



# A LIFETIME OF WELLNESS

CARING FOR YOUR NEW COMPANION



# VACCINATION PROGRAM

Regular physical examinations and vaccinations can help your puppy live a healthy, happy life. You can help protect your puppy from the following common infectious diseases by following your veterinarian's recommended immunization schedule.

**VETERINARIAN'S NAME**

**PHONE NUMBER**

**PET'S NAME**

**BIRTH DATE**

## **DISTEMPER**

A highly contagious, often fatal virus that affects a dog's respiratory, gastrointestinal and nervous systems. The distemper virus generally spreads as an airborne infection, so vaccination is the only effective control.

## **HEPATITIS**

A viral disease that affects the liver and cells lining the blood vessels, causing high fever, edema and hemorrhage. This disease is very serious in puppies and aged dogs.

## **LEPTOSPIROSIS**

An extremely contagious disease that spreads through contact with nasal secretions, urine or saliva of infected animals. Symptoms include fever, vomiting and diarrhea. This disease can cause permanent kidney damage.

## **PARVOVIRUS**

A highly contagious viral infection spread by contact with virus-infected body secretions. This disease strikes quickly, causing damage to the lining of the gastrointestinal tract, and can cause sudden death in some cases.

## **PARAINFLUENZA**

A highly contagious disease that spreads via contact or airborne transmission. This disease attacks the respiratory system.

## **RABIES**

A fatal viral infection of the central nervous system that affects mammals, including humans. Though it is usually transmitted through the bite of an infected animal, it can be spread when the saliva of the rabid animal comes in contact with broken skin. Rabies vaccinations are required in most states.

## **CORONAVIRUS**

A highly contagious viral infection of the gastrointestinal tract. Symptoms include vomiting, diarrhea, high fever and dehydration.

## **BORDETELLA**

A bacterial infection involved in infectious tracheobronchitis (kennel cough) and spread by airborne bacteria. A dog may catch this disease through contact with other dogs at places like kennels and dog shows.

## **LYME DISEASE**

A tick-borne disease that affects both dogs and humans.

Help protect your pet from these diseases with a regular health care program recommended by your veterinarian.



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# A NEW ADVENTURE

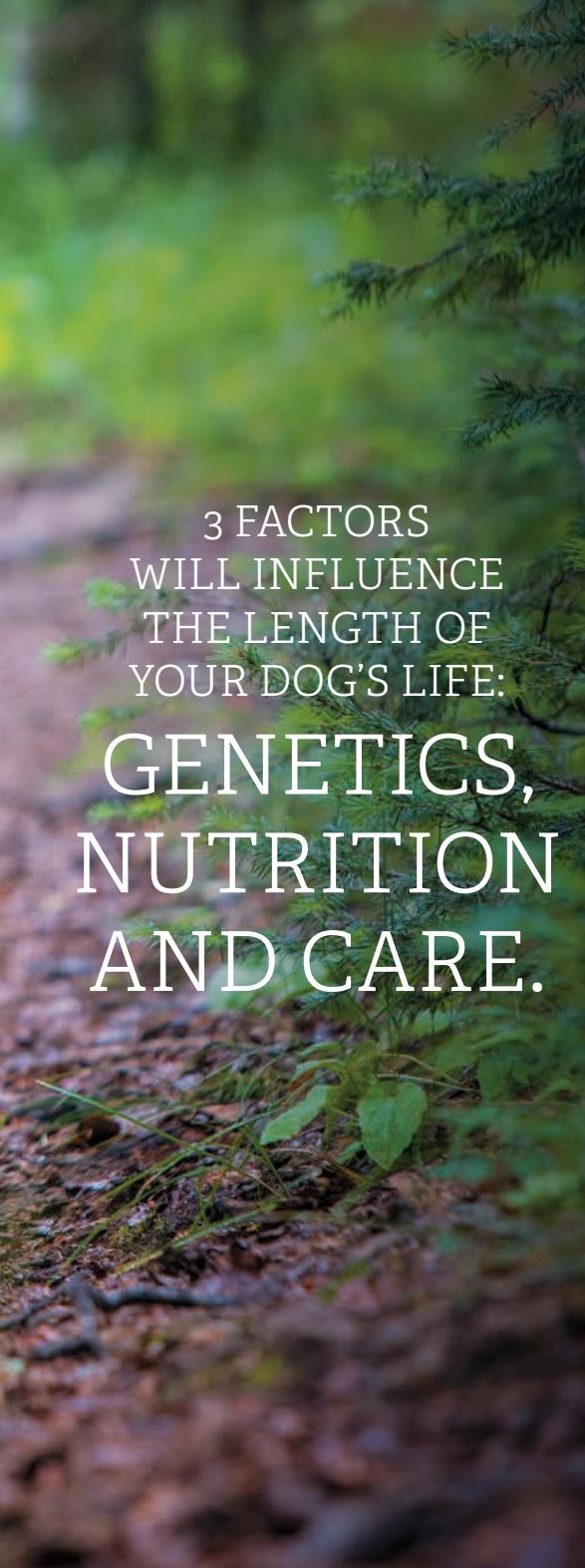
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As the owner of a new dog, you are at the beginning of a great adventure. Get ready for lots of fun, and many opportunities to help shape your new friend's life and health.

Whether your new family member is a rambunctious puppy or an adult dog, this handbook will help you get him off to a healthy start.

This book is not intended as a substitute for professional veterinary medical care, but it should provide you with valuable information about your dog at any life stage. We wish you many wonderful years with your new pet.





# A HEALTHY ADVANTAGE

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3 FACTORS  
WILL INFLUENCE  
THE LENGTH OF  
YOUR DOG'S LIFE:  
**GENETICS,  
NUTRITION  
AND CARE.**

While genetics are determined at conception, you still have a great deal of influence on the quality of your new pet's life in many other ways. Provide him with excellent nutrition, veterinary care and training, and help your dog grow to be a healthy, happy pet and a faithful companion.

Knowing the basic facts about canine behavior and care will help you establish a good relationship with your dog. Take some time to learn about caring for your new dog and how to make your home safe for him. This can help ease the transition for him, and for the rest of your family.

**WELCOME**

# HOME

Puppies are lively, curious, and they teethe. This is what makes them adorable, but it can also lead them into serious trouble unless you take preventive measures. Here are tips on how to make your home a truly welcoming place for your new friend.





# BRINGING YOUR PUPPY OR NEW DOG HOME

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Remember, your new pet looks to you for direction, comfort and protection. Everything is new to him, so he may not be playful and frisky at first. Be patient. Talk to him. Puppies and young dogs may not know people vocabulary, but they soon learn to respond to your voice and commands. Speak to him often and gently, and always treat him kindly.

## Introducing your new dog to:

### NEW HOME

Introduce your dog to his area as soon as you bring him home. Put his toys in his crate and show him the location of his food and water bowls. Your dog will soon know which special little corner of your house is his. Respect his right to be undisturbed while he is resting, sleeping or eating.

### CHILDREN

Many children love puppies and vice versa. But it's important to teach your children about proper animal care. Introduce your puppy or new dog to children gradually, during short, supervised periods of time. Children must learn not to pull a dog's tail or ears, squeeze or poke him, make loud, threatening noises or move toward him too rapidly.

### YOUR BABY

To a dog, a baby is a totally different creature than a child or adult. A baby smells different to him, and doesn't look, move or sound like an adult. So it may take more time for your new pet to adjust to a baby.

Let your dog smell a piece of the baby's clothing or a blanket before he meets the baby. On first meeting, the dog and baby should be kept 10 to 15 feet apart and brought closer very gradually, a foot at a time.

### His safe place

The key to successful use of the crate is to always use it in a positive manner — never as a punishment.

### VISITORS

Introducing your new dog to visitors is an important part of his socialization. It will help lessen his fear of strangers and help make him friendly. Do not let him jump up on people. Give your new dog the command "Sit" and help him into this position. Have a treat ready for his reward and don't allow guests to pet him until he is "sitting." Have him hold this position while being greeted. This will help him learn how to accept greetings and praise calmly.

### OTHER PETS

Introduce your puppy to other pets in the house with care.

#### » TO OLDER DOGS

When an older dog meets a puppy or new dog, it is advisable to have both pets on leashes. Do not leave them alone together until you are sure they are comfortable with one another. A puppy or young adult can be too rambunctious for some older dogs or be easily intimidated by a much larger dog.

#### » TO A CAT

If you are introducing your new dog to a cat, consider putting a wire or mesh gate in a doorway. This lets the two animals get acquainted, while allowing the cat to jump out if she needs to get away from the puppy. Do not allow the dog to chase or bark at the cat; this might cause fear or anxiety.

Whether your other pet is a dog or cat, remember to provide separate time for attention, affection and playtime, so that you meet their needs as well.

# SUPPLIES YOU WILL NEED

You will need some basic supplies for your puppy or new dog.



## TOYS

Safe toys are an important part of your pet equipment. They can help your dog exercise and provide a safe way to satisfy your puppy's need to chew.

Rubber toys that can be filled with treats, nylon chews and hard rubber balls are fun and usually safe.

Also keep your dog away from children's toys made of soft rubber, fur, wool, sponge or polyurethane. Swallowing even a small particle of any of these materials could cause problems with his digestive system.



## GROOMING TOOLS

The proper grooming tools will differ depending on your puppy's hair coat. For short-haired breeds, use a brush with natural bristles, a rubber curry comb or grooming hand mitt. A sturdy wide-tooth metal comb and perhaps a slicker brush are needed for long-haired breeds. Establish your dog's grooming program as soon as possible so he'll get used to being groomed.

## Checklist

- » Collar and leash
- » Crate
- » Chew toys
- » Dog bed
- » ID tag
- » Training collar
- » Food & water bowls
- » Food
- » Grooming supplies
- » Pooper scoopers



## TRAINING COLLAR

Training collars are not necessary for young puppies. Ask your veterinarian for advice on a training collar for your older dog's specific behavioral needs. Be sure to ask about proper application and use.



## FOOD AND WATER BOWLS

These bowls should be easy to clean and heavy enough to not tip over.



**COLLAR AND LEASH**  
Your puppy's first collar and leash should be made of light-weight nylon or leather. For collar size, measure his neck and add two inches. Check his collar frequently to be sure he hasn't outgrown it. When he is older or if you have adopted an adult dog, you will need to buy a webbed-cotton or leather leash with a secure clasp. Six feet is the best length for training and walking.

**IDENTIFICATION TAG**  
An identification tag permanently attached to the collar should give your new dog's name, and your name, address and phone number. Another identification option is available: placing a microchip under your pet's skin. Consult your veterinarian for more information about this method of identification.



### **CRATE**

The crate will become your dog's safe place, and his special place to go to sleep and feel secure. Put it near or in the family hub of activity, so your dog feels like part of the family. This is his home, too, and he should feel comfortable here. The key to successful use of the crate is to always use it in a positive manner — never as a punishment.

### **Toys to avoid**

If your dog can fit a toy in his mouth, the toy is too small and could be unsafe. Avoid sponge toys or items with squeakers, whistles or other attached parts that your dog could swallow. Keep your dog away from children's toys made of soft rubber, fur, wool, sponge or polyurethane. Swallowing any of these materials could cause digestive problems. Don't let your dog play with old shoes or clothes. This makes all your clothing and shoes fair game.



# KEEPING YOUR PUPPY SAFE

Puppies are lively, curious, and they teethe. This can lead them into serious trouble unless you take preventive measures. It's practically impossible to completely puppy-proof your home against accidents, but for your puppy's safety, here are some suggestions:

- » Confine your puppy to a safe area inside and keep doors and windows closed.
- » Keep your puppy off balconies, upper porches and high decks.
- » Securely store hazardous items such as cleaning supplies, paint, mothballs, insect and rodent poisons, and antifreeze.
- » Remove poisonous houseplants or place them in hanging baskets out of your puppy's reach.
- » Keep toilet lids down. Toilet bowl cleansers are harmful if swallowed.
- » Unplug, remove or cover any electrical cords in your puppy's confinement area.
- » Keep small sewing supplies and hardware items, such as buttons, needles, string, nails, aluminum can tabs and other sharp objects, out of your puppy's reach.
- » Keep all plastic bags away from your puppy.

## Common plants poisonous to dogs

- » Amaryllis
- » Azalea
- » Bleeding Heart
- » Caladium
- » Clematis
- » Daffodil
- » Daphne
- » Dieffenbachia
- » English Ivy
- » Foxglove
- » Holly
- » Iris
- » Ivy (most types)
- » Mistletoe
- » Morning Glory
- » Narcissus
- » Oleander
- » Philodendron (all types)
- » Poinsettia
- » Potato
- » Rhododendron
- » Rubber Plant
- » Tobacco
- » Tulip
- » Yew



# FEEDING

**YOUR DOG**

Mealtime is one of the most exciting events in your dog's day. It can also be fun for you, allowing you to provide complete nutrition to help keep your pet healthy and giving you an opportunity to bond with him. But don't let your dog get too much of a good thing — talk with your veterinarian about the right amount to feed, and be sure to measure your dog's food to help him maintain a healthy weight.



# WHY PUPPIES NEED SPECIAL NUTRITION

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Keeping your dog in ideal body condition, and providing 100 percent complete and balanced, high-quality nutrition are keys to helping him live a happy, healthy life.

During his first year, your puppy needs the best possible nutrition to help build strong bones and teeth; promote proper development of body functions; strong muscles; good vision; and a thick, lustrous coat. Your puppy will do best on food that is specially formulated for growth. You can rely on Purina® puppy foods to provide the extra vitamins, minerals, nutrients and calories growing puppies need. And, you can be sure that all of our high-quality foods — from nutrition for puppies to adult dogs to senior dogs — will give your pet a healthy advantage throughout his life.

The caloric requirements of puppies gradually decrease over time and vary by breed or size. Many breeds complete growth and development in approximately one year, but certain large and giant breed puppies, such as St. Bernards, may not mature until they are nearly 2 years old. Consult your veterinarian about what type of nutrition is most appropriate for your breed of dog at any particular life stage.

# WHEN TO SWITCH TO ADULT DOG FOOD

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The general rule is to switch your puppy to an adult dog food when he has finished growing — usually around his first birthday. However, if you have a larger breed, that could be closer to his second birthday. Ask your veterinarian when it's the right time for your dog to transition to an adult dog food.

## FEEDING YOUR ADULT DOG

Proper nutrition plays an important role in all stages of your dog's life. The adult dog has different nutritional needs from those of a growing puppy. It takes less to maintain an adult body than it does a growing body.

## WHEN YOUR DOG HAS SPECIAL DIETARY NEEDS

Maintaining your dog's good health is a big responsibility, one that's best shared with your veterinarian. At your dog's next regularly scheduled checkup, let your veterinarian know of any physical or behavioral changes in your pet. If your veterinarian discovers that your dog has a special condition, he or she may recommend a therapeutic food from the Purina® Pro Plan® Veterinary Diets line. Purina Pro Plan Veterinary Diets uses the power of nutrition to help in the dietary management of dogs and cats with certain health conditions. All Purina Pro Plan Veterinary Diets formulas are based on quality nutrition and a deep commitment to continuous improvement.

## Switching foods

Although you'll want to get started feeding Purina® right away, it's best to transition your dog from his current food over a 7 to 10-day period to avoid digestive upset. Simply feed a little less of the previous food each day and a little more of the new food, until you're feeding Purina exclusively. This is especially important when changing from dry to canned or wet food.



## Staying healthy on the inside

Sometimes a diet change, stress or other factors can cause your dog to experience soft stools or diarrhea. Talk with your veterinarian to see if a probiotic such as Purina® Pro Plan® Veterinary Diets FortiFlora® Canine Probiotic Supplement is right for your pet. FortiFlora contains a probiotic that promotes normal intestinal microflora balance and can help get the GI system back on track. Easily sprinkled on food, it can be fed to puppies and adult dogs.



# WHERE, WHEN AND HOW TO FEED

Check your dog's food package for the recommended amounts for various ages and weights. It's important to know that these recommendations are only guidelines, and the right amount of food will vary with the needs of your individual pet. Ask your veterinarian for guidance on feeding and giving treats so your dog does not become overweight.

For puppies 6 to 8 weeks of age, schedule three feedings a day. Establishing a feeding schedule, along with the proper diet, is important in housetraining your puppy. You may want to moisten your puppy's food with water at first. This makes it easier for puppies, especially smaller breeds. As your puppy gets older, you can gradually reduce the water mixed with his dry food, or you can continue to feed it moistened. Switch to two feedings per day around three to four months of age.

## Water

Make fresh water available to your dog at all times, and clean his food and water dishes daily. Place them away from foot traffic and noise, in a place that is comfortable and easy for him to reach. Do not change the location of the dishes unless it is absolutely necessary. Do not allow people to disturb or startle your dog while he eats.

## What not to feed your dog

- » Bones
- » Table scraps or any people food
- » Chocolate (toxic to dogs)

# CONSISTENCY IS KEY

Unlike people, dogs do not need variety in their diets; they need consistency in the form of 100 percent complete and balanced nutrition. Talk to your veterinarian about when your puppy is ready for adult dog food. Make a choice and stick with it. Changing food frequently can cause intestinal upset and can lead to finicky eating.

## HELP EXTEND YOUR DOG'S HEALTHY YEARS

A groundbreaking, 14-year life span study by Purina\* showed that feeding dogs to an ideal body condition throughout their lives can help extend their healthy years – by 1.8 years for the dogs in the study. And although the dogs in the study generally developed the same chronic conditions as they aged, the need for treatment for these conditions was delayed in the lean-fed dogs.

The Purina Life Span Study reveals the crucial role that maintaining ideal body condition plays in health. But overweight adult dogs can still benefit from losing weight. Another Purina-sponsored study conducted at Texas A&M University showed that when overweight dogs with osteoarthritis returned to optimal weight and body condition, they were able to move more quickly and exert greater force on legs affected by osteoarthritis.\*\* Once again, research has proven that ideal body condition promotes better health in dogs.

\*Kealy RD, Lawler DF, et al. Effects of diet restriction on life span and age-related changes in dogs. JAVMA 2002; 220(9):1315-1320.

\*\*Burkholder, William J.; Taylor, Lathrop. Weight loss to optimal body condition increases ground reactive force in dogs with osteoarthritis. [Published in Compendium 2001;23(9A):74] Donald A. Hulse, College of Veterinary Medicine, Texas A&M University, College Station, TX, USA.

# WHAT'S IN A LABEL?

Pet food labels provide information to help you make a good food selection for your dog.

## GUARANTEED ANALYSIS

The label provides a guaranteed analysis that states the minimum levels of protein and fat, maximum levels of fiber and moisture, and any additional guaranteed nutrients the manufacturer provides.

## INGREDIENTS

The label also shows all ingredients used to make the pet food, listed in descending order of their predominance by weight.

## LIFE STAGES

The label should indicate whether the product provides complete and balanced nutrition for all life stages (including growth, gestation/lactation and adult maintenance) or for a particular life stage, such as adult maintenance.

## FEEDING STUDIES

The label should show if the product has undergone animal feeding studies. If you have questions about your puppy's food that are not answered on the label, check with your veterinarian or contact the manufacturer.

## High standards

Purina® meets or exceeds FDA, USDA, and AAFCO major quality and safety standards.



**KEEPING  
YOUR DOG**

# HEALTHY

Your veterinarian is your best resource when it comes to keeping your dog healthy. Annual checkups will enable your veterinarian to note any changes occurring from year to year, catch any issues early and keep your pet on a healthy track.





# PARTNER WITH A VETERINARIAN

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Regular veterinary visits should begin as soon as you acquire your new dog. In the case of puppies, they do get some immunity from their mothers; however, this immunity begins to decrease soon after they are weaned. Puppies should be vaccinated against canine diseases and checked periodically for worms and other parasites. Your adult dog should also receive regular vaccinations on a timetable determined by your veterinarian. Dogs of all ages should have an annual medical examination.

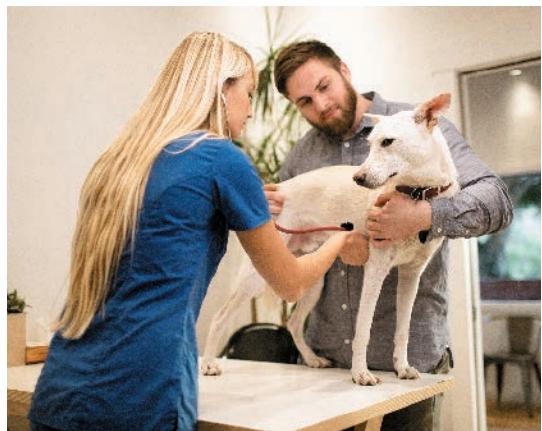
Be sure to bring your dog in for an annual veterinary checkup. This will enable your veterinarian to note any changes occurring from year to year, catch any issues early and keep your pet on a healthy track.

## THE ROUTINE EXAM

During your dog's routine examinations, your veterinarian will listen to his chest for heart and breath sounds; feel his abdomen; check the condition of his coat; and inspect his eyes, ears and mouth.

The routine exam also may include examination of the feces to check for internal parasites, in which case you will be asked to bring a stool sample.

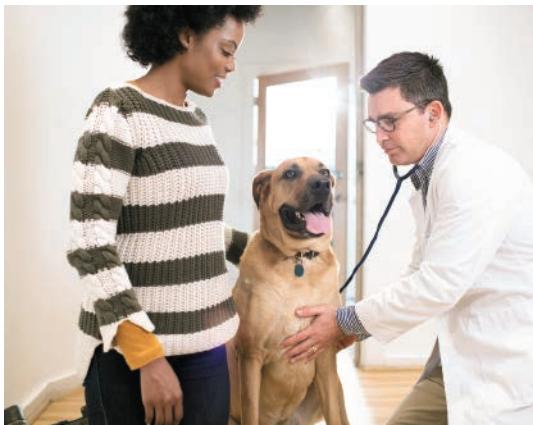
A thorough dental checkup by the veterinarian also should be included in your dog's regular exam.



## VACCINATIONS

Newborn puppies receive disease-fighting antibodies in their mother's milk, but these normally last only six to 16 weeks. After that, vaccinations protect your puppy by stimulating him to produce his own antibodies.

Diseases are easily transmitted between pets. Your veterinarian will recommend a timetable for the vaccinations your dog needs to prevent these diseases. Most vaccinations are given in a series over a period of time, with boosters at regular intervals. Always follow your veterinarian's recommendation and schedule.



**Consult your veterinarian about the best age to neuter your puppy.**

## NEUTERING/ SPAYING

Neutering is a generic term that refers to the sterilization of male or female dogs (also known as "spaying" for females). Unless you have acquired a purebred dog for breeding purposes, neutering is highly recommended when a puppy is 5-6 months of age.

Neutering is a responsible way to prevent the birth of unwanted litters and avoid undesirable behaviors. Many shelters and humane societies require this procedure before the dog can be adopted.

Neutering is the surgical removal of the male dog's testicles. Spaying (female neutering) is the surgical removal of the female dog's uterus and ovaries.

There are many characteristics of a neutered dog that make the procedure a positive choice.

- » Is less concerned with marking his territory with urine (both indoors and outdoors).
- » Has less desire to run away or roam in search of a mate.
- » May be a calmer, gentler pet.
- » Is at lower risk for many female health problems such as breast cancer, pyometra (a life-threatening uterine infection), tumors of the reproductive system, false pregnancies and conditions related to hormonal imbalances.
- » Is at lower risk for prostate problems in males.

# MONITORING YOUR DOG'S HEALTH

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One simple but very important way to care for your new dog is to watch for changes in his appearance or behavior that may indicate illness. To do this, you need to become familiar with the following signs of normal health. You should also be familiar with your pet's usual behavior so you can easily detect signs of illness and injury.

**EYES** should be clear and bright. The whites of the eyes should have no red or yellow discoloration. If there is any discoloration, tearing, cloudiness, heavy discharge or other abnormal conditions, take your dog to the veterinarian immediately.

**EARS** should be clean and free of discharge and odor. Check the ears at least once a week or more often for dogs who are more prone to ear problems (such as long-haired dogs or those with pendulous ears, like Cocker Spaniels).

- » Trim away excess hair that might prevent air from getting into his ears. If the ear canal is red, inflamed, hot, has a foul odor or is sensitive to your touch, consult your veterinarian.
- » Your veterinarian may recommend regular ear cleanings. If so, ask your veterinarian to recommend a cleansing solution and have him or her show you how to clean your dog's ears.

The **MOUTH** should have pink, healthy gums with no redness or swelling. Lips should be free of sores or growths. Teeth should be free of tartar buildup, and there should be no bad breath.

The **NOSE** should be clean, with no discharge or sores.

**BODY AND HAIR COAT** should be free of tumors, lumps, fleas and ticks. Check by running your hands over your dog's coat. A normal coat is thick, shiny and silky — without greasiness, dandruff or bare patches.

**LEGS** should be checked for swollen joints. Inspect feet between the toes for excess hair or objects lodged there. Check the condition of his nails.

The **ANUS** should be free of swelling and intestinal parasites. For instance, tapeworm segments look like particles of rice. Scooting along on the ground might be an attempt to relieve swollen anal glands. If you notice any of these conditions, see your veterinarian.

# SYMPTOMS OF ILLNESS

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Even the best-cared-for dog may become ill or injured, so it's a good idea to be aware of the following symptoms of illness. Often a change in behavior is the first indication. If your dog exhibits these or other unusual symptoms, call your veterinarian.

- » Loss of appetite for more than one day.
- » Diarrhea, constipation or difficulty urinating. Take your dog to the veterinarian immediately if he is unable to urinate or defecate, but continues to try, or if there is blood in the urine or stool. If your dog has diarrhea or blood in his stool, take a stool sample with you when you visit your veterinarian.
- » Take your dog to the veterinarian immediately if vomited material contains blood or other unusual contents or if vomiting persists.
- » Fever is indicated by a dry, hot nose; dull eyes; and a noticeable rise in body heat.
- » Excessive panting or difficulty breathing. Immediate care is required if there is noisy respiration, blue tongue or gasping for breath.
- » Constant scratching or biting may require immediate care, if it is so severe that the dog risks self-mutilation.

- » Biting and other aggressive or unusual behavior by a normally even-tempered dog.
- » Listlessness or hiding.
- » Bad mouth odor.
- » Lump beneath the skin.
- » Dull hair coat.
- » Anything that is unusual for your dog.

For more answers to your pet health questions visit [www.Purina.com](http://www.Purina.com)

## HEARTWORMS

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Transmitted by the bite of a mosquito, heartworms are extremely dangerous and can even be fatal. Unlike intestinal parasites, heartworms live in a dog's heart or near the heart in major blood vessels. Heartworms are difficult to cure, but easy to prevent with medication from your veterinarian. Heartworms are detected by a blood test; ask your veterinarian about heartworm prevention medication and annual screenings to help protect your dog.

# PARASITES

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Parasites are organisms that can live in or on another living thing. Parasite checks must be conducted early and often, since parasites can be transmitted to puppies from their mothers. In both puppies and adult dogs, parasites can come from a number of sources, including ingesting inappropriate materials, coming in contact with other dogs or environmental factors.

If left unchecked, parasites can make life miserable for you and your dog. As with most health problems, prevention of parasites is easier and less expensive than treatment, so be alert for early symptoms.

## EXTERNAL PARASITES

External parasites live on a dog's body. They are diagnosed by physical examination and skin tests. The most common external parasites in dogs are:

- » Fleas
- » Ticks
- » Lice
- » Mange mites
- » Ear mites

## INTERNAL PARASITES

Most internal parasites live in a dog's intestines and are detected by an examination of the animal's stool. Treatment for worms and parasites can begin at 2 weeks of age and be repeated every 2 or 3 weeks as determined by your veterinarian. The most common intestinal parasites in dogs are:

- » Roundworms
- » Hookworms
- » Whipworms
- » Tapeworms
- » Coccidia

## Tips on giving medication

- » Some dogs will take medication if it is hidden in a small amount of food. However, do not mix medication with the dog's diet and just leave it in a bowl. Most dogs can sense when something unwanted has been added to their food and will leave the medicine untouched.
- » To give your dog a pill, wrap one hand over his muzzle and lift his head up with thumb and forefinger on either side of the upper lips. With the other hand, gently but firmly pull down his jaw and place the pill at the very back of his tongue. Close his mouth and hold it shut. Firmly stroke downward along his throat until he swallows.

# TRAINING

## YOUR DOG

Dogs are group-living animals that expect, and are respectful of, a leader in their social set. So, it is important that you assume a leadership role by establishing clear rules and expectations for behavior. By doing so, you help your dog learn his role and place within his new home.



# UNDERSTANDING CANINE BEHAVIOR

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A few simple rules will help make training easier and help your dog learn the rules of the house.

- » Be firm and gentle, but do not punish.
- » Be consistent; all family members should have the dog follow the same rules.
- » Have your dog earn attention and other rewards by being calm and quiet.
- » Follow through with each command, and only give each command once.
- » Never hit or strike your dog for disobeying.
- » Always reward good behavior with plenty of praise, patting or with a small kibble of food.

## PLAYING

Dogs require daily exercise and regular playtimes. Play is important contact between you and your new pet. It helps develop his social skills, provides exercise and strengthens the bond between the two of you. Play also provides a constructive release for your puppy's pent-up energy. Interact with your dog by taking a walk in the park, going for a jog, or playing catch. Provide variety in toys and games to keep things interesting.

## HANDLING YOUR PUPPY OR NEW DOG

Throughout his life, you will need to handle your dog to groom him, trim his nails, check for any problems and perhaps give medication. These will all be easier if you get your puppy used

to being handled on a regular basis. When your puppy is calm, gently run your hands over his feet and body while talking softly to him. Look into his ears and perhaps even open his mouth. Reward him with praise, petting, and tiny food tidbits. If you have adopted an older dog, be sure that you spend quality time with him, petting him and getting him used to being handled.

## BEHAVIOR TRAINING FOR YOUR NEW PUPPY OR DOG

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**Puppies and young adult dogs must be taught the basics.**

- » Be firm and gentle, but do not punish.
- » Teach your new pet to respond to his name and come when he is called. It is vital that you are able to command your dog's attention and summon him immediately if he starts doing something he shouldn't.
- » Use his name often and make "Come!" the first spoken command your dog learns, always followed by praise. In this way, he will learn to associate positive experiences with this command.

# CANINE PROBLEM BEHAVIORS

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- » Always supervise your dog when he is outdoors.
- » While outside, your puppy or dog should be contained in a fenced area or walked on a leash.
- » It's not a good idea to tie your puppy or adult dog outside. No matter how carefully you watch him, there is always the possibility that he could break loose or be bothered and unable to escape.



- » Be consistent
- » Be firm and gentle
- » Never hit or strike
- » Always reward good behavior
- » Follow through with each command

## CHEWING

A puppy's chewing problem is usually due to teething, lack of appropriate outlets for exercise, or stress. Giving a puppy ice cubes can help alleviate sore gums, and plenty of safe chew toys will provide appropriate outlets for chewing.

When you catch your puppy in the act of chewing something off limits, bring this inappropriate behavior to your puppy's attention by saying "No!" or "Ahhh!" and redirecting his attention to chewing a safe toy. Praise him when he chews the toy by saying in a high-pitched, happy voice "Good boy!"

## CRYING AND WHINING

Dogs love human companionship. Although being left alone is sometimes necessary, it can be stressful — especially for a young dog. A puppy may not be sure when you are going to return. Your puppy or young dog needs reassurance and lots of reinforcement.

- » You may want to start teaching him to stay alone by letting him spend short periods of time in his crate while you are at home. Praise him when he is quiet.
- » Try not to make a big production out of leaving or returning, to avoid reinforcing any possible feelings of anxiety.
- » Provide safe toys as a distraction from loneliness. You might also leave a radio playing softly in another room, so that he hears voices and feels secure.

# OUTDOOR HOUSETRAINING

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Along with teaching your puppy or new dog his name, and how to “come” when called, another important lesson is housetraining. Your puppy or new dog should be vaccinated before you begin teaching him to use an outdoor area away from home for eliminating. He also should be free of parasites, since an infested dog may find it difficult to control his bowel movements. Consistency is key when it comes to housetraining.

## CONSISTENT FEEDING

You must be consistent with both food and water and time of feeding. By feeding your dog at the same time each day, you can train his digestive system to become more predictable. He will need to eliminate shortly after each meal (usually within 20 to 30 minutes).

## CONSISTENT SUPERVISION

Your dog may also need to eliminate when he wakes in the morning and after naps, after he finishes playing, after he drinks water, and just before bedtime. Use the same door each time you take your dog outside so he will associate it with going outside to eliminate. He may scratch or sniff the door to alert you that he needs to go out.

## CONSISTENT SPOT FOR ELIMINATION

Take your dog outside to the same spot each time. When he has finished, bring him inside immediately. Do not extend this period into an outdoor play session, or your dog will become confused about the purpose of the visit.

## CONSISTENT “SAFE PLACE”

Be sure to teach your dog immediately that his crate is his safe place, where he sleeps and naps. You can place a few safe, hard rubber or nylon chew toys in the crate, but no food or water. After he is housetrained, you can place a towel or washable bedding on which to lie. Always give your dog an opportunity to eliminate prior to crating him.

## CONSISTENT PRAISE/ ENCOURAGEMENT

Encourage him by using words such as “potty time” or “hurry” so that he will associate these words with relieving himself. Reward him with calm praise; perhaps a piece of kibble, and say “good dog” when he has finished.

# INDOOR HOUSETRAINING

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## CONSISTENT SCHEDULE

The first thing each morning, take your dog from his crate to his elimination spot. Dogs respect their sleeping quarters and will not soil their crate if they are taken out at regular intervals and not made to remain confined longer than they can hold their bladder or bowel.

## CONSISTENT PARAMETERS

During housetraining when your dog is out of his crate, he should not be allowed to have the run of the house unless you are there to watch him. When you are away, leave him in his crate or confine him to one room that can be easily cleaned — kitchen, laundry room or bathroom. Remember that a puppy should not be confined to his crate for long periods, as his bowel and bladder control are not yet fully developed. A rule of thumb: add one to his age in months (for a maximum of 8 hours) to equal the number of hours he can be confined comfortably. For example, a 2-month-old puppy should not be confined for more than 3 hours.

You can also use an alternative indoor housetraining — you may use it long-term, if you live in a high-rise apartment or have difficulty taking your puppy outside regularly or as a back-up method.

- » Use a confined area or an exercise pen, which comes in panels and can be made into any size or shape.
- » Place your puppy's crate at one end of the pen with the door open.
- » Put his food and water dishes next to his crate along with a few safe hard rubber or nylon chew toys.
- » Add puppy pads or dog litter on the other end of the pen as far away from his eating and sleeping area as possible.



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