Pup Profile



Foster Guide

Pup Profile



Hello and Welcome!

Thank you for fostering.

Pup profile is grateful for the opportunity to connect you with a dog in need.

This guide provides tips that will help you get your foster dog safely settled in.

Any questions or concerns regarding dog health or behavior after you bring them home should be communicated to your rescue organization.

Welcoming a new dog into your home can be both exciting and challenging.

Being prepared will help your foster pup transition smoothly and safely to their new environment!

Foster Guide Content

Thank you for saving a dog's life by becoming a foster. Providing your foster pup with a safe and nurturing environment will set them up for success in their forever home. Your commitment to your foster pup allows rescues to save and care for more dogs in our community.

This Foster Guide covers:

- **Decompression: The 3-3-3 Rule**
- **New Foster Basics**
- **Understanding Dog Body Language**
- **Care Routine**

Decompression: The 3-3-3 Rule

Giving your foster pup time to adjust and decompress in their new environment is critical. Every pet is different, but a helpful rule of thumb for decompression timeline is the 3-3-3 Rule. Patience is key. Give them the time and space they need to adjust at their own pace.



3 Days

To Decompress

- 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 and hide in his crate or under furniture
- Displays separation related or destructive behaviors



3 Weeks

To Learn Your Routine

- Starting to settle in
- Feeling more comfortable
- Realizing that this could be his forever home
- Figures out his environment
- Getting into a routine
- Let's his guard down and may start showing his true personality
- Problem behaviors may start showing up



3 Months

To Start To Feel At Home

- Finally completely comfortable in his home
- Continues building trust and a true bond
- Increases sense of security with his new family
- Beginning to settle into a routine

New Foster Basics

1. Understand the Commitment

- **Time and Care**: Be prepared to spend the necessary time required for feeding, exercise, basic training, and medical care, as needed.
- **Emotional Investment**: Foster pups may have experienced some trauma in their past life. Be ready to provide patience and understanding. Don't expect your pup to be perfect on day 1.

2. Prepare Your Home

- **Safe Environment**: Pet-proof your home by removing hazards like toxic plants, small objects, and unsecured trash.
- **Designate Spaces**: Create a specific area for your pup with a bed, food and water bowls, and toys.
- **Pet Supplies**: Have essential items on hand, including a collar and leash, food, water bowls, grooming supplies, and a crate. Talk to your rescue about how to get supplies.

3. Understand the Pet's Needs

- **Health Check**: Your rescue might ask you to take your foster pup to the vet for a health check and to get them up to date on vaccinations. Familiarize yourself with any special medical needs or medications.
- **Behavioral Needs**: If possible, learn about the pet's

temperament and any behavioral issues they might have. This can help you anticipate and address potential challenges.

4. Establish a Routine

- **Consistency**: Try to stick to a regular schedule for feeding, exercise, and bathroom breaks. Dogs thrive on routine.
- **Training**: Work on basic commands and behavior training to build your relationship with your foster pup and help prepare them for their forever home.

5. Communicate with your Rescue Organization

- **Guidelines**: Follow any specific guidelines or protocols set by the rescue organization.
- **Updates**: Keep in contact with the organization, providing regular updates on the pet's health and behavior. Your rescue is your resource if you have any questions or concerns.

6. Socialization and Interaction

- **Gradual Introductions**: Give your pup time to adjust before introducing them to other pets or children in the home. Introductions should be gradual and controlled. It may be necessary to keep your foster pup separated from other pets. If your foster dog has been tagged "no dogs" you should never allow them to meet any dogs that may be living in your home, visiting your home, or while on walks.
- **Stay in Control:** Having proper equipment (leash, harness,

etc.), understanding your surroundings, and setting appropriate boundaries will ensure a safe and enjoyable experience for you and your foster.
- **Positive Reinforcement**: Use positive reinforcement training techniques to encourage good behavior and build trust.

7. Monitor and Adapt

- **Behavioral Changes**: Expect behavior to change over the first few weeks. Keep an eye on any changes in behavior and consult with your rescue if needed.
- **Flexibility**: Be ready to adapt your approach as the pet settles in and reveals their personality and needs.

8. Prepare for Adoption

- **Adoption Process**: Be familiar with the process for transitioning the pet to their permanent home. Your rescue should guide you through this.
- **Emotional Readiness**: Be prepared for the emotional aspect of saying goodbye when the pet finds their forever home. Fostering is bittersweet, but it's mostly sweet. Sending your foster pup to their forever home means you have the opportunity to save another life by fostering.

Body Language

The graphic below shows some dog body language cues that you can lookout for to help train your pup and redirect them if needed. Familiarity with dog body language can prevent missteps as your foster pup adjusts to their new environment.

Human body language is important too. Use a soft voice, gentle pets and avoid sudden movements. Allow them time and space while they decompress. *Let them come to you.*



Care Routine

1. Morning Routine

- **Check Health**: Assess your foster dog's general condition. Look for any signs of illness or distress.
- **Feed**: Provide the appropriate amount of food based on the dog's size and dietary needs. Follow any feeding guidelines provided by your rescue organization.
- **Fresh Water**: Ensure your foster pup has access to a water bowl filled with clean, fresh water.
- **Bathroom Break**: Take your foster pup outside for a bathroom break.

2. Exercise and Playtime

- **Walks and Exercise**: If your dog does not have walk restrictions and is readily walking on leash, take them on short (approximately 30 minute) walks at least 2-3 times a day. Adjust the duration as needed based on the pet's age, health, and breed.
- **Playtime**: Engage your pet in interactive play to stimulate their mind and body. Use toys that are appropriate for their size and breed.

3. Training and Socialization

- **Training Sessions**: Incorporate brief training sessions into your daily routine to reinforce basic commands and

positive behaviors.

- **Socialization**: Gradually expose your foster pup to different environments, people, and other animals to help them adjust and build confidence. Socialization does not require contact with other people or animals. Talk to your rescue about what level of socialization is appropriate for your foster pup.

4. Grooming

- **Brushing**: Brush your pet's coat regularly to reduce shedding and prevent matting. The frequency and type of brush depend on the pet's coat type.
- **Nail Trimming**: Check and trim nails as needed to prevent them from becoming too long. If you don't know how, ask your rescue for help.
- **Ear Cleaning**: Inspect and clean ears if necessary, following guidance from your rescue.

5. Health and Safety Checks

- **Medication**: Administer any prescribed medications or supplements as directed by your rescue.
- **Flea and Tick Prevention**: Apply flea and tick prevention treatments as directed by your rescue.
- **Observe Behavior**: Monitor for any changes in behavior or appetite that could indicate health issues. Report any concerns to your rescue.

6. Evening Routine

- **Feed**: Provide the evening meal if feeding twice a day.
- **Evening Walks**: Take the dog for their last bathroom break or evening walk.
- **Comfort**: Make sure the pet has a comfortable sleeping area with a bed and/or crate.

7. Maintain Cleanliness

- **Bedding**: Wash bedding and blankets regularly to keep them clean and free from odors.
- **Pet Areas**: Clean feeding areas, toys, and any other surfaces your foster pup frequents.

8. Emergency Preparedness

- **Emergency Contacts**: Have contact information for your vet, an emergency vet and the rescue organization readily available.

Finally, Have Fun and Enjoy!

Fostering is a truly rewarding experience. You are saving a life! Rescue dogs are such a joy and are so grateful to have a safe, comfortable home. We hope these tips help you to have an amazing experience, and that you'll continue to foster in the future.



Thank you for stepping up for the dogs who need it most.

– The Pup Profile Team