



THINGS TO DO WHILE YOU WAIT FOR YOUR PUPPY

Once your puppy has been born and you see those first pictures, time will slow right down, and the next eight weeks will seem interminable. Make the most of this time to research and investigate some of the subject below.

Investigate Insurance for your puppies

As well as the 4 weeks insurance that will come with your puppy, you will also need to think about ongoing puppy insurance. Advice when purchasing pet insurance is always buy a lifetime policy and make sure it's for a decent level of cover (at least 7k). Although I am hopeful that with good genetics and keeping weight at a sensible level you will avoid many of the common problems that so many dogs have to undergo, however, there is always an environmental element with these things, so it's best to be safe and prepared. For example, one hip surgery can cost around £5-7k and an MRI up to £2k, so you need to make sure you have plenty to cover an expensive surgery. There are several good companies such as Pet Plan, Bought by Many, Buddies and Agria. There are many more companies that are cheaper but beware of those with a poor reputation for paying claims, no point having cheap insurance if they don't pay up or having cheap insurance and only being covered for 1 years' worth of treatment. Don't forget if your puppy develops (although we hope not) a lifelong condition this should be paid for by your insurance company, but only if you have a lifetime policy, otherwise the condition will be excluded after the first year of treatment.

Puppy Proof your Home

Puppies love chewing and if you don't want your Jimmy Choos to become puppy chews you need to make sure they are kept out of the way. Also, electrical cables are another favourite, so try and hide them or put them out of reach where possible. If this isn't possible, try spraying them with bitter apple spray. This should discourage them a little. There is no substitute for vigilance though. It may seem like a never-ending job to start with, but sooner than you think they will grow out of it. Once they develop a chewing problem, it's going to be much harder to eliminate the issue, so it really is worth not letting them get into the habit

Puppy Proof your Garden

Puppies are great at finding hidden places to escape through and poisonous plants to chew on. So, make sure you either dig up those poisonous plants (see sheet on poisonous plants) or fence off trees that are likely to drop tasty but potentially dangerous nuts or fruits. If you have a grape vine, this should immediately be a cause for concern, and I would suggest that they are probably not compatible with dog ownership.



Establish House Rules

Before bringing your new pup home, you need to decide what behaviours are encouraged, and which are not. Consistency is the key to training dogs. Make sure everyone will stick to enforcing the rules. If you don't want your dog to be allowed on the sofa, then you need to be strict in enforcing it right from the word go. If you allow it at the beginning, it's almost impossible to change the rules later. Find a suitable safe spot for your puppy to call home. This will be the place where your crate/dog bed will eventually be located. It needs to be quiet, safe and warm.

Do your Research

Make sure to do your research on what the most dangerous items are in the home, what food items are toxic to dogs (see Puppies and Upset Tummies), and what emergencies most often occur with dogs. Seek out the best walking locations. If you don't already have a vet, ring or visit a few and find one you are comfortable with (see How to Find a Good Vet). Don't forget you are completely within your rights to register at more than one vets, so I often recommend visiting one of the chains for first vaccinations (as they are often cheaper) but then somewhere different for everything else and after the first year.

Training and Socialisation Classes

Investigate puppy socialisation classes and puppy and dog training classes for later. These are really important and if you really want to speed training up, most dog trainers offer one to one lessons, which are often much more useful as some dogs pick things up quicker than others.

Stock up and on Foods and Treats

If you are continuing with my recommended food then please ensure you have purchased some in advance. I can have this ready for you when you collect your puppy if you prefer and this can be paid at the same time as your final puppy payment (please ask for pricing). There is also a wide selection of training treats which will be very handy when training your puppy.

Make Vet Appointments

Once you have selected and registered with a vet practice make sure you remember to book your new puppy in for your own health check and vaccinations. This appointment needs to be as soon as possible, so make sure you have booked it in advance.



EXERCISE

An important part of every dog's life is exercise. Indeed, exercise and feeding times are often the most exciting parts of a dog's day and your puppy will grow to keenly anticipate them.

How Much Exercise Do Puppies Need?

If you over-exercise a growing puppy, you can quickly overtire it and more importantly damage its developing joints, which may cause early arthritis and/or hip or elbow dysplasia in later life. Puppies need exercise to develop muscle tone, but you have to make sure you don't exceed the puppy exercise limits. Puppies can play and walk, and these are great ways of exercising and socializing. The puppy exercise amount depends on the age, the breed and the energy level of the dog.

Puppy Exercise Limits

- Unlike adult dogs, puppies get tired after a few minutes of exercise, as they don't have endurance.
- Puppy exercise amount differs from one breed to another, according to the energy level of the dog.
- You will know when your puppy is tired, as he will not show any more interest in playing or exercising.
- Don't push these limits; in time, your puppy will develop endurance and will be able to exercise for longer.

0-12 Weeks

Until a puppy has completed its course of vaccinations, there is a risk of infection. Therefore, it is usually better that exercise is restricted to within the confines of your garden. Exercise in the garden also provides an excellent opportunity to start early training, and to get a puppy used to wearing a collar.

Puppies should only be given safe toys and should always be accompanied in the garden. This way, the puppy can engage in suitable levels of activity, and can be rewarded for good toileting behaviour, which can usually provide all the puppy's exercise needs during this time. If the opportunity arises, puppies can be taken to other safe environments where there is no risk, and it is able to mix with other animals and people, such as private gardens where only vaccinated dogs have access. Socialising at an early age is a vital part of a dog's development, so this should be considered vital.



3-4 Months

15 – 20 minutes per day. Ideally this should be split across two walks, perhaps morning and evening. Lead walking is possibly the most important area to concentrate on at this age as it will help train your puppy, but some free running should also be included.

4-6 Months

20 – 30 minutes per day. Ideally, this should again be split across two walks, perhaps morning and evening.

6-9 Months

30-45 minutes per day. Ideally, try to split exercise across 2 walks of 15 – 20 minutes duration.

9-12 Months

45 -60 minutes per day ideally split across 2 walks of 20 – 30 minutes duration.

1 Year and Over

After the age of 12 months a dog is considered an adult and should be capable of walks lasting 60-120 minutes per day. Ideally dogs should have at least two walks a day, both in excess of 60 minutes. The duration and frequency of exercise should remain consistent and any increases should be gradual. If a dog or puppy seems unable to complete a walk of the length suggested for their age, then reduce slightly and increase more gradually. If the situation continues than consultation with a vet may be required.

How to Exercise a Puppy

Walks are the most recommended type of exercise for puppies. Start with short walks and slowly increase their duration and intensity. You can also play a few games with your puppy or give him toys.

The puppy's response to exercise is to increase muscle mass. Puppies may develop their muscles in the first few weeks after starting the exercise program. However, the tendons and ligaments of a puppy cannot develop so fast, and injuries may occur. To avoid these, don't increase the intensity or duration of the workout too fast. Make progressive changes and make sure the puppy doesn't get too tired.



The skeleton of the puppy is fully developed when the growth plates close. This should occur at the around the age of 6 months, but it depends on the breed (in Great Danes for example it occurs after the age of 12 months).

Avoid any endurance training, if the skeleton of the dog is not fully developed. Otherwise your dog may get injured or have a deformed skeleton.

Important

It is important that puppies and dogs go out for exercise every day in a safe and secure area, or they may become frustrated. Time spent in the garden (however large) is no substitute for exploring new environments, new smells and socialising with other dogs. Before a puppy goes out and off the lead, make sure they are trained to recall, so that you are confident the puppy will return to you when called. You should avoid exercising your puppy on a full stomach as this may contribute to bloat or stomach dilation which can sometimes prove fatal.

Water Exercise

When some dogs experience water for the first time, it is often to be the beginning of a lifelong love. If they are water lovers they should be watched at all times while they are swimming in case they get into difficulty. They should not be allowed to swim when the water is icy in case they get trapped. When swimming in very cold water, arrangements to towel dry as soon as the walk has finished should be made to ensure they don't get too cold.

Limber Tail Syndrome

Limber Tail or 'Swimmers Tail' is a painful condition that can cause the tail of the dog to either hang completely down between the legs from the base of the tail, or stick straight out horizontally for 3-4 inches, then drop straight down.

Because their tails are so painful, dogs with Limber Tail Syndrome may have a hard time sitting or lying down. They may also pace, change positions very gingerly, or cry out while trying to urinate or defecate. In some dogs, the hair near the base of their tails may appear raised due to swelling in the area. And tail wagging temporarily becomes all but impossible.

This sudden onset condition is usually caused by overworking the coccygeal muscles located at the base of the dog's tail. The muscles become inflamed and swell, which can in turn cause surrounding connective tissue to tighten up, partially cutting off blood supply to the dog's tail.

Limber Tail Syndrome can often occur after swimming, or after a busy day of field work that requires heavy tail action. Dogs can also develop Limber Tail Syndrome from being confined in crates for long periods of time.



Fortunately, most cases of Limber Tail Syndrome resolve on their own within 2-3 days. However, there are things that can be done to make this recovery period less painful.

Absolutely no swimming while your dog is recovering from Limber Tail Syndrome!

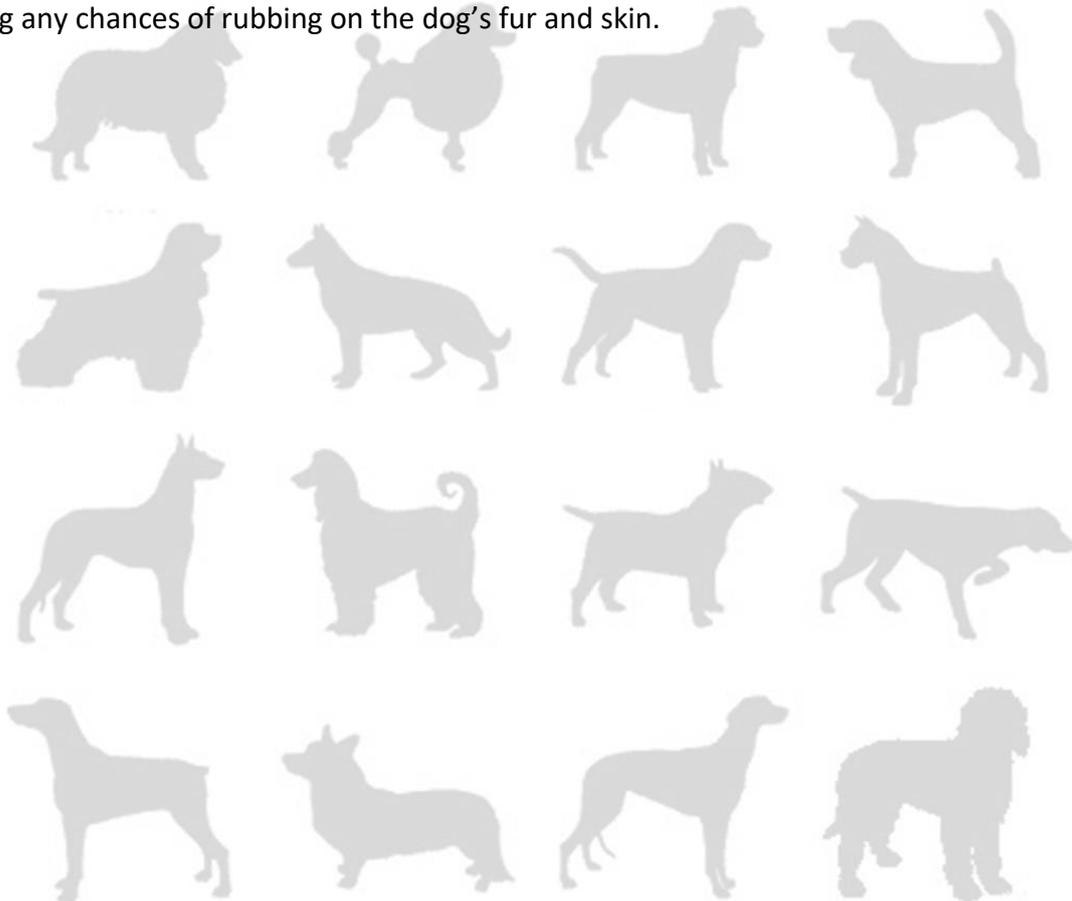
Affected dogs should be kept quiet and rested while they are recovering. Page 4 of 4

Mild pain medication can be given to help with soreness such as Metacam (from your vet).

If you suspect your dog may have Limber Tail Syndrome, have them looked out by a veterinarian to be sure. Do not try to treat your dog at home with over-the-counter human anti-inflammatory medications like aspirin or ibuprofen. Dogs cannot break down these medications effectively, and in some cases (as with ibuprofen), they can be extremely toxic, causing liver or kidney failure.

And Finally!

A dog's favourite times are spent out on walks, so at least once or twice a week an opportunity should be given for off the lead time and general running about. If a harness is used, this should be removed before letting puppies/dogs enter bodies of water to ensure it doesn't get caught on something under the water. These should not be reattached until after the dog has dried, thereby reducing any chances of rubbing on the dog's fur and skin.





GROOMING

All puppies and dogs will benefit from regular grooming and it helps build and strengthen the bond between you and your puppy and will reduce the stress of grooming if the process is started when the puppy is young.

Cleanliness – keeping your dog’s coat clean by removing dirt and dead hair helps encourage new hair growth, and reduces the amount of hair deposited on household furniture and clothes

Health – grooming helps to stimulate new coat growth, and prevents the formation of knots or matting which may lead to skin irritation

Appearance – most owners take a pride in their dogs looking smart, and regular grooming will certainly help your puppy to look its best

Inspection – regular grooming is also a great way to check for parasites, or any suspicious lumps and bumps, so getting into the habit early and getting your puppy used to it will be useful. The more familiar you become with the shape of your dog’s body the easier it will be to spot something new that could potentially be an issue

Relationship – grooming is part of dog’s socialisation activities. Regular grooming helps create a bond between you and your puppy and accustoms your puppy to being handled. Most puppies get used to the process quickly and come to enjoy it, so persevere if they don’t immediately seem to be happy with it.

GETTING STARTED

Start the grooming experience at an early age as part of your puppy’s socialisation programme and routines. Keep the sessions short to start off with – just a couple of minutes, gradually increasing the time spent. Always make the experience positive, rewarding with praise and suitable treats. Any struggling should be dealt with firmly but kindly, as a puppy may be frustrated, mischievous or even afraid. Build up the experience and the dog will come to accept the grooming routine and being handled. This will help with other activities such as veterinary visits.

Grooming should ideally take place daily with a brush being taken from root down the full length of the coat, with particular attention being paid to areas between the legs, the neck and tail. Failure to brush properly can lead to painful knots and matts forming in some breeds. So, it’s important that brushing is done thoroughly and regularly.

Finish the grooming if they show signs of getting bored or tired, so that each session ends on a positive note.



Remember wear something old when you groom and that hairs cannot easily get embedded into. Or you will simply transfer his coat onto your clothes. Visits to the groomers for a coat trim are advised every 6-8 weeks for those with longer coats that cannot be done at home.

BATHING

How Often Should You Bathe A Puppy?

It's a good idea to get dogs get used to the sensation of being soaked in water and rubbed at an early age. Be careful not to let water into their ears as this can cause ear infections. A puppies first bath is something of a rite of passage, but it's important not to go overboard. A shower, now and again with lukewarm water, will make sure that when he really needs a bath later on, you won't have a fight on your hands!

Generally, if a dog comes back dirty from a walk, a rinse off is all that is required, although making sure that all dirt and debris is washed off in the process to avoid diseases such as Alabama Rot, the transmission of which can be reduced by rinsing thoroughly. Otherwise a bath a couple of times a year is all that is required

Puppy Shampoo and Dog Shampoo

When you bathe your puppy, use a specially designed puppy shampoo or adult dog shampoo labelled as safe for puppies from 8 weeks. This won't be as strong and will be kind to your puppy's skin and her coat.

CARE OF EARS, NAILS AND EYES

Check a dog's ears to see if they are clean. You can remove excess dirt from the inside of the ear flap with damp cotton wool. Never probe inside the ear as you may perforate the ear drum. Any odour is usually a sign of infection and your puppy should be taken to a vet for professional treatment.

If nails are excessively long, remove the tip of the claw with a nail file or clipper, taking care not to cut the quick or blood vessel. If in doubt take your dog to a groomer or the vets who will happily undertake the task for you.

If needed clean the eyes with clean, damp cotton wool using a separate piece for each eye.

DENTAL HYGEINE

Looking after our dog's teeth is just as important as looking after our own. Giving their teeth a good brush a few times a week will help keep their mouth healthy. If your dog's teeth aren't kept clean, they could become covered with plaque. These bacteria give off a type of acid which eats into the



surface of your dog's teeth. Over time, this can cause painful cavities, gum problems and might mean that your dog loses some of their teeth.

How to I clean a puppies teeth? You can buy special toothbrushes and toothpaste for your dog. It's important to use pet toothpaste as it is safe for your dog to swallow. It's a good idea to start brushing your dog's teeth when they're young. They quickly get used to it as part of their routine. Take things slowly and get them used to having their teeth cleaned over a few weeks:

- Let them taste their new dog-safe toothpaste so they think of brushing their teeth as a treat, not a chore.
- Get them used to having their mouth touched. You can do this by gently rubbing a soft cloth along their gums.
- Gradually move on to using a brush that fits over your finger. This will get your dog used to the feeling of their teeth being brushed.
- When your dog's comfortable and ready, use a proper dog toothbrush. The longer handle will help you reach all their teeth.

Other ways to keep your dog's teeth healthy - Brushing is the best way to keep their teeth clean and healthy. There are some other things you can do in between brushes to help maintain a healthy mouth:

- You can buy toys that are designed to clean your dog's teeth as they chew on them.
- Dental chews and specialist foods can also help to keep your dog's mouth healthy. Be careful not to feed your dog too many of these as it could make them overweight.
- Don't feed them too many sugary treats as this can cause more bacteria to build up on your dog's teeth.
- Don't feed your dog cooked bones as these can damage your dog's teeth. Bones can also break into splinters which can damage their gums and throat.

Dental Danger Signs

Sometimes bad breath can be a sign of something more serious.

- **Kidney disease.** Your dog's kidneys clean their blood and filter out waste into their urine. If their kidneys aren't working properly it can make their breath smell like ammonia (similar to the smell of wee).
- **Diabetes.** If your dog has diabetes their breath might start smelling sweet or fruity. This is because their body is struggling to control how much sugar in their blood.
- **Something stuck in their mouth.** If your dog has something stuck in their teeth or gums, bacteria can build up and cause a bad smell.
- **Mouth tumour.** This is very rare but it's important not to ignore any signs like bad breath, excessive drooling or difficulty chewing.

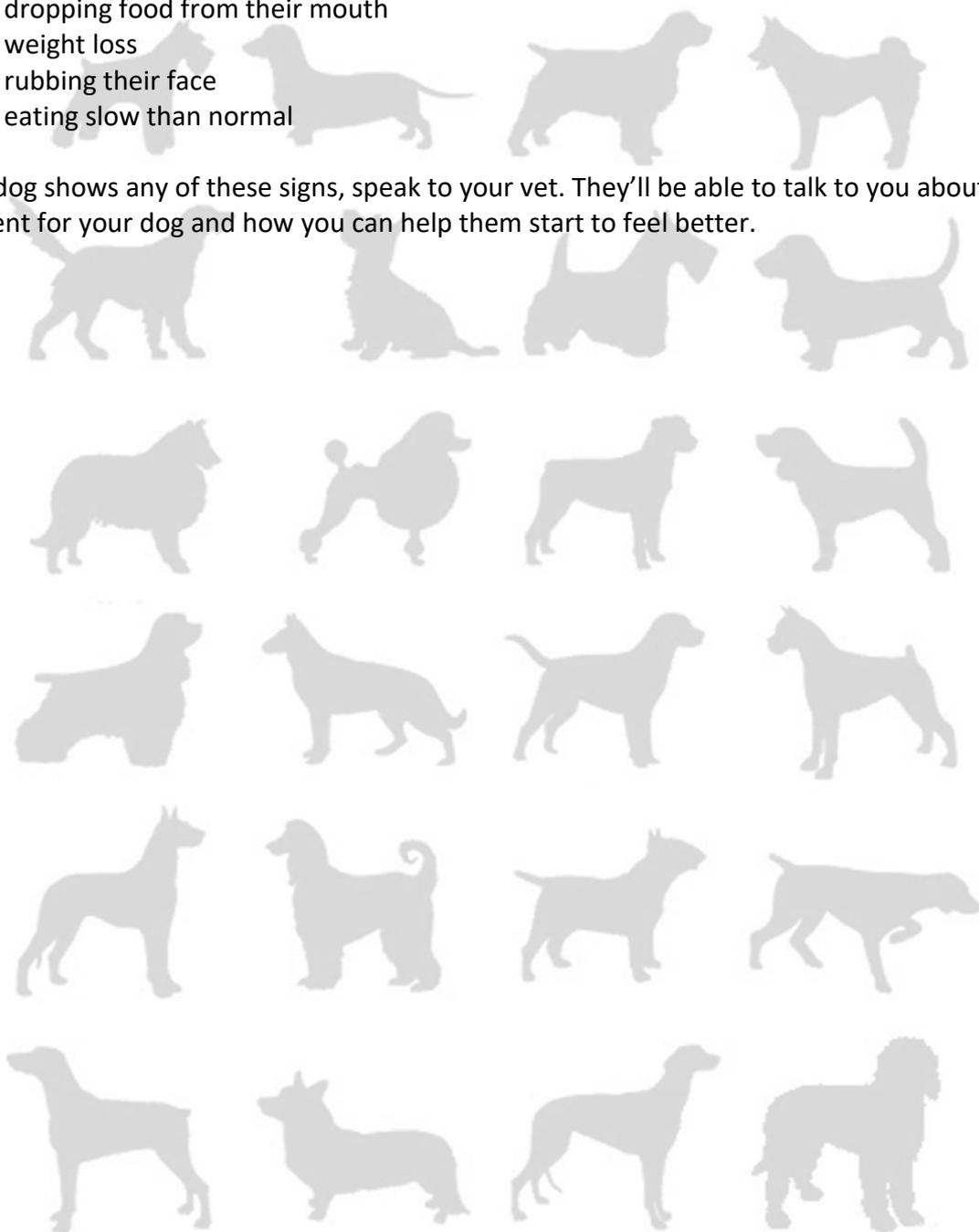
So if you notice bad breath and brushing is not improving the problem, It is important to get it checked out to remove any concerns about a more serious underlying issue.



Dental disease can be very painful for your dog and it can have a big impact on how much they enjoy life. Warning signs that your dog had a serious problem are:

- bad breath (all the time, not just after meals)
 - yellow/brown coloured teeth
 - red or bleeding gums
 - difficulty eating or not wanting to eat
 - dropping food from their mouth
 - weight loss
 - rubbing their face
 - eating slow than normal

If your dog shows any of these signs, speak to your vet. They'll be able to talk to you about the best treatment for your dog and how you can help them start to feel better.





PUPPY FEEDING

Puppy ownership is a huge responsibility and when you bring your new puppy home, it will require your help, support and attention. Feeding your puppy sensibly and correctly is vital to its health, development and general well-being. Below you will find some general guidelines to raising a healthy and happy dog.

Like all infants, puppies grow rapidly (up to twenty times faster than an adult dog), and so require a specially formulated diet to aid their physical development. A high energy growth food is recommended which needs to be fed at evenly spaced intervals to avoid over stretching your puppy's small stomach.

Feed your puppy four meals a day between 8 - 16 weeks. This can then be reduced to three meals a day until it is six months old, when you can change to two meals a day, and keep it on this regime for the rest of its life.

In the long term, you may not want your dog to remain on the weaning food and there are many varied feeding regimes to choose from: dry complete diets, semi-moist or pouch, tinned food (with or without biscuit mixer), raw food, and home-made food. Each food category has different qualities and finding the right balance for your puppy is extremely important.

The most suitable diet should be easily digested and produce dark brown, firm, formed stools. If your puppy produces soft or light stools or has wind or diarrhoea, then the diet may not suit your puppy, or it might have some kind of digestive problem or infection. If the condition persists for more than 2 days, consult your vet for advice.

Please remember that stability in the diet will help maintain good digestion. Any change in diet should be made very gradually over at least a week to avoid upset and you should try a new diet for at least 10 days before making any further changes.

Typical Feeding Guide - (8-16 weeks)

Meals should be split during the course of the day and ideally a young puppy should go at least 4 hours between meals. Typical feeding times would be:

06.00 AM
10.00 AM
14.00 PM
18.00 PM

It is better not to leave food down (so throw away any uneaten food after 20 minutes) and not to change your puppy's food regularly as this could cause havoc with its digestion and toilet training regime. However, make sure that water is always available to your puppy, so never take its water bowl away.



Quantities

The quantity of food should be approximately the same for each meal. Young puppies usually need more food as puppies than they require as adults. Increases of food should always be gradual and a good idea is to increase the amount on a weekly basis from 8 weeks until the puppy is 16 weeks old. Typically, by the time a puppy reaches 16 weeks, it will need roughly the same amount as it will when it is an adult. Always feed to guidelines on the packaging of your chosen puppy food. Runny poo can be a sign of overfeeding and hard bullet like poo can be a sign of underfeeding. So always consider these factors alongside feeding guidelines.

Puppies can be greedy or picky with their food, so it can sometimes be difficult to gauge how much to give them. Care should be taken not to over or underfeed your puppy. Puppies can often appear 'chubby', particularly after they have eaten. If in any doubt about your puppy's weight or diet, consult your vet when you next visit for a puppy check-up.

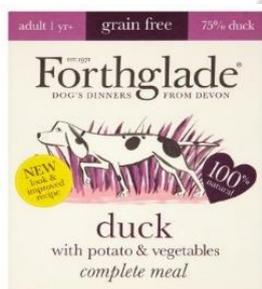
Dry Complete Foods (kibble)



There is a wide range of dry complete foods on the market and the quality varies widely. To get the best out of your puppy's development choose a food specially designed for puppies or one with a high protein content. If your puppy does not seem to like eating his food you can try soaking the food in a little warm water to soften it or mix in a little tinned food gradually reducing the quantity until your puppy is used to it again.



Semi-moist, pouch, tinned and frozen foods



As with complete dry foods, semi-moist, pouch, tinned and frozen foods can vary in quality. Again, choose a good quality diet which is easily digestible, nutritionally

complete and does not require additional foods to be added to it. As before it is best to avoid changes in your puppy's diet - so if you find a product that works for your puppy, stick to it, but it would still be best to wait until your puppy has acclimatised to its new home and surroundings.

Home-made food (raw fresh or frozen meat)

Before the advent of commercial dog foods, it was quite common to feed dogs raw or cooked fresh meat. Many people still consider that there is no substitute for feeding raw meat; these diets are sometimes referred to as BARF (Bones and raw food diet).





Meat on its own however, is not enough, and dogs need other additives, such as biscuit, and supplements to maintain a completely balanced diet. Puppies need a balanced and nutritious diet whilst they are growing up, as even a slight imbalance may harm their development and growth. Additionally, home-made foods obviously necessitate a fair degree of pre-planning and preparation. For these reasons, many owners find it easier to feed a complete or mixed food which can remove some of the guesswork and ensure that their dog is getting all it needs

Treats



Giving treats is a good way to reward your dog during training and encourage the behaviour you want. There are a wide variety of prepared and natural treats on the market which vary hugely in quality. Some commercial treats have lots of sugar, colourings, milk products and fat in them, so always check the ingredients label. Good quality prepared treats have been developed with dog' dietary needs in mind.

However, all treats should be given sparingly, and never comprise more than 15% of your puppy's total calorie intake. If you use treats regularly, reduce the amount of main meal food your dog is receiving in order to avoid obesity.

Human chocolate is poisonous to dogs and can cause liver damage and even be fatal, so never give your dog any chocolate, or leave any lying around where it might be found and eaten. Be especially careful at Christmas and Easter time.

Avoid giving your puppy any sweet biscuits or sugary treats which are bad for its teeth as well as its waistline and can cause sugar 'highs' and 'lows'. Stick to prepared which tend to be much more popular.

Food sensitivity and intolerance

Like humans, some dogs are sensitive or intolerant to certain foods, and this can cause a variety of problems. In extreme cases, they may develop colitis (slime and blood in their stools). Always consult your vet if you notice you dog displaying any of the following symptoms:

Lethargy

Aggressive or hyperactive behaviour

Chronic skin and ear problems

Light-brown loose stools or bloody diarrhoea

Slime and jelly being passed with stools and flatulence

Bloating and sudden weight gain or loss



Feeding Tips

Clean fresh water should always be available. Dogs eating wet food (ie, canned) will receive moisture through their food and therefore require less water than dogs eating dry food. However, extra water should always be made available to all dogs no matter what their diet.

Do not refill half empty bowls but ensure that fresh food is always provided at each meal time. This is particularly true in the hot weather when food left in bowls can attract flies and other insects. Half full cans of dog food should be kept covered in the fridge but allowed to stand until the food is up to room temperature before feeding.

As long as your puppy is not showing any growth or digestive problems, resist the temptation to change its diet or offer it a range of foods, as you may turn your puppy into a fussy eater.

Never change your puppy's diet abruptly (unless under the direction of your vet). If you want to change its diet, do it gradually over a period of a week or longer if necessary.

Avoid feeding your puppy before travelling in the car, as this can encourage car sickness.

Do not feed your puppy an hour before or after exercise or play, as this could lead to stomach dilation and torsion (also known as bloat), which is a life-threatening condition requiring immediate veterinary intervention.

Leave your puppy in peace while it is eating from its bowl. Taking the bowl away while it is eating causes anxiety, and this can lead to food aggression. If you want to be sure that your puppy is comfortable with you approaching it during mealtimes, add a little food to the bowl while it is eating, so it sees you as an asset, rather than a threat.

Never feed your dog from the table or your plate, as this encourages drooling and attention seeking behaviours, such as begging and barking.



PUPPY TRAINING

Bringing your puppy home for the first time is naturally a happy and exciting occasion, but it can be a little daunting too. There is so much for both you and your puppy to learn! The information contained in this sheet should help you on your way to raising a happy and well-trained dog right from the start.

Toilet Training Puppies

Toilet training is obviously a crucial part of your puppy's early learning. Getting it right is relatively simple and will make those first weeks so much more enjoyable for you both. However, like all things, bad habits learnt early on can lead to problems that may take weeks or even months to resolve if not dealt with.

Initially, you will have to build your daily routine around your puppy's needs. Fortunately, these are quite predictable when they are very young, and with careful supervision you should quickly establish when it is the right time to go outside and minimise any accidents.

Like babies, puppies have poor bladder control, and need to go to the toilet several times an hour when they are awake. They will also usually need to be taken outside first thing in the morning, last thing at night, after each meal, waking from a nap, and after any exercise, play or excitement. You may find it useful to keep a record of when your puppy sleeps, eats and goes to the toilet so that you can identify any patterns that emerge. One tip is to use a food timer to remind you when it is time to take your puppy outside to relieve itself. If you find that your puppy needs to "go" every 20 minutes, then set the alarm as soon as he has gone and take him outside the moment the alarm goes off.

Always go with your puppy into the garden and establish a regular spot. Puppies are creatures of habit and as long as you introduce the garden to the puppy as its toilet area early on, you should be able to avoid most accidents. Decide on a cue word or phrase to use when the puppy is going to the toilet, so that the puppy will start to associate the word with the action and should learn to go on command. By accompanying your puppy into the garden each time, you will be there to attach cue words and praise any successful actions.

If toilet training is not going quite as well as planned, some common reasons for why your puppy is struggling are as follows:

You are feeding the puppy too much.

The puppy food you are giving is unsuitable or you are giving too much variety for a puppy of their age.



You are not feeding at regular times.

You are feeding at the wrong times (which could mean your puppy needs to go to the toilet during the night).

You are giving foods which are too salty, causing your puppy to drink more.

Training

Punishing your puppy for accidents indoors may make it scared of going to the toilet in front of you, even outside. It's counter-productive.

Expecting your puppy to tell you when it needs to go to the toilet is unrealistic. It is far better to go outside at regular intervals

Leaving the back door or outside access open for your puppy to come and go as it pleases can cause confusion – particularly when that access is closed

Do not leave your puppy too long on its own so that it is forced to go indoors

Leaving your puppy alone in the garden means that you are not there to praise and reward, or to reinforce the idea that the garden is the correct place to go

Try to avoid using the words "good boy/girl" when your puppy is going to the toilet - you don't want your puppy going to the toilet every time it is praised

Puppies can exhibit submissive or excitable urination when greeting you on your return home. Toning down greetings can help prevent your puppy from becoming overexcited.

Young puppies will not be able to go through the night without needing to go to the toilet. If they do wake you up, it really is worth getting up to let them out or the training process will take longer. I always set the alarm during the night with young puppies and take them out at about 2.30am. In a couple of weeks, they can go through the night, but not letting them get into bad habits of toileting in the house.

Environment

Being surrounded by lots of absorbent or grass-like surfaces, such as rugs and carpets, may confuse your puppy. Likewise, using puppy pads is effectively telling your puppy it is ok to toilet indoors, you are best to try and persevere without.

If your puppy does have an accident inside, the scent will still be apparent to the puppy for a long time afterwards, even if you have thoroughly disinfected the area. Specialist cleaning products specifically designed to mask the odour are available as ammonia-based products will often make the problem worse.



Beyond the garden, many owners can be disappointed that their young puppy does not initially toilet when first venturing out on walks. Often, your puppy will only relieve itself the second you get home. This is because the puppy has not yet associated going out for a walk as an opportunity to go to the toilet, so will wait until they return home to their garden, which they know is a good place to go. To break this habit, get up a little earlier in the morning (when you have plenty of time) and take your puppy out on a walk before it has had a chance to visit its usual spot. Stay out with your puppy for a reasonable length of time until it has been to the toilet, and then give plenty of praise. If you are not successful, make sure the puppy is whisked into the garden to relieve itself or you will run the risk of a large puddle indoors!

Remember, patience and consistency is the key. All puppies take different amounts of time to learn, so don't worry if your puppy seems to be taking longer to get the hang of things. Your patience will pay off and you will both get there in the end.

A Trained Dog is a Happy Dog

House training aside, every puppy also needs to be taught good manners and have constructive lessons in basic control and social interaction. This includes:

Responding to its Name

When you call your puppies name, it should be a cue for them to stop, turn toward and acknowledge you, give you their undivided attention and wait for further instruction. The ability to attract your dog's attention reliably will form a solid foundation for greater success in training later on because it's far easier to ask a dog to do something when it's concentrated on you. It's very hard to command a dog that doesn't even acknowledge you when called. Secondly, it can be great for safety when your dog is heading toward trouble. As an example, if he was chasing a ball about to bounce into a busy road, if you could call his name and stop him in his tracks it could even save his life.

You need to condition your puppy, so the very sound of their name causes them to pay you attention and sparks joy and excitement within them as a natural response. To do this, you must only use your puppies name in a positive way, reward him massively when he pays you attention for calling his name and NEVER use his name for anything else.

Recall

Most dogs love running around off the lead, but before you give your dog their 'freedom' it's vital for their safety that you know they will come back when called, regardless of where they are and what's going on around them. To teach good recall your dog needs to learn that coming back to you is always a good thing, something that will bring them plenty of praise and rewards. Show your dog the toy or food



Run away a couple of paces

Call your dog's name and say "come" in a happy voice

As the dog comes to you, hold the collar and either feed or play with your dog

Gradually increase the distance that you are from your dog, until eventually you can call your dog in and out of the garden or from room to room

Only call when you are going to praise your dog – do not call your dog if you are going to punish or shout at it

Lead Walking

There's nothing worse than a puppy that won't stop pulling on the lead. It can be extremely tiring for both you and your pup and can turn a simple walk into a complete nightmare.

To make life easier for you and your dog, all it takes is a little training and they'll be overjoyed at the sight of their lead in no time.

Get them used to wearing a collar - It's important that you begin training when they're young, that way they'll be much happier and easy to walk with right into adulthood. Whether you're teaching a puppy or starting with an adult dog, the best place to start isn't with a lead at all, but with their smart new collar!

Does your dog try to wriggle out of their collar? They probably won't even notice they're wearing it if you put it on and then immediately distract them with treats or a fun game! If they scratch their collar, distract them. When they're not paying their collar any attention, remove it again. Over the course of a couple of days, slowly increase the length of time that your dog or puppy wears the collar until they stop noticing it – and you'll be well on the way to a happy, well behaved pup!

Attach the lead to their collar - Attach a lead to their collar and follow your dog around the garden, making sure the lead is kept slack. That way, they'll barely notice it's there, making lead training a lot easier!

After a couple of minutes, remove the lead and play a game together, before reattaching the lead and walking wherever they wander, all the time keeping the lead loose so they feel no resistance.

Start teaching them how to heel on the lead

Once you've got your puppy used to the lead, it's time to start thinking about how to teach them to walk to heel on the lead. With lead and collar in place and making sure your puppy knows you have a treat in hand lean forward and take a few steps, encouraging your dog to walk forward too. Your dog should be rewarded and praised for any steps forward at this point, as they're learning something new.



Practice walking forwards in many short on-lead training sessions, and when your dog walks alongside you, without putting any pressure on the lead by surging ahead or lagging behind, say "heel" so they associate walking next to you with the request.

If your dog lags behind, be more animated in your actions and use a more excited tone of voice. Just like you, your dog can get bored, and something that seems exciting is much easier to focus on!

If your dog pulls ahead whilst walking on a lead, it's because they want to get somewhere fast. Simply stand still (or even start walking backwards), call them back to your side, and start again. Your training sessions are so exciting, especially to a young dog, that walking might involve a bit of puppy pulling. Puppy training will get easier, though - your dog will quickly understand that pulling on a lead is counterproductive to getting anywhere.

Puppy Socialisation Classes

Most owners and puppies benefit from attending good socialisation classes in the company of other dogs. Ideally, you should start your classes as soon as your puppy's vaccinations are complete, (vets often hold these socialisation classes, so make sure to ask), later you can then progress onto more formal puppy training classes.

Important Training Tips

Start as you mean to go on. If you are always consistent you will avoid confusing your puppy

Puppies have a very short attention span so train for short spells on a regular basis

Keep it short and keep it simple, but most of all keep it fun

Puppies respond better to cheerful voice tones rather than to threatening orders

Gentle play builds trust and a strong bond between you and your puppy as well as making training fun

Patience is the KEY ingredient in dog training. If you try to rush things you will only get frustrated and confuse your puppy.

Keep it interesting: cultivate a range of different rewards incorporating play, fuss, praise, treats and toys. This will stop both of you from getting bored.



VACCINATIONS

My own dogs are vaccinated in accordance with my health care plan for the 3 core vaccines every 3 years and additionally Leptospirosis every year.

There is now some scientific evidence that over-vaccination, either as a puppy or as a result of over vaccination of core vaccines during a dog's lifetime, may cause side effects, including autoimmune haemolytic anaemia, cancers, thyroid problems, genetic defects, seizures, arthritis and allergies.

Core Vaccinations

For a long time, vaccinations were administered on an annual basis, for each of the 'core' diseases that we protect dogs against today (canine parvo virus, hepatitis and distemper). More recently it has become clear that some of these vaccines are effective for much longer than a year, and that a certain amount of over-vaccination has been taking place.

The World Small Animal Veterinary Association and local government recommends against annual vaccinations and instead recommends vaccinations for these three diseases every 3 years. Some vets feel that annual vaccination is still a good thing, because it gets people into the surgery for an annual health check, but of course this can be done without core vaccines. Puppies and dogs only require annual vaccination **ONLY** for Kennel Cough and Leptospirosis. All other vaccines should be done on a 3 year schedule.

In addition, vaccines, and your vet's time, come at a cost (often a big cost) and there is no point in spending more than you need to. Recently there is an upsurge in vets offering a yearly vaccination and flea treatments for a cheaper one-off monthly fee. This service should really not be necessary or be considered except in the first year of life, where vaccines are expensive and required.

Non-Core Vaccinations

In addition to the core vaccines, there are two non-core vaccinations commonly given to dogs too and these are Leptospirosis, and Kennel Cough. The catch is, that these two need to be administered annually, so we haven't quite escaped from the 'annual vaccination trip' yet.

Kennel Cough is one of those vaccines that is rather like the human flu vaccine. It is a generic term for many different strains of a cough like virus that dogs and puppies are particularly prone too. The vaccine does not cover all strains and so even if vaccinated, your dog may still fall victim to this disease. However, in my experience giving the vaccine does reduce the severity of the disease if a different strain is caught and therefore, I would recommend this annual vaccine to puppies, elderly or immune suppressed dogs.



Titre Tests

There is something available now called a Titre test. It is a simple blood test to ensure that a dog has responded to vaccination with a specific “core” virus vaccine. If those antibodies are present, then is no reason to re-vaccinate your pets. This is now becoming more acceptable to many kennels and catteries as proof of immunity. You will need to check with your individual kennel first. On occasion even after 3 years, these tests can be used to check immunity levels and whether antibody levels are high enough to not require vaccination.

Vaccination for Puppies

If a puppy has been vaccinated with me, then while at your vets for the puppy health check, it would be sensible to make an appointment for their second set of vaccinations. These should be done from 10 weeks onwards and should include the core vaccinations (DHP – Distemper, Hepatitis and Parvo) with Lepto and if required Kennel Cough.

If a puppy wasn't vaccinated with me then first vaccinations should be done as soon as possible after a puppy joins its new family at the time of the puppy check.

The onset of immunity is one week following completion of the 2nd dose of primary vaccinations.

Protocol

My personal protocol for the treatment and prevention of canine distemper, parvovirus infection and infectious canine hepatitis and Leptospirosis is shown on my Preventative Healthcare Plan and has been approved and signed off by my veterinary practitioner.

This Preventative Healthcare Plan has been approved and signed off by my veterinary practitioner.



FLEAS, TICKS, MITES & OTHER PARASITES

Fleas

Fleas are the most common parasite in pets and unless pets are given flea prevention treatment almost all of them will be affected at some stage in their life. Fleas are unlikely to cause serious harm, but they are a nuisance and very unpleasant, both for owners and their pets.

Dogs and cats both host fleas, which by sucking the animal's blood, cause irritation and discomfort. The adult fleas will also happily bite humans too though they tend to prefer our pets. In some cases, your pet may be 'allergic' to flea bites and even a very low number of fleas can cause a long standing and very uncomfortable problem for your pet with hair loss and severe itchiness.

What harm can fleas do?

Fleas feed on blood so young or frail pets can become very weak or even die in some cases if infected by fleas. Fleas can also spread tapeworms and pets can become sensitive to flea bites causing an allergic reaction. Fleas can be a problem in the cleanest home and for the healthiest pets. They can be picked up by meeting other animals with fleas or from homes that contain flea larvae and eggs, (95% of fleas in an environment are in the egg and larval stages).

How do you prevent fleas?

It is easier to prevent fleas than it is to get rid of them once an infestation has taken hold, which is why regular flea prevention treatment is recommended. Fleas are at their worst in the summer and autumn, although in centrally heated houses they can be a problem all year round.

Why is it so difficult to get rid of fleas?

Fleas are small, reddish-brown insects who lead a complex life away from your pet. Only the adult fleas live on your dog and drink its blood; the early stages live free in the environment, i.e. your home. For every flea that you see running through your pet's fur, there may be hundreds of young fleas waiting to jump aboard a passing pet - or if you are unlucky - onto you.

Treatments

There are many different flea treatments available, some can be purchased from online pet pharmacies without prescription, some will need to be purchased from a vet. Please note that these flea treatments contain toxic elements, so to start with, try one spot of the pipette and then leave for 24 hours. If no reaction is seen, you can then give the rest.



Treating the home

Should the home become infected, treating the areas where the pet spends most of its time is also important - particularly the places it lies down to sleep. Washing bedding in hot water will destroy the young fleas (but not the eggs) so there is a need to continue to wash the bedding regularly to ensure that it remains free of fleas.

Environmental flea sprays will kill fleas, eggs and larvae in the carpets. It's important to continue to treatment of the home all year round, even if you do not see fleas.

Fleas can be a real menace in centrally heated homes, especially with more than one pet. Regular treatment should keep fleas under control all year round. It can be difficult to remember to flea treat monthly, so you may find it helpful to make a note on your diary or calendar when the next flea treatment is due.

Ear Mites

These parasites are a tiny insect that likes to live off the scale and fluids within the ear of both dogs and cats.

What problems do they cause?

Ear mites can cause intense irritation leading to severe scratching and secondary ear infections as well as occasionally problems elsewhere on the body.

How can ear mite infestations be avoided?

Ear mite infestations are more common in animals with dirty ear canals and so to avoid ear mites ear canal cleanliness is very important. Ear mites are spread from animal to animal through close contact and so if one of your pets is infected it is vitally important to treat all animals in your house to stop re infection.

How can ear mite infestations be treated?

Ear mites can easily be prevented with the regular use of a spot-on treatment. An all in one treatment that prevents fleas, worms, ear mites and lice is the most convenient way of keeping your pet free from these irritating parasites.

Mange Mites

What problems do mange mites cause?

Puppies can become infected with so called 'mange mites' which cause diseases such as 'scabies' and 'demodectic mange'. These conditions at best can be itchy and annoying to the pet but at



worse can actually be seriously harmful and some can also affect humans in contact with the animals.

How can I prevent mange mite infestations?

Different forms of mange can be challenging to diagnose as sometimes the mites themselves are very hard to find and blood tests need to be used. It is far easier however to prevent an infestation in the first place by correct anti-parasitic treatments. All in one treatment that prevent fleas, worms, ear mites, mange mites and lice are the most convenient way of preventing all of these irritating parasites.

Ticks

Ticks are potentially disease carrying parasites that attach to pets as well as people. They are a bigger problem in the spring and autumn, but actually we can see ticks attached to pets right through the summer months also. The exposure to ticks and the risk of infection depends on the areas visited as well as other more general areas such as woodland and long grasses.

Ticks are notorious to hill walkers as they transmit Lyme Disease which we also see in dogs and cats, along with other infections, so any tick infestation must be dealt with immediately or ideally avoided in the first place. Preventative tick treatments can be purchased, and your vet will be able to recommend a product to suit your circumstances.

Lice

We see lice most commonly in puppies (though occasionally they can occur in adult dogs and cats of any age).

What problems can lice cause?

If left untreated lice can cause anaemia, irritation and dermatitis and general poor health. Lice are species specific and the species that cause problems in dogs and cats won't live on people but will easily spread between pets in the household in the same way as head-lice spread through children in a classroom.

How can you get rid of lice?

Lice are generally very straight forward to eradicate with topical parasitocidal treatments.

Cheyletiella or 'Walking Dandruff'

This is a very common external parasite in dogs and cats and can affect any age group. They are very contagious surface living mites that tend to live over the dorsum or back of the host animal but also



very commonly bite people in the same environment. They can live off the host for approximately 10 days.

The name 'walking dandruff' comes from the fact that as well as causing scurffy skin the mites themselves can be brushed off onto a dark surface where they can be seen moving about looking like small scales seen with dandruff. Please visit your vet if this is suspected, to allow for further treatment.

Personal Protocol

My personal protocol for the treatment and prevention of Fleas, Ticks and Mites is shown on my Preventative Healthcare Plan. This plan is always discussed with my vet and agreed that the chosen treatment is suitable for the dog in question. A record of what is given with dosage and date is recorded in the dog's individual file.

This Preventative Healthcare Plan has been approved and signed off by my veterinary practitioner.





WORMS

What are Worms?

There are a variety of different worms that can affect pets. The main worms that affect dogs are roundworms and tapeworms which live in the intestine of your pet. Lung worm is also becoming increasingly common and occasionally infection with other types of worm such as hookworms and whipworms is seen.

Dogs Don't Always Show Any Signs of Worms

The symptoms of worms in dogs are not always what people expect, and indeed, often there are no discernible signs of worms at all. Dogs can carry an internal worm burden in their intestines or lungs, without showing any immediate signs of illness. Despite this apparent good health, internally the worms can be causing serious issues (e.g. Lungworms can stop the blood from clotting) and can cause the dog to shed dangerous worm eggs (e.g. *Toxocara canis*). This lack of obvious signs of worms in dogs is the main reason why we routinely de-worm our dogs, even when animals appear to be in full health.

Symptoms Of Worms In Dogs

When symptoms are seen, there are a wide range to look out for, including ravenous appetite, weight loss, gastro-intestinal upsets (such as vomiting or diarrhoea), pot-bellied appearance, and a dry or scurfy coat. While worms are usually only associated minor signs of ill health in dogs, there are rare examples where life threatening illnesses can be caused by worms.

ROUNDWORMS

Roundworms are the most common of the parasitic worms found inside a dog. Almost all dogs become infected with them at some time in their lives, usually as puppies. Roundworms may be contracted in different ways, making them easy to spread and hard to control.

Dams pass worms to the puppy while in utero even if the dam is up to date on worming as these eggs can lie dormant and unaffected by worming treatments. Roundworms can also develop in a puppy after it is born when the puppy eats worm eggs from the environment or drinks worm larvae (young worms) in the mother's milk.

TAPEWORMS

Tapeworms are long, flat worms that attach themselves to a dog's intestines. A tapeworm body consists of multiple parts, or segments, each with its own reproductive organs. Tapeworm



infections are usually diagnosed by finding segments, which appear as small white worms that may look like grains of rice or seeds on the rear end of your dog, in your dog's faeces, or where your dog lives and sleeps.

There are several different kinds, or species, of tapeworms that can infect a dog. Fleas in particular are known to be a source of tapeworm. Infection is caused by the dog eating an infected flea. Also, mice, rabbits and other animals can carry or act as a host for tapeworm.

LUNGWORM

Lungworms are short worms, reaching 2.5cm in length as adults, which live within the chambers of the heart, and in the artery that connects the heart to the lungs. Despite their main home being in the heart, these worms are called lungworms as they cause mainly lung-related signs such as coughing.

Lungworm reproduce by producing eggs which hatch into larvae. These larvae are coughed up from the lungs, swallowed, and passed out in faeces. Once in the faeces, larvae are picked up by slugs and snails, and mature until they are old enough to be infective to dogs and puppies.

After infection, lungworm usually causes progressively worsening signs of cardiac and respiratory disease, such as coughing (often at 'extremes' of exercise); as well as causing haemorrhages in lungs, liver, intestine, eyes, and spinal cord, but also pretty much anywhere in the body. If left untreated, it can be fatal in severe cases.

HOOKWORMS

Like tapeworms and roundworms, hookworms are intestinal parasites that live in the digestive system of your dog. The hookworm attaches to the lining of the intestinal wall and feeds on your dog's blood. Its eggs are ejected into the digestive tract and pass into the environment through your dog's faeces.

Larvae (young hookworms) that hatch from hookworm eggs live in the soil. These larvae can infect your dog simply through contact and penetration of the skin and through the dog eating the larvae when they ingest dirt or during their routine licking (cleaning).

Hookworms suck blood and therefore cause internal blood loss. They are a serious threat to dogs, especially young puppies that may not survive the blood loss without transfusions.

WHIPWORMS

The whipworm is another intestinal parasites in dogs. Whipworms reside in the cecum, which is inside your dog's body where the small intestine and large intestine meet.



Dogs become infected with whipworms by swallowing whipworm eggs in soil or other substances that may contain dog faeces.

Dogs that are infected with a few whipworms may not have any signs of infection. More severe infections can cause bloody diarrhoea. If an infected dog is not treated, then severe whipworm infection can cause serious disease and even death.

HEARTWORM

Heartworm can be found in dogs and cats in many countries around the world. They are among the most damaging parasites in dogs but they are almost 100 percent preventable. Heartworms are transmitted by mosquitoes and once mature, they live in the heart and large blood vessels of the lungs. Adult heartworms can measure over one foot in length.

Heartworms are not generally seen in the UK, so treatment for this would only be necessary in an imported dog or puppy.

GIARDIA

Giardia in dogs can be really nasty, with symptoms of diarrhoea, vomiting, weight loss and lethargy all common among infected dogs.

Despite being present and sometimes harmless in the human gut, Giardia can cause real problems for your dog. Giardia, a protozoan or single-celled parasite, is contracted through contaminated water and lives in your dog's intestine.

An infected dog will pass microscopic cysts through its poo, released by infected cells of the small intestine rupturing. These cysts can live for months in water, increasing the chances of other animals being infected. Because Giardia can be transmitted to humans, it is possible for you to be infected too, but the majority of people get their infections from other humans instead of their animals.

Giardia is a very common cause of diarrhoea amongst dogs, especially in puppies and dogs that have spent any time in a shared kennels, but it can be detected and treated relatively easily. A faecal sample will be required to determine its presence then they will prescribe a course of medication, before arranging follow-up tests to make sure the infection has gone. In addition to the treatment cleanliness is one of the keys to ensuring no reinfection.

Worms Can Be Dangerous To Humans

The common dog worm, (*Toxocara canis*), can be passed on to humans. While a healthy adult human's immune system can deal effectively with the challenge, if children ingest infective worm eggs, the worm larvae can migrate through the child's tissues. If a larvae ends up in the brain or eye of a child, there can be very serious consequences including seizures or blindness. This ability to



pass worms to humans (zoonotic) potential is the reason why routine worming of family dogs is so important.

The Environment Needs To Be Protected Against Worms

As well as treating dogs for worms (if necessary), it makes sense to take steps to minimise any risk of children ingesting dog worm eggs from the environment. This is why it's so important to remove faeces from any environment that is frequented by humans. The removal of faeces is obviously important in this area to reduce the opportunity for infection. Worm eggs can survive for many years in the environment which is why it's so important to prevent them from getting there in the first place (by worming dogs regularly and picking up faeces).

Puppies need to be checked for worms more often than adult dogs

Checking puppies for worms is a key part of their care. Puppies need to be given a worm dose every 2-3 weeks between 2 weeks and 12 weeks of age if they are found to have worms, because their immature immune system means that a single worm dose is not enough to eradicate the worms that they have picked up from their mother (both in the womb, via suckling, and from the breeding environment.) In contrast, a typical adult dog may need to be wormed only once every 3-6 months (if treatment necessary).

AGE OF DOG/PUPPY	FREQUENCY OF DOSAGE
2-12 weeks	Every 2 weeks
3 – 6 months	Every 4 weeks
6 - 12 months	Every 3 months
1 year and over	Every 3-6 months

Worming Treatments

Dog wormer treatments can be purchased from many different places, including supermarkets, pet shops and veterinary practices, but there are key differences between different types of worm treatments. For example, roundworms in dogs can be treated with one product, while tapeworms in dogs may require a different tablet. Therefore, more than one product is often required, and care should be taken to purchase the correct product for the purpose required and the age of the dog concerned. Veterinary advice should be sought as and when required.



Protocol

My personal protocol for the treatment and prevention of Worms is shown on my Preventative Healthcare Plan. This plan is always discussed with my vet and agreed that the chosen treatment is suitable for the dog in question. A record of what is given with dosage and date is recorded in the bitch's individual file.

This Preventative Healthcare Plan has been approved and signed off by my veterinary practitioner.



PUPPIES AND UPSET TUMMIES

Unlike humans there are a number of foods that your puppies can't tolerate or could be extremely toxic

Potential Toxins/Poisons

This list is by no means complete and always consult your vet if you puppy ingests anything it shouldn't.

- Alcohol
- Avocado
- Cooked Bones (risk of splintering)
- Chocolate (especially dark)
- Coffee/Caffeine
- Green parts of tomato plants
- Grapes and Raisins
- Artificial sweeteners
- Human vitamins and supplements
- Liquorice
- Macadamia Nuts
- Milk/Lactose
- Mouldy food (especially bread mould)
- Onions, chives and garlic
- Slug pellets
- Yeast
- Mushrooms
- Salt
- Corn of the Cob
- Rhubarb
- Human Medication
- Chewing Gum (or anything with Xylitol in it)



When Does An Upset Tummy Require Urgent Vet Attention?

Mild bouts of loose stools are very common with puppies and the cause is usually something simple. For me, the signs that I need to take the matter more seriously and that I may need to visit a vet are, puppy not eating, not drinking, has a temperature, blood in the stools or stools that have been runny for 24-48 hours. This more serious, or chronic, diarrhoea needs quick veterinary help to avoid dehydration and to find/treat the root of the problem. This situation should not be left and requires



immediate veterinary treatment as puppies can dehydrate very easily and the situation can become life threatening very quickly.

Treating Mild to Moderate Diarrhoea

If your puppy's diarrhoea started after you changed from one food to another, it may be due to the different formula.

Next time remember to make the transition more slowly gradually increasing the new food and decreasing the old over a longer period.

If your puppy has had a couple of loose stools, but isn't showing any other signs of illness, chances are it's being caused by something he's eaten, or by stress.

If your puppy starts to vomit, appears lethargic and shows any other symptoms of illness.... it's important to get it to a vet right away.

Here are some simple steps you can take to treat mild to moderate diarrhoea at home.

They should show results within 24 hours or so.....

Fasting or Withholding Food

If a puppy's tummy is upset because of a dietary indiscretion, one of the quickest ways to help her feel better is to give her digestive system a rest.

You can achieve that by fasting your puppy for a short period.

For a puppy of 16 weeks and up you can usually withhold food for 12-24 hours without too much trouble.

If your pup is only 8 - 16 weeks old you might want to give her a couple of plain, dry dog biscuits before bed to prevent her vomiting from a build-up of acid in her tummy. Although she won't be getting fed, you need to make sure that your pup gets plenty of fresh water to drink because diarrhoea causes dehydration. Dehydration is the number one issue caused by diarrhoea and is responsible for weakening a puppy's immune system and compounding the problem. If she doesn't want to drink plain water, try adding a little unsalted chicken broth to it for flavour or a small amount of goat's milk.

Dehydration is also an imbalance in electrolytes

It's important to rebalance these as quickly as possible. In order to do so you can make 'rice water' by boiling one cup of WHITE rice in four cups of water for about 20 minutes. Strain to remove rice and let the water cool. Once cool it's a good source of valuable electrolytes for your pup.



After the 24 hours is up, you can start by feeding your pup a small amount of plain boiled chicken, scrambled egg. If he tolerates this well and his bowels are returning to normal you can go back to giving him his regular food after another 24 hours.

Canned Pumpkin

Something I always keep in the cupboard (via Amazon) is canned pumpkin it can help to firm up the stools. As an aside it can also work well on a constipated dog too, so worth keeping a tin in the cupboard for emergencies. Pureed sweet potato also has the same effect. Over the following day or two, slowly reintroduce the usual puppy food by adding it to the chicken or scrambled egg mixture a little at a time.

Puppy Diarrhoea Treatment in a Nutshell

Diarrhoea in puppies MAY be caused by something simple but it could also be a sign of serious illness.

Mild diarrhoea can often be treated at home. Moderate to severe diarrhoea or mild diarrhoea which lasts more than 48 hours or is accompanied by other signs of illness (loss of appetite, vomiting, lethargy) MUST be evaluated by a veterinarian urgently.



ENRICHMENT

Keeping my dogs physically stimulated and in shape is an important part of dog wellness, but it is also crucial to provide mental stimulation and enrichment for dogs and puppies.

Understanding the need for and providing opportunities for physical exercise is relatively well known. However, it is not enough to spend time cuddling with them; dogs want and need to use their brains. They have wonderfully intelligent, creative brains that need to be challenged and stretched to help prevent boredom-related behaviour issues. Enriching their lives with play and activities will not only help to avoid the stress of boredom, but will ensure the puppies develop into well adjusted, happy family pets.

Create A Challenging Meal

Feed at least one meal a day in a mentally stimulating and challenging way:

In a food puzzle (slow feeder, Kongs and Kong Wobbler, Treat Ball) these should not be given and left unsupervised with the dog or puppies (with the exception of Kongs)

Put the food in a muffin tin

Use the food in a training session.

Open a towel and place a meal scattered within it. Fold it back up and watch them unwrap and try and locate the food.

Games/Activities

These are a few games that are simple and quick to play every day.

Hide and seek with toys, and food

Rapid recalls

Tag

Dog and Human Training Sessions (this is where both human and dogs try and perform the same activities).

Toys

Toys come in all shapes and sizes. They are great tools to prevent boredom and enrich a dog's life.

Ice Toys – fill a jug with water and add food (carrots and apple) then pour into large ice cube trays and then freeze. Watch while dogs plays with it trying to get the treats out.

Boxes – start with one box, put some treats or a favourite toy in it, have your dog get the treats or toy out of the box. Progress to ever larger boxes with the treats/toy in the innermost box. (The meal itself can be placed in the innermost box). Make it more interesting by using peanut butter, spray cheese, or cream cheese in one of the boxes.



Muffin tin – put treats or kibble in each hole, cover some or all of the holes with tennis balls or crumpled paper. You can also use raw food, canned food, rehydrated foods, kibble, peanut butter, spray cheese, yogurt, and cream cheese

Yoga mat – unroll, sprinkle treats, roll back up. Have your dog unroll the mat and get treats.

Small round basket – put treats or a toy under the upturned basket and have your dog figure out how to get them.

Other Activities

Walk with other responsible dog owners with dogs you know to be of good behaviour. Varied canine companionship can be enormously rewarding for both you and your dogs.

If a dog like to dig, I like to create a place for them to do so in a location in the garden where they won't damage the prize dahlias. A sandbox allows dogs and puppies to express their natural instincts. Digging is a natural canine behaviour and many dogs reduce stress and get a lot of stimulation when they dig.

Unsupervised Activities

Stuffed and frozen Kongs

Bully sticks – these can be frozen to have them last as long as possible.

Stuffed and frozen tracheas

Ears – cow, pig, lamb

Trips Out

While daily exercise is enjoyable and necessary, variations to these daily escapades are valuable and extremely enjoyable for our canine friends. A change to the regular routine keeps their minds healthy and active.



RAW FEEDING?

Providing a diet of raw food for your puppy, made up of raw meat, offal and raw bone, along with other ingredients such as fruit, vegetables, oils, nuts and seeds. Some proponents of raw feeding also advise that dietary supplements are added to ensure all the essential vitamin and mineral requirements are met. There are two types of raw feeding; **homemade** raw diets and **commercially prepared** raw diets.

Homemade raw food

A fundamental concern, as with any homemade diet, is whether all the right nutrients are provided in the right proportions for healthy bodily function. There is a concern amongst some veterinary professionals that many homemade diets do not provide adequate nutrition. So careful research should be undertaken before attempting this for the first time.

Commercially prepared raw foods

Commercially available pre-prepared frozen and freeze-dried raw foods (such as Nutriment, Natures Menu, Bella& Duke, Natural Instinct) can be purchased in either 'complete' and 'complementary' varieties available in a range of convenient formats. These products help owners to feed their pet raw diets responsibly. The 'complete' pet foods have been specially formulated to provide the nutritional balance (80/10/10) a dog needs in their daily diet, whilst a 'complementary' pet food will need to be fed alongside another food source.

The pet food label will tell you whether it's 'complete' or 'complementary' along with directions for feeding and feeding guidelines.

Reasons that raw food might be beneficial for your puppy/dog

- better overall health
- better digestion and less digestive upsets such as colitis, runny stools
- fewer and better formed stools
- better smelling breath, less tartar, cleaner teeth
- glossier coats
- no itchiness
- food enjoyment

FOOD SAFETY

As with all commercially prepared pet foods, commercially prepared raw foods are subject to stringent legislation and require various tests to ensure they are safe. This therefore minimises the risk of food-borne contamination to both owner and the pet. When preparing a homemade raw diet, pet owners must always source ingredients from safe and reliable sources to ensure food safety.



GOOD HYGIENE

- 1) Purchase products that are in good condition. You should see no visible signs of damage to the packaging such as dents, tears, discolorations and that the food is within the expiration date shown on the packaging.
- 2) Immediately after each use, wash and disinfect all surfaces, dishes and utensils that have been in contact with raw food.
- 3) Remove and carefully dispose of any uneaten raw pet food, as soon as your pet has finished eating.
- 4) Clean and disinfect your pet's feeding area as soon as your pet has finished eating.
- 5) Remember to dispose of raw packaging carefully as they will attract unwanted attention from flies etc.

THINGS TO REMEMBER

Upon arrival of your raw delivery you can usually expect it to remain frozen for up to 24 hours, as long as it is kept within the shipping packaging.

Most raw food can be stored in the freezer up to 1 year, so you can buy in bulk.

Defrost in an airtight, leak-proof container at room temperature

Once defrosted transfer to the fridge until needed

Never refreeze

Never discard the thaw juice as this can contain essential nutrients for your pet

TRANSITIONING FROM RAW TO KIBBLE

If you are considering a change in diet for your puppy/dog, this should be done very carefully and in the same slow way you would change between different brands of kibbles.

If you are swapping a puppy onto kibble this should be done by swapping one of the meals with kibble and continuing in this way for a couple of days. If there are no ill effects after this period, then you can move to swapping another meal. Again, if no ill effects are seen then continue the process until all the meals are now kibble.

AVOID MIXING RAW AND KIBBLE IN THE SAME MEAL AS THIS CAN CAUSE TUMMY UPSETS. You can of course continue to use kibble as a training treat.

As well as your raw meat, you can occasionally replace part of their meals with other substitutes.

Eggs, chicken, cottage cheese, squashes (butternut or pumpkin), sardines for example can be used.

EXTRAS

In addition to the raw food that your puppy has been weaned onto, I have also been supplementing these meals with other foods in order that these would be familiar to your puppy when they join you in their forever homes.



CHICKEN

Slowly boil chicken in water, drain and shred. Leave to cool and refrigerate. It's useful for a dog to be familiar with chicken as it's especially gentle on the tummy and is a sensible food to give to unwell puppies. Chicken can be fed on its own or mixed with any number of healthy options including those shown on the 'KONG' sheet and directly from the fridge. Keep the juices that the chicken is boiled in as this can either be used more generally or as a nice addition to a puppy meal or mixed with kibble and stuffed into a kong.

EGG

I cook eggs with a small knob of butter (no milk) until they are a scrambled consistency. I then add a teaspoon of cottage cheese and mix it through. I then leave to cool and refrigerate until required. As with the chicken it can be fed with other foods and directly from the fridge.

PUMPKIN

Both raw and pureed pumpkin can be fed. A heaped teaspoon added to a meal will help digestion if a puppy is suffering from constipation or diarrhoea. This can be spooned directly from the tin or a slice can be cut from a pumpkin when in season. It can also be mixed with other foods.

SARDINES

I buy my tinned sardines from Sainsbury's as it's the only place, I have found tinned sardines in water. You can feed tinned sardines in oil, but this would then need to be a rare treat as too much oil isn't good for your puppy. To start with just feed one sardine with a meal, this can be increased as your puppy gets older. Other fish can be fed to your puppy but avoid long lived fish. They can contain higher levels of mercury and so for a puppy, a short-lived fish like sardines might be less risky.

OTHERS

A final point is that I don't feed my puppies rice. In adult dogs it's not a problem, but due to potentially higher levels of arsenic in rice, I tend to avoid it in puppies up to 6 months.

FEEDING GUIDELINES

Generally, it is recommended to feed between 4-8% of your puppies weight each day, split between the number of meals you are feeding. Once over 1 year of age this can be reduced gradually to 2-2½%. If you need more advice in this area, please contact me.



PUPPY/DOG AGE	PERCENTAGE OF BODY WEIGHT
1-2 months	10%
3-4 months	8%
5-6 months	6%
7-9 months	4%
10-12 months	3%
12 months onwards	2-3%

DOG OR PUPPY WEIGHT	2.50%	3%	4%	6%	8%	10%
	grams	grams	grams	grams	grams	grams
2 kgs	50	60	80	120	160	200
3 kgs	75	90	120	180	240	300
4kgs	100	120	160	240	320	400
5kgs	125	150	200	300	400	500
6 kgs	150	180	240	360	480	600
7 kgs	175	210	280	420	560	700
8 kgs	200	240	320	480	640	800
9 kgs	225	270	360	540	720	900
10 kgs	250	300	400	600	800	1000
11 kgs	275	330	440	660	880	1100
12 kgs	300	360	480	720	960	1200
13 kgs	325	390	520	780	1040	1300
14 kgs	350	420	560	840	1120	1400
15 kgs	375	450	600	900	1200	1500
16 kgs	400	480	640	960	1280	1600
17 kgs	425	510	680	1020	1360	1700
18 kgs	450	540	720	1080	1440	1800
19 kgs	475	570	760	1140	1520	1900
20 kgs	500	600	800	1200	1600	2000
21 kgs	525	630	840	1260	1680	2100
22 kgs	550	660	880	1320	1760	2200
23 kgs	575	690	920	1380	1840	2300
24 kgs	600	720	960	1440	1920	2400
25 kgs	625	750	1000	1500	2000	2500
26 kgs	650	780	1040	1560	2080	2600
27 kgs	675	810	1080	1620	2160	2700



DOG OR PUPPY WEIGHT	2.50%	3%	4%	6%	8%	10%
	grams	grams	grams	grams	grams	grams
28 kgs	700	840	1120	1680	2240	2800
29 kgs	725	870	1160	1740	2320	2900
30 kgs	750	900	1200	1800	2400	3000
31 kgs	775	930	1240	1860	2480	3100
32 kgs	800	960	1280	1920	2560	3200
33 kgs	825	990	1320	1980	2640	3300
34 kgs	850	1020	1360	2040	2720	3400
35 kgs	875	1050	1400	2100	2800	3500
36 kgs	900	1080	1440	2160	2880	3600
37 kgs	925	1110	1480	2220	2960	3700
38 kgs	950	1140	1520	2280	3040	3800
39 kgs	975	1170	1560	2340	3120	3900
40 kgs	1000	1200	1600	2400	3200	4000
41 kgs	1025	1230	1640	2460	3280	4100
42 kgs	1050	1260	1680	2520	3360	4200
43 kgs	1075	1290	1720	2580	3440	4300
44 kgs	1100	1320	1760	2640	3520	4400
45 kgs	1125	1350	1800	2700	3600	4500
46 kgs	1150	1380	1840	2760	3680	4600
47 kgs	1175	1410	1880	2820	3760	4700
48 kgs	1200	1440	1920	2880	3840	4800
49 kgs	1225	1470	1960	2940	3920	4900
50 kgs	1250	1500	2000	3000	4000	5000





HIP & ELBOW DYSPLASIA, ARTHRITIS & JOINT PROBLEMS

Hip and Elbow Dysplasia are both common degenerative conditions that occur when your dog's hip or elbow joint does not form properly. Most dogs are born with normal hips, but lifestyle and genetics can also affect development.

Give Your Dog a High Quality Food

Most vets argue that the extra weight on your dog's frame can (over time) lead to stress and pressure on his joints, especially hip joints. A poor diet, lacking in nutrition, can also lead to poor bone and muscle growth and other joint and cartilage abnormalities in puppies and adult dogs.

Consider Dietary Supplements For Your Dog

You should ensure your dog is getting enough vitamins and minerals. Look for foods that have added vitamins and minerals including Glucosamine which is given to both humans and animals alike to reduce joint problems. If you aren't feeding a food that does contain these, then you might want to consider additional supplements, especially as your dog grows into old age.

Speak to your vet about the right supplements for your dog and the proper dosage for each supplement beforehand.

Is Your Dog Overweight?

Please manage your dog's weight responsibly to prevent obesity and avoid putting unnecessary stress on their joints. This is probably the single most important thing you can do for your dog during its life. Over feeding is NOT done by responsible and loving dog owners.

Research has proven that dogs who are kept slim during their puppy and early adult years may have a reduced risk of developing hip and joint issues. Keeping your dog lean and active can help prevent any issues associated with obesity.

Your vet can help you develop a diet for your dog that can help to reduce his weight or help him keep weight off. Some dogs (especially Labradors) are susceptible to overeating, so your vet may be able to offer advice on how to better control your dog's diet.



Do Not Over-exercise Your Puppy

Over-exercising your dog when he is young can lead to bone and joint issues that may lead to the development of hip and elbow dysplasia. Gentle, low impact exercises can be beneficial for puppies, but avoid letting your pup run too much, leap, or jump until they are physically mature. Stairs can also be particularly damaging for young puppies' bone and joint development, so please carry your puppy up and down and place a stairgate at the top and bottom to avoid attempts while you aren't watching. Try to also avoid puppies jumping on and off beds or sofas or in and out of cars as this can be equally stressful on growing joints.

- High impact sports like jumping and leaping can be hard on your puppy's developing joints, so avoid doing these activities with your puppy until he is fully developed.
- Wooden floors can cause puppies to lose grip and slip, which, over time can stress delicate growing joints. Please consider putting down non slip mats while your puppy is growing.
- Keep to the levels of exercise recommended for your puppy at each stage in their life. Exceeding these levels may also put your puppy at risk in later life of hip and elbow dysplasia.

Adult Dogs

Keep your dog active to help them stay physically fit with moderate exercise like running, walking, and swimming. Dogs with large, strong leg muscle mass may be less likely to develop hip dysplasia than dogs with a smaller muscle mass.

Neutering

There is now some scientific research to say that dogs who have not fully developed into adults before being neutered are also at an increased risk of these conditions due to a reduced amount of the hormones required during adolescence to complete proper bone and muscle development. My personal preference would be to leave it until they are fully grown at around 12-24 month of age, but if you need to because you have other dogs then please wait until they are one years old.



KONGS

Stuffing a Kong is one of the best ways to keep your dog busy and out of trouble. Stuffed Kong's are easy to prepare, they last a long time, and they're a great way to keep your puppy entertained.

By stuffing a Kong you're making your puppy work for his food and giving them an opportunity to use some of their natural scavenging abilities and they take time for puppies to get through.

I've also discovered that what I stuff in the Kong doesn't seem to matter much. The fact that it's an interactive toy is what seems to be the real draw.

One quick thing to mention about stuffing a Kong – all those extra calories can add up pretty quick. Always keep in mind how much stuffing you're putting into your puppies Kong. If you're using a high calorie treat you don't need to fill it to the top to keep your puppy busy.

Mix and match some of your puppies' favourite foods, and don't be afraid to improvise with your favourite healthy treats. While mixing peanut butter and carrots together might not sound awesome to you, I bet your puppy will absolutely love it.

If your dog hasn't used a Kong before, start out with some simple stuffing such as kibble or a few small treats. Encourage them to play with the Kong and praise them when they start moving it around to get the treats out.

If your puppy is already an expert at un-stuffing a Kong you can make it more challenging by freezing it. Freezing treats, mixing them with peanut butter, or using larger chunks will make the challenge of getting those treats out last much longer.

STUFFING YOUR KONG

When it comes to stuffing a Kong there's a few key ingredients that make it really simple. The first step is choosing an ingredient that's good for freezing. That will be your base, and then you can choose other items such as kibble to add into the mix.

The bases you can use for Kong stuffing include:

Peanut Butter seems to be the most common Kong stuffing. It tastes great, it's usually already on hand, and it's texture and stickiness makes it a great, long lasting challenge for your dog. (**make sure it doesn't contain xylitol**)

Store Bought Kong Stuffing is a popular item at pet stores. It's available in a wide variety of flavours and comes in an easy to use spray can. (it's basically the Cheez Whiz of the dog world)

Stock/Broth (chicken or beef are popular choices) is a great supplement when stuffing a Kong because you can easily freeze it. What I like to do is dab a bit of peanut butter over the hole in the bottom of the Kong, then place it upside down in a cup and fill with your liquid and freeze it for a couple hours.

Yogurt is another popular choice for stuffing Kongs.



Canned Dog Food can be used as a base when stuffing a Kong.

After you've filled your dog's Kong with something that can be frozen you can add in more ingredients. When starting out with Kong stuffing you can use some common items you've already got on hand:

Kibble is great, especially for dogs that are new to having a Kong. Most kibble is small enough that it will just easily fall out which encourages your dog to keep playing with it for more rewards.

Dog Treats are a popular choice, and as you know they come in many shapes and sizes. Whether you're using your own homemade dog treats or some store bought ones all doggies seem to love some old fashioned treats.

So now that you know the basic staples of stuffing a Kong here's the big list of healthy foods to put in your dog's Kong. This is the big list of healthy foods you can add to your dog's Kong, and if you like you can add some meat for some extra protein. Just watch the fat content — the skin and certain cuts of meat can contain extra calories that can add up quickly.

And remember to use these treats and snacks in moderation, especially when trying new foods with your dog. Some dogs have sensitive stomachs, and the addition of new foods can cause digestive issues.

WHAT TO PUT IN YOUR KONG

Apples (no core, stems, or seeds)

Apple Sauce

Asparagus

Baby Food (natural)

Bananas

Blackberries (will stain – use with caution)

Blueberries (will stain – use with caution)

Broccoli

Brussels Sprouts

Cantaloupe

Carrots

Cauliflower

Celery

Cottage Cheese

Cucumber

Eggs

Flax Seeds

Green Beans

Kale

Oatmeal

Oranges (in moderation)

Peanut Butter

Peas

Pineapple

Pumpkin

Rice (cooked)



Salmon
Spinach
Squash
Steak
Strawberries
Sugar Snap Peas
Sweet Potato
Watermelon (seedless)
Yogurt (plain, lowfat)





LIFE STAGES

When puppies or dogs come into our houses it is our responsibility to establish yourself as the person of authority, trust and a place of safety. You need to show your leadership by the control of resources (food and toys) and instructions on where and when your puppy can sleep, eat and play.

Many people assume that just because we are bigger than them, we automatically achieve leader status. This is not the case. Your dog or puppy needs to learn to obey and respect your commands. Being leader does not mean though, that you need to be aggressive, loud or violent towards your dog. In fact, this is not the case. Being leader does not require punishment or aggression, so relax, take it easy and gently and your puppy will soon begin to see you as the leader of his pack.

The period between 0 and 16 weeks is the most important period in your puppy's life. He will learn more during this short space of time than at any other time in his life. The opportunity for learning is at its greatest and if they are not stimulated during this time the opportunity will be lost forever.

Canine Socialisation (0-8 weeks)

Puppies must stay with the mother and litter mates until at least 8 weeks of age. During this period, your puppy learns about social interaction, play, and inhibiting aggression from its mother and litter mates. As a breeder I regularly handle the puppies to ensure that they view humans in a positive light right from day one. I try and make it a positive experience with lots of cuddles. It is thought that this handling (ENS - Early Neural Stimulation) causes a mild stress reaction which allows puppies to bond better with humans and be healthier. This in the future puts them ahead of their peers and make them easier to train. It is at this time that they learn to mess away from the nest. A puppy that learns this lesson early will find introduction into its new home less complicated and owners will find the first few weeks a lot less stressful too.

Human/Canine Socialisation (8-16 weeks)

Puppies now have the brain waves of an adult dog, but their attention spans are short. This period is when the most rapid learning occurs. Learning at this age is permanent so this is a perfect time to start training, however it must be done gently, in short bursts and without reprimand. Reassurance and repetition partnered with training treats/toys and praise are key.

This is also the time to introduce the puppy to things that will play an important part in his life. Different people, places, animals, vacuum cleaners, washing machines, and unusual sounds, in a positive non-threatening way.

The human socialisation period effectively ends at 12 weeks. It is vitally important to get a minimum of a hundred people interacting with your puppy. I will have started this procedure however; you must make sure you carry it on.



As long as you carry your puppy, you can take it out after the first vaccination. Take it to your local coffee shop or pub and allow people to interact/play or handle your puppy. You must make sure this is always done in a calm, gentle and supervised way. Once your puppy is settled in its environment, invite people of all ages, genders and ethnicities round. The more variety the better.

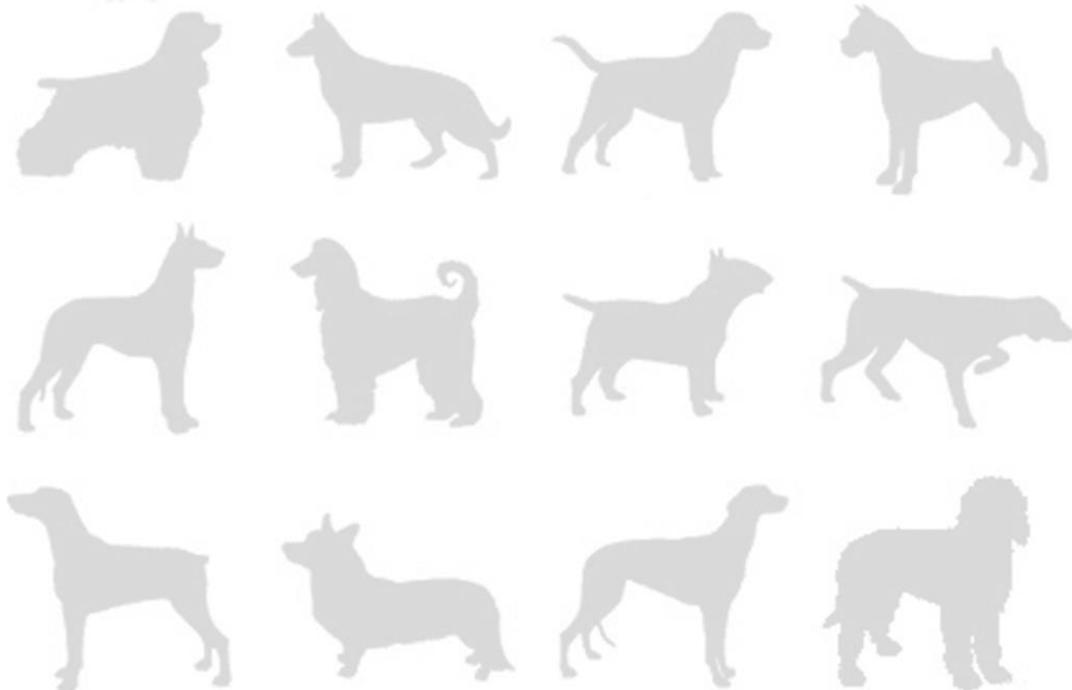
This is also the time to work with any perceived problems, especially aggression. If dogs are showing aggressive behaviour under 16 weeks, then it must be dealt with immediately. The dog's personality and future temperament has formed by around the age of 16 weeks so any problems must be dealt with quickly if it isn't to become a much more difficult problem to solve later in life.

Teething Stage (13 weeks Onwards)

Your puppy will begin to lose his puppy teeth around this time, and he will begin the serious chewing stage! A dog's teeth don't set in his jaw until around about a year depending on breed and size. During this time, the puppy has a physical need to exercise his mouth by chewing.

You must discourage biting by removing the item being chewed and replacing it with an acceptable toy. The swap should take place without any fuss, annoyance, aggression or praise.

Your puppy should have started to learn and understand bite inhibition by this time! It is important that you are strong and consistent, if you lapse for too long, you will end up with a lifelong chewing problem.





FEAR STAGES

5 to 11 Weeks (First Fear Stage)

Just as your puppy is moving from the breeder to its forever home, it will also be in the middle of the first of the fear stages. This first fear stage starts at 5 weeks and peaks between 8 and 11 weeks. Any traumatic, frightening or painful experience will tend to have a more lasting effect on the puppy than if it occurred at any other time in its life.

This is the period that you must handle correctly, or you can give your dog a lasting fear of traffic, vets, cars or other frightening experiences, noises or events.

For instance, should your puppy run off, they can suddenly become frightened if separated from you. DO NOT chase after your puppy as this may well reinforce their fear. Instead lower yourself to their level and calmly call your puppy with a high value treat which is more likely to initiate a positive response.

Some tips for handling fear in your puppy:

Comfort and Cuddles - If you see your dog in distress or scared, your natural reaction may be to comfort him. For instance, you might want to cuddle him or put him on your lap. Unfortunately, while we would do this with children in your dog's eyes, this type of reaction may seem like a reward. They may feel encouraged to continue displaying this type of fearful behaviour. Instead of comforting your dog, you should try to remain as calm and as relaxed as possible. Though you shouldn't reward your dog for engaging in this type of behaviour, you shouldn't punish him either.

Swaddling - There are products (Thundershirts etc) out there that can be used to swaddle your puppies and dogs. With this type of product, you can swaddle your furry friend in much the same way as you would swaddle a newborn baby. This can provide your dog with constant, gentle pressure that they may find comforting.

Pheromones & Hormones – When your puppies are young the dams give off pheromones while their puppies are feeding and produce hormones in their milk. These natural chemicals calm and help to sooth puppies to sleep. These can now be synthetically copied and used to mimic the reaction. are now pheromones can now be copies and product plugged in or given orally to relax a dog/puppy when stressed.

Desensitisation - If your pet fears a certain noise, person or activity, you might be able to help your puppy overcome its fear by desensitising it to the thing in question. This process involves exposing your dog to the noise/person, activity in a controlled, safe and relaxed setting. This process should be undertaken very carefully, as you run the risk of making the problem even worse. If in doubt speak to a qualified animal behaviourist.



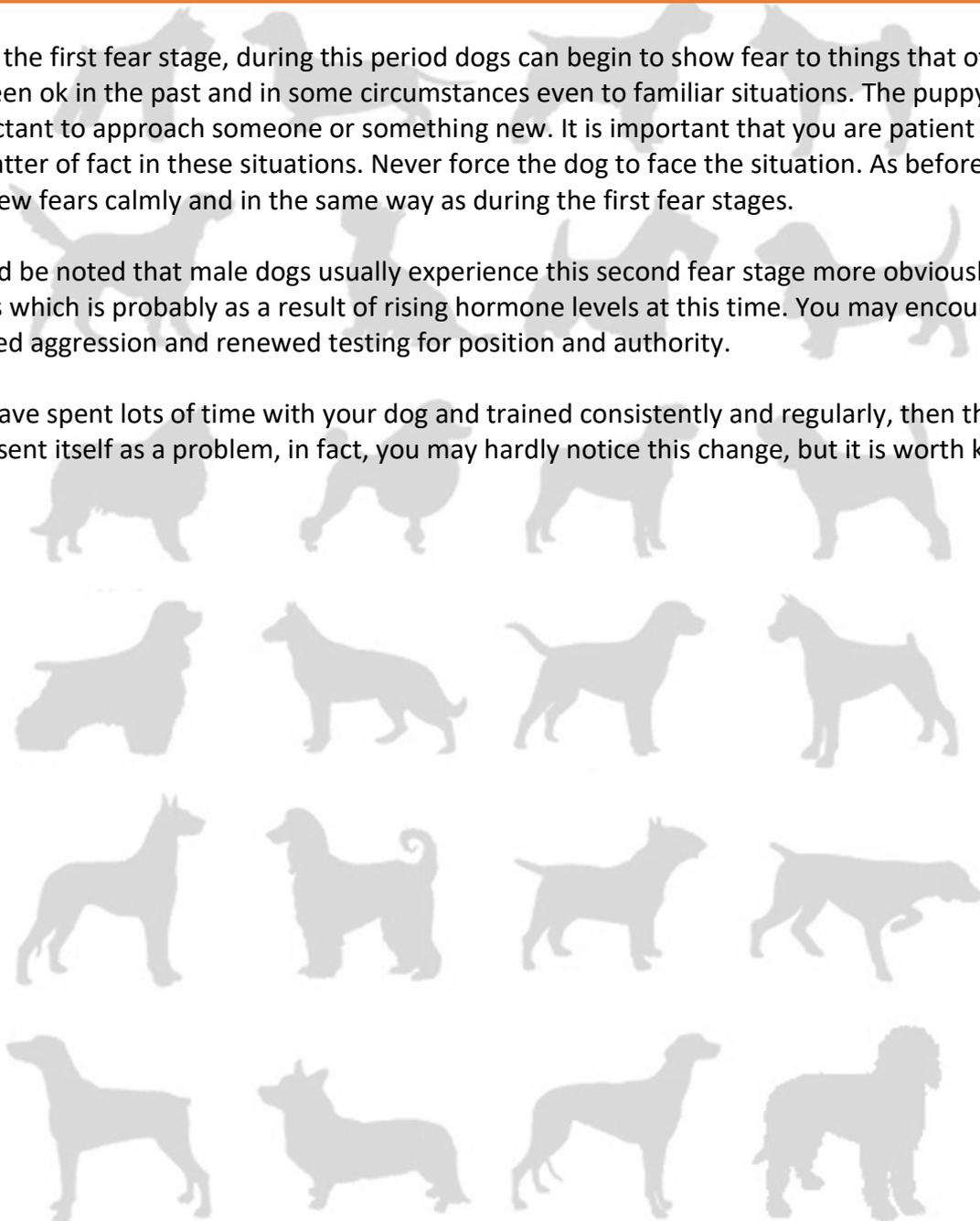
Visit your Vet - Discuss any fear or phobias your dog seems to have with a veterinarian who knows you and your dog. Your vet can rule out a potential medical problem that could be contributing to the fearful reaction and recommend a treatment plan. If you have a pet sitter or board your pet, be sure to communicate their specific needs in case that they become fearful while not with you.

6 to 14 months (Second Fear Stage)

As with the first fear stage, during this period dogs can begin to show fear to things that otherwise have been ok in the past and in some circumstances even to familiar situations. The puppy/dog may be reluctant to approach someone or something new. It is important that you are patient and act very matter of fact in these situations. Never force the dog to face the situation. As before, treat these new fears calmly and in the same way as during the first fear stages.

It should be noted that male dogs usually experience this second fear stage more obviously than females which is probably as a result of rising hormone levels at this time. You may encounter some increased aggression and renewed testing for position and authority.

If you have spent lots of time with your dog and trained consistently and regularly, then this should not present itself as a problem, in fact, you may hardly notice this change, but it is worth keeping in mind.





POISONOUS PLANTS

Common name	Botanical name	Details (if known)
Aconite (roots, foliage, seeds)	<i>Aconitum species</i>	Toxic if eaten, causing nausea and vomiting. May also affect cardiac function – increased heart rate.
African violet (leaves)	<i>Saintpaulia ionantha</i>	
Aloe vera	<i>Aloe vera</i>	Diarrhoea
Amaryllis (bulbs)	<i>Hippeastrum species</i>	Upset stomach, hyperactivity, lethargy, coma, shock. Can be fatal.
Angels' trumpets	<i>Brugmansia species</i>	Toxic if eaten, causing nausea and vomiting.
Angel wings	<i>Caladium species</i>	Upset stomach, oral irritation, asphyxiation, tremors, seizures, loss of balance. Can be fatal.
Apple (seeds)	<i>Malus species</i>	Seeds contain cyanide. Varied toxic effects.
Apricot (kernels)	<i>Prunus armeniaca</i>	Kernels contain cyanide. Can be fatal.
Arborvitae	<i>Thuja species</i>	Harmful if eaten in quantity. May cause a skin allergy.
Arrow grasses (leaves)	<i>Triglochin species</i>	
Asparagus fern	<i>Asparagus setaceus</i>	Contains a wide variety of poisons resulting in a large range of symptoms.
Autumn crocus	<i>Crocus speciosus</i>	Vomiting, nervous excitement. May cause dermatitis.
Avocado (fruit & pith)	<i>Persea americana</i>	Diarrhea, vomiting, laboured breathing. Can be fatal.
Azalea (all parts)	<i>Rhododendron occidentale</i>	Nausea, vomiting, depression, difficulty breathing and coma. Can be fatal if eaten in large enough quantities.
Baby's breath	<i>Gypsophila paniculata</i>	
Barilla (leaves & stems)	<i>Salsola soda</i>	
Bird of paradise (seeds)	<i>Strelitzia reginae</i>	Gastrointestinal tract affected by the plant toxins.
Bittersweet	<i>Celastrus angulatus</i>	Toxic if eaten, causing nausea and vomiting.
Bleeding heart (foliage, roots)	<i>Dicentra formosa</i>	Poisonous in large amounts, contains convulsants. May also cause dermatitis.
Bluebell	<i>Hyacinthoides</i>	Harmful if eaten in quantity.
Box (leaves)	<i>Buxus sempervirens</i>	
Boxwood (leaves, twigs)	<i>Hebe odora</i>	Upset stomach, heart failure, excitability or lethargy. May also cause dermatitis.
Bracken	<i>Pteridium aquilinum</i>	Thiamine deficiency, acute haemorrhagic syndrome, blindness, tumours
Broom	<i>Cytisus species</i>	
Buckeyes (nuts & immature growths)	<i>Aesculus species</i>	Harmful if eaten in quantity.
Burning bush	<i>Kochia scoparia</i>	Toxic if eaten, causing nausea and vomiting. May cause a skin allergy.
Buttercup	<i>Ranunculus species</i>	Juice may severely injure digestive system. May also cause dermatitis.
Caladium	<i>Caladium species</i>	
Calico bush	<i>Kalmia species</i>	Harmful if eaten in quantity.



Calla lily (leaves)	<i>Zantedeschia species</i>	(as above)
Caper Spurge	<i>Euphorbia lathyris</i>	
Cardinal flower	<i>Lobelia cardinalis</i>	
Castor bean (leaves and seeds)	<i>Ricinus communis</i>	May cause dermatitis. A single Rosary Pea or one/two Castor bean seeds can be fatal .
Ceriman	<i>Monstera deliciosa</i>	Causes diarrhea and oral irritation if eaten. May cause dermatitis.
Chenille Plant	<i>Acalypha hispida</i>	
Cherry (kernels)	<i>Prunus species</i>	Kernels contain cyanide.
Cherry laurel	<i>Prunus laurocerasus</i>	Harmful if eaten in quantity.
China Berry	<i>Melia azedarach</i>	
Chinese evergreen	<i>Aglaonema</i>	
Christmas rose (leaves, roots)	<i>Helleborus niger</i>	Harmful if eaten in quantity.
Chrysanthemum (leaves & stems)	<i>Chrysanthemum species</i>	May cause dermatitis.
Cineraria	<i>Senecio species</i>	
Clematis	<i>Clematis armandii</i>	Gastrointestinal tract and nervous system affected by plant toxins. May cause dermatitis.
Cocoa husks or mulch		Similar toxic effects to that of chocolate – hyperactivity, increased heart rate. Can kill if enough is eaten.
Corn cockle (seeds)	<i>Agrostemma species</i>	Harmful if eaten in quantity.
Corn plant	<i>Dracaena species</i>	
Crocus	<i>Anemone species</i>	
Crown vetch	<i>Coronilla varia</i>	
Cuckoo pint	<i>Arum maculatum</i>	Toxic if eaten, causing nausea and vomiting. May cause a skin allergy.
Crowfoot	<i>Anunculus species</i>	
Cycads	<i>Encephalartos species</i>	
Cyclamen	<i>Cyclamen species</i>	Gastrointestinal tract affected. Convulsions and paralysis.
Daffodil (bulbs)	<i>Narcissus species</i>	Nausea, vomiting, diarrhea. May also cause dermatitis. Can be fatal.
Daphne	<i>Daphne species</i>	Gastrointestinal tract and kidneys affected. May cause dermatitis.
Deadly nightshade	<i>Atropa belladonna</i>	Toxic if eaten, causing nausea and vomiting.
<i>Delphinium (seeds, young plants)</i>	<i>Delphinium species</i>	Harmful if eaten in quantity.
Devil's fig	<i>Solanum hispidium</i>	Harmful if eaten in quantity.
Dieffenbachia	<i>Dieffenbachia species</i>	Causes diarrhea and oral irritation if eaten. May cause dermatitis. Tremors, seizures, loss of balance, asphyxiation. Can be fatal.
Dragon tree	<i>Dracaena species</i>	Vomiting and diarrhea.
Dumb cane	<i>Dieffenbachia amaena</i>	Causes diarrhea and oral irritation if eaten. May cause dermatitis. Tremors, seizures, loss of balance, asphyxiation. Can be fatal.
Dwarf morning glory	<i>Convolvulus tricolor</i>	Harmful if eaten in quantity.
Easter lily	<i>Lilium longiflorum</i>	(Especially poisonous to cats).
<i>Echium</i>	<i>Echium species</i>	Harmful if eaten in quantity. May cause a skin allergy.
Elder (leaves, root, bark)	<i>Sambucus species</i>	
Elderberry	<i>Sambucus canadensis</i>	Nausea and vomiting.



Elephant ears	<i>Bergenia species</i>	Intense burning, irritation and swelling of the mouth and throat. If tongue swells enough to block air passage can be fatal .
English ivy (berries & leaves)	<i>Hedera helix</i>	Gastrointestinal tract affected. May cause dermatitis.
European spindle	<i>Euonymus europaeus</i>	Harmful if eaten in quantity.
False hellebore (roots, seeds, leaves)	<i>Veratrum album</i>	Toxic if eaten, causing nausea and vomiting.
Flannel flower	<i>Phyllis plumosa</i>	Harmful if eaten in quantity.
Flax	<i>Linum usitatissimum</i>	Harmful if eaten in quantity.
Foxglove (leaves, seeds)	<i>Digitalis species</i>	Toxic if eaten, causing nausea and vomiting.
Fritillary	<i>Fritillaria species</i>	
Fruit salad plant	<i>Monstera deliciosa</i>	Causes diarrhea and oral irritation if eaten. May cause dermatitis.
<i>Gaultheria</i>	<i>Gaultheria mucronata</i>	Harmful if eaten in quantity.
Geranium	<i>Geranium species</i>	
German ivy	<i>Delairea odorata</i>	Gastrointestinal tract affected. May cause dermatitis.
German primula		Toxic if eaten. May cause skin allergy.
Glory lily	<i>Gloriosa superba</i>	Toxic if eaten, causing nausea and vomiting.
Golden chain (seed capsules)	<i>Laburnum</i>	Toxic if eaten, causing nausea and vomiting.
Granny's bonnets	<i>Aquilegia vulgaris</i>	Harmful if eaten in quantity.
Hellebores	<i>Helleborus species</i>	
Heliotrope	<i>Heliotropum arborescens</i>	
Hemlock	<i>Tsuga species</i>	
Henbane	<i>Hyoscyamus niger</i>	Toxic if eaten, causing nausea and vomiting.
Hibiscus	<i>Hibiscus species</i>	
Holly (berries)	<i>Ilex species</i>	Upset stomach, tremors, seizures, loss of balance.
Horse chestnut (nuts, leaves)	<i>Aesculus hippocastanum</i>	Harmful if eaten in quantity.
Hurricane plant (bulb)	<i>Monstera deliciosa</i>	Varied toxic effects. Causes diarrhea and oral irritation if eaten. May cause dermatitis.
Hyacinth (bulbs)	<i>Hyacinthus orientalis</i>	Harmful if eaten in quantity. May cause a skin allergy.
Hydrangea	<i>Hydrangea species</i>	
Iris (roots)	<i>Iris species</i>	Severe digestive upset. May cause dermatitis.
Ivy (entire plant)	<i>Hedera helix</i>	Harmful if eaten in quantity.
Jack in the pulpit	<i>Arisaema species</i>	Causes burning to the mouth. Can cause hallucinations.
Japanese spindle	<i>Euonymus sieboldianus</i>	Harmful if eaten in quantity.
Japanese yew	<i>Taxus species</i>	
Jessamine (berries & sap)	<i>Cestrum species</i>	Digestive disturbance. Gastrointestinal tract and nervous system affected. Can be fatal .
Jerusalem Cherry (immature growths)	<i>Solanum pseudocapsicum</i>	Gastrointestinal tract affected. May cause dermatitis.
Jimson weed (Thorn Apple)	<i>Datura stramonium</i>	Abnormal thirst, distorted sight, delirium, incoherence, coma. Can be fatal .
Jonquil (bulb)	<i>Narcissus species</i>	



Juniper	<i>Juniperus species</i>	
Kalanchoe	<i>Kalanchoe species</i>	Depression, rapid breathing, teeth grinding, ataxia, paralysis
Kale	<i>Brassica oleracea</i>	Haemolytic anaemia, goitre, possible reduced fertility
Kingcup	<i>Caltha palustris</i>	Harmful if eaten in quantity.
Laburnum (leaves, seeds)	<i>Laburnum anagyroides</i>	Toxic if eaten, causing nausea and vomiting.
Lantana	<i>Lantana camara</i>	Toxic if eaten, causing nausea and vomiting.
Larkspur (young plants & seeds)	<i>Delphinium species</i>	Digestive upset, nervousness, depression. Cardiovascular system affected. May cause dermatitis. Can be fatal.
Laurel	<i>Prunus species</i>	Harmful if eaten in quantity.
Lenton rose	<i>Helleborus orientalis</i>	Harmful if eaten in quantity.
Leopard lily	<i>Belamcanda species</i>	Toxic if eaten, causing nausea and vomiting. May cause a skin allergy.
Leyland cypress	<i>Cupressocyparis leylandii</i>	Harmful if eaten in quantity. May cause a skin allergy.
Lily	<i>Lilium species</i>	Harmful if eaten in quantity.
Lily of the valley (leaves, flowers, roots)	<i>Convallaria species</i>	Toxic if eaten, causing nausea and vomiting.
Lily of the valley bush	<i>Pieris japonica</i>	
Lobelia	<i>Lobelia species</i>	Harmful if eaten in quantity. May cause a skin allergy.
Locust	<i>Robinia species</i>	Nausea and weakness
Lupin (leaves, seeds)	<i>Lupinus species</i>	Harmful if eaten in quantity.
Mallow	<i>Lavatera species</i>	Harmful if eaten in quantity.
Maple Tree	<i>Acer species</i>	
Marijuana	<i>Cannabis sativa</i>	Contains hallucinogens.
Marsh marigold	<i>Caltha palustris</i>	Harmful if eaten in quantity.
May apple (apples, roots, foliage)	<i>Podophyllum peltatum</i>	Severe diarrhea. Nervous system affected.
Meadow rue	<i>Thalistrum delavayi</i>	Harmful if eaten in quantity.
Mezereon	<i>Daphne mezereum</i>	
Milkweed	<i>Ascepias syriaca</i>	Harmful if eaten in quantity. May cause a skin allergy.
Mistletoe (berries)	<i>Phoradendron flavescens</i>	Gastrointestinal tract affected. May cause dermatitis. If eaten by a puppy, a few berries can be fatal.
Monkshood	<i>Aconitum napellus</i>	Digestive upset and nervous excitement. Cardiovascular system affected.
Morning glory (seeds, roots)	<i>Ipomea species</i>	Harmful if eaten in quantity.
Moroccan broom	<i>Cytisus battandieri</i>	Harmful if eaten in quantity.
Mother-in-law's tongue (leaves)	<i>Dieffenbachia amaena</i>	Causes diarrhea and oral irritation if eaten. May cause dermatitis. Tremors, seizures, loss of balance, asphyxiation. Can be fatal.
Mountain laurel	<i>Kalmia latifolia</i>	Harmful if eaten in quantity.
Naked ladies	<i>Colchium species</i>	Toxic if eaten, causing nausea and vomiting.
Narcissus	<i>Narcissus (bulbs)</i>	Nausea, vomiting, diarrhea. May cause dermatitis. Can be fatal.
Needlepoint ivy (berries & leaves)		Gastrointestinal tract affected. May cause dermatitis.
Nerine	<i>Nerine bowdenii</i>	
Nightshades	<i>Solanum species</i>	Intense digestive disturbances. Can be fatal.



Oak tree (foliage & acorns)	<i>Quercus species</i>	Affects kidneys. Symptoms appear after several days.
Oleander	<i>Nerium oleander</i>	Affects the heart, produces severe digestive upset, extremely poisonous. May cause dermatitis. Can be fatal.
Onion	<i>Allium species</i>	Causes anemia. Onions should not be fed to dogs in any form.
Paspalum (seeds)	<i>Paspalum species</i>	Dermatitis
Pasque flower	<i>Pulsatilla vulgaris</i>	Harmful if eaten in quantity.
Peace lily	<i>Spathiphyllum species</i>	Gastrointestinal tract affected. May cause dermatitis.
Peach (stones & leaves)	<i>Prunus persica</i>	Contain cyanide.
Pencil cactus	<i>Opuntia leptocaulis</i>	
Peony (roots)	<i>Paeonia species</i>	
Peruvian lily	<i>Chlidanthus fragans</i>	Harmful if eaten in quantity. May cause a skin allergy.
Philodendron	<i>Philodendron species (leaves)</i>	Causes diarrhea and oral irritation if eaten. May cause dermatitis.
Pineapple broom	<i>Cytisus battandieri</i>	Harmful if eaten in quantity.
Poinsettia (leaves, stems & sap)	<i>Euphorbia pulcherrima</i>	Diarrhea, abdominal cramps, delirium. Sap can cause irritation and if rubbed in eyes, blindness. May also cause dermatitis.
Poison hemlock	<i>Conium maculatum</i>	Nervous system affected. May cause dermatitis. Can be fatal.
Poison ivy (leaves, bark & fruit)	<i>Toxicodendron radicans</i>	Poisonous. Can cause severe blistering dermatitis if they come into contact with skin.
Poison oak (leaves, bark & fruit)	<i>Toxicodendron</i>	May cause dermatitis.
Poison sumac	<i>Toxicodendron vernix</i>	Poisonous. Can cause severe blistering dermatitis if they come into contact with skin.
Pokeroot	<i>Phytolacca americana</i>	Toxic if eaten, causing nausea and vomiting.
Pokeweed	<i>Phytolacca americana</i>	Toxic if eaten, causing nausea and vomiting.
Poppy (unripe seedpod)	<i>Papaver species</i>	Harmful if eaten in quantity.
Potato (green skin & sprouts)	<i>Solanum tuberosum</i>	
Prickly poppy	<i>Argemone mexicana</i>	Harmful if eaten in quantity.
Primrose (leaves)	<i>Primula vulgaris</i>	Upset stomach. May cause dermatitis.
Privet (leaves)	<i>Ligustrum species</i>	Harmful if eaten in quantity.
Ragwort	<i>Senecio species</i>	Causes kidney failure and liver damage which is irreversible. Minute doses fatal , often wrongly diagnosed.
Raisins		Causes kidney failure. Can be fatal.
Rape	<i>Brassica napus</i>	Haemolytic anaemia, blindness, damage to nervous system, digestive disorders, breathing problems
Red-ink plant	<i>Phytolacca americana</i>	Toxic if eaten, causing nausea and vomiting.
Rhododendron	<i>Rhododendron species</i>	Nausea, vomiting, depression, difficulty breathing and coma. Can be fatal.
Rhubarb (leaves)	<i>Rheum species</i>	Large amounts of raw or cooked leaves can cause convulsions and coma. Can be fatal.
Rosebay	<i>Rhododendron aureum</i>	Toxic if eaten, causing nausea and vomiting.
Rose periwinkle	<i>Catharanthus roseus</i>	Harmful if eaten in quantity.



Rue	<i>Ruta graveolens</i>	Toxic if eaten, causing nausea and vomiting. May cause a skin allergy.
Sago palm	<i>Cycas revoluta</i>	Can be fatal
Savin	<i>Juniperus sabina</i>	Harmful if eaten in quantity.
Schefflera	<i>Brassaia actinophylla</i>	Harmful if eaten in quantity. May cause a skin allergy.
Silkweed	<i>Asclepias species</i>	Harmful if eaten in quantity.
Snowdrops	<i>Galanthus species</i>	
Solomon's seal	<i>Polygonatum</i>	Harmful if eaten in quantity.
Spider plant	<i>Chlorophytum species</i>	May cause vomiting and salivation.
Spruce Tree	<i>Picea species</i>	
Spurge	<i>Euphorbia species</i>	Harmful if eaten in quantity. May cause a skin allergy.
Squill	<i>Scilla species</i>	Harmful if eaten in quantity.
Star-of-Bethlehem (bulbs)	<i>Ornithogalum species</i>	Harmful if eaten in quantity.
Starflower	<i>Smilacina stellata</i>	Harmful if eaten in quantity.
St Johns Wort	<i>Hypericum perforatum</i>	Harmful if eaten in quantity.
String of pearls/beads	<i>Senecio rowleyanus or herreianus</i>	
Sweet pea (stem)	<i>Lathyrus odoratus</i>	Harmful if eaten in quantity.
Swiss cheese plant	<i>Monstera deliciosa</i>	Causes diarrhea and oral irritation if eaten. May cause dermatitis.
Taro vine	<i>Monstera deliciosa</i>	Causes diarrhea and oral irritation if eaten. May cause dermatitis.
Tiger lily	<i>Lilium</i>	(Especially poisonous to cats)
Tobacco plant (leaves)	<i>Nicotiana</i>	Harmful if eaten in quantity.
Tobira	<i>Pittosporum tobira</i>	
Tomato plant (green fruit, stem & leaves)	<i>Lycopersicon lycopersicum</i>	
Tulip	<i>Tulipa species</i>	Harmful if eaten in quantity. May cause a skin allergy.
Umbrella plant	<i>Schlefflera species</i>	Toxic if eaten, causing vomiting, diarrhea.
Varnish tree	<i>Toxicodendron vernicifluum</i>	Poisonous. Can cause severe blistering dermatitis if they come into contact with skin.
Walnut (green hull juice)	<i>Juglans nigra</i>	
Water Dropwort (Hemlock)	<i>Oenanthe crocata</i>	Rapid-onset violent convulsions. Can be fatal
Water hemlock	<i>Cicuta maculata</i>	Violent painful convulsions. Can be fatal.
Wax tree	<i>Toxicodendron succedaneum</i>	Poisonous. Can cause severe blistering dermatitis if they come into contact with skin.
Weeping fig	<i>Ficus species</i>	
Wild cherry tree	<i>Prunus avium</i>	Gasping, excitement, prostration. Can be fatal.
Windflower	<i>Anemone species</i>	Harmful if eaten in quantity.
Wisteria (pods, seeds)	<i>Wisteria</i>	Nausea, repeated vomiting, stomach pains, severe diarrhea, dehydration and collapse.
Wolfsbane	<i>Aconitum septentrionale</i>	Toxic if eaten, causing nausea and vomiting.
Woody nightshade		Toxic if eaten, causing nausea and vomiting.
Yarrow	<i>Achillea species</i>	



Yew (berries & foliage)	<i>Taxus species</i>	Dizziness, dry mouth and mydriasis develop within one hour, followed by abdominal cramping, salivation and vomiting. Foliage is more fatal than berries, death can be sudden without warning or symptoms. Can be fatal.
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IMPORTANT INFORMATION

This does not represent a complete list of all poisonous plants and is only intended as a guide. Please contact your veterinary surgeon for advice or treatment immediately if you think your pet has eaten any of the following plants and is showing a bad reaction. Your pet may also have a sensitivity or allergy to a plant that is not on the list, so always be vigilant and seek help if you are worried about your pet's health.





INTRODUCTIONS

Initial interactions between resident dogs and new canines can be unpredictable. For this reason, such introductions should be approached with caution and planning. As with people, first impressions are important and can set the stage of a relationship between pets residing in the same household. There are a variety of possible scenarios that are dependent upon the age, species, temperament, pecking order status, etc. of the animals to be involved in the introduction.

If your current dog or dogs have a history of fighting with other dogs reconsider your choice to take on an additional canine family member. The happiness of your current dog may need to negate your desire to have another pet.

If you are not willing to consider keeping your dog a solo pet it would be wise to speak with an expert in canine behaviour and implement the suggested behaviour modifications with your dog(s) before attempting to add a new member to the current canine or pack already established in your home. Your dog(s) considers your home to be his den. That natural territorial component combined with a history of aggression towards other dogs could set you up for a dangerous situation if these issues are not dealt with proactively.

Introduction Tips

Leave your current dog at home when you go to pick up the new dog/puppy. This is a safer idea for everyone involved. Managing the interaction of two new dogs while you are driving in a car will not be possible and the confined space could make the initial meeting more fractious.

Recruit a helper(s) for the introduction. You should have one person to handle each dog.

If possible, choose a neutral setting for the meeting. If you bring a new dog into your home before it has been introduced to your current dog(s) there could be territorial behaviour that develops into aggression.

Keep the dogs on a lead initially but try to keep a loose lead to reduce tension. Allow interaction between the dogs to progress slowly at its own pace. Even if they ignore each other at first this is better than forcing them into a situation that causes them to become defensive or aggressive.

Keep initial interaction brief. Allow them to touch noses, sniff each other a bit, then separate them and involve them in another activity such as obedience exercise or play for a few minutes and then allow them another short introduction. This fragmentation of initial contact can help to prevent escalations of tension and aggression.

Keep your own voice and attitude and those of the other helper positive and happy. This will help to keep everyone in the situation, humans and dogs alike, calm and productive.



Have treats handy and use them as rewards for good behaviour during the interaction breaks. Do not offer them while the dogs are interacting. Treats may cause a positive situation to turn into a negative one quite quickly.

Observe the body language of all dogs involved. If your new puppy/dog is being introduced to more than one resident dog, it is best to make separate introductions so that pairs or groups of dogs are not ganging up on the newcomer. Inviting, happy body language is a sign that things are going well.

Guarded, defensive body language can mean trouble. If negative body language is observed, separate the dogs and return to distracting them with other activities. Wait a little while and then try again but keep the interaction very brief. The main goal here is to prevent escalation of tensions between the dogs.

Continue with brief interactions until the initial excitement has worn off and greeting behaviours have dissipated. When everyone is behaving in a calm and positive manner it is time to take your dog's home.

What Next?

During the first few weeks after bringing the new dog/puppy home, nurture this blossoming relationship. Make sure you have removed any toys or personal items belonging to your current dog(s) before introducing the newcomer. The idea is to remove any reason for conflict.

Each dog should have a separate area where it is confined for sleeping, meals, time-outs, and when there is no one home to supervise. This can be accomplished by crating the dogs or keeping them in separate rooms.

After a few days/weeks if everyone seems to be getting along well you can start to leave the dogs together without supervision for short periods of time. If all seems well with them you can slowly increase the length of time, until you feel you can trust them for longer periods without mishap. Do not ever leave them unsupervised with food available to them as this can result in friction and aggression. Eventually you may be able to feed them in the same area if you teach them manners for this situation. If food is left in the bowls by any party pick it up and offer it again later.

Ongoing

During these first few weeks it is also a good idea to introduce variables into the interaction periods. Have people come to visit, and other families interact with the dogs during their together time.

If there appears to be any ongoing tension between the dogs keep their periods of interaction or hanging out together brief. Halt any escalations of temperament with a firm, consistent command and then separate them for a short period. When they behave well together praise them equally.

If despite your best effort's tensions between the dog members of your household persist or escalate, contact animal behaviour expert for advice. This help could come from a veterinarian, veterinary technician, dog trainer or animal behaviourist.



In the event that a dog fight should occur you must stop it to prevent further injury. This being said, never, ever, get into the middle of it. Try distracting the dogs with a loud noise, if this does not work you can throw something soft such as a couch pillow, a soft plastic dog dish, or a coat at them, or if outside spray them with hose. Once they are distracted for a moment get a hold of at least one of them and separate them until they are calm. This does not mean they cannot be introduced again but they need to be kept separate for a short time until tensions between them have eased.

If the new inductee is a puppy, some slight variations to the above guidelines may need to be implemented. Puppies are exuberant in their actions and interactions and are not often experienced enough to recognize and consequently respect the warnings of older members of their species. This is a good reason puppies mustn't leave their mothers until eight weeks, as she will teach them species specific manners and the ins and outs of interacting with their own species.

Conclusion

Dogs are communal animals and generally enjoy the company of others of their species. If the initial introduction period is managed in a calm, well planned manner, your new family member will likely bring much joy to all of your human and canine family members.

In rare instances, your dogs may not achieve a relationship in which they can be trusted to stay alone together or even to tolerate each other for more than brief periods. Be willing to accept this possibility and have a plan now that you have committed to this new family member. There are creative ways to live with dogs that cannot get along.



CRATE TRAINING

The main reason for crate training your dog or puppy is to keep them safe at times when you are unable to fully supervise them in your home. There may also be times during their life when they have to go into a vet's kennel, so getting them accustomed as a puppy is much easier than trying to do it later. It also helps with housetraining, because dogs have a natural tendency not to want to soil their den or sleeping area.

Follow these tips to make the crate a positive place your puppy is happy to use for the rest of their life.



Choosing your Crate

Your dog needs a crate large enough to allow them to stand up, turn around and lay down. Some manufacturers make adjustable models, which come with an additional divider that will allow you to resize the crate to fit puppy's dimensions while puppy is growing. One with a divider that will still fit them as an adult, might save you some money.

Bedding

Some puppies prefer their crates soft and comfortable, so use towels, blankets or vet bed to make it warm and inviting. If your puppy chews the bedding, remove it from the crate to prevent accidents and substitute. If your puppy likes flat surfaces, they will move the bedding by themselves.

Toys and Treats

Dogs like to chew, so provide your puppy with some quality toys they can use, such as Nylabone or Kong. Small parts of any dog toy can cause choking or internal obstruction, so check all items periodically and replaced them when they're damaged.

Many dog toys can be filled with treats, which is a useful method to relax your puppy, and enriching their crate time while they try to recover the good stuff inside.



Where to Place Your Puppy's Crate

During training, your puppy should stay near you. Place crate in the room where you spend most of your time, such as the living room or the kitchen. No matter which location you choose, put the crate close to an entrance to allow easy access outdoors when your puppy needs to go outside.

Introduce Your Puppy to the Crate

Place the crate in the corner of the house your puppy has quick access to. Take them close to the new crate as if you were playing and let them explore it if interested. Make sure the door remains open!

To increase your puppy's interest in the crate, you can place some of the following nearby:

- favourite toy

- some treats

- a chew bone

- a filled Kong toy

Start by leaving these items outside the crate and, as they learn that crate=treats, you can encourage puppy inside. Start with the treats close to the door and gradually move towards the centre of the crate.

This first step in dog crate training can take a few days or several weeks, depending on your puppy's personality, so you need to be patient.

Remember though, **NEVER** force your puppy inside the crate.

Repeat this experience until your dog will calmly walk into the crate to get a treat. If your dog isn't interested in food, try tossing a favourite toy in the crate instead. This process may take just a few minutes, or as long as several days.

Feed your Dog in the Crate

After your dog has been introduced to the crate, you can start feeding regular meals near the crate for a while. This will create pleasant associations with the crate and decrease any fear of the crate. Each time you feed puppy, place the dish a little more toward the back of the crate.

Close the Crate Door

Once the puppy is comfortably eating their food while standing in the crate, you can close the door while it's eating.



At first, open the door as soon as they finish their meal, let them out, and praise them. Slowly increase the amount of time spent in the crate after finishing the meal up to 10 minutes if possible. If the puppy begins to whine to be let out, you may have increased the duration of crating too quickly and next time, try leaving them for a shorter period of time. Be sure to release them from the crate when puppy is not whining or barking. If whining or barking results in them being let out of the crate, it's more likely puppy will do it again (and for longer and louder) next time.

Extend time in the crate

After your puppy is eating regular meals in the crate with no sign of fear or anxiety, you can begin to confine them there for short periods while you are home. Give a command to enter such as "crate time." You can encourage them to do so by pointing to the inside of the crate with a titbit of a favourite food in your hand.

After your dog enters the crate, reward them with a treat and close the door. Sit quietly near the crate for 5-10 minutes and then go out of sight into another room for a few minutes. When you return, sit quietly again for a short time, and then release your puppy. Repeat this procedure several times a day. With each repetition, gradually increase the length of time the dog is crated, and the length of time you are out of sight. Once your dog will quietly remain in the crate for about 30 minutes, you can begin leaving them crated when you are gone for short periods, and/or letting them sleep there at night but remember to still let them outside periodically to create good housetraining habits until they are able to "hold it" for extended periods of time.

Leave the Room

Once your puppy has learned to remain calm in the crate with the door closed for 25-30 minutes you can start to try leaving the room. After closing the crate's door, wait for a few minutes and leave the room without fuss. When you first start the process, you can go back and forth into the room several times during the period the puppy is crated. Always leave and return normally without any interaction or fuss.

With time, you can leave your puppy alone for half an hour or more. When you come back to open the crate door, don't be too over enthusiastic. If you encourage your puppy to be

too excited about your return, they'll spend all their time in the crate waiting for you, and this can cause forms of anxiety.

If you are at all worried, you may want to consider investing in a webcam which can be placed to watch the crate, with you able to view from your mobile phone.

Leave the House

Once your puppy has learned to stay in the crate alone, you can start leaving the house. In the beginning, stay out for just a few minutes. You can increase the period of time you're outside over the course of several training sessions.



Don't crate up your puppy immediately before leaving the house. Give them some time to get settled in the crate (between 2 and 5 minutes) before leaving them alone.

Continue to use the crate when you're at home to avoid the association between the crate and your absence.

Crating Your Puppy at Night

If you have done the steps above correctly then this step should be much easier.

Before leaving your puppy inside the crate for the night, make sure they have their favourite toys with them so that they feel comfortable. When it's time to go to bed, ask your puppy to get into the crate, praise and reward them and then close the door.

After this, you may leave them for the night. If your puppy is used to going out during the night, you must continue to wake up and take them outside as usual. Then put them back in the crate and go back to sleep. At no point should any fuss or play interaction take place or this will discourage your puppy from returning to their crate and back to sleep.

Finally

Puppies can only be expected to control their bladder and bowels for a few hours. A puppy who is forced to soil its crate as a result of being crated for too long will be much more difficult to housetrain!

Crate training isn't usually accomplished in just a couple of days and may take several weeks, depending on the temperament of your puppy. Please be patient and don't rush this process or you could be setting yourself up with lifelong confinement issues that are going to be much harder to combat.



HOW TO FIND A GOOD VET

Registered Vets

The organisation responsible for training and registering vets is the Royal College of Veterinary Surgeons (RCVS). Qualified vets will have the initials MRCVS or FRCVS after their name. You can check if your vet is registered on the RCVS website. No one should be allowed to call themselves a vet unless they are a member of this organisation. The RCVS also has a voluntary Practice Standards Scheme which accredits vet practices according to the services and specialties they offer. They are rigorously inspected every four years and may also have spot checks in between. You can tell whether a practice is accredited because it will display the RCVS Accredited Practice logo. You can find your nearest vet practice on the RCVS website.

Personal Recommendation

Recommendations can be a really useful way of finding a vet. If you have friends or colleagues with a pet who live locally, ask some questions and find out what they think. Do consider whether they have the same type of animal as you because different pets have different requirements and going to a specialist equine vet might not be the best choice as a small animal vet.

Distance

It's a good idea to choose a practice close to your home, ideally within a 10-minute drive. Not only is it convenient, but if there is an emergency, it's good to know that you can get your pet to the vet as soon as possible, as quick treatment could save their life.

Also, if you live in a more built up part of the country, do they have a car park or could you end up carrying a heavy sick dog some distance on foot.

Opening Hours

All vets make arrangements for their clients' pets to receive emergency treatment outside normal hours. Sometimes though, this may not actually be at their own practice. So, this is an important question as you may end up being sent a long distance away if you have an emergency. Some emergency vets (particularly the Vets Now group) charge massive amounts to use their out of hours service, so if the vets you choose use this out of hours service it's worth bearing that in mind. If you work long hours you might want to check if the practice is open on weekday evenings or at the weekend.

If your pet needs an overnight stay at the practice, ask whether there'll be a member of staff on site monitoring them continuously.



Bedside Manner

All animal lovers want to know that their pet is in good hands. Do all the staff treat your pet sympathetically and seem genuinely interested? They may need to restrain or muzzle your pet for treatment but there's no excuse for rough handling.

Also think about whether you're being well informed about what's going on and, if you have to give your pet any treatment, if you're given clear information on how to do this.

Price

The prices that veterinary practices charge can vary depending on their location, the facilities they offer and their overheads. Staff will be able to give you typical costs for routine treatments and don't forget to ask exactly what's included when they give you a quote.

When deciding on a vet, ring around and compare the prices for some routine treatments. Perhaps the price of a routine spay, consultation, vaccination, the flea treatment that you are planning on purchasing. Cheap in the veterinary world doesn't necessarily mean poor quality!

If your pet is having surgery, find out whether there will be further charges for post-op check-ups.

Specialist Vets

Most vets carry out a variety of medical and surgical procedures but there may be times when it's better for a specialised vet to take over. If your pet needs an MRI scan or has a complex fracture, or more complicated diagnosis equipment is required, you may be referred onto a specialist.

Extra Services

Some vets provide extra services, like puppy training and obedience classes, which can be really helpful and quite often at a reduced cost when compared to external classes.

Many offer advice and factsheets to help you care for your pet. If you're interested in what other services your local practice provides, give them a ring or see if they've got a website.

Finally

Unlike with humans, you can register with more than one vet at a time. So don't feel you have to settle with just one if there are different vets with different benefits that you feel would be useful to you.



BRINGING HOME YOUR PUPPY

Bringing home your new puppy is a very exciting event for all the family, but the first month at home with your new puppy can be challenging.

The first few hours and days in his new home mark a major life change for your little puppy, and probably for your family as well.

There is no doubt that being separated in an instant from everything he has ever known and cared for, is a potentially stressful experience for a puppy. If you have been able to visit your puppy on a regular basis before collecting him, so much the better and this will help in easing his transition into your home.

Everything he sees, smells and hears, in your home will seem very strange to him at first. Fortunately, most puppies leave their mother and siblings at an age when they will readily accept their new friends and family. What would be a shockingly traumatic experience for a human child, if sensibly managed, will have no lasting effect on your puppy's confidence or happiness. In a few days' time, he will have settled in and accepted your home as his home, and your family as his new family.

If this is your first puppy, you will naturally have some concerns. You'll want to get everything right and taking care of a puppy is a big responsibility. If you are bringing home one of my puppies then be assured that I will be available to ensure the experience of buying a new puppy is as easy for you as it is for your puppy.

First Day Home

When travelling home please remember to ensure that your puppy is suitably secured by way of a harness (strapped into the seatbelt buckle) or a pet carrier or crate which should also be secured. Arriving home with your new puppy is a big event, your puppy's new life is beginning, and everyone will want to meet the new member of the family. But if you have had a long car journey, the first thing your puppy will need is to wee!

Carry him in your arms to the area that you want him to use for toilet purposes and put him down there. If you put him down *before* you get there, he'll probably pee right where he is. As long as you stay there with him, in the place where you want him to pee in the future, he will probably trot about near you and hopefully relieve himself.

Your first steps in potty training have begun.

Puppies vary widely in how often they need to empty their bladder. Some may last an hour or more from day one, whilst others seem to need to go every 15 minutes or so to begin with. This phase doesn't last long, but you need to be 'on your toes' to keep up.



During the course of the day, take the puppy to the toilet area at regular intervals (half hourly at least to begin with). In addition, take him there every time he finishes a meal, every time he wakes from a sleep, and every time he has been playing excitedly for more than a few minutes. In no time at all, he will be able to last longer, and you will be able to gradually stretch out the gaps between 'toilet breaks'.

First Mealtimes

After the a wee in the garden, the next thing your puppy will appreciate after his journey is a small meal. The word 'small' is important. Many puppies are very greedy and will eat astonishing large quantities of food if given the opportunity.

A tiny handful of food can look a bit lost in your big new bowl, but don't be tempted to give in to those pleading puppy eyes, always feed according to the guidelines on the food you are using or the quantity I have suggested.

New puppies are especially prone to upset tummies. The new environment, and the stress of leaving home all add to the risk. You can help reduce that risk by feeding little and often and by sticking to the same food that the puppy was eating with me.

If you want to change to a different diet, do this gradually once the puppy has settled in – don't try and do it in the first couple of weeks.

Don't worry if you haven't got a dog bowl yet. Any clean plate or dish will do, and if your puppy spills his food and eats it off the floor, it doesn't matter. Please note that I recommend stainless steel bowls as these are not permeable and therefore easier to keep clean and free from bacteria.

Meeting the Family

For much of the first day, your puppy will probably be cuddled and admired. If you have young children, you'll need to supervise and make sure your puppy has plenty of time to sleep. At this age your puppies should be sleeping 18-22 hours a day and this period is vital for their healthy growth and development. So please allow your puppy plenty of time for this.

Don't let them carry him off to their rooms, they won't remember to take him outside for a wee, and they won't notice when he is getting overexcited, or is about to poop on the carpet!

If you have an older dog, you'll also need to supervise (and at times separate) them. Some older dogs will play too roughly with a puppy, others will growl and appear to reject the puppy at first. These are normal reactions, but they do indicate that you are going to need to keep a close eye on things for a while. (Please see separate sheet on doggy introductions).

A baby-gate or stairgate is a perfect way to keep a puppy from annoying the resident dog or cat while they adjust to the newcomer.



You'll need to be your puppy's guardian angel during these early days and make sure your new puppy gets plenty of chances to rest and sleep. Don't worry, the novelty will soon wear off, and life will return to normal. But for the next couple of days, your puppy will be the focus of attention. As the day draws to a close, your thoughts will turn to night-time, and getting your puppy to sleep!

First night with puppy

The first night with a new puppy often goes in one of two ways. Either the puppy sleeps like a log and you don't hear a peep out of him until morning. Or he howls the house down.

There are two approaches to choosing where a puppy sleeps for those first few nights. One is to get him used to his permanent sleeping quarters right from the start. The other is to have him next to your bed until he has got over his homesickness (usually three or four days).

The problem with the first approach is that you won't know whether or not you have a 'howler' until you close that door and walk away. And if you keep going back, the howling may well increase.

It's up to you of course (and possibly your neighbours) but the other option is to have the puppy bed/crate in the bedroom for the first week, while it bonds with you and begins to feel secure. Everyone has to use the method that works best for them.

It isn't a good idea to have a dog that isn't house trained sleeping in your bed, even if you intend to do so later. Small puppies fall out of beds and even if they don't hurt themselves, will then pee or poop quietly on your bedroom carpet. Which you won't discover until you step in it next morning.

Unless you are intending to 'paper train' your puppy indoors or allow wees in the crate, you will need to get up in the night and take him outside, for at least the first couple of weeks.

First Week

The first day is about getting a routine of regular toilet breaks going, helping children and other pets meet the puppy and interact with him appropriately, feeding him little and often, and just getting to know who this new furry person is.

Your main objective is to concentrate on making friends with him and he with you. Spend lots of time with your puppy. Make him feel at home. Pay him a lot of attention, fuss and praise him when he wees outside, feed him often, and clear up accidents without comment, as these inevitably will happen (even the house-trained puppy will have accidents in new surroundings as his familiar smells aren't there).

Talk to him when he is sleepy and dozing in your arms. Say his name softly and often as he eats and as you cuddle him. He is very new and hasn't a clue what you want from him. Be patient and calm, and he will be too.



Once he has settled in, there will be plenty of time to think about training, but for now just enjoy his loveliness, and that scrummy new puppy smell. It will be gone all too soon, replaced by a bouncing, boisterous, and joyful friend.

First Month

There will be 'accidents', puddles and poos indoors, possibly on a daily basis to begin with. It helps if you remember that each of these are your fault and not your puppy's. He has no

idea whatsoever what you are trying to achieve, and you are responsible for ensuring he has sufficient visits to his 'toilet area'.

Never punish a puppy for house-training accidents, it is pointless as he has no control and no understanding of what is expected.

What you are doing is establishing good habits, which will last a lifetime.

IF YOU NEED AN ADDITIONAL HELP OR ADVICE PLEASE DROP ME AN E-MAIL OR GIVE ME A QUICK CALL.