-term health and well-being of your animal. Some veterinary clinics offer reduced rates or complimentary exams for new adoptions. Refer to the list of veterinary clinics in the back pocket of your Pet Pal Pack, or call your veterinarian to inquire about this service. With a valid email address (you must opt-in), you will receive a 30-day gift pet insurance policy. It will reimburse you for the cost of many illnesses that are associated with sheltered animals, along with some accidents and injuries. This insurance policy may be used with any veterinary clinic; you do not need to visit our clinic unless you wish to do so.



## **How can I get insurance for my pet?**

When your pet companion is sick or injured, the last thing you need is the stress of an unexpected financial burden. Pet insurance is a smart way to be financially prepared when an emergency arises.

Pet insurance coverage can save – and extend – your pet's life by enabling you to quickly authorize medical treatments. It delivers peace of mind, and an easy way to budget your pet care costs.

One of the benefits of adopting a dog or cat from HSBV is a trial 30-day gift insurance policy. During the adoption process, you will need to provide a valid e-mail address and consent to receive electronic communication from a third party (the insurance company). Details of your gift policy are included in your adoption paperwork. Please be sure to review the details, including:

- When you must confirm and activate your policy.
- When the policy will take effect.
- Policy limits, deductibles and co-pay amounts.
- Covered perils – accidents and illnesses covered by the trial plan.
- How to be reimbursed for your pet's medical expenses.
- Any opportunity for continuation of coverage or automatic renewal following the initial 30-day trial period.

We encourage you to speak to your pet's new veterinarian about the benefits of pet insurance. Research insurance companies, their plans and coverage options, to find a policy that fits your pet, lifestyle and budget.

Finally, we recommend getting insurance right away, while your pet is healthy, rather than holding off until your pet is sick or injured. Plan and don't wait. That way, when your pet really needs it, you can focus on the most important thing – your pet's health.

## **What should I do if my adopted animal becomes ill following adoption?**

We encourage you to contact the Humane Society of Boulder Valley's Veterinary Clinic at 303-442-4030 option 2, if your new pet becomes ill. Please note: If you choose to use a different veterinary clinic, the Humane Society of Boulder Valley cannot reimburse you for veterinary bills or prescribe medications.

## **How will I know if my newly adopted pet is sick?**

It is our intention to send home healthy animals. However, your animal may show signs of illness shortly after adoption. Some illnesses have an incubation period, and therefore, may not show signs of illness until two to ten days after going home. Infectious diseases seen in shelter animals range from common treatable conditions, such as kennel cough in dogs and upper respiratory infections in cats, to less common but potentially life-threatening diseases, such as distemper, canine parvovirus, canine influenza and feline leukemia virus. Watch for sneezing, coughing, lethargy, lack of appetite or diarrhea. Some diseases are potentially transmissible to humans, such as giardia, salmonella or ringworm. Reimbursement for any condition that may be transmissible from animals to humans will not be provided. Call our Veterinary Clinic at 303-442-4030 option 2, if your pet shows symptoms or if you have concerns about your animal's health.

## **Are my pets at home at risk for getting sick?**

All pets at home should be up to date on vaccinations two weeks prior to bringing home a new animal. We recommend that resident cats be up to date on Rabies and FVRCP, and resident dogs be up to date on Rabies, DHPP and Bordetella. The Humane Society of Boulder Valley does not provide free treatment for other animals in your home should they become ill. Our full service Veterinary Clinic will be happy to provide quality care for all pets in your home. However, we cannot be responsible if your new pet transmits a disease to your pets at home.

## **What if I need to return my pet?**

Our adoptions are satisfaction guaranteed! While there is a person for every animal, we know that not every animal is for every person. If you adopt an animal from HSBV and discover that you are not compatible due to behavior concerns or medical issues, you may return your pet and your adoption fee will be refunded.



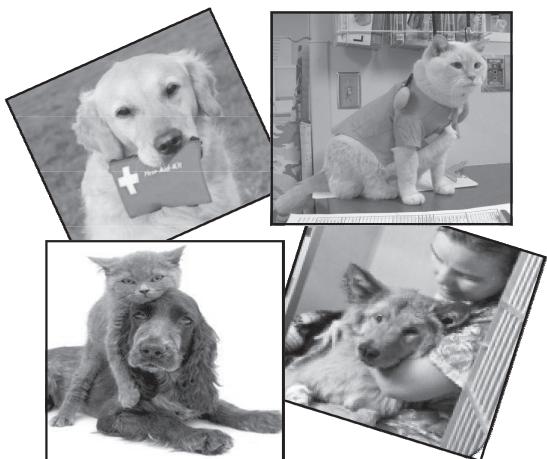
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# A Lifetime of Wellness for Your New Pet

Our veterinary team is here to help keep your pets healthy. The most important step you can take to help your new pet live a long, healthy life is to provide regular preventive medical care. This is NOT just about vaccinations. While immunizations are key to preventing many infectious diseases, we also recommend performing routine blood and fecal tests to screen for common diseases, maintaining an ideal body condition score to prevent obesity, keeping your pet's teeth clean to prevent dental disease and avoiding toxins to prevent poisoning.

## Prevent Obesity

We all know that obesity is a serious problem for people; the same is true for pets. When our furry companions are obese, they are more prone to heart disease, breathing problems, diabetes, bone and joint pain and trauma, certain cancers and an overall shorter lifespan. The most common reason for pets to be overweight is usually our fault: we either feed them too much, feed them high calorie/low nutrient snacks, or we don't allow them enough exercise.

We need to strive to keep our pets at an "ideal body condition." You should be able to feel your pet's ribs through a thin layer of skin and muscle and you should be able to see a waistline behind the rib cage.

- Work with your veterinarian for feeding amounts, body condition score assessment and weight monitoring.
- Feed a well-balanced pet food in a proportion that is appropriate for your pet.
- Choose healthy treats in small amounts. Carrots, green beans and freeze-dried meats are low-calorie options.
- Provide your pet with regular exercise to keep them fit. For dogs, consider activities like walking briskly, jogging, swimming and retrieving. For cats, choose interactive toys such as feathers, balls or paper bags.

## Prevent Dental Disease

You can play an important role in preventing dental disease with regular dental cleanings, brushing teeth, chewing activities and diet. Dental care is a critical part of your pet's overall health management. When plaque and tartar build up on the teeth, this leads to periodontal disease, which causes pain, bad breath and tooth loss. The bacteria in plaque can spread through the blood to the heart and kidneys causing other serious medical problems.

- Brush your pet's teeth daily starting at a young age.
- Use toothpaste specially formulated for animals. Human toothpaste can be toxic and is not recommended.
- Consider dental chews, diets, dental treats and water additives for pets that are hesitant to teeth brushing.

Determine when a full dental cleaning is needed with yearly veterinary examinations.

## Prevent Common Diseases

You can prevent common diseases through routine vaccinations and testing. Your pet has already received some vaccinations during their stay at the Humane Society of Boulder Valley. Depending on your pet's age and new lifestyle, they may need additional vaccinations and/or screening tests.

- **Heartworm Disease:** Dogs may become infected with heartworms, a parasite spread by mosquitoes. Heartworm disease can be deadly if not detected and treated early in the course of the disease. A simple blood test is used to detect the presence of adult heartworms and then a convenient once-monthly flavored medication can be given to prevent the development of adult heartworms.
- **Feline Leukemia Virus (FeLV) and Feline Immunodeficiency Virus (FIV):** These viruses are spread through direct contact between cats. Depending on your cat's activity and age, FeLV vaccination may be recommended.
- **Intestinal Parasites:** Your puppy or kitten received at least one deworming medication while at the Humane Society of Boulder Valley. Some infestations of intestinal parasites require additional treatments. Fecal (stool) analysis is a simple test that can be performed to look for intestinal parasites.
- **Leptospirosis:** A bacteria spread in the urine of wildlife and dogs which can cause liver and kidney failure. This disease is zoonotic (it can spread from animals to people). Depending on your new dog's activity, this may be a vaccination recommended by your veterinarian.
- **Flea and Tick Prevention:** Depending on where you live, your pet's outdoor activity/exposure, and travel plans, your new pet may need flea and tick prevention seasonally or year round.

## Prevent Poisoning

Prevent poisoning by keeping your pet safe from these common animal toxins (this list is not comprehensive). If you suspect your pet has been exposed to any toxic substance, you should seek veterinary medical advice immediately.

- **Household chemicals and cleaners:** Antifreeze, rodent baits, bleach, insecticides and fertilizers.
- **Human medications:** Ibuprofen, acetaminophen, cold medications and antidepressants.
- **Foods:** Chocolate, onions, grapes, raisins, macadamia nuts, avocado, xylitol (sugar substitute) and caffeine.
- **Household plants:** Lilies, tulips, azaleas, rhododendron, poinsettias and others.
- **Heavy metals:** Lead, mercury and zinc.
- **Recreational drugs.**

We hope our lifetime of wellness recommendations will start your new pet on a good path for a long, healthy life.



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