

Items to Purchase and Things to Do Before Bringing Your Rescue Sheltie Home

Dog Food

Your Rescue Sheltie should be fed a premium dog food such as Nature's Recipe, ProPlan, IAMS, or other similar premium kibble or a Science Diet Prescription diet if appropriate. We will provide you with detailed information on your Rescue Sheltie's diet including the amount and brand of food, the vitamins and supplements he/she has been getting with meals, and the types and amounts of fruits and vegetables they are fed with meals. We provide this information so you will be fully prepared to offer your Rescue Shelties the same meals they have become used to eating in their foster home. Continuity in diet will be much appreciated by your Sheltie in their new home where everything else is new and unfamiliar. In addition, it will aid in preventing any upset tummies that may come with the stress of a new home, family, and routine. There are also some ultra-premium dog foods available that you may want to consider such as Solid Gold, Innova, and several others of this type.

Special Notes on Feeding for Overweight Rescues

If your Rescue Sheltie needs to lose weight be sure to follow the instructions we provide, consult a veterinarian, and—most importantly—check their monthly weight changes so you can monitor their progress. Your vet will help you tell you when it's appropriate to change your overweight Rescue Sheltie to a normal maintenance diet, such as Nature's Recipe Adult Maintenance.

Adding Vegetables to Your Shelties' Diet

All Shelties should have some vegetables added into their bowls of dog food along with their regular kibble, both morning and evening.

The easiest vegetables to add are canned green beans. Add about ¼ cup to his or her bowl each meal.

Your Rescue Sheltie can also get a little bit of apple, banana, cooked broccoli, cooked cauliflower, fresh bean sprouts, or cooked carrots added into his or her morning and evening meals. However, you need to watch how these foods affect their intestines to help you regulate the amounts and combinations. Apples and bananas will be binding, while the other vegetables may cause diarrhea if the quantity is too large for their system.

Select a Veterinarian You Trust and Who is Conveniently Located

Don't let this go by the wayside! Identify a veterinarian that you like as soon as possible. Talk to your friends. Remember that this is probably going to be the person who will help you decide when it's time to finally say goodbye to your Rescue Sheltie. He or she should be someone with whom you feel comfortable—someone you feel you can rely on

when it may be too difficult for you to evaluate the situation. Do this before you bring home your Rescue Sheltie, so that you'll be prepared if you need veterinary assistance.

Select an Emergency Facility Before Bringing Your Rescue Home

Many veterinarians keep regular hours Monday through Saturday, but are not available after hours or on Sunday when an emergency may arise. When an emergency occurs, stopping to flip through a phone directory is not an effective response—especially if your Sheltie's life is in danger. Every minute matters. Be kind to yourself and to your Sheltie—be prepared.

Interceptor Heartworm Preventative:

It's very important that Sheltie owners use **Interceptor Heartworm Preventative for dogs weighing between 25 to 50 pounds**, or whatever weight your Sheltie is. This can only be purchased from your vet and is extremely important.

Our Rescue Shelties are given heartworm tests and, when found to be clear of heartworm, are started on Interceptor rather than the more popular Heartgard. Follow your veterinarian's recommendations but *stick with Interceptor*. This medication is less popular than Heartgard but most herding dog breeders, especially Sheltie, Border Collie, and Collie breeders, have accumulated evidence that the active ingredient in Heartgard may be dangerous to the health of dogs of those breeds. We have concerns about the safety of Heartgard for Shelties as a result of many deaths that appear to be correlated with the administration of Heartgard to members of this breed. It's hard to know if these were simply coincidence or evidence of problems among these breeds with Heartgard. Why risk your Rescue Sheltie's life?

Vetri-Science Canine Plus Vitamins:

With the poor diet that most Rescue Shelties frequently had prior to rescue, most will benefit greatly from a high potency vitamin for dogs. This vitamin is far more effective than anything you'll find in Petsmart or other pet supershops, and is available through your veterinarian or KV Veterinary Supplies. We also use these vitamins with healthy dogs, just as we take a regular multiple to maintain better health. Vetri-Science Laboratories of Vermont is a Division of FoodScience Corporation. Their website is www.vetriscience.com.

Dog Treats:

The following dog treats are recommended. Just watch the quantity you feed per day.

- **Hill's Prescription Diet Canine t/d – Small Bites:** This food is intended to help reduce the amount of tartar on teeth and help maintain the good health of teeth and gums. We often use it as a treat food that most dogs enjoy. Beware, however, since this is a very high calorie food and may not be appropriate for your particular Sheltie.
- **IVD (Innovative Veterinary Diets) Select Care Treats for Dogs:** These treats are low in fat, are low calorie, help control tartar, and are fortified with vitamins that will be excellent for your Sheltie's health, the beauty of his coat,

etc. Most dogs like these treats and we highly recommend them. You can buy these at your veterinarian.

- **Hill's Science Diet Treats with Real Chicken** – Light or Senior – Medium Bone: These treats are also excellent. They are a bit larger and a bit higher in calories (we believe) than the previously mentioned ones so be careful on amounts. You can purchase these at Petsmart or Petco, as well as at a veterinary facility.
- **Hill's Science Diet Jerky Plus (with Real Beef and Vegetables and other flavors):** This is the only soft jerky available on the market, as far as we know, that is not really bad junk food for dogs. Jerky treats are very useful for training and generally helping your Rescue Sheltie “learn the ropes” at home, because you can break off small pieces at a time to reward him. Do not give him the whole piece of jerky unless he has done something outstanding! You can buy these treats at Petsmart, Petco, and at veterinary facilities.
- **Mother Hubbard Dog Treats:** These dog treats are available at Petsmart and Petco (but not at veterinary facilities). These are generally higher in calories with less nutritional value but are okay on occasion as a change of pace.

Basic Equipment: Collar, Leash, Crate, Supportive Pad for Crate, Dog Bed for Bedroom, Dog Toys, etc.

You will want to have the following basic items before you bring your Rescue Sheltie home:

- A **leash** or flexi-type-lead (which may be easier for you and your Sheltie than a regular leash.) for taking walks.
- An **adjustable collar with a quick-release buckle**. This collar should be a good quality, sturdy collar because it will have a rabies tag on it, as well as an identification tag with your name, address, phone number, his microchip ID # on the back of this tag, the 1-800 # to call in the microchip ID #, and the phrase “Medication Required” (even though medication is not necessarily needed).
- **Rescue Shelties need a crate**—either a plastic-sided or wire crate will work. This your Sheltie's special place where he or she can retreat if they just want to be left alone, when they're tired or stressed, and sometimes when they're not feeling well. The crate is a nice safe place to be—especially if they're already familiar with it. Rescue Shelties that we foster are all crate trained while they're living with us. This means that they eat breakfast and dinner in their crates and placed in the crate to go to sleep or when nobody is home to monitor them. They always get some fun things in their crate, like treats and toys that they enjoy.
- **While you're purchasing a crate, buy a supportive pad for the crate**. This is especially important for overweight Shelties or those with painful joints. A pad that will provide good cushioning and help alleviate the pressure on joints is a very good idea. Get a pad that is not quite as long as the crate. We like to be able to put food and water bowls down at the front of the crate that are sitting on the floor of the crate rather than on the crate pad (which, if it is nicely supportive, is not a stable location for a water bowl or food bowl). We

prefer crate pads that are about three to five inches shorter than the crate itself. We also appreciate crate pads that can easily be thrown into the washing machine for clean-up.

- A **dog bed or pad** for the bedroom is something you may want to consider, too. Once you and your Rescue Sheltie have settled in together and there's no danger of any "naughty behavior" going on while you're asleep, you'll want to allow your Sheltie to sleep in your bedroom outside of his or her crate. We only crate Rescues in our bedroom until we feel they know the routine and are trustworthy, as far as going through the night without an accident, in a new environment. You may want to close the bedroom door to keep him from roaming the house—especially if he's not crated and while he's adjusting to your home and routine.
- **Toys:** There are lots of wonderful toys on the market to choose from. Take advantage of the better prices in the dog catalogs which will enable you to purchase more toys, since some of them (as with any kid) will be a hit and some will not merit more than a few sniffs. Don't be disappointed if your dog doesn't like every toy you get him. Dog toys generally break down into a few categories:
 - **Tug toys** — you should try out at least one to see if your Sheltie likes the game of "tug" or can be enticed into it. (Note: Some veterinarians recommend against playing "tug" too much, especially with young puppies, as it can affect the alignment of their teeth.)
 - **Soft toys** — most dogs enjoy having soft cuddly toys of some type. Be careful, though. Most dogs, though not all, will tear these toys apart. If your Sheltie tears it up, that's just fine—but be sure to take away all the soft filling, the plastic squeaker he may pull out, and any little parts that may come out as he dismembers his toy. The little toy parts can be dangerous if swallowed. The stuffing could cause a blockage if you don't pick it up and he eats it. An intestinal blockage will threaten your Sheltie's life and cost you a bundle to fix, since it will require surgery to remove the blockage.
 - **Kong toys and Hava-Balls** — almost indestructible and made out of hard rubber, these toys can be really helpful and a great distraction for your Sheltie when you're not there, because you can smear peanut butter or cream cheese on the inside and let him work on getting it out while you're gone. You can also wedge dog treats inside. Your Sheltie may or may not like the challenge of getting the dog treats out. This is a great toy if your Sheltie takes to it and definitely worth a try.
 - **Treat Puzzle Cubes** — there are a variety of these toys on the market now (including one made by the Kong toy people too, we think), where you put some kibble inside the cube. Your Sheltie has to roll the cube around on the floor and when he does, the kibble falls out. Many dogs catch onto this pretty easily after some trial and error. They can smell the food inside and are curious, so they tend to move the cube around. When food falls out and they eat it, they try moving the cube around some more. Finally, they realize that the moving of the cube and the appearance of the

food are connected. You can help out by rolling the cube and showing your Sheltie the food that comes out. Mind-stimulating toys like these are outstanding for dogs—especially bright dogs like your Sheltie.

- ❑ **Soft or hard plastic toys with squeakers or other noise makers:** These toys are also good. Some dogs just adore squeaking any toy with a squeaker or noise maker. Sometimes you can summon your dog just by squeezing one of these toys. When it comes to toys, you'll have to do some experimenting. Also, keep in mind that, as your Rescue Sheltie settles into your home and family life, he'll be more at ease and more likely to be interested in playing and more interested in toys. So start out with a few, but don't be discouraged by his early responses if he's not terribly interested. This could easily be due more to his being in transition than his not being interested in playing with toys.

Healthy Hygiene Equipment:

- **Slicka brush for grooming.** This is the brush that we prefer. Others may suggest different brushes. We highly recommend you purchase an inexpensive slicka before you bring your Sheltie home. The bonding that occurs through gentle brushing is wonderful.
- **Toothpaste and some type of doggie toothbrush.** Learn to clean your Sheltie's teeth every other day (at minimum) and you will be rewarded with years, maybe even a lifetime, of no doggie breath to deal with. Most doggie bad breath comes from tartar build-up, decay, and gum problems. And, if it turns out that dental bacteria are responsible for some heart disease, as is now being suspected, you may even be significantly extending or even saving your Sheltie's life by maintaining good dental hygiene for him.
- **Kwik-Stop:** This is a powder to be used when clipping nails to stop any bleeding that might start. It is very effective. We almost always draw at least a little bit of blood, so don't let it worry you—but do purchase some Kwik-Stop to have on hand.
- **Dog Nail Clippers (not the guillotine model) or a Dremel Sander:** These are the basic tools for trimming nails. This is extremely important to take care of regularly—at minimum, once per month. If you can hear his nails tapping on uncarpeted areas of floor, his nails are overdue to be trimmed. Untrimmed nails can cause bio-mechanical movement problems in a dog that contribute to the development of arthritic conditions and joint problems. These are far worse to deal with than nail trimming. Settle down with a bag of Science Diet Jerky Plus treats. Put one person in charge of clipping nails and the other person in charge of distracting your Sheltie with wonderful cuddling, cooing, and feeding him bits of some wonderful treat.

Sheltie Rescue Contacts

We are here to help and support you in your adoption in any way we can, before, during, and after you take your Sheltie Rescue dog home.

If you have questions about training, grooming, nutrition, dental care, nail care, behavioral issues, health questions, etc., we can help you or we can direct you to resources in our community who can help you.

We encourage you to contact any one of the following individuals whenever you have questions or problems of any kind.

- Barbara Edelberg & Jim Melton – (801)942-4762 – We're always happy to show you our techniques for training and grooming.
- Caren Ciampini – (801)731-6420 – Caren is a Sheltie breeder with lots of grooming experience.
- Marie Miles – (801)479-3469