

# puppy guide



The essentials for a good start in life

  
**ROYAL CANIN®**



# puppy

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# care



puppcareguide

# preparing for your new puppy

**At last, the puppy you've wanted for so long is finally here. This is an exciting time for you, but it can also be a stressful time of adjustment for your new pet. He will be leaving the security of his mother and littermates and experiencing a multitude of new sights, sounds and smells. Here are some tips to help you get your new puppy settled into his new home.**

## Puppy-proof your home

### Indoors

Before you bring your puppy home, you'll need to get your house ready for its new resident. Electrical cords should be hidden or wrapped to prevent him from chewing them. Items you don't want your puppy to have should be stored in a place that he can't access, like a closet or cabinet with a door you can keep closed. And poisonous household products (like those used for cleaning or for auto maintenance, including antifreeze) should be safely stored where your puppy can't get to them.

### Outdoors

Inspect your lawn for holes or gaps in your fence where your puppy could escape, and remove all chemical fertilizers, herbicides, insecticides and poisonous plants. (Ask your veterinarian for a list of plants that should be kept out of your puppy's reach.)

### Choose a veterinarian

It is important to have an initial checkup, so select a veterinarian before your new puppy comes home. If you don't already have a vet, friends or family members with pets can be good sources of recommendations.

- ✓ Schedule a veterinary visit soon after bringing your puppy home
- ✓ Puppy-proof your home, inside and outside
- ✓ Use child locks and baby gates to protect your puppy from danger



- ✓ Use stainless steel food and water bowls
- ✓ Outfit your puppy with proper tags and identification
- ✓ Begin exposing your puppy to brushes, collars and leashes

## Puppy's first things

### Basic equipment before your puppy's arrival

#### Stainless steel food and water bowls

Teething puppies will chew anything in sight, which can be a problem when using plastic bowls. Stainless steel food and water bowls are durable and do not rust, break or chip, and they're also more sanitary than plastic bowls. Find a permanent place for your puppy's bowls.

#### Sleeping place

Having his own space will help your puppy get used to his new home and help him feel safe, take refuge and sleep. Provide a comfortable bed or puppy crate in a quiet corner.

#### Collar and leash

It's important to start using a collar and leash right away so your puppy can get used to them. Make sure that the collar, complete with an identification tag, is snug enough not to slip over his head, but not too tight.

#### Brush and comb

Grooming your puppy regularly teaches him to like being handled by people and will make the task of grooming easier for both of you as he grows bigger and stronger.

#### Puppy toys

Rubber toys are almost indestructible and may last for years. Choose a smaller size for young puppies (helpful during teething), and a larger size for large puppies. Choose only safe toys, and discard them when they show signs of wear or damage.





## at home together

### Introducing puppy to children

Children often don't understand the need to be very careful with a puppy, so a responsible adult should always supervise. When you bring your puppy home, have the children sit down and let the puppy come to them.

### Introducing older dogs

- If you have an older dog who has lived in the house for a long time, he may be resistant to sharing his space with a new puppy. Try introducing the dogs in a neutral area, such as a park, where your older dog may not be so protective. Make sure both dogs are on leashes and that you are able to control them. Let them sniff and investigate each other.
- Don't scold the older dog if he doesn't react the way you want him to right away. Give him plenty of time to get used to the puppy.
- Animals have their own rules, and your older pet will certainly let your young puppy know what the rules are. Everyone must be allowed a territory where they are not disturbed. Cats, in particular, must be allowed to rest in peace and quiet out of the puppy's reach and to get acquainted with their new housemate on their own terms.

### Supervised exploration

Let your puppy explore his new home, but only under your supervision. The first day, block off your puppy in the rooms where you spend the most time. Reinforcing acceptable behavior often just means preventing misbehavior.

- ✓ An adult should always be present when children play with a puppy
- ✓ Confine the puppy to the areas of the house where you spend the most time
- ✓ Introduce the puppy to existing pets gradually and carefully

- ✓ Begin dental care early
- ✓ Use a toothbrush and toothpaste designed especially for dogs
- ✓ Brush puppy's teeth several times each week

## dental care

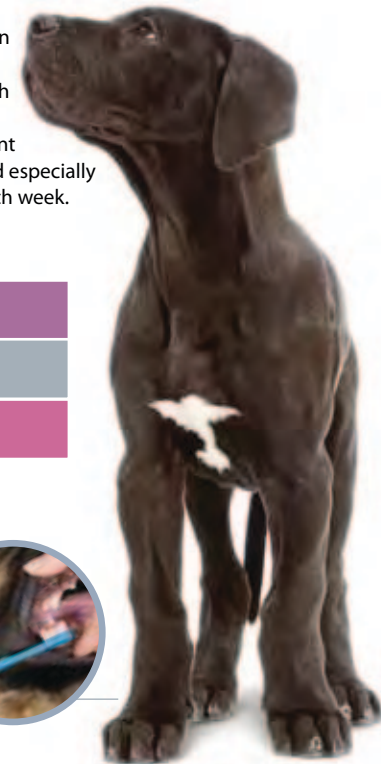
### Temporary teeth in puppies

The milk teeth fall out easily. Don't worry about trying to find them as he sheds them. Puppies actually swallow most of them and excrete them naturally without any problems.

### Caring for teeth

Start dental care when your puppy is very young, so he can get accustomed to having his teeth brushed. By starting early, you'll have an easier time managing his dental health as he grows older. The main risk of infection is due to the tartar formed by bacteria calcifying on the teeth. To prevent tartar deposits, use a toothbrush and toothpaste designed especially for dogs. Try to brush your puppy's teeth several times each week.

Teething Phase	Eruption
Temporary Teeth	1 month
Permanent Teeth	4 months
Permanent Canine Teeth	5-6 months



# puppy hygiene

## Bathing

The frequency of baths will vary according to the coat texture and length. Lukewarm water should be used, along with a shampoo that's clearly labeled as safe for puppies. Use care to keep water and shampoo out of your puppy's eyes and ears. After each bath, towel dry him thoroughly and keep him in a warm room until he's completely dry to prevent illness.

## Nail trimming

Puppies need proper nail care early in life in order to get them off on the right foot for a lifetime of stress-free nail trimming. Use a specially designed dog nail-clipper. Hold your puppy's foot and gently push down with your thumb at the base of each nail. Beginning at the tip of the nail, cut back just a little at a time until you get close to the quick, the pink part. Be very careful. If you cut too far, you'll cut the quick, resulting in pain and bleeding. So keep styptic powder handy to help stop any bleeding.



- ✓ Brushing will keep your puppy's coat shiny and healthy
- ✓ Use only puppy-safe shampoo
- ✓ Trim your puppy's nails regularly



# grooming

## Brushing and combing

No matter what type of coat a puppy has, his hair will die and shed and new hair will grow in its place. Regular brushing and bathing will help remove dead hair. The frequency and the type of equipment used will vary depending on the nature of the coat.

### Short-haired

Although a short coat might not require intensive grooming, brushing once or twice a week helps to maintain a healthy, shiny coat.

### Medium-haired

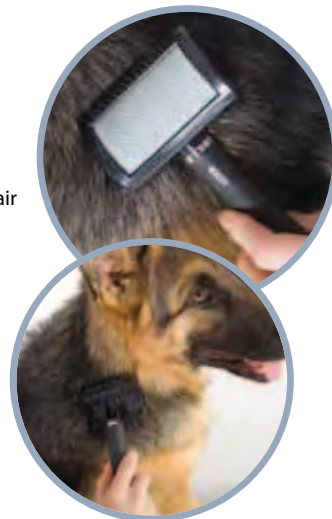
Because of the coat density (both undercoat and topcoat), this puppy should be brushed every other day.

### Long-haired

The long-haired puppy requires daily brushing. Proceed delicately to avoid injuring his sensitive skin.

## Shedding season

Outdoor dogs shed their coat twice a year (Spring and Fall), corresponding to seasonal changes in daylight. Indoor dogs are not as affected by changes in light, so they shed hair throughout the year, with periods of increased shedding in Spring and Fall.





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# nutrition



## the science of nutrition



### The principles of nutrition

A puppy's food not only has to supply him with energy, but it also has to build and maintain the body's cells to help prevent eventual digestive, joint and age-related problems. To fulfill these objectives, his diet must be precisely formulated to meet his specific nutritional needs.

Quantities of proteins, minerals, vitamins, fats and carbohydrates must be exact, neither too much or too little. A high-quality, nutritional food, meeting the demands of Health Nutrition, will combine just the right amounts of all of these nutrients. If fed nutrients in the wrong proportions, your puppy could suffer from major nutritional deficiencies or excesses, resulting in improper growth and possible long-term damage to his health.

- ✓ A veterinarian or pet care professional can advise you on the best diet for your puppy
- ✓ Precise, balanced nutrition is important for the entire lifetime of your pet



### Food choice

Nutrition has four objectives: body development, energy provision, nourishment for prevention and nourishment for recovery. Royal Canin, a leader in health nutrition has applied this knowledge to our Canine Health Nutrition formulas. Our nutritional approach combines just the right amounts of approximately 50 nutrients in a single food to satisfy these four nutritional objectives and meet the real needs of dogs.

### The Four Objectives of Canine Nutrition

#### Nutrition

**1 Body Development**  
Nutritional needs for the development and maintenance of the body require certain amino and fatty acids, minerals, vitamins and trace elements.

**2 Energy Provision**  
Lipids and carbohydrates are the main energy sources for dogs.

#### Health Nutrition

**3 Nourishment and Prevention**  
Some nutrients (antioxidants, prebiotics, fiber, essential fatty acids, etc.) are added to the ration, to help digestive problems and to fight the effects of aging.

**4 Nourishment and Recovery**  
Certain nutrients are added and others limited to support the therapeutic process and help dogs recover from illness and a number of ailments.





# nutrient guide

## How nutrients improve the health of your puppy

Nutrient	Found In	Benefit	
<b>Proteins</b> Build and regenerate organs and other structures.	Methionine & Cystine	eggs, fish, wheat and corn glutens	helps strengthen hair and skin
	Tyrosine & Phenylalanine	milk, rice, purified supplements	supports hair color and iris pigmentation
	Taurine	meat, chicken, purified supplements	may improve cardiac function
	L-Carnitine	meat, purified supplements	helps treat and prevent obesity; may improve heart function
<b>Fats</b> Concentrated energy source: some have structural roles for the cell or are precursors to specific hormones.	Omega 6 fatty acids	soy oil, canola oil	improves hair and skin quality; helps combat inflammation
	Omega 3 fatty acids	fish oils	works to reduce inflammation in intestines, joints, skin, kidney, other organs; a source of EPA and DHA, needed for brain development in young puppies
<b>Carbohydrates</b> Great source of energy: provide fiber	Starch	rice, oatmeal, barley, corn	provides important energy source
	Fiber	beet pulp, psyllium, cellulose	improves gastrointestinal function; increases satiety
	Prebiotics (FOS, MOS)	purified supplements, chicory root, brewers yeast extract	nourishes colon; assists digestion and immune function
<b>Vitamins</b> Essential to the canine body for cell regeneration, coat appearance and a variety of other functions.	Vitamin E	vegetables, supplements	improves immune defense; helps protect cells from effects of aging
	Vitamin C	citrus fruit	protects cells; promotes regeneration of vitamin E
	Niacin	meat, fish, cereals	improves skin and coat appearance
	Biotin	brewers yeast, eggs	promotes glossy coat and healthy skin
	Folic Acid	brewers yeast, liver	improves cell count, develops tissues in nervous system
<b>Minerals</b> Important for canine bone formation, metabolism, nerve conduction, muscle function, and immune function.	Calcium & Phosphorous	mineral salts, meat, bone	strengthens bones; promotes growth
	Sodium tripolyphosphate	purified supplement	improves oral hygiene by reducing tartar
	Zinc	wheat, mineral salts	promotes healthy hair and skin
	Sodium silico aluminate	purified supplement	improves stool quality
<b>Other Nutrients</b>	Carotenoid pigments	marigold extract, corn, carrots	may help protect cells from damage
	Glucosamine	purified supplements, cartilage, crustaceans	helps stimulate formation of new cartilage
	Chondroitin	purified supplements, cartilage	helps reduce cartilage damage and supports healthy joints
	Green tea polyphenols	green tea extract	helps defend against premature aging; improves oral hygiene



# physiological differences

The size and shape of a dog's organs are very different than ours. Dogs have jaws made for cutting, not for chewing. Their saliva contains no predigestive enzymes like ours does, but their stomach is larger, expandable (holding up to two gallons in giant breed dogs) and is more acidic to digest "prey." Other physiological differences are illustrated in the chart below.

## Gastrointestinal differences between humans and dogs

Trait	Man	Dog
Diet	Omnivorous	Semi-carnivorous
Area of olfactory membrane	1-3 sq inches	20-80 sq inches
Olfactory cells	2-10 million	70-200 million
Taste buds	9,000	1,700
Number of teeth	32 teeth	42 teeth
Food intake time	30-60 minutes	1-5 minutes
Daily energy need	1,800-2,500 kcal/day	300-3,000 kcal/day
Stomach pH	2-4	1-2
Weight of the digestive tract (as a percentage of body weight)	10-12% of total body weight	2.7% for large breed 7% for small breed

- ✓ Adult dogs have **42 teeth**
- ✓ Their **powerful jaws** can hack but not chew
- ✓ Dogs appreciate their food first and foremost by smell



# dogs are different



Having a dog at home is a rewarding experience, but with it comes responsibility. The closeness we feel for our dogs can sometimes lead us to believe that things that are good for us are good for them, too. People tend to enjoy different varieties of food and give a lot of thought and attention to the meals they eat. Dogs, on the other hand, are regulated by their food. The same food, served in the same dish, in the same place at the same time is comforting. Because dogs have very specific needs that are different from ours, they need different and specific nutrition in order to remain healthy.



Dogs, by nature, are very active and draw their energy from fat. Fed an improper diet, they can suffer from obesity and its consequences, such as heart and joint issues, not to mention diabetes. Although you might feel like you're giving your dog a treat when you give him table scraps, in reality, you may be upsetting the balance of his diet. Even the smallest piece of chocolate (which can be highly poisonous to a dog), cheese or bread can lead to intestinal disorders and a gradual impairment of your dog's health.

### The fundamental differences between dog sizes

Characteristics	MINI	MEDIUM	MAXI	GIANT
Average Adult Weight	1-10kg	11-25kg	26-44kg	45+kg
Growth duration (birth to adulthood)	10 months	12 months	15/18 months	18/24 months
Growth Range (ratio of birth weight to adult weight)	x 20	x 50	x 70	x 100

- ✓ Dogs draw their energy from fat
- ✓ Table scraps upset the nutritional balance of your dog's diet
- ✓ Dogs thrive on a precise, consistent diet



### Different sizes but common needs

Growth is a distinct period in the puppy's life. Day by day and week by week, he undergoes deep-rooted changes and, whatever his size or breed, a close eye must be kept on certain sensitive aspects of his development.

#### Digestive care

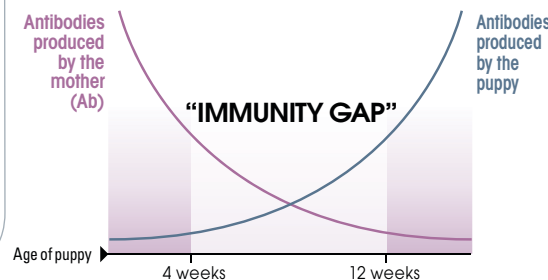
After weaning, your puppy's digestive system is still immature. He is not yet ready to assimilate large amounts of food. If this weakness is ignored, the puppy might well suffer from extensive digestive disorders such as diarrhoea, which can be life-threatening in puppies.

#### Production of antibodies

Between 4 and 12 weeks, your puppy goes through a crucial period of immune development. The immunity provided by the mother via the first milk (colostrum) gradually declines, but his own defenses are not yet fully operational.

#### Harmonious development

During growth, the puppy's energy requirements are higher than those of an adult but must be strictly controlled to avoid the risk of obesity and of joint problems that may be caused by being overweight.



## how to feed your puppy

### Give several small meals

Depending on his age, your puppy should be given up to three meals a day at scheduled times. Always give your puppy his food in the same bowl placed in the same place. This will teach him good eating habits.

### Avoid overfeeding

Review the feeding guidelines recommended on the puppy food package and measure each serving accordingly.

### Make sure water is always available

Your puppy must always have access to a bowl of fresh clean water. Change the water regularly, as puppies tend to play with it.

### Number of meals per day per size

MINI	
Up to 4 months	3 meals per day
From 4 to 10 months	2 meals per day
MEDIUM	
Up to 6 months	3 meals per day
From 6 to 12 months	2 meals per day
MAXI and GIANT	
Up to 6 months	3 meals per day
From 6 to 15 months	2 meals per day



- ✓ Follow feeding guidelines on the puppy food package
- ✓ Make sure your puppy always has access to fresh clean water
- ✓ Keep feeding times consistent

- ✓ Nutritional needs change as your dog ages
- ✓ Change your dog's food slowly to avoid digestive stress
- ✓ Highly digestible ingredients are key to Health Nutrition food

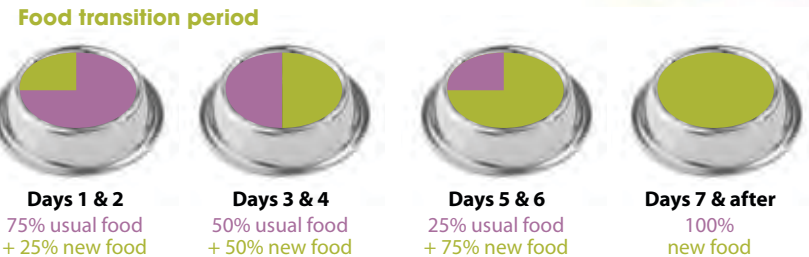
## how to feed your dog

### Respect the puppy-to-adulthood transition

As your puppy reaches adulthood, their nutritional requirements will change. It is important to provide your adult dog with a diet that will meet his nutritional requirements and needs. When changing your dog's diet, make sure to gradually mix the food over a seven day period, increasing the amount of the new food added each day so that 100% of the new food will be provided to the dog by day seven. This will help to avoid any digestive stress and diarrhoea.

### One size doesn't fit all

Feed your dog a highly digestible food, precisely formulated for his age, size, breed and body condition. Not only do giant dogs like Great Danes look different than small breed dogs like Chihuahuas, they metabolize food differently and even age differently. Consider choosing health nutrition formulas with your puppy's adult size in mind.



### How to judge the quality of a dog food

Short term	Palatability and digestibility
Mid-term	The development of the dog's body, ideal weight and quality of his skin and coat
Long term	The development of the dog's health and overall performance

The quality of the food is dependent on the quality of the ingredients used. Highly digestible ingredients that provide all the nutrients the dog needs are key to a good dog food.



## MINI dogs

### Definition

**MINI** includes dogs weighing 1 to 10 kilograms at adulthood. Their small size and lively, energetic personality make them popular among pet owners. They're also known for their long life expectancy, which can span as long as 14 to 16 years.

### Characteristics

Contrary to what you might think, miniature dogs actually have much higher energy requirements and require higher levels of protein and calories (per pound of body weight) than large breed dogs.

MINI dogs have small mouths and jaws. It's important to take this into account when choosing a food for your puppy.

The MINI dog's digestive tract represents 7% of their total body weight, on average, compared to only 2.7% for large breed dogs. Therefore, it's critical to adapt the digestibility of your puppy's food to the size of his digestive tract.

Notably, MINI dogs are also frequently fussy eaters due to their special dietary requirements and the fact that owners often give them treats and table scraps, contributing to poor eating habits.



- ✓ Weighs 1 to 10 kilograms at adulthood
- ✓ Has high caloric needs due to high energy
- ✓ Requires small biscuits due to small teeth and jaw

## MEDIUM dogs

### Definition

**MEDIUM** includes dogs weighing 11 to 25 kilograms at adulthood. Historically, some medium sized dogs were bred for their energy and their physical ability to work outdoors. Today, MEDIUM dogs have adapted to a wide variety of lifestyles, from working farm dogs to household pets. Regardless of where they live, it is essential for MEDIUM dogs to get frequent exercise so they can expend energy. The MEDIUM dog has a life expectancy of 10 to 12 years.

### Characteristics

During growth, a medium-sized puppy increases its birth weight by 40 to 50 times. During this period, he needs a high intake of energy and nutrients as well as balanced amounts of calcium and phosphorus for good bone mineralization and harmonious growth to occur. During this time of growth, the MEDIUM puppy's digestive system is quite sensitive, requiring a highly digestible food to ensure a balanced intestinal flora.



- ✓ Weighs 11 to 25 kilograms at adulthood
- ✓ Requires frequent exercise to expend energy
- ✓ Has a courageous nature and keen sense of smell

## MAXI dogs

### Definition

**MAXI** includes dogs weighing 26 to 44 kilograms at adulthood. Many were originally bred as working dogs, so they can withstand tests of endurance such as long walks, working under extreme conditions or keeping guard and excel as livestock guardians, trackers, emergency rescue dogs or assistance dogs. MAXI dogs are faithful and affectionate and make ideal pets. The life expectancy of a MAXI dog is 9 to 12 years.

### Characteristics

The growth period for a MAXI puppy is approximately 15 months — almost seven months longer than the growth period for X-SMALL and MINI dogs. Through the course of this long growth period, the MAXI puppy's diet should contain a more moderate energy level to help maintain the puppy in optimal body condition. MAXI puppies also multiply their birth weight by 70 to 90 times, compared with 20 times for MINI dogs. Therefore, it's important that the nutritional needs of the MAXI puppy are met during this developmental stage in order to prevent malformation of the rapidly growing skeleton.



- ✓ Weighs 26 to 44 kilograms at adulthood
- ✓ Multiplies his birth weight by 70 to 90 times
- ✓ Excels at endurance tasks like long walks and working under extreme conditions



# ROYAL CANIN® for your young puppy

The growth period is a delicate time in a puppy's life. In the first stage of a puppy's life, their immune system is still developing, and it is most delicate during weaning. Nutrition must be balanced and appropriate for a puppy to reach his fullest potential.

**ROYAL CANIN** is the only complete nutritional answer to ensure the well being of the mother through gestation and the puppy for life. Developed through scientific research, **ROYAL CANIN® Starter** products are formulated for the health of both the gestating and lactating mother and the weaning puppy.

All of **ROYAL CANIN® Starter** formulas include **START COMPLEX™** an exclusive combination of nutritional elements which are present in a mother's milk, reinforced with specific nutrients which actively contribute to promoting digestive security and strengthening the puppy's natural defenses.

## ROYAL CANIN® Starter Formulas

For puppies from three weeks to eight weeks



**Starter  
Mousse**

**MINI  
Starter**

**MEDIUM  
Starter**

**MAXI  
Starter**

# GIANT dogs

### Definition

**GIANT** includes dogs that weigh 45+ kilograms at adulthood. Many **GIANT** dogs were developed to work in cold climates as rescue dogs. They have a life expectancy of 7 to 9 years.

### Characteristics

It takes 18 to 24 months for giant breed puppies to reach their full size. Their birth weight will increase by 80 to 100 times during this period, which must be monitored carefully to prevent malformation in the skeleton and muscles. Body weight, combined with an active temperament, puts their joints under daily stress. A food rich in vitamins E and C, plus natural sources of glucosamine and chondroitin, can help protect the joints.

- ✓ Weighs 45+ kilograms at adulthood
- ✓ Requires precise nutrition for healthy skeletal and muscular development
- ✓ Multiplies his birth weight 80 to 100 times



# ROYAL CANIN® for your puppy

During the second phase of a puppy's growth stage, their body completes the building and developing of their bone structure and their adult teeth begin to grow. After weaning, a puppy gradually loses the immunity that had been transmitted through their mother's milk. So throughout the growth stage, your puppy's immune system requires strong nutritional support. Their digestive system is sensitive, too, and changing their diet during this time can cause great digestive upset.

All ROYAL CANIN® puppy formulas include an exclusive combination of nutrients to provide optimum digestive security and balanced intestinal flora that help improve the quality of the puppy's stool. A patented complex of antioxidants, along with probiotics, also help build their natural defenses.

## ROYAL CANIN® Starter and Junior Formulas

For puppies from eight weeks to adulthood



Mini Starter | Medium Starter | Maxi Starter | Giant Puppy | Giant Junior



Vet-Exclusive  
Junior Small | Medium | Large



# ROYAL CANIN® ...for your breed puppy.

Extensive observation of the unique characteristics of purebred puppies makes it possible to formulate diets to support the specific nutritional needs of the breed. Each breed has genetic and physiological factors that may predispose them to potential health concerns, as well as physical differences that may make even the simplest act of eating and digesting difficult. ROYAL CANIN® Breed Health Nutrition™ Puppy formulas address these tendencies through exceptional, nutritional support based on excellent raw materials, quality nutrients and precise formulations.

Certain breeds have different facial structures that impact the way they grasp, chew and ingest their food. Each biscuit has been perfectly engineered in relation to the breed puppy's jaw in terms of shape, size and texture with exclusive natural aromas appealing to the breed.

- ✓ Chihuahua puppies have a very small jaw and have digestive sensitivities
- ✓ Yorkshire terrier puppies are fussy eaters that grow quickly in a short time span
- ✓ Bulldog puppies are genetically predisposed to angular limb deformities
- ✓ German shepherd puppies have sensitive skin and digestive systems
- ✓ Labrador retriever puppies require controlled weight gain to ensure healthy skeletal development

## ROYAL CANIN® Breed Puppy Formulas

For purebred puppies from eight weeks to adulthood







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# training



## behaviour and training

Whether you decide to teach your puppy to perform entertaining tricks or not, there are some basic rules of life he must understand in order to be a welcome member of your household. Your training program should start as early as possible, while your puppy naturally has an excellent capacity for learning. Here are a few tips to get you started, but don't hesitate to call in professional help with your training. Most communities have dog clubs or "puppy schools" that can help you with your mission.

### Guidelines

When they arrives at your house, your puppy will most likely not be house-trained.

- Take them out frequently, after every meal and nap, before bed and as soon as you get up in the morning. At the beginning, take him to the same place every time so he can recognize his own scent.
- Congratulate your puppy for eliminating outside. Go outside with them so that you can give immediate praise with your voice and a pat.
- If they turn round and round or sniff the floor indoors, they need to go. But don't wait for your puppy to signal to you that they want to go out. Most puppies will not learn to signal their need until they first learn to "hold it" in the house.
- Never punish or reprimand a puppy who has had an accident. Instead, find ways to prevent your puppy from ever having the need to eliminate indoors.
- Most "accidents" happen by allowing too much freedom too soon. Confine the puppy to one or two rooms in the house where the family spends the most time so you can prevent accidents. Crate them when you can't supervise them. In the event of an "accident," disinfect the spot to remove their smell, but don't use bleach and don't clean it up while they're in the room, to avoid stimulating their interest.



- ✓ Don't wait for your puppy to tell you he needs to go out
- ✓ Don't punish a puppy who has had an "accident"
- ✓ Stick to a regular schedule for feeding and outings



## basic commands

### Obedience advice

The dog is a pack animal and needs authority. From the very beginning he needs a single person who can be his teacher. Don't shout when you call him - he is sensitive to variations in your voice, and will understand different tones very well, such as short and sharp for commands, happy to congratulate him and severe for a reprimand. Always use the same words for the same commands. Start off with three short training sessions lasting just five minutes a day, and extend the sessions little by little as your puppy gets older.

### Teaching your puppy to sit

1. Holding the treat slightly in front of your puppy's nose, slowly raise it in an upward arc hand to lure your puppy into the sit position.
2. The moment your puppy sits, reward him with the treat.
3. Once he understands the motion he is to perform, pair the word, "sit," with his action. Then praise and reward him immediately each time he does it.
4. Many repetitions will be necessary for your puppy to learn to associate the word "sit" with the sit action, so be patient.

### Teaching your puppy "down"

1. Once you have taught your puppy to sit, you can start teaching the "down" command.
2. With a treat in your right hand, give your puppy the "sit" command. Once he's sitting, lower the treat toward the ground slowly enough for him to follow its path. The moment he has his hindquarters and elbows on the ground, reward him with the treat.
3. Once your puppy understands the motion he is to perform, pair the word, "down," with his action, and then praise and reward him each time he does it.





## Playtime and toys for his well-being

Because he's full of energy and into everything, your puppy needs to play in order to help prevent unwanted behaviors from cropping up. Since many unwanted behaviors arise out of boredom, keep your puppy active, and make sure he has appropriate outlets for his energy.

### Toys

Providing interactive toys for your puppy will keep him occupied and active even when you're not home. Interactive toys are hollow inside so you can insert food or treats. Your puppy will have to figure out how to extract the food, keeping him busy for longer than traditional chew toys. Choose toys that are durable enough for your puppy's level of chewing and that are twice the size of his mouth to prevent choke hazards. Regularly check toys' conditions for damage and wear, and wash them frequently to prevent the development of bacteria.

### Exercise

Exercise should also be a part of your puppy's daily routine to keep him in top physical condition and to allow for exertion of energy. Consider your puppy's age, stamina, and overall physical capabilities and choose an exercise routine accordingly. For example, a walk around the block may meet one puppy's exercise needs, but another dog may require more activity than that.

### Sports

Doing outdoor activities together is one of the wonderful things about having a puppy. Not only will this help him feel good, but it will also strengthen his bond with you. Certain sports, however, should only be practiced by dogs once they have finished growing. Dog training clubs are an excellent way to teach him a few simple exercises that will be useful when playing these sports in the future. Before beginning a sport with your puppy, ask for your vet's advice.

- ✓ Start house training your puppy as soon as he comes home
- ✓ Teach your puppy a few basic commands while he's young and quick to learn
- ✓ Keep him entertained in order to prevent unwanted behavior



## Traveling with your puppy

Get your puppy used to riding in the car from an early age so that it doesn't worry him. Here are a few tips on how to make car travel more comfortable for both of you.

- Sit in the car with the dog, playing with him and giving him a treat.
- Take a few short rides before any long trips.
- Taking your dog for a walk or playing in the yard can help to calm your dog before a trip.
- Always keep current tags and proper identification on your dog, including your cell phone number so you may be reached when you are traveling.
- Always keep your dog on a leash, even if he normally responds to voice commands, because he could easily get startled in a new environment.
- Ask your veterinarian about a sedative to counter your dog's travel-sickness, if that is a concern.
- Take along an adequate supply of your dog's regular food and medication, as well as bowls, waste pick-up bags and a plastic bottle of cold water.
- Dogs should not be allowed to ride with their heads outside car windows. Particles of dirt can enter the eyes, ears and nose, causing injury or infection.
- If you're not taking your dog with you, ask your vet for a referral for a good boarding kennel or pet sitter.



- ✓ Calm your puppy before a trip with mild exercise or play
- ✓ Make sure to pack your puppy's food if you are taking a long trip
- ✓ Keep your puppy on a leash when you let him out of the car during stops





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# healthy living

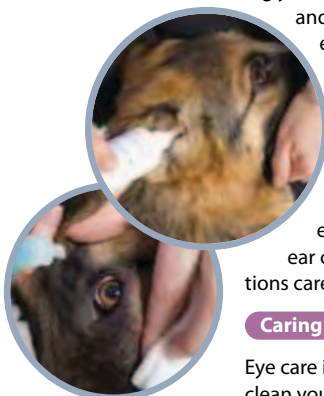


## preventative health care

Good health starts with good hygiene. It is much easier to prevent an infection than to treat one that has already started. Here are some tips for managing common concerns that can lead to long-term health problems if ignored.

### Caring for your puppy's ears

Ear care should be part of your regular grooming routine. By checking your puppy's ears often you will notice signs of irritation earlier and prevent painful and hard-to-treat infections. Puppies' ears are either long and floppy or erect. Their ear canals are not well ventilated and need to be checked more frequently. The type of hair growing on the ear (long, curly, short, etc.) is also an important factor. Weekly ear inspections and prompt veterinary treatment at the first sign of infection are important. To clean the ears, use a solution specifically formulated for a puppy's ears. Most ear cleaners work by breaking up and liquefying wax in the ear canal so it can be safely removed. Follow package instructions carefully to avoid injuring your puppy's ears.



### Caring for your puppy's eyes

Eye care is important for every breed of puppy. It's important to clean your puppy's eyes of any discharge, but there will always be some amount of tear-staining whenever hair rests around the eyes. Tear-staining results from the hair absorbing moisture produced by the eyes. The preferred method to clean your puppy's eye discharge is to use saline solution or eyewash designed specifically for puppies.

### Preventing loss

**Consider microchipping your dog. A qualified vet will use a syringe to insert a tiny microchip beneath the skin, containing information to connect the dog with the owner.**



- ✓ Check for ticks after outdoor activities
- ✓ Don't pull a biting tick off with your fingers
- ✓ Contact your vet to have the right deworming schedule

## parasite prevention

### Ticks

Ticks attach to a puppy's skin, preferring the most delicate areas. They use their mouths to pierce the skin and inject a special saliva, which solidifies into a very strong attachment point. The tick then consumes its meal of blood. Once the tick has finished its meal, it uses another type of saliva to dissolve the attachment point so the tick can drop off. The best way to remove a tick from your puppy is to use a special tick hook, rather than pulling it off with your fingers or tweezers. Because ticks can be carriers of diseases, consult your veterinarian if you see ticks on your puppy.



### Worms

A multi-purpose deworming medication is used, usually consisting of a mixture of several anthelmintics providing a broad spectrum of protection. The dose should be adjusted for the puppy's weight. Your vet will provide you with a schedule for deworming. Stool analysis can also reveal worm eggs, and the worms can then be more specifically targeted by choosing the appropriate medication. The puppy's characteristics should be taken into account when deciding how to administer the deworming medication, whether as pills, paste or liquid. Consult your veterinarian for advice.

✓ Parasitic infections affect the skin and coat

✓ Fleas can cause eczema, itching or significant hair loss

✓ The house **must be treated**, as well as the dog, to effectively fight fleas



## Fleas

To effectively combat fleas, it is helpful to understand this parasite's life cycle. Though adult fleas may be the most visible to us, they are only part of the problem. Flea eggs and larva represent the major cause of future flea development in a home. Flea larva hate light so they hide in nooks and crannies, under rugs and between floorboards. After one or two weeks of life, the larva forms a cocoon, which is resistant to flea treatments and can lie dormant for more than five months. When in presence of humans or pets, the cocoons then hatch and adult fleas invade the environment. The fact that all of the cocoons can hatch simultaneously promotes massive infestations within a few hours. Adult fleas jump onto dogs and bite them in order to feed on the blood.

### A flea treatment needs to reach several major objectives:

Kill adult fleas on dogs living in the area by using insecticides. These insecticides can be used in spray or spot-on. The latest are small liquid vials which are poured onto the skin, usually between the shoulders. Oral preparations are also available.

- Prevent fleas from developing in the environment. This can be done by using IGRs (Insect Growth Regulators) sprayed in the house to prevent egg and larva development.
- Before applying any treatment in the environment, the whole area should be dusted and thoroughly cleaned through vacuuming.



## growth rates and weight gain.....



### Preventing obesity

Throughout growth, the puppy must be given a nutritional answer formulated to meet his specific needs. His requirements differ from those of an adult dog and depend on his rate of growth, which in turn depends on his future size at adult age. For example, at ten months, a MINI dog has reached adult weight and has multiplied his birth weight by 20. A GIANT dog will continue to grow until 18 to 24 months and will multiply his birth weight by 100.

Thus, in a larger dog with a lengthy growth period, rapid and excessive weight gain must be avoided in order to reduce excessive strain on his still immature joints, as this may cause him to develop bone and joint disorders as an adult. In a small puppy with a short growth period, the allowances must be regularly adjusted to prevent possible obesity.



# disease prevention

## Vaccinations

Vaccinations help prevent contagious and sometimes fatal diseases. Some are required, while others are simply recommended. They are most effective when they are given at fixed dates with booster vaccinations. Puppies usually begin a vaccination program at the age of six to eight weeks.

Your vet will help you choose the vaccination program best suited for your puppy, depending on the risks he faces from lifestyle and environment.

Tell the vet where your puppy will spend time (visiting doggie day care or kennels, in the woods, traveling outside the country, etc.), as special vaccinations may be required.

- ✓ Vaccinations supplement your puppy's natural defenses
- ✓ Most kennels and doggie day care facilities require proof that vaccinations are current
- ✓ Call your veterinarian to get your puppy started on a vaccination schedule



- ✓ Spaying or neutering is an important choice that you should consider carefully
- ✓ Spaying and neutering will prevent unwanted litters
- ✓ Neutering produces metabolic changes, so to avoid weight gain it is recommended to switch and carefully monitor your puppy's weight after surgery

# spaying and neutering

## An important decision

Deciding whether to spay or neuter is an important choice that must be carefully considered. It is important to weigh the benefits of spaying or neutering against the possibility of being able to breed your dog in the future.

## Potential benefits of spaying or neutering your puppy

### Health Benefits

- Neutered pets generally live longer
- Neutering reduces the risk of testicular, prostate, mammary and ovarian cancers and pyometra (serious infection of the uterus)
- Neutering prevents unplanned pregnancies
- Un-neutered animals have an increased risk of fight-associated injuries and diseases

### Behavioral Benefits

- Neutering can make your pet a calmer and more affectionate companion
- Neutering reducing aggression and territorial behaviour, urine marking and spraying and mounting behaviour
- Un-neutered pets tend to stray and roam which increases the risk of being injured by a motor vehicle





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# first aid





# first aid for dogs



**Even if you provide your dog with everything he needs, accidents can still happen. Knowing what to do may save your dog's life. Study this guide and be prepared in the event of a pet emergency.**

### Checking vital signs

Use rectal thermometers for puppies. Newer human digital thermometers are best. Heartbeat can be checked by placing a hand over the dog's chest.

Respiration can be measured by observing the flanks or holding a wet finger in front of the nostrils. Measure both rates for 15 seconds, then multiply by four to get the rate per minute. Make sure the puppy is in a calm, resting state to ensure normal rates.

### Handling and transporting

- Don't assume a puppy won't bite or scratch when he's sick or injured. Don't put your face near his head. Muzzle him, if necessary, with gauze or soft towel strips.
- Wrap a small puppy in a towel and perform any examinations slowly and gently. Stop if he becomes agitated.
- Don't attempt to lift or drag a large injured dog. Improvise a stretcher out of a board, throw rug, child's sled, etc. Try to stabilize injuries. Rolled magazines or newspapers can serve as impromptu splints. Pad the limb and splint generously with rolled cotton and gauze if available, or improvise with suitable pillows, pieces of blanket, towels, etc.
- Make sure the splint immobilizes joints above and below the site of the injury.

## NORMAL VITAL SIGNS

- ✓ HEART RATE: 70- 160 BEATS/MINUTE
- ✓ RESPIRATION: 10- 20 BREATHS/MINUTE
- ✓ TEMPERATURE: 37.5°C - 39.2°C  
ABNORMAL TEMPERATURES: Below 36.5°C Above 40°C

### Supplies for a Puppy First Aid Kit

- Alcohol-based disinfectant
- Antibiotic cream
- Antiseptic solution
- Bandaging materials: gauze pads and rolls, rolled cotton and self-adhesive elastic wraps
- Cotton balls
- Extra blankets
- Hydrogen peroxide
- Rectal thermometer
- Scissors
- Blankets and Towels
- Tweezers

**While there is no substitute for veterinary care if your puppy is injured, there are a few items you should have on hand to save precious time and give your puppy immediate relief.**

**Store your Puppy First Aid Kit in a sealed container in your home or car, and don't forget to pack it when you're traveling with your puppy.**

**Remember, if your puppy is injured, the most important thing for you to do is remain calm.**



# Emergency Action Steps

Call your veterinarian immediately for any medical emergency.

## Bee or Wasp Sting

- 1 Neutralize the sting.**  
Bee stings are acidic. Neutralize with baking soda.  
Wasp stings are alkaline. Neutralize with vinegar or lemon juice.
- 2 Apply cold pack.**
- 3 Apply calamine or antihistamine cream.**
- 4 In case of severe swelling or difficulty breathing,** transport to a Pet Hospital immediately.

## Bleeding

- 1 Arterial bleeding requires immediate veterinary attention.**  
Arterial blood will be bright red, will bleed in spurts and will be difficult to stop.
- 2 Apply a clean cloth or sterile gauze to the wound.**
- 3 Apply direct pressure for at least five to seven minutes to stop bleeding.**  
Don't apply a tourniquet unless absolutely necessary.

## Heat Stroke

- 1 Place in cool shaded area.**  
**Immediately bathe dog with tepid water.**  
Do not leave the dog unattended while soaking, even if conscious.
  - 2 Monitor rectal temperature.**  
When temperature drops to 103° F, dry off the dog.
  - 3 Transport to a Pet Hospital.**  
Continue to monitor temperature.  
**Do not allow animal to become excessively chilled.**
- Possible causes:**  
*Excessive heat and/or lack of shade, overexertion, lack of water (dogs differ in how much heat they can tolerate — even mildly warm, humid temperatures can stress some pets).*

The following situations generally require veterinary attention.

These action steps are designed to help you stabilize your pet while veterinary help is being obtained.

Call your veterinarian immediately for any medical emergency.

## Limping

- 1 Attempt to localize injury through gentle inspection**  
Once localized, examine affected area to check for pain, heat, injury and swelling.
  - 2 If a fracture is suspected,** gently stabilize limb for transport. **See Handling and Transporting Tips.**
  - 3 Cover any wounds with a clean cloth.**  
**See Bleeding.**
- Possible causes:**  
*Broken limb or digit; acute arthritis; injury to footpad; dislocation; sprain; muscle soreness.*

## Unconsciousness

- 1 In case of drowning,** clear the lungs of fluid. Lift dog's hindquarters high over head and squeeze chest firmly until fluid stops draining.
  - 2 In case of electrical shock, DO NOT touch the dog until they are no longer in contact with electricity source.**
  - 3 In case of airway obstruction,** the object will need to be gently removed.
  - 4 If dog is not breathing, start CPR.** **See CPR.**
- Possible causes:**  
*Drowning; electrocution; trauma; drug ingestion.*

## Vomiting

- 1 Examine vomit for blood or other clues as to cause.**
- 2 Gently press on stomach to detect any abdominal pain.**  
  
**Withhold all food and water** until a veterinarian has been consulted.
- 3 If poisoning is suspected,** bring a sample of the suspected poison, preferably in its original packaging, to the veterinarian.
- 4 Abdominal pain, enlarged stomach and unproductive vomiting are serious signs. Call your veterinarian immediately.**  
  
**Possible causes:**  
*Poisoning; abdominal injury; motion sickness; disease; overeating; fear; brain injury; parasites.*

Call your veterinarian immediately for any medical emergency.

# Poisonous Substances

Vomiting is commonly caused by the ingestion of harmful substances. There are many items that are known poisons to dogs. Just like with children, make sure these items are locked up so your puppy can't get into them. For more information on poisonous substances, or for an item that isn't listed here, please consult Animal Poison Control website [www.asPCA.org/pet-care/poison-control/](http://www.asPCA.org/pet-care/poison-control/)

## Symptoms

- Vomiting
- Diarrhea
- Difficulty breathing
- Abnormal urine (color, aroma or odor, frequency)
- Salivation
- Weakness

If your dog should ingest something harmful, contact a veterinarian or poison control center immediately.

## Toxic Foods

- Almonds
- Apricots
- Avocados
- Balsam Pears
- Chocolate
- Coffee Grounds
- Fatty Foods
- Grapes
- Japanese Plums
- Macadamia Nuts
- Moldy or Spoiled Food
- Mushrooms (if also toxic to humans)
- Onions and Onion Powder
- Pear and Peach Pits
- Raisins
- Yeast Dough

## Toxic Plants

- Azaleas
- Diffenbachia
- Lilies
- Rhododendrons
- Rhubarb
- Spinach
- Tomato and Potato leaves and stems
- Tulip and Narcissus bulbs
- Mistletoe
- Mushrooms and Toadstools (if also toxic to humans)
- Wild Cherry

## Common Poisonous Household Substances

- Alcohol
- Acetaminophen
- Antifreeze and other car fluids
- Bleach
- Boric Acid
- Cleaning Products
- Compost Piles
- Deodorants
- De-icing Salts
- Detergents
- Disinfectants
- Drain Cleaners
- Flea Products (Used incorrectly or due to individual hypersensitivity)
- Fertilizers
- Furniture Polish
- Gasoline
- Hair Colorings
- Insecticides
- Kerosene
- Matches
- Mothballs
- Nail Polish and Remover
- Paint
- Pennies, post 1982 (due to the high concentration of zinc)
- Prescription and Non-Prescription Medicine
- Potpourri (liquid)
- Rat Poison
- Rubbing Alcohol
- Shoe Polish
- Sleeping Pills
- Snail or Slug Bait
- Turpentine
- Vitamins (human or overdose of pet vitamins)
- Weed Killers
- Windshield-Wiper Fluid
- Xylitol-Sweetened Products



Call your veterinarian immediately for any medical emergency.

## CPR for Dogs

- ✓ **CPR is necessary** if your dog is not breathing or has no pulse
- ✓ **Possible causes:** choking, unconsciousness from drowning or shock, poisoning, allergic reaction

- 1 Lay the dog on their side and remove any obstructions in the airway.** Open mouth, pull tongue forward, extend neck and sweep mouth with finger if safe to do so.
- 2 If the airway is clear,** extend the neck, hold the tongue out of mouth and close the dog's jaws over their tongue.
- 3 Holding jaws closed, breathe into both nostrils for five to six breaths.** If there is no response, continue artificial respiration (see below). If there is no pulse, begin cardiac compressions.
- 4 Depress the widest part of the chest wall** 1.5 to 3 inches with one or both hands. Refer to compressions per minute chart for weight specific info.
- 5 Continue artificial respiration.** Refer to breaths per minute chart for weight specific info.

Weight	Compressions per minute
Under 2kg	Place hands around rib cage and apply cardiac massage
2-5kg	120 – 140 times per minute
5-30kg	80 – 100 times per minute
over 30kg	60 times per minute

Weight	Breaths per minute
Under 2kg	30+ breaths per minute
2-5kg	30+ breaths per minute
5-30kg	16 – 20 breaths per minute
over 30kg	12 breaths per minute

Call your veterinarian immediately for any medical emergency.



# My Pet's Information

## Information

Pet's Name .....  
Owner .....  
Address .....  
City ..... State ..... Zip .....  
Phone ..... Email .....  
License number .....  
Pedigree number .....  
Breed ..... Color .....  
Color ..... Gender .....  
Date of birth ..... Date Acquired .....  
Where Acquired .....  
Breeders Name .....  
Phone ..... Email .....

## Feeding information

Diet name ..... Change to Adult Food At ..... Months  
Food Portions ..... Cups/Grams ..... Times Per Day  
Provide Clean, Fresh Water At All Times. Refer to bags for specific feeding guidelines.

## Medical information

Allergies .....  
Special Medications.....  
.....  
Special Conditions .....  
.....

## Medical/Surgical History

.....  
.....  
.....  
.....

## Emergency Numbers

ASPCA® Animal Poison Control Center

Veterinarian Name and Number

After-hours Emergency Clinic or Veterinary Hospital

## Vaccinations and Health Exam Dates

Distemper/Hepatitis/Parainfluenza .....  
Parvovirus.....  
Rabies (1 year).....  
Rabies (3 year).....  
Bordetella.....  
Leptospirosis.....  
Coronavirus .....  
Lyme disease (Borrelia).....  
Deworming.....  
Fecal exam .....  
Heartworm exam.....  
Body Condition Score .....

## Additional Information

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.....  
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The most comprehensive health nutrition  
solution for every dog at every life stage.