

# A Guide to Puppy Parenting



How to get the most out of the newest addition to your family!

**Produced by:  
Heathmont Animal Hospital**



## Hello

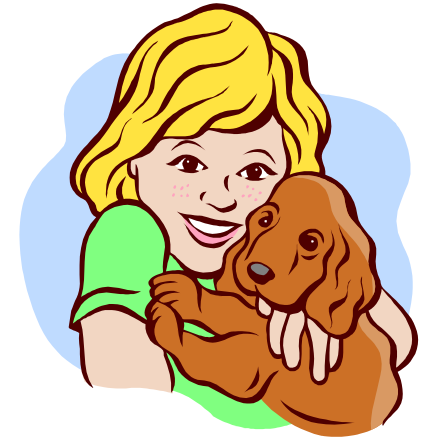
Congratulations on being the owner of a new puppy.

The team at Heathmont Animal Hospital wishes

you many enjoyable years with your dog.

Hopefully your new dog will be with you for the

next 8 to 15 years. With this in mind, it's well worth spending some time socialising and training your pup while they are young and you will be rewarded with a pet that will give you years of pleasure.



It is important, as a dog owner, to be responsible.

Your responsibilities as a dog owner include abiding by the "Domestic (Feral and Nuisance) Animals Act 1994" which states that all dog owners must

- Register the dog with the local council
- Ensure the dog is unable to escape from their yard
- Take responsibility for any damage the dog has caused
- Leash their dog in public places



Being a responsible dog owner also means practising some common courtesy towards other people, and other dog owners by

• Not allowing your dog to approach people you don't know. They may be scared of your dog

• Not allowing your dog to approach dogs you don't know. They may be aggressive towards your dog, or frightened by your dog

• Always carrying a plastic bag with you when you are in a public place with your dog. Use this bag to clean up after your dog

We hope this booklet will be helpful in providing you with information for raising your puppy to be a happy, healthy dog.

<b>Table of Contents</b>		Page
<b>PART 1:HOW TO HAVE A WELL BEHAVED DOG</b>		
Most pups are pushy	1	
The spoiled dog	1	
Why should we be leaders	2	
How do we become leaders?	3	
<b>Children and puppies - Can they be trusted together?</b>	<b>4-5</b>	
Teach your child to:	4	
Avoid dog bites by:	5	
<b>Dog talk. What is your dog telling you?</b>	<b>6-7</b>	
Why dog needs to communicate	6	
How to read your dog ?	7	
<b>Most commonly asked questions</b>	<b>8</b>	
<b>Socialising your puppy</b>	<b>9-10</b>	
Why do puppies need to be socialised?	9	
How to socialise your pup	9-10	
<b>Discipline - how and when</b>	<b>10-12</b>	
How dogs learn	10-11	
What to do	11	
How to discipline	12	
<b>Toilet training</b>	<b>13-15</b>	
Did you know...?	13	
Training your pup to eliminate outside	13	
What if your pup eliminates inside?	14-15	
<b>Mouthing and biting</b>	<b>15-16</b>	
Why do puppies mouth and bite?	15	
How to control mouthing and biting	16	
<b>Chewing</b>		<b>17</b>
Why do puppies chew?		17
How to control chewing		17
<b>Barking</b>		<b>18-19</b>
Why do dogs bark?		18
Preventing excessive barking		18-19
<b>Jumping up</b>		<b>19-20</b>
Why do pups jump up?		19
Preventing your pup from jumping up		20
<b>PART 2: HEALTHY ADVICE FOR YOUR PUP</b>		
<b>Vaccination</b>		<b>21-22</b>
<b>Worms</b>		<b>23-24</b>
<b>Heartworm</b>		<b>24</b>
<b>Fleas</b>		<b>24</b>
<b>Desexing</b>		<b>25</b>
<b>Feeding</b>		<b>26-27</b>
What to feed		26
Bones		26
Milk		26
Amount to feed		27
How often?		27
<b>Grooming</b>		<b>27</b>
<b>Microchipping</b>		<b>27</b>

# PART 1: HOW TO HAVE A WELL BEHAVED DOG

## Most pups are pushy

The normal, healthy puppy is basically a pushy animal. Their tendency is to advance as far as possible within the social order of the pack. The most likely



reason for this is because the pack, in order to survive, must from time to time replace its leaders. Therefore, there must be a leadership pool to draw from when that time arrives.

However, most pack members learn to control their “pushy” behaviour because the pack has only two leaders - one male and one female. This is one of the keys to successful puppy rearing - to establish yourself as pack leader and maintain that position throughout your dog’s life. Also, all able family members should establish leadership roles with the dog. These relationships are arrived at individually,

so you cannot establish a leadership role for anyone but yourself. Establishing yourself, as a leader doesn’t mean you need to use force, just be firm and consistent. Set the ground rules and stick to them.

## The spoiled dog

Many people try to win their puppy over by letting them have their own way. They shower them with love and affection just because they’re so cute and cuddly, and because they want them to grow up to be part of their family. From the studies done on pack behaviour, we now know that this is not the way to win the pup over. This kind of treatment only serves to reinforce those pushy behaviours that lead to behavioural problems in the home.

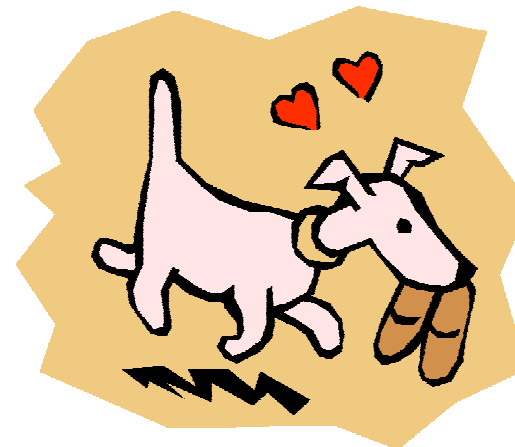
Giving your pup love and affection should be a reward for their good behaviour not a bribe or a plea to be good.



## Why should we be leaders?

Dogs that are leaders within their ‘human packs’ may exhibit many or all the following behaviours:

- Bark excessively when there’s a disturbance within their territory and cannot be quieted by their owners
- Growl at, nip, or bite anyone who disciplines them or asks them to do things they don’t want to do
- Challenge the person who tries to groom them, bathe them, or clip their nails
- Threaten visitors who enter ‘their’ home
- Growl or bite when anyone attempts to take toys
- Mark the inside of the home with urine or faeces, (this is different from having a ‘mistake’ whilst toilet training)
- Wander from the home
- Not coming when called (after being taught this) unless it suits them
- Obeys cues only when it suits them



A dog that recognises you as their pack leader will seek you out. They’ll want to be with you, and they’ll show respect and affection towards you.

Once you’ve established your role as leader you’ll have won them over.

## How do we become leaders?



In the beginning your pup will automatically look to you for leadership, but as they get older and become more confident they may start to challenge your leadership. To establish yourself as a leader and continue to be a leader, you must set ground rules from the very beginning, and more importantly stick to them!

Throughout your dog's life it is important to reward good behaviour, (be it praise, patting, food or toys), and ignore undesirable behaviour. Ensure your pup will only get "the good things in life" if they behave in an appropriate manner. For example if your dog wants a pat and they nudge your hand, ask them to 'sit' to earn the pat.

Obviously basic obedience training will also help you to establish yourself as a leader. The earlier obedience training is started the better chance you and your pup will have to succeed at a long and happy life together.

Asking your pup to 'sit' for everything is your pup's way of saying "please". For example "please may I have a pat", "please may we go out the front door", "please may I eat my food", "please may we go for a walk", etc. Setting these basic rules when your pup is young will ensure that you have a well-mannered adult dog, which is a pleasure to have around.



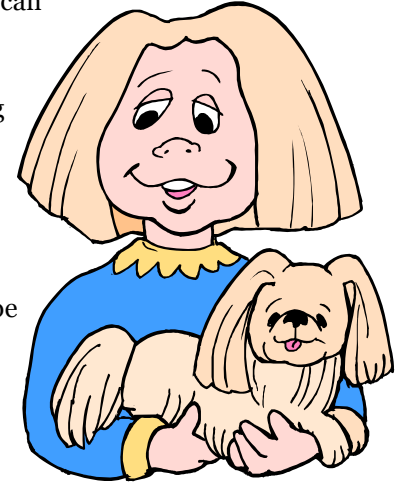
The team at Heathmont Animal Hospital will be happy to answer any questions you may have on leadership training. We also run a **Puppy Parenting Program**, the perfect place to start your pup off on the right paw. For more information please ask one of our team members.

## Children and puppies - Can they be trusted together?

Children can get a lot of enjoyment from the family dog. Studies show that children who own pets have higher self-esteem, improved social skills and are more popular with their peers. Pet ownership can create a number of positive opportunities for children to:

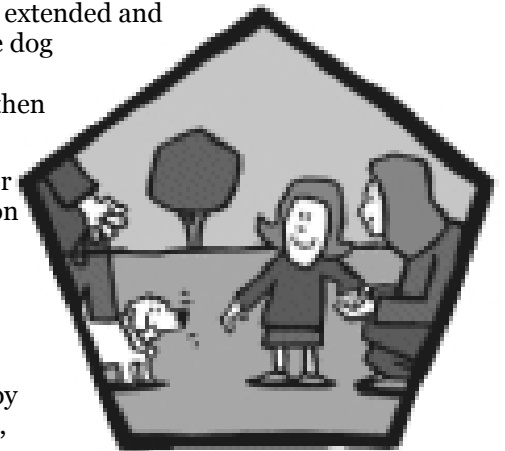
- Develop a sense of responsibility and caring for others
- Establish a daily exercise routine
- Develop friendships

However, children must also be taught how to relate to and respect dogs and should always be supervised in the presence of a dog. It is often not the dog's "fault" for biting a child. A dog's only way of defending themselves in a threatening situation is to growl, bite, threaten to bite, or run away. If a dog is cornered or chased they may very well bite to defend themselves.



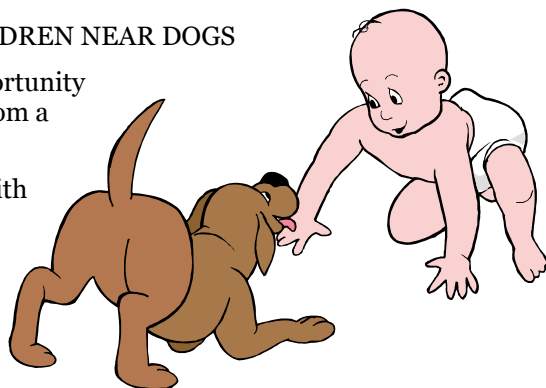
### Teach your child to:

- Never approach a strange dog without permission from the owner
- Stand still with the back of the hand extended and wait for the dog to come to them. If the dog wants physical contact, they will approach you. If they don't approach, then they don't want your attention
- Stroke the dog gently on the chest, or shoulder, or under the chin, but NOT on top of the head, (some dogs feel threatened by this)
- Avoid approaching dogs that are sleeping or eating
- Stand still like a tree if approached by a strange dog, DO NOT squeal, scream, jump, or run
- Avoid eye contact with dogs



## Avoid dog bites by:

- Teaching children how to behave towards and around dogs
  - Ensuring your dog is properly trained to sit, stay, drop and come. Ask us for more details
  - **ALWAYS SUPERVISING CHILDREN NEAR DOGS**
  - Ensuring your dog has the opportunity to socialise safely with children from a young age
  - Teaching children to interact with dogs by modeling the desired behaviour
  - Teaching your child that a dog should be left alone if it growls, curls or lifts its lips, backs away, or raises the hair on its back
- **NEVER** allow your child to tease a dog. Often the child is innocently playing with the dog but the dog does not understand or want to play. For example, children love to play 'chase the dog' and quickly learn that the dog will run for them to chase, if they do something to the dog that it doesn't like



Remember, children mimic what they see others do, so always be aware of how you are treating your dog whilst in the presence of children.

## Dog talk. What is your dog telling you?

### Why dogs need to communicate

Our pet dogs originally descended from wolves. Wolves are a pack animal and therefore need to be able to communicate to other wolves within their pack. At the core of pack life is a system of rank order. In order to communicate status within the pack, wolves rely heavily upon body signals. The family dog uses the same signals within their 'human pack'. An understanding of these signals is vital to successful puppy rearing. During the third week of life, normal, healthy pups begin interacting socially with each other, displaying pushy or dominant behaviour as well as submissive postures. After repeated playful fighting, the pups learn when to act pushy and when to back down.



Although capable of both behaviours, most puppies tend to behave in ways that will advance them as far as possible within their social order - to push their way into leadership positions. It is this tendency you must control early if you want to raise a well-balanced puppy. If your pup has not been isolated from people at an early age and likes to be around them, they'll attempt to interact with people just as they would littermates. In such interaction or play, you and other family members should assume a leadership role and discourage pushy behaviour in the pup.

### How to read your dog

Learning your dog's language will enable you to start to curb any signs of dominant (pushy) behaviour. Following is a list of dominant (pushy) and subordinate (submissive) behaviour signs to look for. They will help you understand what role in your family (pack) your pup is trying to assume.

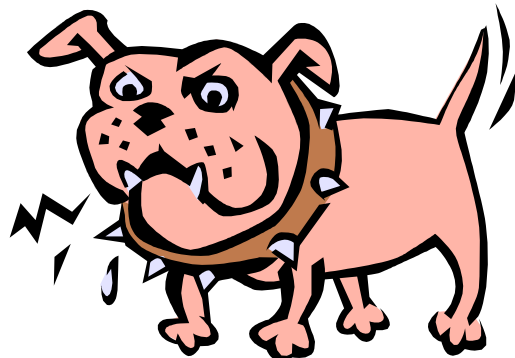
If you are having any problems or have any questions please talk to a team member.





## DOMINANT (PUSHY) SIGNALS AND BEHAVIOUR

1. Nipping your skin or clothing or mouthing your hands
2. Snarling and/or growling at people
3. Guttural barking at people (as opposed to whining or howling)
4. Hair standing up on back
5. Tail elevated and slowly wagging while standing erect on all fours during greeting
6. Curling lips to expose teeth
7. Mounting, riding up, or thrusting of the pelvis anywhere on a person
8. Prolonged direct eye contact
9. Resistance to the removal of possessed objects
10. Stealing food in your presence
11. Resistance to removal of food
12. Elimination within the home (marking) occurring after housetraining



## SUBORDINATE SIGNALS

1. Ears back, head lowered, body lowered and tail down and wagging vigorously during greeting. The mouth may be open and the lips drawn back in a “grin”
2. Lying down on side while exposing groin region, ears back, and tail tucked under body. Usually occurs during times of high social tension such as a discipline situation
3. Licking hands or face
4. Avoiding eye contact



## Most commonly asked questions

### When and for how long should I discipline my dog?

Immediately and for as many times as it takes for your puppy to stop doing what it is they're being disciplined for. Immediately discourage your pup's pushy behaviour toward you or others. Use only enough unpleasant discipline to get the job done. Then follow with plenty of praise. (See chapter on DISCIPLINE, pages 10 - 12)

### Should I discipline every time my pup is pushy?

Yes. Be consistent. Each time your pup displays one of the pushy signals, you or other members of the family should ignore it, then praise them the second they stop doing it. Most puppies are pushy for attention. When your puppy is being pushy, don't speak to them or touch them, just turn your back or walk away. For example, if your puppy jumps on you, don't push them away and say 'down', because to them this is the attention they wanted. Just ignore them until all four paws are on the floor, then praise/ reward immediately.

### Should I touch her whilst she is eating?

It's advisable to let your dog eat in peace. You can stand near your dog while they are eating, in a non-threatening way, so they learn there's no need to become protective of their food if someone approaches. It's also a great idea to drop treats as you walk past.

### Is it OK to use food as a reward?

Yes. You can also use food to help your pup overcome their fears, or other stressful situations. When using rewards in this way, ensure you are only rewarding your puppy for calm behaviour. If you reward them while they are scared you only reinforce their fear. Dogs won't eat if they are frightened or stressed, so getting them to eat will help reduce fear and apprehension. Rewards should come from 'nowhere' the instant following the behaviour you wish to encourage. It should always be accompanied by praise and petting, as this will let them know they have done the right thing even when you don't have a treat on hand.



Raising your puppy to be a low-ranking member of your household is a key to having a happy puppy. This will not “break their spirit” or inhibit their development into a normal, healthy dog. Rather, you are giving them a defined position in your family, behaviour guidelines to follow, and a sense of trust and respect for you, their leader.

## Socialising your puppy

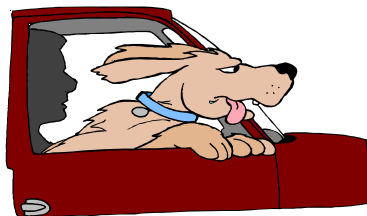
### Why do puppies need to be socialised?

Puppies are very impressionable. Even incident, in their early life, both pleasant and unpleasant, can have a long-lasting effect on them. Between six to sixteen weeks of age is the optimal time for a puppy to develop social attachments towards other dogs and humans. This is called the 'critical socialisation period'. If during this time a puppy has little or no contact with other animals or humans they will not know how to relate to them. This can lead to fearful and aggressive behaviour. The more contact your puppy can have with other dogs, different people and different situations, the more confident and happy they will be.

### How to socialise your pup

Here are some ideas to help prevent problems.

- Expose them to as many new situations and people as possible, but be sure they have good experiences. Take it slow, only go as fast as your puppy feels comfortable, you need to continue socialising your puppy throughout their whole life



- Guard against isolating your pup for prolonged periods of time. Destructive digging, chewing, and scratching often occur because the pup is kept outdoors by themselves. Puppies are highly social animals and need social contact for proper development. In nature, canine pups are never, ever alone



- Take your puppy for regular visits to the veterinary hospital, or their groomer. Make this an enjoyable experience, so each time the puppy visits, they are rewarded for calm behaviour. This will help ease your puppy's apprehension or fear of such places. Most dogs are scared of these places because they only come to these places for uncomfortable, or painful experiences. They have the same apprehension as we do about the dentist!

Try to remain calm at all times, and in all situations. Remember if you are apprehensive or nervous your pup will follow your signals and also be apprehensive and nervous

If your pup tends to be somewhat shy, take things extra slow. Only put the pup in situations that they will be calm and happy in. If confronted with too much at once, a shy puppy may develop 'fear aggression'. Praise and reward them for being calm, don't reassure them by saying "It's alright", as this only reinforces their fearful behaviour.

It's very important not to baby a shy pup as this reinforces their shyness. Encourage them to overcome their shyness by going forward or holding their ground. Allow them to retreat if they want, but don't praise this behaviour, just ignore it. Reward them the moment they start to move forward again.

If they hide behind your legs or tries to seek comfort by wanting picked up, just ignore this behaviour. If we comfort them by picking them up or reassuring them with our voice, we are inadvertently praising them for their nervous behaviour, and therefore encouraging them to behave that way.

## Discipline - how and when

### How dogs learn

Dogs do not learn quite the same way as people. You cannot explain to a dog the things they have done wrong and you cannot reason with a dog. We have to discipline a dog using a method they can understand and relate to. This method is called operant conditioning.

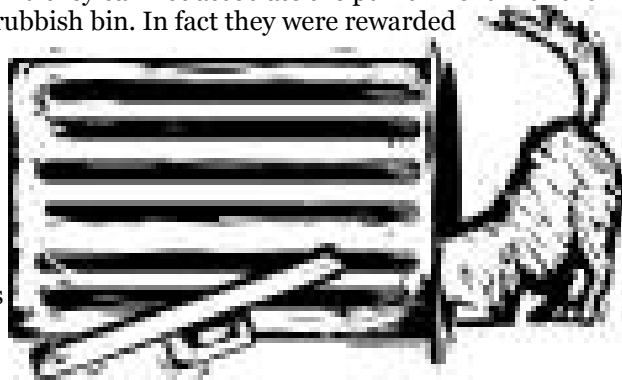
Basically a dog learns by the immediate result of their actions. For example if an action produces a pleasant result they will repeat the action. If the action produces an unpleasant result they will not repeat the action.

The key to effectively disciplining your dog is to discipline DURING the objectionable behaviour. Correcting the dog after the fact is, at the very least, confusing to her and could very well be psychologically harmful.

For example, if your dog smells food scraps in the rubbish bin and then tips the rubbish bin over and eats, they may very well repeat this activity. Their action, knocking over the rubbish bin, produces a pleasant result, food. But if their action produced an unpleasant result - if the food were bitter, or the falling rubbish bin frightened them - chances are very good that they won't tip the rubbish bin again.

Suppose that they knocked over the rubbish bin, ate the food scraps then five minutes later you scolded them, using words and showing them the rubbish bin. Unfortunately in the dogs mind they can not associate the punishment with the action of knocking over the rubbish bin. In fact they were rewarded

with food scraps for knocking over the rubbish bin, so they are likely to do it again. All you have achieved by punishing them is confusion. They are likely to have made an association between the tipped over rubbish bin (that is the mess of the rubbish bin rather than the action of making the mess) and your punishment. Therefore in the future they will avoid being near the mess when you're around.



If they are repeatedly scolded for knocking over the rubbish bin AFTER they have done the deed, they will learn that when there is a mess on the floor and you arrive on the scene, they get scolded. This will in no way stop them from knocking over the rubbish bin because they have already been rewarded with food for that behaviour. What it will teach them is to dread your arrival when there is a mess, they will cower and 'act guilty'. This behaviour is usually interpreted by owners that "the dog knows they've done the wrong thing because they cower when I find them". But remember the dog cannot associate the mess with the action of making the mess.

## What to do

The only way to effectively stop the dog from knocking over the rubbish bin is to discipline AT THE TIME THE RUBBISH BIN IS KNOCKED OVER!! This may take time to set the dog up and spy on them but it will be well worth the results. Alternatively you may want to set the bin up so that knocking over the bin produces an unpleasant result. For example filling it with water or something very noisy such as stacking aluminium cans on top of the bin so that when the dog tips it over they will be showered with noisy but harmless cans. A little imagination is often required in these situations and the process may need to be repeated several times if the problem has been going on for a while.

Discipline AT THE TIME OF ACTION should be applied to every situation that requires correction - housetraining, chewing, and barking. You must catch the dog in the act of misbehaving. If you have any questions the team at Heathmont Animal Hospital will be more than happy to help.

## How to discipline

1. Never strike your puppy. They could be injured or become shy. People who discipline dogs this way often wind up with an obedient, but cringing fearful pet - a far cry from a happy, trusting puppy



2. Set up rules of conduct then consistently enforce them. Inconsistency will delay eliminating the behaviour and can produce psychological problems. For example, if you don't want your dog to drool over the cake you've served up for your guests, don't ever feed your dog from a plate

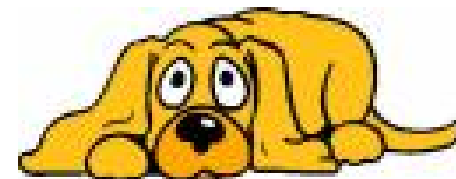


3. When your pup misbehaves near you, raise your voice by saying "Erhhh", and then praise them lavishly for stopping

4. To correct from a distance, raise your voice by saying "Erhhh", and toss something harmless that will startle them. Immediately go to them, praise them and offer a treat for stopping. Some things you can toss without harming them are a soft shoe, purse, paperback book etc. Anything that's immediately available and lightweight will do the job. Puppies can not readily understand how objects come to move

through the air. It's like magic that you can reach out and affect them from a distance. For more stubborn dogs an aluminium can with stones in it makes a very effective noise when tossed in their general direction. Remember to toss the object in the general direction of your dog, NOT AT your dog. Alternatively you can make a loud noise (i.e. clap once or stamp your foot) to distract your puppy then praise them for stopping.

5. The most effective discipline occurs quickly and sharply during misbehaviour. It must be firm enough to get the message through, but not so harsh as to cause physical harm or fear. Praise immediately following all discipline - never hold a grudge





## Toilet training

### Did you know...?

- The act of elimination is also a form of communication for dogs. This is called “marking”. Because of this, your dog is likely to eliminate in the same place that they or another dog has previously eliminated in. If your dog makes a mistake in the house it is wise to remove the scent of the urine or faeces completely. Ask our staff for a suitable product. Just masking the scent or cleaning the area is not usually effective, as it is possible for the dog to still smell the scent
- Puppies are likely to want to eliminate after a sleep, after a meal, after play or exercise or after something exciting e.g. visitors. Take your puppy to the designated elimination area at these times and stay with them. Praise them verbally when they eliminate, but keep your voice soft and low so as not to distract them. Pet and praise them when they finish
- Praising your puppy for eliminating in the correct place is a much faster way of training your puppy than correcting them for eliminating in the wrong place

### Training your pup to eliminate outside

Dogs have a tendency to eliminate repeatedly in the same area. If you establish a specific area outside from the beginning, you'll be able to capitalise on this tendency. Keep it clean because too many old stools would not only be unsanitary, but could also cause them to seek out another location. The scents coming from the elimination area will tempt them to void, so keep them walking and smelling as much as possible.

#### Remember to:

- Take them to the same area each time on lead and stay with them until they have gone
- Praise them for eliminating in the designated area
- Take them to the designated area after a sleep, after a meal, after play or exercise or after something exciting e.g. visitors
- Take them to the designated area if they act restless, circles, paces, starts to sniff the ground or squats. These may be signals that your puppy needs to eliminate



## What if your pup eliminates inside?

In order to learn that eliminating in the house is always unacceptable, they must be **CAUGHT IN THE ACT**. Punishment even a few minutes after the act is useless and could be harmful because they won't understand (See “Discipline — how and when”). When they associate eliminating in the house with immediate unpleasant results, they'll stop trying to eliminate in the house. It's absolutely essential that you provide this feedback at the beginning or **DURING** the act of eliminating.

#### Remember to:

- **NEVER** leave your pup unattended with free access to the rooms of the house
- Always have them with you when you're home and supervise them all the time. If you catch them every time they eliminate inside they will learn very quickly
- When you see them starting to eliminate, distract them and pick them up, then immediately take them to the outside area while praising them for stopping. Don't raise your voice during housetraining as they could learn not to eliminate in the house only if you're around
- As soon as you're outside be calm and patient. Praise in a soft, low voice when they eliminate. When they have gone, pet them, tell them they're a good dog, and give them a treat if you want. If they don't go straight away, wait, they may have become distracted. Try not to take them somewhere with lots to distract them, as they may forget why they're outside
- Each time they eliminate in the house and you don't catch them in the act, growl at yourself, not your pup because **YOU** made the mistake.



## In general:

- Before the dog learns to signal their need to eliminate by going to the door, they may pace, pant, smell the floor, or act restless. Take them outside if you notice these signs. Do not encourage them to bark as a signal to go outside. Barking is unreliable and could lead to other undesirable habits
- Some puppies will signal their need to eliminate by going to the door, and may whine or scratch at it. But they'll only do this after they have learned that inside elimination is always immediately unpleasant
- If you take your pup out of your yard, take something along to pick up their stools, such as a plastic bag. Messing in public is one reason for the ever increasing legislation regulating pet activities. Responsible pet ownership is one sure way of combating this trend

Once you set up a schedule and begin training your pup, stick to it. Your pup can only learn if you are consistent in what you do. You'll find that your pup can be happily on the road to good elimination habits within a few weeks. After they are trained and grown up and your routine or location changes they may regress. If you find this happening, simply begin re-training them as if they were a puppy.

## Mouthing and biting

Most puppies mouth and bite their owners. There are many reasons for this behaviour but it is important that the behaviour is not encouraged. Puppies that have been allowed to mouth and bite people are likely to become a serious liability when they are older. They can inflict more damage and are likely to bite to get their own way.

### Why do puppies mouth and bite?

Mouthing and biting are natural activities for puppies. They have an in built need to do so, to develop strong jaw muscles and teeth, which are necessary for survival in the wild. Mouthing and biting is a way of exploring and learning about their physical environment. They also learn the power of their bite and to control it. A single puppy living at home will direct chewing to whatever is available, including people. These activities are more likely to occur when the puppy is excited. Movement is particularly exciting, and so the feet or hands of people are common targets. If they have been immediately rewarded (for example the owner might be playing with the puppy when they mouth, and the owner continues to play with them) then the pup is likely to behave that way again. When the puppy is teething, (at approximately 3 months of age) pressure on the teeth and gums is likely to reduce discomfort and so reinforce the biting.

## How to control mouthing and biting

It is easier to control the behaviour as soon as it starts. The longer you allow your pup to mouth and bite you, the more difficult it will be to stop the behaviour.

There are various ways to control the behaviour.

1. Withdraw your hands and, if possible, your feet from the pup's vicinity so that you are not the target
2. Pups mouth and bite each other in play. If one pup bites the other too hard it will give a loud yelp, move away, and stop playing. If your pup bites or mouths you, yelping and moving away is often a suitable punishment. You could also try saying "no" in a deep steady voice. Give them a second to stop. If they do, reward them. If they don't stop then you should immediately put them in an area where there is nothing the pup likes (such as no companionship, food, bed, or view of activity.) Let them out after 5 minutes without any further reprimand or any reward. Alternatively you could remove yourself.
3. Avoid rewarding the behaviour. Don't immediately play with the pup, pat them, or say exciting or pleasing things to the pup if they have been mouthing or biting you
4. Provide an attractive alternative to chew on. A pig's ear or rawhide chew is often an acceptable compromise. When your pup is likely to want to mouth or bite you, offer the pup the alternative.  
This diverts the pup's attention from you onto the object that you are happy for them to chew. Beware that pups will chew similar items. (If you allow them to chew on an old slipper then they are quite likely to have a go on a new pair of shoes.) Show the pup that you like them biting the new object. Pat them and tell them they are being good when they start to chew it. It is not a good idea to play tug-of-war as it encourages the attitude that biting is acceptable
5. Avoid punishment. Hitting the pup or shouting at them for bad behaviour is much less effective than praising their good behaviour
6. Ensuring that you pup has lots of exercise and human contact may help to prevent excessive biting and mouthing



## Chewing

### Why do puppies chew?

Dogs, especially young pups, characteristically investigate their environment using paws and jaws. Investigation leads to play, and basically, the pup continues chewing because its fun and helps to pass the time of day. If unchecked, puppy chewing invariably becomes an entrenched habit. Not only is chewing a highly enjoyable pastime, but once established as a habit, it becomes an essential ingredient of the dog's day and is very resistant to change. Puppies will do a lot of chewing when they are teething at around 12 weeks of age.

Encouraging your pup to chew suitable items should be started as soon as possible. Suitable items include raw bones - NEVER COOKED, rawhide bones, greenies, pig's ears, smoked bones, Kong toys and rope bones.



### How to control chewing

Here are some guidelines to follow:

- Select up to five items which you would like your pup to chew and have them continually available for them
- When the pup begins to chew something they shouldn't, quietly remove the object from their mouth and immediately offer them one of their chews but do not force it into their mouth. Simply place it before them and praise
- If it is not possible to keep the unacceptable chewing item that they have chosen out of their reach, you could try spraying it with a bittering agent like 'Wound guard'. This helps to deter them from selecting that item again
- Occasionally praise them when they are chewing acceptable items
- Keep out of reach all potentially harmful items such as needles, household cleaners, insecticides, poisonous plants and anything else that could be ingested. Pups are not capable of knowing if their chosen chew item is safe. Many items can be damaging to them or even fatal

## Barking

### Why do dogs bark?

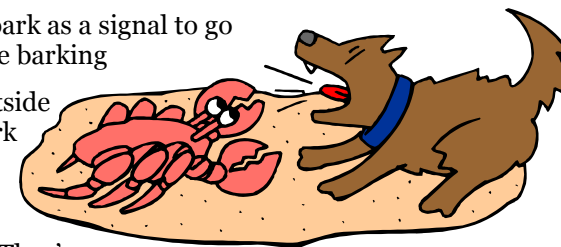
- Barking, howling, and whining are sounds that the dog uses in communication. When pups are separated from the pack, they, as well as other pack members will whine, bark, or howl to increase their chances of rejoining the pack. Similarly, a young pup may bark or whine when separated from you at night or when you are away
- Growling and barking can also be due to dominant behaviour. If a family dog is to bark or growl at it's owner, especially when being disciplined, they'll usually begin as a puppy. Because a pup's little barks or growls seem so harmless and cute, the habit is often overlooked. Uncontrolled barking, particularly when directed at people, often precedes a biting problem. If left uncontrolled, the habit could evolve into a serious problem



- Boredom is another reason for barking. Ensure you dog has an enriched life. Daily exercise, human contact and play are all a good start.
- Barking is also used to signal an intruder into the territory. This is not an altogether undesirable trait but continually barking at any small disturbance can be a nuisance

### Preventing excessive barking

1. Never encourage the pup to bark or 'speak' for food. What they may be learning is to manipulate you, not alert you
2. Never encourage the pup to bark as a signal to go outside. This can lead to excessive barking
3. Pups often bark due to an outside disturbance. Allow the pup to bark for three barks then quiet them and investigate what they are barking at. Don't allow them to continue barking uninterrupted. They've done the job by alerting you, and, if not checked, they could become an indiscriminate, excessive barker



4. Never allow them to continue to bark at people. Chances are they'll never meet anyone who means any harm. For that rare occasion when danger threatens, their very presence will be helpful. Unless your dog is specifically trained and handled by a professional, they probably can't be both a reliable guard dog and a reliable family pet

5. If your pup is outside and barking at people passing by, either move them to another area, or do not allow them outside unattended. If not controlled, they could learn territorial aggressiveness. For this and many other reasons it's never advised to leave a dog outside, unattended while growing up. The risk for developing serious behaviour problems far outweighs any possible inconvenience

6. To discourage continued barking, put some stones in an aluminium can and keep it handy. When your pups' barking is excessive raise your voice by saying "Erhhh". Praise them when they stop. If they don't stop after the second "Erhhh", enforce your command by shaking the can behind your back. If they stop, immediately follow with praise. Reward them for being quiet at other times with praise, petting and food. Teach them that it is better to be calm and quiet

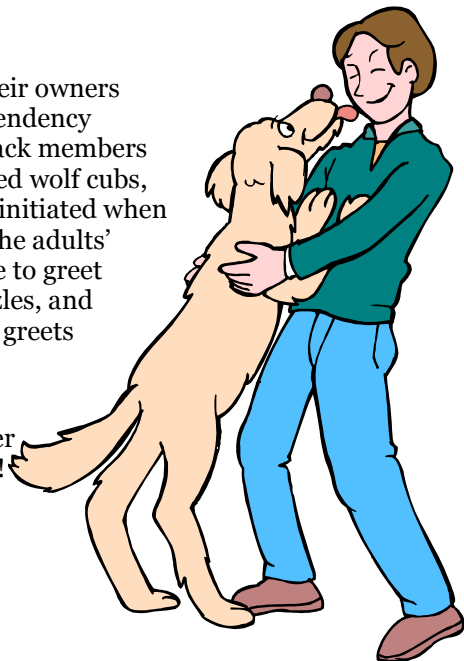
7. Do not encourage your dog to bark either knowingly or through lack of correction. Teach them to quiet on your command. Keep your pup's barking under your control and you'll help them grow into a pet that will not be an annoyance to you or your neighbours

## Jumping up

### Why do pups jump up?

Most healthy pups want to jump up on their owners especially when greeting them. This is a tendency derived from their wolf ancestry. Older pack members who regurgitate partially digested food feed wolf cubs, at around 3 weeks of age. Such feeding is initiated when the young cubs jump up, nip at, and lick the adults' muzzles. After weaning, the cubs continue to greet older pack members by licking their muzzles, and this becomes the normal way a youngster greets her superiors.

So when your pup jumps up at you, she is hoping you'll regurgitate some food for her and is acknowledging you as her superior!

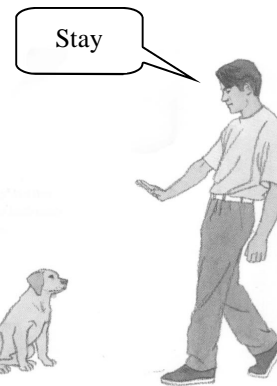
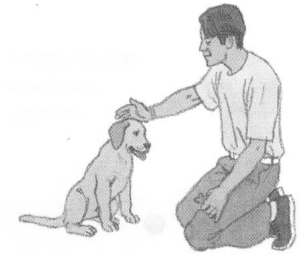


## Preventing your pup from jumping up

Jumping up on people is seldom appreciated. Teaching your pup an acceptable alternative greeting is a lot easier than correcting the behaviour later on in life.

1. Greet your pup while crouching down, and praise and reward them when they're in a sitting position

2. Never pat or praise your pup while they're jumping up or immediately after they've done so. If they learn that jumping up leads to pleasantness, they'll continue to jump



3. If you forget to greet them while crouching and they jump up, raise your voice by saying "Erhhh" and ask them to 'sit'. Then praise and pat them while they are sitting

4. Teach your pup to 'sit and 'stay'. When you're in a situation that you feel your pup might jump up, quickly ask them to 'sit'. You will need to have taught them to 'sit' and 'stay' as a separate exercise so that they understand what you are asking of them. It is a good idea to get a friend that your dog knows to arrive on a daily basis as a training activity for your pup

## PART 2: HEALTHY ADVICE FOR YOUR PUP

### Vaccination

Your pup should be vaccinated to build their immunity against certain diseases. There are three major dog diseases caused by viruses in Australia.

- Canine Distemper
- Canine Hepatitis
- Canine Parvovirus

All these diseases can be fatal - treatment is often difficult, expensive and may be unsuccessful. Vaccination is the only effective means of protection.

**CANINE DISTEMPER** - Young puppies are most at risk. Clinical signs include fever, coughing, sneezing, nasal discharge, vomiting, diarrhoea, dehydration and loss of appetite. Most do not recover and those that do often develop permanent nervous problems. Distemper is not as common now due to vaccination but can re-appear.



**CANINE HEPATITIS** - This virus is excreted in the urine and is highly contagious. Dogs may have less severe attacks involving fever, loss of appetite, abdominal pain and jaundice while more severe cases can lead to sudden death. Complications of the mild form can include long-term liver and kidney problems. Like Distemper, this is not common any more but could re-appear.

**CANINE PARVOVIRUS** - This virus causes bloody diarrhoea, vomiting, abdominal pain, loss of appetite, severe depression and sometimes heart problems, and is most common in pups less than 6 months of age. The virus is spread in the faeces of infected dogs and is incredibly tough - it can last in the environment for 6 - 12 months. It can be easily transmitted on clothing, shoes and the hands of owners.

The fourth virus included in the puppy vaccination schedule is **CANINE PARAINFLUENZA**. The Parainfluenza virus is one of a variety of infectious organisms that cause **CANINE (Kennel) COUGH**. **BORDETELLA** bacteria can also cause Canine Cough. We recommend a Bordetella vaccine for dogs that are at high risk of being infected with Canine Cough, (i.e. dogs that are going to boarding kennels).

**CANINE COUGH** - This is a highly contagious but rarely fatal disease that causes a hacking cough, sore throat and loss of appetite. It is usually seen in kennels and other areas where dogs are housed in close proximity. Both Parainfluenza and Bordetella can put dogs at risk of developing a secondary infection, which may lead to pneumonia.

Two other diseases that your pup can be vaccinated against are Corona virus and Leptospirosis.

**CORONAVIRUS** - This virus can present as Canine Parvovirus but is not as severe. This virus is potentially fatal in puppies. As with Parvovirus it can be easily transmitted on clothing, shoes and the hands of owners.

**LEPTOSPIROSIS** - This bacteria is more commonly found in rural areas but comes combined with the Corona virus vaccine. It causes fever, bloody urine and kidney disease. This is also potentially fatal. It is transmitted by contact with infected urine. Once a dog is infected with the disease, it can continue to shed the disease in its urine long-term.

At Heathmont Animal Hospital, we like to tailor vaccination programs according to individual requirements. Our typical program is:

- **Age 6 - 8 weeks:** Distemper, Hepatitis and Parvovirus (C3)
- **Age 12 - 14 weeks:** Distemper, Hepatitis, Parvovirus, Parainfluenza, Bordetella, (C5) +/- Corona virus and Leptospirosis (C7)
- **Age 16 - 18 weeks:** Distemper, Hepatitis, Parvovirus, Parainfluenza, Bordetella, (C5) +/- Corona virus and Leptospirosis (C7)

Annual boosters are then required to maintain immunity from these serious and sometimes fatal diseases.

Your pup is not fully protected until all three needles have been given however they should be socialised with other vaccinated dogs, and can be taken for walks about 10 days after their second injection.



## Worms

Almost all puppies are infected with intestinal worms from birth, and as these may be a health hazard to both dogs and humans, regular treatment of pups and disposal of their droppings is important.

### Did you know...?

- HEARTWORM can cause coughing, fatigue, and exercise intolerance
- HEARTWORM is transmitted by mosquitoes, and although is easily prevented, is very hard to treat, and can be fatal
- ROUNDWORMS can cause vomiting, coughing and blockages in the intestines of your pup
- ROUNDWORM larvae can infect CHILDREN and migrate to the eye
- WHIPWORMS can cause lots of abdominal pain, fever and severe diarrhoea in your pup
- TAPEWORMS are carried by fleas and can cause your puppy to have an itchy bottom
- TAPEWORM segments, which look a bit like moving rice grains, are usually the only worms you will see. The rest live quite happily inside your dog. When you worm your pup, you may see roundworms passed in their droppings the next day
- HYDATID TAPEWORMS are a great danger to HUMANS causing cysts throughout the body
- The typical worms that children get are not caught from dogs but from other children
- RINGWORM is not a worm at all, but a fungal infection of the skin. There is no prevention for this, but can be easily treated



The best worming schedule is:

- Age 2 - 12 weeks worm every 2 weeks
- After 3 months worm every 1 to 3 months

We can combine heartworm tablets with intestinal worm tablets using a product called INTERCEPTOR SPECTRUM. This involves giving a monthly tablet that treats your dog for heartworm as well as intestinal worms. We usually start puppies on INTERCEPTOR SPECTRUM tablets at about 12 weeks of age.

If dogs are not on monthly heartworm tablets, then 3 monthly intestinal worming should be sufficient. If there are children in the household then we recommend monthly intestinal worming.

## Heartworm

Heartworm is prevalent in Heathmont and being carried by mosquitoes, is a threat to ALL dogs. Due to the serious nature of heartworm disease, prevention is better than cure. Giving either a daily or monthly tablet, or giving a yearly injection can achieve this. If prevention is not started before your pup is six months old, a blood test will be required before prevention is begun.

We recommend:

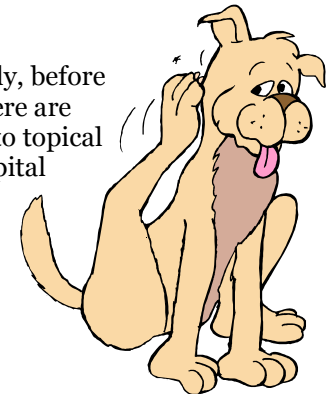
INTERCEPTOR SPECTRUM - a flavoured monthly tablet which combines heartworm prevention with intestinal worm treatment.

SENTINEL SPECTRUM - a flavoured monthly tablet that not only combines heartworm prevention with intestinal worm treatment but also includes flea control.

PRO-HEART - a yearly injection for heartworm prevention. (Can only be given when your puppy has reached their full adult weight)

## Fleas

It is important to start a flea control program early, before fleas become established in the environment. There are many types of flea control available from tablets to topical treatments. The team at Heathmont Animal Hospital can help you with any questions you may have about fleas and advise you on the best program for your pup.



## Desexing

If you do not intend to breed then you should get your pup desexed.

### Facts on speying:

Speying will prevent pregnancy through removal of the ovaries and uterus. We have a responsibility to try and reduce the number of unwanted animals. This operation can be done from 3 months of age and should be done before their first season

Speying prevents the nuisance that is caused by social visits to a pet in season

Speying greatly reduces the risk of breast cancer and totally reduces the risk of *pyometron* (a life threatening uterine infection)

A litter before speying will not improve your pup's character

Overfeeding and lack of exercise are major causes of obesity in desexed animals. Desexing alone does not cause obesity

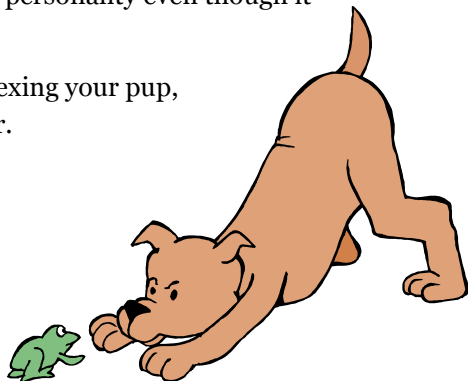
### Facts on castration:

Castrating a dog before he reaches sexual maturity dramatically reduces the incidence of undesirable characteristics such as aggression, wandering and mounting

Castration substantially reduces the risk of prostatic disease and tumours around the anus in later life

Castration will not change a dog's personality even though it may make him less aggressive

If you have any questions regarding desexing your pup, please feel free to talk to a team member.



## Feeding

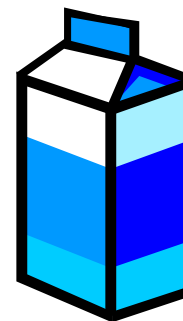
### What to feed

The easiest and safest way to feed your pup is to give them reputable commercial dog foods. Our recommendation is to them high quality meat based dry dog food free from colourings (e.g. Eukanuba, Advance, Hills, Walthams, Royal Canin or Iams) either on its own or mixed in with some type of meat. These super premium foods are undoubtedly the top of the range dog being over 90% digestible compared to supermarket brands with less than 70% digestibility. This means you feed your dog less and have a lot less to clean up at the other end! If feeding a supermarket brand choose one that does not have artificial colourings, as we believe these are responsible for some skin and intestinal allergies.

Meat can be given as a cooked loaf such as Tucker Time (highly recommended) or raw meat and vegetables. We generally do not recommend canned foods, as it tends to cause flatulence and loose stools. The exceptions to this are Advance, Iams and Hills, which are available in a canned form and is formulated to be highly digestible and produce firm stools. If you wish to provide a home cooked diet, you will need to supplement the diet with calcium and vitamins. We will be happy to discuss your pup's requirements with you.

### Bones

Raw bones are essential for maintaining healthy teeth and gums. If your pup can't tolerate bones or insists on dragging them around the house, then rawhide bones, pig's ears or Greenies are a good alternative. NEVER feed cooked bones to dogs. Bones should be fed at least twice a week.



### Milk

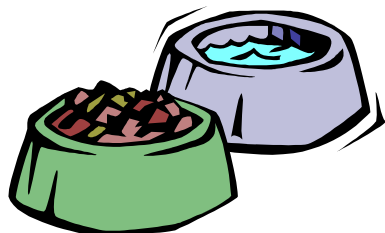
Milk can be given to young puppies, mixed with cereal as a breakfast meal. It may cause diarrhoea in some dogs due to an inability to digest lactose. This can be overcome by giving commercial pets milk. Always withhold milk if your pup has diarrhoea. Milk is not essential for dogs; water is the best source of fluid.

## Amount to feed

This varies a lot between individual dogs depending on type of food, age, activity, breed, etc. Commercial foods come with their own feeding recommendations that can be used as a starting point. As a general rule, feed your pup ad lib initially and then feed enough so their ribs can be felt but not seen.

## How often?

Age 6 - 12 weeks	3 - 4 meals a day
Age 3 - 6 months	2 - 3 meals a day
Age 6 - 12 months	1 - 2 meals a day
Age 1 year plus	1 - 2 meals a day



ALWAYS HAVE FRESH WATER AVAILABLE.

## Grooming

Introduce your pup to grooming gradually, making it a pleasant experience. You may find it easier to use a table to groom your pup on. Pups and adult dogs often will behave better if groomed on a table. Regular grooming is a must to keep your pup looking and feeling her best. Naturally, longhaired breeds require brushing much more frequently than shorthaired breeds.

Dogs should be bathed as often as they need it. This may be weekly for some dogs or as little as 3-4 times a year for others. Never use domestic detergents or disinfectants on your pup. Only use registered dog products. The team at Heathmont Animal Hospital are happy to advise you on the best type of brush and shampoos for your dog. We also provide a professional grooming and bathing service, including a DIY hydrobath service.



## Microchipping

Microchipping your puppy provides them with an extra piece of identification in case they get lost or injured. A microchip (about the size of a grain of rice) is placed under the skin at the level of the shoulder blades. This microchip contains a special number that is unique to your puppy. If your pup is taken to an animal shelter or vet clinic, an electronic scanner can be used to read their number, which can then be matched with your details on a central computer, enabling them to be quickly returned to you.