

# **Chapala Bay Cotons**



## **Information Booklet**

# Care of your Coton

Congratulations on your new baby Coton de Tulear. You are in for lots of laughs and joy. This booklet contains some information on how to care for you companion and some web sites. There is a web book at the end that we recommend you read before you get your puppy. We are always available to answer any questions or give any advice any time. Please don't hesitate to contact us even if it is to say hello. We wish you all the best with your new little baby, and please let us know how you're doing. Our phone number is 403-938-7593 and email is [chapalabay@gmail.com](mailto:chapalabay@gmail.com).

**Exercise** - Exercise is just as important for your Coton as it is for you. They are prone to the same health issues as people. Brisk walks, once puppy is 3 to 4 months old will stimulate heart rate and build muscle. Speed and distance may be increased as dog gets older. Here is an excellent article on appropriate exercise, <http://www.puppyculture.com/appropriate-exercise.html> Always supervise your Coton outside to avoid accident or theft. Remember a well exercised puppy is a well behaved puppy. Never ride your bike or skate board with a dog on leash as it can have an affect on their heart. Don't exercise heavily right after they eat.



## Nutrition



It is very important that your Coton is fed a high quality dog food. This is essential to the health and wellbeing of your companion. We recommend Now Fresh, Small Breed Puppy by Petcurean, 1/3 of a cup three times per day until the puppy is 3 months, then eliminate the lunch meal. Adjust food as necessary, they may need less as they are growing, see section on weight. My adult girls eat 1/8 to 1/4 cup twice a day, boys usually 1/3 cup twice a day. The amounts are a guideline only. Some may need more and some less depending on how active they are and how fast their metabolism is. There is a section below that covers this. The company that makes this food is Canadian, they cook it in small batches and use excellent ingredients. I recommend staying with the grain free formulas. Be very careful about switching brands, not all are good. Be careful about foods marketed for Veterinarians, they are not generally made with healthy ingredients. That is starting to change, which is great! Check the ingredient list; the food is mostly comprised of the ingredients up until the first fat. Make sure a specified meat or meat meal is the first ingredient and that the meat is listed as to what it is, not just "meat". Avoid byproducts, corn, soy. They should be healthy ingredients. Check the protein content, a mid protein is best for these little guys, around 28%. Avoid the really high protein (eg 43%).

If you are changing foods, especially brands, the best way is to mix 1/4 new with 3/4 old for 3 days, then 1/2 and 1/2 for 3 days, then 1/4 old with 3/4 new for 3 days, then all new. This will help prevent tummy upset. If your dog is licking themselves a lot, this could mean an allergy, try grain free formula first, if not, try fish based. Now Fresh makes a fish formula now. The other way to spot allergies is if they are getting brownish flakes on either head and/or backside.

**How to ensure your dog is the correct weight** - It is very important to make sure your dog is not overweight otherwise they are at serious risk for health problems. The way you tell is to feel the sides of your dog, if you can feel the ribs with a very slight blanket like covering, they are the correct weight. They also need to narrow down into a waist. If you can't feel the ribs, your dog is too heavy and you need to adjust the food accordingly. Here is a link that shows it in much greater detail, <https://www.dogfoodadvisor.com/dog-feeding-tips/dog-ideal-weight/> cut the amount back for a few weeks, keep cutting back until you find what amount works best for your dog. Different dogs, just like people, require different amounts. Some dogs, just like people, do not know when to stop!



### **How to read dog food labels and ensure you choose a good food**

Read the ingredients, the ingredients before the first fat are what make up most of the content of the food. This link has ingredients to avoid,

<http://www.dogfoodproject.com/index.php?page=badingredients>

This link gives information of what to look for,

<http://www.dogfoodproject.com/index.php?page=betterproducts>

If you are interested in home cooking for your dog, you must be careful to make sure the diet has everything that is needed. Here is a link to a nutritionist who can make you up a diet based on your preferences, <http://betterdogcare.com/>

Another option if you would like fresh food, without the bacteria of raw and the involvement of homemade is Honest Kitchen Freeze Dried food. You just add water. It's healthy and convenient! <http://www.thehonestkitchen.com/>



### **Good snacks**

- Grain free snacks
- Green beans
- Apples- without seeds or core (apple seeds contain chemical compounds that are poisonous to animals)
- Blueberries
- Strawberries
- Watermelon - without seeds
- Frozen bananas
- Carrots - raw or cooked
- Sweet potato – cooked, cubed or mashed without butter or seasoning; regular potatoes are also good, but in limited amounts since they are high in sugar and can increase weight
- Squash, zucchini
- Spinach

### **Food to avoid – May be harmful or poisonous**

- Chocolate
- Raisins
- Grapes
- Nuts
- Onions
- Garlic
- Artificial sweeteners
- Yeast
- Coffee
- Mulch – not edible but your dog doesn't know that, may contain cocoa
- Salt
- Turkey – skin may cause pancreatitis
- Potatoes, except if cooked well and mashed. Avoid green skins

**Teeth** - Should be brushed every day with a toothbrush and dog toothpaste. Make sure if they do get a tartar build up that you have their teeth cleaned. Your Vet will check the teeth on their annual exam to ensure healthy teeth.

**Nails** - Must be cut frequently, approximately once a month when they are an adult. Your new puppy has been used to having the nails done weekly. Here is a link to trimming nails, <http://www.dogsnaturallymagazine.com/trimming-your-dogs-toenails/>

**Anal Glands** – Do not express unless there is a medical reason that your Vet recommends. This can cause them lifelong problems and is likely not necessary. Do not let your groomer express the anal glands as this can trigger a problem.

**Ear Cleaning** – Leaving the hair natural is now recommended. Always check your dog's ears to make sure they are clear and free of infection. Smell them, if they have a foul odor, you need to take them to the vet.

**Tear Staining** – This typically is worse when the puppy is teething. Usually they outgrow tear staining, it just depends on the dog. It is best to keep that area clean and dry. You can use a bit of cornstarch to keep it dry. There are various tear staining products available as well. If you have another dog that likes to clean eyes, it is best not to use products. You can trim the stained parts off and try adding some coconut oil. A double row flea comb works well to remove tear debris, always comb down away from the eyes. \*\*\*\*Don't use a product called Angel Eyes, it is an antibiotic, so it is not good for them. There is a new formula that is supposed to be better, but do some research first\*\*\*\*\*

## Grooming

### Brushing

- Brushing is a special bonding time, and it is important to make sure it is not painful.
- The Coton's beautiful fur must be brushed and combed regularly or they get matted.
- Ensure that you give lots of love and attention while grooming. Treats help as well. Most Cotons enjoy grooming time if trained properly.
- It is best to start your puppy with everyday brushing. They don't really need it at first but that way they learn to love it and when they do need it, they will be used to it.
- If you have a matt, gently pull apart, and gently brush. If you can't work it out with your fingers, take some thinning shears to the mat and make a few cuts. Ensure you brush every hair while pulling down small pieces.
- It is best to use a grooming spray. A little bit sprayed on from a distance is good for reducing static and breakage.
- After brushing it is best to run your detangling comb (#1 All Systems Dematting Comb) gently through the hair to make sure you don't miss any mats. It's surprising how many small tangles you pick up with the comb.
- When they are transitioning between puppy coat and adult coat, they must be brushed more frequently, preferably every day.
- Ensure you take a fine comb to the back end everyday so that it doesn't get clogged. This will save a lot of bathing time, and prevent a big mess.
- Also during transitioning weekly baths help prevent mats.

## Bathing

Generally once a month is sufficient, depending on how dirty they get. Make sure you always brush before bathing. Ensure all mats are removed. If you leave mats in, it will be very difficult, if not impossible to get them out. When the coat is transitioning, it is best to keep the coat very clean. This helps a lot with the mats. It is best to bath a transitioning dog every week or two. Clean fur doesn't mat as much. After that every 4 weeks is good.



Always use a good quality shampoo and conditioner, we like Plush Puppy, evening primrose shampoo and silk protein conditioner. Be very careful not to get shampoo in the eyes. Gently shampoo all parts. Make sure you rinse, rinse, and rinse some more. Use warm water, not hot.

Condition the same way as shampooing. Always make sure you rinse really well. It is the most important part, if you don't, they will get really itchy, and their fur won't be as nice and will also mat more. After bathing, pat to towel dry, don't rub the fur.



A Sham Wow works great for drying before the blow dry. See how happy Quincy looks, ;-D! Ok, so happy doesn't quite describe it. It does do a great job of taking out excess water.

A dog dryer is the best thing to dry with. It will cut drying time and not dry the fur out. Drying thoroughly helps prevent mats. If you do use a blow dryer, you must heat that is not too hot, and can be painful for your dog and dry out the coat. Also make sure you are using the heat on the fur, not skin. Feel free to check with me as to which dryers are good. I've heard a lot of good things about Chris Christensen Kool Pup dryer.

## **Spay and Neuter**

- Neutering is a very simple procedure and should be around 6 months of age. It is much better if you choose a Vet that does laser surgery.
- Spaying is a more complicated surgery, it is a hysterectomy. We recommend it be done around 6 months old before they have their first heat cycle.
- There is a lot of debate on early spay or neuter or waiting until mature. We can discuss this on a case to case when the time comes.
- Please make sure to check for retained baby teeth so they may be pulled at the same time.
- Do not let them spend the night at the Vets office. Often, there isn't anyone there to monitor them, at home you can keep a close eye and make sure they are ok. It is often frightening for them to be left over night as well. It's a good idea to teach your puppy to be alone as well before this happens. See the section on separation anxiety in the Training Manual. It



isn't good if they've never been left alone and then you drop them off at the Vet clinic.

- A baby onsie is much nicer than a cone to prevent licking. Also, surgical shirts are wonderful if your Vet carries them.
- Follow the Vets advice and don't let them jump or run for 7 to 10 days. Also make sure vaccinations aren't done close to time of surgery.
- There is a lot of debate now on waiting for a late spay or neuter. It does have some advantages to wait. Please feel free to discuss this with me should you want to delay the surgery.

**Jumping**- Make sure you don't let your dog jump off furniture for the first year or go up or down steps for the first 6 months. It's hard on their joints and you don't want to cause them any problems. Jumping off furniture can also cause growth plate injuries, which are common, painful and require expensive surgery.

## **Vaccinations**

- The first set is done at 8 weeks at our place, we just do parvo, distemper. Check with your Vet on this. Some areas require more and different vaccines than other areas.
- The second set is done at 12 weeks.
- The third set is done at 16 weeks.
- Then you do a booster one year from the last vaccines. After that, you can have titre (blood test to see if they have immunity) done three years after that. They likely will not need more vaccines.
- It is now recommended that the rabies be done at 1 to 2 months after the third set, followed by a booster 1 year later.
- Bordatella is often not recommended because there are many strains that the vaccine won't help and, unless they are with other dogs all the time (doggy daycare) it is not worth it.
- Make sure you don't have the spay or neuter done close to vaccine time, space the spay/neuter at least 1 months after the rabies vaccination.
- It is not good to vaccinate unnecessarily.
- Make sure you don't let your puppy walk outside in public places until after their second vaccinations. This includes visiting people's houses that already have dogs, groomers, etc. They can get parvo, which can be very serious or deadly. Once they've had their second set, they are fine to go anywhere, except where lots of dogs are.
- Socialization is still very important, just be safe about it.

## Socialization

Your puppy has already had a lot of socialization, however it is very important to keep it up. This is essential in order to have a confident well adjusted puppy. It is crucial that they continue to meet all different types of people and go to different places. The more experiences they have the better equipped they will be to handle different situations and be confident well adjusted dogs. All the socializing that has been done prior isn't enough if it stops there. They have to continue to learn about new situations and new people. It will be worth the effort to have a well adjusted companion. I would recommend an outing, preferably somewhere new at least twice a week and a walk everyday. Make sure you expose them to all types of people, including children, teenagers, seniors, men and women. Make sure they see you or a family member wearing a hat or sunglasses. Anything out of the ordinary that you can think of would be a good idea to expose them to. Dogs can develop strange fears but they are fine if they are exposed to it. If they are nervous, give them a treat every time they look at whatever it is and make sure you time it so they are not barking. Of course puppy kindergarten is a must. Even if you know how to train, the socialization aspect can't be duplicated. It is good for them to see different breeds of dogs as well. I take training classes with all of my dogs. I always find there is something more to learn and the dogs have such a great time.



## **Training – Please check the Training Booklet for more in depth**

We are firm believers in taking classes. Training is of the utmost importance. It is a very fun way to increase your communication, strengthen your bond and improve behavior. It is very good for their development to go to puppy kindergarten. This helps them learn how to get along with other canines, and good for their socialization. Classes will teach you how to teach you dog. A well behaved dog is a nice companion to be around. It is so fun and stimulating for them to learn new things. The classes also help you with problem solving. This is something that you can continuously do with your new companion. Their brains need stimulation just as their bodies need exercise. These sweet babies are so smart they are likely to be at the head of the class. Cotons are very smart so learn very easily. It is well worth the time to invest. I am also a certified trainer so I can help answer training questions.

Ensure that you pick a positive based trainer. Clicker training is an easy and fun way to learn. Your puppy will be exposed to clicker training before you get him/her. After basic puppy obedience, puppy agility is really fun and it helps build confidence in your furry companion. Just make sure you train safely, no jumping or weaves until they are older. Cotons are very good at agility and usually love it. Above all, enjoy your new family member and find ways to spend time together.



See how little Capri could benefit from some training, ;-D!

## Here are some training options for Alberta:

**Sit Happens – Calgary.** This is where I go and their puppy program cannot be beat. They are, by far, the best! They have a great socialization class, puppy playtime and training tips. They also have more advanced classes as well <http://www.sithappens.org/html/sithapHome.htm>

**Diamond in the Ruff Canada Inc. - Colleen McCarvill, Edmonton**  
Great puppy kindergarten - Colleen teaches basic obedience and problem solving for puppies. It is a positive, clicker based class. Great for first time puppy people or for anyone needing updating. It is a fun, informative 6 week class. She also does a puppy comes home in home private training to get you started correctly.  
<http://www.diamondintheruffcanada.com/>

**Puppy goes home, in home training** – This is a great option to set you up for success. The trainers come into your home and help with set up, general starting training and children and dog safety. Plumb Tuckered Pooch in Calgary does in home training. Our good friend, Jenn Fraser, is the owner and she can be reached at 403-305-8436. In Edmonton, Colleen McCarvill from Diamond in the Ruff is your best option, 780-967-0344

If you aren't in Alberta, please feel free to check with me on other options.



## Shopping, favorite products, and Information Sites

<http://www.canineperfection.ca/>

- Chris Christenson brushes 27 or 35 gold pin brush and fusion brushes for brushing. I also like the wood pin brush. Not all brushes are created equal. These brushes don't hurt the dog and they do a great job. The quality is wonderful and will last a very, very long time.
- #1 All Systems Detangling Comb. This comb is great and should be used after brushing in order to get out any mats that you may have missed.

<http://www.buddy-belts.com>

- A good quality excellent harness that reduces matting, and easy to use.
- I sell Buddy Belts or you can buy in some pet stores or online. My prices are good and I don't charge tax.

<http://trupanion.com/canada>

- Trupanion is the insurance company we use.
- They are wonderful to deal with
- Vet insurance is reasonable and could save you a lot of money. It also eliminates having financial concerns get in the way of your pet's care.
- You may want to opt for a high deductible to keep premiums down, then if you just run into anything big, you are covered.
- You will receive a certificate to waive the 30 day wait period as well.

# Calgary Shopping

## Pet Planet – Many locations

This is my favorite store. You earn points for discounts. The staff is knowledgeable and the selection is great. I go to the Cranston location, the staff is wonderful!

- Treats
- Food
- Toys
- Grooming wipes-Earth Bath Especially for Puppies

## Tail Blazers – Many locations

- Training treats
- Food
- Buddy belts
- Toys
- Grooming wipes-Earth Bath Especially for Puppies

## Grooming

### Calgary

Shampooch – <http://www.shampoochgrooming.ca/>

335 Heritage Drive SE, Calgary AB

Calgary, AB T2H 1M8

Phone: 403.726.0485

Cheryl is the owner and is a fabulous groomer. She not only does a great job, but she is very kind to the dogs. There are no all-day appointments so your dog will only be there as long as necessary. She does groom a lot of Cotons and cuts them in a way that makes them still look like the breed.

## **Edmonton**

**Groomingdale's** operating in Pet Valu

Tamara Hovind

780-469-9577

2386 – 24 Street in Edmonton.

A few of my pups go to Tamara and they can't say enough good about her. She is also very kind and does a great job.

## **Doggy Daycare – Calgary & Edmonton (check with me for other areas)**

**Sit Happens** in Calgary– Best daycare, staff are trainers and excellent with dogs!

[www.sithappens.org](http://www.sithappens.org)

**See Spot Run** in Edmonton <http://www.seespot-run.com/>

Great for daycare or agility training

## **Dog training and dog sitting – Calgary**

**Sit Happens** – Best training place in Calgary for puppy class

[www.sithappens.org](http://www.sithappens.org)

Sit Happens has the best puppy program. I can't recommend them highly enough. I bring all my own there, even though it is in North Calgary. They focus on socialization. They make training very fun.

**Plum Tuckered Pooch** – 403-305-8436

Jenn, the owner is terrific, she is a certified trainer and a Coton lover/owner as well! She does in home training and doggy sits in her home.

## **Information Web Sites**

<http://www.fda.gov/cvm/petlabel.htm>

This site explains how to read food labels

<http://www.dogfoodproject.com/index.php?page=main>

This site has some great information about dog food ingredients, how to read labels, and nutrition

<http://www.petcarean.com>

This is the food company we use and really like

<http://www.dogfriendly.com/>

This is a site that tells you about dog friendly travel

### **Recommended Reading**

<http://www.dogstardaily.com/training/you-get-your-puppy>

**This online book covers house training and many other important things to know about training and how to incorporate your new little addition to your household. We highly recommend you read this before you get your puppy.**

Please refer to the books listed in the training manual

A good source for dog books in Calgary is Mungos Books, they have a FB page and typically have a booth at the dog shows.

. You can also buy online at <http://www.dogwise.com/> or <http://www.amazon.ca/>