



Animal Clinic of North Topeka

625 NW US Highway 24 Topeka, KS 66608

(785) 357-5188 • www.animalclinicoftopeka.com

Bryan Stancliffe, DVM • Allison Crow, DVM • Carly Bach, DVM • John Neeck, DVM

Congratulations!

We are so excited that you have a new addition to the family! We would love to partner with you to make sure your puppy grows into a healthy, active and happy dog for many years to come.

Here is what to expect at your first puppy visit:

- We will review your pet’s previous health and vaccination history
- Your puppy will get a complete physical examination with our veterinarians
- We will begin or update vaccinations if appropriate
- We’ll discuss heartworm prevention, flea and tick control, and deworming
- You can ask any questions on potty training, obedience training and grooming
- The veterinarian will discuss normal puppy development and any breed-specific health concerns

Vaccination Schedule

Below is the vaccine schedule for puppies, as recommended by the American Animal Hospital Association (AAHA)’s Canine Vaccination Task Force. Don’t worry – if your puppy doesn’t exactly fit this chart, our veterinarians will work with you to establish a protocol that is right for your dog!

Age	Vaccinations	Date Given
6 weeks	1 st DA ₂ PP 1 st Bordetella Fecal Exam	
9 weeks	2 nd DA ₂ PP 2 nd Bordetella	
12 weeks	3 rd DA ₂ PP 1 st Leptospirosis	
16 weeks	4 th DA ₂ PP 2 nd Leptospirosis 1-year Rabies	



Why Vaccinate?

Vaccinations protect your puppy from many serious diseases, including all these listed below:

DA₂PP combination vaccine: This vaccine protects against four different diseases at once!

- *Canine Distemper:* This is a highly contagious virus that is easily spread by contact with discharge from the nose or eyes of an infected dog or raccoon. The virus attacks many organ systems and is often fatal. Neurologic disease is common and nerve damage may persist even if the dog survives.
- *Canine Adenovirus (CAV) Type 2:* This vaccine protects against both CAV-2 and CAV-1, the causative agents of infectious tracheobronchitis and canine infectious hepatitis, respectively. CAV-1 attacks many organs, including the liver, eyes, and lungs and is often fatal or results in severe, long-lasting complications from liver failure to blindness. CAV-2 is another component of canine kennel cough infection.
- *Canine Parvovirus:* Parvovirus is a viral disease of dogs that causes severe diarrhea, vomiting and dehydration. Infection is very easily spread from feces of infected dogs, and the virus can survive in the environment for many months. Parvovirus is often fatal, even with aggressive treatment.
- *Canine Parainfluenza Virus:* Parainfluenza virus is another component of upper respiratory tract infections in dogs. The virus only causes mild disease by itself, but it also paralyzes the natural process that clears the respiratory tract, allowing the introduction of bacteria such as *Bordetella* and increasing the risk of developing pneumonia.

Bordetella: *Bordetella bronchiseptica* is a bacterium that is a common component of upper respiratory tract infections (aka kennel cough) in dogs. It is extremely contagious and causes severe coughing fits, lethargy and inappetence. Vaccination is recommended for dogs that visit obedience classes, dog parks, grooming, boarding or doggy daycare facilities. We require this vaccine for all dogs that participate in our obedience classes, grooming or boarding services.

Leptospirosis: This spiral-shaped bacterium is spread in the urine of infected dogs or wildlife, such as raccoons, skunks, and rodents. Dogs are most commonly infected by coming into contact with contaminated water sources, such as lakes or puddles. Infection causes severe kidney and liver disease. This bacterium is zoonotic, meaning the disease can also pass to humans and cause similar symptoms.




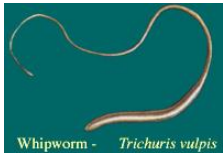


Rabies: 100% FATAL, 100% PREVENTABLE

Rabies vaccination is required by law and is the most important vaccination your puppy will receive. The rabies virus causes a fatal, incurable disease of the neurologic system of all mammals, including humans. Rabies disease is transmitted by contact with saliva from an infected animal. Each year in Kansas, dozens of animals test positive for rabies, including cats, dogs, horses, cattle and bats. Rabies vaccination not only protects your pet, but also protects your family by stopping the chain of transmission.

Intestinal Parasites

We recommend collecting a fecal sample to test for any intestinal parasites in your puppy. There are numerous intestinal parasites but no universal dewormer, so it is the most economical and safest for your puppy to test first, then only treat them with what they need.

Most Common Intestinal Parasites

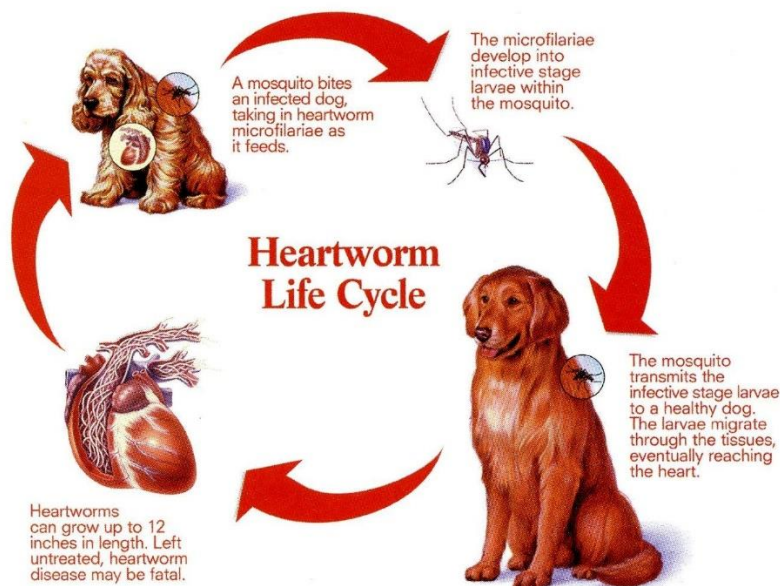
Parasite Name	Description	Picture
Roundworms **ZOOBOTIC**	<ul style="list-style-type: none"> - Most common parasitic worm of dogs - Can be several inches long - Spread by eating contaminated soil or from an infected mother to her pups - Can also infect humans! 	
Hookworms **ZOOBOTIC**	<ul style="list-style-type: none"> - Small red worms that feed on blood - Severe infections can be fatal - Migrating larvae can penetrate skin and cause a rash in humans! 	
Tapeworms	<ul style="list-style-type: none"> - Worm is made of many segments that look like cooked white rice. - Spread by ingesting fleas or rodents - Humans are rarely infected 	
Whipworms	<ul style="list-style-type: none"> - Live in the large intestine and cecum - Spread by eating contaminated soil - Can cause diarrhea or stunted growth 	
Giardia	<ul style="list-style-type: none"> - One-celled parasitic organism - Spread by contaminated water or direct fecal-oral transmission - Symptoms vary from no outward signs to severe diarrhea 	
Coccidia	<ul style="list-style-type: none"> - One-celled protozoal parasite - Spread by fecal-oral transmission - Often associated with bird droppings 	

Most intestinal parasites are spread by fecal contamination, so in addition to deworming medication, also be sure to pick up feces out of the yard immediately to prevent re-infection! Roundworms and hookworms are zoonotic, meaning they can be spread from dogs to humans, so always wash your hands!

Heartworm Disease

How Heartworms Spread

A mosquito picks up baby heartworms from an infected dog. The microfilariae mature inside the mosquito, then young larvae are spread when the mosquito feeds on a new dog. Those larvae grow in the dog's tissues for 6 months, ending up in the heart and pulmonary vessels as adults. There, the female adults create new microfilariae that circulate in the bloodstream until picked up by a mosquito and the cycle continues.



Preventing Heartworm Disease

We cannot prevent mosquito bites, so the next best thing is to kill the young larvae they transmit. Monthly heartworm preventives will “deworm” your dog from any larvae transmitted in the previous 30 days. Dogs must receive a preventive every 30 days because once the larvae grow more than 30 days old, they become resistant to the preventive. At that point, the parasite can only be killed by a series of injections that are both very tough on your pet’s health and very expensive.

Puppies should begin heartworm prevention at 6-8 weeks old. Heartworms can be transmitted year-round, so never skip a month! Puppies do not need a heartworm test prior to starting prevention, but they will be tested for heartworms at each annual exam to ensure they stay heartworm-free.

Recommended Monthly Heartworm Preventives

Product	Type	Age to Start	Frequency	Roundworm	Hookworm	Whipworm	Tapeworm
Simparica Trio	Chewable	8 weeks	Monthly	+	+	-	-
ProHeart 6	Injection	6 months	Every 6mo	-	+	-	-



ProHeart® 6
(moxidectin)

Flea and Tick Control

Fleas are easy to pick up and very difficult to eliminate your home, so we recommend your puppy start on flea control as early as 8 weeks of age. To keep fleas out of your home, make sure all animals (including indoor cats!) are on monthly flea control.

Ticks are not only disgusting, they also can carry a variety of diseases including Lyme disease, anaplasmosis and ehrlichiosis. Products for ticks will cause biting ticks to die before they are attached long enough to spread disease or eat a full blood meal.

Product Name	Type	Age to Start	Frequency	Kills Fleas	Kills Ticks
Simparica Trio	Chewable	8 weeks	Monthly	X	X
Simparica	Chewable	6 months	Monthly	X	X



Spaying and Neutering

We strongly recommend spaying and neutering your pet around 6 months of age if you do not plan to breed them. Here's why:

- Spaying a female cat or dog before her first heat cycle virtually eliminates the risk of mammary cancer later in life, as well as eliminating the risk of developing a life-threatening uterine infection (called a pyometra) which can occur after going through a heat cycle. Spaying also eliminates the mess of having a bloody discharge for a week or two during every heat cycle.
- Neutering a male cat or dog can reduce unwanted behaviors such as roaming, aggression and urine marking. It also greatly reduces the risk of developing an enlarged prostate and eliminates the risk of testicular cancer later in life.
- Every year, millions of animals are euthanized because of pet overpopulation. The drive to mate in intact animals can be surprising – spaying and neutering eliminates the risk of accidental pregnancy and unwanted litters!

Dental Care

Dental care for our pets is just as important as it is for us! Brushing your pet's teeth is immensely beneficial to their overall health, and it is easiest to get in that good habit when they are young. Use a pet-specific brush and toothpaste to gently brush the outside surface of all the teeth. Do this once a day to keep your pet's teeth clean and their breath fresh for years to come!



Pet Insurance

As veterinary medicine becomes more advanced, the cost of care increases to cover the cost of advanced equipment, facilities and training required to provide high quality services. Pet insurance can help offset some or most of the costs associated with diagnosing, treating and managing your pet's illness or injury. Pet insurance isn't for everyone, but here are some basic considerations to consider when deciding if it would be a good fit for your family:

- The insurance provider should provide you a clear description of your coverage, including limitations and exclusions, for routine/wellness care as well as emergency treatments.
- Ask how premiums will increase as your pet ages or if you make claims.
- Ask about add-on options for specific coverage you may want, such as dental care.
- Find out how the provider defines and handles pre-existing conditions.
- Some providers offer pricing discounts for multiple pets.
- You should be allowed to choose the veterinarian who will care for your pet.
- Make sure you understand all associated charges, including co-pays, deductibles, add-on charges and other fees.
- Pet insurance plans are generally reimbursement plans – you pay the bills up front and are reimbursed by the insurance provider. You may want to ask your veterinarian in advance about possible payment options if you are concerned about being able to pay a bill up front.

We can make recommendations, but it's ultimately your decision whether or not to buy insurance, what coverage to choose, and from which company. There are consumer websites that compare features and costs of pet insurance, and/or offer reviews, and you might find these helpful. A few to consider:

- 24PetWatch
- AKC Pet Insurance
- ASPCA Pet Health Insurance
- Healthy Paws
- Trupanion
- VPI through Nationwide®

Puppy Toys

As you begin to adjust to life with a new puppy, toys will become one of your other new best friends! Toys are important for mental stimulation and for re-directing puppy energy away from destructive habits and towards acceptable things to chew. Careful selection of toys and close monitoring of your puppy while they are playing are critical to ensure that the toys are effective and useful, and don't result in an upset tummy or a foreign body surgery!

All puppies are different, and no toy is truly indestructible. The two most important things to consider when choosing toys for your new puppy are:

1. Is your puppy a chewer, a player, or a destroyer?
2. NEVER leave your puppy unsupervised with a new toy.

Good toys for a casual chewer or playful puppy

- Kong plush toys
- Go Dog



Good toys for the hard-core chewer or destroyer

- Benebone – long lasting; full flavor infused into it
- Nylabone – great for puppies who are teething
- Kong – can be stuffed with food/treats and frozen to last a long time
- Java wood chews – natural materials; great for outside play
- Buffalo horns – long lasting; keeps teeth clean



***CAUTION* - these toys are NOT recommended**

- Rope toys – can be shredded, swallowed, and cause blockage
- Rawhide – can cause GI upset or pieces can be swallowed and cause blockage
- Real bones – can chip off sharp bone shards or be bacterially contaminated



Puppy Behavior Tips

Socialization

Dogs are pack animals and enjoy being around lots of other dogs and people, but puppies must go through a learning process to understand acceptable behavior and overcome innate fears of new things. Socialization is critical to raising a happy, well-rounded dog. The most important time frame for socializing your puppy is between the ages of 8 and 16 weeks. Common fears include loud noises, sudden movements, hats, toddlers, and men. Introduce your puppy to all sorts of stimuli, including loud sounds, keys dropping, doors slamming, cars going by, and dishes clanging. Your pup may startle, but they should investigate afterwards and learn that the noise doesn't cause harm. It is also important for your puppy to meet all sorts of different people – babies, toddlers, elderly, different races and ethnicities, and people with various appearances (height, weight, wearing a hat or long coat, a beard, etc). Behavior experts agree that a “properly socialized dog” should be introduced to 250 different people and 250 different dogs before they are four months old!

The biggest tip with socialization is to not ever force your pup to greet. Forcing a scared dog toward something it fears can actually worsen the fear and lead them to bite. This can also negatively affect their trust in you. Likewise, avoid the urge to coddle your pup when he does become nervous, as this can reinforce the nervous behavior. A simple “You're fine” and staying calm yourself is very helpful.

Housebreaking

Housebreaking works the best when both you and your puppy get on the same schedule. Generally, a puppy can hold their bladder for as many hours as he is months old (eg – 2 months = 2 hours). Young puppies should also be routinely taken outside:

- Within 20 minutes after eating
- Immediately after waking up or getting released from the kennel
- Immediately after play or exercise
- Anytime they are showing signs such as circling or sniffing around

Supervision is crucial for housetraining. It may be helpful to attach your puppy to your hip with a leash so he cannot walk off and have an accident unsupervised. This also helps you not to miss any signs of needing to go outside. If the pup has an accident and you find it later, all you can do is clean it up and move on. Rubbing their nose in it only causes them to be fearful of you and can make matters worse. If you see your pup in the act of going, make a loud sharp sound such as clapping or saying, “Hey!” to startle your pup just enough that he stops going. Then immediately take him outside to the designated elimination area and let him finish. Remember to give lots of praise and excitement outside when he is done; don't wait until you are back inside.

While housetraining, always take your puppy on a leash to the same area and via the same path through your house and yard to get there. Do not play with or talk to your puppy until after he has eliminated, but then immediately offer enthusiastic praise *after* he has finished (getting excited too soon could startle or distract him and cause him to stop going early).

Kennel Training

Crate training can be a huge help when potty training your puppy. The crate only needs to be large enough to allow your puppy to lay down and stand up. Many large crates come with a divider so that you can start small but make the crate bigger as the puppy grows. It is recommended that no towels or blankets are kept inside as they will soak up the mess and allow the puppy to eliminate in one section and sleep in another. This decreases the incentive for the puppy to keep the crate, and thus itself, clean.

To introduce the crate, start by leaving the door open and allowing them to come in and out freely. Use a treat or toy to lure them into the crate and say “Kennel” or “Crate” each time they go in to help them learn the word association. As soon as they go in willingly, close the door and hold it closed. Do not let your dog out until they are no longer crying, scratching or barking to get out (unless they are at risk of self-injury). Gradually increase the time as your puppy tolerates.

It is important that your puppy receives sufficient physical exercise each day so that they are tired and content to sleep in the kennel rather than engage in destructive behavior. Your dog needs at least one hour of mental stimulation (obedience, tricks, fetch, seeking games, etc) every day. Otherwise they *will* find other ways to entertain themselves, and those are usually not what we would choose!

Jumping

Jumping is often associated with greeting people, so the best deterrent is training a proper hello. Teach your puppy to sit and ensure that he sits calmly before receiving any attention (even a pat on the head or verbal acknowledgement). It is important to warn any visitors ahead of time, so they know to ignore the puppy initially too. No greeting is allowed until the puppy is sitting and calm. Consistency is critical!

When your dog does jump, there are a few possible responses:

- Walk into your dog, invading their space and claiming your own
- Turn your back and refuse to give any attention
- Step on the leash so they pup can't jump any more than an inch or two off the floor

Nipping/Biting/Chewing

Whenever your puppy bites you, we recommend the following steps:

- Yipe or say ouch in a high pitch voice to communicate pain like a litter mate would do
- Freeze when you yipe. Pulling your hand back activates the prey drive and may worsen biting
- If the yip doesn't work, use a low pitch voice to simulate the parent dog saying, “That's enough”
- Trade your hand for an appropriate toy or chew.
- If still unsuccessful, walk out of the room and put your pup in a 5-minute time-out to calm down

Helpful websites: <https://www.fearfreehappyhomes.com/> and <https://www.dacvb.org/page/handouts>



Puppy Behavior and Training – Training Basics

At what age can I start training my new puppy?

Your new puppy is learning during every waking moment! Every interaction you have with your puppy from the first time you meet will be a form of training. Housetraining, household manners, and social experiences are all forms of training you'll be doing with your puppy from the first time they come home. In some situations, puppies will even begin some amount of formal training before they go to their new home, such as a start on housetraining, greetings, and how their actions can lead to rewards.

How do puppies learn?

Puppies, like all animals, learn by doing what works for them. They will do what is effective, from their point of view. Puppies will repeat behaviors that have a good result. If it leads to a treat, attention, a toy, a desired interaction, the ability to explore, sniff, or run, the puppy will do it again in the future. In general, teaching puppies what to do through praise and rewards (positive reinforcement) is the best practice. Setting puppies up for success using management, supervision, and positive reinforcement training plans is effective and safe. Waiting until the puppy does something you don't want and then trying to punish the behavior can lead to problems such as avoidance, fear, and confusion.



"In general, teaching puppies what to do through praise and rewards (positive reinforcement) is the best practice."

First, learn what your puppy likes then make sure she receives something she likes any time she does something you like! It's a simple concept but can be tricky to implement. Remember, a reward or reinforcement should always be from the puppy's point of view.

Example: What if my puppy likes attention and petting? My puppy jumps up on me and I bend to put my hands on him, pushing him off my legs while saying "off." He jumps again, and we repeat the process.

Think about this from the puppy's perspective: I am ignoring the puppy > puppy jumps up > I touch the puppy and talk to him. Guess what, it worked! Puppies do not act out to upset us or compete with us. They just do what works, from their point of view.

What should I teach my puppy?

In general, the best approach is to consider what you want your puppy to do; what is the desired course of action in a situation or in response to a cue? Some examples include:

- When the puppy sees a person
- When the puppy hears her name
- When the puppy sees another animal
- When the puppy hears the doorbell
- Where the puppy should rest or sleep
- How to get his leash and/or harness on
- How to respond to grooming, brushing, and veterinary care

Once you have a clear picture of how you wish your puppy to behave, then you can begin teaching him baby steps toward the goal. For example, when your puppy hears his name, you want him to come to the person who called him and wait near that person. This response can be trained using a combination of luring, capturing, and shaping. We will follow this example throughout.

What is luring and how do I use it?

Lure training is the use of a treat or something else the puppy will predictably follow to show the puppy what to do. Luring is useful for teaching new behaviors the first few times they are introduced. The lure is usually faded away quickly once the puppy starts to show understanding.

The lure should be like a magnet, where the puppy's nose is attracted and attached. Moving the lure will move the puppy's nose into the right position, and where the nose goes, the body will follow. Treats are the easiest lure. Use tiny treats the size of a pencil eraser that are high in value.

"Moving the lure will move the puppy's nose into the right position, and where the nose goes, the body will follow."

Example: My puppy is sniffing the ground nearby. I call his name and, without delay, I place a delicious treat right under his nose. When his nose is magnetized to the treat, I draw a slow steady line with the treat toward my body, and back up a few steps, giving the puppy tiny licks or bites of the treat throughout.

For a puppy to sit, the lure should be slowly raised up and back. When a puppy's nose goes up and back, his rump will usually go down into a sit.

For a puppy to walk to his bed or into a kennel, the lure should be at nose level where the puppy can easily follow it, and they should receive a lick or bite every few steps until they reach the goal location where another treat is delivered.

What if my puppy doesn't follow the lure?

If the lure is moving too fast or is out of reach, the puppy may lose interest, or even become frustrated and try to claw at, jump at, or bite the lure. Make sure the lure moves at a speed that is easy to follow, the puppy is able to reach the lure at all times without jumping or grabbing, and little licks or bites are given regularly throughout the exercise to maintain interest and attachment.

What is capturing?

Capturing means the puppy is naturally doing the behavior in question, and the trainer will "mark" the behavior when it happens and deliver a reward such as a treat or a toy. Capturing is useful because it teaches humans to observe the

puppy's behavior regularly, and to constantly be on the lookout for right choices. Puppies make a lot of right choices every day, though the choices may be brief at first! Watch for right choices, mark them, and reward after the marker.

What is a marker?

A marker is a signal to the puppy that something they love is coming right away! For example, a delicious treat or a favorite toy. A marker is an IOU for something the puppy loves. The marker needs to be brief, just a fraction of a second. A marker is different from general, ongoing praise or attention. A marker can be any sound, gesture, or touch. Sounds and gestures are easiest to train and touch can be used for puppies who may have limited vision or hearing. Some common markers include:



- Clicker
- Short word (Yes, Nice, Click, Good, Beep, etc.)
- Sound or whistle
- Thumbs up gesture
- Light touch on the shoulder

"A marker is an IOU for something the puppy loves."

Markers can be used in both capturing and shaping (explained next) to tell the puppy when he has made a choice that will lead to a treat. An example of capturing your puppy responding to his name is to wait for times when he chooses to look at you and move toward you – without calling him. When he moves toward you, call his name, mark (click, “Yes”, etc.) during the movement, then give a treat when he arrives.

What is shaping?

Shaping is teaching the desired behavior through trial and error, by rewarding any correct guess that resembles the goal. As the learner gets a better idea of what the goal might be, the trainer increases the criterion of how close the guess must be to the goal to receive a marker and reward. Shaping can be frustrating for both trainers and puppies in the beginning, but once both the human and the dog understand the process, it is an exceptionally powerful tool for teaching complex skills and a great deal of fun for everyone involved.

For an example of shaping your puppy's response to his name, you could initially mark any of the following responses when he hears it:

- Stops or pauses whatever he is doing, without looking at you
- Raises the nose 1” off the ground if he was sniffing
- Moves the nose 1” in your direction, on or off the ground

As the puppy becomes more proficient, you can increase the criteria:

- Gradual increases in how far off the ground the nose comes, or how much toward you the nose moves
- Gradually add the head turning all the way toward you and looking at you

- Gradually add movement toward you after the head turn

One interesting effect of training name recognition with shaping is that, typically, once the puppy understands the marker he will usually come running to you for a treat to collect on that IOU! This is convenient because it also happens to complete the behavior of coming when called.

What if my puppy doesn't respond to the marker?

Most often, this happens when the environment in which you are trying to train is too exciting or stimulating. Start training in easy places like inside the home with few distractions. As the puppy learns each skill, begin practicing that skill in new locations like other rooms of the house, the yard, or on a walk when there are no dogs or strangers nearby, and then eventually when you're in the presence of strangers. Practicing in a positive reinforcement puppy class or puppy kindergarten is a great way to help puppies learn how to work together with their families even when there are distractions present.

If your puppy normally responds to the marker by looking for a treat and has suddenly stopped, check to make sure your treats are a good value, that your puppy is feeling well, and that he is still at least a little hungry.

When and how should I use a cue?

A cue is a word, gesture, or situation that tells the puppy a reward is available if she does something specific. For example, saying "sit" means the puppy will receive a treat or other reward if she assumes a sitting position. To start matching cues with actions, say the cue (or show the gesture) when you're certain you can show the puppy how to successfully earn a reward. For example, saying "Puppy, come!" in an environment with few distractions and while your puppy is wearing a leash, then luring the puppy to you.

For captured behaviors, say the cue right when you believe the puppy is likely to do the behavior.

For shaping, add the cue when you're confident the puppy knows how to perform the behavior.

Remember, the cue is a signal that reinforcement is available. A reward may be a mark and a treat, excited verbal praise, petting, or playing with a toy. The reward can be anything the puppy finds pleasurable, but the cue means the reward will follow the behavior. Always reward when your puppy responds to the cue.

"The reward can be anything the puppy finds pleasurable, but the cue means the reward will follow the behavior."

As your puppy becomes more experienced, the cue will be a signal that a reward is available but only for a limited time. This will speed up the puppy's responses to cues. Adding the criteria of speed is an advanced technique and should be added when the puppy is more experienced and mature.

What if my puppy doesn't obey?

Cues are not commands, and the expectation for a dog to "obey" is somewhat outdated. If your puppy doesn't follow a cue, consider these possible causes:

- The puppy is distracted

- The puppy is confused
- The puppy does not understand how to respond to the cue in the current location or environment
- The puppy does not understand how to respond to the cue on this surface
- There is a competing motivation (something else has the puppy's attention)
- The puppy is too tired or is over-excited

Any of these causes can be remedied by meeting the needs of the puppy at that moment to help him be successful, or simply by pausing the training session and trying again later. Young puppies need plenty of guidance and grace from their people, as well as consistency so they can trust and learn as they mature.

How do I fade out the lure?

When we are luring, we use treats in our hands like a magnet to guide the puppy to the goal. With most puppies, you can switch to using an empty hand in the same shape and gesture to show the path to the goal within 5–10 repetitions. If the puppy loses interest, alternate between an empty hand and a hand with treats in it. Gradually decrease the number of repetitions where the hand has treats until it never does. Always continue to reward when the puppy achieves the goal. This is how to move from lure training to reward-based training.

When can I stop giving treats?

Plan to continue paying your dog a paycheck in exchange for work throughout her entire life. As she matures, she will be able to perform more behaviors for a single treat or reward and work for longer and longer periods of time. Plan to use treats during every training session throughout puppyhood.

How much time should I spend training my puppy every day?

Training happens all the time. Whenever you're with your puppy while she's awake, you're guiding her choices by how you respond and how you provide rewards. Individual training sessions for cues or skills should be no more than a few minutes long at first and can be done a few times a day. Teach quiet skills like going to the crate, going to bed, or lying down when your puppy is feeling calmer. Teach exciting skills such as to come when called or to retrieve a toy when your puppy is more energetic.

What can be done if my puppy is too distracted or excitable to control?

Training should begin in a quiet environment with few distractions. The chosen reward should be highly motivating so that the puppy focuses entirely on the trainer and the reward. Although a small food treat generally works best, a favorite toy or a special dog treat might be more appealing for some puppies. It might also be helpful to train the puppy just before a scheduled mealtime when he is at his hungriest.

If you feel frustrated or like the puppy is highly excitable or difficult, reach out for professional guidance. A skilled positive reinforcement trainer will help you enjoy your puppy so much more as time goes on.

"If you feel frustrated or like the puppy is highly excitable or difficult, reach out for professional guidance." **When should I start socializing my puppy?**

Socialization should begin as soon as you get your puppy and, often, this is at seven or eight weeks of age. Puppies naturally accept new people, other animals, and new situations during the socialization period, which occurs between 7 and 14 weeks of age. This period provides an opportunity for a myriad of introductions that will provide positive memories that last a lifetime. Puppies are eager, exploratory, and uninhibited during this period and it is important to take advantage of this enthusiasm. Be sure to protect your puppy during this period and ensure that all experiences are positive, fun, and safe.

Why does my 16-week-old puppy seem afraid?

There is a normal, natural fear period that begins around 14 to 16 weeks of age. During this period, a puppy may become wary and suspicious of new people, animals, or experiences. This is a normal adaptive process. Watch your puppy closely for signs of fear (cowering, urinating, and refusal of food treats). Avoid pushing or overwhelming your puppy during this developmental stage. Always let your puppy guide the pace of experiences, especially during sensitive periods.

Should I also consider training classes?

Yes! A good positive reinforcement-based group class is an excellent way to introduce yourself and your puppy to training. Even experienced trainers often enroll their own puppies in group classes to take advantage of this wonderful, varied, controlled, and safe environment to learn and practice new skills. In addition, you will learn how to prevent problems before they can begin, or deal with them as they emerge, rather than having to find a way to react to problems after they have already developed.

Training classes for young puppies are also an excellent way to socialize your new puppy to a variety of people, dogs, and other stimuli in a controlled environment. Your puppy might also make some new friends of the same age. You could then visit these friends (or vice versa) with your puppy for social play and exercise sessions. Puppy socialization classes are most valuable for puppies eight weeks of age and older. If all puppies in the class have had initial vaccinations, are healthy, and parasite free, the health risks are low, and the potential benefits are enormous.

Discuss the puppy training options in your area and the ideal time for enrolment with your veterinarian.

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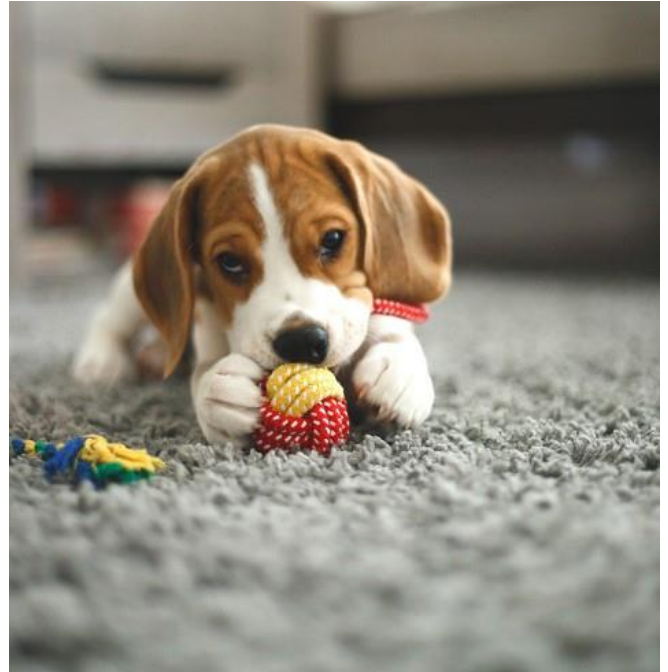
Puppy Behavior and Training – Dealing with Undesirable Behavior

How do I prevent my puppy from doing damage or getting into mischief?

Prevention is the key to a happy life with puppies!

Set your puppy up for success by preventing her from getting into trouble in the first place. To be successful, your puppy needs to be directly supervised by a responsible person. When supervision is impossible, confine your puppy in a safe place such as a crate, pen, or in a safe puppy-proofed room. Be sure she has an appropriate elimination area, water, chew-resistant bedding, and safe toys when confined.

While watching your puppy, you can use a gate or leash to keep her from leaving the area and possibly making an inappropriate choice. Puppies naturally engage with objects when they explore their world. Set up a successful environment where it's hard for your puppy to make a mistake: put away valuable or dangerous items that your puppy might chew and stow away the trash. Provide many safe, acceptable toys, including some that are chewable.



"If your puppy does start to engage with something inappropriate, immediately and cheerfully distract her by presenting a fun toy."

If your puppy does start to engage with something inappropriate, immediately and cheerfully distract her by presenting a fun toy. Don't make a big fuss or shout at her. The training plan should condition your puppy to consistently reach for toys while simultaneously reducing the value of going for something inappropriate.

While your puppy is exploring, provide plenty of bathroom breaks. Very young puppies sometimes need to eliminate every 15–30 minutes when actively running around. By bringing your puppy to an appropriate toileting area before there is urgency, you can condition her to use that area instead of your carpet. This is much better than interrupting your puppy during an elimination attempt—puppies don't have much bladder control. They could become frightened if they are suddenly lifted or scolded. Create a routine that fits your schedule while meeting your puppy's needs. It will be easier to train your puppy if you can provide food and bathroom breaks at consistent times.

Do I need any specific equipment to get started with my puppy?

Management can be easier with the right tools. Here are some useful basics:

- A regular buckle collar that will hold an ID tag (remove collars when puppies are not supervised or when they play with other dogs as there is a risk of choking)
- A harness for when your puppy wears a leash
- A 6' leash and a longer lightweight line 10–30' in length
- Plenty of tiny, delicious treats
- A crate or other small, safe confinement area **How do I train my puppy to be well-**

behaved?

Puppies are learning every waking moment! Training and learning occur every time your puppy interacts with you, with an object, or with the environment. Puppies naturally engage in a wide range of behaviors as they explore. Any intrinsically rewarding behaviors that feel good or help a puppy accomplish a goal will be repeated.

Your puppy may make many excellent choices every day, but she won't always know that she is on the right track unless you tell her. Similarly, your puppy won't naturally know which behaviors you do not favor. This is where training begins. To teach your puppy to continue to repeat desirable behaviors, reward her when you notice her making good choices. For example, if your puppy is lying quietly on a dog bed, you can inform her that resting quietly on a dog bed is a desirable behavior by quietly and calmly dropping a treat onto the bed between her front paws.

Always be on the lookout for desirable behaviors from your puppy. Sometimes good behavior is just 'doing nothing'. When rewarding calm behavior, use a quiet tone of voice to avoid exciting your puppy. Save animated praise for other situations, such as when you are training fun tricks and cues. Although rewarding your puppy with praise and treats for making good choices is very important, it is equally important to continue using good management, including supervision, to prevent her from making choices you don't want.

What should I do if my puppy misbehaves?

Some of a puppy's self-rewarding behavioral choices may not be acceptable to you. It may be tempting to repeatedly try to STOP your puppy when you are not pleased with a behavior. However, stopping behaviors does not leave the puppy with any understanding of what behavior would be preferred or allowed. Sometimes, unwanted behaviors intensify when puppies are consistently interrupted.

Instead of saying "stop" and waiting for your puppy to come up with a better choice, you can teach your puppy precisely what behavior would be acceptable and appropriate. This training is easily accomplished by using a food or toy reward to encourage your puppy to engage in the behavior you have selected rather than the one that came naturally. You need to be consistent and apply your training each time your puppy is in the situation so that there are no further opportunities for her to gain any self-reward for her original, undesirable choice. For example, many puppies greet people by jumping up. This comes naturally, and it works—jumping usually results in a puppy being petted.

"If you scold your puppy for jumping, she will become confused and possibly frightened or frustrated."

Once a puppy has grown bigger and stronger, people no longer enjoy being jumped on, yet the puppy has come to expect that his jumping will lead to a pet. If you scold your puppy for jumping, she will become confused and possibly frightened or frustrated.

Instead of trying to STOP your puppy from jumping up, you can teach your puppy an acceptable alternative behavior, such as 'sit', while consistently refraining from rewarding your puppy when she jumps up. To train the new behavior, when your puppy rushes toward you, be prepared with a treat in hand, and as your puppy gets close, squat slightly and use the food to lure her into a sit. Give the treat AND gently pet your puppy—wow, two rewards (treat and pet) for sitting and zero for jumping. If you consistently use the treat/sit with every greeting, your puppy will automatically sit to greet you. Be sure your friends know the rules, or they will sabotage your training!

Decide in advance what manners you'd like your puppy to have as an adult dog. Will you allow your adult dog on the sofa or bed? Is jumping up to say "Hello" OK? Are there any rooms or regions which are off-limits? Provide supervision and management to prevent your puppy from accessing the off-limits areas from the outset. Use gates to block access instead of repeatedly calling your puppy away from a room. Lure your puppy to an appropriate dog bed before she ever climbs onto the sofa. If you miss your chance and your puppy jumps onto the sofa, use a treat to lure her onto the floor and then guide her to her bed.

Suppose you need to interrupt your puppy from doing something dangerous, such as chewing an electrical cord (supervision lapse!). In that case, you may be able to distract your puppy by squeaking a toy or throwing some treats nearby. Still, in a true emergency, you may need to make a sudden noise to startle your puppy, then reward her immediately for letting go of the dangerous item.

Don't I need to punish my puppy for misbehavior?

Using punishment as a training strategy carries risks. Punishment techniques rely on using something aversive to discourage a behavior. It is tough to determine just what level of an aversive is appropriate, and a puppy can easily be irreparably frightened. To a sensitive puppy, a stern "Hey!" might be sufficient to interrupt a behavior, at which point the puppy could be gently lured away with a treat or toy to encourage a more appropriate response.

Punishment of any type, including shouting or grabbing a puppy by its scruff or muzzle, can cause long-term fear, including fear of people and noises. Punishment may also increase the risk that a puppy will develop aggressive behavior when it matures into an adult dog.

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Punishment should never be used 'after the fact'. If you find that your puppy has done something inappropriate, such as damaged an object or eliminated indoors, clean it up and vow to supervise your puppy better in the future. Chewing things is normal puppy behavior; it is up to humans to prevent that from happening. Do not get your puppy and bring her over to the mess and yell and physically discipline her. Remember that you need to punish a behavior the exact instant it is occurring. Your puppy may cower or even look guilty, but this posture actually reflects fear or submission, neither of which is desirable for learning nor for supporting a wonderful relationship with your dog.

See handouts "Using Predictable Rewards to Train Your Dog" and "Dog Behavior and Training – Teaching Settle and Calm" for more information.

What if my puppy is stubborn or uncooperative?

Puppy personalities and learning styles are as individual as those of children. A puppy that seems stubborn or uncooperative may need a different training strategy. For instance, some puppies are easily frustrated and need multiple

'wins' –easy tasks at which they can be successful. Some puppies have a short attention span and need shorter sessions to stay engaged. And some puppies are very energetic and do not settle easily unless they are taught.

The first step to training is to learn what your puppy likes, enjoys, and wants, then make sure only the behaviors you like lead to these things! Show your puppy that appropriate desired behaviors work. If you begin to feel that your puppy is stubborn, challenging, difficult, or a poor listener, seek help from a professional behavior consultant who can design a personalized training plan that fits your puppy's learning style. Not every puppy is easy! It's OK to ask for help; the sooner, the better for the best possible outcome.

What must I do to provide for my puppy's needs?

For proper behavioral and emotional development, puppies need good nutrition, daily social interactions and ageappropriate exercise, plenty of sleep, and reward-based training of cues that will assure clear communication with you and your family. See handouts "Using Enrichment, Predictability, and Scheduling to Train Your Dog" and "Behavior Management – Working for Food" for more information.

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Teeth, Teething and Chewing in Puppies

My puppy has started biting my hands, my legs, my children's legs – pretty much any object he can get his mouth on. What is going on?

Your puppy is teething, the same way that human babies and children grow new teeth during their development. Like a human, your pup first grows a set of baby teeth (also called primary or deciduous, meaning they fall out). These teeth are pointed and sharp, which is why they are sometimes referred to as needle teeth.



Dogs have 28 deciduous teeth and end up with 42 permanent teeth. You may find deciduous on the floor, but more likely, your puppy will harmlessly swallow the teeth while he is eating. It is not unusual for some bleeding to occur when the teeth fall or are falling out, but the amount is minuscule and owners usually notice it only if there is some mild red staining on a chew toy.

Why is everything being attacked?

Puppies will chew on people, furniture, and other objects (including ones you value) that are within their reach; this is part of normal puppy behavior. Dogs learn much about the world around them through how things feel, and a dog's main means of touching and grabbing things is with its mouth.

This tendency is particularly pronounced in breeds known to be "mouthy," such as retrievers. Chewing also seems to alleviate what is assumed to be discomfort associated with the teething process.

When will my dog's baby teeth fall out?

Puppies begin teething at around 3 weeks, and by approximately 6 weeks, all of their deciduous teeth will have erupted. The incisors (at the front of the mouth) and the canine teeth (the fangs) erupt first, followed by the premolars. Dogs do not have any baby molars. At around 12 weeks, the deciduous teeth begin to fall out, and the permanent teeth begin to erupt. Normally by 6 months of age, all permanent teeth have erupted, and all deciduous teeth have fallen out.

Are there any common dental problems in young dogs?

Problems with deciduous teeth are few and far between. It is rare that a pup will have a dental problem that is serious enough to require advanced intervention or referral to a veterinary dentist. Some breeds, particularly smaller breeds and brachycephalic (short-nosed) breeds, have a tendency to retain some of their deciduous teeth. The most usual site is the upper canine teeth, although it can happen anywhere. Retained deciduous teeth can cause malocclusion (misaligned teeth leading to a poor bite) and discomfort. They also predispose dogs to future dental problems. Food can get trapped between the retained deciduous teeth, the permanent teeth, and the gingiva (gums), which can lead to periodontal (dental) disease. Retained deciduous teeth need to be removed. Usually a simple procedure, it is commonly performed at the time of the pet's neutering or spaying.

What are acceptable chew toys, and which ones should be avoided?

Because dogs tend to chew nearly everything, nearly everything has been found to cause problems. This goes for rawhides, pigs' ears, or other parts of animals given to dogs to chew (some owners swear by the "bully stick," which is the dried or cooked amputated penis of a bull), bones, synthetic toys, tennis balls, etc. Some of these objects have caused gastrointestinal blockages or intestinal punctures, which often require surgery and can be life-threatening; others have blocked the throat, causing dogs to asphyxiate.



Notwithstanding these facts, consider that millions of dogs have been chewing millions of objects for years, most without incident. So while the risk does appear to be low, as with most activities, it cannot be eliminated. Watch your puppy when he begins chewing, and talk to your veterinarian about which chew toys are the safest for your puppy. It is important to supervise your puppy even when he is chewing on recommended toys as no toy is 100% safe.

"It is important to supervise your puppy even when he is chewing on recommended toys as no toy is 100% safe."

Bear in mind that some objects that are safe from the point of view of ingestion or inhalation, may still not be very good for your dog's teeth. Most veterinary dentists recommend against allowing puppies and older dogs to chew anything hard. That would include objects made of nylon, as well as bones and antlers. Veterinary dentists often sum up this recommendation with, "Don't let your dog chew anything that won't bend."

What should I do about my puppy's chewing behaviors that I don't like?

Do not reward behavior you do not want, and do not let others reward it either. If your puppy is chewing on your hands or any other body part, yelp a high pitched shriek like a puppy makes, pull your hand away, and go play elsewhere.

"Do not reward behavior you do not want, and do not let others reward it either."

There is no consensus about the best way to teach puppies not to chew. Some methods may even seem contradictory because what may work for one dog may be inappropriate for another. Check with your veterinarian for a personalized recommendation.

Puppies are naturally energetic and curious, so try to redirect that energy elsewhere by including lots of exercise, training, and try feeding from puzzle toys rather than a bowl. Do not leave tempting items like clothes, shoes, or children's toys where your puppy can reach them. At the same time provide lots of safe chew toys. Keep chew toys "fresh" by rotating them, only having a few out at any one time. Supervise your puppy so he does not have the opportunity to chew something he shouldn't.

My children like playing rough with the puppy, and they say that they don't mind the occasional scratch or gentle bite. Is this okay?

No! Permitting this behavior teaches your pet that hands are acceptable toys to use as he or she pleases. Your dog is not only learning that it is okay, but the pup is even being rewarded for this behavior when your children continue playing after being bitten or scratched.

Will my dog ever stop chewing everything?

Excessive chewing behavior seems to subside around 18 months of age but will continue to some degree, depending on the dog, for his or her whole life. Remember that chewing, licking, and mouthing are normal behaviors for dogs as a way of exploring and learning, and carrying objects from one place to the next. If chewing is excessive or aggressive, consult your veterinarian for behavior modification advice.

Should I brush my dog's teeth?

Getting your puppy used to having something in his or her mouth other than food or a chew toy is a good idea. You also want to be able to retrieve objects from your dog's mouth or look in there without risk of injury to your hand. In addition, because dental problems are among the most common (and costly) problems seen in dogs, getting your dog to tolerate brushing at an early age will get you started on a path that will help prevent many of these problems.

Buy a toothbrush and toothpaste suitable for dogs (human toothpaste is not appropriate for dogs and can make them sick). Start by just gently introducing the brush and paste, allowing your pup to sniff and lick the brush. However, do not force the matter. Ask your veterinarian to demonstrate brushing a technique and give you advice for getting your dog used to the routine. Most dogs can be taught to tolerate or even enjoy daily teeth brushing. For more information, see the handout "Brushing Your Dog's Teeth".



Housetraining for Puppies and Dogs

Learning to eliminate outdoors or only in a chosen area is a crucial skill for dogs!

By using positive reinforcement, consistency, and good supervision it is simple to housetrain most dogs.

Housetraining is a habit of toileting in the right spots. Habits are formed by repeating the desired behavior over and over. Combining supervision and plenty of praise with a good plan will put your family on the road to having a successfully housetrained dog.



When do I begin housetraining?

Start housetraining right away, or even before you bring home a new puppy or dog. Choose the area you want them to use for toileting and the door you wish them to go through to go out to the elimination area. If you will be using a special litter box or turf area on a patio or balcony, or another indoor latrine, consider where you want to keep it so you can easily supervise your dog's toilet habits.

Think about what you want your dog's adult habits to be and start teaching those habits right away. Using papers, potty pads, or other indoor elimination devices when you want your puppy to toilet outdoors as an adult can slow training. It is safe to take your puppy outdoors to eliminate, even at a very young age. Simply avoid areas where other dogs and wildlife also toilet.

Make sure to have a high-quality cleansing product on hand that is safe for your floors. No matter how successful your toilet training venture is, accidents or mistakes are always part of learning. Good cleanup is crucial after a mistake to discourage future toileting in the same spot; puppies and dogs have a strong sense of smell; and the odor of urine or feces is a cue to use this spot again in the future.

How will I know that my puppy needs to go before it goes?

It takes time for puppies to grow up enough to hold their eliminations, learn what it feels like when they need "to go", learn to communicate to a human that they "need to go", and how to fully empty their bladder and bowels. Most puppies will pause activity, sniff, and sometimes circle before squatting or posturing to eliminate. Other puppies may act generally restless and agitated when they have a full bladder or bowel. Watch closely for these signs, so you can help your puppy be successful.

Patience is important!

Puppies and dogs will need an elimination break:

- during the night until they can hold their urine and feces overnight (usually between 2–5 months of age)
- after meals or big drinks of water
- immediately after waking up from a nap or sleeping
- during and after high energy times such as running and playing
- every 1–2 hours when awake in addition to the times above

Your puppy (or new dog) will need to be in one of three basic modes at all times:

- Directly supervised by a responsible human so that someone is always ready to respond to signals the puppy needs to "go" (e.g., tied to an observant person with a leash or within direct line-of-sight less than 10 feet or 3 meters away).
- Safely confined where the puppy will hold their elimination (crate, small pen, leashed to a person) to prevent mistakes.
- Safely confined where the puppy is allowed to eliminate at will (larger pen, fenced yard).



Using leashes, baby gates, and kennels or pens will make housetraining much easier because they prevent errors or learning a habit of eliminating in an unwanted area.

What are the goals of housetraining? Don't I just want my puppy to tell me when he needs to go?

The goals of housetraining are to have your puppy:

- eliminate in the "right" areas
- eliminate immediately when asked
- communicate the need to eliminate
- eliminate on or off leash, and when you are near a person
- hold bladder and bowels when inside/not in the elimination area

Can you provide me with easy to follow instructions to help me train my puppy's potty trips?

- The Leash. Take your puppy out on a leash to eliminate and always go along. Do not send puppies outside alone to toilet. Most puppies put outside alone will simply wait to return back inside with the family before eliminating. Set a timer for 2–5 minutes. Younger puppies will likely need to urinate at least twice to empty their bladders. Wait to give your puppy freedom in the yard until after they have eliminated. This will teach the puppy to toilet quickly first thing when you go outside. If your young puppy only eliminates once then wants to come back inside, watch for signs

of another elimination soon, as often the puppy may not have fully emptied during a single elimination.

- **The Spot.** Take your puppy to the area you want them to eliminate when you suspect they need to do so. Wait 2–5 minutes, if they do not eliminate, return to what they were doing before but watch closely for signs like pause, sniff, and circle as a clue they might need to try to go again soon.
- **The Reward.** After your puppy toiles, quietly praise them and offer a small treat. Do this right near the area of elimination rather than when you get back inside. Remember, you want to reinforce the habit of eliminating outside being terrific – not the action of running away from the elimination area into the house.
- **The Cue.** Once you are familiar with your puppy's toilet sequence, begin introducing a cue. Wait quietly, and right before or when they begin to eliminate, say a word you want to associate with the behavior such as "Toilet," "Bathroom," "Potty," etc. Some families even have a separate word for urination and defecation.
- **Learning to "Ask."** As you learn what your puppy's signals are that they have a full bladder or bowel, you can show them how to "ask" to be let out. Many dogs will have a natural signal such as coming to the owner, staring at the owner, or barking or scratching at the designated exit door to the toilet area. Some owners even teach their dog to ring a bell attached to the door to be let out. Whether it is a natural signal or one you choose to teach, always praise your dog for giving you the signal with quiet, happy tones and immediately take them for a potty trip. For help with training a special cue like ringing a bell, speak with your veterinarian to get a list of recommended trainers in your neighborhood.
- **More Freedom.** As you and your puppy develop a routine of eliminating right away when they go outside, you will be able to allow the puppy more and more freedom during elimination trips. Use a longer lighter leash or line at first, and then you can fade the leash away if you wish. Send your puppy to the elimination spot and give the cue. Once your puppy eliminates, praise them quietly and return to prior activity, playtime in the yard, returning indoors, etc. Periodically practice toileting while wearing a leash even after your pet is trained; this is a valuable skill to have during travel, events, vet visits, and more!

What should I do if my puppy makes mistakes and eliminates in the house?

If you are supervising your puppy and they start to eliminate indoors, interrupt them using a cheerful voice, clap your hands, whistle, etc. Guide your puppy quickly to the right spot and then praise them for finishing.

If you find a mistake after the fact, simply calmly and quietly clean the area, and resolve to better supervise your puppy in the future.

Do not punish your puppy for eliminating in the house or an unwanted area. Never rub a dog's nose in an elimination, strike or swat your puppy. Punishing your puppy for a natural act can make them think they should never toilet near a person.

"Dogs who are punished during elimination may be taught to eliminate only far from humans or in secret."

Being able to eliminate on a leash, and when asked, is crucial for maintaining the health of pets. It allows dog owners to monitor the frequency of urination and defecation, watch for changes in urine such as a strong odor or blood, know immediately if a dog is suffering from diarrhea, etc. Dogs who are punished during elimination may be taught to eliminate only far from humans or in secret. These dogs may even choose to toilet indoors but away from people in a hidden spot (e.g., behind the couch, under the bed, or in a closet in a spare room).

What about marking?

Dogs normally use urine to mark their territory and send social signals. Preventing marking is done using the same techniques as general housetraining. Reversing marking requires plenty of direct supervision to prevent mistakes and lots of praise when the dog toilets outdoors. During housetraining, avoid allowing your dog to rehearse urinating on exterior walls, fences, fence posts, or other man-made objects as this will also discourage unwanted marking.

Dogs should be given the opportunity to mark outside on allowed items (bushes, trees, grasses, etc.) as this is a normal dog behavior.

When can I start giving my puppy more freedom?

Once your puppy has gone 8–12 weeks without mistakes, they are probably ready for more freedom. This sounds like a long time! But puppies are babies, and they really do need constant supervision for success in housetraining, manners, safety from chewing or ingesting dangerous items, and so much more.

As you gradually allow your newly housetrained puppy or dog more freedom, consider allowing them to leave the room briefly without you. At first, watch from afar for any signals they might need to toilet. If you see a pause, sniff, circle, or other behavior that you have associated with need to eliminate, cheerfully call your puppy to the toileting routine and praise them once they go in the right spot. Over time, you will be able to trust your puppy with more and more freedom once they have learned where to toilet even when you are not watching. Investing lots of time when you first bring home your new puppy or dog will help assure you share a long relationship of not worrying about housetraining mistakes in the future.

If your previously well housetrained dog begins making mistakes, always consult your veterinarian for guidance.

In addition, if your puppy rolls on a hip or his back and urinates when greeting people, when people pet or reach over him, or when he is very excited, consult your veterinarian for advice. These types of elimination will not be changed with basic housetraining techniques and require more detailed support to achieve success.



A Quick Guide Of What Is Safe For Your Dog

HEALTHY

Acai Berries
Alfalfa
Apples (NO SEEDS)
Asparagus
Bananas
Barley
Beans
Beef
Blackberries
Bran (cereal, wheat)
Bread (whole grain)
Broccoli
Broth (low sodium chicken, beef)
Brussel Sprouts
Buffalo
Cabbage
Cantaloupe
Carrots
Celery
Cheese
Chicken
Cinnamon
Coconut (oil, meat & water)
Corn
Cranberries
Cucumber
Eggs
Flax Oil
Fish Oil
Honeydew Melon
Kiwi
Lamb

Leafy Greens
Mango
Nectarines
Oats
Olive Oil
Organ Meat (liver, gizzard, heart)
Papaya
Parsley
Peanut Butter (regular or organic. NO Xylitol)
Pears
Peas
Pheasant
Pineapple
Pork
Potato (No peels, leaves or stems)
Pumpkin
Quinoa
Rabbit
Raspberries
Rice
Sardines
Salmon
Sprouts
Squash
Strawberries
Sweet Potatoes
Tuna
Turkey
Venison
Watermelon (No seeds)
Yams
Yogurt (plain)
Zucchini

HARMFUL

Alcohol
Apple Seeds
Baking Powder & Soda
Beer
Caffeine
Candy
Chives
Chocolate (esp. dark)
Coffee
Fat Trimmings
Fruit Pits
Garlic
Grapes
Hops
Ice Cream
Leeks
Milk
Moldy Foods
Mushrooms
Mustard Seeds
Nutmeg
Nuts (esp. Macadamia)
Onions
Potato leaves & peelings, and Stems
Raisins
Rhubarb
Salt
Sugar
Tea
Tomato (leaves & stems)

Medicines or Vitamins for Humans (esp. Iron) Unless directed by your Veterinarian

Xylitol (AKA: Birch sugar, Wood sugar, Birch bark extract, 1,4-anhydro-d-xylitol, Anhydroxylitol, D-xylitol, Xylite, Xylitylglucoside, Zylatol)



Socialization 101

Socialization plays a crucial role in your puppy's growth, setting the stage for a well-balanced dog. Early, positive, and gradual exposure is vital for boosting their confidence, reducing fears, and preventing future behavioral issues. The key developmental phase is up to 18-20 weeks, but it should be an ongoing process throughout the dog's life. Use this checklist as a reference. Ensure each interaction is positive by offering treats, encouraging others to do the same, and showering them with lots of affectionate praise.

People:

- Males and Females
- All Ages: babies, toddlers, kids, teens, adults, seniors
- Different ethnicities
- People in varied attire: hats, glasses, coats, sunglasses, gloves, etc.
- Men with facial hair
- Noises: loud talking, shouting, laughter, arguing, singing, etc.
- Joggers, skates, etc.
- Bicycle riders
- Groomers and Trainers

Animals:

- Dogs- all sizes, breeds, ages, both male and female
- Cats/kittens Farm animals
- Birds, ducks, geese
- Squirrels
- Dogs visiting your home

Alone:

It is very important that puppies learn how to cope on their own without you around. Set up scenarios in which your dog is apart from you and gradually increase the length of time. For instance, kennel or back yard, visiting friends or relatives, doggie daycare.

Handling:

- Wearing a collar / leash
- Being touched- Pet Head, Muzzle, Body, Paws, Ears, Around Eyes, Mouth, etc.
- Check paws/Touching Nails (will help when it's time to trim nails)
- Trimming Nails
- Checking/Brushing Teeth
- Cleaning Ears, Face
- Water (Bath, Shower, Hose)
- Towel Drying
- Brushing/Combing
- Pick Up /Carry
- Hold, Hug, & Restrain

Environments:

- Vet office (visit without having an appointment)
- Animal Friendly stores
- Surfaces: sand, grass, mud, wood, tile, gravel, concrete, carpets, slick floors, etc.
- Car rides & Parking lots
- Pools / Lakes / Creeks
- Parks & Playgrounds
- Bridges & Tunnels
- Stairs, escalators
- Sporting events
- Training Classes
- Crowds, Parties, and Parades

Objects:

- Dog Bowls (plastic, metal, ceramic)
- Toys (bones, soft, rope, etc.)
- Roller skates, Skateboards, Bikes
- Strollers
- Umbrellas -open & close
- Children's toys
- Plastic bags
- Balloons Mirrors
- Crutches, Canes,
- Wheelchairs
- Sprinklers
- Brooms / Mops

Sounds:

- Vacuum
- Blow Dryer
- Lawn Mower,
- Weed Trimmer,
- Leaf Blower
- Trucks / Motorcycles
- Car Horn Doorbell & Knocking
- Slamming Doors
- Sirens
- Fireworks
- Squeak Toys
- Musical instruments
- Rain / Thunder
- Garage Doors
- Children Crying