

AN OUNCE OF PREVENTION: BEHAVIOR EDITION




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WHY?

- Keep people & other animals safe
 - Prevention of aggression, bites, self injury
- Can save the pet's life
 - 1# cause of relinquishment to shelters
- Mental and physical wellbeing of pet
- Easier and less time consuming



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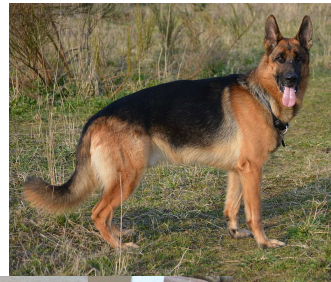
HOW?

- Learn to read body postures
- Choose the right pet for you
- Socialize
- Know how to find help
 - Behaviorists
 - Trainers
- Prepare
 - Happy vet visits
 - Introducing a baby
 - Separation

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BODY POSTURES

- Postures can be subtle
- Breed specific
- Look at entire animal
 - Ears, tail
- Context is important
- May change as dog learns
- Surgical alteration




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FEARFUL BODY POSTURES

- Ears back
- Tail down
- Crouching/cowering
- Head down
- Backing/looking away
- Hiding

A photograph of a white dog with brown spots, crouching in green foliage. The dog's mouth is open, and it appears to be looking away from the camera.

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OTHER SIGNS OF STRESS

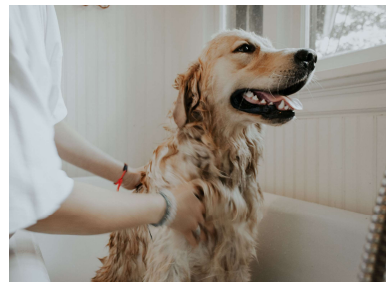
- Furrowed brow
- Dilated pupils
- Muzzle licking
- Vocalization
- Not eating



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OTHER SIGNS OF STRESS

- Panting (when not hot)
- Hypervigilance
- Immobility
- Increased activity/ pacing
- Looking sleepy



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OTHER SIGNS OF STRESS

- Yawning (when not tired)
- Trembling (when not cold)
- Urinating/defecating/diarrhea/expressing anal glands
- Salivating (when not nauseous or hungry)



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OTHER SIGNS OF STRESS

- Lifting front paw
- Hackles raised
- Showing all teeth



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CONFIDENT BODY POSTURES

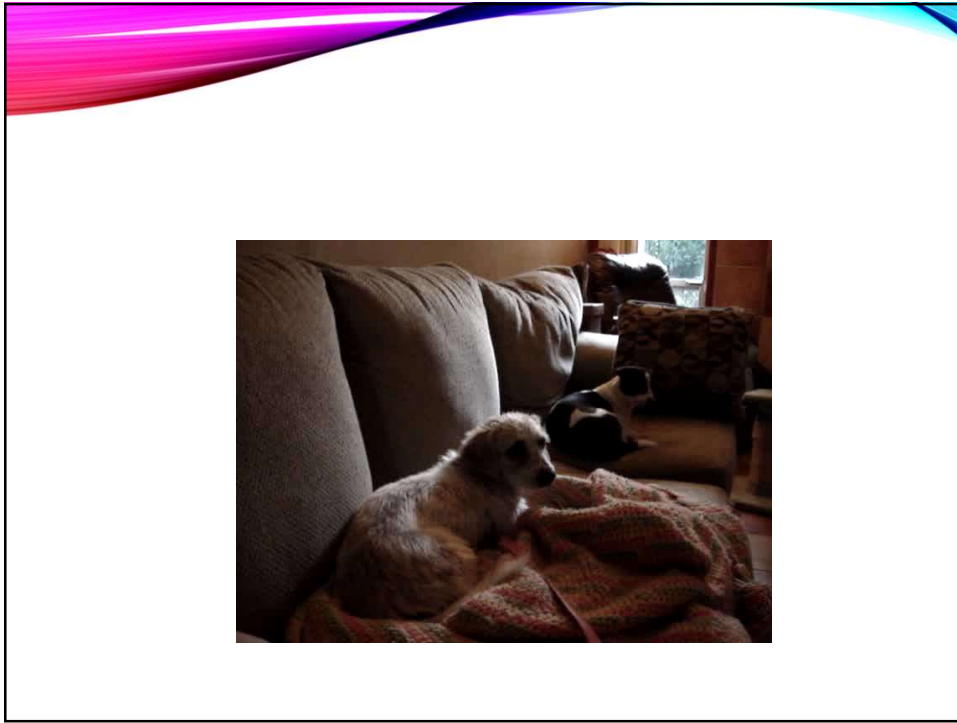
- Tail up
- Ears Forward
- Standing straight up
- Direct eye contact



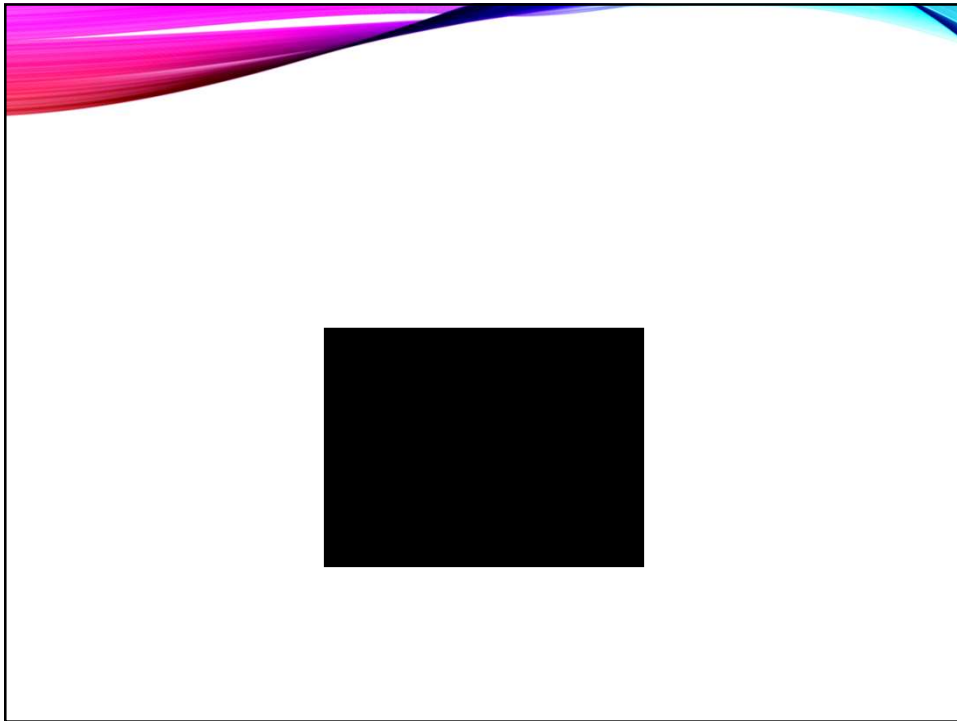
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WHAT DOES IT MEAN WHEN....

- A dog wags its tail?
- A dog rolls on its back?
- A dog looks “guilty”?
 - Study

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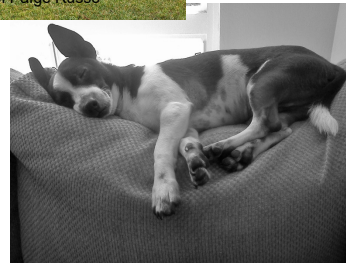
- What do people do that make pets fearful?
 - Approach straight on
 - Loom over the pet



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CHOOSING THE RIGHT PET FOR YOU

- Purpose
 - Performance
 - Running partner
 - Couch potato
- Lifestyle & expectations
 - Travel
 - Time spent with pet
 - Trainability
 - Family situation



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CHOOSING THE RIGHT PET FOR YOU

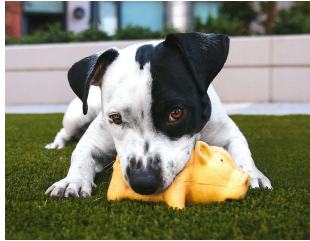
- Adult vs. puppy
 - Puppy behavior “problems”
 - Socialization period
 - Social maturity at 1-3 years
- Rescue vs. breeder
- Book by Drs. Hart and Hart
 - *The Perfect Puppy: How to Choose Your Dog by It's Behavior*



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PRIMARY SOCIALIZATION PERIOD

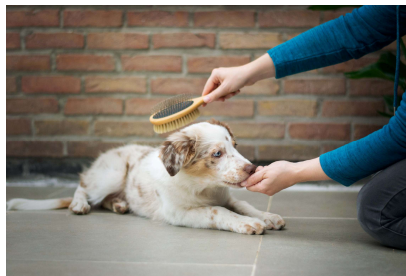
- ~ 4-16 weeks of age
- When puppies readily acquire behaviors that define their future abilities to form social partnerships
 - Experiences have a profound influence on future behavior
- If not socialized during this time more likely to be fearful, defensive, & possibly aggressive later



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PRIMARY SOCIALIZATION PERIOD

- Quantity and Quality important
- Socialize to anything pet may experience later in life
 - Meet all types of people/animals
 - Stairs
 - Rain
 - Car rides
 - Grooming



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VIDEO: KESTREL TOOTHBRUSHING INTRODUCTION



Courtesy of Monique Feyrecilde, VTS Behavior – Teaching Animals

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PUPPY SOCIALIZATION CLASSES

- Purposes
 - Socialization
 - Playtime
 - Education
 - Intro to training

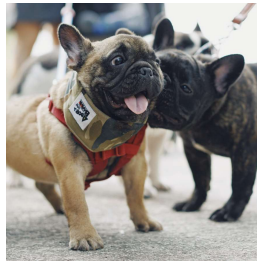


Courtesy of UC Davis Behavior Service

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PUPPY SOCIALIZATION POSITION STATEMENT

- American Veterinary Society of Animal Behavior (avsub.org)
 - Healthy puppies start at 7- 8 weeks of age
 - At least 1 set of vaccines & 1st deworming at least 7 days prior to the 1st class
 - Kept current throughout classes
 - **Avoid** dog parks, pet stores, & other areas not sanitized and/or highly trafficked



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MY RESEARCH

- 279 vaccinated puppies attending socialization classes
- NONE were suspected of or diagnosed with CPV infection
- Conclusion: Vaccinated puppies attending socialization classes were at no greater risk of CPV infection than vaccinated puppies that did not attend those classes.



Courtesy of UC Davis

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PUPPY CLASS VIDEO



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SOCIALIZATION

- Website: ultimatepuppy.com
- Books
 - *Perfect Puppy in 7 Days* by Sophia Yin
 - *The Perfect Puppy: How to Raise a Well-Behaved Dog* by Gwen Bailey
 - *Raising a Behaviorally Healthy Puppy* by Hetts and Estep



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TRAINING AND BEHAVIOR MODIFICATION

- Training
 - Teaching a specific command
- Behavior modification
 - Changing an emotional response
- CCAB (Certified Applied Animal Behaviorists)
 - <http://corecaab.org>
- Diplomate American College of Veterinary Behaviorists (DACVB)
 - Dacvb.org

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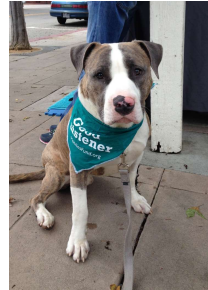
CERTIFIED APPLIED ANIMAL BEHAVIORIST

- Master's or Ph.D.
 - From accredited university/college in a biological or behavioral science with emphasis on animal behavior
 - 30 credits in behavioral science courses
 - 2 years of professional experience in applied animal behavior
 - Attend/present a talk or poster at the ABS meeting
 - Significant experience working interactively with a particular species
 - 3 letters of recommendation

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VETERINARY BEHAVIORIST

- Veterinarian Board-Certified in Behavior
 - Clinical cases
 - 1st author of own research published in a peer-reviewed scientific journal
 - Pass 3 peer-reviewed case reports
 - Pass 2 day examination
- Extensive medical and behavioral knowledge
- As a veterinarian license can be revoked for unethical practice



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CHOOSING A TRAINER

- How to choose a trainer
 - www.avsab.org
- Reward-based training
- Good teacher
- Continual education
- Vaccinations



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CHOOSING A TRAINER

- Observe class
 - Do you feel comfortable?
- No guarantees
- Knows when to refer



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AVOID PUNISHMENT!

- Positive punishment = Adding an aversive stimulus that reduces the likelihood of that behavior occurring again in the future
- Suppresses behavior without changing underlying emotional response
- Proven to increase fear and aggression
- Difficult to implement correctly



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HAPPY VISITS

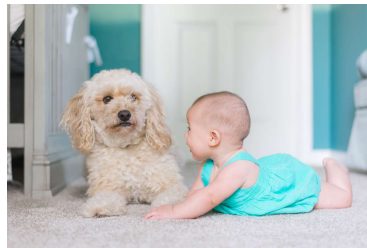
- Going to the vet is fun!
- All ages
- Walk around clinic
- Get on scale for treats
- No scary or painful procedures
- If pet is fearful or aggressive need a more detailed treatment plan



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PREPARING YOUR PET FOR A BABY

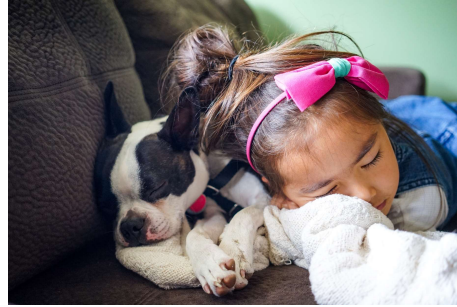
- Pets should ALWAYS be supervised by an adult around children (and vice versa)
- Learn how to read body postures
- Socialization
- Changes in pet's reaction as baby grows



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PREPARING YOUR PET FOR YOUR BABY

- Set up nursery
 - Teach pet to stay out of it
- Take walks with stroller
- Carry doll around
- Play babies crying noises
- Bring baby blanket home



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PREPARING YOUR PET FOR A BABY

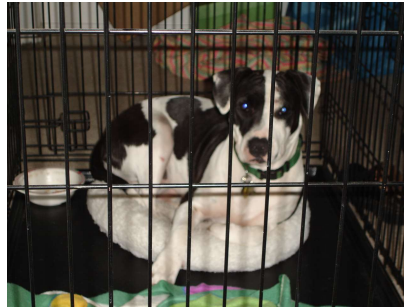
- Create safe places
- Encourage pet to keep a distance from child
- Children should not be allowed to approach or handle pets
- Drag leash



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SEPARATION

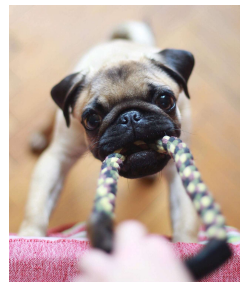
- Dogs must develop coping mechanisms to be alone
- Short periods alone with a high value treat
 - Ensure dog is exercised, taken out to potty
 - Gradually ↑ time away
- Videotape



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MISC TIPS

- Nothing In Life Is Free
 - Dog works for everything in life, but air & water
- NILIF Purposes:
 - Sets the owner up as a positive leader
 - Teaches the dog to look to owner in difficult situations (dog more responsive to owner)
 - Provides structure & predictability



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SUMMARY

- Fearful body postures = ears back, tail down
- Confident body postures = ears forward, tail up
- Choose the right pet for YOU
 - Purpose, lifestyle, expectations
- Socialization is vaccination for behavior problems
 - Dogs not socialized between 4-16 weeks of age may be more defensive, fearful, and possibly aggressive later in life

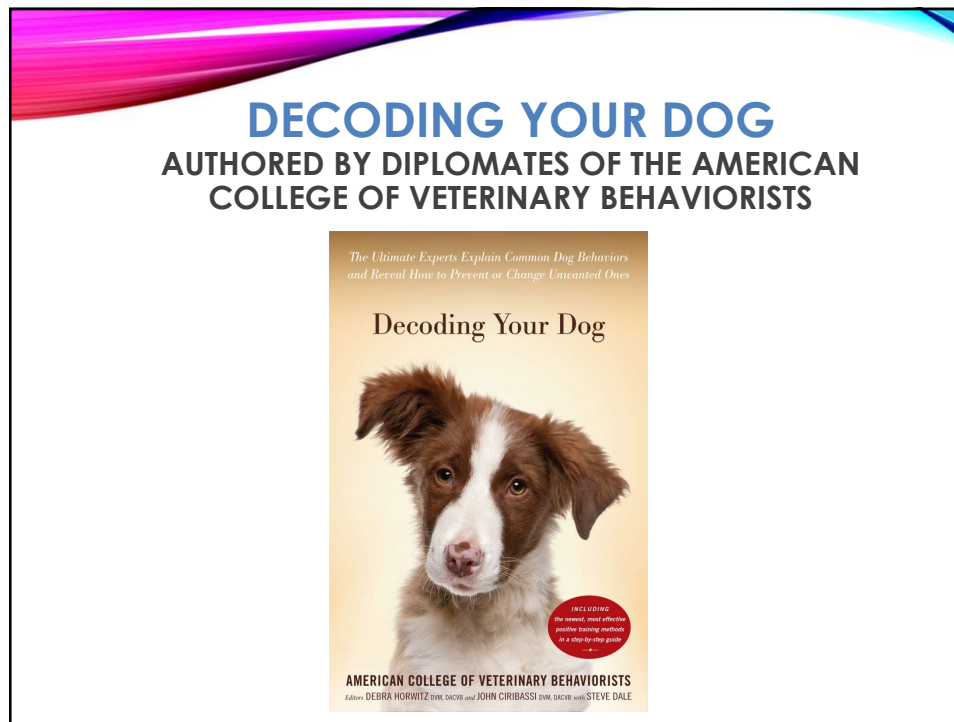
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SUMMARY

- Training = teaching a specific command
- Behavior modification = changing an emotional response
- Avoid punishment!
- Take pet to the vet when healthy for positive experiences
- Prepare for life changes by introducing slowly (baby, separation)

YOU can prevent behavior problems!

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HOW CAN I HELP?

- Aggression
- Separation anxiety
- Destructive/ escape behavior
- Noise phobia
- Fear of vet hospital, nail trims, car rides, children
- Unruly behaviors
 - Leash pulling
 - Jumping on people
- Inappropriate urination/defecation
- Urine marking
- Excessive vocalization
- Compulsive disorders
- Senior pet behavior problems
- Pica (eating non-food items)

.....AND MORE!

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