



# Pet Rescue

## Rescue Ready



Preparing a Forever Home



# BURNS

Developed by Veterinary Surgeon *John Burns*  
BVMS | MRCVS

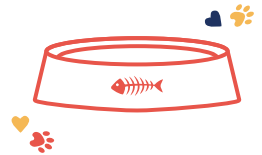


# Welcome to Burns Pet Rescue!

We want to say a huge congratulations and thank you for choosing to adopt your new furry family member from one of the many dedicated rescue centers across the UK. Your dog is one of the hundreds of thousands of good boys and girls that are dropped off at rehoming centers every year, and thanks to people like you, what was once a sad ending for these dogs can become a brand new, happy beginning.

Adopting a rescue dog can be a very rewarding experience, but it can also be a stressful and anxious time for both you and your new pet.

Here at Burns Pet Nutrition, we are super passionate about rescue and have put together a nifty rehoming pack to make the whole process a little easier.



# Burns Pet Nutrition

## Who are we?



At Burns Pet Nutrition, we've been developing healthy pet food and supporting community projects, charities, and shelters for almost 30 years. When we took our first steps as a pet food company in 1993, we wanted to give pets the best start in life by creating healthy food using wholesome ingredients. Now we want to give you the best start with your brand-new family member through our Burns Pet Rescue initiative.

## Giving back



Did you know that when you use your exclusive Burns Pet Rescue voucher, 2kg of food gets donated back to the rescue centre where you adopted your furry family member?

Use your voucher to Spread the Pawsitivity today!

## Our Food

Burns products are highly digestible and contain high quality ingredients that are sustainably sourced, providing you with everything your dog needs for a healthy, balanced diet. When fed at the correct rate, the feeding amounts of our food ranges are comparatively low, making our high-quality food very economical. Designed to meet and not exceed your dog's needs, we aim to cater for all breeds, ages, shapes and sizes.

Here at Burns, we are passionate about your pet and have a team of 9 Nutritional Advisors on hand to answer any queries and provide friendly and professional nutrition advice, whenever you need us.





# The Burns Top Ten Tips for New Rescue Pawrents

## Tip 1

### Let's Get Studying!

You probably don't know much about your new floofer at this stage, which is always a bit scary. Luckily, your dog's rescue centre or foster parent will be more than happy to help with any questions you have. Think about asking whether or not your pet is partial to a particular food, what their sleeping schedule is like, if there are any behavioural issues, or even if there's any breed specific information you need to know. Many organisations will be happy to discuss anything useful with you, and will even be on hand if you need anything in the future.

## Tip 2

### Preparation is Everything

There are a lot of things to think about before you bring your new pupper home, including whether or not you have everything you need to make them as happy and comfortable as possible. Usually you'd need a bed, collar, lead, ID tag and food, but there are a lot of other things to think about, such as whether or not they need a follow up vet visit. Your first few weeks will be super busy, so you'd need to think about all of these things before you bring them home.

## Tip 3

### Take Time to Settle

Remember that your rescue dog may find everything a little overwhelming at first. It's natural to want to show off your new furry member, but don't pack their first few days full of meetings, visits and busy walks. New environments can be overwhelming for many rescue dogs, so they may find it better and easier if they have restricted access to quiet places in the home for the first few weeks.

## Tip 4

### Create a Safe Space

This may be in the form of a crate that has been set up in a quiet room or a whole room that has been dedicated to allowing your new dog time to settle. A lot of rescue dogs will need time to decompress before they can settle easily, which can take weeks and sometimes months. Try not to rush them and don't take it personally if they seem reluctant to be involved in family life initially. They'll get there!

## Tip 5

### Meeting Other Dogs

Where possible, allow your new dog to meet any existing dogs away from the home, perhaps with a walk around the neighbourhood. When you bring them home, allow them to spend some time together in a larger space, such as the garden, this way they can move away from each other if they feel uncomfortable. Initially, all contact should be supervised and the environment should be made as safe as possible. If introductions are done correctly, a resident dog will help your dog find their feet.

## Tip 6

### Stick With the Diet They Know

Moving to a new home is stressful for anyone, let alone a nervous pupper. To make sure everything is as stress free as possible, we advise that you keep your new dog on the same food. Not only would this be something the dog is familiar with but it would avoid any sudden changes can cause digestive upset. Any change in their diet must be done gradually.

## Tip 7

### Register with a Vet

You would need to get your dog registered with a vet as soon as possible. Not only will this give you peace of mind if something should happen, but it'll also get your dog used to the vet and desensitised to the environment. Taking them for a check-up will give you insight into how your dog reacts in this environment, where you can also take time to discuss any concerns you may have.





## Tip 8

### Get Them Insured

Vet bills can be costly, so it's advisable to get your pet insured, but make sure you do your research to understand the different types of cover available. As with any insurance contract, make sure you read the small print to understand what's covered and what isn't.

## Tip 9

### Set Consistent Rules

Everyone needs to be on the same page when it comes to household rules. It would be confusing for your dog if one member of the household allows them to go upstairs, for example, and another doesn't. This is why it's important to get everyone involved in all aspects of your dog's care, not just to set boundaries but also to develop a strong bond.

## Tip 10

### Expect Teething Problems

Things will very rarely go smoothly with a dog, but when it comes to our doggos, we wouldn't have them any other way. If they're suffering from teething problems, or any other issues, seek advice from the rescue centre, ask your vet, or reach out to any other professionals who might be able to help. Above all else, be patient, it can take weeks for a dog to decompress and learn new routines, but when they do, you'll see that all the hard work will be worth it.



# Where to get specialist help

There may be some cases where more specialist help is needed in addressing issues with your new rescue dog. Whether this is getting to grips with general training or more problematic behaviours, such as reactivity or resource guarding, you don't have to struggle through this alone. In the first instance, we recommended contacting the rescue center, who will more than likely have a list of tried and trusted professionals you can contact.

You may also be able to get a list of local, reputable dog trainers from your vet. Or they may have a veterinary behaviourist working with them.

If you do an internet search, make sure you read reviews and ask if you can meet the person first. If it's possible, make sure you observe one of their training classes or sessions.

The Dog Training industry is not robustly regulated, so be aware of professionals who use outdated and aversive methods. Above all, look for a trainer or behaviourist who uses positive reinforcement methods.

## Here are our top resources:



**IMDT – Institute of Modern Dog Trainers**

<https://www.imdt.uk.com/>



**APBT – Association of Pet Dog Trainers**

<https://apdt.co.uk/>

# Overcoming feeding issues with your rescue dog

A lot of rescue dogs struggle with their diets when they come into a new home. It's not uncommon for a rescue dog to be timid, anxious, fearful, malnourished or underweight when they are adopted, and this can contribute to stress for both you and your doggo. Whatever your rescue dog's background, there are a few things you can do to try and make the first few weeks less stressful on their digestive system.

## 1. Find Out About Their Current Diet

Regardless of what you're planning on feeding your rescue dog, find out what food he has been fed during his time at the centre. Whether he is coming out of kennels or has been in foster, a slow transition onto his new food is recommended to allow his digestive system time to adjust.

## 2. Deal with any Digestive Upsets

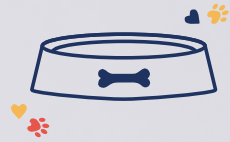
Whatever diet your rescue dog has been on previously, any stress, including the stress of being introduced into a new home, could trigger digestive upset. If this should occur, then feed a home cooked diet until the upset passes and his stools are firm and pliable. Then introduce a new food slowly.

## 3. Feed a Good Quality Food

Feed a high quality, highly digestible food that will help keep a healthy balance for your dog. The higher the digestibility of the food, the lower the feeding amounts, which reduces the amount of stress on the digestive system.







#### 4. Feed the Right Amount

It's often tempting to over feed your dog to make up for his troubled past, but overfeeding can be detrimental to his health, particularly when dealing with a malnourished or previously starved dog. Make sure you are feeding appropriate amounts of food and introduce treats slowly, and one at a time, so you can keep track of any issues.

#### 5. Establish a Routine

Establishing a good routine with your rescue dog will help him feel more secure in your home. Giving him a safe space to rest and eat will enable him to settle and cope with what's going on around him.

#### 6. Clean Up Time!

Pick up that poop! Cleaning up after your dog regularly is always important, but for a rescue dog who will possibly already have a stressed digestive system, keeping their toilet area clean will discourage any potential poo eating habits. Clean up time is also the perfect opportunity to monitor your dog's poop for any issues!

#### 7. Resource Guarding

Issues such as not wanting to give up their bowl, or growling and snarling when you walk past their food may be an issue for your new rescue pupper. This situation could very quickly become a major problem if not dealt with correctly, so seeking professional advice from a reputable positive reinforcement dog behaviourist or dog trainer is always advisable.

### Bonus Tip

Ditch the bowl! No, seriously! If your dog is eating too fast, gulping their food, or taking in excess air, they could develop problems. Instead, invest in a slow-feeder or other recommended devices.



# Boredom Busters

Boredom can lead to all sorts of unwanted behaviour. If your dog is struggling, why not try these tried and tested boredom busters?

## Kongs

Stuffing a Kong with some of your dog's daily kibble or some Burns wet food is a perfect way to make mealtimes more fun and help your pooch settle into a new environment. Why not add some vegetables into the mix too?

**Bonus Tip:** Freeze your Kong on a hot day or hide it to make the fun last longer.

## Feeding and Puzzle Toys

Give your dog a mental workout during mealtimes with a feeding toy or puzzle toy. Make sure that the puzzle isn't too challenging or frustrating for your pooch. Try starting with something simple and then building up.

## Snuffle Mats

Snuffle mats are very simple to use. Simply add some kibble into the folds of the mat and watch as your dog snuffles his way through to find them. Sniffing and using their nose is not only enriching for dogs but it can also help lower your dog's heart rate and reduce stress.

## Lickimats

Try smoothing some Burns wet food onto a lickimat. Did you know repetitive licking is a soothing behaviour for dogs and can help them to settle into a new environment?

# Fruit & Vegetables

## Friend or Foe?

In puppies, fruit and veggies should only form part of their diet, but they can be used in larger quantities for an adult dog. Fruit can be given as an occasional treat, while vegetables can be added to your dog's meals for a filling nutritional boost!

### Friend

apples	watermelon	pears	broccoli	green beans
asparagus	banana	melon	sweetcorn	pumpkin
celery	cabbage	courgettes		sprouts
	strawberries	blueberries	carrots	cabbage
cauliflower		mango	pineapple	peas
				cucumber

### Foe

apricots	garlic (in large amounts)	uncooked potato	plums
grapes		cherries	onions
	leeks	rhubarb	
		persimmons	tomatoes
raisins	currants	avocado	chives



# Our Nutritionists

**Burns has a team of 9 Nutritional Advisors with a combined 50+ years of experience!**

- Our Nutrition helpline is completely free
- We offer friendly, professional nutrition advice
- We can help with anything dietary related from feeding amounts to food intolerances
- We're available on email, live chat or by phone
- We keep up to date on the latest research

And we've heard it all before, so don't worry about contacting us about your dog's embarrassing problems!

We all have our own pets so we understand how worrying it can be if your pet is having problems with their diet. Give us a call or drop us an email, we're here to help!

## **Nutritional Advice Freephone:**

0800 083 6696 (UK) 1800 83 6696 (ROI)

## **Connect with us**

[www.burnspet.co.uk](http://www.burnspet.co.uk)   @burnspet  @burnspetfood

Head Office Burns Pet Nutrition Ltd, Ferry Road, Kidwelly, Carmarthenshire, SA17 5EJ Tel 0800 018 18 90