

NEW DOG
CHECKLIST
& INFO



“Dogs are not our whole life, but they make our lives whole.”
—Roger Caras



NEW DOG CHECKLIST

ESSENTIALS

- Collar _____
- NON SLIP Harness/Lead _____
- Name Tag w/ Phone No. _____
- Food _____
- Bowls _____
- Dog Bed _____
- Crate _____

OTHER

- Poop Bags _____
- Toys - always monitor play! _____
- Treats _____
- Peanut Butter (NO Xylitol) _____
- Shampoo _____
- Sneakers for walkies _____
- Puppy Pads (if needed) _____

MEDICAL

- Sign up with a local Vet _____
- Flea & Tick Prevention _____
- Heartworm Prevention _____
- First & Annual Check Ups _____
- Track Vaccination Schedule _____
- Pet Insurance _____
- Canine First Aid Kit _____

MOST IMPORTANT

- LOVE** _____
- PATIENCE** _____

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

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

3D



In the first 3 days,

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

3W



After 3 weeks,

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

© Rescue Dogs 101

3M



After 3 months,

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

Recommendations for Introducing a New Dog to Your Current Dog

Disclaimer: Every dog and every situation is different so it is up to the adopter to remain vigilant and use common sense when assessing the situation. But these are general tips and guidelines for introducing a new dog to your resident dog and your home. Contact Lucky Dog Refuge or a trainer to assist you if you are having any concerns or difficulties.

1. Find a Neutral Spot to Make Introductions

If possible, find a neutral, outdoor, fully fenced space—an area that neither dog has “claimed” through frequent visits or walks. The space should be quiet with no other dogs or people.

Unfortunately, this isn't always possible, so the next best option is an outdoor space with enough room for the dogs to roam on-leash as they get to know one another.

*** Put away anything that might cause a scuffle—like dog toys, bones, beds, and even empty food bowls. Consider everything, including objects that don't seem to interest your dog. An old bone might suddenly become valuable again if your new dog takes an interest in it. ***



2. Watch for Positive Dog Body Language

Best to have someone who knows canine body language – such as a trainer – nearby.

- Watch the dogs for happy, waggy body language and interest in one another without hard stares, tense postures, freezing in place, or a lowered or tucked tail.
- Look for signs that one dog is trying to get away, which are often missed or misinterpreted. If your dog runs over to you, don't send them back “into the fire” because this is usually an indication that your dog needs a break from the interaction.

3. Walk the Dogs Together

After introducing a new dog, the next step is parallel walking with both dogs in slip leads – NOT harnesses. They should be far enough apart that they're aware of each other, but not so close that they fixate on trying to reach one another.

- Walk both dogs in the same direction with a comfortable *buffer* of distance between them, turn back and trade places with the other dog-human team so that each dog has a chance to scent where the other dog walked.
- Allow the dogs to investigate potty spots. Both handlers should remain calm and keep their grip on the leashes as loose as possible.
- If both dogs are offering relaxed, social behaviors towards one another, gradually decrease the distance between them while continuing the parallel walking. Don't allow a direct face-to-face approach as the dogs get closer, since head-on is a stressful and unnatural way for dogs to meet.



4. Allow the Dogs to Interact Off-Leash (Monitored)

If you feel comfortable with how the dogs are interacting, return to an enclosed area, and drop the leashes following the steps below.

- First drop the leash of the dog who is more neutral or less interested and assess the other dog's reaction. Allow the handle to drag. If all continues to go well, drop the second leash after 5-10 minutes.
- With the slip leashes still attached and handles dragging on the ground, allow them to interact – but be close by and prepared to grab the leash should a scuffle ensue.
- Give the dogs a few minutes to sniff one another while praising their calm interactions, and then encourage the dogs to continue moving with you for a final, brief walk together.
- At this point, the dogs might continue sniffing to learn more about each other, or they might begin playing. Look for the universal dog invitation to connect: a play bow where dogs put their elbows on the ground and rear end in the air.
- As the dogs play, watch for the signs of a respectful interaction: a mutual give-and-take with pauses in the action.



Recommendations for Introducing a New Dog to Your Home

Remove ANY high value items (including treats, toys, beds) for the first introduction and even first few days - or week(s).

Introducing a new dog into your home

After you introduce your new dog to your resident pet, you can introduce your new dog to your home.

- Instead of bringing both dogs inside right away, you should have a helper take your resident dog for a stroll. Then give your new dog a chance to check out his new living space alone.
- Keep an eye on your new dog as he investigates. When he's checked everything out, bring him to an open area of your home, away from the front door. Cramped spaces can lead to jockeying for position and accidental scuffles.
- Take the dog outside and reintroduce on leash to the resident dog. Then take both into the house with the resident dog leading the way.

*** Once again, pick up any dog toys, treats, beds, prized possessions, or food that could create tension between the dogs. Then you can have your helper bring your resident dog inside. ***

Daily Life After Introducing a New Dog

Try to keep your household calm as the dogs *acclimate* to one another. Don't throw a "welcome to the family party" on the first day home.

- Maintain your resident dog's typical daily schedule and try to set aside one-on-one time with each dog, like going for solo walks.
- Always be aware of signs of brewing tension between your dogs, like low growling, hard stares, and body blocking. If you notice any of these signs, you should intervene immediately.
- Separate the dogs and direct their attention to something else. Give them a break from one another for at least 20-30 minutes before allowing them to engage again.

Monitor Mealtimes

Always separate your new dog and resident dog during mealtimes. You can either place their bowls in different rooms or use a dog gate to separate them.

- If one dog finishes first, don't allow him to hover as the other dog eats.
- To prevent tension, you should keep them apart until both dogs have licked their bowls clean.
- Always pick up the bowls after feeding time.

Give Each Dog Their Own Bed

Some dogs are possessive of their resting spaces, so watch to make sure both dogs are acting appropriately around their beds. Even if a bed is big enough for both dogs to share, it's a good idea to get a different bed for your new dog.



Introduce Toys Slowly

Introduce toys – and any other high value items such as bully sticks and chews – back into the house slowly after a few days rather than bringing out the entire toy chest right away. Always supervise your dogs when they are trying out a new toy.

- Look for playful interactions without signs of guarding, like standing over the toy or snapping at the other dog if he gets too close to it.

Respect the Hierarchy

Respect the fact that the resident dog was there first. Feed the resident dog first. Maintain the resident dog's routine as much as possible.

- Set boundaries for the new dog. Do not allow the new dog on the sofa/bed, etc, until the resident dog is comfortable that its territory is not being taken away. Some resident dogs adjust more quickly than others and are willing to share but others take longer.
- To play it safe, keep a leash on the new dog for the first few days, so that you can prevent any scuffles if you notice stiff body language, side eye, or growls. Implement boundaries in the house, in case the resident dog starts to feel threatened. Use a crate for the new dog to give the resident dog time to enjoy its home without always having to share it. Introduce the rest of the house slowly over the first few weeks.

Separate the Dogs When You're Away

Alone time is an important aspect of the getting-to-know-you process. Whether you're leaving the house for the day or just taking a shower, always separate your dogs when you can't watch them. This obviously keeps them safe, but it also provides them with downtime apart from one another.

In the long-term, it is always wise to supervise them together and separate them when no one is home. This will keep everyone safe and interactions more positive.

Create Playtime Breaks

Many dogs don't understand when to say "when," particularly if they're having a good time together.

- Nonstop play can tip over into inappropriate behavior when dogs get overtired. Giving your dogs a break from one another allows them to relax and regroup.
- Create spaces for each dog so that they can be separated—either in different rooms or behind a dog gate. Dogs need a break from their housemates, just like all of us do.

Have Patience

It can take months before your new dog and resident dog mellow into true comfort with one another, so have patience with them as they get used to siblinghood.

Contact Lucky Dog Refuge for assistance or advice at any point in the process.



SUGGESTED CRATE SIZE FOR YOUR PET

 <p>12"</p> <p>1lb. - 12lb.</p> <p>SMALL</p>	 <p>17"</p> <p>13lb. - 25lb.</p> <p>MEDIUM</p>	 <p>21"</p> <p>26lb. - 50lb.</p> <p>LARGE</p>	 <p>26"</p> <p>51lb. - 90lb.</p> <p>EXTRA LARGE</p>	 <p>30"</p> <p>91lb. - 110lb.</p> <p>EXTRA EXTRA LARGE</p>
<p>CRATE SIZE</p> <p>20"H</p> <p>17"W</p> <p>24"D</p>	<p>CRATE SIZE</p> <p>21"H</p> <p>19"W</p> <p>30"D</p>	<p>CRATE SIZE</p> <p>25"H</p> <p>22"W</p> <p>36"D</p>	<p>CRATE SIZE</p> <p>30"H</p> <p>28"W</p> <p>42"D</p>	<p>CRATE SIZE</p> <p>32"H</p> <p>30"W</p> <p>48"D</p>
<p>CRATE WEIGHT</p> <p>13LB</p>	<p>CRATE WEIGHT</p> <p>17.5LB</p>	<p>CRATE WEIGHT</p> <p>24LB</p>	<p>CRATE WEIGHT</p> <p>32LB</p>	<p>CRATE WEIGHT</p> <p>34.5LB</p>
				

HOW TO FIT A HARNESS LEAD

VERY IMPORTANT TO PROPERLY FIT!

TO PROPERLY SIZE FOR A DOG,
MOVE THE TWO ADJUSTABLE BLACK STOPS
SO THEY ALIGN ALONG BACK PORTION OF
FRONT LEG EXACTLY AS SHOWN



*IF THEY ARE POSITIONED TOO FAR FORWARD IT WILL BE TOO TIGHT ON NECK

*IF THE STOPS ARE POSITIONED TOO FAR BACK, IT WILL BE ILL FITTED AND LEASH WILL FALL BACK BY STOMACH

What Size Crate Do I Need?

For extra small dogs like Yorkshire Terriers, Maltese, Papillons and other toy breeds.



18 - 22 in.
Extra Small

For small dogs like Pugs, Shih Tzus, Miniature Dachshunds and other small or miniature breeds.

24 in.
Small



For medium-sized dogs like French Bulldogs, Dachshunds, Scottish Terriers and other medium breeds.



30 in.
Medium

For intermediate dogs like Bulldogs, Bull Terriers, Beagles, Cattle dogs and similar breeds.



36 in.
Intermediate

For large dogs like Boxers, Border Collies, Dalmations, Poodles, Retrievers and similar breeds.



42 in.
Large

For extra large breeds like Akitas, Rottweilers, Huskies, Collies, Malamutes, and other extra large breeds.



48+ in.
Extra Large

Types of Dog Crates

The traditional wire crate is a good choice for most dogs. Most models now come with a removable pan for easy cleaning and are fully collapsible for easy transport and storage.



Wire Crate



Travel crates make great choices for frequent travelers. Hard plastic crates are generally accepted for pet air travel when checked as cargo.

Travel Crates

Soft-sided travel crates are good for small breeds who are travelling as a carry-on item. Most are small enough to stow under your seat so your pet can ride safely in the cabin with you.



Decorative crates make it easy to blend your dog's new home into your home's decor.

Decorative Crates

Crate Training 101

brought to you by the experts at That Fish Place - That Pet Place

Why Crate Train?

- 🐾 Pets are prepared for travel
- 🐾 Creates a safe haven during stressful times
- 🐾 Pets are more at home at vet, groomer & during boarding
- 🐾 Potty train in less time



⚠️ **NEVER** use the crate as a punishment for bad behavior.

Puppies don't have bladder control. Do not leave a puppy for more than **4 hours**.

⚠️ **Do Not** leave a pet in a crate for a long period of time without exercise.

Always make the crate a warm inviting place. Include toys and chews.

How to Crate Train Your Dog

Step 1: Introduce The Crate



Place the crate in a quiet corner of a regularly used room, like your living room, and put a soft blanket or bed and a few toys inside.

Give praise if they explore it on their own

Sit near the crate and call to them in a happy tone. Offer treats and praise when they come near the crate.

Step 2: Stepping Inside

Gradually work up to asking them to step inside the crate. Eventually ask them to walk entirely inside, using small treats as rewards.

Add a command, like "Crate" or "Go to bed". Keep it simple and consistent each time you're working with the crate.



Step 4: Meals & Nap time

Your dog is now comfortable going inside the crate with the door closed.

Begin to feed all of their meals inside the crate with the door closed. This will help make the crate a desirable place!

You may notice your puppy retreating to their crate for naps. If they don't do this on their own, you can put them in their crate when they are sleepy.

ZZZ...ZZZ...ZZ



Step 3: Closing the Door

Once they are comfortable going in and out of the crate, ask them to go in and close the door.

Only close it for a second or two, then open it. Give lots of praise for quiet, good behavior.

Slowly work up to having the door closed for a few minutes, up to 30 minutes while you are sitting nearby.



Step 5: Leaving the Room

It is time to advance the training. Ask them to go in the crate and close the door. Leave the room for a few seconds and come back.

Act calmly, ignore any excitement and whining. Once they are calm, let them out and praise them for good behavior with praise and treats.

Work up to leaving the room for one hour or more at a time.

Step 6: Leaving the House

Begin getting ready to leave the house. Calmly, and without any long good-byes, direct your dog to their crate.

Leave the house. The first few times only leave for a few minutes working up to longer absences.

When you return, wait for your dog's excitement to die down. Ignore any whining and let your dog out to greet you once they are calm.

Congratulations! Your dog should now view their crate as a calm, fun safe haven and they'll stay safely out of trouble while you are away!



F.A.Q.s

How long does crate training take?

It depends. Some dogs get used to their crates right away. Others are frightened and take much longer to acclimate to being alone. Go only as fast as your dog is comfortable. If you rush the process, you'll do more harm than good.

What do I do if my dog whines?

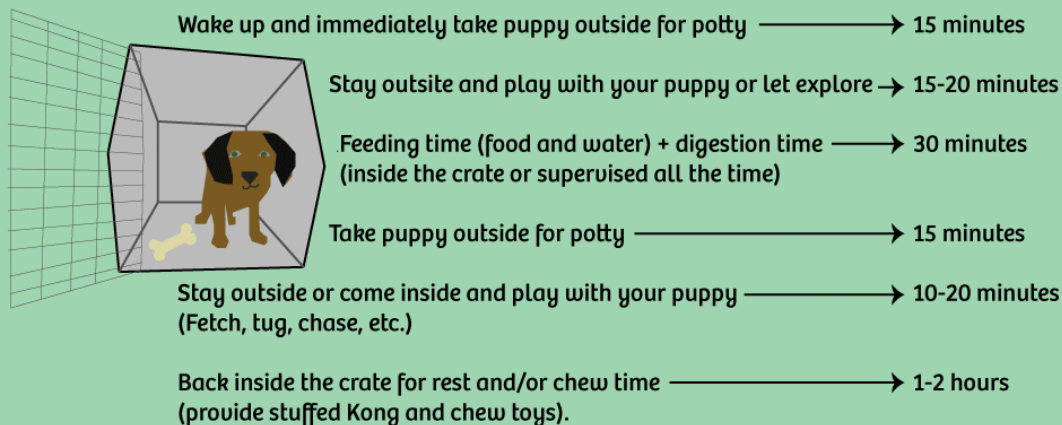
Does your puppy need to go to the bathroom? Once you've determined that they are whining because they want out of the crate, you'll need to ignore the behavior. Wait until the whining stops to let them out. Otherwise, you are teaching them that if they whine, they can get what they want. This can be frustrating! Never yell or shake the crate, just ignore the behavior.

Can crating my dog cure separation anxiety?

No, crating does not cure separation anxiety. It can keep some dogs safe while their parents must go away, but others get so agitated that they injure themselves trying to escape. Consult with your veterinarian and a professional trainer to get help with separation anxiety. It is usually treated with very slow desensitization and sometimes along with anxiety medication.

PUPPY CRATE TRAINING SCHEDULE

by www.dog-training-excellence.com



SCHEDULE EXAMPLE

MORNING

7:00 Out for potty
7:15 Play-time
7:30 Feeding
8:00 Out for potty
8:15 Play-time
9:00 Inside the crate
11:00 Out for potty
11:15 Play-time
11:30 Feeding
12:00 Out for potty
12:15 Play-time
12:30 Inside the crate

AFTERNOON

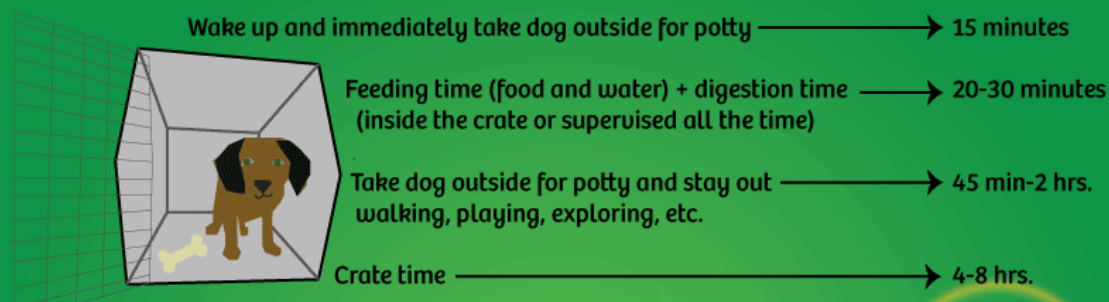
2:30 Out for potty
2:45 Play-time
3:00 Feeding
3:30 Out for potty
3:45 Play-time
4:00 Inside the crate
6:00 Out for potty
6:15 Play-time
6:30 Feeding
7:00 Out for potty
7:15 Play-time
7:30 Inside the crate

EVENING

9:30 Out for potty
9:45 Play-time
10:00 Feeding
10:30 Out for potty
10:45 Play-time
11:00 Inside the crate for the night








CRATE TRAINING AN ADULT DOG SCHEDULE



End the day with with feeding, walks, play and cuddle time.

TIPS FOR CRATE TRAINING AN ADULT DOG

-  Increase the time your dog stays alone inside the crate from 1-2 hours slowly up to 8 hours.
-  Always leave enough chew toys and stuffed kongs for your dog to pass the time enjoyably.
-  Do not use the crate as a punishment. Your dog must love to be settled in his crate before you can use it for time outs.
-  Once your dog has learned to potty outside on schedule and to only chew on his own toys, leave the crate door open.
-  If your dog whines or barks, IGNORE him. Only let him out or give him a treat/toy if he is quiet and relaxed inside the crate. Otherwise you will be rewarding whining behavior!

Adopters are legally required to have the dog's vaccinations up to date at all times



ESSENTIAL Dog Vaccinations



6-8 Weeks

Core Vaccines

DAP*

Noncore Vaccines

**Bordetella
Parainfluenza**



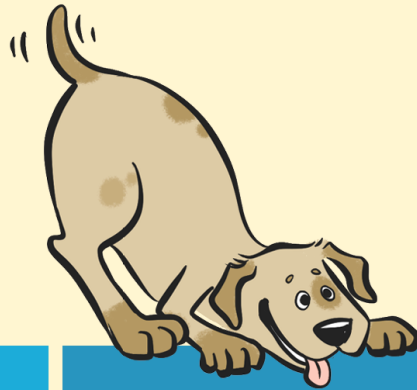
10-12 Weeks

Core Vaccines

DAP*

Noncore Vaccines

**Leptospirosis
Lyme
Canine influenza**



14-16 Weeks

Core Vaccines

DAP*

(vets prefer giving final vaccine at 16 weeks or later)

Rabies

(may be given earlier if required by law)

Noncore Vaccines

**Leptospirosis
Lyme
Canine influenza**



Annual & 3-Year

Core Vaccines

Rabies**

(starting one year after initial series)

Noncore Vaccines

**Leptospirosis
Lyme
Canine influenza
Bordetella
(or every 6 months)**

3-Year Core Vaccines

**DAP*
Rabies****

***DAP:** (Distemper, Adenovirus/Hepatitis, Parvovirus. Sometimes also referred to as DHP or DHPP if parainfluenza is included).

****Rabies:** 3-year vs. 1-year vaccine depending on state laws.

GOT KIDS?

How Kids SHOULD NOT Interact with Dogs

It's common sense. Just imagine how people should interact with each other.

Avoid taking people's food



Avoid bothering dogs when they are eating



Avoid stealing other people's toys



Avoid taking a dog's bones or toys



Avoid putting your face right up to someone else's face



Avoid putting your face right up to a dog's face



Avoid bothering when asleep



Avoid bothering animals when they are resting. Let sleeping dogs lie.



Avoid pestering



Avoid grabbing tail/ears



Avoid climbing on or trampling



Avoid climbing on or trampling



Avoid pinching



Avoid hugging. Most dogs dislike it.



Avoid screaming around



Avoid hollering and shouting. Use your "inside" voice instead.



Dr. Sophia Yin, DVM, MS
The Art and Science of Animal Behavior

For additional free dog bite prevention resources and more dog behavior books and products, visit www.drSophiaYin.com.



ALCOHOL



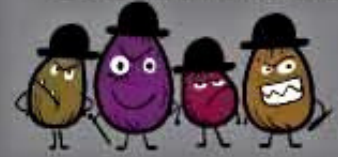
COMA
DEATH
INTOXICATION

AVOCADO



CONTAINS PERSIN:
VOMITING
DIARRHEA

RAISINS CURRANTS



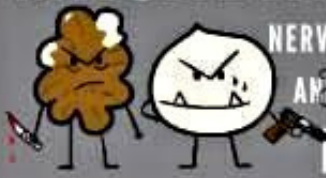
KIDNEY
FAILURE

COOKED BONES



STOMACH
LACERATIONS

WALNUTS MACADAMIAS



NERVOUS SYSTEM
AND MUSCLE
DAMAGE

ONIONS GARLIC



BLOOD CELL
DAMAGE
ANEMIA

DAIRY



TOO MUCH:
DIARRHEA

the world's

MOST

DANGEROUS



FOODS

FOR DOGS

GRAPES



KIDNEY FAILURE

MUSHROOMS



SOME VARIETIES:
SHOCK
DEATH

FATTY FOODS



TOO MUCH:
PANCREATITIS

CAFFEINE



VOMITING
DIARRHEA

TOXIC TO HEART & NERVOUS SYSTEM

XYLITOL



(GUM, CANDY ETC.)
LIVER FAILURE
HYPOGLYCEMIA
DEATH

CHOCOLATE



TOXIC TO HEART
& NERVOUS
SYSTEM
DEATH

At Lucky Dog Refuge, all adopters are required to have their dogs spayed/neutered, if not already done so prior to adoption.

We require that all dogs be fixed by 7 months of age. It's generally recommended to spay puppies between the ages of 4 to 6 months, says the American Animal Hospital Association (AAHA)

Many recommend for female puppies to be spayed before their first heat, which can occur as early as 5 months of age. However, there is increasing evidence that this is too young as the dogs have not been allowed to fully develop and grow.

You should consult with your veterinarian to determine the most appropriate age for this surgical procedure.

The infographic consists of six circular icons arranged in two rows, each with a text label and an illustration. The top row includes: 1) 'REDUCE Spraying & Marking' with a black and white cat spraying; 2) 'REDUCE Roaming' with a black dog chasing a grey dog; 3) 'REDUCE Aggression' with a dog baring its teeth. The bottom row includes: 4) 'LOWER Risk of Cancer' with a beagle; 5) 'DECREASE Overpopulation' with a dog lying on a blue blanket surrounded by puppies; 6) 'INCREASE Lifespan up to 3-5 Years' with an elderly white cat and a yellow dog using canes. Below these icons is a large pyramid of small dog icons, with two larger dog icons and hearts to the left. Text to the right of the pyramid states: 'In 3 years, one unspayed female and one unneutered male can produce: **512 DOGS**'. At the bottom right is the logo 'spay it forward' with a silhouette of a dog.

REDUCE
Spraying & Marking

REDUCE
Roaming

REDUCE
Aggression

LOWER
Risk of Cancer

DECREASE
Overpopulation

INCREASE
Lifespan up to 3-5 Years

In 3 years, one unspayed female and one unneutered male can produce: **512 DOGS**

spay it forward

PET INSURANCE 101

The options for pet insurance are growing every day and can be confusing. Here is an overview of what it is and what it is not, how it works, and key terms you need to know to make the right pet insurance decision for you and your pet.

WHAT IS PET INSURANCE?

WHAT IT IS
Pet Insurance is coverage for veterinary bills due to unexpected accidents or illnesses.

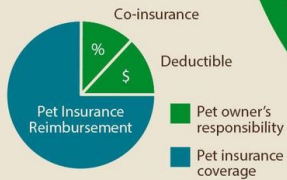
WHAT IT IS NOT
Pet insurance is not an investment or a health savings plan.



PET OWNERS WITH PET INSURANCE BY COUNTRY



TYPICAL VET BILL



PRE-EXISTING CONDITIONS

An illness or condition which first occurred or displayed signs prior to pet insurance coverage.

WAITING PERIODS

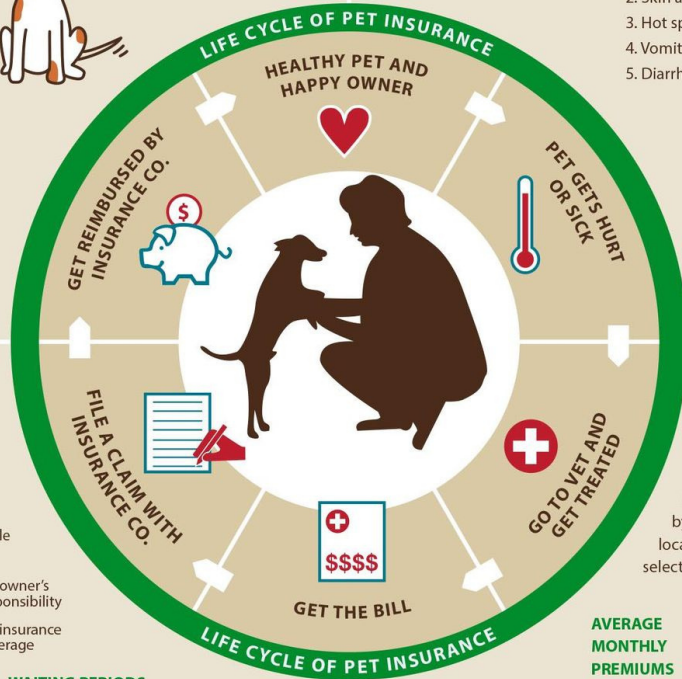
Period of time directly following sign-up but before full coverage begins. Illnesses or accidents that occur during waiting periods will not be covered and will be considered pre-existing conditions.

WHY CONSIDER IT?

Though we don't like to think about it, most pets get hurt or sick at some point in their lives.

MOST COMMON HEALTH PROBLEMS WITH PETS

- DOGS**
1. Ear infections
 2. Skin allergies
 3. Hot spots
 4. Vomiting
 5. Diarrhea
- CATS**
1. Lower urinary tract problems
 2. Vomiting
 3. Chronic kidney failure
 4. Hyperthyroidism
 5. Diabetes



\$2500

Starting vet bill for a dog's torn knee ligament

PREMIUMS

The monthly cost for pet insurance. This will change by type and breed of pet, location, age of pet and the selected coverage plan.

AVERAGE MONTHLY PREMIUMS

Cats • \$12-\$36

Dogs • \$25-\$65

DEDUCTIBLE

The portion of the vet bill the pet owner is responsible for before the pet insurance provider will start payment.

CO-INSURANCE

The percentage of the vet bill the pet owner is responsible for versus what the pet insurance provider will pay.

PET INSURANCE CHECKLIST

Compare policy features, terms and conditions to find the right pet insurance policy for you AND your pet's needs — know what you're buying!

- Is the policy and information easy to understand?
- Find out what IS covered and what IS NOT covered by the different policies. Which policy fits your needs the best?
- What are the co-insurance and deductible options for the policy? Will this fit your financial situation if you need to file a claim?
- Does the company pay out based on the actual vet bill or by a benefit schedule? Understand the difference.
- Are there coverage limits per incident, per year, per lifetime? If so, understand what they are.
- Are conditions that were diagnosed one year considered pre-existing conditions the next year?
- Is the company licensed in your state and do they have a good reputation? Ask your vet and read reviews.



HOW DOES IT WORK?

HOW MUCH DOES IT COST?

trupanion
Medical insurance for your pet.
trupanion.com
Underwritten by American Pet Insurance Company

TYPES OF PET INSURANCE

(And common examples of what each covers)



Accident Coverage

- Torn ligaments
- Broken bones
- Bite wounds
- Foreign body ingestion
- Poisoning
- Eye trauma
- Injuries
- Emergencies



Illness Coverage

- Skin infections
- Cancer
- Arthritis
- UTIs
- Allergies
- Ear infections
- Vomiting and diarrhea
- Obesity
- Internal parasites



Wellness Coverage

- Annual exams
- Spay/neuter
- Routine testing
- Vaccinations
- Teeth cleanings
- Flea, tick and heartworm treatments

The 9 Best Pet Insurance Plans of 2020

- [Nationwide](#): Our Pick for an Overall Rating
- [Healthy Paws](#): Our Pick for Overall Value
- [ASPCA](#): Our Pick for Multiple Pets
- [Embrace Pet Insurance](#): Our Pick for Emergencies
- [PetFirst Pet Insurance](#): Our Pick for Routine Care
- [Trupanion](#): Our Pick for Hereditary Conditions
- [PetsBest](#): Our Pick for Older Dogs

<https://www.investopedia.com/best-pet-insurance-4787972>

THE BENEFITS OF OWNING a DOG



Regular dog walking improves fitness levels.



Patting a dog lowers your blood pressure, therefore lowering your chance of cardiovascular disease.

Infants are less likely to have eczema, a common skin allergy which causes red patches and itching.

HEALTH BENEFITS



Pet allergies in infants:

19% vs. 33%
with dog without dog



Dogs can act as an early warning to detect an approaching epileptic seizure.



Kids have fewer sick days off of school.



Dog owners often recover faster from illnesses and have a higher survival rate after a heart attack.

Dogs help improve loneliness and also help recover from personal trauma such as a lost loved one.



Children with dogs tend to have better self-esteem.



Owning a dog can alleviate symptoms of seasonal affective disorder or depression.



Dogs help calm hyperactive or overly aggressive kids.



Playing with dogs can elevate your levels of serotonin and dopamine, making you feel good and calm.

Dogs can raise your spirit and sense of well-being.

Dogs have learned to read humans' body language, facial expressions, and emotions.

Their heightened sense of smell, sight and hearing, makes dogs a very intelligent and loyal domestic species.

COMPANIONSHIP



Bobbie, the Wonder Dog, after accidental abandonment on a cross-country trip, made his way back over 2,800 miles to his family's home.



Fido, a mixed-breed dog, whose master, Carlo Soriani, had died in an air raid over Borgo San Lorenzo (near Florence, in Italy) in 1943, during World War II. Fido waited in vain, for the following 14 years, for Soriani's return, going daily to the bus stop in Luco del Mugello where the man used to get off after coming home from work.



Greyfriars Bobby, a Skye Terrier in Edinburgh, Scotland, was loyal to his master long after his master's death in 1858. Until Bobby's death 14 years later, he reportedly spent every night at his master's grave. A statue in memorial of Greyfriars Bobby was erected near the graveyard.

**“A DOG IS THE ONLY
THING ON EARTH THAT
LOVES YOU MORE THAN
HE LOVES HIMSELF.”**

- JOSH BILLINGS -

