



INSTINCT® EAST HARLEM BOARDING

for Behavioral Health

Instinct offers a comfortable, enriched boarding experience for a wide range of ages, breeds, and temperaments. Our facility & daily activities are designed to prioritize your dog's behavioral health. Our Fear Free certified teams specialize in safe, low-stress handling and care for dogs with a range of behavior needs.

HOW IT WORKS:

Our boarding services provide your dog with professional, compassionate care designed to meet their behavioral needs.

All boarding stays include:

- 24/7 on-site supervision
- Clean, private kennel
- Multiple daily play, exercise, and enrichment sessions designed to fulfill your dog's needs as a species, breed, and individual. Activities are suited to your dog's preferences and behavior history, and may include:
 - Small playgroups (~2-5 dogs per group), carefully matched by size and play style (only available for highly dog-social dogs with no history of aggression)
 - Obstacles and agility
 - Scent games/
 - Digging games
 - Shredding & tearing activities (enrichment boxes)
 - Chasing games
 - Gripping and tugging games
 - Scavenging & foraging games
 - Empowerment games for choice & control
 - Relaxation games
- Individual potty breaks (4x/day)
- Caring, low-stress handling by Fear Free certified professionals
- In-kennel enrichment – relaxing sounds, scents, and visual barriers, plus food puzzles, to create a calm, soothing environment
- Oversight by certified dog behavior consultants.

\$105+tax/night

Includes twice weekly camper updates



INSTINCT®
DOG BEHAVIOR & TRAINING

Instinct® Dog Behavior & Training East Harlem
eastharlem@instinctdogtraining.com | 212-828-3647



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Monitoring Health & Wellness During Boarding Stays at Instinct

Instinct's facilities and daily routines are structured with your dog's welfare in mind. We work hard to provide just the right mix of daily physical exercise, mental stimulation, positive social interaction, and relaxation time to help your dog feel comfortable, happy, and fulfilled during their time with us.

MONITORING YOUR DOG'S PHYSICAL HEALTH

Our Canine Care team uses industry best-practices to monitor dogs' physical health and tracks everything from eating habits and water intake to poop consistency and sleep patterns. We always err on the side of caution when it comes to protecting your dog's health and will contact you immediately with any concerns.

In the very unlikely event that a serious medical emergency occurs while your dog is in our care, we will transport them immediately to **Animal Medical Center, 510 E 62nd St, 212-838-8100**, and will call you en route to inform you of the situation.

MONITORING YOUR DOG'S EMOTIONAL WELLBEING

Boarding at Instinct is a fun, enriching experience for dogs. In fact, many dogs who have had trouble boarding at other facilities are able to succeed and thrive at Instinct thanks to our low-stress, welfare-focused environment, individualized care plans, and experienced, behavior-savvy team members.

If your dog is showing signs of emotional distress during their stay, we will reach out immediately to fill you in and work together to determine best next steps to help your dog feel more comfortable.

Mild to Moderate Emotional Discomfort

For dogs who display mild to moderate signs of emotional discomfort, there are often simple adjustments and modifications we can make to help them feel better, including:

- Adjusting your dog's daily routine to include more or less physical exercise, more or less relaxation/down time, varied enrichment activities, adjusted social interaction opportunities, etc.
 - Adjusting your dog's environmental setup during their stay, such as relocating them to a crate/kennel in a more private spot from the main kennel area, providing additional/alternate bedding, providing a privacy screen or other visual barrier, providing access to relaxing visual or auditory stimuli such as music, television, etc.



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The routine modifications mentioned on the previous page require no action or additional cost on your part. We will keep you updated on any notable changes made to your dog's daily routine or environmental setup and will provide regular status updates on whether those modifications are working to help your pup feel more relaxed and settled.

Moderate to Severe Emotional Distress

For dogs who display more serious signs of emotional distress, we will immediately attempt to provide relief via the routine and environmental setup adjustments outlined above, but will also reach out to you to discuss the following options:

- a) Contacting your veterinarian to determine whether medication is an appropriate option to help your dog feel less anxious and more comfortable during their boarding stay with us.
- b) Arranging for your dog to go home early, if we are unable to alleviate their emotional distress.

PRE-EMPTIVE MEASURES FOR DOGS WHO MAY STRUGGLE WITH BOARDING

If your dog has had trouble boarding in the past, or if they have significant fear or anxiety issues and have never boarded before, it is prudent to **reach out to your veterinarian in advance to discuss your dog's upcoming boarding stay and determine whether they might recommend any medication to help set your dog up for success during their stay.** Our team is always happy to connect with your veterinarian prior to your dog's arrival, to provide more details about our boarding environment and routine.



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