

Congratulations on adopting a new puppy! Inside this “Puppy Pack,” you will find a wealth of information on topics including vaccines and protection against disease, training procedures, “puppy-proofing” your home, proper dental care, and much more.

**\*Preparing your home for a new puppy:**

The first step in preparing a safe environment for a new puppy is to recognize potential dangers. The ASPCA Animal Poison Control Center has come up with some very helpful pamphlets.

It includes lists of toxic plants, foods, and household items that may be harmful to your puppy. Having this list on hand in the event of an emergency can be life-saving. To help your pet sitter, take the time to fill out the emergency contact information and keep it with your pet’s things.



Teaching children how to interact with your puppy in a gentle manner will help protect both the children and your puppy from an incident. Below is a list of very helpful websites that teach parents and kids to recognize a dog’s subtle body language that says “I don’t want to play right now.” These websites also teach children and parents how to make training fun for the whole family, and how to safely approach dogs they don’t know:

**\*Use every opportunity to train your puppy properly, so he or she can grow to be a well-adjusted, well-balanced dog:**

Set your puppy up for success. It is much easier to teach your puppy the right behavior than it is to always correct inappropriate behaviors.

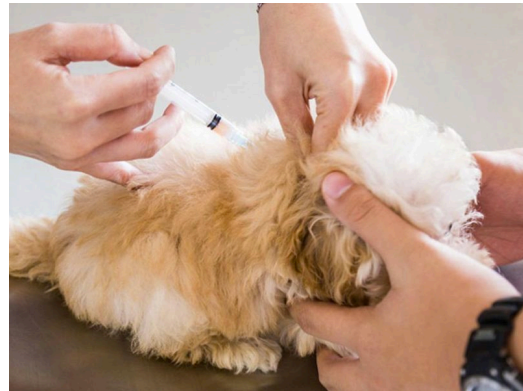
Make a space for your puppy: confine your puppy to a small area of the house (a place where he or she can be with your family at all times and avoid feelings of isolation) except when you are playing with or directly supervising your new friend. Puppies like to



explore their environments, often by using their mouths. Confining your puppy keeps him or her and your household items safe. It also makes potty training much easier. In this confined area, make sure to put away all items that your puppy may chew. Hide or wrap all power cords as best as possible, and remove from reach anything that appears chewable. Review the ASPCA pamphlet for a list of things to especially watch out for. Replace removed items with toys your puppy can chew, so that he or she may safely explore the environment.

### \*Vaccine Protocol:

Your puppy needs to have several vaccines, each separated by 3-4 weeks in order to be protected against preventable diseases. Each vaccine acts as a building block in your puppy's immune system against specific diseases, and enables your puppy's body to build the maximum amount of immunity between each vaccine. One vaccine equals a small amount of immunity, the second a little more, and so forth and so on. Once the vaccination series is complete, your puppy should be protected against all diseases for which they have been vaccinated for one year.



This is the puppy vaccination protocol used at most Animal Hospitals:

A “series” of vaccines consists of 3 separate appointments; each including an exam to ensure your puppy is developing properly and is healthy enough to receive the vaccine. If your pup is unwell (vomiting, diarrhea or other illness), your doctor will wait until your pet has recovered to vaccinate.

8 weeks: DAPP – Distemper, Adenovirus, Parainfluenza, Parvovirus

12 weeks: DAPPL (Leto4), Bordatella

16 weeks: DAPPL (Lepto4), Rabies 1yr

\*There are, of course, always exceptions to this protocol. It is up to your veterinarian to decide, together with you, what is the best plan of action for protecting your puppy against disease.

### \*Canine Diseases: Protect Your Puppy From Canine Parvovirus:

Canine parvovirus (or “parvo”) is the most common viral infection among puppies in the United States. The virus is **HIGHLY** contagious, often deadly, and causes vomiting, diarrhea (commonly bloody), fever, lethargy and dehydration. It is spread by direct and

indirect contact (between infected animals, people or objects with which the susceptible dog has come in contact with).

Symptoms may appear 3-14 days after exposure to the virus. If you notice your puppy showing any of the symptoms listed above, contact your veterinarian immediately.

There is no cure for canine parvovirus. Survival rates for puppies affected by this illness vary greatly. With treatment, the survival rate is reported to be about 50%. Without treatment, only 20% of puppies will survive.

The best and most effective way to protect your puppy from canine parvovirus is to complete the vaccination series as recommended by your veterinarian. It is also important to be aware of animals and surroundings visited by your puppy before the vaccination series is complete. Once exposed to parvovirus, a dog can shed living viral particles in its feces for years. These carriers may never show signs of the disease, unknowingly causing infection in puppies that they may never meet.

Did You Know?

30 BILLION Parvovirus particles are shed in EVERY OUNCE of infected feces and can live in the environment from months to years!

**\*Rabies:**

Rabies is a serious, incurable virus that is 100% fatal and is contagious to all warm-blooded mammals (including humans). Rabies causes acute swelling of the brain, which, in turn, results in an array of physical symptoms. Routinely vaccinating your pet to protect against rabies is crucial. In fact, the rabies vaccine is the only vaccine required by North Carolina state law. Rabies is primarily spread through body fluids (blood, saliva) of an infected animal. The primary sources of the infection are bite wounds. Bats and raccoons are the most common carriers, but the disease is also prevalent in other types of wildlife that live in our area. If your pet comes in contact with a potentially infected animal, it is strongly recommended to have him or her revaccinated for rabies within 72 hours.



**\*Infectious Tracheobronchitis:**

Infectious Tracheobronchitis is commonly known as “kennel cough.” This illness can be caused by several different types of bacteria and/or viruses that affect the upper respiratory system of dogs at any age. The most common pathogens are *Bordetella bronchiseptica* and canine parainfluenza. These pathogens are airborne (thus it is spread much like the common cold in humans), but it also is spread by direct and indirect



contact (between animals, people or objects with which the infected dog has come in contact with). Kennel cough is usually contracted in places where there are or have been many dogs in one place (shelters, kennels, parks, training classes, etc).

The symptoms of kennel cough include a sudden onset of dry, hacking cough, sneezing/coughing after exercise or excitement, or when light pressure is applied to the throat. Kennel cough is usually self-limiting. However, it sets the stage for secondary infections, sometimes leading to an upper respiratory infection or pneumonia if untreated. Exposed dogs will usually start showing symptoms 2-14 days after exposure. Kennel cough lasts from 1-3 weeks. If you suspect your dog has kennel cough, isolate him or her from other dogs. If the cough persists, or if your dog becomes congested, lethargic or inappetent, make an appointment to see your veterinarian.

\*Prior to socializing or kenneling your puppy, protect him or her by vaccinating for kennel cough.

#### Canine Distemper Virus:

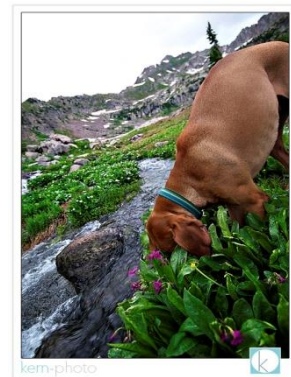
Canine distemper virus is a very serious and contagious airborne virus that has several phases and affects multiple body systems. It is contracted by inhaling infectious viral particles (usually excreted in urine and feces) and begins reproducing in the lungs.

Symptoms can be seen 3-6 days after exposure. Canine distemper can cause fever, low white blood cells, digestive upset, secondary respiratory infection, lack of appetite and finally neurological symptoms due to brain swelling.

Canine distemper is often fatal and there is no cure. The best prevention is to complete the vaccination series as recommended by your veterinarian.

#### Leptospirosis:

Leptospirosis is a complex bacterial infection that may affect almost all warm-blooded mammals (including humans). Leptospirosis can cause fever, stiff gait, lack of appetite, transient anemia and can progress into kidney failure in dogs. This bacterium is generally passed through the urine of small woodland mammals and transmitted through mucous membranes or abraded skin. Dogs that live near or frequent woodland areas and who often drink from or swim in streams are most at risk. There is an annual vaccine available for leptospirosis. However, some small dogs may have an allergic reaction to this vaccine.



Ask your veterinarian if your dog would be a good candidate for the vaccine.

The proper handling and storage of vaccines are vital in ensuring their efficacy. Feed supply stores are great venues from which to purchase food and other supplies, but vaccines are often unintentionally mishandled. Many veterinarians have reported incidents of preventable disease in animals that have been vaccinated with vaccines from feed supply stores. To provide your beloved pet with maximum protection against disease, we recommend only having him or her vaccinated at an animal hospital by a qualified staff member or veterinarian.

#### Common Intestinal Parasites:

Intestinal parasites are unfortunately common in young puppies and adult dogs alike. In most cases, they are easily detected by having your veterinarian's office perform a simple test with your puppy's fecal material. If parasites eggs are detected, the infection will be treated by giving an oral de-worming medication. Bringing a small, acorn sized piece of your puppy's fecal material in an airtight container to your veterinarian appointments will help make the visit a more pleasant experience for him or her. Each of these parasites are easily preventable by giving your puppy monthly heartworm/parasite/flea control. Ask your veterinarian which one he or she recommends.

#### Roundworms:

“Roundworms” (officially known as *Toxocara canis*, *Toxocara cati*, and *Toxocara leonina*) are the most common intestinal parasites seen in young puppies. If your puppy's mother has ever been infected by roundworms, some of the larvae may travel to her mammary glands where they lay dormant and wait for the arrival of new puppies. When the puppies are born and start receiving milk, they may become unfortunate hosts of roundworms. They can also be transmitted by ingesting infected fecal material. Once ingested, the larvae will travel from the small intestine, through the liver and into the lungs. The larvae are then coughed up and ingested once again. Finally returned to the small intestine, they will start to mature and reproduce. If your puppy is infected with roundworms, they may or may not show symptoms. Roundworms are one of the few intestinal parasites that are visible to the naked eye. They will be coughed up, vomited or shed in their feces. A roundworm infection is sometimes the culprit for giving puppies the infamous “potbellied” appearance.



\*\*\*Very rarely, humans (especially children) can become infected with developing larvae of roundworms. They travel into the tissues, if they make to the organs, it is most often the liver. They cannot reproduce in humans, but can cause health problems if this occurs. Always make sure to promptly pick up and properly dispose of fecal material. A roundworm egg must be in the environment for 2-4weeks in order to be infective.



## Hookworms:

Hookworms (officially known as *Ancylostoma caninum* or *Uncinaria spp*) are a common,



but dangerous intestinal parasite. They feed on your puppy's blood. Hookworms are transmitted by ingesting infected fecal material or infected animal remains, through skin penetration from soil, or through dormant larvae contained in milk from the mammary glands of the mother. Once ingested, they immediately attach to the mucosa of the intestinal wall and begin feeding. Hookworms have teeth they use to

attach, and a hefty appetite. An adult hookworm is very small (about 10-20 mm in length), but a hookworm infection in a small puppy can lead to anemia very quickly. However, some puppies with a hookworm infection do not show symptoms at all. The symptoms of a prominent infection include: poor hair coat, inability to gain weight, pale mucous membranes, bloody diarrhea or dark, tarry stools.

\*\*\*Very rarely, humans may become infected with hookworms. They are transmitted by burrowing through bare skin from warm, moist soil. They cannot reproduce in humans. Once again, promptly picking up your pet's fecal material and properly disposing of it will make this rare occurrence even more so.

## Whipworms:

Whipworms (officially known as *Trichuris vulpis*) are another common intestinal parasite.

These parasites feed on your puppy's blood. They are transmitted through ingestion of larvae housed in feces or warm, moist soil. The eggs are excreted in the feces and become infective after living in the soil for 2-4 weeks. Once in the soil, they can remain viable for up to five years. Whipworms can go long periods of time without shedding eggs, making them harder to detect than most other intestinal parasites. During this time, they can wreak havoc on



your dog's intestines. Many whipworm infections go undetected until they become severe. Symptoms of an infection include mucoid diarrhea, unthrifty hair coat, weight loss, and anemia. It is important to pick up and properly dispose of your dog's feces daily to prevent infections.

## Tapeworms:

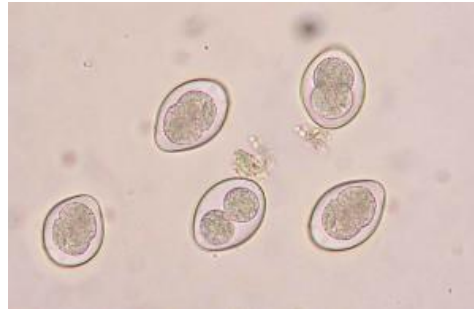
Tapeworms are different than most other common intestinal parasites that dogs can contract. They must live inside another host, and the host must be ingested in order to become viable in the intestines of your dog. Fleas (host of *Dipylidium caninum*) and rodents (host of *Taenia taeniaformis*) are the two most common hosts of tapeworms. Once these hosts are eaten by your dog, the tapeworm will start feeding on his or her nutrients. They grow to be an adult and will start producing eggs to keep the life-cycle going. Tapeworms are easily prevented by keeping your dog on year-round flea preventative.



Most often, you will see evidence of tapeworms. The picture above is of an adult tapeworm. Notice the segmentation of the tapeworm. These little segments (which are egg packets) are often found by owners stuck to their dog's anus, fur in the hind region or on their bedding. Tapeworms are easily prevented by keeping your dog on a flea preventative year-round or easily treatable through medication if they do contract them.

## Coccidia:

Coccidia (species that usually infects canines is officially known as *Isospora*) is a protozoal parasite that is contracted by eating soil or feces containing eggs of coccidia. Eggs become infective very rapidly in the environment (generally 2-4 days). Once ingested, coccidia eggs take up residence in your dog's small intestine. Their life cycle requires that they destroy intestinal cells at a rapid rate in order to multiply. Prevalent coccidia infections in puppies can cause bloody diarrhea, dehydration, malaise and can even lead to death. Coccidia can be detected by a fecal flotation examination and is usually easily treatable by giving an oral de-wormer. This protozoa is specific to canines and cannot infect another species living in the home.



## Common External Parasites:

External parasites are often easily avoidable by giving a monthly preventative. Ask your veterinarian which product they recommend for your pet.

## Fleas:

Fleas (*Ctenocephalides felis*) are the most notorious parasite of them all. The reason for this is because they can not only cause your pet major irritation and possible infection (many dogs are allergic to flea saliva); fleas can also cause anemia and spread blood born diseases and tapeworms. They can be especially harmful to a pet with a compromised

immune system or any other underlying health problems because your pet must always fight with fleas and constantly regenerate new blood to replenish the blood eaten by fleas. Each female flea can lay up to 50 eggs per day (according to University of Kentucky Entomology Dept). Once the flea lays the eggs, they easily fall off of your dog and land on things like your furniture, dog beds, floors, etc. Fleas hatch into the larva stage within about two days. This means that there are hundreds of thousands of fleas in different stages in their life cycle (see the picture above). This makes them very difficult to eradicate from your home;

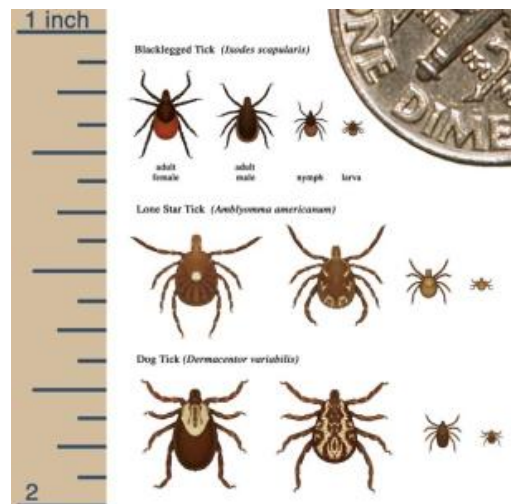
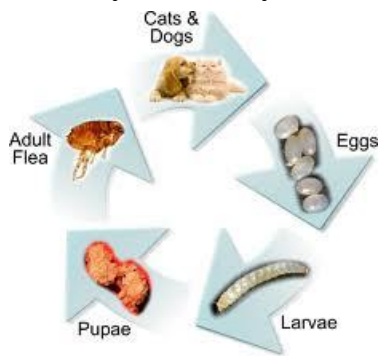
especially because there is no product on the market that can kill a flea while in the pupae stage. Many owners are deceived by the number of fleas that are actually on their pets and in their homes. They are very small, great at hiding and are often groomed off

by your pet once they have been bitten. The best way to detect fleas on your pet is to use a flea comb. This picks up the flea feces, also known as “flea dirt”. Flea dirt is visible to the naked eye and is seen as tiny black specks stuck in the fur. If you wipe the debris from the flea comb into a wet paper towel, flea dirt will turn a dark red or brown, as it is digested blood from your pet. Always remember that just because you do not see fleas, does not mean your pet does not have them. It is important to keep your pet on monthly flea preventative year round to save your pet the hassle and discomfort of dealing with fleas, and to save you from the difficulty of ridding your home or yard of a flea infestation. Ask your veterinarian which preventative he or she recommends.

### Ticks:

There are many species of ticks that can feed on canines. They range in size, color, and pattern. The most common ticks that are prevalent in western North Carolina are the American dog tick, Black-legged tick and the Lone Star tick. Most people can easily identify a tick, but not usually the species. Ticks burrow their heads into the skin and begin their blood meal almost immediately, and can easily transmit disease to your dog. A tick needs to be attached to your dog for 24 hours before they are able to transmit disease. Tick-borne diseases contracted by dogs include: Rocky Mountain Spotted Fever, Lyme disease,

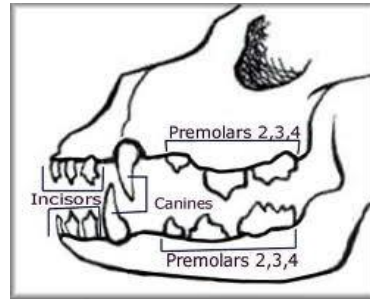
Anaplasma, Babesia protozoa, and Ehrlichia. The best way to protect your dog from tick-borne disease is to keep them on a monthly preventative that includes a tick-repellent. Ask your veterinarian which preventative they recommend.





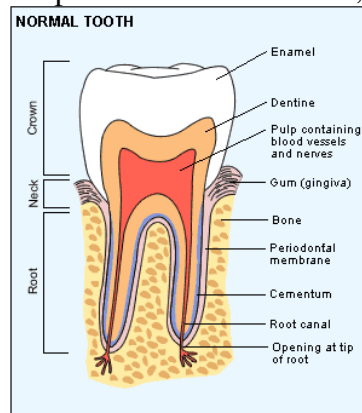
## \*Dental Health:

As with humans, puppies have several types of teeth used to grab, chew and grind their food. By 12 weeks of age, your puppy should already have 28 teeth! These teeth are “deciduous” or “baby teeth” which should be lost from the ages of 3-7 months, to be replaced by larger, adult teeth. Some puppies will have difficulty losing their baby teeth. Most commonly, it is the canine teeth (“fangs”) that are retained. Below is a picture of a puppy with many retained deciduous teeth. Your veterinarian will usually extract these teeth during your puppy’s spay/neuter surgery. By the age of 7 months, your dog should have 42 adult teeth.



The internal anatomy of your dog’s teeth is identical to yours. Each tooth contains a pulp chamber, blood supply, roots and nerves which make dental disease very painful. Humans have a very thick layer of enamel that protects the tooth’s fragile internal system. This enamel layer is three times thicker in humans than it is in canines, making dog’s teeth easier to break and leaving the internal structure more vulnerable to disease.

The term “Doggie Breath” is widely accepted as a normal phenomenon. However, this bad breath is often the first clear sign of periodontal disease. Periodontal disease is the most common infectious disease in companion animals. This disease process begins when harmful bacteria take up residence in your pet’s mouth. These bacteria adhere to the teeth and colonize, forming plaque. In abundant numbers these bacteria are easily absorbed into the bloodstream and can strain internal organs such as the heart, lungs, kidneys and liver.

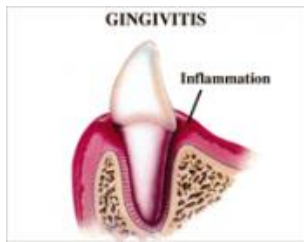


Many factors contribute to this disease including age, species, breed, genetic predisposition, diet, chewing behavior, grooming habits, individual oral bacterial flora, and lack of preventative health care. Over 80% of dogs and 70% of cats over the age of three years are affected by periodontal disease. By far, the best way to prevent your pet from developing this disease is with preventative home dental care.

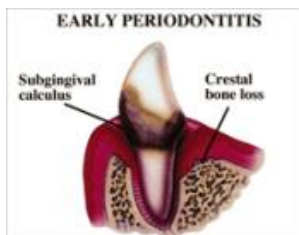
### Periodontal disease:

Periodontal disease involves several stages. Below are pictures to help you identify these stages along with their symptoms. These pictures are of dogs and cats, but are intended to be viewed as an example of the amount of tarter and condition of the gums.

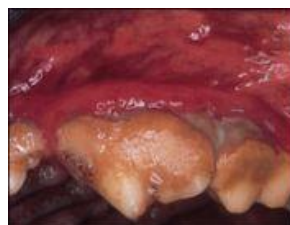
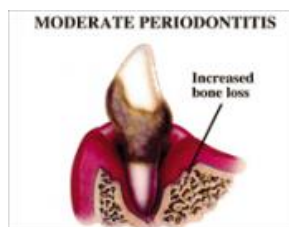
Stage I: Gingivitis – The edge of attached gingiva (gum) is inflamed and swollen. Plaque covers teeth. Home dental care can still reverse this condition.



Stage II: Early Periodontitis – The entire attached gum is inflamed and swollen. The mouth may be painful and odor begins to be noticeable. Professional treatment and home dental care can prevent this condition from becoming irreversible.



Stage III: Moderate Periodontitis – The gum is cherry red and bleeding. The attachment of the gum to the tooth is being destroyed by bacteria, calculus (tartar), and infection. Soreness in the mouth may be affecting eating habits and behavior. Bad breath (and possibly pus) is present in the mouth. There is slight to moderate bone loss. This is the beginning of periodontal disease. Damage may be irreversible. Professional treatment is needed to alleviate pain and infection and prevent further damage.



Stage IV: Advanced Periodontitis - Chronic bacterial infection is destroying the gum, tooth and bone. Tooth mobility, deep pockets of infection, and severe bone loss may all be present. Bacteria may be spreading throughout the entire body via the bloodstream and may damage the kidneys, liver and heart. This stage is often extremely painful. Professional treatment is needed immediately to alleviate pain and infection and prevent further damage.



## Preventative Home Dental Care: You Can Do It!!

There are more home dental care products for your pets on the market today than ever before. Choose one or more that works for your lifestyle. By far and away, the most effective method of home dental care is daily tooth brushing. One to two minutes spent brushing your pet's teeth each day can help prevent a lifetime of health struggles for your pet and vastly reduce your veterinary expenses.

Tooth brushing can be a positive event for your pet and your entire family. Kids love being included in this process! If they are old enough, helping will make them feel like a responsible, important part of the training process. A daily health care routine deepens the bond between your pet and your family and when consistent, makes training in other areas easier.

Before starting this process, get your pet used to having his or her mouth handled in a non-playful, non-threatening way (an easy way to do this is by teaching the cue "let me see". Each time your puppy is tolerant of you and your family members calmly handling each part of their body, immediately give them a treat and say "good!" "Let me see" over time, your pup will learn that they get rewarded for being tolerant. This command can not only make tooth brushing a success, but it can make vet visits less stressful, and help them to be more tolerant and confident about strangers touching them).

## How to Make Daily Tooth Brushing a Positive Event:

Supplies needed:

Flavored enzymatic toothpaste specially formulated for your pet. The fact that your pet finds it tasty is important to your overall success. \*Do not use human toothpastes, they can contain ingredients that are toxic to your pet!

A small, but special, treat to entice and reward (tiny treats work wonders!!)

Toothbrush or finger brush (you can purchase a pet toothbrush, or a great and inexpensive alternative is a child-sized, soft bristled toothbrush)

#### Instructions:

Set aside time each day. Gather all supplies. Put a small amount of toothpaste on your finger and let your puppy lick it off. After he or she licks it off, provide excited praise and a small, special treat. Repeat this step daily for one week (or longer if he or she is initially resistant to the process). Next, apply a small amount of toothpaste on the toothbrush and allow your pet to lick it off. Then, offer more excited praise and a treat. Repeat this step daily for one week (or longer if he or she shows resistance).

Finally, get your pet used to having the toothbrush in his or her mouth. The most important teeth to brush are the very back top molars and the canines (fangs), as they accumulate the most bacteria and tartar. Always follow with praise and one small treat to keep your pet coming back with a fresh smile and a wagging tail!

When training your puppy to do anything, baby steps are the key to success. As soon as they are completely comfortable with one step, challenge them a little by moving on to the next step, and so forth and so on.

## It's Up To You!

Consistent home dental care can lengthen your pet's life up to several years and prevent health problems from developing.

### \*RECOMMEND SPAYING OR NEUTERING YOUR PET

**Health benefits:** When females are spayed there is a 98% reduction in the possibility of developing mammary cancer. We also eliminate the chance of contracting a uterine infection – a common problem when older animals go through a heat cycle. Neutering male pets eliminates the possibility of testicular cancer as well as greatly reducing problems associated with the prostate gland.

**Behavior management:** Behavioral problems are reduced in spayed and neutered animals due to the reduction of hormones produced. Following surgery, your pet's personality will not be adversely affected and you will likely even see a decrease in unwanted behaviors. **Intact animals are more likely to roam and fight because they seek to establish territory and find mates.** They also tend to mark their territory which can mean urinating inside the house.

**Note:** spaying and neutering can reduce an animal's metabolism. A reduction in volume of food is usually needed.

## \*The Case For Microchipping

Microchipping is a relatively new option designed to solve an age-old problem:

recovering lost pets. Here are some facts to keep in mind when considering whether or not to microchip your pet.

- More than 10 million pets are lost or stolen each year.
- More than half of all impounded dogs and cats are without collars by the time they arrive at the shelter.
- Only 16% of dogs and 2% of cats entering animal care control facilities are reclaimed by their owners.
- 56% of the dogs and 72% of cats received by the shelters are euthanized because the animals have no form of identification.
- Collar tags can be lost and tattoos can fade or be altered, but microchips are permanent and tamper-resistant.
- With a microchip and a one-time enrollment fee, your pet is protected for life.
- 3,000 to 4,000 lost pets are recovered each month thanks to the Microchip Identification System.
- Spaying/neutering, vaccinating, and microchipping make up a three-step program of responsible pet care endorsed by veterinarians around the country.
- Microchipping is fast and affordable. It is amazing that something almost the size of a grain of rice can save your pet's life!



## \*Training your puppy:

Dogs are remarkably social creatures. Utilizing your puppy's natural instincts to assist you in the training process will ensure greater success in EVERY aspect of training. Remember, your puppy is a baby. Just like a baby of any other species, this time in his or her life is fragile and important. Your puppy requires an increased amount of your family's attention at this time to grow up healthy and well-adjusted. The ages 3-16 weeks of your puppy's life sets the stage for their disposition and behavior for the rest of their lives. In this time, they learn to socialize and interact with dogs and people alike. On the same note, just as a baby learns to "test" their parents to see what they can get away with, your puppy will do the same thing. Taking the steps to provide your puppy with adequate training and new experiences during this period will prepare him or her greatly for the duration of their lives. Puppies have a very short attention span. Spending hours (or even AN hour) on training at one time will likely frustrate and bore them. The result of this is resistance to training. Short bursts of training, spanning from 5-10 minutes several to many times each day works best.

Dr. Sophia Yin is one of the best animal behaviorists in the business today. We recommend the book "Perfect Puppy in 7 Days". It is a step by step book that teaches you how your puppy develops physically and mentally, and the most effective ways to train,



desensitize and introduce your puppy to the world. She takes you through 7 days in the life of a new puppy owner. There are over 400 pictures (and free training videos on her website) to help guide you along the process.



### \*Potty Training Your Puppy:

Puppies are born with strong natural instincts. Certain behaviors are inherent, and using them to aid you in the potty training process will help your puppy learn at an accelerated rate.

This handout will guide you through the process of potty training your beloved pup. Keep in mind the following points when considering the natural elimination and learning behaviors of dogs:

- Dogs have a strong instinct to eliminate away from their normal resting place. This does not necessarily mean going outside. This only means that they prefer to eliminate at least 10-15 feet from their bedding or normal resting place, unless taught otherwise.
- Dogs instinctively eliminate on absorbent surfaces (this is why we must watch out for our carpets).
- Puppies learn through trial and error. Teaching your puppy the “right” place to go is much easier than teaching an infinite number of “wrong” places to go. Set your puppy up to succeed! The training process will be simpler and happier for you and your pup.
- While puppies are young, they are naturally curious about their environment. This often leads to their getting into things and eliminating in inappropriate areas. During this time, keep your puppy confined to a limited area in your home where you can keep and monitor him or her at all times. Make sure this is a high traffic area where the puppy can enjoy the company of family at all times. Placing a small bell on your dog’s collar will help ensure you know where your puppy is at all times. The “buddy system” is also very effective. This is a training method used by Dr. Sophia Yin (go to her website for free training tips and videos at [www.drSophiaYin.com](http://www.drSophiaYin.com)), where you attach the puppy to a leash and attach the leash to your waist or belt. This keeps your puppy out of trouble and always in your view. It also teaches your puppy to walk nicely on a leash because they get comfortable being on one.

Potty training your puppy is a simple process that requires consistency, diligence, and the involvement of the entire family. In order to achieve success, everyone must make a commitment to manage the puppy’s behavior 24 hours a day until the potty training process is complete.

Tools needed for successful housetraining:

- Leash and collar (with small bell or jingly tags attached to collar)
- Crate. Please take the time to properly introduce crating to your puppy, it prevents many life-long behavior problems. See our handout on crate training for instructions.



- Patience
- Consistency

Your puppy's need to eliminate will decrease with age, as bladder size and muscle tone increases. Below is a chart that will help you gauge how often your puppy should need to eliminate. Keep in mind that each puppy is different and may grow and develop at different rates. Keep these parameters in mind, but get to know and abide by your pup's personal elimination schedule, habits, and limitations.

Age	Time period between needing to potty
4 weeks	1- 2 hours -
8 weeks	3-4 hours -
12 to 16 Weeks	8 hours, beginning to sleep through the night

**\*Keys to successful potty training:**

**Prevention:** Limit opportunities to eliminate in the wrong places by confining your puppy when you cannot keep constant watch on what he or she is doing.

**Routine:** Set up a regular feeding, playing, and elimination routine. Puppies have predictable elimination schedules. Feeding your puppy scheduled meals is important for potty training because puppies will naturally have the urge to eliminate after eating. Allowing free access to meals will make it difficult to predict when your puppy will eliminate. Coordinating elimination schedules with feeding and playing schedules will help you and your puppy get the hang of the process much more quickly. Taking your pup outside to the place you want them to eliminate immediately after the following daily events will set them up for success:

- Upon waking in the morning
- 15-20 minutes after each meal
- After playing or chewing toys
- Upon waking from naps
- After being confined



**Anticipation:** Learn to recognize the body language cues your puppy gives before eliminating. Walking around in a circle, sniffing, tail erect, whining, and lying next to the door to the outside—especially when interrupting an activity to assume these behaviors—are all signs that your puppy is likely about to eliminate. Take your puppy outside immediately if you see any of these behaviors.

**Praise:** Softly praise your puppy while he or she is eliminating in the proper location. When your pup has finished, provide immediate enthusiastic attention and sometimes treats (especially at first) each time to let them know how proud you are that they have gone in the right place. Your puppy will quickly catch on that you are thrilled when he or

she eliminates outside.

Use verbal cues: When you go outside, watch your pup begin to sniff around to find a desirable place to eliminate. Pick a verbal cue (such as “go potty,” “go pee,” or etc.) so your dog learns to associate it with elimination. Do not play with or talk to your puppy other than repeating this cue until after elimination.

Concentrate on one designated area for elimination: When potty training, go outside to the same place each time. This way, your puppy will recognize his or her own scent and know that this is the right place to eliminate.



Diligence: Someone from your family must go outside with your puppy every time to “catch” appropriate elimination in the proper place. This gives you as many opportunities as possible to positively reinforce this behavior.

Remember: Your puppy doesn’t understand the need to go outside to eliminate. Emptying bladder or bowels feels good and is rewarding in of itself. The reward doesn’t have to come from you in order to reinforce the behavior. Allowing your puppy to have the opportunity to eliminate in the house will reinforce that this behavior is appropriate (because it feels good). Eventually, it will become a habit. Habits are much more difficult to break than they are to prevent. Take adult dogs with you outside: If you have an adult dog in the house (or even visiting), take him or her with you when you take your puppy outside to eliminate. Puppies learn best by examples from other dogs.



**NO PUNISHMENT:** Never hit, shake, yell, or rub your puppy’s nose in the mess. We understand that it can be very frustrating when your puppy eliminates in the house. Punishment, however, not only doesn’t help, it can make your puppy fearful, and cause other behavior problems. Punishment can also make the training process take much longer. Instead of learning that he or she should not eliminate in the house, punished puppies often only learn to hide (often somewhere in the house while you are not looking) when they need to eliminate. Dogs do not have the ability to reason as humans do. This is why setting your puppy up for success and keeping constant watch on him or her is so important. It is easier to teach your puppy the one right place to potty than the many places that are inappropriate. If you find an accident after the fact, don’t make a big fuss about it. Just accept that the accident occurred, clean it up, forget it, and pay closer attention to your puppy.



Use appropriate corrections: If you catch your pup in the act of eliminating in an undesirable place, startle him or her by saying “Oops!”, then gently but quickly pick up and carry your puppy directly outside to the elimination area. Offer praise once he or she has finished eliminating outside. Do not use punishments.

Use odor-eliminating/enzymatic cleaners to clean up accidents: Since dogs use smells to find a good spot to eliminate, it is important to clean up any accidents that occur with these special cleaners to erase any odors left behind. Otherwise, you may find yourself cleaning up accidents in the same spots in your home.

Permit sniffing: When dogs eliminate, it serves a dual purpose. They are not only emptying their bladder and bowels, but they are leaving a scent mark in their environment. It is a way to communicate to other dogs that come into their territory. For this reason, they feel the need to find the perfect place to eliminate. This is okay! If you are patient and allow your puppy to find this perfect spot, the potty training process will go more smoothly and quickly. Pups may also pick up the scent of other dogs that also eliminate outside, and unconsciously put the pieces together that outside is the preferable place to eliminate.

Allow play and interaction after eliminating: Initiating play and positive interaction after your pup has finished eliminating helps to establish the desire to go outside to eliminate because puppies learn to associate positive experiences with eliminating outside. If you are having troubles potty training your puppy ask your breeder for some advice, she will be happy to help.



## \*CRATE TRAINING YOUR PUPPY

Crate training is widely encouraged by veterinarians. A dog's natural instinct is to sleep and rest in a den. When used properly, crating can be a wonderful tool for housetraining your puppy and increasing his or her feeling of security.

Using a crate as a housetraining tool serves two important purposes:

- Securing your puppy to prevent him or her from having full access to your house. When unsupervised, puppies are more likely to get into trouble or hurt themselves.
- Puppies have a natural tendency to avoid soiling their den or sleeping area. Therefore, when crated properly, it is unlikely that the puppy will eliminate in his crate. Crating creates a normal routine for elimination and teaches bladder/bowel control. Be aware that the length of time your puppy can go without eliminating increases with age. Each puppy is different, as they are individuals. Pay close attention to your puppy's elimination behavior, so that everyone may have the best experience possible in training.

Remember, a secure puppy is a happy puppy!

Depending on the age, temperament and previous experiences of your puppy, it may take several days to several weeks to adequately crate train. Keep the following points in mind while trying to train your puppy to a crate:

- The crate must ALWAYS be associated with something pleasant for the puppy.
- Training should take place in a series of small steps, each of which we will cover. Try one step at a time, not moving on until your puppy is comfortable. Don't try to do too much too fast or force your puppy into the crate. Forcing a puppy will only result in more resistance and may even prevent the dog from ever having a good experience with crating.



## What is a Dog Crate?

A dog crate is a full enclosure with a top, four sides and a door. Crates are available in a variety of sizes and shapes to accommodate any puppy. These enclosures may be constructed of wire, wood, fiberglass, or plastic. Crating is intended to provide confinement for security, safety, housetraining, protection from the dangers of the household, protection while traveling and general control of your puppy's behavior.

## Why Use a Crate?

- Using a dog crate humanely and correctly is advantageous for both you and your puppy:
- Enjoy peace of mind while leaving your puppy at home alone. Nothing can be destroyed and he or she is protected and comfortable.
  - Housetrain your puppy more quickly by using close confinement to encourage a regular "routine" for outdoor elimination and to prevent accidents at night or while left alone (to prevent bad habits from forming).
  - Effectively and easily manage your puppy at times when he or she may be underfoot (meals, visitors, when moving heavy or large objects, while workmen are in the house, etc).
  - Feel comfortable traveling with your dog with less risk. The driver will not be distracted by the puppy, and the dog will not be able to escape onto dangerous roads during stops. Dogs feel more secure being in unfamiliar surroundings when they have a little piece of home with them everywhere they go.



- Your puppy can enjoy the privacy of his own “den” when feeling tired or stressed.
- Your puppy can avoid the fear and confusion caused by your reaction to problem behaviors.
- Your puppy can be spared feelings of frustration and isolation by being confined to uncomfortable, low traffic areas of the house such as the basement, garage, or being left outside; rather your dog will have comfortable, familiar surroundings when being restricted or left alone.
- Your puppy will learn bowel/bladder control and also learn to associate elimination with being outside.

## What Size Crate Do I Need?

Use these perimeters when choosing a crate for your puppy:

- The crate should be large enough for your puppy to stretch out on his side without being cramped and be able to sit up without hitting his head (a crate that is too large is better than one that is too small).
- If your puppy is very small, you can reduce the size of a larger crate by creating a partition made of wood or wire (some crates are sold with these partitions), or just place a cardboard box in the back of the crate (if your puppy chews on the box, remove it and use something else). The amount of space can then be increased as your puppy grows. Bear in mind, though, that a crate that is too large for a young puppy defeats the purpose of providing security and promoting bladder control.

## Crating Concerns: Cruelty or Compassion?



Upon first introduction to crating, it is common to feel resistant to the idea. You may even think that the crate resembles a jail cell and appears punishing. Crating can be inhumane if used improperly. However, crating plays on a dog’s natural instinct to “den.” In the wild, a wolf mother rests in the den, bears her young in the den, and nurses them and keeps them safe from the dangers of the world in the den. If crating is

introduced and maintained as a “safe haven,” most dogs will come to adore their crates.

Here are some situations that ensure a negative experience for a puppy:

- Improperly introducing your puppy to the crate (leaving the puppy in the crate without taking proper steps to acclimate or conditioning the dog to crating).
- Placing the crate in a low traffic area of your home, thereby causing feelings of isolation and abandonment.
- Using crating as a form of punishment or “time out.”

Crate or no crate, any dog that is denied the human companionship it needs is going to be a lonely pet – and will ultimately find ways to express boredom, anxiety, depression and stress.

## Use but Don't Abuse!

The use of a dog crate is not recommended for dogs regularly left alone all day, though some pets may learn to tolerate it. Young puppies can control their bladders for several hours but not for the entire workday. Leaving a puppy in a crate for 8-10 hours is not appropriate. A puppy that is forced to soil his crate as a result of being crated too long is being treated unfairly and will be more difficult to housetrain. If you must leave your puppy in the crate for long periods of time, please implement the following humane training steps.

## 5 Stages to Crating Your Puppy

A young puppy (7-16 weeks) normally should accept a crate at his or her own pace. Many problems your puppy may have acclimating to the crate are most likely not caused by the crate itself, but by learning to accept a new environment. The crate training process actually helps dogs adapt to change more quickly.

### Stage 1: Making Space for the Crate

Placing the crate is an important aspect of the crate training process. Here are some tips:

- The crate needs to be placed in a high traffic, "people place" in your home. Choosing a room where your family spends a lot of time makes your puppy feel welcome in your home rather than banished, isolated, or punished.
- Position the crate in a corner or cover it with a blanket to help your puppy feel more secure.
- There are crates available that resemble furniture if you feel a traditional style crate may be an eyesore. These crates work especially well because they are sturdy and secure, and can easily recreate the feel of a "den".
- Children in the home need to understand that the crate is the puppy's special place, where he or she can feel safe and be alone. The crate is not to be a play area. Simultaneously, your puppy should learn to tolerate you or anyone or in your family reaching into the crate without becoming aggressive/protective.

### Stage 2: Introducing Your Puppy to the Crate

Use these steps to introduce your puppy to their crate:

- Always remove all collars and tags before crating your puppy. Accessories can get caught on the crate and harm an unsupervised puppy.
- Put a soft blanket or old towels in the corner of the crate. Bring your puppy over to the crate and speak in an excited and happy tone of voice.
- Make sure that the door to the crate is securely opened so it won't accidentally hit and frighten your puppy.
- Place yummy tidbits just inside the door of the crate, and then gradually all the way inside to encourage your puppy to enter. If your pet doesn't go all the way at first, this is

ok. DO NOT FORCE THE PUPPY TO ENTER.

- Repeat this process until your puppy will calmly walk into the crate to obtain a piece of food or retrieve a toy.
- This process may take several minutes or several days depending on the personality and early experiences of your puppy.

### Stage 3: Feeding Your Puppy in the Crate

After introducing your puppy to the crate, feed regular meals inside it for a while. Feeding your puppy in the crate will create pleasant associations and decrease fears that he or she may have. As with each prior step, using baby steps will help ensure a successful experience:

- If your puppy is entering the crate with ease before this stage, you may place the food bowl all the way at the back of the crate. If your puppy is still reluctant to go into the crate, place the food bowl at the opening of the crate, or as far into the crate as the puppy feels comfortable going in, then move the bowl a little farther back into the crate each time you feed, always bear in mind his or her comfort level.
- Once your puppy is comfortably standing in the crate while eating, shut the door. At first, open the door as soon as he or she is finished eating and offer praise for being such a good puppy! (And then of course, immediately go out together for a potty break.)
- Each time you feed the puppy in the crate, keep the door closed a few minutes longer, until he or she can stay in the crate for ten minutes without protest. (See the pattern here? Baby steps!) If your puppy begins to whine to be let out, you may have increased the time too much too soon, so back down a little next time you feed.
- **IMPORTANT:** Make sure you always let your puppy out of the crate while he or she is calm and quiet, not barking and whining. Letting the puppy out while he or she is protesting indicates that barking and whining will be rewarded with freedom. Your puppy is very smart and reinforcing this negative behavior may set the stage for other behavior problems throughout his or her life.

### Stage 4: Conditioning For Longer Periods of Time

Once your puppy is eating meals comfortably in the crate, you can start to leave him or her in the crate for short periods of time while you are home. Now you are ready to progress to the next stage:

- Use small treats to teach your puppy the “kennel up” command. Hold a treat in your hand, and call your puppy to the crate. Point the treat towards the back of the cage and say “kennel up” (or whichever command you prefer). If he or she goes right in, reward with a treat. If not, it’s ok. It may take a few tries if your puppy is reluctant. Only provide the treat if the puppy is inside the crate.
- Once your puppy is in the crate, shut the door and sit near it for about 5-10 minutes, but pay your puppy NO attention. Then, walk into another room (out of sight) for a few minutes. When you return to the crate, sit quietly next to it again for a short period before you release your puppy.
- Repeat this process several times a day, gradually extending the time you are out of sight so your puppy will acclimate to being left alone in the crate. Once your puppy will

sit quietly in the crate for 30 minutes, you can start to leave him or her for short periods of time while you are gone. You may also start to let your puppy sleep in the crate. Just be sure that the crate isn't too far away, so you can still hear him or her whine, signaling the need to eliminate at night. (You could move the crate closer to your bedroom during the crate training process, then incrementally move the crate farther away to another place in the home.)

- Create a "crate routine" by leaving your puppy in the crate for 1-2 hour intervals, even if you are home the entire time. This helps to prevent episodes of separation anxiety.
- There are many "distraction treat toys" available at your local veterinarian's office or pet supply store that will help your puppy stay occupied. These toys usually have holes in them in which you can place food and treats. Such toys are helpful because they challenge puppies to concentrate and think in order to get the food out, which leaves your dog occupied for long periods of time. You can even feed your puppy daily meals this way!

If things are not going well at first, it's ok! Be consistent, firm, and patient with your puppy. If you must leave your puppy alone, you will be protecting him or her from the dangers of the household and ensuring the safety of your personal items.

## Stage 5: Crating When Left Alone

After your puppy can quietly sit in his or her crate for 60 minutes without becoming anxious while you are home, you may start to crate your puppy while you are not home.

- Use the normal "kennel up" command to get your puppy into the crate. Make sure you vary the point in which you crate your puppy as you get ready to leave. A range of 2-20 minutes prior to leaving should suffice.
- Do not make departures emotional or prolonged. Once your puppy is crated, provide a treat and quietly leave them alone while you prepare to leave. Prolonged goodbyes can create problems of separation anxiety.
- When you return, although it is exciting to see your puppy, do not make a big deal about coming home. This will only reinforce over-excited behavior and may cause problems of separation anxiety. When you enter your home, wait for your puppy to be calm (without giving eye contact or attention). Once he or she is calm, quietly open the crate and take your puppy outside to play (and potty of course)!! This behavior effectively teaches your puppy that you want them to be calm. It is one simple thing you can do that can prevent many unruly behaviors in the future.
- Continue to crate your puppy periodically while you are home. This prevents your puppy from associating the crate with always being left alone.

If you must leave your puppy in the crate for long periods of time, please follow all guidelines below:

- He or she must be well exercised (20-30 minutes of aerobic activity) both before and after crating.
- He or she must also be given lots of personal attention, be allowed freedom during the evening and be able to sleep near the owner.
- Ideally, someone should check on your puppy during the day to offer him or her

attention, exercise and fresh water.

- The crate needs to be large enough to allow your pup to be able to comfortably stretch out fully on his or her side, stand up and turn around.

Remember: The crate is supposed to be loved and cherished; a space where your puppy feels safe and loved. NEVER use the crate as punishment for misbehaving.

### A Word about Whining:

If your puppy whines and cries while in the crate, it may be difficult at first to decipher whether he or she is whining to get out or to go outside to eliminate. If you have properly followed the training procedure, you will not have reinforced whining by letting your puppy out of the crate. Initially, you can ignore the whining. Your puppy may stop whining if he or she is just testing you. If you feel your puppy needs to go outside to eliminate, quietly take him or her directly outside, allow the puppy to eliminate, offer brief praise for eliminating properly, then put him or her directly back into the crate. This is no time for play. Throughout the process of ignoring your puppy's whines, expect it to get worse before it gets better. If you react in ANY way (pounding on the crate, yelling, talking, trying to soothe you puppy, etc) you will reinforce this behavior. Any attention (even negative attention) teaches your puppy that whining louder and longer is the key to getting attention. Don't give in!! If the process becomes unmanageable, you may need to start the crate training process all over again.

### Does Crate Training Always Work?

No! Although most pet owners can successfully crate train, certain pets cannot adapt to this type of confinement. This may be especially true of an older adopted puppy. A dog with an unknown background, one who may have suffered a traumatic experience in a crate, or an older dog may not be as likely to accept the crate. Most pet owners can successfully perform crate training. A dog who is frantic, anxious, or totally miserable in a crate should not be forced to use one. It is inhumane, and may lead to physical injury if the puppy attempts to find a way out.



# COMMON HOUSEHOLD ITEMS THAT COULD HARM YOUR PET:

Presented by ASPCA  
For poison emergencies, call 1-888-426-4425

The ASPCA established the Animal Poison Control Center (APCC) to help pet parents and veterinarians with poison-related emergencies. The APCC is staffed by board-certified veterinary toxicologists and professionals specifically trained in veterinary toxicology. They're available 24 hours a day, 365 days a year and have assisted with more than 850,000 cases. For more information and a free magnet, call 1- 888-426-4911 or visit the website at [www.asPCA.org/apcc](http://www.asPCA.org/apcc).

\*\*\*If you think your pet has been exposed to a poisonous substance, call the ASPCA Animal Poison Control Center at 1-888-426-4435, and consult your veterinarian for follow-up care - it may save your pet's life.

Make your home a safer place by keeping your pets away from the following hazardous objects, plants, items, and trouble areas:

## SUBSTANCES:

Keep your pets protected by storing the following medications and chemicals in secure containers and out of reach:

Non-steroidal anti-inflammatory medications (ibuprofen, aspirin, etc)	Lighter fluid
Acetaminophen	Mothballs
Cold and flu medications	Anti-cancer drugs
Antidepressants	Solvents (Paint thinners, etc)
Vitamins	Flea and tick products
Insecticides	Liquid potpourri
Rodent bait	Slug and snail bait
Bleach	Oven cleaner
Diet pills	Lime/scale remover
Disinfectants	Fly bait
Fabric softener	Detergents
Lead	Tobacco products

### FOODS:

You should never let your pets eat any of the following foods. Be sure to store these groceries where your pets cannot access them:

Avocados	Alcoholic beverages
Chocolate (all kinds)	Moldy/spoiled foods
Coffee (all kinds)	Salt
Onions and onion powder	Fatty foods
Garlic	Candy/Gum
Grapes	Any food containing xylitol
Raisins	Raw yeast dough
Macadamia nuts	Tea leaves

### OBJECTS:

These household objects can cause puncture wounds, choking, or internal organ damage to your pets; be sure the following are not left lying around:

Balls	Paper clips
Batteries	Plastic wrap
Twist ties	Socks
Buttons	Rubber-bands
Coins	Sharp objects
Cotton swabs	String
Glass	Yarn
Hair ties or pins	Dental floss
Jewelry	Towels
Nylons	Wax

### PLANTS:

If you have any of these common plants inside or around the outside of your home, be sure they are in places where your pets can't reach, or consider getting rid of them altogether:

Aloe	Dieffenbachia	Marble Queen
Amaryllis	Dumbcane	Morning Glory
Andromeda Japonica	Easter Lily	Mother-in-Law
Asian Lily	Elephant Ears	Mountain Laurel

Autumn Crocus	Eucalyptus	Nephthysis
Asparagus Fern	Emerald Fern	Narcissus
Australian Nut	English Ivy	Needlepoint Ivy

Azalea	Ferns	Nightshade
Belladonna	Fiddle-leaf Philodendron	Oleander
Bird of Paradise	Gold Dust Dracaena	Panda
Bittersweet (American and European)	Florida Beauty	Peace Lily
Black Locust	Foxglove	Philodendron
Branching Ivy	Glacier Ivy	Poison Hemlock
Buckeye	Gladiolas	Precatory Bean (rosary pea)
Buddhist Pine	Golden Pathos	Privet
Caladium	Heavenly Bamboo	Red Emerald
Calla Lily	Honeysuckle	Rhododendron
Castor Bean	Hurricane Plant	Ribbon Plant
Ceriman	Hyacinth	Sago Palm
Clematus	Hydrangea	Satin Pothos
Cordatum	Iris	Schefflera
Corn Plant	Jerusalem Cherry	Striped Dracaena
Cycads	Jimson Weed	Sweetheart Ivy
Cyclamen	Kalanchoe	Tulip
Daffodil	Lantana	Water Hemlock
Daylily	Lilies (all lilium species)	Wisteria
Devil's Ivy	Lily of the Valley	Yew
	Lupine	Yucca

#### OUTSIDE OF THE HOUSE:

These potential dangers can cause burns, injury, entanglement, drowning, or toxic reactions. Make sure your pets are safe as they enjoy the outdoors by keeping them away from these hazards:

Fire pit/grill	Compost
Fences/gates	De-icing salts
Deck lattice	Compost
Swimming pools/hot tubs	Gasoline
Algae	Motor oil
Antifreeze/Coolant	Fertilizer/pesticides