



*friends of
the animals*

Southern Oregon

Dog Foster Handbook

A Guideline to Fostering Dogs with FOTAS



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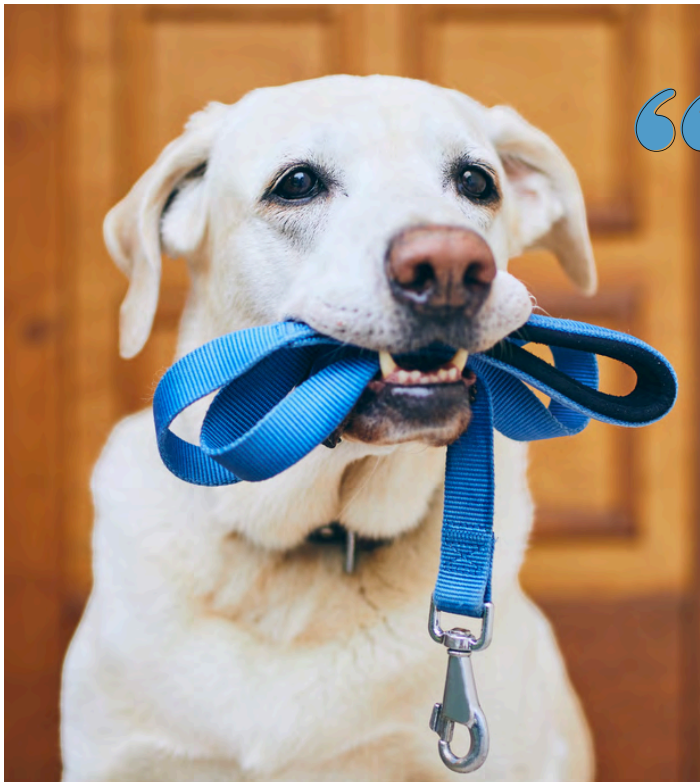
Welcome to Fostering Dogs with FOTAS

When you become a FOTAS Dog Foster, you are joining a community of hard-working, dedicated, and caring animal lovers. You are offering your home, time, and love to dogs in need. We greatly appreciate you joining our team!

When bringing a dog into your home, you will be providing them with training guidance and structure to help prepare them for their forever homes. You will be treating a Foster Dog as if they are your own: playing, exercising, cuddling, and teaching!

FOTAS works with you to get Foster Dogs adopted. We utilize word of mouth, social media, outreach events, and adoption events to help get your Foster into their forever home. You can share photos, videos, and write-ups about your dog on your own social media outlets, as well as sharing them with the Dog Foster Community.

Thank you for offering your home, time, and love to dogs in need!



When you become a FOTAS Dog Foster, you are joining a community of hard-working, dedicated, and caring animal lovers. You are offering your home, time, and love to dogs in need. We greatly appreciate you joining our team!



About Friends of the Animals

Our History

Since 1991 Friends of the Animals (FOTAS) has been providing volunteers at Jackson County Animal Shelter. We extended our programs to include Fostering as a way to free up space in the kennels. Now, we aim to reduce the number of animals entering shelters at all.

Our Mission

Friends of the Animals is a 501(c)3 organization that improves the quality of life for animals in Southern Oregon by facilitating adoptions, medical care, education, and resources to our community.

Our Goals

Shelter, Prevention, Rescue, Health & Safety!

- Spay and neuter options to decrease “accidental litters” through the Friends of the Animals Community Spay & Neuter clinic
- Providing nurturing “homes between homes” before adoption through our Cat & Dog Foster Programs
- Contribute toward pet safety through our vaccination and microchip program
- Continued emotional and physical support of the animals at the Jackson County Animal Shelter
- Create strong partnerships with other rescue organizations

Intro to Fostering Dogs

1. Traditional Fostering

Traditional Fostering is for dogs that have no known medical or behavior concerns, and are most often shorter term Fosters. They simply need a safe place to decompress before they find their forever homes. Most of our Foster Dogs are Traditional Fosters.

2. Puppy Fostering

Fostering Puppies can be a little more involved. Some puppies have been separated from their mothers and need to be bottle fed around the clock. Some of our older puppies need a little more time to grow big and strong so they can get spayed or neutered before going into their forever homes.

3. Medical Fostering

Medical Fostering can include anything from an illness to an injury. These dogs need some quiet rehab and a little extra care to help them get back on their feet so they can become adoptable. These are often a little longer term Fosters, depending on their needs.

4. Behavior Fostering

FOTAS tries not to bring in dogs with serious behavior concerns, but sometimes our Foster Dogs can develop new quirks while in our care. We work with a professional trainer to help these dogs feel safe, learn basic manners, and become the best versions of themselves! We require Fosters attend FOTAS Training Sessions & Playgroups to help your Foster Dog.

“Fostering is a commitment to care for an animal. That animal may be in your care for a few days or a few months. Know your limits before taking in a Foster Dog.”



Animal Placement



1 Where Foster Dogs Come From

Friends of the Animals works with local transfer partners to help free up space in shelters and place homeless dogs in temporary homes. We work closely with Jackson County Animal Services, as well as other Rogue Valley shelters and rescues.

2 How They are Placed in Foster Homes

Transfer Partners will reach out to the Dog Foster Coordinator to find placement for dogs in need. The DFC will then contact Foster Families by email or phone to connect them with a dog. Once a good fit is found, the DFC will bring the Foster Dog and all their supplies to their new Foster Home.

3 What Happens During Fostering

FOTAS works closely with our Fosters to ensure the success of each animal. We will provide necessary supplies, training, and medical care. FOTAS helps promote your Foster Dog for adoption, and helps them acclimate to their new homes.

Your job is to care for the dog while in your care and provide a safe space where they can learn positive reinforcement and build their confidence.

4 Adoption is Always the Goal

All Foster Dogs are advertised on the FOTAS website, PetFinder, and our social media platforms. We also utilize local news outlets to spread the word.

FOTAS has monthly Adoption Events to help showcase all of our dogs.

As a Foster Parent, you can help your Foster Dog find their forever family by attending events, going to public spaces with your dog, word of mouth, your personal social media, and sharing photos and info with the Dog Foster Coordinator.

Supply Checklist

Friends of the Animals will supply each Foster Dog with the following supplies. We rely on donations to make our program successful and always appreciate when a Foster Family is able to contribute to the care of their Foster Dog- these are often tax deductible!

Necessary Supplies

1. Leash & Collar with tags
2. Fitted Harness
3. Food (with healthy grains)
4. Treats
5. Bowls
6. Bedding & Crate
7. Toys
8. Adopt-Me Gear
9. Poop Bags

Extra Supplies When Available

1. Car Hammock
2. Grooming Supplies
3. Dental Care
4. Supplements

Grooming

We have some amazing volunteers in our FOTAS community, including experienced groomers! These volunteers are available to help your Foster Dog look and feel their best! You are also welcome to bathe your Foster Dog on your own.



Training

FOTAS works closely with local professional trainers to assist your Foster Dog with any behavior needs. From basic manners to reactivity, our trainers are here for you!

Medical Care

Our FOTAS Clinic is available for Foster Dogs! They can receive their vaccines, preventions, and surgeries from our veterinarians. We also have fantastic veterinary partners around the Rogue Valley that can provide us with care for special cases and emergencies. Please call the Dog Foster Coordinator when your Foster Dog needs medical attention. Taking your Foster Dog to a vet without approval may result in a hefty vet bill for you.

Caring for Your Foster Dog

When bringing a dog into your home, you will be providing them with training guidance and structure to help prepare them for their forever homes.

You will be treating a Foster Dog as if they are your own: playing, exercising, cuddling, and teaching!



✓ Feeding

We do our best to feed all of our dogs the same healthy grain kibble, but we often have to rely on what has been donated. Unless otherwise noted, please do not feed your Foster Dog any grain free food, as it can cause serious health issues.

Your dog will come with feeding instructions- please keep an eye on your Foster Dog's activity level and weight, and adjust their food portions as needed.

Please see the list of "what not to feed" at the end of this handbook to learn what foods are dangerous for dogs.

✓ Housing

We recommend keeping your Foster Dog isolated from your other pets for a couple of days in case of illness or disease- kennel cough, parvo, etc. are very contagious. Your pets should be up to date on their vaccines to protect them from the unknown. Utilize spare rooms, crates, and x-pens to keep animals separate.

If you are Fostering puppies that are not full vaccinated, keep them in areas such as bathrooms, playpens, or children's wading pools to limit their interactions, exposure, and mess.

All Foster Dogs should be kept indoors, and only allowed outside when supervised. Keep them on leash or in completely fenced area. No Foster Dog should ever be tied up in a yard, left in an outdoor dog house or run, or left in a garage/barn/workshop.

NEVER TAKE YOUR Foster Dog TO A DOG PARK! Fights and diseases are common in dog parks! Utilize private Sniff Spots around town.

Helping Your Foster Dog Decompress

Dogs entering Foster Care may be nervous, confused, or shut down. Some of them may have physical responses to getting out of the shelter, such as hacking, sneezing, and upset stomach. Please follow the "3/3/3 Rule" to help animals gain confidence, feel safe, and decompress in their new surroundings.



3 DAYS

- May feel nervous/scared
- Overwhelmed
- May not want to eat/drink
- Escape seeking
- Testing boundaries

- Set up a safe space
- Give them time and space during this time
- Let them come to you
- Go at their pace
- Do not overwhelm them with new people, or places



3 WEEKS

- Starts to feel comfortable
- Begins to show personality
- Seeks attention from humans
- Feels more at home
- Learns boundaries
- Behavior quirks start to appear

- Learn their personalities
- Attend FOTAS Foster Playgroups & Training Sessions
- Introduce them to new people & animals when appropriate



3 MONTHS

- Begins to feel at home
- Builds trusts & bonds with humans
- Routine sets in
- True personality shines

- Continue introducing them to new people & places
- Continue their training exercises
- Attend adoption & outreach events

Helping Your Foster Dog Decompress

When a dog leaves the shelter and enters Foster Care, it could take a couple of hours to a couple of days for them to feel at ease. It takes time to build trust. Follow the checklist below to help your Foster Dog acclimate.

- Utilize puzzle toys, enrichments items, and treat toys such as frozen Kongs- prep these ahead of time.
- Take them for a walk shortly after arriving home. Allow them to sniff & explore, walk them until they appear relaxed.
- When entering the home, have family members sit down and allow the dog to come to them.
- Do not introduce too many new people/places/things to your Foster Dog in the first 48 hours, depending on their comfort level.
- Keep the Foster Dogs separated from any other pets until they appear relaxed. Do not introduce animals when excitement levels are high.
- If your Foster Dog is struggling and cannot relax, offer them an energy outlet; Kongs, play, etc.
- Keep an eye on your Foster Dog's body language to ensure they are comfortable and relaxed.
- Consider soft music to help block out any outside, scary sounds.
- If the dog is overly nervous, have their safe area set up, and ignore them. Every once and a while, speak to them calmly and softly to get them used to you.



Socializing

It is essential to keep your Foster Dog socialized so they do not develop behavior concerns. FOTAS offers recurring Playgroups and Training Sessions to help you safely socialize your Foster Dog. If you have your own pets, introductions should be done slowly and always under supervision.

It is also important to keep your Foster Dog socialized with a variety of people! Have friends and family visit your Foster Dog at home, join you for walks, and even dog sit for the afternoon.

Outgoing, affectionate dogs & puppies can be played with easily, but those that are less social will need patience & encouragement. You can try the following tips to help acclimate your dog to new people and animals.



- Go slow, do not push, move at the dog's pace.
- When bringing a timid dog into your home, sit patiently and quietly on the floor- being at their height will help them feel less intimidated. Allow the dog to come to you.
- Offer calming tones and high value treats to help the dog feel comfortable around you.
- Practice positive reinforcement- add something positive to encourage desirable behaviors
 - Do not punish Foster animals with aversive tools or corrections.
 - Rather than using punishment for undesirable behavior, redirect behavior with toys or ask for a desired behavior like "sit", "down", or "touch".
- Participate in FOTAS playgroups and training sessions to help keep your Foster Dog socialized in a safe environment.
- Join Adoption Struts and Foster Mixers to get together with other Fosters and their dogs.

DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"
look away/head turn



STRESSED
yawn



STRESSED
nose lick



"PEACE!"
sniff ground



"RESPECT!"
turn & walk away



"NEED SPACE"
whale eye



STALKING



STRESSED
scratching



STRESS RELEASE
shake off



RELAXED
soft ears, blinky eyes



"RESPECT!"
offer ribs back



FRIENDLY & POLITE
curved body



FRIENDLY



"PRETTY PLEASE!"
round puppy face



"I'M YOUR LOVEBUG"
belly-rub pose



"HELLO I LOVE YOU!"
greeting stretch



"I'M FRIENDLY!"
play bow



"READY!"
prey bow



"YOU WILL FEED ME"



CURIOUS
head tilt



HAPPY
(or hot)



OVERJOYED
wiggly



"MMM..."



"I LOVE YOU,
DON'T STOP"



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Body Language of Fear in Dogs



Slight Cowering



Major Cowering



More Subtle Signs of Fear & Anxiety



Licking Lips
when no food nearby



Panting
when not hot or thirsty



Brow Furrowed, Ears to Side



Moving in Slow Motion
walking slow on floor



Acting Sleepy or Yawning
when they shouldn't be tired



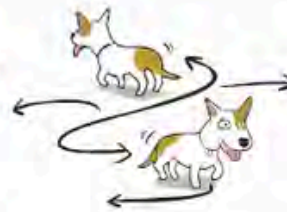
Hypervigilant
looking in many directions



Suddenly Won't Eat
but was hungry earlier



Moving Away



Pacing

Dr. Sophia Yin, DVM, MS

The Art and Science of Animal Behavior

(888) 638-9989
www.drSophiaYin.com
Dr. Sophia Yin, DVM, MS | © 2011

Health & Disease












Dogs placed in Foster Care are generally happy & healthy. Some may come with known medical issues that can be rehabilitated, and some may develop health issues once in Foster Care. Friends of the Animals supplies every Foster pet with medical care; including vaccinations, surgeries, check ups, you name it! When you bring a dog into your home, you will be informed of important medical appointments and may need to bring your Foster into the FOTAS Clinic for shots, spay/neuter, and check ups.

All FOTAS Foster Dogs are adopted out fully vaccinated, spayed/neutered, microchipped, and healthy!

Below is a chart of all the necessary FOTAS vaccines, treatments, & preventatives.

FOTAS Dog Vaccination & Treatment Protocols

	6-8 weeks	Flea, Tick, Heartworm Panacur Fortiflora Bordetella DHPP
	10-12 weeks	Flea, Tick, & Heartworm Bordetella DHPP
	14-16 weeks	Flea, Tick, Heartworm DHPP Rabies Spay/Neuter
	Annually	Flea, Tick, Heartworm Bordetella DHPP Rabies

<p>ALCOHOL</p>  <p>COMA DEATH INTOXICATION</p>	<p>AVOCADO</p>  <p>CONTAINS PERSIN: VOMITING DIARRHEA</p>	<p>RAISINS CURRANTS</p>  <p>KIDNEY FAILURE</p>
<p>COOKED BONES</p>  <p>STOMACH LAGERATIONS</p>	<p>WALNUTS MACADAMIAS</p>  <p>NERVOUS SYSTEM AND MUSCLE DAMAGE</p>	<p>ONIONS GARLIC</p>  <p>TOO MUCH BLOOD CELL DAMAGE ANEMIA</p>
<p>DAIRY</p>  <p>TOO MUCH: DIARRHEA</p>	<p><i>the world's</i> MOST DANGEROUS FOODS FOR DOGS</p>	<p>GRAPES</p>  <p>KIDNEY FAILURE</p>
<p>MUSHROOMS</p>  <p>SOME VARIETIES: SHOCK DEATH</p>		<p>FATTY FOODS</p>  <p>TOO MUCH: PANCREATITIS</p>
<p>CAFFEINE</p>  <p>VOMITING DIARRHEA TOXIC TO HEART & NERVOUS SYSTEM</p>		<p>CHOCOLATE</p>  <p>TOXIC TO HEART & NERVOUS SYSTEM DEATH</p>
<p>MEDICATIONS (TYLENOL, ADVIL ETC.)</p>  <p>KIDNEY FAILURE GI ULCERS</p>	<p>If you think your dog ate something dangerous, CALL YOUR VET or: ASPCA POISON CONTROL HOTLINE (888) 426-4436 NATIONAL PET POISON HELPLINE (800) 213-6680</p> <p>illustration by LILI CHIN layout by DESIGN LAB CREATIVE STUDIO</p>	

Adoption Process

Adoption is always our goal!

The best way to get your Foster Dog seen by potential adopters is to take them out to public places where they can socialize with people and meet their forever family. You will be supplied with "Adopt-Me" gear for your Foster, be sure to utilize these tools so passerby's know they're adoptable.

FOTAS has monthly outreach & adoption events where you can bring your Foster Dog to be seen and adopted!

The Dog Foster Program also offers Adoption Struts, where you can meet with other Fosters, and take your dogs out to be seen.

It is essential and required that you take your Foster Dog out to be seen by potential adopters! Always watch them for signs of stress/anxiety/discomfort!

Some Recommended Dog-Friendly Places in the Rogue Valley

Ashland

- Ruby's & Gil's
- The Grange
- Skout
- Mix & ReMix
- Hunter Park
- Japanese Garden
- Oredson Todd Woods T.H.

Talent & Phoenix

- Art Bop
- Sweet Beet Station
- Legend Cider Co
- Clyde's Corner
- Blue Heron Park
- Colver Road Park

Medford, Central Point, Eagle Point

- Walkabout Brewing
- Common Block
- Beerworks
- Wild River Brewing
- The Point Bar & Grill- 2 locations
- Forage Coffee
- Fitchner-Mainwaring Park
- Bear Creek Park

Grants Pass

- The Haul
- Wild River Brewing & Pizza
- Rogue Roasters

Throughout the Rogue Valley

- Lowe's
- The Grange
- Home Depot
- Black Bird Ace Hardware
- Rogue Valley Pet Supply
- Nature's Pet



Adoption Process

When you're out around town with your Foster Dog, you may be approached by people that are seriously interested in adoption! All they need to do is follow these simple steps, and we will make a decision together on the best fit for each Foster Dog:

- Fill out an Adoption Application on our website:
FOTAS.org/adopt
 - They can fill out an application for a specific dog, or a general application
- Schedule a Meet & Greet with the family and any potential animal siblings
 - More than one M&G can be scheduled, depending on the needs of the Foster Dog and the potential adopters
 - M&G's with other dogs should be conducted on neutral territory, with the DFC present
- Pay the adoption fee & sign the adoption contract- all through our online portal
 - Fees vary depending on dog's age and time in Foster Care, all are listed on our site
- The adopted dog will be delivered to their new home by their Foster Family or the DFC
 - In some cases, the adopter can pick up their new dog from the Foster Home



Contact List

Below is a list of important contacts. Contact the Dog Foster Coordinator with any concerns, issues, or emergencies.

FOTAS has some amazing volunteers that are here to help! Utilize the list of volunteers below for advice, guidance, tips, grooming, training, veterinary care, etc. Texting is preferred as initial contact.

Description	Phone	Email
Dena Vogt <i>DOG FOSTER COORDINATOR</i>	805-217-7315	dena@fotas.org
Megan Ayars <i>OPERATIONS MANAGER</i>	907-304-3643	megan@fotas.org
Victoria Wade <i>CLINIC MANAGER</i>	541-301-1169	victoria@fotas.org
Kent Bailey <i>VOLUNTEER- GROOMER</i>	831-421-1469	kentbailey@mac.com
Lauren Bickers <i>BOARD MEMBER- DOG TRAINER</i>	541-450-9476	dragonflydogtrainer@yahoo.com
Barbara Hostick <i>SEASONED PUPPY FOSTER</i>	541-646-0411	barbhostick@hotmail.com
Marielke Funke <i>SEASONED FOSTER</i>	541-326-8288	idahond@yahoo.com
Kelly Sacks <i>VOLUNTEER- DOG WALKER & PHOTOGRAPHER</i>	541-482-9774	kellysacks1@gmail.com
Lisa Frankel <i>BOARD MEMBER, FOSTER, SPANISH SPEAKER</i>	470-232-4322	lisaefrankel@gmail.com

Dog Foster Contract

By becoming a Foster Volunteer with Friends of the Animals, I agree to the following:

1. I acknowledge that all Foster Dogs are property of Friends of the Animals.
2. I am 18 years of age or older.
3. I have provided my current address and have approval to foster dogs, if applicable.
4. I agree to contact Friends of the Animals with any issues or concerns, and to keep open communication with the Dog Foster Coordinator.
5. I have read the Dog Foster Handbook, and will do my best to follow the guidelines outlined in the handbook. I will provide humane care for animals entering my home, including bringing them in for scheduled surgeries and appointments.
6. I agree to provide Foster Animals with food provided by FOTAS, fresh water, access to both indoors at outdoors, kept indoors overnight and when left alone, daily exercise, and kindness at all times.
7. I agree to not let my Foster Dog off leash in unfenced areas or take them to public dog parks.
8. I agree to attend regular foster training sessions and adoption events to ensure the success of my Foster Animal.
9. If I need to return the dog for any reason, I will reach out to Friends of the Animals immediately, and only return the animal to FOTAS Staff.
10. As a Friends of the Animals Foster Volunteer, I will positively represent FOTAS and will not spread false information about the organization or their partners.
11. I understand that Friends of the Animals is not responsible for and cannot guarantee the health, condition, age, breed, or disposition of the animal, nor can we be held responsible for diseases passed to your existing pets, persons, or properties.

Name: _____

Signature: _____

Date: _____

DRAGONFLY DOGS

FREE TRAINING CONSULT!

Give us a call for a training
consult and find out more
about our free training
programs!

CALL

(541) 450-9476



Helpful Online Resources

Bringing a Shelter Dog Home

- Help Them Decompress with 3/3/3
 - <https://www.aspcapro.org/resource/pet-adjustment-periods-3-days-3-weeks-3-months-guide>
- Multi-Dog Home
 - <https://www.aspcapro.org/training/webinar/multi-dog-households-0>
- Dog Body Language- How to Communicate
 - <https://www.aspcapro.org/training/webinar/human-body-language-and-dog-behavior-0>
- Canine Enrichment Ideas
 - <https://www.thekindcaninepetservices.com/blog/enrichment-for-dogs-easy-dog-enrichment-ideas>
- Bringing a Rescue Dog Home
 - <https://www.thekindcaninepetservices.com/blog/bringing-home-a-rescue-dog-6-rescue-dog-tips-for-your-first-week-home>
- Kong Recipes for Decompression
 - <https://www.thekindcaninepetservices.com/blog/best-frozen-kong-recipes-for-dogs>

Training Tips

- Behavior & Handling Tips for Shy & Fearful Dogs
 - <https://www.aspcapro.org/resource/simple-behavior-and-handling-tips-shy-or-fearful-dogs>
- Managing & Training Leash Reactive Dogs
 - <https://www.aspcapro.org/resource/managing-and-training-leash-reactive-dogs>
- Preventing & Treating Separation Anxiety in Dogs
 - <https://www.aspcapro.org/resource/preventing-treating-separation-anxiety-dogs>
- Tips for Socializing a Puppy
 - <https://www.aspcapro.org/resource/tips-socializing-puppy>
- How to Train Tricks
 - <https://www.thekindcaninepetservices.com/blog/how-to-teach-dog-tricks-3-cool-tricks-to-teach-your-dog>
- Working with a High-Energy Dog
 - <https://www.thekindcaninepetservices.com/blog/do-you-have-a-high-energy-dog-how-to-tire-your-dog-out-mentally-first>

Helpful Online Resources

Training Tips Continued

- How to Help a Reactive Dog
 - <https://www.thekindcaninepetservices.com/blog/how-to-help-when-your-dog-goes-crazy-around-other-dogs-using-control-unleashed-for-reactive-dogs>
- What to Know About Training a Rescue Dog
 - <https://www.thekindcaninepetservices.com/blog/what-to-know-about-training-a-rescue-dog-and-advice-for-3-common-problems>
- High Value Treats for Training
 - <https://www.thekindcaninepetservices.com/blog/high-value-dog-treats-for-training-understanding-the-best-training-treats-for-dogs>
- Karen Pryor Relaxation Protocol
 - <https://www.thekindcaninepetservices.com/blog/try-this-dog-relaxation-protocol-by-karen-overall-day-one-through-day-five>
 - <https://www.thekindcaninepetservices.com/blog/this-dog-relaxation-protocol-by-karen-overall-is-heatin-up-day-6-through-day-10>

How to Get Your Foster Dog Adopted

- How to Get Great Photos
 - <https://www.aspcapro.org/resource/how-get-great-photos-your-available-animals>
 - 10 Tips for Shooting Great Video
 - <https://www.aspcapro.org/resource/10-tips-shooting-great-video-your-shelter-animals>
- 5 Social Media Tips
 - <https://www.aspcapro.org/resource/5-social-media-tips-promote-animals>
- Marketing Your Foster Pet
 - <https://chewonthis.maddiesfund.org/2023/04/six-guidelines-for-marketing-your-foster-pet/>