



### **Congratulations on your new puppy!**

We are excited to be part of your pet's life and look forward to working with you to help him/her grow into a healthy and well-behaved family member! We hope that the following information will help start your puppy's life on the right foot.

1. Vaccination and wellness schedule
2. Which vaccines are important for my puppy and why?
3. Heartworm, intestinal parasites, flea, and tick prevention
4. Spaying / neutering your puppy
5. Microchips
6. Local Laws
7. Car Safety
8. Common Health Concerns
  - a. Dental disease
  - b. Weight management
  - c. Toxic human foods, meds, and plants
  - d. Parasites
9. How to prevent / address common behavior problems
  - a. House training
  - b. Socialization
  - c. Chewing/Teething behavior
  - d. Teaching appropriate play
  - e. Excessive barking
  - f. Crate training
  - g. How should (or shouldn't) children interact with dogs?
  - h. How can I tell if my dog is afraid?

If you have any questions or concerns regarding your puppy's health or behavior, please do not hesitate to give us a call.

**Barkfield Animal Hospital**  
**Phone: (678) 208-2275**

### **Baseline Canine Vaccination and Wellness Treatment Schedule**

- Puppies need vaccines every 3 weeks until they are at least 16 weeks old
- Puppies are born with a baseline of immunity, called maternal antibodies. These help to protect the pups from disease during their earliest days. However, maternal antibodies interfere with the

puppy's immune system's response to vaccines. As puppies age, the maternal antibodies dissipate. We give puppies a series of vaccines, each approximately 3 weeks apart, to ensure their own immune system is stimulated and able to protect itself.

**6-8 weeks      Wellness Examination**

First DAP2 vaccine  
Intestinal parasite examination and treatment  
Heartworm preventative treatment (monthly)

**9-11 weeks      Wellness Examination**

Second DAP2 vaccine  
Bordetella vaccine  
Lifestyle Disease Risk Assessment +/- First Influenza vaccine  
Intestinal parasite examination and treatment  
Heartworm preventative treatment (monthly)

**12-14 weeks      Wellness Examination**

Third DA2P vaccine  
+/- Second Influenza Vaccine  
Lifestyle Disease Risk Assessment +/- First Leptospirosis vaccine  
Intestinal parasite examination +/- treatment  
Heartworm preventative treatment (monthly)

**15-17 weeks      Wellness Examination**

Fourth DA2P vaccine  
+/- Second leptospirosis vaccine  
Rabies vaccine  
Intestinal parasite examination +/- treatment  
Heartworm preventative treatment (monthly)

**6-8 months      Spay/Neuter (timing based on breed)**

Microchip at time of surgery  
Heartworm prevention (monthly)

**1-6 years      Annual Examination**

DA2PP - protective for 1-3 years      Intestinal parasite exam

Rabies - protective for 1-3 years	Heartworm Test
+/- Bordetella - protective for 1 year	Annual Junior Bloodwork
+/- Leptospirosis - protective for 1 year	
Intestinal parasite exam +/- treatment	
Heartworm preventative (monthly or annual ProHeart12 injection)	

7+ years

**Annual Examination**

Annual Senior Bloodwork

DA2PP - protective for 3 years

Rabies - protective for 3 years

+/- Bordetella - protective for 1 year

+/- Leptospirosis - protective for 1 year

Intestinal parasite exam

Heartworm prevention (monthly or annual ProHeart 12 injection)

**Semi-annual Examination**

Intestinal parasite exam

Heartworm Test

Which vaccinations are important for my dog and why?

- Distemper / Parvovirus / Adenovirus / Parainfluenza Combination Vaccine
  - Every dog should receive this vaccination as a puppy and adult dog
  - **Distemper** is a severe viral disease that affect the respiratory, gastrointestinal, and neurologic systems, leading to signs such as high fever, coughing, sneezing, vomiting, seizures, and possibly death.
  - **Parvovirus** is a common virus which attacks that intestinal cells, leading to severe bloody diarrhea, vomiting and dehydration. This potentially fatal disease is very contagious and can survive in the environment for 2 years, so every dog should be protected prior to visiting dog parks or interacting with other dogs.
  - **Adenovirus** is the causative agent of hepatitis, a type of liver infection.
  - **Parainfluenza** is a highly contagious respiratory virus and is one of the most common pathogens of infectious tracheobronchitis, also known as canine cough.
- **Bordetella** Vaccination
  - This bacteria is one of the causative agents of infectious tracheobronchitis or kennel cough, this is a highly contagious respiratory bacteria. The vaccination is especially important for those dogs who are boarded, groomed regularly, go to dog parks, or interact with other dogs on a routine basis.
- **Leptospirosis** Vaccination
  - This is a bacterial disease transmitted in the urine of wildlife. Dogs are most likely to be exposed if they hike, play, or swim in areas with puddles/pools of water, however, it is being found more and more in urban areas.

- This disease is zoonotic, meaning your dog can transmit the bacteria to you or your family. Leptospirosis can cause kidney or liver failure if contracted.
- **Rabies** Vaccination
  - Rabies is the only federally-mandated vaccination. There is no test or treatment for rabies; if contracted it leads to severe neurologic signs and is 100% fatal.
- **Influenza** Vaccination
  - Canine Influenza (flu) is a highly contagious virus that causes respiratory tract infections, which may be severe. The most common signs are coughing, nasal discharge, fever, decreased appetite, and lethargy.
  - This vaccine is recommended for all dogs who visit dog parks, daycare, boarding facilities, or interact with other dogs regularly.

## Dental Health

Puppies lose their puppy teeth around 4 through 8 months of age, as their adult teeth grow in. This process can be painful in dogs, just as it is in people. Providing your puppy with firm rubber chew toys can help to ease this pain (and will reduce chewing on inappropriate objects). As the adult teeth grow in, it will be important to develop good dental hygiene habits. Over 85% of dogs will have significant dental disease by age 3. The best way to keep your puppy's teeth healthy and delay the need for an anesthetized dental cleaning is through regular (daily) at-home brushing (with a dog-specific tooth paste), water additives (such as Healthy Mouth and C.E.T. additives), and dental



# Brushing in 4 easy steps

## Step 1: Get comfortable.

- Set expectations that getting used to brushing might take several sessions, so reward your pet through the training process and remember to keep it positive and be patient.
- Practice lifting their lip to see their teeth and reward with praise.



## Step 2: Try toothpaste.

- You can wrap your index finger in gauze or use a finger toothbrush.
- After your dog is comfortable, lift his lip and gently rub the pet toothpaste over his teeth and gums.



## Step 3: Toothbrush time.

- Introduce the toothbrush provided by your veterinarian.
- If desired, place a small amount of pet toothpaste on the brush and gently start brushing.



## Step 4: Brushing success.

- Brush teeth and gums gently and finish with the bottom front teeth.
- Focus on the outside of the teeth — the surface facing the cheek is most prone to plaque and tartar buildup.
- When finished, offer him praise and plenty of love. Let your dog know what a great pet he is and make brushing a positive experience.



If you have any questions, ask your vet to show you how. Visit [PetDental.ca](http://PetDental.ca) For more helpful pet dental health tips.

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food/chews (such as T/D and CET Chews).

## Heartworm, Intestinal Parasite, Flea, and Tick Prevention

Even if your puppy will be an indoor dog, it is very important to have him/her on monthly heartworm, intestinal parasite, and flea prevention. Heartworms are a blood parasite that are transmitted by mosquitoes. If an infected mosquito were to bite your puppy, the larva of the worms would grow in the blood and eventually live in your puppy's heart and lungs. This causes severe lung and heart disease, and eventually death. Some dogs show no clinical signs with heartworm disease (other than sudden death), but more commonly we see lethargy, weight loss, coughing, and weakness. Heartworm treatment is a lengthy, expensive process with no guarantee of success; it is a disease that is much easier to prevent. There are many different options available; we are happy to discuss these and customize a parasite prevention plan for your puppy.

	Heartworms	Roundworms	Hookworms	Whipworms	Fleas	Ticks	Other
Heartgard Plus (Oral)							
Nexgard (Oral)					Adults		
ProHeart 12	12 months						

<b>(Injection)</b>							
<b>Nexgard Plus</b>					<b>Adult</b>		

### Intestinal Parasites

Roundworms, hookworms, tapeworms, and whipworms are the most common intestinal parasites we see in veterinary medicine. Pets become infected with eggs of these parasites from the environment or other animals. These develop into worms that live and grow inside the intestines. The worms shed eggs, which are passed in the feces of your pet. People can become infected with intestinal parasites through direct contact with infected feces.

This usually happens by chance ingestion of contaminated soil or other contaminated object, and occurs more commonly in children than adults. Roundworms are particularly worrisome for humans because of a condition called visceral larva migrans, which can cause blindness. Tapeworms have a slightly different lifecycle than the other intestinal parasites because they are transmitted by fleas. While adequate flea control is an important aspect of tapeworm prevention, it alone is not adequate. Coccidia and giardia are different from other intestinal parasites because they are protozoa, not a “worm”. Both of these causes watery diarrhea and are not prevented by any of the monthly heartworm preventatives currently on the market. We recommend performing a fecal exam every 6 months to ensure your dog does not have any intestinal parasites that could be transmitted to you or your family.

### Spaying Your Female Puppy

In addition to helping prevent pet overpopulation, this will help your pup to live a long and healthy life by decreasing her risk of many diseases, such as pyometra, uterine torsion, and mammary cancer. If dogs are spayed prior to the first heat cycle (which occurs at 5-6 months of age), their risk of mammary cancer is reduced to 0.5%. If we wait until after her first heat, but before her second, we can only reduce her risk to 8%. After her second heat, she remains with a 1 in 4 chance of developing mammary cancer. We would love to discuss the surgery with you at your next visit.

### Neutering Your Male Puppy

In addition to helping prevent pet overpopulation, this will help your puppy to live a long and healthy life by decreasing his risk of many diseases, such as prostatic disease, perineal hernia, orchitis, and testicular neoplasia. Neutered dogs also show less hormone-dependent behavior, such as mounting, fighting, roaming (which often leads to trauma, such as being hit by a car), and urine spraying/markings.

### Microchips

We recommend microchipping all pets, both indoor and outdoor. This is a permanent form of identification that, should the worst happen and your puppy escape, a shelter or veterinarian would be able to scan to access your contact information. At Barkfield Animal Hospital, we carry the AKC Reunite brand of microchips. We can microchip your pup at any time

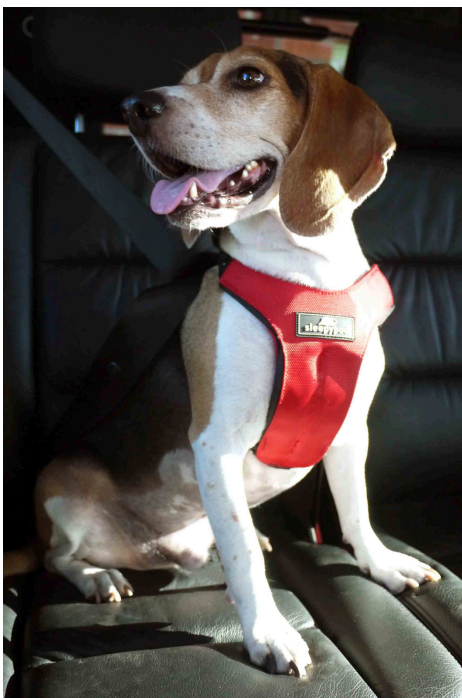
### Local Laws

Running at large is against the law. Fulton county, Forsyth county, and Gwinnett counties all have a leash law ordinances. You can receive a citation if you let your dog run loose at one of our green-ways, roads, parks or any other public place. Please keep in mind that these laws require your dog to be on a 6-ft or shorter leash and under your control at all times, both on your property and off. You also need to ensure your pup’s rabies vaccine is up to date and the tag is on their collar at all times.

### Car Safety

Have you thought about what would happen to your pet if your were in a car accident together? Just like how people wear seat belts, proper restraint is important for dogs too! This is so important, both for you and your dog’s

safety, that New Jersey even has a law requiring proper pet restraint during car travel. There are multiple options to help keep your dog safe and finding the right one for your car and you dog may take time. Carriers are a good option for small dogs and there are a variety of harness-type seat belts on the market for dogs. One company, Sleepypod, has crash-tested many of these designs and has developed carriers and seat belts that are highly effective. You can watch these crash tests online at <http://sleepypod.com>.



### Maintaining the Proper Weight

We use the Purina Body Condition Score system to quantify animal's weight in relation to their body size. This is a 1-9 scale, with 1 being very skinny/underweight and a 9 being severely obese. Helping your puppy to maintain and grow into a proper weight will ensure the he/she is in a low risk category for orthopedic and endocrine diseases.

# BODY CONDITION SYSTEM

TOO THIN

**1** Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.

**2** Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass.

**3** Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.

IDEAL

**4** Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.

**5** Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.

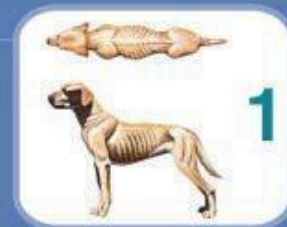
TOO HEAVY

**6** Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.

**7** Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.

**8** Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.

**9** Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.



The BODY CONDITION SYSTEM was developed at the Nestlé Purina Pet Care Center and has been validated as documented in the following publications:

Mawby D, Barages JV, Moyers T, et al. Comparison of body fat estimates by dual-energy x-ray absorptiometry and deuterium oxide dilution in client owned dogs. *Compendium* 2001; 23 (9A): 70

Lafontaine DP. Development and Validation of a Body Condition Score System for Dogs. *Canine Practice* July/August 1997; 22:10-15

Keady, et al. Effects of Diet Restriction on Life Span and Age-Related Changes in Dogs. *JAVMA* 2002; 220:1315-1320

Call 1-800-222-VETS (8387), weekdays, 8:00 a.m. to 4:30 p.m. CT



## Common Toxic Plants, Medications, and Foods

### **Budding Poisons**

They may be pretty, but some plants are poisonous—even deadly. As little as a single leaf from any lily variety can be lethal to cats.

Others to avoid:

- Amaryllis
- Azaleas
- Christmas tree pine needles
- Chrysanthemums
- Daffodils
- Easter cacti
- Holly
- Hyacinths
- Mistletoe
- Mulch with cocoa beans
- Oleander
- Poinsettias
- Sago palm
- Tulips



### **Toxic Meds**

Acetaminophen is found in more than 200 prescription and nonprescription formulations such as Tylenol®, Hydrocodone Lorcet, and reduces our pains and fevers. But it only takes one cat and ingesting it can cause kidney failure and liver damage in

Dogs are most commonly poisoned by ibuprofen, enticed by the coating. Common brands of ibuprofen include Advil®, Midol® Motrin®, although it also is available in many generic

### **The Wrath of Grapes**

The Animal Poison Control Center advises that as few as seven grapes can be toxic to dogs. Currently, the exact toxic component remains unclear, but symptoms can last several days to weeks—if your pet responds to treatment. Other toxic foods include avocados, chocolate, coffee, raisins, onions, garlic, raw salmon and the sweetener Xylitol, which can be found in sugar-free candy and gum.

### **Ease Off the Antifreeze**

Common sense may tell you that antifreeze is deadly, but are you aware how often pets are exposed to it? Look no further than your garage or driveway, on the street or in parking lots. Cat litter or sand absorbs the sweet-smelling fluid and will prevent pets from licking it. A pet-safe antifreeze is also available at stores.

### **Caution With Cleaners**

We're not advising you to stop cleaning your house, but be careful where you store them.



(Vicodin) and pill to kill a dogs.

pill's sweet and formulations.

grapes can be unclear, but treatment. nutmeg,

# Pets, Parasites and People

Companion Animal Parasite Council  
[www.petsandparasites.org](http://www.petsandparasites.org)



Dogs and cats are not just pets. They are treated like members of the family. And like any member of your family, it's important to keep your companion animal healthy and free of parasites.

It is fairly common for a dog or cat to become infected with an internal or external parasite at some point in its lifetime. Parasites can affect your pet in a variety of ways, ranging from simple irritation to causing life-threatening conditions if left untreated. Some parasites can even infect and transmit diseases to you and your family.

Your veterinarian can help prevent, accurately diagnose and safely treat parasites and other health problems that not only affect your dog or cat, but also the safety of you and your family.

For more information on how parasites affect your dog or cat, the health risks to people and prevention tips, please visit us at [www.petsandparasites.org](http://www.petsandparasites.org).

## What is a zoonotic disease?

Zoonoses, or zoonotic diseases, are those diseases that can be transmitted directly or indirectly from animals to humans. For example, some worms can be transmitted in the environment.

## What is a vector-borne disease?

Vector-borne diseases are those transmitted by fleas or ticks among other parasites that infest dogs and cats. They can affect pets and people. Ticks can transmit a large number of "vector-borne" diseases in North America including ehrlichiosis, Lyme disease, relapsing fever, Rocky Mountain spotted fever and tularemia.

## Parasites that may affect your pet

- Coccidia
- Giardia
- Mange Mites
- Ticks
- Ear Mites
- Heartworms
- Roundworms
- Toxoplasmosis
- Fleas
- Hookworms
- Tapeworms
- Whipworms

## Common questions about pets and parasites

*Do fleas and ticks on my pet present a health risk to my family?*

Yes. Fleas and ticks can carry and either directly or indirectly transmit several potential illnesses of humans. For example, rickettsiosis (infection with *Rickettsia*) can be transmitted directly by ticks. Bartonellosis (infection with *Bartonella*) is transmitted between cats by fleas and then may spread to people. Also, fleas serve as an intermediate host for tapeworms, which can infect both your pet and humans.

*What kind of internal parasites or worms can infect my cat or dog?*

There are a number of intestinal worms that can infect dogs and cats, and they vary according to the species. In general, these include roundworms, hookworms, whipworms and tapeworms, and they are very prolific. In fact, one worm can produce more than 100,000 eggs per day, which are then passed in the pet's feces and spread throughout the area the pet roams. Once in the environment, some of these eggs can remain infective and present a health risk for your pet and humans for years.

*Are heartworms a parasite I should be concerned about for my pet?*

Yes. Heartworms can be a very serious problem for both dogs and cats, especially those in mosquito-infested areas, as mosquitoes are a vector and intermediate host for the pest. Heartworms can kill or seriously debilitate pets that are infected with them. That's because heartworms live in the bloodstream, lungs and heart of infected pets. Your veterinarian can do a blood test to determine if your pet has heartworm disease. A year-round preventive program is most effective to keep pets free of heartworms.

*If my dog or cat has intestinal worms, how can these parasites infect humans?*

Roundworms are the most common intestinal parasite of pets and the most likely to be transmitted to humans.

Humans can accidentally ingest infective worm eggs that have been passed through the pet's feces and left in the environment. The eggs can then hatch in the human's intestinal tract, and the immature worms can travel to various tissues in the body, including the eyes and brain, potentially causing serious infections.

For more frequently asked questions and answers, please visit us at [www.petsandparasites.org](http://www.petsandparasites.org) or consult with your veterinarian.

## Reducing risks for your family

You can reduce the risk of parasitic infection to your family by eliminating parasites from pets; restricting access to contaminated areas, such as sandboxes, pet "walk areas," and other high-traffic areas; and practicing good personal hygiene.

Disposing of pet feces on a regular basis can help remove potentially infective worm eggs before they become distributed in the environment and are picked up or ingested by pets or humans.

## Year-round prevention

Parasites can infect your pet any time of year. External parasites, such as fleas and ticks, may be less prevalent outside during certain times of the year; however, they often survive in the house during the winter months, creating an uninterrupted life cycle. Other internal parasites, such as worms, may affect your pet all year long. That's why it's important to consult with your veterinarian to implement a year-round parasite control program.

## What can I do?

Responsible pet parasite control can reduce the risks associated with transmission of parasitic diseases from pets to people. By following a few simple guidelines, pet owners can better protect their pets and their family.

- Practice good personal hygiene.
- Use a preventative flea and/or tick treatment year-round.
- Only feed pets cooked or prepared food (not raw meat).
- Minimize exposure to high-traffic pet areas.
- Clean up pet feces regularly.
- Visit your veterinarian for annual testing and physical examination.
- Administer worming medications as recommended by your veterinarian.
- Ask your veterinarian about parasite infection risks and effective year-round preventative control measures administered monthly.

For more important information about parasite control guidelines, ask your veterinarian or visit us at [www.petsandparasites.org](http://www.petsandparasites.org).

## The Companion Animal Parasite Council

The Companion Animal Parasite Council (CAPC) is an independent council of veterinarians and other animal health-care professionals established to create guidelines for the optimal control of internal and external parasites that threaten the health of pets and people. It brings together broad expertise in parasitology, internal medicine, public health, veterinary law, private practice and association leadership.

Initially convened in 2002, CAPC was formed with the express purpose of changing the way veterinary professionals and pet owners approach parasite management. The CAPC advocates best practices for protecting pets from parasitic infections and reducing the risk of zoonotic parasite transmission.

For more information about how parasites may affect your pet, please visit us at [www.petsandparasites.org](http://www.petsandparasites.org).

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# 10 easy steps to houstrain your dog

You can easily teach your dog to eliminate in an acceptable location by keeping a close eye, recognizing his signals, understanding his instincts, and rewarding his appropriate behavior.

1. Prevent undesirable elimination by not allowing your dog to wander all over the house without supervision *and* by keeping your dog confined in a small area when you can't observe him constantly.
2. When your dog sniffs the ground or circles around, quickly but calmly take him to the desired elimination area. Ideally, don't wait for these behaviors. Take your dog outside regularly as described below.
3. Feed your dog a measured amount of food at the same time every day. When your dog walks away, or after about 10 to 15 minutes, pick up the bowl.
4. Be aware that puppies instinctively desire to eliminate after eating, drinking, playing, resting, sleeping, or being confined. These rules apply to most adult dogs as well.
5. Five to 30 minutes after any of the above activities, take your dog to the selected place for elimination.
6. Use a specific verbal cue that you want your dog to associate with desirable elimination, such as "Go potty" or "Do your business."
7. When your dog begins to eliminate, *quietly* praise him.
8. When your dog is done, praise him enthusiastically, pet him, and reward him with food *immediately*. Don't wait until he heads for the house. If he doesn't eliminate, return him to his confinement area, and take him outside again in about 15 minutes.
9. Reward each time with praise, but as your dog learns, give food rewards intermittently.
10. Remember, it is your responsibility to prevent accidents! Prevention is the key to success, but if someone fails to prevent your dog from having an accident, *don't* scold the dog, and quietly clean up and deodorize the soiled area. Preventing accidents requires that you become aware of how often your puppy needs to eliminate. Young puppies (8 to 10 weeks of age) may need to be taken outside every 30 to 60 minutes.

Information provided by Valarie V. Tynes, DVM, DACVB, P.O. Box 1040, Fort Worth, TX 76101. This client information sheet may be photocopied for distribution by veterinarians to their clients. Written permission is required for any other use.



## Teach your dog to ring a bell

Houstraining some dogs can be especially challenging because they do not learn to clearly signal when they need to eliminate. Teaching a dog to ring a bell when it needs to go outside can be a huge help when houstraining. It takes time but is relatively simple if you follow the following steps:

- Purchase a small bell, and set it near the door through which you usually take your dog out for elimination. Ring the bell immediately before opening the door to go outside with the dog. Your dog should already be leashed so that you can step outside with her as soon as you ring the bell. Do this every time you take your dog outside for several days. Allow your dog to only explore the designated elimination area, otherwise your dog may associate ringing the bell with play time instead.
- Next, suspend the bell at the height of your dog's nose right next to the door. Gently touch the bell to your dog's nose, causing it to ring, every time you take her outside. Repeat this step for several days.
- At this point, depending on how quickly your dog makes associations, she may begin approaching the bell on her own when she needs to eliminate. If she doesn't, smear a little bit of cheese or peanut butter on the bell each time you prepare to go outside, and use this to lure your dog toward the bell. Allow your dog to lick the bell, causing it to ring, and then praise your dog as you take her outside.

Once your dog begins ringing the bell on her own, you must take her outside every time so that she learns that making the bell ring reliably predicts being allowed outside.

# 5 secrets to a well-adjusted new puppy

Socializing your new furry bundle of joy (and energy!) is something you can do with your veterinarian's help. Start here.

**D**id you know that puppies learn and develop a big part of their adult personality by 16 weeks of age? It's true, and if you want a happy dog that takes life in a joyous stride, the clock is ticking. The positive (or negative) associations that young dogs develop during this critical stage of brain development can last a lifetime ... for better or worse. So let's make it better!

*Note: Don't force things! Make sure these exposures are done in a way that's comfortable for the puppy. Don't keep exposing a puppy to a new experience if the dog is scared. Talk to your veterinarian for guidance.*

## 1. Handle your puppy—literally

Make a point to touch your puppy all over. Don't ever be forceful or push to the point of struggle. Just touch and hold gently and reward his acceptance with a special treat. Remember, over time, you'll need to be able to trim toe nails, clean ears and brush teeth. If your new puppy actually *enjoys* these rituals, life is better for you both.

## 2. Socialize with your puppy

Let your puppy meet people of all shapes, sizes and mannerisms to learn there's nothing to fear from people of all kinds. Introduce children, men and women, and even people with hats or costumes—Halloween comes around once a year. Don't forget the treats to make "scary" fun!

## 3. Play dress-up with your puppy

If your dog is ever going to need a sweater or coat—or even a bandage—now's the time to teach him about them. Even if you just tie an adult T-shirt around him and let him get used to the feeling, it's an investment in

his future. Best of all, if you can help your new puppy learn about an E-collar—like those cones and collars the veterinarian will use when your furry friend recovers from surgery or illness—your veterinary team will really appreciate it. Someday your grown-up puppy won't be as freaked out when he needs to wear one to save his life.

## 4. Make noise with your puppy

Expose your pup to loud noises and novel objects, like the vacuum cleaner, the doorbell and even suddenly rattling a can with coins. Show that these things aren't harmful and reward her only when she's calm. Startling at a loud noise is typical, but your puppy can learn there's nothing to fear and recover quickly from a startle. Noise phobias are real, and you can do your part to prevent them.

## 5. Adventure with your puppy

You and your pup will experience all life has to offer together, but the experiences won't be as fun if your puppy is afraid or difficult to handle. Take your puppy everywhere you can for exposure to new places. Visit your veterinarian on a day just for a visit—and some friendly treats. Take the puppy on errands to see lots of new sights and smell new smells. Make all the places that you go extra special with great treats or repeat the visits until they're so normal that your pup is bored with them.

Science shows that it's easier for brains to remember bad experiences than good ones, so make sure your foundation for your puppy's brain is filled with terrific associations. You can avoid big problems in the future and, let's face it, handling and spending time with your puppy is a ton of fun!



# Where can I shop *with my pet?*



Ready for a socialization exercise? Check out these canine-friendly stores that allow you to bring your pet when you shop.

- ✓ Half Price Books
- ✓ Gander Mountain
- ✓ Academy
- ✓ Michaels
- ✓ Hobby Lobby
- ✓ Ross
- ✓ Sephora
- ✓ Tiffany & Co.
- ✓ Bath and Body Works
- ✓ Home Depot
- ✓ Pottery Barn
- ✓ Hallmark
- ✓ Bass Pro Shops
- ✓ Barnes and Noble
- ✓ Macy's
- ✓ Gap
- ✓ Old Navy
- ✓ Restoration Hardware
- ✓ Tractor Supply Co.
- ✓ The Apple Store

Note: The stores listed here have a policy to allow pets, but the final call is up to the manager of each branch. So it's a good idea to call ahead before you visit to make sure the store's manager is as dog-friendly as their corporate policy.

# Teaching your new puppy the right way to play

Puppies can play rough. So to ensure a lifetime of safe and happy interactions, learn how to play appropriately with your new puppy from the start.

Most puppy play consists of chasing, pouncing, barking, growling, snapping, and biting. So how can you tell the difference between normal play and possible signs of true aggression in your new puppy?

## NORMAL PLAY BEHAVIOR

In normal play, a puppy may play bow (lower its head and raise its hind end), present its front end or side to the owner, hold the front part of its body up, wag its tail, dart back and forth, emit high-pitched barks and growls, and spontaneously attack. Of course, even normal play can become too intense.

## AGGRESSIVE BEHAVIOR

Behaviors that may indicate a problem include prolonged, deep-tone growling; a fixed gaze; a stiff posture; and aggression that is situational or stimulus-dependent (not spontaneous). These aggressive behaviors may be related to fear, possessiveness, conflict, or pain. Talk to your veterinarian if your puppy is exhibiting these behaviors.



## 7 steps to proper play

Follow these steps to prevent inappropriate play:

### 1) Provide plenty of exercise.

New puppies are bundles of energy, so give them productive ways to expend that energy such as going on walks or playing “Monkey in the middle” (see sidebar).

### 2) Provide mental stimulation.

Rubber toys that can be filled with treats, such as Kong (Kong company) or Busy Buddy puzzle toys (Premier), offer puppies a chance to chase and bite the toys and obtain a food reward.

### 3) Play with your pup.

Playing fetch or throwing a soccer ball for your pet to push around will sap some of your pup’s energy.

**4) Teach and review basic obedience commands.** A well-trained dog is more likely to follow orders when behaving inappropriately.

### 5) Conduct leadership exercises.

Follow three rules to maintain overall order:

- **Nothing in life is free.** Ask your puppy to respond to a command such as “sit” before it receives anything it wants or needs.
- **Don’t tell me what to do.** It’s OK to give your puppy the love and at-

tention it needs, but if it becomes too pushy about getting attention, such as by nudging, whining, barking, or leaning, pull your hands in, lean away, and look away. Walk away if your puppy is too difficult to ignore. Once the puppy stops soliciting attention for 10 seconds, ask it to sit and give it attention.

- **Don’t move without permission.**

Anytime you begin to move from one area of the home to another, ask your puppy to sit and stay for a second or two before you give it a release command to follow you.

- **6) Don’t sit on the floor with your pup.**

This tends to get puppies excited, puts family members in a vulnerable position, and makes it more difficult to control the puppy.

- **7) Promote socialization.**

Puppies must have frequent, positive social experiences with all types of animals and people during the first three or four months of life to prevent asocial behavior, fear, and biting. And continued exposure to a variety of people and other animals as the puppy grows and develops is an essential part of maintaining good social skills.

## NIPPING BAD PLAY BEHAVIOR IN THE BUD

If your puppy plays inappropriately, here are the right ways to handle it.

- **Distract the bad behavior.** Always have a toy on hand that your puppy can transfer its attention to.
- **Speak up and step out.** If your puppy is biting hard, yell "Ouch!" and stop playing.
- **Interrupt problem behaviors.** A shake can or a water gun will startle puppies and stop the behavior. But don't use these techniques if a pet has a sensitive temperament or if they seem to make things worse.
- **Set up a dragline.** Both indoors and outdoors during supervised play, put the puppy on a leash that you can quickly grab to stop the behavior.
- **Use head halters.** These halters provide a more natural sense of control than ordinary collars do and limit the chances of biting.
- **Consider muzzles.** In extreme cases, muzzles may be used for short periods to prevent the biting behavior.
- **Give the puppy a time out.** If your puppy won't stop a bad behavior, put it in a room or in its kennel with toys to keep it busy until it calms down.

## WHAT NOT TO DO

You and your family should never use physical punishment, such as scruff shakes, alpha rollovers, squeezing the puppy to the floor, thumping its nose, or swatting.

## Monkey in the middle: An exercise in obedience

This game not only exercises energetic puppies, it also reinforces the basic commands of "sit" and "come," enhances name recognition, and teaches a puppy to run up and sit to get attention (instead of jumping up on people). At least two people are needed, and each person should have six to 12 small treats (regular puppy dinner kibble is usually adequate) at hand.

The two people sit opposite each other with about five to six feet in between. The first person calls "Skippy, come" in a high-pitched, upbeat voice. As the puppy approaches, the first person has the puppy sit for a treat. Immediately, the second person calls "Skippy, come" in a high-pitched, upbeat voice and has the puppy sit for a treat. Immediately, the first person calls again and has the puppy sit for a treat, and so on.

The distance between the two people can increase as the puppy becomes accustomed to the game—the people can even move into separate rooms, increasing the strength of the "come" command and the exertion needed to obtain a treat.



Remember, everybody wins when you take the time and effort to teach your new puppy how to play appropriately. You'll gain a well-behaved pet, and the puppy is more likely to remain a happy, important part of the family.



# “Is my dog playing ... or fighting?”



## How to tell the difference between normal play and inappropriate aggression in dogs.

Safe, healthy play doesn't just provide dogs with a good source of exercise. It can also aid in social development while building behavioral flexibility and helping the dog learn to get along with others. But rough or traumatic interactions with inappropriate playmates can cause emotional and physical problems. And in some cases, it can lead to aggression. Here's how to tell the difference.

### Normal play

Normal play can include chasing, catching, biting, growling and pouncing, which can also occur in more serious interactions. However, if the dogs are engaging in safe, healthy play, these behaviors are less intense and don't end in injury. For example, a dog may repeatedly pounce high into the air in a nonaggressive manner to get another dog's attention.

Normal play has no winners or losers, so it often includes equalizers, like role reversals and self-handicapping. Role reversals occur when the winner of the game switches roles. For example, the game may start with one dog as the chaser and end with the other dog doing the chasing. Self-handicapping describes when dogs play at the level of the weakest participant or put themselves in a position of disadvantage. You may have seen an older, larger dog self-handicap by lying on its back to allow a puppy to climb on it in play.

Other signals that almost always occur during normal play include the play bow—the dog's front paws are on the ground up to the elbow and its rear is in the air— and the play face, which is an open, soft mouth.

While it's better to be concerned than to tune out, if the above signals are present in both dogs, there is little cause for worry—even if the play looks aggressive or if one dog is much smaller than the other. For example, a Yorkie can play with a boxer if the boxer understands how to self-handicap.

Another telltale sign that play is normal is the willingness of each dog to continue. If one dog is walking away and the other is relentlessly pursuing it, there is reason to be concerned. When one dog disengages, the other dog should as well—even if for a short time.

### Causes for concern

- You don't see role reversals and self-handicapping. Remember that normal play doesn't have winners or losers.
- You witness intense and aggressive play, including grab and shake components.
- You see that at least one of the dogs has its hackles up, which is often a sign of fear or anxiety.
- You notice that one dog is disengaging while the other isn't.

*If you see any of the above signs, interrupt the dogs to give them a break.*

### Your veterinarian can help!

If you're concerned about your dog's play behavior, let your veterinarian know. He or she can refer you to a behavior professional, like a board-certified veterinary behaviorist or a qualified dog trainer, depending on the problem that needs to be addressed.

# How to win the barking dog battle



Try these tips for a more peaceful pooch!

## 1. Identify what could be triggering the barking.

### Common triggers include:

- Sounds outside (and above, below and beside you if you live in an apartment)
- Dogs or people seen from windows
- Environmental changes such as construction
- Boredom
- Illness or aging changes that cause discomfort, anxiety or confusion
- Separation distress

Tip: Videotaping your dog can help you identify triggers.

## 2. Modify the triggers

- Play white noise or calming music, or turn on the television.

- Apply opaque static window film to block common window watching spots.
- Increase physical and mental exercise (e.g., puzzle feeders, games, training, walks).
- Schedule a time to bring your dog to the clinic for a physical exam and a behavior discussion.
- Consider a dog walker, pet sitter or doggie daycare.

## 3. Stay calm

- Avoid scolding, physical corrections or electric bark collars, which can increase stress and anxiety.
- Teach the dog how to be calm and quiet. A positive-reinforcement-based dog trainer can help.
- Remote training machines that strategically dispense treats can be effective—especially when you're away from home. Ask your veterinarian for recommendations.

# Crate Training Your Puppy

Most people have heard of crate training but may not know what it really is or why it works. The following is a brief discussion about crate training, how to use it with your puppy, and some common mistakes made. Crate training takes time, effort, and a lot of patience, but when used properly, it can be a positive experience for both you and your dog.

## Why should I crate train my puppy?

Crate training is a great way to limit your puppy's access to your house while he learns appropriate behavior. It will cut down on the number of "accidents" while your puppy is learning to be housetrained, and will reduce destroying and chewing of furniture or other household items. It will give you more peace of mind and freedom to be away from home during your puppy's growing up period. If your puppy is used to being crated it will also be easier and less stressful for him to travel, to be in a cage at the veterinarian, or to be confined for any other reason in the future. You may choose to continue to use the crate into your dog's adulthood as his very own comfortable "room".

## Why does it work?

In the wild, dogs naturally seek out dens for sleeping quarters. Presumably this is because they are closed with only one entrance, giving the dog a sense of security. Dogs instinctively do not like to soil in their dens and will go outside to eliminate. Crating your dog is simply using his instinct not to soil in his den, and so therefore allowing you to gradually teach him that your whole house is his "den" and to only eliminate outside. Some people feel apprehensive about crating their dog, thinking that it is mean and that their dog won't like it. However, since dogs seek out dens on their own, a crate is both natural and comforting to a puppy.

## How do I choose a crate?

Both wire and plastic crates are available. Both work well, so it really depends on your personal preference. Keep in mind that plastic crates can be used for airline travel while wire crates may be collapsible, thus easier for storage. Getting the right size is very important. Your dog should be able to stand up and turn around freely in his crate, but it should not be big enough for him to have a separate toilet area. If your puppy is going to grow a lot more, get a crate that will be big enough for him as an adult, but block the back area so it is not big enough for him to have a separate toilet area now.

## How do I crate train my puppy?

First, make sure the crate is comfortable by placing a towel or bed inside. Place the crate in a common area and put toys and treats inside for your puppy to discover. Don't ever force your puppy into the crate, as going in should always be a positive experience. Praise him every time that he goes into the kennel. After he is comfortable going inside his crate for treats, beginning feeding his meals inside the crate. Start closing door while he is eating, but open it before he is done. Next, leave the door closed for longer increments of time, building slowly. Never open door when he is whining or scratching, but only open it when he is quiet. If he is consistently whining, he is being closed in for too long, so go back to an amount of time he tolerates well and increase more slowly. After that, start crating him at other times besides his meals. Always give him an incentive to go into the crate (treats, food-filled toys, such as a Kong®, toy etc.). First stay in the room with him and then

start leaving the room for short increments of time, building very slowly. Once he handles this well you can start leaving the house for short periods of time, again slowly increasing length of time. The length of time it takes for a puppy to learn varies from dog to dog, so remember that patience is key for your puppy's success!

#### **Problems and common mistakes:**

- **Crate too small or too big:** If your puppy's crate is too small, he will not be comfortable inside, and therefore crating will not be a pleasant experience for him. However, if it is too big, he can have a separate toilet area. If you purchase a kennel for him to grow into, make sure to block off the back portion to prevent this from occurring.
- **Forcing puppy into crate:** Forcing your puppy inside can be scary for him, making him associate crating with an unpleasant experience. Crates should NEVER be used as punishment. Always have toys or treats inside to have it be a pleasant, rewarding experience for him.
- **Moving too fast:** Baby steps are very important! Slow shaping of behavior is imperative for success.
- **Leaving inside for too long:** Even with proper training puppies need to go to the bathroom frequently and can't be expected to "hold it" for extended periods of time (eg. overnight, all day while at work). If your puppy is having accidents in the crate it's most likely not his fault—he just needs to be let outside more frequently.
- **Whining:** Ignore your puppy when he is whining or barking in crate. This means no positive or negative attention. Letting him out will train him that he can get out when he cries, and scolding him will be confusing or even rewarding to him since what he really wants is your attention!
- **Using a crate to manage anxiety:** If your dog has separation anxiety or other anxieties, crating him may stop your house from being destroyed, but it likely does nothing to decrease his anxiety, and it may make your dog even more anxious. For example, he may break his teeth trying to chew his way out or rip out his nails trying to dig his way out. If your dog has anxiety problems, you need to consult with your veterinarian.

If you are having any problems crate training your puppy, see your veterinarian. While crate training is a great tool for most dogs, some dogs may require a more directed and personalized training approach to fit their learning styles. Your veterinarian may have some additional ideas or be able to refer you to a good animal behaviorist or trainer for more information.

*Handout created as part of a class exercise by veterinary students:  
Matt Owens and Julie Wetherell*



#### ***Clinical Animal Behavior Service***

*[www.vetmed.ucdavis.edu/vmth/small\\_animal/behavior](http://www.vetmed.ucdavis.edu/vmth/small_animal/behavior)*

# How Kids SHOULD Interact with Dogs

Use common sense.

Be polite and kind to pets



Learn to recognize when your dog is scared or anxious

Play appropriate games with pets, such as:

Fetch



Training tricks (like roll over, shake, beg, etc.)

Walking and running with a dog



Playing hide-n-seek

Always remember:

Supervise all interactions. Accidents can happen in a split second.



Train your dog to associate the kids with positive experiences so he'll be more likely to tolerate your child in case she accidentally interacts inappropriately.

**Dr. Sophia Yin, DVM, MS**

*The Art and Science of Animal Behavior*

For additional free dog bite prevention resources and more dog behavior books and products, visit [www.droophy.com](http://www.droophy.com).



# How Kids SHOULD NOT Interact with Dogs

It's common sense. Just imagine how people should interact with each other.

Avoid taking people's food



Avoid bothering dogs when they are eating

Avoid stealing other people's toys



Avoid taking a dog's bones or toys

Avoid putting your face right up to someone else's face



Avoid putting your face right up to a dog's face

Avoid bothering when asleep



Avoid bothering animals when they are resting. Let sleeping dogs lie.

Avoid pestering



Avoid grabbing tail/ears

Avoid climbing on or trampling



Avoid climbing on or trampling

Avoid pinching



Avoid hugging. Most dogs dislike it.

Avoid screaming around



Avoid hollering and shouting. Use your "inside" voice instead.

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# Body Language of Fear in Dogs



**Slight Covering**



**Major Covering**

## More Subtle Signs of Fear & Anxiety



**Licking Lips**  
when no food nearby



**Panting**  
when not hot or thirsty



**Brows Furrowed, Ears to Side**



**Moving in Slow Motion**  
walking slow on floor



**Acting Sleepy or Yawning**  
when they shouldn't be tired



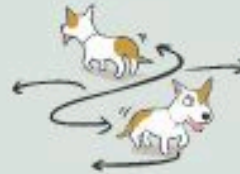
**Hypervigilant**  
looking in many directions



**Suddenly Won't Eat**  
but was hungry earlier



**Moving Away**



**Pacing**

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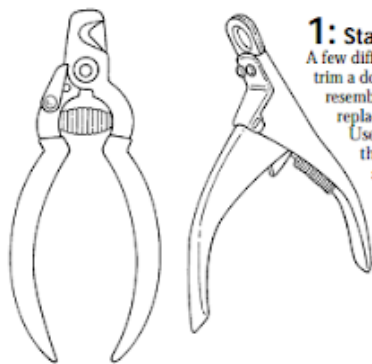


# How to Trim a Dog's Nails

**Animal Shelters**  
"HOW TO" SERIES

W

hen you think about grooming a dog, you probably consider bathing him, brushing his coat, even cleaning those floppy ears, but it's a good idea to give dogs a pedicure every few weeks as well. If you've never trimmed a dog's nails, ask for some help from a more experienced person, and keep these instructions nearby.



## 1: Stay Sharp

A few different tools are available to help you trim a dog's nails, including those that resemble miniature pliers and those with replaceable sliding "guillotine" blades. Use whichever model makes you and the animal most comfortable, but be sure to replace the blade frequently to make the job easier and prevent the dog from feeling any discomfort.

## 2: Pull Their Legs

Dogs are often pretty cooperative when it comes to having their nails trimmed, and those who were handled often as puppies are even more likely to comply. Still, you may need to work a little to keep the animal still. If you're working alone, have the dog sit or lie down on the floor or examining table, then trim the nails, one paw at a time.



*Although dogs are less likely than cats to injure someone with their claws, timely nail trimmings help ensure that a dog can walk without pain or discomfort. The nails of very active dogs may not require any trimming, since they're continually worn down by contact with concrete and other rough surfaces. But it's still a good idea to check the nails occasionally to make sure none of them are torn or split.*

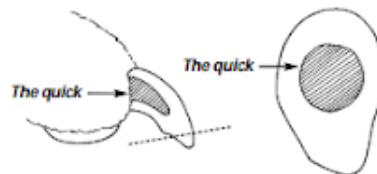


## 3: Pull Their Legs, Part II

If you're grooming a larger dog or if the animal is apprehensive, have someone sit him down and hold out his paw, then get to work with the clippers. Have your helper scratch behind the dog's ears to reassure the animal and help move things along a little more quickly.

## 4: Take the Edge Off

Remember that you should only remove the very end of the dog's nails. You may be tempted to trim off all of the excess, but that would be a mistake. In dogs, the quick—the nerve endings and blood vessels inside the nail—continue to grow as the nail grows. That means long nails must be trimmed bit by bit, over weeks or months, until the quick gradually recedes. Because it's so difficult to see the quick in dogs with dark nails, you'll need to look at the nail straight on (see diagram below) and keep trimming



until you see a small dark circle. If you accidentally clip too far and the nail begins to bleed, apply pressure to the tip of the nail or dip the nail in a bit of styptic powder, then make sure the animal is kept inactive for a short time.

## 5: Thank Them Very Much

Give the dog a treat or a pat on the tummy to thank him for his cooperation, and things should go at least as well the next time around.