

# The YuMOVE Guide to Bringing Your Rescue Dog Home

Helping you find a happier-ever-after together.



[yumove.co.uk](https://yumove.co.uk)

## WHAT'S INSIDE?

Essential doggie knowledge, covering health, happiness and wellbeing.

# All about your new rescue dog



Here are all the essential facts about your new rescue dog. It's worth keeping hold of this info in case you need it again – perhaps on your first visit to your new vet!

**Your dog's name:**

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**Microchip number:**

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**Vaccinations completed and date:**

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Distemper/CDV

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Hepatitis

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Parainfluenza

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Parvovirus

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+/- Kennel Cough (*Bordetella bronchiseptica*)

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Details of known medical conditions, and any medications that your dog currently takes (if applicable):

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**Flea and worming treatments:**

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Flea treatment type:

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Date next application is due:

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Worming treatment type:

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Date next application is due:

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**Diet:**

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1. How many meals a day?

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2. Current food?

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3. How much per meal?

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4. Any known allergies or intolerances?

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**Exercise:**

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1. How long are walks?

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2. How many walks per day?

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3. Any notes on behaviour?

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4. Any notes on preferences and favourite places?

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**Additional notes:** What your dog loves and what they're not so keen on.

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# You're a rehoming hero!

By rehoming a rescue dog, you've made a brilliant, life-changing choice. We think you're amazing – and have put together this guide to help you and your new best friend have the happiest-ever-after, together.

## WHAT'S COVERED IN THIS GUIDE?

There's all the common sense 'good to know's about caring for a dog for the first time, plus lots of helpful extra information specific to rescue dogs. Your new best friend may not have had the easiest life before you welcomed them home, so may need some extra time, patience and TLC, but one thing's for sure – you'll be rewarded a million times over with happy wags and a lifetime of unconditional love.

## TAKE A CLOSER LOOK.

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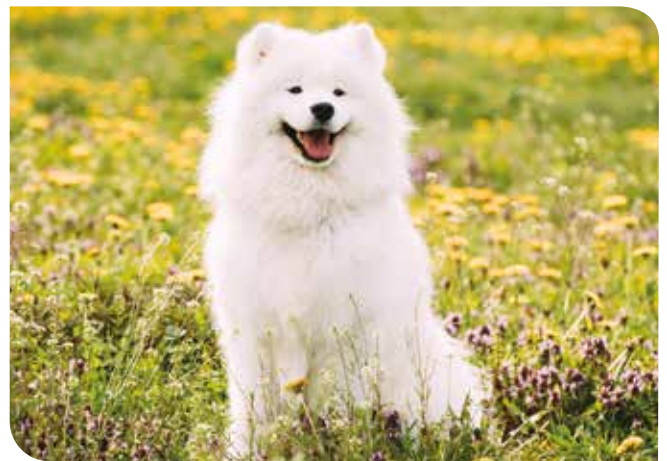
# Healthy body, happy dog!

A healthy dog is a happy dog, and when it comes to a healthy body there are four elements to consider:

- ✔ **Prevention – cleaning teeth, clipping claws, regular vaccinations, parasite control, appropriate grooming.**
- ✔ **Keeping fit – regular walks, play and training.**
- ✔ **Providing medical care – first aid at home and at the vets.**
- ✔ **Nutrition – food and supplements.**

## DID YOU KNOW?

According to the PDSA, 8%\* of UK dog owners have not registered with a vet. That's worrying because a good vet will build a lifelong relationship with you and your dog. Annual check-ups are about more than vaccinations, it's also a chance to spot common health problems early, and check that your dog is the right weight and muscle tone.



## NEW DOG 'MUST-DOS'

First things first, get registered with a local vet. They will give your new best friend a check-up, and make personal healthcare recommendations. If your dog isn't neutered yet, it's a good opportunity to discuss this important procedure too. Almost all rescues require you to castrate or spay as part of your adoption contract, and it's a good idea to prevent accidental pregnancies, reduce the risks of certain cancers, and help male dogs feel calmer and less frustrated.

Last – but far from least – a vet visit is a great opportunity to get to know your new practice team. Vets and vet nurses provide more than hands-on care. They can also help you stock up on preventative healthcare like worming tablets and supplements, and provide expert advice on your dog's diet, and will sometimes provide recommendations for good training classes, walkers and groomers.





### Keep their coat clean and comfortable –

groom regularly depending on your dog's needs and breed. Short coated breeds will simply need a quick brush, but others need lots of care.

**Check ears regularly** – if your dog has a history of ear problems, regular cleaning using a doggie-specific ear cleaning solution minimises build up of wax or debris can keep them more comfortable. Remember to never insert anything into your dog's delicate ear canal though. If your dog doesn't have any ear problems, you don't really need to clean the ears, just check that everything seems normal – look out for wax, discharge or any unusual smells.

**Get your dog vaccinated** – and keep up with regular boosters. Skipping boosters reduces immunity and can invalidate your pet insurance, and vaccinations can save your dog's life.



**Pesky pests and preventative measures** – don't forget worming tablets and flea treatments all year round, too. We use calendar reminders to keep on track!



**Training and mental stimulation** – remember that it's not just your dog's body that needs care and attention.



**Be aware of lumps, bumps and sore spots** – run your hands over your dog's whole body at least once a week to check for changes.



**Be prepared for accidents of both kinds** – make a doggie first aid kit, and be ready for house training not to be 100% as your new dog settles in.



**Brush those teeth** – getting into a regular routine from puppy-hood is ideal, but it's never too late. **Vet nurse Ellie says:**



**Check claws weekly and clip if needed** – if they don't like clippers, take them to a groomer or try a metal file for a pawdicure!

“Around 80% of dogs will have some form of dental disease before their 4th birthday, so I always recommend to get into the habit of regular preventative care.”

## HEALTHY DOG SHOPPING LIST

Once your dog has settled in, your healthcare and pampering shopping list could include:

**Teeth cleaning materials** – toothpaste or polish, and a brush or finger-cleaner.

**Flea prevention and worming treatments.**

**Dog shampoo** – unless you're going to use a groomer for bathtime.

**A brush appropriate to your dog's coat.**

**Ear and eye cleaning solution.**

**Basic first aid kit:** antiseptic cream and spray, bandages, eye spray, and probiotics in case your dog gets a mild tummy upset.

# Doggie diet explained



Dogs are omnivores, so should eat a mix of protein (meat or fish), carbohydrates (starchy foods) and nutrient-dense fruit and veg. Thankfully, it's easy to meet their nutritional needs with a good quality complete food.

## THREE DOGGIE DIET MUST-DOS



- ✓ **Look for natural, high-quality formulas**
- ✓ **Buy the best you can afford**
- ✓ **Avoid foods that contain lots of cereals, fillers, colourings and flavourings**

Consider their age and activity level, and make sure they're on an appropriate puppy, adult, working dog or older dog mix. Do your research, read reviews and talk to your rescue centre, vet or vet nurse if you need extra advice. We're always happy to talk about doggie diets too!

## DO DOGS NEED SUPPLEMENTS?



It depends on the dog and what's going on health-wise. A good quality complete food will cover basic nutrition, but supplements are a helpful way to tailor and personalise your dog's nutrition. This is really helpful when it comes to rescue dogs as they may be older or need extra health support.

## DID YOU KNOW?



Many dogs are prone to food intolerances and allergies. These show up as wobbly tummies, itchy skin, poor coat, and lots of wind. Troublemaker ingredients to watch out for include:

- 1. Beef and sometimes other meats including pork.**
- 2. Dairy – milk, cheese and eggs.**
- 3. Wheat, cereal and grains.**





## SUPERFOOD SUPPLEMENTS FOR RESCUE DOGS – NATURAL HEROES FOR HAPPY HOUNDS

Here at Lintbells, we specialise in helping dogs feel happy and healthy with clever combinations of natural superfoods. We know a thing or two about how diet can really make a difference, so here are some top tips to give your new dog a nutritional boost...

### OLDIE OR STIFF DOG?

ActivEase® Green Lipped Mussel can support joints and mobility. This can really help after time spent in a chilly kennel. **YuMOVE**, the UK's No.1 Veterinary Joint Supplement\* range. It's packed with the strongest GLM available, so may be a good option to try.

### ITCHY DOG, OR DRY, FLAKY SKIN?

The right Omega 3 & 6 oils can provide moisture from within. Lots of rescue dogs aren't in best-possible condition after the stress of a changing diet and environment, and they might have food intolerances too, so their coat may need a boost. Our **YuDERM** range is packed with nourishing oils, and includes an everyday skin and coat support version, and there's a special blend made just for itchy dogs.

### UPSET TUMMY OR DELICATE DIGESTION?

Probiotics and prebiotics can help, though you may need to look into food intolerances and allergies too. The free sample of **YuDIGEST Dog** that you receive with this guide is a good place to start. Find out more about probiotics, stress and digestion on page 15.

### NERVOUS, STRESSED OR FEARFUL DOG?

Look for lemon balm, L-theanine and fish proteins; they all work to reduce stress and help dogs feel calmer and happier. **YuCALM Dog** is our all-natural triple-action calming supplement for dogs who are stressed or nervous. It helps dogs feel calmer and happier, and isn't a sedative – it's based on these highly effective natural ingredients.

Find out more about our range of proven, premium all-natural supplements at [lintbells.com](https://www.lintbells.com)

### DIGESTIVE UPSETS AND RESCUE DOGS

One of the most common experiences that the families of new rescue dogs talk to us about is grumbling tummies. There are many reasons a dog's tum may not be feeling 100% when they change homes, including change of food, change of environment and dietary intolerances. Rescue dogs may also have sensitive tummies because they are feeling stressed – more on page 15.

### DOGS AND HUMAN FOOD

Sharing the family dinner with the dog isn't a good idea, both in terms of nutritional balance and calories. A sausage to a medium-sized dog is the equivalent of one and a half choccie bars to a person, and may contain ingredients that aren't good for dogs, like onion, preservatives and spices.

### NEVER FEED YOUR DOG...

- ✦ Grapes, raisins, currants or chocolate
- ✦ Cooked bones - anything containing the sweetener xylitol
- ✦ Onions, garlic, macadamia nuts, alcohol, caffeine



\* Kynetec VetTrak sales of YuMOVE branded products through vet wholesalers (January 2021)

# Exercising your rescue dog



Most dogs adore walkies, but rescue dogs sometimes need a little extra care and consideration when it comes to getting out and about...

## HOW FIT IS YOUR DOG?



Depending on your rescue dog's circumstances and background, they may not come home with you in peak physical condition. This may be because they haven't had the right nutrition or exercise in the past, that they have been injured, or that they have spent time in kennels. So how do you help them get back to peak condition? It starts with understanding what's going on right now.

## TALK TO YOUR RESCUE CENTRE



Ask how much they know about your dog's history. It may be more than you think! Some rescue dogs spend time in foster homes, and may even have some hidden talents such as basic training, beginner's agility or clicker training. At the other end of the scale, some rescue centres have lots of dogs who are rehomed relatively quickly, so they may only be able to tell you the basics: if they are aware of any physical or physiological reasons to be careful when exercising, and how much exercise your dog has had whilst in their care.



## VISIT THE VETS



Tempting though it may be to get your wellies on and head out for an adventure, it's important to pop to the vets for a registration check up. Your new vet will be able to assess your dog's fitness level and give you an idea of how much exercise he or she should be getting.

Assuming that your dog has a clean bill of health and no exercise history, it's a good idea to build up your activity levels gradually. You might also want to look into supporting your dog's joints with a supplement such as the YuMOVE range – there are different formulas for active dogs and dogs who are stiff or getting older.

## HOW IMPORTANT IS EXERCISE FOR DOGS?

In a word, very. As well as keeping your dog physically fit and at a healthy weight, exercise stimulates your dog's mind, too. Imagine how bored you might get if you were cooped up indoors all day with no mates, no TV and no internet! That's how home-alone dogs can feel, which can lead to unhappiness and behavioural problems.





## YELLOW DOG

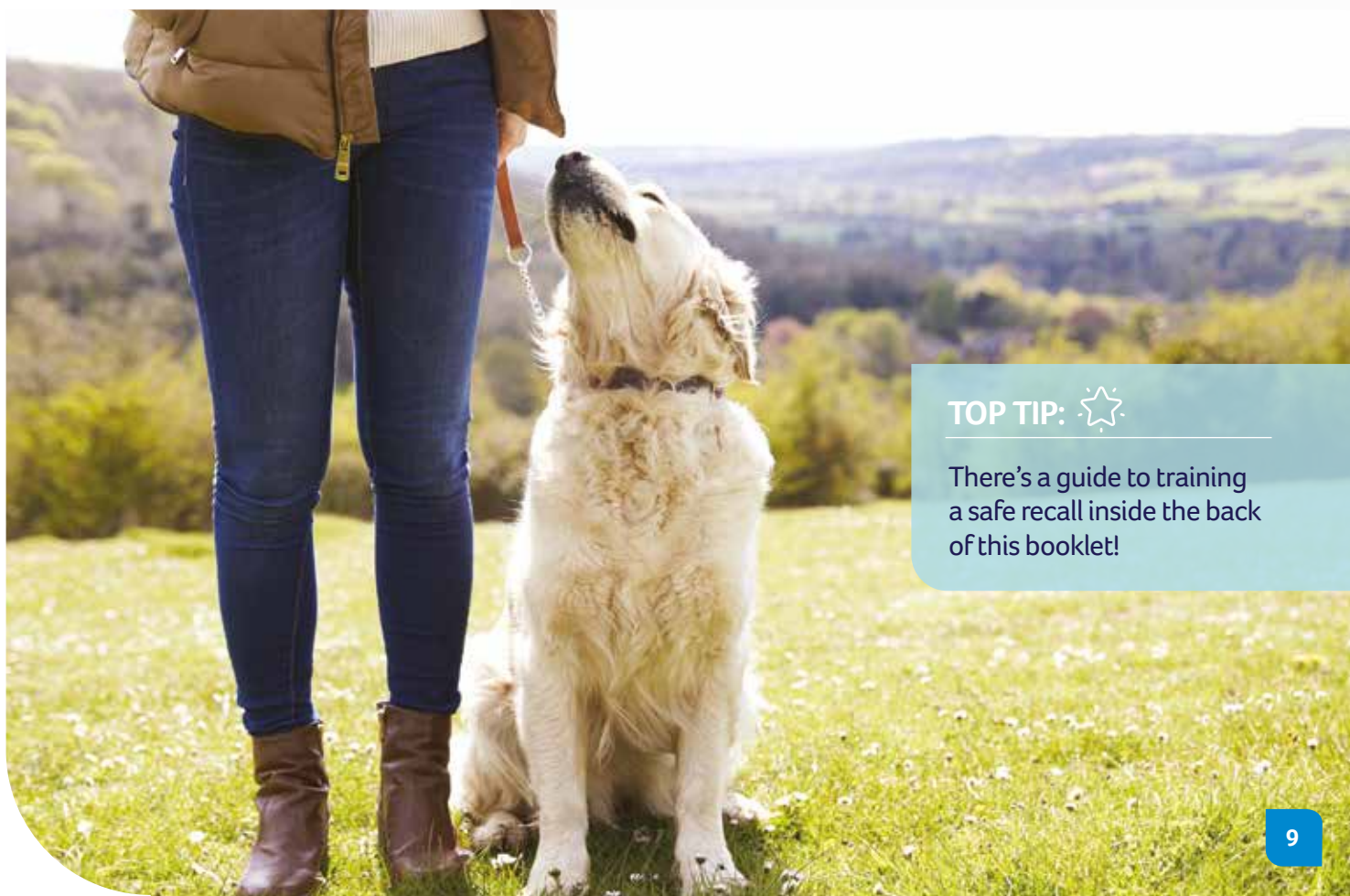
Whilst you're learning about your dog's preferences and if anything worries him or her, it can be a good idea to get a yellow coat or lead. A dog wearing yellow means 'give me space' – responsible dog owners respect this signal and stay away. As you become more confident that your dog is happy around others, you can remove the yellow and have more social playtime in the park! Don't forget about other 'yellow dogs' on walkies and respect their space.

## WHEN IS IT SAFE TO LET YOUR DOG OFF-LEAD?

Tempting though it is to find a big open space to let your new dog run and play, it's not a good idea until you're confident that they are reliably happy to meet other dogs and people, and that they will come back when called. Both take a little time and commitment, but are absolutely vital to your dog's happiness and safety.

## PHYSICALLY FIT IN FIVE – THE BASICS FOR ALL DOGS

- 1. Puppy exercise should be limited**  
Walkies twice a day, for 5 minutes per month in age, until physical maturity (usually around 18 months).
- 2. Exercise matters**  
Dogs need regular exercise, at least one walk or run every day.
- 3. Oldies needn't become couch potatoes**  
Support stiff joints with a supplement, and swap one long walk for two or three short trips.
- 4. Exercise their brains**  
Talk, train and build your bond. Turn your phone off and interact with your dog on walkies.
- 5. Consider a dog walker**  
If you work 9-5, get a walker (friend, family or pro) to visit and break up the day.



### TOP TIP: ✨

There's a guide to training a safe recall inside the back of this booklet!

# Behaviour and training

Just like with physical fitness, your rescue organisation might not be able to tell you too much about your dog's life history and how past events might have affected them psychologically.

We'd suggest taking the 'better safe than sorry' approach when it comes to interactions and experiences at home, and out and about. Start steadily and gently introducing your new dog to new things, and don't expect too much. Offer lots of treats and reassurance, go at your dog's pace, and be patient – it will take time. If they show signs of fear, distress or discomfort, remove them from the situation. This process is called '**habituation and socialisation**'.



## COMMON 'TRIGGERS'

There are some situations that lots of dogs find scary, in which it makes sense to take things very slowly so you can gauge how your dog reacts and make sure everyone is safe, happy and comfortable.

### OUTDOORS



- Meeting other dogs
- Going in the car or on public transport
- Meeting people of different ages, ethnicities and manners of dress
- Loud noises
- Other methods of transport – bikes, skateboards etc.

### IN THE HOME AND GARDEN



- Other pets
- Domestic appliances
- Stairs
- Phones and TVs
- People visiting the home
- Brooms, mops, newspapers and magazines

## ALWAYS BE PATIENT, POSITIVE AND KIND

Your dog may have had bad experiences in the past, so may bark or lunge at perceived threats. If they do, remember that it's really important not to make their fear worse by shouting at them. Instead talk to your rescue organisation to see if they can put you in touch with a behaviourist

(a doggie psychologist-cum-trainer) to work on whatever's making your dog feel unhappy. If they haven't got an in-house expert, you can find a behaviourist through the register of ASAB Certified Clinical Animal Behaviourists (CCABs).

### SPOTTING A STRESSED DOG

One of the best things you can do to build your bond with your new rescue dog is to learn to speak a little 'dog'. That doesn't mean starting to bark – dogs mostly communicate through subtle body language signs. You can find a full guide online on our blog, but here are the basics:

Licking their lips



Shaking or covering



Hiding



Panting



Highly alert or restless

Barking or howling



Destructive or accidents

Yawning



Ears back

Raised hackles, bearing teeth or growling



Loss of appetite

Snapping or biting



### DID YOU KNOW?

We produce a supplement to help stressed and nervous dogs called YuCALM Dog. It can be used as part of a behaviour modification process to help dogs feel happier and more confident. It's also useful at times of stress – such as settling into a new home – as it helps to soothe, calm and release 'feel good' chemicals in your dog's brain. Find out more at [lintbells.com/yucalm-dog](http://lintbells.com/yucalm-dog).



# Establishing good relationships



It's really exciting to welcome home a new dog, but building a good relationship takes time and effort from day one. It's a good idea to join a training class to get some practical tips with this – and have fun learning new things – but here are the basics.

## AVOIDING DEPENDENCY

**Dogs are pack animals, and can get very dependent on human attention. It's a good idea to follow some simple rules to avoid behaviour problems down the line.**

1. Humans choose when to start interactions – don't respond to jumping up, nudges and barking with play or fuss. Ignore it, then respond and treat with food or play once they are quiet and calm.
2. Humans choose to finish interactions – it's up to you to end the game or cuddle. Choose a word – 'enough' or 'that's it' are good – say it, then ignore them. Most dogs will learn this quickly, and it can be useful to use whenever your dog gets over-excited.
3. It's also a good idea to teach polite greeting – when you come home only say hello if your dog is quiet. If your dog is excited or greets you over-enthusiastically, ignore until they settle, then say hello.

“**Don't assume that the dog you see in the kennels is the dog you'll bring home. It's worth asking for more info and a home trial. A dog who is stressed, fearful or excited may be totally different once home, and you might miss an amazing best friend by walking past the dog who is hyper, barky or very reserved.**”

## DOGS AND CHILDREN

**This is a complicated topic, and rescues are typically very careful about which dogs they rehome with families. It's really important to follow some common-sense rules when it comes to children and dogs, and to train your human family, too!**

1. Never ever leave dogs and children unsupervised – this applies to dogs of all sizes, ages and breeds.
2. Introduce a 'one hand only' rule – only allow stroking with one hand, and discourage lots of hugs so the dog doesn't feel trapped.
3. Explain that dogs have their own toys, beds and food – and that those things are just for the doggie. Don't let your child take from the dog. Using an example of how the child might feel if someone stole their favourite sweets or toys can help make it relatable.
4. Discourage children from waking resting dogs – it's a good idea to make the dog's sleeping area off-limits for children.
5. Give the dog a safe space to retreat away from children – and be strict with your little ones to leave the dog alone if he or she retreats.



## DOGS AND CATS

Rescues are careful to only rehome cat-safe dogs into homes where cats already rule, but it's a good idea to take your time with introductions. There's a good leaflet online on the Cat's Protection website, but in short:

- ✔ Start by setting up different zones within the home – give your cat a safe space to retreat, and consider keeping them inside for a few days.
- ✔ Next, exchange smells – wipe your dog with a cloth and put the cloth in that cat's room. Do the same with the cat's scent. Do this repeatedly.
- ✔ After a couple of days, it's time for introductions – the kitchen is a good place for this.
- ✔ Place the cat on a high surface, and treat – ideally have a helper who will carry on treating the cat while you get the dog.
- ✔ Bring in your rescue dog on lead – treat with smelly, very high value treats (dried liver is good!) to keep them focused on you rather than the cat.
- ✔ Separate after a couple of minutes.
- ✔ Repeat until the animals are calm around one another.
- ✔ Never leave unsupervised in a room where the cat can't get to a high place away from the dog.

### TOP TIP: ✨

Both the PDSA and RSPCA provide a wide range of tools to help you talk to your children about dogs.



## RESCUE DOGS AND OTHER DOGS

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Talk to your rescue for help out introducing a new dog to your canine family. The best way forward tends to depend on the personalities involved, and they can help you from very first introductions to establish a happy home together. However, there are some 'dos and don'ts'...

## CHOOSING A NEW FAMILY MEMBER

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**When thinking about a new dog, it's a good idea to consider everyone in your canine family's needs too. If you have just one dog to start off with, there are some rules of thumb – though every family is different, and your rescue centre will provide personalised advice.**

- ✔ Consider mixing genders – dogs of opposite sexes tend to be the happiest housemates.
- ✔ Look for a dog of a similar age and temperament – a young, playful adolescent will welcome a bouncy playmate who's always on the go, while an older dog who is slowing down is likely to value another calm oldie for a peaceful retirement together.

## STEADY INTRODUCTIONS

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**Most rescue centres will ask that you bring your current dog to their centre and see how everyone gets along before rehoming. They'll guide you through initial introductions, but it's a good idea to:**

- ✔ Make initial introductions on neutral territory with both dogs on long, loose leads – a tight lead can increase tension.
- ✔ If this goes well, let the dogs spend time off lead in a safe place – the rescue will usually have an outdoor exercise area for them to spend some time together.

Ideally, you might do this a couple of times, with lots of treats for both dogs. Make lots of fuss of your current dog, so they associate the new dog with nice things! After your potential and current dog have met, your new rescue dog will come home and join the family for a trial period. It's a good idea to prepare before they arrive, so your current dog can adjust.

- ✔ Collect all the toys so you can supervise play, and buy new ones for both dogs. Keep your current dog's favourites stashed away until harmony has been reached!
- ✔ Set up separate feeding areas – one where it's always been for your current dog, and a new spot for the new dog.
- ✔ Bring in a new bed for the new dog in a separate room – it's not safe to leave the dogs alone together until you're certain they're getting on. The bathroom can be a good temporary spot for the new dog to sleep.

## HOMECOMING DAY

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**Your rescue organisation will provide lots of advice, but here are some basics to help on homecoming day. By discussing your plan with the whole family, you'll help to keep things calm and relaxed. Dogs will pick up on nervous tension from you, and lots of fuss can actually make the dogs feel more nervous!**

- ✔ Introduce initially in the park on loose leads, like you did for initial introductions. Tire the dogs with a decent on-lead walk near your home, then walk home together.
- ✔ If you have a garden, repeat again in the garden.
- ✔ Now it's time to head indoors – take your current dog into the home first, into the most open room. Give lots of treats, but keep on a long lead so you have control. Have a second person bring your rescue dog into the room, again on a long lead for control, again giving treats.
- ✔ Let the dogs interact for a few minutes, treating both, then encourage them both to settle on their separate beds.
- ✔ Keep each interaction short and positive, gradually build up the time they spend together.
- ✔ For the first few days, it may be sensible to keep a collar and 'house line' – light lead – on each dog so you have some control as they get to know one another.
- ✔ There may be some lunges, barks and growls as they establish a relationship. If so, don't reprimand either dog, but do talk to your rescue organisation so they can help you manage the situation safely.

# Stress, diet and rescue dogs



Rescue dogs can easily get upset tummies, and sometimes have more complex dietary needs. So what do you need to know about supporting your rescue dog's digestive system?

**Let's take a closer look...**

## SUPPORTING DIGESTION WITH PREBIOTICS AND PROBIOTIC BACTERIA

You can use supplements to support rescue dogs who have sensitive digestion. These bolster the natural population of bacteria in your pet's digestive system, competing with 'bad' bacteria for nutrients and block points where the pathogens try to attach. Meanwhile, prebiotics – a special type of carbohydrate – benefit your pet by supporting 'good' bacteria. Look for probiotic *E. faecium* good bacteria, plus MOS, scFOS and Beta Glucans. These active ingredients work together to maintain a healthy natural balance in your pet's digestive system to keep their tummies on track.

We produce a probiotic for dogs with sensitive digestion – **YuDIGEST Dog** – and have included a free sample with this guide. There's also a veterinary strength formula, **YuDIGEST PLUS for Dogs**, to help rebalance digestion if you have a tummy 'incident'.

## WHAT ABOUT PODGY POOCHES?

**Not all rescue dogs are undernourished or have sensitive tummies... in fact, many are the other end of the scale! Weight gain can be down to a number of factors, including the wrong food, too much food or not enough exercise. If your rescue dog is carrying a little extra weight, it's important to help them get trim for a long, happy, healthy life together.**

According to the PDSA's recent PAW report, 18% of pet owners matched their dog's body shape to overweight or obese. That's bad news for health and happiness, as heavy dogs are more prone to health problems, and often find it more difficult to enjoy active fun. If you need help getting your dog lose weight, you'll find a useful guide on the Lintbells blog.



### DID YOU KNOW?

**19%\* of pet owners use 'common sense' when it comes to portion size... which might be why so many dogs are a little too heavy!**

# Happy healthy rescue dogs all year round



You've a whole new life to look forward to together – the good stuff starts now! What do you need to know to make sure your new best friend is happy and healthy all year long?

## SPRING



As the weather gets warmer, watch out for pollen allergies. Some dogs – like people – get hay fever, but their allergic response is itchy rather than sneezy. So if you notice your dog rubbing their face or body on furniture, scratching a lot, or chewing their paws, it could be a sign that they're suffering.

Help them feel more comfortable by supporting their skin from within with a supplement like YuMEGA Itchy Dog. Simply adding the tasty oil to their food daily helps to boost their skin's natural barrier function. You can also:

- ✓ **Wipe paws and coat with a damp cloth after walks to remove pollen.**
- ✓ **Check the pollen count before heading out.**
- ✓ **Avoid meadows or woodlands depending on the pollen season.**



## SUMMER



Our favourite season, and a wonderful time for dogs. Days out to the beach and the countryside, family holidays, time off school and work... it's all great stuff. There are some safety issues to watch out for to keep your new rescue dog safe though:

- ✓ **Never leave a dog in a car – even on a seemingly cool day or a shady spot.**
- ✓ **Learn the signs of heatstroke – and get your dog to the vets straight away if you see them.**
- ✓ **Read up on travelling with dogs – there's lots of info on our blog to make journeys a pleasure.**
- ✓ **Dietary dangers – BBQs, dropped ice-creams, scavenged seaside chips... be mindful to avoid upset tums.**
- ✓ **The bond between kids and dogs can be really beautiful, but never leave them alone together to keep all your loved ones happy and safe.**
- ✓ **Be aware that like some people, some dogs can be very sensitive to bee and wasp stings – they may require veterinary attention depending on the reaction.**

It's worth remembering that some dogs actually thrive best with a routine, and can find change stressful. There's lots of help and advice, plus practical guides to dog-safe summer fun on the Lintbells blog.



## AUTUMN



Beautiful autumn leaves, long fresh walks, all the best smells... autumn is a great time for dogs. The weather's cooling a little, so there's no need to worry about heatstroke, yet nights are still light and lovely. However, there are some things responsible owners need to keep an eye out for:

- ✔ **Seasonal toxins – chomping on conkers, autumn crocus, chrysanthemums and some mushrooms are dangerous.**
- ✔ **Fireworks – many dogs find fireworks really scary, and will need help to cope. There's lots you can do – take a look on our blog for tips.**
- ✔ **Halloween can also be scary – “Strange people invading the house, all wearing odd things? It's my job to keep the family safe...”**

Be mindful that trick or treaters can be seen as threats, and remember that many sweets are poisonous to dogs.

## WINTER



It's really important to keep your dog active in the colder months, and keep up the walkies even when it's wet or chilly. Most dogs won't mind, but if yours is a sensitive sort or very short coated, they may appreciate a fleece jumper or waterproof coat. Don't forget to dry them off after a walk when it's cold.

## Winter walkies watch-outs

- ✔ **Antifreeze – very poisonous to dogs and cats, and temptingly sweet-tasting.**
- ✔ **Road salt – can irritate paws and tummies, so always wipe their paws post-walkies, and consider a protective paw balm.**
- ✔ **Be safe and be seen with a reflective collar.**

Be careful to maintain your rescue dog's routine over Christmas, and keep a close eye on them. New experiences – such as a strange tree indoors and lots of new visitors – may trigger some unexpected behaviours. There's lots of food to help oneself to, and presents and decorations can make very fun (though dangerous!) toys.

TOP TIP: 

**Chocolate and artificial sweeteners are both poisonous to dogs. If your dog accidentally consumes either, call your vet straight away!**

# Lintbells and our commitment to rescue



Here at Lintbells, we're pet people. We're really passionate about helping dogs, cats, horses and their people live happy, healthy lives together – so perhaps it's not too surprising that we're passionate supporters of dog rescue, too.

**For us, it's about being responsible and doing all we can to support better animal welfare in a holistic way. Though our proven premium supplements make a difference to thousands of pets' lives, we believe that it's important to go further than that. That's why we actively help pet owners with free advice on animal healthcare, and work with rescues to support their work to find less-lucky pets happy forever homes.**

Since we started trading in 2006, we've supported over 300 charities and rescue organisations, and hope to help many more in the future.

Whether we're helping animals in their care feel tail-waggingly good with free products, supporting rescues financially with donations, getting hands on helping out as volunteers, or providing practical support tools like this guide, our ambition is the same: helping more pets – and the people they are yet to find – live happier, healthier lives together.



## CO-FOUNDER John Howie sums up why we care so much...



“ Our dogs and cats give us so much. Great memories and a reason to appreciate the world around us more every day. Companionship when we need it most. Unconditional love, even when humans have let them down before.

We started Lintbells (YuMOVE's creator) to make animals' lives better, and supporting rescue is a really important element of that. Every animal deserves a happy life and a happy home. If we can play a small part in helping unlucky pets who haven't fallen on their paws the first time round, live happier lives with new owners, we're 110% committed.

”

# Training tips...

## How to train your rescue dog to recall

**Recall – or coming when called – can be the most challenging piece of training you'll do with your dog. But it's also the most important, as it gives your dog freedom and keeps them safe. Here's how:**

1. Take your dog to a quiet, controlled space – ideally not a busy part of the park!
2. Be prepared with their favourite food, treats or toy.
3. Keep them on a long line (lead or long, light piece of rope).

## Now it's time to practice.

1. Call your dog using their name and command word – 'Maddie come'.
2. Show the incentive – treat or favourite toy.
3. Give a gentle tug on the long line if they don't come immediately.
4. Repeat the command one more time using exactly the same words – 'Maddie come'.
5. If they still don't come, start moving in the opposite direction making excited noises.
6. When they do come, reward and give lots and lots of fuss and praise.
7. Always 'release' them with a second command – something like 'Off you go.'



## Then practice, practice, practice! Here are our top tips to polish a rock-solid recall...

- ✔ Think dog – make coming back worth your dog's while, with treats, toys or a game.
- ✔ Keep sessions short and fun to avoid losing concentration.
- ✔ Be super-positive – you have to be the most exciting, desirable thing in your dog's world as you train in a recall, so always be a happy exciting destination.
- ✔ Don't give an alternative – keep control with a long line.
- ✔ Practice away from fun distractions – some dogs are more motivated by other dogs than their people!
- ✔ Never, ever use the recall command when you think it might fail.
- ✔ Always use the same command word – dogs don't speak English, they just recognise noises!

## Fun practice makes for a perfect recall

According to the RSCPA's behaviourist team:

“ 95% of your recalls should be for no reason other than practice – just call him, ask for a sit and/or touch his collar, and give him a treat and praise before letting him go again (with your release command). You can also practice putting his lead on and walking a few paces on lead before taking it straight off again and releasing him. This helps to break negative associations (e.g. end of walk, no more playtime) with being put on lead. ”