



Go Home Guide

A Resource for Recommended Products and Training Basics

By Mary Wells

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Welcome to our Doodles of Snohomish family! Getting a new puppy is a big decision and one not to be taken lightly. We appreciate that you chose us to help you find your forever fluffy friend. We have created this book to help you prepare for your new puppy with both supplies you might need and some basic training tips. If you're reading this book digitally, all links are already embedded on each page.

As part of our Doodles of Snohomish family, you are invited to join our private Facebook page. This group can be a great place to connect with other families who are also training a new puppy, as well as to connect with families who already have older Doodles of Snohomish puppies or dogs. You can ask questions, get advice, and even arrange playdates. A link will be emailed to you after puppy pick-up. Another great resource is this document - I hope you find it valuable.

Lastly, we are always available to answer any questions you have by text, phone call or email. We welcome your questions about raising your sweet puppy and love to get updates with fun puppy antics and pictures.

All the best,

Mary & Neal

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Supplies - All links to Amazon are affiliate links; we receive a small commission for qualifying items.

- Collar and Leash (your puppy will come with a starter collar and leash)
 - When puppy outgrows their first collar, we use this [collar](#)
 - For longer walks when your puppy is older, we like this [leash](#)
- [ID tag](#) (can be made at Petco, etc or ordered from Amazon)
- [Stainless steel dishes](#) for feeding (they are easy to clean and last forever)
- [No spill water dish](#)
- Puppy Food
- Puppy treats
 - [Liver treats](#)
 - [Training treats](#)
- [36" dog crate](#) (for puppies that will be 35-45 lbs when full grown)
- [30" dog crate](#) (for puppies that will be 20-35 lbs when full grown)
 - crates are easy to find used on Craigslist, Nextdoor, or by asking on social media. You can choose to get a smaller crate to start and get a larger one later, or start with the large crate and use the divider to make it smaller for your puppy.)
- [Folding metal exercise pen](#) (for outside playtime, rest time at home, and potty training)
- Grooming
 - Shampoo and conditioner made for dogs (do not use human shampoo on your puppy). We've been using [Nature's Specialty](#) on your puppies; it's concentrated, so you'll need to dilute it.
 - [Brush & Steel comb](#) (this helps find and remove any mats that develop)
 - [Cowboy Magic](#) or cornstarch for breaking up mats that develop
 - Ear cleansing solution (consult with your vet on brand and how to clean)
 - Nail cutter & [styptic powder](#) (for bleeding if you accidentally cut nails too short)
 - [Pet blow dryer](#) (powerful high velocity dryer for when we wash our dogs at home)
 - [Happy Hoodie](#) (covers ears for those that are sensitive to the noise of the dryer)
- [House training bells](#)
- [Clicker](#) (for training)
- Puppy Toys
 - Anything made by Kong (the [heavy rubber toys](#) can be filled with treats and frozen and then left with your puppy when you are not home, any other toys with rope/fabric should be played with while supervised)
 - Fun squeaky toys
 - Tennis balls or [Chuck It Balls](#) (nothing smaller or harder than tennis balls)
 - Stuffed toys (nothing with eyes that can be chewed off and swallowed; always throw away all toys that become shredded and that stuffing comes out of)

Food

We are currently feeding your puppy [Diamond Naturals puppy food](#). There are lots of puppy food options, so you should definitely choose a food that you are comfortable with. Diamond Naturals is a great option that can be shipped directly to your home through Chewy. Please keep them on this for at least a month until your new puppy adjusts to their new life at home with you; stress causes tummy issues resulting in loose stools. If you choose to move to a different food, start with $\frac{3}{4}$ cup Diamond Naturals food and $\frac{1}{4}$ of the new food for 3 or 4 days, then 50/50 for another 3 or 4 days, then $\frac{1}{4}$ Diamond Naturals food and the rest of the new food until the transition is complete.

Your puppy will be eating puppy food for the first year of life. Make sure to check the bag for feeding amounts. For the first month, you will feed your puppy 2-3 times a day, so divide the total amount of food per day into 2 or 3 feedings. You can transition to feeding your puppy just twice a day once they're about 6 months old. If your puppy seems to have trouble adjusting to eating at home, you can add a bit of canned food to the dry or you can use some water to make the dry food softer. There are two schools of thought on feeding dogs. Some people prefer free-feeding their dogs and some feed on a strict schedule. It depends on your preference and the temperament of your puppy. *The important thing is to make sure your puppy isn't eating too much or too little. Too much can cause diarrhea, puppies that eat too much and gain weight too quickly are more susceptible to hip dysplasia and stomach issues.*

If you want to adhere to a strict schedule, when you feed your puppy, put the food down and leave it down for 15 minutes. After 15 minutes, remove the food bowl and any uneaten food. This will teach your puppy to focus on eating at mealtimes. Always keep a bowl of water available for your puppy.

Supplements

We use [Zesty Paws Multivitamins](#) for our dogs, it contains glucosamine chondroitin for joint support with probiotics for gut & immune health and omega fish oil with antioxidants and vitamins for skin & heart health.

Potty Training

This can be a very intimidating process, but with consistency, positive reinforcement, watchfulness and timing, potty training can be a successful process.

At 8-10 weeks old, puppies will usually go to the bathroom just a few minutes after eating/drinking. When you notice your puppy losing interest in their food, put a leash on your puppy and take him/her outside to a designated potty spot. Say GO POTTY (or whatever word cues you've chosen) and walk your puppy around a bit and praise him/her when they go potty, saying GOOD PUPPY (or whatever word cue you've chosen). Do not let the puppy off the leash or let them play until they have gone potty. Your puppy has been trained using pee pads and alfalfa pellets (we get ours from Tractor Supply, our local feed supply store). You may find it helpful to use one of these in your designated outdoor potty area. You can also use the clicker or a word marker (Baxter and Bella trains using the word "YES" in an excited, happy voice) during training. As soon as the puppy *starts* going potty, click the clicker and say "GOOD PUPPY" (or whatever word cue you've chosen). If your puppy is having a difficult time with potty training, you may want to offer water to your puppy every 30-60 minutes during the day instead of leaving it accessible at all times. This will allow you to better monitor your puppy's need to go potty.

When inside, always monitor your puppy. Make sure you can see him/her at all times and watch for these signs that they have to go potty:

- Circling
- Sniffing
- Trying to sneak off and hide
- Squatting

If you see any of these things happening, pick your puppy up immediately and take them outside to their potty spot and say "GO POTTY" and praise pup as they're going.

If you are busy and cannot watch your puppy, put him/her in the crate. Puppies do not want to potty where they sleep. Or, you can put your puppy on a leash while you are working/in the house. When you feel the leash move, you can check on your puppy to see if they are exhibiting any signs of needing to go potty. Make sure to carry your puppy outside when they have to go. Timing is everything.

If your puppy has an accident, clean it up (blot it and spray with 50/50 water and vinegar solution), but don't yell at or punish your puppy. If you catch your puppy in the act, say "NO" in a firm voice and take them out immediately. Always praise your puppy when they go potty outside.

Puppies that are 8-10 weeks old will need to go out about every 30 minutes to establish the habit of going potty outside. As your puppy ages, you can gradually stretch the time to an hour between outside potty trips until finally your puppy will let you know when he needs to go out. There are several apps (both free and paid) to help you monitor your puppy during potty training. You may find one helpful. We have used the app **Puddle and Pile** with great success. It can take up to 8 weeks after your puppy comes home for them to be successfully potty trained. Stay consistent and use lots of positive reinforcement during the training process.

Bell Training

If you are using [potty bells](#), hang them near the door your puppy will use when you take them out to go potty. As you are taking your puppy outside, ring the bell (using your puppy's nose or paw), praise them, and take them outside to their potty spot. If your puppy starts to chew on the bells or rings them just to go outside, be consistent and take them outside to their potty spot, even if you know they are just playing. They need to learn that ringing the bell will always mean that they need to go outside to potty. Check out this [website](#) to learn more about bell training.

Crate Training

The crate can be a very helpful tool when your puppy is young and throughout their life. We have introduced your puppy to several kinds of crates. Our goal has been to make the crate an interesting and safe or fun place to be. You will need to do the majority of the actual crate training once your puppy is home with you. To start, line the crate with a pad or blanket. Cover the crate with a towel or blanket so your puppy can't see out. You can crate your puppy when you can't watch them (when you are home or when you leave the house for short periods of time) or for naps and at night. In a happy, excited voice, tell your puppy "GO TO YOUR CRATE" (or whatever word cue you choose) and praise them when they go in. You can put safe toys (rubber kong, ball) in the crate with your puppy but never stuffed toys or other toys that can be torn apart over time and eaten. Never use the crate as punishment. However, if your puppy gets overstimulated, you can put them in the crate for a rest period and to calm down. You should try putting your puppy in the crate a few times during the day when they first come home and before you put them in for bedtime. This will help familiarize them with their crate and help you differentiate between whimpering/crying to get out or to go potty.

At 8-10 weeks, your puppy should be able to sleep about 7 hours in their crate, but might wake up once in the night to go potty. (Make sure not to offer food or water after 8pm.) I suggest placing the crate near your bed. Cover the crate with a blanket or towel to signal to your puppy that it is time to sleep. We have been playing calming music for the puppies at night, so that might be helpful too. *If you hear your puppy whimper in their crate, CARRY them out to potty IMMEDIATELY.* If he/she is just barking and crying to get out, ignore them or say "NO BARK" in a firm, low tone.

Sample Schedule

*This schedule is just an example. Your puppy has been fed 3 times a day.

PUPPY CRATE TRAINING SCHEDULE

by www.dog-training-excellence.com

- Wake up and immediately take puppy outside for potty → 15 minutes
- Stay outside and play with your puppy or let explore → 15-20 minutes
- Feeding time (food and water) + digestion time → 30 minutes
(inside the crate or supervised all the time)
- Take puppy outside for potty → 15 minutes
- Stay outside or come inside and play with your puppy → 10-20 minutes
(Fetch, tug, chase, etc.)
- Back inside the crate for rest and/or chew time → 1-2 hours
(provide stuffed Kong and chew toys).

SCHEDULE EXAMPLE

MORNING	AFTERNOON	EVENING
7:00 Out for potty	2:30 Out for potty	9:30 Out for potty
7:15 Play-time	2:45 Play-time	9:45 Play-time
7:30 Feeding	3:00 Feeding	10:00 Feeding
8:00 Out for potty	3:30 Out for potty	10:30 Out for potty
8:15 Play-time	3:45 Play-time	10:45 Play-time
9:00 Inside the crate	4:00 Inside the crate	11:00 Inside the crate for the night
11:00 Out for potty	6:00 Out for potty	
11:15 Play-time	6:15 Play-time	
11:30 Feeding	6:30 Feeding	
12:00 Out for potty	7:00 Out for potty	
12:15 Play-time	7:15 Play-time	
12:30 Inside the crate	7:30 Inside the crate	

Exercise

Doodles under a year old should not participate in prolonged exercise like long walks or running and should not walk/run in dry or deep sand. This can be a leading factor in the development of hip dysplasia or other orthopedic issues. Puppies should be allowed to exercise freely - running, jumping, galloping, and flopping down. Puppies that are less than 4 months old can go on walks once a day for up to 20 minutes. These should be informal walks around your yard. A general rule of thumb is 5 minutes of exercise for every month of their age, once or twice a day. From 6-8 months, an hour long walk or jogging (not on pavement or dry/deep sand) a couple times a week with breaks as needed is acceptable; increase the distance gradually. From 8-12 months, a full hour-long walk is acceptable and jogging time can be increased gradually.

At home, always be careful of stairs. Your puppy should only go up or down one or two stairs at a time. More than that and your puppy should be carried. Also beware of slippery floors and falling hazards. Never keep your puppy behind a gate that encourages them to stand on their hind legs for any length of time. All of these dangers could affect your puppy's health and joint development for the rest of their life.

Biting/Teething

Your puppy has been affectionately called a "land shark" for the last few weeks. They love to bite and chew on anything and everything. This is perfectly normal during the teething process. To help with teething, you can take an old sock, put ice cubes inside it and tie it off at intervals. Keep it in the freezer and offer it to your puppy to chew on instead of chewing on you. NEVER leave your puppy alone with the sock as they can chew off pieces of the sock and swallow them which can be very dangerous.

If the puppy chews something they shouldn't, say "NO" in a firm, low voice and then offer an acceptable item to chew on. You can also hold their mouth closed (just for a second) while you say "NO BITE" when they bites you. Praise your puppy when they chew on an acceptable toy. Never offer your puppy old socks, shoes, etc. (except for the freezer sock). Your puppy cannot differentiate between an old item and your favorite pair of shoes. Check the supply list for chew toy ideas. Filling a kong or empty milk/juice bottle (no lid) with treats can also be entertaining for a puppy. Make sure to take away the bottle if it gets chewed into pieces that could be ingested.

Obedience Training

Your puppy has been taught to sit for attention. We have used the marker “YES,” said in a high/excited voice, followed by treats, as reinforcement. You can also use a clicker to continue this process. We use only small amounts of treats (little bite-sized bits broken from larger treats) to reinforce our training. The key to puppy training is consistency and praise.

When the puppy is doing an undesirable behavior (i.e. chewing on something they shouldn't) it can be helpful to have a sound you make to correct them. A high pitched “AH AH” (sort of like the sound a dolphin makes) can get their attention and get them to stop what they are doing. As soon as they stop, give verbal praise. If you are consistent with this, it can be a great way to correct your dog even when you are far away from them.

The best thing you can do for your puppy is to enroll in obedience classes or follow online classes. With our personal puppies, I have enrolled in [Baxter and Bella Online Puppy School](#). This program offers online classes, office hours, and live coaching. There are even sections to read before you bring your puppy home including how to start training and how to prepare your house for your puppy's arrival. There are also a number of free resources available on the website. If you are considering signing up for this great resource, I encourage you to do so today so you can start preparing for your puppy's arrival. **Make sure to use our discount code: SNOHOMISH25 when you sign up to save 25%.**

Grooming

Doodle coats require consistent grooming to stay mat-free. You need to use a slicker brush and steel comb every day to brush your puppy. Their puppy coats are quite easy to brush, but as the adult coat grows in (around 4 to 6 months) it can become more challenging. It's important to get your puppy used to having their hair brushed, nails cut, and ears cleaned. Check out this video which shows how to properly [line brush](#) your doodle. This will keep your dog's coat smooth and mat-free.

Wait until your puppy has had all of their shots before seeing a professional groomer. You can bathe your puppy as needed using any dog shampoo you prefer. We have been bathing the puppies at least once a week since 4 weeks old. Some love the bath, some hate it, but all will tolerate it. We bathe them in the sink that has been lined with an old towel. You can wet your puppy's coat fully up to their neck, but only use a damp washcloth to clean the head and face. Dry your puppy with a clean, dry towel and blow dry them on a low heat setting.

We groom our dogs every couple months. We have their coats cut quite short. Their curly hair is easier to maintain and doesn't mat when it is short. After your puppy has had all of their shots, you can take them for their first grooming appointment. Most professional groomers offer puppy appointments which include a bath and trimming of the face, feet, and fanny.

Pet Insurance

Your puppy will come home with 30 days of free pet insurance from Trupanion. You will receive an email with more details about how to activate this insurance about a week before your puppy comes home. You will have the option to continue the Trupanion insurance after 30 days or stop the coverage. Here are some other pet insurance companies that have been recommended:

- Fetch
- Petsbest
- Lemonade
- Compare different pet insurance companies [here](#)