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## Bringing up a Well Behaved Dog....

### Socialization

An important part of bringing up a well behaved adult dog is socialization. It is very important to make sure Einstein encounters all kinds of places and situations while he is young. The biggest window of opportunity to socialize your puppy is between 4-12 weeks of age. During this time, Einstein will be most open to new places and situations. Although it is possible (and it is very important to continue) to socialize your puppy past this 'window of opportunity', most dogs are naturally more cautious in new situations and around strangers after this time period. This is why it is so important to get your puppy out to as many new places as possible before 3 months of age. These early experiences will increase Einstein's confidence and in turn, will make it easier to continue the socialization process at least until his first birthday.

Take Einstein to run errands with you whenever possible. This will help Einstein get used to (and looking forward to) car rides. Spend time outside of grocery stores, shopping centers, and around parks and schools. Bring along some treats and encourage anyone who's willing, to feed your puppy. Ensure that Einstein does not become overwhelmed, and that he is having a positive experience.

Also remember to take advantage of any visitors to your home. Ask them if they would be willing to meet Einstein and spend a few minutes petting and/or feeding him a treat. This will help your puppy realize that the doorbell is a good sound and that visitors will be willingly accepted when your puppy becomes an adult.

## Using a Crate

There are a wide variety of crates to choose from. The most functional and long lasting are the collapsible wire crates and the plastic type Ferrari Kennels. A lot of dogs prefer the privacy of the plastic type crates, and these crates will contain 'messes' better than a wire crate, but if you will be traveling with your dog, the collapsible wire crates may be more practical to take along with you. A good quality crate will last your dog's entire lifetime, and with proper early training, will be the place your dog chooses to spend time in when he wants to 'take a break'.

The use of a crate can also greatly aid in house training puppies. Most puppies will avoid soiling the place where they sleep, and so will hold themselves (for a reasonable amount of time) when they are crated. It is helpful to have Einstein spend time in his crate whenever you cannot be there to provide direct supervision. It takes only a moment of inattention for a puppy to have an accident in the house, or worse, to chew or swallow something he shouldn't.

Most puppies learn to like and even to seek out, their crates. The crate should be big enough for your puppy to comfortably stand up and turn around in. Most puppies do fine in the crate that they will use as an adult. Occasionally, it helps to borrow a crate when your puppy is very young, if you would like to purchase an oversized crate for when they are adults.

The crate should be set up in an area of the house where your puppy can see what's going on. In other words, do not isolate him by putting the crate in an out of the way place.

A few ground rules should apply to puppies (and adult dogs) and their crates. If there are children in the house, make sure they understand that when the puppy is in the crate, he is not to be bothered or teased. Go with your children to put Einstein in his crate, or to let him out. You may give Einstein a small treat for going into his crate and you can certainly add a phrase such as 'go to bed' so that in time, you will be able to send him to his crate from anywhere in the house.

Often, a puppy or adult dog will retreat to its crate if situations become overwhelming (Christmas and Birthday parties when there are many people in your home, are good examples), because the crate provides security in the puppy's mind. Make sure that anyone visiting your home leaves your puppy alone if he chooses to go into the crate. Alternatively, if you will be having visitors that are afraid of dogs or are just not sure what to do with a big boisterous puppy (or adult dog), it is helpful if your puppy will quietly stay in his crate while your visitors are over.

When you have to leave Einstein home alone, he should be confined to a crate so he will be safe and secure while you're gone. Provide a safe toy, such as a kong toy that's stuffed with some kibble, a little peanut butter or canned dog food. This will keep Einstein busy so that he hardly notices that you're leaving.

Make sure that you have someone to come and let him out for a potty break if you cannot make it home during the workday. Do not crate your puppy for longer than he can comfortably hold himself. If your puppy is forced to relieve himself in the crate because you are away for too long, it will be extremely difficult to break him of this behaviour later on.

Another important reason to make sure your puppy is used to spending time crated is that there will be various times during his lifetime where it will be necessary for him to be in some type of confined space. For example, when Einstein goes to the vet to be neutered, if he must be hospitalized for any reason, or if he needs to spend time at a boarding kennel, he will be in some type of enclosure. By making the crate a safe and secure place, at least your puppy will not be stressed by having to deal with being in a confined area as well as being away from home and family.



## Housebreaking

Here are a few tips for when your puppy should go out:

- After every meal (or after drinking water)
- After playtime or a training session
- As soon as he/she wakes up after a nap

It is important to go outside with Einstein for several reasons. First, it will give you the opportunity to praise him (and give him a small food reward) whenever he eliminates outdoors. This will encourage Einstein to eliminate outside and to eliminate right away when you take him out. Also, if you are out with your puppy, you can pick up after him right away and this will prevent him from learning the bad habit of eating, or playing, with his stools (most puppies will do this at some point and although we find it quite offensive, it is a rather normal behaviour). Going out with your puppy also enables you to monitor bowel movements to know right away if there are any changes.

To know how long you can expect Einstein to hold himself take his age in months and add 1. This equals the maximum number of hours you can expect your puppy to be clean during the day. For example, a 3 month old puppy should not be expected to hold themselves for more than a 4 hour span of time. Remember though that certain activities, like playing, eating or drinking, will increase metabolic rates and you should expect to have to take your puppy out more frequently at these times.

If your puppy does have an accident in the house, there are a few things to keep in mind. First of all, unless you catch him actually in the act of urinating or defecating in the house, it is too late to make any kind of correction. Einstein will not understand why you are upset if you have left him unsupervised and come back to find a mess on the floor. If, on the other hand you catch Einstein in the act, make a sharp noise or say 'NO' loudly and quickly pick him up and carry him outside. If he then eliminates outside, be lavish with your praise. The idea is to get your puppy to understand that going outdoors is a VERY GOOD THING, and that going in the house is NOT. Do not get angry (it's frustrating to see a puppy make a mess on the floor, but remember that dogs don't instinctively know they shouldn't urinate or defecate in the house and getting angry will only make your puppy fearful of eliminating near you).

Most puppies (even as young as 8 weeks of age) can be clean for a longer period of time overnight. It is not unreasonable to expect your puppy to be clean from 11pm until about 6am provided you do a few things. Feed them their last meal of the day by 7pm. Water bowls should be removed as of 8pm. Make sure to have a good play session (or a walk) every evening so your puppy will be tired and ready for sleep, and be sure to take Einstein out to relieve himself just before going to bed.

## Handling your puppy

There are some important exercises you can begin practicing with Einstein as soon as you bring him home. These exercises will make vet visits less stressful (for both you and Einstein) and will make it much easier to give medications and/or treatments throughout your dog's lifetime.

Set aside some time every day to 'examine' your puppy. It is very important to accustom your puppy to being touched everywhere on the body. Start by picking a time of day when Einstein is usually calm (after mealtime, a walk, or a play session).

Begin by checking his eyes for any signs of redness or discharge. Look into his ears. Note if there is any waxy discharge or odour. Touch the inside of the ears and massage the base of the ears. This will get Einstein used to the routine of having his ears cleaned and it will be much easier to apply medicated drops if he ever has an ear infection.

Next, look at the teeth. Most puppies HATE this. Be gentle, but firm. If you need to, have another family member restrain Einstein while you pull back the lips and take a look at the teeth. If you plan on brushing Einstein's teeth, get him used to this right from the start by running your finger over his gums. Once he is used to this you can start to use a child's toothbrush, and toothpaste formulated for pets. Be aware that your puppy will lose his deciduous teeth from 3-6mths of age and during this time the gums may be sore. Be gentle during this time so that having his teeth brushed will continue to be a positive experience. If you would like a demo on brushing teeth, we will be happy to give you a demonstration.

Most large breed dogs have fairly good teeth, but there are some breeds that are prone to tartar accumulation. Small breed dogs have the highest incidence of dental disease that may begin before your dog reaches his second birthday. While daily brushing is ideal, brushing 2-3 times per week will greatly reduce tartar build up and may reduce the need for veterinary dental cleaning (which needs to be done under general anesthesia).

As you continue your 'physical examination', run your hands over Einstein's shoulders, legs, sides and all the way to the end of his tail. Use a firm touch, not like when you are petting your puppy. Try to get used to the way he feels so that you will know right away if there are any lumps or bumps that shouldn't be there.

Do not forget to handle Einstein's paws on a very regular basis. Instinctively, dogs do not like having their paws touched. Most puppies will resist letting you play with their paws. Be persistent. It will pay off in the long run by having a dog that calmly allows you to examine its paws and trim its nails. Be gentle, but firm, if your puppy resists. Hold on to him until he stops struggling and allows you to finish examining the paw. If you plan on trimming your dog's nails yourself, keep a few things in mind.

Puppies have very short attention spans. If it takes more than 2-3 minutes to trim the nails, do only 1 paw/session. Cut nails at least weekly when your puppy is young so you both get many training sessions that are short and positive. Have someone hold Einstein if there is too much squirming going on. Teach your puppy to behave and be still for nail trimming. It is a necessary part of his life and it is extremely difficult to battle a full grown dog to trim nails. If you put the time and effort into training your puppy to calmly accept nail trimming, it will save you a lot of energy and sweat later on!!!

If you plan on taking your dog to a vet or groomer regularly for nail trimming, start young and go often! Repetition is the key to success. It is better to keep sessions short and to practice often. Have 'mock' nail trimming sessions at home in between visits to the vet and/or groomer so things will go smoothly.

Remember that puppies have a very limited attention span. Your puppy might be perfectly happy to let you 'examine' him for 4 or 5 minutes but will definitely be miserable if you ask him to hold still for 10 or 15 minutes! Praise your puppy when he is being good and give a few small treats when he is co-operating, and please let us know if you are having trouble examining your puppy! We will be happy to help you find a way that works for both of you!



## Puppy Classes

We recommend that all puppies attend at least one puppy class. There are countless benefits to attending a puppy class, whether it is your first puppy, or your tenth. A good puppy class will allow Einstein the opportunity to socialize with other puppies, to continue to learn appropriate play behaviours and to have positive interactions with you, other people and other puppies. During these classes, basic obedience commands are introduced and you will learn effective ways to interact and teach your puppy new things. Every dog, whether it will be 5 or 150lbs as an adult, should learn how to sit, stay, lie down, and come when called.

Before enrolling in a puppy class, attend a class or two to make sure you are comfortable with the trainer and the training methods being used. Make sure the classes seem to be running smoothly with trainers that are able to keep the dogs and their handlers on track. Make sure it's a class where most of the time is spent training the puppy and not listening to the instructor talk. Ideally, pick a training school where the instructors compete in obedience trials with their dogs.

Puppies usually learn very quickly. They are like little sponges when they are young, absorbing as many new things as you take the time to teach them. It is very important however to keep a few things in mind during the teaching process. Be clear with instructions and to consistent. Give a command once, and then make it happen. It is much better to make one firm correction than to nag at your puppy until he learns to just ignore you. Remember to use tons of praise. Your praise should be genuine and profuse when your puppy gives you the desired response. Training treats such a dried liver can greatly aid the training process but remember that treats should not be used to bribe your dog into doing what you've asked, but rather as a reward for doing the right thing.

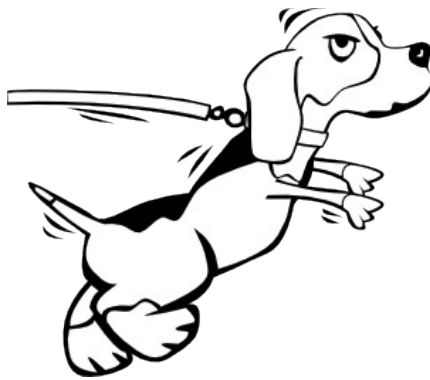
Until your dog is reliably trained (this won't happen before at least 12-18months of age), you should never give a command that you have no way of reinforcing. This means that if you take your puppy somewhere that he can safely run off-leash, your puppy should always drag a line or rope so that if you call and your puppy doesn't come, you can step on the end of the line and MAKE him come to you.

Reward only the recalls when your puppy comes running to you when you call. Never call your puppy to you when it is time to leave the fun area. Instead, go to your puppy, snap the leash back on, play for a minute or two on leash, and then head back home.

You should do a minimum of 10-12 recalls on every outing (hopefully, every day). The recall is the one command that your dog MUST obey. It is very important that your puppy learns to come directly to you the FIRST time you call. Make recalls fun. Use toys, run away as you call your puppy so he gets to chase you, and use lavish praise and a favourite treat when he arrives. Have a short game of tug or throw a toy as a reward and then let your puppy continue having fun running around. A good recall can save your dog's life. Please take the time and put in the effort to make sure your puppy learns to come running each and every time you call him to you.

Never leave any kind of training collar on your dog. Choke collars, slip collars and prong collars should only be worn during training sessions. Dogs have choked to death when the rings on these collars get caught on things, or each other, and no one is there to untangle them.

Make sure your dog has a secure buckle collar on at all times with ID. If you don't like the sound of tags 'jingling' whenever your dog walks around, you can have the dog's name and your phone number stitched onto the collar itself. If your dog should ever manage to escape, someone can read the number off the collar without having to catch him. Also, it is harder to lose a collar, than an ID tag (which may fall off in time). Although having your puppy microchipped is a permanent method of identification and has reunited many lost dogs with their people, a collar with ID is usually the quickest way to have your dog identified and returned to you should you ever lose him.







## Nutrition

All puppies and adult dogs should be meal fed, rather than have free access to food all day long. Most puppies do well with three meals per day, until the age of 3-4 months of age, after which time you can feed two meals per day. Quantities should be measured and there should be a fixed amount of time given for meal consumption (usually 5-10 minutes is more than sufficient). Any un-eaten food should be taken up and fed at the next meal because it is important for your puppy to develop good eating habits from a young age.

In this way, you will be able to tell very quickly if there is a decrease in your puppy's appetite or if he stops eating entirely. Most puppies have ravenous appetites and would eat much more than they actually need, so you must ensure not to feed more than your puppy requires. This will help ensure that he does not become overweight.

"You are what you eat..." are definitely words to consider when you're trying to decide what is best to feed your puppy. Your puppy will only grow up once, so you have only one chance to feed him a diet that will provide him with all of the building blocks necessary to grow into a healthy adult dog.

There are some important criteria to keep in mind when making your choice of food. Any dog food you are considering for Einstein should have passed an AAFCO feeding trial and have been found to meet the needs of a growing puppy. There are size appropriate formulas now that meet the unique needs of small, medium & large breed puppies.

Keep in mind that there are very few regulations concerning who is 'allowed' to make pet food. Almost anyone could decide to make a new dog food. They can have their ingredient list analyzed and so long as it meets or exceeds the basic requirements on paper, it can find its way onto a shelf in a pet food store. This in no way means that it is an appropriate diet and unfortunately, what looks good on paper, does not always work well when it's fed to your puppy.

Also remember that more is NOT better. Excessive amounts of some vitamins, minerals, protein and/or fat can harm Einstein's development and in the long run can mean that his bones and muscles do not develop as they should. For example, excessive calorie density in puppy food has been linked to a higher incidence of hip dysplasia.

Your choice of food should go way beyond the bag on the shelf. There are so

many brands to choose from, and sometimes packaging is hard to ignore... Make your decision based on some of the following guidelines.

- Buy a puppy diet from a company that's been around for a long time and that's done research, feeding trials and that has an excellent track record.

- Don't be pulled in by ads with lovely pictures of the ingredients that are going into the bag of dog food. Ingredients such as duck, sweet potato and barley are not necessarily better than chicken, corn and rice.

- Above all else, don't let your puppy 'be the guinea pig'. Choose a dog food that's been proven to promote proper growth and development puppies.

We do not believe that a food that is: 'good for all life stages', is an appropriate diet for puppies, and especially, any large breed puppy.

There is a huge trend these days towards, 'organic' and 'holistic' pet foods. Unfortunately there is no regulating bodies inspecting dog food facilities and 'certifying' anything as 'holistic'. There are definitions regarding 'organic' ingredients, but no diet can be 100% organic as some minerals and vitamins are extracted in a laboratory setting and therefore do not meet the definition of 'organic'.

The other trend, is making dog foods that are grain free and therefore 'mimic' the diet of the dog's wild cousin, the wolf. Most of these diets substitute

Your puppy is not a wolf! Your puppy does not live the life of a wild canid and does not need to be fed a raw diet, or diets containing excess amounts of protein & fat.

If you would like to prepare a home made diet for your puppy or adult dog, please discuss this with us, as we can recommend recipe books that have correctly balanced formulas for long term feeding.

Your dog should be kept slim throughout its life. It is especially important that puppies be kept THIN during the growth period. The bones and joints are under a tremendous strain during the first year of life and any excess weight is an extra stress that your puppy does not need. Obesity is the leading health concern in dogs and predisposes your puppy to orthopedic problems, and osteoarthritis later in life. Please make sure to avoid allowing your puppy become overweight.

It is much easier to put a couple of pounds on your dog, than to have to take off excess weight.

To ensure than your puppy is at his optimal weight, you should be able to see and easily feel, a few ribs when you touch your puppy's sides and there should always be a visible waistline. We are happy to have you come in a weigh your pup regularly, and to help you recognize 'optimal weight'. Documenting weight gain during puppyhood is also a good idea to help keep track of growth weight and to identify if quantities being fed need to be increased or decreased. If you're not sure if your puppy is gaining appropriately, you can bring your puppy in to be evaluated by one of our technicians.

## Vaccinations

All puppies should be appropriately vaccinated. This will prevent them from catching potentially fatal diseases. Routine puppy vaccinations will protect your puppy from the following core diseases: parvovirus, distemper, hepatitis, parainfluenza and rabies. You may also decide to vaccinate your puppy against bordetella (kennel cough), leptospirosis, and possibly against Lyme's disease. Vaccination against these last three diseases will depend on the places your puppy might visit and risks will be discussed with you during your first consultation with the veterinarian.

In order to be effective, most of these vaccines must be given more than once during puppyhood (rabies is the exception). Your puppy will usually have had one core (DA2PP) vaccine given between 6-8 weeks of age.

-We recommend that your puppy is given 2 additional DA2PP vaccines at 11-12 weeks and again at 15-16 weeks of age.

-If you choose to give any of the non-core vaccines (leptospirosis, bordetella, Lyme), these may be given with the basic (core) vaccine at 12+ weeks of age and some must be repeated 2-4 weeks later, depending on the vaccine.

-Rabies may be given at 12 weeks of age or older.

After the puppy series is complete, a booster of the core vaccine is given a year later, and every 3 years thereafter. The rabies vaccine only needs to be given once as a puppy, and then a booster is given at 1 year of age, and then, every 3 years, just like the core (or DA2PP) vaccine. Most non-core vaccines must be given on an annual basis.

Regardless of whether or not your dog is due for vaccinations, he should have a yearly physical examination by a veterinarian. This will help ensure that any problems or illnesses are picked up early on.



## Heartworm, Intestinal parasites, Ticks & Fleas

Heartworms are parasitic worms that live in your dog's heart, and the major blood vessels going to and from the heart and lungs. They are transmitted by mosquitoes, which means that any dog that lives in a climate where mosquitoes are present for at least part of the year, are susceptible to catching this disease. Although there isn't an exceedingly high incidence of heartworm in Canada and northern parts of the US, there are positive cases every year. The problem with not preventatively treating your dog for heartworm is that this parasite can cause major and irreversible damage to the heart and lungs.

Although there are treatments available for dogs that have contracted heartworm, the treatment itself can be potentially life-threatening and the damage caused by the worms cannot be repaired.

It is fortunately, very easy to prevent this disease. Heartworm preventatives come in the form of chewable tablets, or as a topical solution applied to the skin once a month for 6 months in cold winter climates, and monthly year-round in warmer climates.

In addition to preventing heartworms, most of these monthly medications will also be effective against some of the most common intestinal parasites found in puppies and adult dogs and some products also have effective flea control medications.

The vast majority of puppies are born with intestinal parasites (transmitted from mother to puppy in utero), or shortly after birth via mother's milk, or later in puppyhood, through the environment.

A stool sample should be checked for the presence of parasite eggs and to make sure your puppy is not harbouring a parasite that is not covered by routine dewormers. Your puppy should be de-wormed every 2 weeks until 12 weeks of age and then monthly until at least 6 months of age.

Fleas are parasites that live in your puppy's fur and feed on his blood. They are highly contagious between dogs and cats and will even bite humans if they cannot find a suitable host. It is much easier to prevent flea infestations before they occur by using a heartworm product that also takes care of fleas.





### Sterilization, what are the benefits?

Intact male dogs will go to great lengths to find females in heat. They will jump fences, dig under fences or escape from enclosures in ways that may seem impossible, to reach a female dog that's in heat. This puts them at great risk for getting hit by cars, getting lost or getting into fights with other dogs while they are roaming.

Male dogs that aren't neutered can be more aggressive with other dogs, especially, other male dogs. As they age, at least 1 in 3 male dogs that have not been neutered will develop some kind of prostate gland problem which will lead to difficulty urinating and in some cases, defecating. Intact male dogs can also develop testicular cancer, and other cancers of the reproductive tract.

For these reasons, all male companion dogs should be neutered (ideally between 4-8 months of age).

Female dogs will 'come into heat' for the first time usually between the ages of 6-10 months of age. During this time, you can expect 2-3 weeks of vaginal bleeding. Male dogs will be quite attracted to your female dog during this time and you may find 'suitsors' around your yard, or even trying to mate with your female through the fence!!!

Usually, female dogs come into heat every 6-10 months or so. A female that is not spayed, is predisposed to developing a life-threatening and potentially fatal infection of the uterus (pyometra). They are also at risk of developing mammary cancer, and other tumors of the reproductive tract.

For these reasons, all female companion dogs should be spayed before their 1<sup>st</sup> heat (between 4-6 months of age).

## Identification

Nobody wants to think about losing their dog. Unfortunately, it happens all too often that a dog escapes the house or yard during a moment of inattention. For this reason, all dogs should wear a collar at all times. Make sure that you use a buckle collar that is properly fitted. This means that it is snug enough so that you cannot pull it over your puppy's head and that it is just slack enough so that you can slip two fingers underneath it. You can have your dog's name and your phone number stitched into the fabric of the collar if he regularly loses tags, or if you just don't like the 'clinking' sound the tags make whenever your dog is walking around the house.

If you are using ID tags, please make sure to check them regularly to make sure the information is still legible. It happens more often than you'd think that someone drops a dog off at the vet clinic with identification tags that are useless because they are so worn out that you cannot make out the phone number!

Never use choke chains, slip collars or any other type of training collar, as a permanent collar. Dogs have caught these kinds of collars on fences, branches or any number of other objects around the house and yard and have strangled themselves to death.

Dogs should only wear training type collars for training purposes and when they are directly supervised. They should not be allowed to wear these collars even when playing with other dogs, as they can get tangled and injure each other seriously.

There are also other, more permanent forms of identification, such as microchips. A microchip is about the size of a grain of rice and is implanted just under the skin, between the shoulder blades. While you cannot tell if a dog is microchipped just by looking at him, most veterinary hospitals and animal shelters have scanners that can read your dog's unique identification number. Then you can be tracked down through the microchip database. This way, even if your dog manages to escape, and loses his collar, he is permanently identified and you will have a much better chance of being reunited. Be sure to update microchip information and collar and ID information if your phone number changes!

Puppies obtained from reputable breeders that register their dogs with the CKC are either tattooed or microchipped before leaving the breeder's home. You can ask your veterinarian to scan your puppy to ensure he has been microchipped, at your first visit.

