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Congratulations on your new puppy!!

We have put together the following information for your convenience and hope it is helpful for your new addition. We know it is a lot of information so take your time to look it over and if you have any questions please do not hesitate to ask!

New Puppy

We're here to help you and your new addition have the best start possible to living a long, healthy life! These early months are extraordinarily important in guiding the health and behavior of your young puppy and the adult dog they will become. We will conduct a physical examination to assess health at each visit as your puppy grows and changes quickly during these early months. Together with you we will discuss your puppy's health risk factors and determine what is essential for their care.

Here's what to expect during your puppy examinations:

First Visit (6-9 weeks of age)

1. **Physical examination and overall health evaluation.** A full "nose to tail" evaluation to check for soundness of body, congenital issues and signs of infectious disease.
2. **Parasite assessment (internal and external) and prevention.** You will be asked to collect and provide a fresh stool sample at each puppy visit and your puppy will get a dose of broad spectrum dewormer medication for intestinal parasites. We will also evaluate for fleas, ticks, ear mites and other external parasites.
3. **Feeding and nutrition.** Good nutrition is essential for your puppy's growth, health and well-being. There are literally hundreds, if not thousands, of pet foods available on the market today and choosing one to feed your puppy can be a daunting task. We can help you determine what is best based on lifestyle, age, and other factors (ie. extra-large breed dog, etc.). As a general rule of thumb a good place to start is with an AAFCO-approved diet formulated for puppies or all life stages. AAFCO stands for Association of American Feed Control Officials, and is an independent organization that has been guiding state, federal and international feed regulators with ingredient definitions, label standards and laboratory standards, while supporting the health and safety of people and animals. Puppy food differs in content from adult food as puppies are rapidly growing. If you own an extra-large breed dog (ex: Mastiff, Great Dane, etc.) then purchasing a puppy food specifically for large breed puppies is recommended as their nutrition requirements are different from other puppies. It is currently recommended to avoid grain-free diets as these have been documented and known to cause cardiac issues. The American Veterinary Medical Association (AVMA) and the Centers for Disease Control (CDC)

also do not recommend feeding raw food diets due to the increased health risks to animals and people alike.

4. **Behavior and socialization.** Socialization is the introduction of your dog to new people, places and other animals. Starting socialization at a young age will help keep unwanted behaviors from developing and make training much easier. It is currently recommended to wait to bring your puppy out to new environments until after their second set of puppyhood vaccinations (this includes pet stores, dog parks, etc.). If you absolutely must bring your puppy out please carry them to avoid contact with potentially infectious surfaces which could make your puppy sick. During this time at home you can start by implementing a routine to set your puppy up for success. At this age your puppy will need to go outside often for potty breaks. Taking them out on a short, non-retractable, leash will allow for quick praise and reward when they go potty where they are supposed to. To help avoid accidents be sure to take your puppy outside to potty first thing in the morning and after any naps, as well as 20-30 minutes after meals. Using small, soft “melting” training treats are recommended to reinforce the quick reward immediately after a positive event (ie. sitting, pottying outside, etc.). Examples of soft treats include: Bil Jac training treats, pieces of cooked beef or chicken, pieces of string cheese, pet-safe yogurt melts, etc. It is okay to try a couple and see what is most rewarding to your puppy. Be sure to keep these high reward treats small in size (it is okay to give more than one) and only use for training purposes. After their second set of puppyhood vaccinations it is recommended to enroll your puppy in training classes. Be sure to do your own research and find a reputable trainer with a good program. Shadowing a class before attending will give you an idea of what to expect and if you like an individual’s particular training methods.
5. **Environment.** Puppies need a safe, secure environment and thrive with a regular schedule/routine. In the event of a scary or stressful situation be sure your puppy has somewhere safe (such as a crate) that they can go to get away and feel secure. Some puppies may need more mental stimulation than others and may become destructive if bored. To reduce boredom, enrolling your puppy in a training program will help teach them new things and keep their minds busy. Practicing your new skills at home will also help! If you are completed with basic obedience there are other training programs you can enroll in to further your dog’s skill set such as advanced obedience, nose-work, agility, dock diving, fly ball, etc.
6. **Bathing and grooming.** It is best to start playing with your puppy’s ears and feet early. Flipping over their ear flaps and gently massaging them will get them used to having their ears touched in case they ever need to be cleaned or treated for an ear infection in the future. Playing with your puppy’s feet and toes while watching TV is a great way to set them up for success for future nail trims. While it may be cute to watch your 10 pound puppy squirm and wiggle around chewing on your hands while you play with their feet now, I can assure you it is definitely *not* cute (or safe) when they do that behavior once they are 60+ pounds. Some breeds will need only the occasional bathing and brushing, while others will require routine professional grooming. Matted hair coats can be painful and lead to underlying secondary skin infections which will take additional time and money to treat. If your puppy is a breed that will require routine grooming it is recommended to start early and find a Fear Free Certified dog groomer to start making positive experiences. We understand that routine professional grooming may be an expensive endeavor and you may get the urge to save a couple bucks and try for yourself at home. We applaud your bravery to take this task on and want to help set you up for success! Be sure to purchase a pair of pet-safe clippers with guide attachments. NEVER use scissors or shears on your pet as these commonly cause accidental lacerations which require emergency veterinary care. Most pet-safe body clippers will come with a DVD or guide to show you the basics of how to operate your new grooming equipment and how to properly groom your pet. If you have questions, or your pet gives you trouble, please do not hesitate to stop, regroup, and ask for help.

7. **Immunizations based on risk factors.** While all puppies need an initial series of core vaccinations for certain diseases we will discuss with you other non-core (lifestyle-based) vaccinations that are available for your dog. Please have all paperwork from purchasing your puppy available as many breeders and rescues will start a puppy's vaccination series before you take them home. We will continue to build on them according to the most recent American Animal Hospital Association (AAHA) canine vaccination guidelines.
8. **Pet health insurance.** Pet insurance works similar to human insurance in that it provides coverage to help defray the cost of veterinary medical care. Some plans cover all expenses related to veterinary care, while others cover only injury or illness. It's important to read all information associated with each pet policy as some may have exclusions to things such as breed dispositions, pre-existing conditions, and certain diagnoses. There are consumer websites that compare features and costs of pet insurance, and/or offer reviews, and you might find these helpful. Examples include: [The North American Pet Health Insurance Association \(NAPHIA\)](#) and [Pawlicy Advisor](#). It is ultimately your decision whether or not to buy pet insurance, what coverage or plan to choose, and which company you would like to purchase from. Double H Veterinary Services does not endorse or recommend any provider over others. Below is an alphabetical list of pet insurance companies provided by the American Veterinary Medical Association (AVMA):
 - a. [24PetWatch](#)
 - b. [AKC Pet Insurance](#)
 - c. [ASPCA Pet Health Insurance](#)
 - d. [Best Friends Pet Insurance](#)
 - e. [Embrace Pet Insurance](#)
 - f. [Figo Pet Insurance](#)
 - g. [Healthy Paws](#)
 - h. [Lemonade](#)
 - i. [PetFirst Healthcare](#)
 - j. [Pets Best](#)
 - k. [Petplan](#)
 - l. [Pumpkin](#)
 - m. [PurinaCare](#)
 - n. [Trupanion](#)
 - o. [VPI](#)
9. **Microchipping.** Inserting a microchip may be a life saver if your dog should ever become lost or stolen. A microchip is a permanent form of identification for your pet that is about the size of a grain of rice. Each microchip contains a unique ID number, similar to your Social Security Number. A microchip protects your pet if they're ever lost or stolen. A lost pet's microchip can be scanned to get the ID number which is associated with you, the owner, and can be used to look up your name, phone number, and email. A pet only needs one microchip, so insertion of a microchip is a one-time procedure and cost. A microchip is inserted using a small needle, and most pets feel little to no pain when receiving a microchip (reactions are usually comparable with any other vaccination your pet may receive). Microchips are not GPS trackers but can provide valuable information if your lost pet is found and has a microchip implanted. We currently use Fi Nano microchips. This brand comes with FREE LIFETIME registration. To register your new microchip simply scan the QR code from your yellow microchip card on your smartphone and follow the on-screen instructions. If you lost your yellow microchip card you can still register your microchip by visiting: nano.tryfi.com and following the on-screen instructions. When registering your microchip be sure to list another close friend or family member as an emergency contact along with your primary care veterinarian. In the unfortunate event your pet is lost animal shelters

will usually attempt to reach every contact you have listed in order to reunite you. Remember to update your pet's microchip contact information if you move or change phone numbers

Second Visit (11-13 weeks)

1. **Physical exam and overall health assessment.** Another full “nose to tail” examination of your puppy will be completed to evaluate their growth and development and if any health issues are developing.
2. **Parasite prevention.** Your puppy will receive a second round of broad-spectrum deworming medication for intestinal parasites. Please have another fresh fecal sample ready for your appointment to check again for intestinal parasites. The recommendation of two consecutive Negative fecal samples is to ensure your pet is truly negative and that any prior infection has resolved. Due to the lifecycle of some parasites, your pet may exhibit a false negative on the initial fecal check. We also recommend starting year-round heartworm and flea/tick preventative at this time.
3. **Feeding and nutrition.** Your puppy's nutritional needs change during growth and development, and an adjustment in calorie intake might be needed depending on environment and activity level.
4. **Behavior and socialization.** Now is the time to get those puppies involved in a training program. Take the time and do the research looking for a good trainer. Be sure to ask plenty of questions and find a trainer that fits with your training ideals. It is still best to avoid dog parks and contact with any sick pets, or those with unknown vaccine status until your puppy is fully vaccinated. It's better to be safe than sorry!
5. **Immunizations.** Your puppy will receive their next puppyhood vaccination boosters. If over 12 weeks of age your puppy will also receive their rabies vaccination and tag.
6. **Dog license.** Depending on where you live you may be required to purchase a dog license once your puppy is old enough to receive their rabies vaccination. Be sure to check your local dog laws and regulations to see if a dog license is required, and how often it may need to be renewed. Some areas offer lifetime dog licenses if your pet meets certain requirements (such as being spayed/neutered, and/or microchipped or tattooed).

Third Visit (15-17 weeks)

1. **Physical exam and overall health assessment.** Another full “nose to tail” examination of your puppy will be completed to evaluate their growth and development and if any health issues are developing.
2. **Parasite prevention.** Your puppy will receive a third round of broad-spectrum deworming medication for intestinal parasites. Depending on your puppy's previous fecal examination results it may be recommended to send another fecal sample to the laboratory for analysis. If you haven't already, now is the time to start year-round heartworm and flea/tick prevention.
3. **Feeding and nutrition.** Your puppy's nutritional needs change during growth and development, and an adjustment in calorie intake (up or down) might be needed depending on environment and activity level. **The calorie requirement changes after your pet has been spayed/neutered so this is very important to avoid early onset obesity. Generally it is recommended to stay on a puppy-formulated diet until your dog is 1 year of age, and sometimes older in extra-large dog breeds.
4. **Behavior and socialization.** We will continue to evaluate your puppy for appropriate behavior based on age and development and answer any questions you may have.
5. **Immunizations.** Your puppy will receive their next puppyhood vaccination boosters and rabies vaccination if they have not already given. If over 16 weeks of age this is usually the last set of

puppyhood vaccinations your dog will receive (this may vary based on lifestyle and individual risk).

6. **Spay or neuter.** Unless you are planning on breeding your dog, surgical sterilization is part of your responsibility as a pet owner. Females will usually be spayed (ovariohysterectomy) and males neutered (castration) around 6 months of age. Pre-surgical blood work is recommended for all pets undergoing anesthesia and may be performed at this visit. Results will be forwarded to you to provide to the pet hospital performing the surgery.
 - a. NOTE: If your puppy was obtained from a shelter or rescue then they may already be spayed/neutered.
 - b. LARGE BREED DOGS: Recommendations for large and extra-large breed dogs are changing. Depending on the expected adult weight of your pup, then spay/neuter recommendations differ from smaller breeds.
 - i. For **male and female dogs with adult weight less than 45 pounds** the recommendation is to spay/neuter around 6 months of age, and before their first heat cycle.
 - ii. For **male dogs** with an expected **adult weight of more than 45 pounds**, delaying the neuter surgery until after growth stops (generally 9-15 months of age) may decrease the risk of certain cancers, and bone and ligament problems.
 - iii. For **female dogs** with an expected **adult weight of more than 45 pounds**, the recommendations are less clear. Delaying the spay until after growth stops may decrease the risk of certain cancers, and bone and ligament problems, and urinary incontinence later in life, BUT there is a competing increased risk of mammary (breast cancer) by waiting. The recommendation for larger breed female dogs is between 5 months (before the first heat cycle) and 15 months (which is most likely after the first heat). Risk assessment can be discussed further during your puppy visits. If you elect to wait until after the first heat cycle we recommend a monthly breast exam for your dog for life (we will show you how and what to look for at home).
 - c. If you are planning on using your dog for breeding it is recommended to have them spayed/neutered after their last litter to prevent possible health issues

Immunizations

Immunizations for dogs are broken down into two categories: Core (essential to all dogs) and Non-Core (lifestyle/risk-based). We follow the AAHA Canine Vaccination Guidelines for puppyhood vaccinations and due to the risk consider the Bordetella vaccination and Leptospirosis Core vaccinations for the purpose of this handout.

Core Vaccinations

- **Canine Distemper Vaccination** (also called DHPP, DA2PP, Distemper complex). This vaccination is a combination vaccine that protects against Distemper virus, Adenovirus Type 2 (hepatitis), Parvovirus and Parainfluenza. Canine Distemper and Parvovirus are both serious and often fatal diseases affecting multiple organ systems requiring lengthy hospitalization and usually have a guarded prognosis. Typically this vaccination starts at 8 weeks of age and continues every 3-4 weeks until a puppy is 16-20 weeks of age, followed by a booster a year later. Adults with previous vaccination may be revaccinated every year to 3 years depending on their lifestyle and individual risk level.
- **Rabies Vaccination.** Required by Maryland and Pennsylvania State Law for all dogs over 3 months of age. Rabies virus can be transmitted to mammals, including humans, from bites and

scratches from an infected animal. Rabies is almost always fatal. If your pet accidentally bites or scratches someone or another animal, breaking skin, you may need to quarantine them and provide proof of prior vaccination status to the local health department or animal control. Puppies will be vaccinated at 12 weeks of age, followed by a booster a year later. Adult dogs with a valid previous vaccination certificate (even if expired) can be revaccinated with a 3 year vaccine.

- **Bordetella bronchiseptica Vaccination** (also called Kennel Cough Vaccination). Regardless of whether your pet visit dog parks, dog shows, training groups, boarding facilities, due to the highly contagious nature of respiratory diseases it is recommended to receive this vaccination. Please be aware, like most respiratory vaccination in humans, this vaccination will not provide 100% immunity from disease, however it will lessen the clinical signs of the disease if your pet is exposed and hopefully speed the recovery time. This vaccine is recommended to begin at 8 weeks of age and depending on the type of vaccination booster as needed. The intranasal formulation (nose drops) will only need to be administered once, then boosted annually as an adult. The injectable and oral formulations will require a booster 3-4 weeks after initial vaccination and then boosted annually as an adult.
- **Leptospirosis Vaccination.** Leptospirosis is caused by a bacteria that is transmittable to humans! Transmission may be direct, through contact with infected tissue, or indirect, through contact with infected water sources, food, or bedding. Infection can cause severe, life-threatening damage to the liver and kidneys even with immediate medical treatment. For puppies this vaccination usually begins around 12 weeks of age, with a booster 3-4 weeks after initial vaccination. Adults require annual booster vaccinations to keep immunity at proper levels.

Other Non-Core (Lifestyle or Risk-based) Vaccinations

These vaccinations may be recommended for your dog based on their individual lifestyle and/or risk potential.

- **Lyme Vaccination** (*Borrelia burgdorferi* vaccination). Lyme disease is caused by a bacteria transmitted by ticks. This disease often causes recurrent lameness, fever, swollen lymph nodes and joints, and reduced appetite. More serious complications can include damage to the kidneys, and rarely heart or nervous system disease. For puppies vaccinations for this usually begin around 9-12 weeks of age, with a booster 3-4 weeks after vaccination. Adults require annual booster vaccinations to keep immunity at proper levels.
- **Canine Influenza Vaccination.** Canine influenza is a relatively new disease that was first diagnosed in 2004 in a group of racing greyhounds in Florida. The symptoms are indistinguishable from “kennel cough” - a generic term used in place of Canine Infectious Respiratory Disease Complex, which is a condition caused by a number of different viruses and bacteria. Like most respiratory diseases, Canine Influenza spreads best in enclosed spaces that house a large number of dogs (ex. Doggy daycare, boarding facilities, grooming facilities, dog shows, etc.). For puppies vaccinations for this usually begin around 9-12 weeks of age, with a booster 3-4 weeks after vaccination. Adults require annual booster vaccinations to keep immunity at proper levels.

Flea and Tick Prevention

Always be sure to use veterinary-approved flea and tick prevention for your pets. There are many over the counter options that may be unsafe and even harm your pet if applied. Fortunately there are several safe options your veterinarian can recommend that include chewable, treat-like tablets, and topical liquid applications. Some require monthly administration while others can be given every 3 months. We recommend year-round flea and tick prevention for all dogs.

Heartworm Prevention

Heartworms are parasites common to all parts of this country. They are spread by mosquitos from one infected animal to another. Young adult heartworms will circulate throughout the body and reach the heart of their host about 6-7 months after initial infection. Signs of heartworm disease can vary from no signs of disease (asymptomatic) to signs of severe heart and lung disease. You may notice exercise intolerance, coughing, shortness of breath, and/or difficulty breathing. Prevention of heartworm disease is much safer and cheaper than treatment. Our protocol is to begin all puppies on a veterinary-approved heartworm preventative early and begin annual testing for heartworm disease at 6 months of age. An added benefit to using heartworm prevention is that many will also treat for common intestinal parasites also (such as roundworms and hookworms).

Intestinal Parasites

Many puppies are born with intestinal parasites from an infected mother in utero, or via milk or feces ingestion. It is common for a litter of puppies to spread intestinal parasites back and forth despite frequent administration of deworming medication. Many of these parasites are microscopic, therefore the only way to diagnose them is by microscopic examination of fresh fecal material. In very large infestations some puppies may vomit or defecate larger worms that you can see with the naked eye. We recommend two consecutive Negative fecal samples along with continued administration of a broad-spectrum deworming medication. If your pet does test positive for a particular parasite then additional medication may be prescribed. Fecal analysis is especially recommended for puppies in homes with young children as many parasites can be passed to humans.

Prevent Accidental Poisoning

Have you taken inventory of your medicine cabinets lately? Are you properly storing lawn and garden pesticide containers? When you tidy up around the house, do you put food, liquor, and tobacco products safely out of harm's way? These precautions are second nature to households with children, but homes with animals must be just as secure.

Aspirin and other pain relievers are in almost every home, and these poisonings can be severe. When aspirin is prescribed for animals, the dosage must be strictly followed. Too much aspirin can lead to anemia and bleeding stomach ulcers. Ibuprofen and naproxen will cause painful gastrointestinal problems. One 200mg ibuprofen tablet is toxic to a small dog.

Never give acetaminophen (Tylenol) to a cat or dog. The drug affects cat's oxygen carriage in the blood and it produces severe depression and produces abdominal pain in dogs. If not quickly eliminated from the body, just two extra strength tablets in 24 hours will most likely kill a small pet. Clinical signs in cats develop within one to two hours and include excessive salivation, paw and facial swelling, depression, and ash-grey gums. In dogs, watch for anorexia, vomiting, depression, and abdominal pain. High doses are usually fatal.

Neurological poisons can also be present in lawn and garden pesticides, insecticidal aerosols, dips and shampoo products. Signs of toxicity include apprehension, excessive salivation, urination, defecation, vomiting and diarrhea, tremors, seizures, hyper-excitability or depression and pinpoint pupils. If an animal has absorbed enough of any of these neurological toxins, sudden death may be the only sign.

Coumarins/Coumadins, most recognizable as D-Con, a rat and mouse poison, affect the ability of the blood to clot. Mice that consume the poisoned grain essentially bleed to death. Your pets will be affected the same way, and the severity of the symptoms often depends on the amount ingested. Cats that eat poisoned mice can also become ill if the levels of poison are high enough. If you find an empty box of rat poison, bring your pet into the veterinarian immediately. Tell them about the recent exposure so they can implement the proper monitoring protocols. Additionally, if you see labored breathing, anorexia, nosebleeds, bloody urine or feces and pinpoint hemorrhages on the gums, take your pet to the veterinarian immediately.

Garbage, though often not regarded as poisonous, contains toxins that are produced by bacteria fermenting the garbage. Rapid and severe signs include vomiting, blood diarrhea, painful abdominal distention, shivering, shock, and collapse.

How should pets be protected from these poisons? Some very simple rules to follow are:

- Properly dispose of and store all pesticide containers up and out of sight of your pets. Make sure the lids are tight and the containers are undamaged.
- Use cords or locking lids for garbage cans. Put them in a heavy frame to prevent knockdown.
- Keep pets off lawns sprayed with chemicals. Consult with the lawn care company for proper information on drying time and compounds used. Wash pets' feet with mild soap and water if exposed.
- Keep your pets out of vegetable and flower gardens.
- Encase compost piles or use commercially made containers.
- Never assume that a human drug is applicable to an animal unless a veterinarian instructs you to use it.

<p>ALCOHOL</p>  <p>COMA DEATH INTOXICATION</p>	<p>AVOCADO</p>  <p>CONTAINS PERSIN: VOMITING DIARRHEA</p>	<p>RAISINS CURRANTS</p>  <p>KIDNEY FAILURE</p>
<p>COOKED BONES</p>  <p>STOMACH LACERATIONS</p>	<p>WALNUTS MACADAMIAS</p>  <p>NERVOUS SYSTEM AND MUSCLE DAMAGE</p>	<p>ONIONS GARLIC</p>  <p>TOO MUCH: BLOOD CELL DAMAGE ANEMIA</p>
<p>DAIRY</p>  <p>TOO MUCH: DIARRHEA</p>	<p><i>the world's</i> MOST DANGEROUS FOODS FOR DOGS</p> <p>©LILI CHIN & THE LABS & CO.</p>	<p>GRAPES</p>  <p>KIDNEY FAILURE</p>
<p>MUSHROOMS</p>  <p>SOME VARIETIES: SHOCK DEATH</p>		<p>FATTY FOODS</p>  <p>TOO MUCH: PANCREATITIS</p>
<p>CAFFEINE</p>  <p>VOMITING DIARRHEA TOXIC TO HEART & NERVOUS SYSTEM</p>	<p>XYLITOL</p>  <p>(GUM, CANDY ETC.) LIVER FAILURE HYPOGLYCEMIA DEATH</p>	<p>CHOCOLATE</p>  <p>TOXIC TO HEART & NERVOUS SYSTEM DEATH</p>
<p>MEDICATIONS</p>  <p>(TYLENOL, ADVIL ETC.) KIDNEY FAILURE GI ULCERS</p>	<p>If you think your pet ate something dangerous, DON'T DELAY!</p> <p>Call the Pet Poison Control Helpline (855) 764-7661</p> <p>OR call the ASPCA Animal Poison Control Center (888) 426-4435</p>	

If your pet ate something poisonous, please call the **Pet Poison Helpline (855) 764-7661** or the **ASPCA Animal Poison Control Center (888) 426-4435** for help immediately. The sooner a pet poisoning is diagnosed, the easier, less expensive, and safer it is for your pet to get treated!

Local Animal Emergency Hospitals

In the unfortunate event that your pet is needing emergency medical services please see the list below of local animal emergency hospitals (listed in no particular order). Be sure to google search “Animal Emergency Hospital near me” for an updated list in case of closures, hour changes or new facility locations.

1. **Mason Dixon Animal Emergency Hospital.** *Shrewsbury, PA.* (717) 432-6030.
2. **Animal Emergency & Referral Center of York.** *York, PA.* (717) 767-5355.
3. **Animal Emergency Hospital.** *Bel Air, MD.* (410) 420-7297.
4. **Urgent VET Care.** *Cockeysville, MD.* (443) 318-6500.
5. **Pet+ER.** *Towson, MD.* (410) 252-8387.



Examples of pet emergencies may include, but are not limited to: Labored breathing/respiratory distress, non-responsiveness, bleeding, active seizures, broken bones, hit by car, dog fight/open wounds, toxin ingestion, etc.

Training Your New Puppy

Housetraining Puppies

Housetraining your puppy requires far more than a few stacks of old newspapers—it calls for vigilance, patience, plenty of commitment, and, above all, consistency. By following the procedures outlined below, you can minimize house-soiling incidents. Virtually every dog, especially puppies, will have an accident in the house, and more likely, several. Expect this – it is part of living with a puppy. The more consistent you are in following the basic housetraining procedures, the faster your puppy will learn acceptable behavior. It may take several weeks to housetrain your puppy, and with some of the smaller breeds, it might take longer.

- **Establish a routine.** Like babies, puppies do best on a regular schedule. The schedule teaches him/her that there are times to eat, times to play, and times to potty. Generally speaking, a puppy can control its bladder one hour for every month of age. So if your puppy is two months old, he can hold it for about two hours. Don't go longer than this between bathroom breaks or he's guaranteed to have an accident. If you work outside the home, this means you'll have to hire a dog walker to give your puppy his breaks.
- **Take your puppy outside frequently**—at least every two hours—and immediately after he wakes up, during and after playing, and after eating or drinking.
- **Pick a bathroom spot outside**, and always take your puppy to that spot using a leash. While your puppy is eliminating, use a word or phrase, like “go potty,” that you can eventually use before he eliminates to remind him what to do. Take him out for a longer walk or some playtime only after he has eliminated.
- **Reward your puppy every time it eliminates outdoors.** Praise him or give him a treat—but remember to do so immediately after he's finished eliminating, not after he comes back inside the house. This step is vital because rewarding your dog for eliminating outdoors is the only way he'll know what's expected of him. Before rewarding him, be sure he's finished eliminating. Puppies are easily distracted; if you praise him too soon, he may forget to finish until he's back in the house.
- **Put your puppy on a regular feeding schedule.** Do a “what goes into a puppy on a schedule come out of a puppy on a schedule.” Depending on their age, puppies usually need to be fed three or four times a day. Feeding your puppy at the same time each day will make it more likely

that he'll eliminate at consistent times as well, and that makes housetraining easier for both of you.

- **Pick up your puppy's water dish** about 2.5 hours before bedtime to reduce the likelihood that he'll need to potty during the night. Most puppies can sleep for approximately seven hours without having to eliminate. If your puppy does wake you up in the night, don't make a big deal of it; otherwise, it will think it is time to play and won't go back to sleep. Turn on as few lights as possible, don't talk to or play with your puppy, take it out to do his business, and return him to his bed.
- **Supervise.** Don't give your puppy an opportunity to soil in the house; keep an eye on him whenever he is indoors.
- **Tether your puppy** to yourself, or a nearby piece of furniture with a six-foot leash if you are not actively training or playing with him/her. Watch for signs your puppy needs to eliminate. Some signs are obvious, such as barking or scratching at the door, squatting, restlessness, sniffing around, or circling. When you see these signs, immediately grab the leash and take him outside to his/her bathroom spot. If he eliminates, praise him/her lavishly and reward with a treat.
- **Keep your puppy on a leash in the yard.** During the housetraining process, your yard should be treated like any other room in your house. Give your puppy some freedom in the house and yard only after he is reliably housetrained.
- **Confinement.** When you're unable to watch your puppy at all times, he should be confined to an area small enough that he won't want to eliminate there. The space should be just big enough for him to comfortably stand, lie down, and turn around in. You can use a portion of a bathroom or laundry room blocked off with baby gates. Or you may want to crate train your puppy and use the crate to confine him. (Be sure to learn how to use a crate humanely as a method of confinement.) If your puppy has spent several hours in confinement, you'll need to take it directly to his bathroom spot as soon as you let him out, and offer praise when he eliminates.
- **Oops!** Expect your puppy to have a few accidents in the house—it's a normal part of housetraining. Here's what to do when that happens:
 - Interrupt your puppy when you catch him in the act of eliminating in the house.
 - Make a startling noise (be careful not to scare him) or say "OUTSIDE!" Immediately take him to their bathroom spot, give praise, and offer a treat after he finishes eliminating there.
 - Don't punish your puppy for eliminating in the house. If you find a soiled area, it's too late to administer a correction. Just clean it up. Rubbing your puppy's nose in it, taking him to the spot and scolding him, or any other punishment will only make him afraid of you or afraid to eliminate in your presence. In fact, punishment will often do more harm than good.
 - Clean the soiled area thoroughly. Puppies are highly motivated to continue soiling in areas that smell like urine or feces. Check with your veterinarian or pet store for products designed specifically to clean areas soiled by pets.

It's extremely important that you use the supervision and confinement procedures outlined above to minimize the number of accidents. If you allow your puppy to eliminate frequently in the house, it will get confused about where he's supposed to eliminate, which will prolong the housetraining process.

When You're Away

A puppy under six months of age cannot be expected to control his bladder for more than a few hours at a time (approximately one hour for each month of age). If you have to be away from home more than 4-5 hours a day, this may not be the best time for you to get a puppy; instead, you may want to consider an

older dog, who can wait for your return. If you already have a puppy and must be away for long periods of time, you'll need to:

- Arrange for someone, such as a responsible neighbor or a professional pet sitter, to take him outside to eliminate.
- Train your puppy to eliminate in a specific place indoors. Be aware, however, that doing so can prolong the process of housetraining. Teaching your puppy to eliminate on newspaper may create a life-long surface preference, meaning that even as an adult your dog may eliminate on any newspaper lying about.

Paper Training

When your puppy must be left alone for long periods of time, confine him to an area with enough room for a sleeping space, a playing space, and a separate place to eliminate.

- In the designated elimination area, use either newspapers (cover the area with several layers of newspaper) or a sod box. To make a sod box, place sod in a container such as a child's small, plastic swimming pool. You can also find dog litter products at a pet supply store.
- If you clean up an accident in the house, put the soiled rags or paper towels in the designated elimination area. The smell will help your puppy recognize the area as a place where he is supposed to eliminate.

Crate Training

"Private room with a view. Ideal for traveling doges or for those who just want a secure, quiet place to hang out at home." That's how your dog might describe his crate. It's his personal den where he can find comfort and solitude while you know he's safe and secure—and not shredding your house while you're away. We strongly recommend an enclosed airline style crate (as opposed to an open wire crate when crate training a puppy).

Crating Philosophy

Crate training uses a dog's natural instincts as a den animal. A wild dog's den is his home, a place to sleep, hide from danger, and raise a family. The crate becomes your dog's den, an ideal spot to snooze or take refuge during a thunderstorm.

- The primary use for a crate is housetraining. Dogs don't like to soil their dens.
- The crate can limit access to the rest of the house while he learns other rules, like not to chew on furniture.
- Crates are a safe way to transport your dog in the car.

Crating Caution!

A crate isn't a magical solution; if not used correctly, a dog can feel trapped and frustrated.

- Don't leave your dog in the crate too long. A dog that's crated day and night doesn't get enough exercise or human interaction and can become depressed or anxious. You may have to change your schedule, hire a pet sitter, or take your dog to a doggie daycare facility to reduce the amount of time he must spend in his crate every day.
- Puppies under six months of age should not stay in a crate for more than three or four hours at a time. They cannot control their bladders and bowels for that long. The same goes for adult dogs that are being housetrained. Physically, they can hold it, but they do not know they're supposed to.
- Crate your dog only until you can trust him not to destroy the house. After that, it should be a place he goes voluntarily.

Selecting a Crate

Several types of crates are available and can be purchased at most pet supply stores or pet supply catalogs.

- Plastic (often called “flight/travel kennels”)
- Fabric on a collapsible, rigid frame
- Collapsible, metal pens.

Your dog’s crate should be just large enough for him to stand up and turn around in. If your dog is still growing, choose a crate size that will accommodate his adult size. So your dog can’t eliminate at one end and retreat to the other, block off the excess crate space.

The Crate Training Process

Crate training can take days or weeks, depending on your dog’s age, temperament and past experiences. It is important to keep two things in mind while crate training:

- The crate should always be associated with something pleasant.
- Training should take place in a series of small steps. Don’t go too fast!

Step 1: Introduce your dog to the crate. Place the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or towel in the crate. Take the door off and let the dog explore the crate at his leisure. Some dogs will be naturally curious and start sleeping in the crate right away. If your dog isn’t one of them:

- Bring him over to the crate, and talk to him in a happy tone of voice. Make sure the crate door is open and secured so that it won’t hit your dog and frighten him.
- Encourage your dog to enter the crate by dropping some small food treats nearby, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, that’s okay; don’t force him to enter.
- Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If he isn’t interested in treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.

Step 2: Feed your dog in the crate. After introducing your dog to the crate, begin feeding him his regular meals near the crate. This will create a pleasant association with the crate.

- If your dog is readily entering the crate when you begin Step 2, place the food dish all the way at the back of the crate.
- If he remains reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little further back in the crate.
- Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he’s eating. When you first do this, open the door as soon as he finishes his meal. With each successive feeding, leave the door closed a few minutes longer, until he’s staying in the crate for ten minutes or so after eating.
- If he begins to whine to be let out, you may have increased the length of time too quickly. Next time, try leaving him in the crate for a shorter time period. If he does whine or cry in the crate, don’t let him out until he stops. Otherwise, he’ll learn that the way to get out of the crate is to whine, so he’ll keep doing it.

Step 3: Lengthen the crating periods. After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you’re home.

- Call him over to the crate and give him a treat.

- Give him a command to enter, such as “kennel.” Encourage him by pointing to the inside of the crate with a treat in your hand.
- After your dog enters the crate, praise him, give him the treat, and close the door.
- Sit quietly near the crate for five to ten minutes, and then go into another room for a few minutes. Return, sit quietly again for a short time, and then let him out of the crate.
- Repeat this process several times a day, gradually increasing the length of time you leave him in the crate and the length of time you're out of his sight.
- Once your dog will stay quietly in the crate for about 30 minutes with you mostly out of sight, you can begin leaving him crated when you're gone for short time periods and/or letting him sleep there at night. This may take several days or several weeks.

Step 4, Part A: Create your dog when you leave. After your dog can spend about 30 minutes in the crate without becoming anxious or afraid, you can begin leaving him crated for short periods when you leave the house.

- Put him in the crate using your regular command and a treat. You might also want to leave him with a few safe toys in the crate.
- Vary at what point in your "getting ready to leave" routine you put your dog in the crate. Although he shouldn't be crated for a long time before you leave, you can crate him anywhere from five to 20 minutes prior to leaving.
- Don't make your departures emotional and prolonged—they should be matter-of-fact. Praise your dog briefly, give him a treat for entering the crate, and then leave quietly. When you return home, don't reward your dog for excited behavior by responding to him in an excited, enthusiastic way. Keep arrivals low key to avoid increasing his anxiety over when you will return. Continue to crate your dog for short periods from time to time when you're home so he doesn't associate crating with being left alone.

Step 4, Part B: Crate your dog at night. Put your dog in the crate using your regular command and a treat. Initially, it may be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy. Puppies often need to go outside to eliminate during the night, and you'll want to be able to hear your puppy when he whines to be let outside. Older dogs, too, should initially be kept nearby so they don't associate the crate with social isolation. Once your dog is sleeping comfortably through the night with his crate near you, you can begin to gradually move it to the location you prefer, although time spent with your dog—even sleep time—is a chance to strengthen the bond between you and your pet.

Potential Problems

Whining. If your dog whines or cries while in the crate at night, it may be difficult to decide whether he's whining to be let out of the crate, or whether he needs to be let outside to eliminate. If you've followed the training procedures outlined above, then your dog hasn't been rewarded for whining in the past by being released from his crate. If that is the case, try to ignore the whining. If your dog is just testing you, he'll probably stop whining soon. Yelling at him or pounding on the crate will only make things worse.

If the whining continues after you've ignored him for several minutes, use the phrase he associates with going outside to eliminate. If he responds and becomes excited, take him outside. This should be a trip with a purpose, not play time. If you're convinced that your dog doesn't need to eliminate, the best response is to ignore him until he stops whining. Don't give in; if you do, you'll teach your dog to whine loud and long to get what he wants. If you've progressed gradually through the training steps and haven't done too much too fast, you'll be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

Separation Anxiety. Attempting to use the crate as a remedy for separation anxiety won't solve the problem. A crate may prevent your dog from being destructive, but he may injure himself in an attempt to escape from the crate. Separation anxiety problems can only be resolved with counter-conditioning and desensitization procedures. You may want to consult a professional animal-behavior specialist for help.

Chewing: Sooner or later every dog lover returns home to find some unexpected damage inflicted by his or her dog; or, more specifically, that dog's teeth. Although dogs make great use of their vision and sense of smell to explore the world, one of their favorite ways to take in new information is to put their mouths to work.

Fortunately, chewing can be directed onto appropriate items so your dog isn't destroying things you value or jeopardizing his own safety. Until he's learned what he can and can't chew, however, it's your responsibility to manage the situation as much as possible, so he doesn't have the opportunity to chew on unacceptable objects.

Why Dogs Chew

Puppies, like infants and toddlers, explore their world by putting objects in their mouths. And, like babies, they teethe for about 6 months, which usually creates some discomfort. Chewing not only facilitates teething, but also makes sore gums feel better. Adult dogs may engage in destructive chewing for any number of reasons. In order to deal with the behavior, you must first determine why your dog is chewing—and remember, he's not doing it to spite you. Possible reasons for destructive chewing include:

- As a puppy, he wasn't taught what to chew and what not to chew.
- He's bored.
- He suffers from separation anxiety.
- His behavior is fear-related.
- He wants attention. Important! You may need to consult a behavior professional for help with both separation anxiety and fear-related behaviors.

Manage the Situation

Take responsibility for your own belongings. If you don't want it in your dog's mouth, don't make it available. Keep clothing, shoes, books, trash, eyeglasses, and remote control devices out of your dog's reach.

Give your dog toys that are clearly distinguishable from household goods. Don't confuse him by offering shoes and socks as toys and then expecting him to distinguish between his shoe and yours.

Supervise your dog until he learns the house rules. Keep him with you on his leash in the house so he can't make a mistake out of your sight. Confine him when you're unable to keep an eye on him. Choose a "safe place" that's dog proof, and provide fresh water and "safe" toys. If your dog is crate trained, you may also place him in his crate for short periods of time.

Give your dog plenty of people-time. Your dog won't know how to behave if you don't teach him alternatives to inappropriate behavior, and he can't learn these when he's in the yard by himself.

Give your dog plenty of physical and mental exercise. If your dog is bored, he'll find something to do to amuse himself and you probably won't like the choices he makes. On the other hand, a tired dog is a good dog so; make sure he gets lots of physical and mental activity. The amount of exercise should be based on his age, health, and breed characteristics.

If you catch your dog chewing on something he shouldn't, interrupt the behavior with a loud noise. Offer him an acceptable chew toy instead, and praise him lavishly when he takes the toy in his mouth.

Build a toy obsession in your dog. Use his toys to feed him. At mealtimes, fill a Kong-type toy with his kibble.

Make items unpleasant to your dog. Furniture and other items can be coated with a taste deterrent (such as Bitter Apple®) to make them unappealing. Caution! Supervise your dog when you first try one of these deterrents. Some dogs will chew an object even if it's coated with a taste deterrent. Also be aware that you must reapply some of these deterrents to maintain their effectiveness.

Offer your dog a treat in exchange for the item in his mouth. As your dog catches on to this idea, you can add the command "Give" as his cue to release the object in exchange for the yummy treat.

Don't chase your dog if he grabs an object and runs. If you chase him, you are only giving your dog what he wants. Being chased by his human is fun! Instead call him to you or offer him a treat.

Have realistic expectations. At some point your dog will inevitably chew up something you value; this is often part of the transition to a new home. Your dog needs time to learn the house rules and you need to remember to take precautions and keep things out of his reach.

What Not To Do

Never discipline or punish your dog after the fact. If you discover a chewed item even minutes after he's chewed it, you're too late. Animals associate punishment with what they're doing at the time they're being corrected. Your dog can't reason that, "I tore up those shoes an hour ago and that's why I'm being scolded now." Some people believe this is what a dog is thinking because he runs and hides or because he "looks guilty." In reality, "guilty looks" are actually canine submissive postures that dogs show when they're threatened. When you're angry and upset, your dog feels threatened by your tone of voice, body postures, and/or facial expressions, so he may hide or show submissive postures. Punishment after the fact will not only fail to eliminate the undesirable behavior, but could provoke other undesirable behaviors as well.

Puppy Enrichment Ideas

There are many types of enrichment ideas to help stimulate your dog both physically and mentally to help curb boredom and reduce/eliminate/prevent unwanted behavior. Some dogs will need more enrichment than others. All dogs should be closely supervised when provided with enrichment toys/games to prevent accidental ingestion. Be sure to use only pet-safe foods when providing enrichment toys that contain food.

Physical Enrichment

Training

Training is a great way to not only build skills and stimulate your dog mentally, but it's also one of the best ways to bond with them. If you don't know where to start research trainers in your area and ask for recommendations from other puppy owners. Be sure to ask plenty of questions and ask if you can sit in and watch a current training class. There are many trainers out there with many different training techniques. Be sure to pick one that fits your family and your pets needs.

- Teach your pet a new trick. Impress your family and friends by teaching your pet to roll over, stand on their hind legs or shake hands, er, paws.

- Work on leash training, recall commands on a long leash, and walking calmly next to you on a loose leash without pulling or dragging you.
- You may want to work towards your Canine Good Citizenship (CGC) Certification with your pup. This is a list of specific tasks that you train your dog to perform and are then judged on your ability to successfully complete them. For more information please visit their website:
<https://www.akc.org/products-services/training-programs/canine-good-citizen/>
- In addition to basic puppy obedience you can also sign your dog up for more advanced training classes such as:
 - Nose work
 - Fly ball
 - Dock diving
 - Agility



Play games

- **Tug-of-war** doubles as an exercise for both you and your dog.
- **Hide-and-peek:** If your dog finds you, reward them with belly rubs, a treat or a favorite toy.
- **Fetch:** Most dogs have an innate need to please and retrieve — things that a round of fetch addresses with ease. In fact, if your dog's breed includes the word "retriever," you owe it to him to play fetch! It's part of what he was born to do. Whether you use a ball, dog-friendly stick, frisbee, or any other fetch toy, your dog will have a blast.
- **Walks and jogs:** From leisurely walks around the block to early morning jogs, there are many ways to up your canine's cardio game. You can spice up your pup's daily strolls with fun dog walking games, too. Just be sure to do so safely, meaning you'll want to keep your puppy leashed and make sure you're both visible to drivers.
- **Hiking:** Escaping the suburbs for a hike satisfies physical, mental, and sniffing needs as your dog investigates a new environment with you. You'll want to keep him leashed to stay safe, but consider using a long-line to give him a bit more freedom to explore. Also, make sure you give him plenty of time to investigate intriguing odors, paw at the ground a bit, and generally check out the great outdoors — don't treat your hike like a race.
- **Canine sports:** Sports like agility, treibball, flyball, and dock jumping channel your dog's mental and physical energy into a positive outlet. But aside from that, they're just a blast for your pup!
- **Swimming:** Some breeds can't get enough of the water, while others, like many brachycephalic (short-faced) dogs, may be less than pleased with the wet stuff. But for those who like it, swimming provides low-impact exercise that is fun and exhausting (in a good way). Swimming can be particularly beneficial for older dogs and those limited by mobility issues. Just be sure to monitor all dogs around water, regardless of their swimming abilities. Depending on the depth of water you are allowing your dog to swim in a doggy life jacket may be a good idea!

Oral Enrichment

Oral enrichment activities address and satisfy the following urges:

- **Chewing:** Chewing is a natural, relaxing behavior for dogs. Instead of attempting to prevent it, redirect your four-footer and let him chew on things that are safe. Some of the most popular dog-friendly chews include chew toys like Kongs (snowmen, balls and bones) which have areas to allow stuffing with your pet's favorite treat. Allowing your dog to chew on appropriate items can reduce stress and encourage calm in your pooch since it's a self-soothing activity.
- **Licking:** Licking is a foraging behavior as well as a way to collect information about objects, and it is also a holdover from your dog's wild ancestors. You can satisfy your dog's instinct to lick things by:
 - Stuffing a Kong toy with kibble and adding a soft food like peanut butter, canned pumpkin, canned sweet potato, canned yams, marshmallow fluff to the top. Freeze overnight for extra long enjoyment times! You can internet search for other pet-safe Kong stuffing ideas.
 - REMEMBER to make sure that all of these options are Xylitol-free to avoid potential poisoning!!

- Provide a LickiMat slathered with some kind of tasty goo (see above for examples). Again, alternating between freezing and not prior to offering to your pet will only increase their enjoyment!
- “Paint” the inside of their kibble bowl with a tasty goo prior to adding their regular kibble for meal time. Again, alternate between freezing and not.
- “Paint” the inside of a hard plastic frisbee and freeze for added enrichment
- Pet-safe ice cream snacks make for fun treats on special occasions!
- Creating pet-safe ice cubes or “pup-sicles” is a fun way to enjoy those warmer months! Using low-sodium diluted chicken or beef broth is a good option for this addition. You can add to their water bowls as well and watch them bob for their pup-sicles

Meal-time enrichment ideas

- Instead of feeding your pet their meal out of a boring dog bowl try changing it up a bit from time to time and feed their meal out of a kibble dispensing toy such as a Kong Wobbler.
- Snuffle mats are also a fun idea to hide kibble or treats in

Mental Enrichment

Rotate their toys

If you spoil your pet with a mountain of toys, some of the selection is surely forgotten during daily playtime—refresh their collection by choosing three or four “new” toys and put the rest away. Do this every so often to keep your pet excited and playful; plus it’s a good reminder to clean up the clutter! If your pet has a favorite toy they turn to for comfort, be sure to leave that one out at all times.

Storytime

Kids and pets can enjoy reading together! Studies have shown that reading to pets may help keep them calm and less anxious. Encourage your child to read their favorite book to your pet. Puppies and dogs also love adults to read to them too. Be sure to grab your favorite novel and cuddle on the couch for an outloud read.

Solve puzzles

Puzzle toys are a great way to stimulate your pet’s mind and keep them busy while you get work done. There are lots of great puzzle toys available to purchase or you can make your own! Just be sure to supervise your pet while playing with a puzzle to avoid any unwanted mishaps or accidental ingestion.

- **Homemade puzzles:**
 - **Muffin Tin Puzzle.** Simply fill each muffin tin with some of your dog’s kibble, cover each muffin tin area with a tennis ball or other pet-safe toy and watch them work.
 - **Box Puzzle.** We all have Amazon boxes laying around so grab a few different sizes and nestle 2 or 3 together from smallest to largest. Be sure to put a smelly high value treat (like some cut up hotdog pieces) in the innermost box and let your dog do the work.
 - You can also increase the stakes of this game by placing several boxes around a room and only hiding some treats in a couple of them. Encourage your pup to sniff each box to investigate all of them. Using a clue word, such as “search” or “find” can also help clue them in to the idea of this hide-and-seek game.
- **Store bought puzzles:**
 - There are several pet-safe puzzle options available with a quick internet search. Try out a couple to see which stimulate your pet the most.

Interactive toys

These gizmos are a lot like puzzle toys (some may even consider them different versions of the same thing), but interactive dog toys do more than just sit around — they actually, you know, *do stuff*. A few examples include dog-activated ball launchers and hide-and-go-seek stuffies. But no matter which one you choose, these items will keep your dog engaged far more than the average tennis ball will.

Some of these activities may need your guidance at first (and occasionally, dogs seem completely uninterested in them), but most pooches will eventually get the hang of them and become puppy pros in no time. As always, monitor your puppies when toys — particularly toys with potential choking hazards — are involved.

Dental Health

All babies, whether human or dog, go through a teething phase where “baby teeth” or deciduous/primary teeth erupt. The deciduous teeth start erupting through the gums around three weeks of age and typically by six weeks all of the primary teeth are present. Just like humans, pets have 2 sets of teeth: primary and secondary teeth. Puppies normally have 28 deciduous teeth, and adult dogs have 42 adult/secondary teeth.

You may notice your puppy “teething.” During this process, your pet may drool, be reluctant to eat as ferociously as before, have some bleeding from the gums, and have a tender mouth. Pets are known for chewing on objects during the teething process. It is important to direct your pet’s chewing towards acceptable and safe objects. In puppies, the entire teething process is relatively rapid. Teething in puppies begins at about 3.5 to 4 months of age, when the deciduous incisors begin to be replaced by permanent incisors. By 6-7 months, most puppies will have all of their adult teeth.

TABLE 2 Tooth Eruption Times in Dogs

	DECIDUOUS	PERMANENT
Incisors	3-4 weeks	3-5 months
Canines	3 weeks	4-6 months
Premolars	2-12 weeks	4-6 months
Molars	None	5-7 months

As the adult teeth develop, they begin to exert pressure against the roots of the deciduous teeth, stimulating the roots of the deciduous teeth to begin resorbing, thus making room for the budding adult tooth. Should this fail, the adult tooth may move from its normal position, resulting in malocclusion. The resulting double set of teeth overcrowds the dental arch, causing food to become trapped between the teeth, which may lead to early periodontal disease. A retained deciduous tooth should be extracted as soon as an adult tooth is found in the same area as the baby tooth. No two teeth should occupy the same space. If the extraction is performed early, the abnormally positioned adult tooth usually moves to its normal location. If the deciduous tooth falls out normally, you may not find it due to your pet swallowing it.

The most common persistent teeth (or retained deciduous teeth) are the upper canines, followed by the lower canines and then the incisors. However, any deciduous teeth could be persistent. Persistent teeth are also more common in small breed dogs, and in brachycephalic breeds (dogs with short noses or flat faces), such as Bulldogs, Pugs, Boston Terriers, Boxers, and Shih Tzus. There may also be a genetic predisposition to developing persistent primary teeth as it often occurs in families of dogs.

Dental disease

Unfortunately, dental disease is a far too common disease in our canine companions. It not only affects the mouth, but can lead to other serious problems with the heart, kidneys, liver and other organs. Dental disease is a preventable disease that begins with daily tooth brushing. The best time to start tooth brushing is when a puppy is young.

To get started you will need:

- 1) Dog-safe toothpaste. It is currently available in a variety of pet-approved flavors that doesn't upset their stomachs
- 2) A soft, dog-safe toothbrush. You can buy specific dog toothbrushes, or you can use a child-sized

soft bristle toothbrush. Be sure that whichever toothbrush you choose is not damaged prior to use and try to prevent your dog from chewing on the brush when cleaning their teeth. When first introducing a toothbrush to your dog you can start with adding some yummy doggy toothpaste to a soft washcloth and rubbing their teeth and gums with your finger. This will get them used to the overall idea of having their mouth handled and teeth and gums brushed.

- 3) Treats. Remember to reward good behavior at the end of a toothbrushing session to make it an enjoyable experience that your pup will want to repeat.

Helpful toothbrushing tips:

- **Brushing should never take more than one minute!**
- **Don't try to be perfect at first, just do it!** Both you and your dog will get more used to it and better at it the more you do it. If your dog at first bites and chews at the brush or shake his head, it's okay.
- **Don't brush the insides of the teeth.** Since almost all forms of tartar form on the outside surfaces of the teeth don't try to pry your dog's mouth open to brush in the insides. Do try to get back into the corners though.
- **Do brush once a day.** It takes plaque (a film on the teeth) about 24 hours to harden and turn into tartar, which you cannot brush off.
- **Always give a treat afterwards!**

Even with the best of brushing some dogs may still need professional dental cleaning by your veterinarian. There is no question though that brushing your dog's teeth will reduce the amount of periodontal disease and reduce the frequency, involvement and expense of those dental cleanings.

Pet Obesity

Pet obesity is at epidemic proportions! It is currently the most common preventable disease in dogs. The Association for Pet Obesity Prevention reports that more than 50% of dogs are overweight or obese.

Obesity is an accumulation of excess body fat. As extra body fat causes an increase in body weight, weight can be used to determine whether a dog is overweight or obese and is easier than measuring body fat. Using body weight as a guide, dogs are considered overweight when they weigh 10-20% above their ideal body weight. They are considered obese when they weigh more than 20% above their ideal body weight.

Obesity shortens a dog's life and makes them more likely to develop disease. It was always accepted that heavy dogs lived a shorter lifespan than lean dogs, usually by 6-12 months. But a large lifetime study conducted by Purina on Labrador Retrievers has found that being even moderately overweight can reduce a dog's life expectancy by nearly two years compared to their leaner counterparts. Wouldn't you like to help your beloved dog live another 2+ years by helping them maintain an ideal body weight throughout their lifetime?

Obese dogs develop an increased risk for cancer, diabetes mellitus, heart disease, hypertension, osteoarthritis and faster degeneration of affected joints, urinary bladder stones, and anesthetic complications. On the other hand, obesity may be an indicator of diseases, such as hypothyroidism (an underactive thyroid gland) or Cushing's disease (overactive adrenal glands). If your dog begins to put on extra pounds a blood work screening test may be recommended to rule out a possible underlying disease process that could be the culprit.

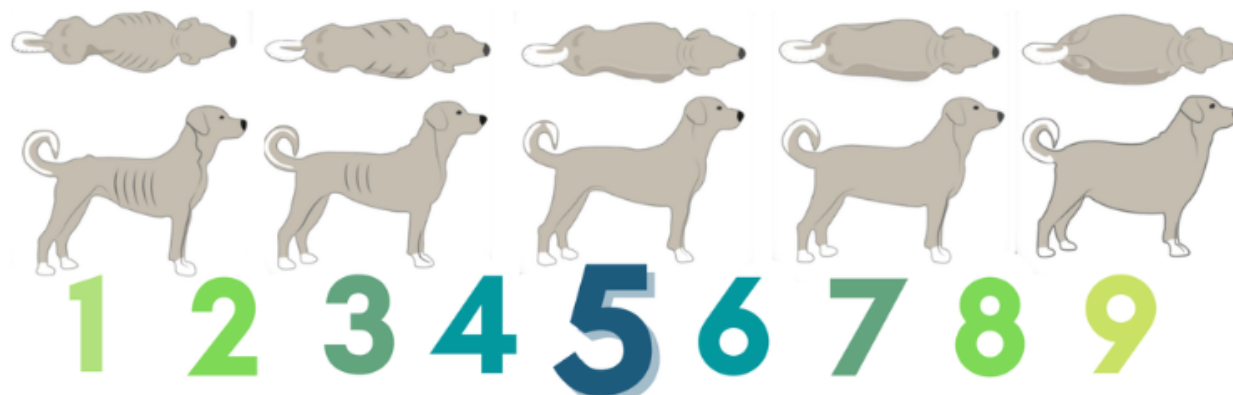
Body Condition Score (BCS)

Body Condition Scoring (BCS) is an easy to use quantitative tool to determine a pet's body condition and fat accumulation. The preferred scale ranges from 1 (emaciated) to 9 (obese) with an ideal body score of 5. The Association for Pet Obesity Prevention (APOPP) recommends using a BCS scale that ranges from 1-9 allowing for detection of more subtle changes in a pet's body condition over time. Changes in a pet's weight can have many causes including dietary changes, feeding habits, physical activity, age,

medication, as well as an underlying disease process. At each visit, in addition to obtaining your puppy's body weight, we will also determine your puppy's BCS. This information is located on your Visit Summary provided at the end of each visit.



Body Condition Score (BCS) for Dogs



1
Very Thin
20% under ideal weight

- Ribs, spine and hip bones are easily visible (coat may interfere with observation)
- Fat can not be seen or felt under the skin
- Obvious loss of muscle mass
- Extreme waist and abdominal tuck

2
Thin

- Ribs, spine and hip bones are easy to feel and visible
- Fat can not be seen or felt under the skin, especially around the ribs and lower back
- Obvious waist and abdominal tuck
- Some muscle loss

3
4
5
Ideal

- Ribs, spine and hip bones are easily felt and may be visible (coat may interfere with visibility)
- A waist and abdominal tuck are seen when viewed from above and side
- Fat can be felt around ribs, spine and hip bones

6
7
8
Overweight

- Ribs, spine and hip bones are not visible and difficult to feel
- Excess fat is felt around ribs, spine and hip bones
- Waist and abdominal tuck are minimal or absent

9
Obesity
30% over ideal weight

- Ribs, spine and hip bones are difficult to feel under a thick layer of fat
- Waist and abdomen distended when viewed from above and side
- Prominent fat deposits over lower spine, neck and chest

German, A, et. al. Comparison of a bioimpedance monitor with dual energy x-ray absorptiometry for noninvasive estimation of percentage of body fat in dogs. *JAVR* 2010;71: 593-596.
Lafontaine DP. Development and validation of a body condition score system for dogs. *Canine Pract* 1997; 22: 10-15

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Depending on your dog's individual breed, they may not always exhibit that typical "peanut shape" when viewed from above, or beautifully tucked waist when viewed from the side. Bulldogs for instance can have short rounded, compact bodies but could still exhibit an ideal BCS when scored. In addition to using this chart above as a general guideline of what to look for, you can monitor your pet's BCS at home by monitoring rib coverage. To check your pet's rib coverage lightly rub your open hand along their side behind their shoulder blade. You should be able to feel the rib bones easily without pushing hard into your dog, but not be able to see them easily. Similar to the feeling of your bones in the backside of your hand. If when you rub your hand down your pet's side it feels more like the underside (palm) of your hand, where feeling the ribs is difficult, your pet may have too much rib coverage (aka too much extra body fat).

Once you have identified that your dog is overweight or obese, it is important to adjust feedings specifically for weight loss using a specific diet, a specific portion, and a specific meal frequency. There are veterinary formulated diets that help with healthy and safe weight reduction in dogs, such as Hills® Prescription Diet® Metabolic, Royal Canin® Satiety Support Weight Management, and Purina Overweight Management®. It is NOT appropriate to simply reduce the volume of their current food. This will cause malnourishment over time.

Feeding a diet with a lower overall calorie density that maintains an appropriate nutrient balance is essential. Your veterinary health care team can help you determine which nutritional products are best for

your dog. Once the new food has been selected and the new portions are determined, it is critical that you be consistent with feeding—portions and meal frequency—and resist the temptation to provide extra snacks. Treats should make up no more than 10% of your dog's daily calorie intake.

Regular monthly weigh-ins are important for successful canine weight loss and keep everyone accountable. It is essential to verify weight loss, to ensure that weight loss is neither too rapid nor too slow and to determine when enough weight has been lost.

Preventing obesity

The best defense is a good offense. Start early by feeding your puppy a quality AAFCO approved puppy food. Remember with large and extra-large breeds to select a variety specifically made for their individual growth requirements.

There are literally hundreds of diets available on the market today so if you need help choosing one do not hesitate to reach out and ask! In general it is best to AVOID diets that are "grain-free" as these have known linkage to cardiac disease, raw diets, and home cooked diets. We also do not recommend feeding Blue-brand products (ex. Blue Buffalo, Blue Wilderness, Blue Diamond, etc.). I have personally seen many medical issues in dogs fed these diets that were easily corrected when switched to another reputable brand.

When feeding puppies it is recommended to feed multiple times a day (see beginning of guide). Once a puppy reaches 6 months of age it is recommended to reduce this to twice a day. Also, remember that spaying/neutering your dog will change their caloric requirements and may require an adjustment in their feeding type and amount. Once dogs reach 1 year of age it is generally recommended to transition to a food formulated for adult dogs (in large and extra-large breeds this transition may take place closer to the 1.5-2 year mark once skeletally mature).

Transitioning food

When transitioning from one type of food to another it is best practice to mix the new food with the old food over the course of several days to avoid any abrupt dietary changes which may lead to GI upset. Some recommend 3 days of feeding 75% old food + 25% new food, then 3 days of 50% old + 50% new, then 3 days of 75% new + 25% old. Other sources may recommend simply mixing the old and new food 50:50 for a week prior to making the full change. The mixing of old vs. new and duration of the time required for the food transition will be dependent on your individual dog and their gut sensitivity level.

Helpful Links

- **Website:** www.doublehvet.com
- **My Pet Portal:** <https://petportal.vet/doublehvet>
 - The My Pet Portal account can be used to access your pet's individual health information including vaccination records, rabies certificates, as well as check vaccine reminders, schedule appointments and request refills of prescription medication.
- **Online Pet Pharmacy:**
<https://doublehvetservicesllc.securevetsource.com/index.pml?retUrl=https://doublehvet.com/&cms>



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We know this is a LOT of information so again, if you have any questions or concerns about your individual puppy please do not hesitate to reach out to us. Congratulations again on your newest addition! We cannot wait to see them grow with you and help with all their medical wellness needs.

Sincerely,

Megan Hensler, DVM

"The righteous care for the needs of their animals." Proverbs 12:10