

THE ULTIMATE **PUPPY** **HANDBOOK**

EVERYTHING YOU NEED FOR
YOUR NEW BEST FRIEND



Welcome to Redstone Animal Hospital!

Thank you for choosing us to care for your newest family member! We're thrilled to be a part of your puppy's journey and are here to support you every step of the way. From their first wellness check-up to routine care and beyond, our team is dedicated to ensuring your pup grows up healthy and happy.

If you ever have questions or need advice, please don't hesitate to reach out. Call us anytime at **303-683-1675**, we are always here to help!

Welcome to the Redstone Animal Hospital family!

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Puppy Schedule

Please note that this is a tentative schedule and is subject to change due to age or provider discretion.

	8 Weeks	12 Weeks	16 weeks	6 months
Nose to Tail Exam with Doctor				
Technician Appointment				
Fecal				
Deworming				
DHPP (Combo)				
Bordetella (Kennel Cough)				
Rabies				
Influenza* (Optional)				
Leptospirosis* (Optional)				
Heartworm/Flea/Tick Preventative	Dr Discretion			

Understanding Maternal Antibodies

Why they Matter:

When puppies are born, they receive temporary immunity from their mom through her milk, known as maternal antibodies. While these antibodies protect puppies during their early weeks, they also prevent vaccines given before 7-8 weeks of age from providing long-lasting immunity.

The Timing of Vaccines is Crucial for Immunity:

When we first see your puppy, it is common for them to have already received a DHPP (distemper-parvo) vaccine from their breeder or shelter around 6-7 weeks of age. Due to maternal antibodies, these vaccines will be neutralized and only effective for a short period of time. So, we will be recommending a series of 3 vaccines, around 8, 12 and 16 weeks of age. All vaccinations are given 2-4 weeks apart (If your puppy received a vaccine at 7 weeks, you may want to schedule their first appointment at 9 weeks so that we can give them another DHPP). These vaccines will create long lasting immunity from many contagious diseases. The most important one is the 16 week vaccination, if vaccines are stopped too early - the puppy won't have the immunity because of maternal antibodies.

The Right Time to Vaccinate

To make sure your puppy builds strong immunity, vaccinations should start at 8 weeks, when maternal antibodies begin to fade. This ensures the vaccines work properly and protect your puppy from harmful diseases.



Vaccine Reactions

Vaccine reactions in puppies are typically mild and temporary but can occasionally occur as their immune system responds to the antigens in the vaccines.

Common reactions that do not need immediate attention may include:

Slight Discomfort or Soreness:

It's normal for puppies to experience mild discomfort or soreness at the injection site. This typically resolves within a day or two.

If your puppy seems sore after vaccination, rubbing the vaccine site can help disperse the medication and lessen soreness! We also encourage your puppy to move around (a short walk or play session) as this can help as well!

Mild Fever:

Some puppies may develop a slight fever, which is their body's natural response to building immunity. This usually resolves quickly without intervention.

Lethargy or Decreased Activity:

Puppies may seem more tired than usual or exhibit decreased activity levels for a day or two after vaccination.

Decreased Appetite:

It's not uncommon for puppies to have a temporary decrease in appetite following vaccination. Ensuring access to fresh water and offering small, palatable meals can help encourage eating.

Mild Swelling or Redness:

A small, localized swelling or redness at the injection site can occur, but it should be minimal and resolve on its own.

Vaccine Reactions

Severe reactions that need immediate attention:

Difficulty Breathing:

If your puppy has trouble breathing, shows signs of respiratory distress such as gasping, wheezing, or coughing, this could indicate a serious allergic reaction known as anaphylaxis.

Facial Swelling:

Swelling of the face, particularly around the eyes or muzzle

Hives or Rash:

Raised, itchy bumps (hives) or a widespread rash on the skin

Vomiting or Diarrhea:

Persistent vomiting or diarrhea shortly after vaccination

Collapse or Seizure:

Loss of consciousness, or seizures shortly after vaccination

Persistent Lethargy or Weakness:

Severe and prolonged lethargy or weakness that persists beyond the expected mild post-vaccination period.

High Fever:

A high fever above 103°F that persists

It's important to note that serious vaccine reactions are ***very uncommon***.

However, if you notice anything concerning after your puppy's vaccinations, **don't hesitate to contact us or an Emergency Clinic.**

In case of an Emergency...

CVSG: 401 E County Line Rd, Littleton CO 80122

303-794-1188

DHPP: A Core Vaccine

(Distemper, Adenovirus/Hepatitis, Parvovirus,
Parainfluenza)

- This is a combination vaccine, protecting your puppy against 4 deadly diseases.
- **Route: Subcutaneous Injection**
- **Number of Vaccinations In Puppy Series: 3**
- **Re-vaccination: your puppy will receive another DHPP vaccine at one year of age, then every 3 years thereafter**

Distemper

Transmission:

Highly contagious!

Spreads through respiratory secretions (coughing, sneezing) and contact with infected animals or contaminated environments.

Clinical Signs:

This disease attacks the nervous system. Symptoms often include fever, nasal and ocular discharge, coughing, vomiting, diarrhea, neurological signs (twitching, seizures), and in severe cases, death.

Treatment:

There is ***no specific treatment*** for the Distemper Virus. Supportive care focuses on managing symptoms.



***The mortality rate for puppies
diagnosed with Distemper is 80%.***

DHPP

(Distemper, Adenovirus/Hepatitis, Parvovirus,
Parainfluenza)

ADENOVIRUS (HEPATITIS)

Transmission:

Canine adenovirus type 1 (CAV-1), primarily causes **infectious hepatitis** and is spread through contact with infected urine, feces, saliva, or nasal discharge.

Clinical Signs:

Clinical signs can range from mild respiratory signs to severe liver disease.

Including fever, lethargy, abdominal pain, jaundice (yellowing of the eyes and gums), vomiting, and potentially fatal hemorrhagic (bleeding) syndrome.

Treatment:

There is no cure.

Supportive treatment includes fluid therapy, nutritional support, and medications to manage symptoms such as fever and pain.

Antiviral treatments are not typically effective.



DHPP

(Distemper, Adenovirus/Hepatitis, Parvovirus, Parainfluenza)

PARAINFLUENZA

Transmission:

Highly contagious! Spreads through respiratory droplets from coughing, sneezing, or direct contact with infected dogs.

Clinical Signs:

It is a common cause of kennel cough. Harsh, dry cough, nasal discharge, and occasionally fever.

Treatment:

Includes rest, good nutrition, hydration, and possibly antibiotics if a secondary bacterial infection is suspected.



PARVOVIRUS



Transmission:

Highly contagious! Spreads through contact with infected feces, contaminated environments, or objects.

Clinical Signs:

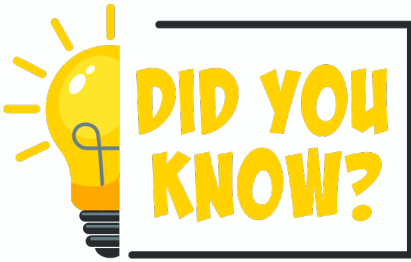
Clinical signs include severe vomiting, bloody diarrhea, dehydration, fever, lethargy.

Treatment:

New treatments are being created, but mainly includes fluid therapy, anti-nausea medications, antibiotics, and sometimes blood transfusions in severe cases.

DHPP

(Distemper, Adenovirus/Hepatitis, Parvovirus, Parainfluenza)



PARVOVIRUS

The virus is resistant to heat, cold, humidity, and drying, and can survive in the environment for long periods.

DHPP : THE ESSENTIAL VACCINE

The DHPP vaccine is a key part of keeping your puppy healthy.

It protects against several serious illnesses: Distemper, Adenovirus/Hepatitis, Parvovirus, and Parainfluenza. With this vaccine, your puppy gets comprehensive protection in one simple shot, ensuring they stay safe from these common but dangerous diseases.



Bordetella: A Core Vaccine

Kennel Cough

- **Route:** Initially we give this vaccine as an intranasal vaccine, and then follow it up with an injectable. If they receive both the nasal and injectable vaccine, they have better overall immunity!
- **Number of Vaccinations In Puppy Series: 1**
- **Re-Vaccination: Intranasal is valid for 6 months and injectable provides protection for 1 year!**

Transmission

Kennel cough is highly contagious among dogs. It spreads through the air from coughing, sneezing, or close contact with infected dogs. Dogs can also get it from contaminated objects like water bowls or toys.

Clinical Signs

Dogs with kennel cough typically have a persistent, dry cough that worsens with activity, along with clear nasal discharge and occasional lethargy. In severe cases, they may develop pneumonia from secondary bacterial infections.

Treatment

Treatment for Kennel Cough infections involve supportive care like rest, hydration, antibiotics, and cough suppressants. With prompt veterinary attention, most dogs recover within 1-3 weeks, though persistent coughing may occur.



RABIES



- **Route: Subcutaneous Injection**
- **Number of Vaccines In Puppy Series: 1 Re-Vaccination as an Adult: 1 year after first vaccine, then every 3 years.**
- ***Required by the state of Colorado!***

Transmission

Rabies is a viral disease affecting mammals, including dogs and humans, usually spread through the bite of infected wildlife like bats, raccoons, skunks, and foxes. The virus resides in the saliva of infected animals and enters through broken skin or mucous membranes. The 2 most common carriers in CO are bats and skunks! If your puppy comes in to contact with either of these animals give us a call- even if your pet is up to date on vaccines!!

Clinical Signs

Prodromal Stage:

Early signs include behavior changes, fever, and mild neurologic symptoms.

Furious Stage:

Dogs may become aggressive, excitable, and show erratic behaviors like snapping.

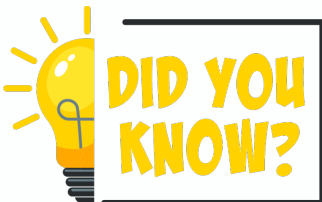
Paralytic Stage:

Dogs may become paralyzed, starting with hind limbs, and may have swallowing difficulties or excessive drooling.

Treatment

There is ***no cure for rabies*** once clinical signs appear!

Prevention through vaccination is the key to protecting dogs from this deadly disease.



~If you wake up with a bat in your house, you may have been exposed to rabies! We recommend calling the health department in your area to report the incident and follow their next recommended steps!~

Leptospirosis

Route: Subcutaneous Injection

Number of Vaccinations In Puppy Series: 2

Re-Vaccination as an Adult: Yearly

Core Vaccine - Highly Recommended

What is it?

A bacterial disease that can cause rapid kidney and liver failure & be **transmitted to humans**

Transmission

Urine! Puppies and dogs can become exposed to leptospirosis through wildlife urine. Transmission can happen by sniffing and licking contaminated surfaces or touching and walking through contaminated water sources such as rivers, ponds and moist soil.

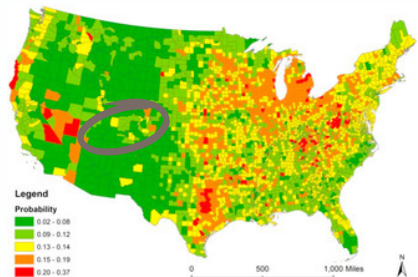
Clinical Signs

Fever - Loss of Appetite - Vomiting/Diarrhea - Weakness - Yellowing of the Gums

Treatment

Include antibiotics, fluid therapy, and symptomatic treatment. In most cases Leptospirosis is fatal or results in long term issues with Kidney and/or their liver.

Our likelihood is increased because of the amount of wildlife we have!



Influenza H3N2

and H3N8

Route: Subcutaneous Injection

Number of Vaccinations In Puppy Series: 2

Re-Vaccination as an Adult: Yearly

Non-Core Vaccine

Transmission

Highly contagious! Spreads through respiratory droplets from coughing, barking, or sneezing. Dogs in kennels, shelters, dog parks, or boarding facilities are at higher risk.

Clinical Signs

Symptoms of canine influenza include a persistent dry cough, sneezing, nasal discharge, fever, lethargy, reduced appetite, and difficulty breathing. In severe cases, it can lead to pneumonia.

Treatment

Supportive care to manage symptoms and prevent secondary infections. Treatment may include: rest, hydration, antibiotics, cough suppressants, and isolation.



Intestinal Parasites

Roundworms

- **Most common** worm found in dogs - in the veterinary world we assume that all puppies have roundworms because they contract them from their mothers while nursing! When lactating, they come out of dormancy in the dog muscle tissue and migrate to the mammary glands!
- Can infect puppies before they are even born.
- Live freely within the intestine, feeding off partially digested intestinal contents.
- Can become infected by sniffing or licking infected feces.
- Leads to growth reduction by depriving them of vital nutrients.
- **If ingested by humans**, they can become encysted in various organs.

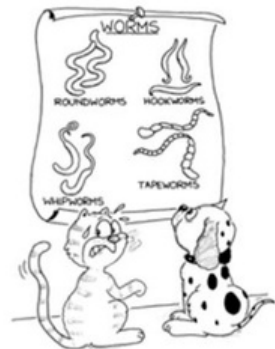
Hookworms

- Hook-like mouth allows them to attach to the intestinal lining.
- Can infect puppies before they are even born.
- Difficult to see to the naked eye.
- They ingest large amounts of blood = life threatening anemia.
- Zoonotic: Able to burrow in **your skin**.

Whipworms

- One of the most pathogenic worms found in dogs.
- Causes watery, bloody diarrhea, and weight loss.
- Eggs are resistant to drying & heat – Can live in the environment for up to 5 years.

**Continue to
Learn More...**



**WE RECOMMEND A FECAL
TEST ANNUALLY!**

Intestinal Parasites

Tapeworms

- Hook-like mouth allows them to attach to the intestinal lining.
- Shed proglottids through feces (little, white rice).
- Must pass through an intermediate host (a flea or rodent) before infecting the dog.
- Heavy infection in puppies/kittens can lead to severe anemia & lack of growth.
- Not all heartworm preventatives protect against tapeworms, tapeworm prevention should also include flea control!

Giardia

- One-celled, microscopic parasite.
- Found naturally in the environment, but rainy periods can cause over-population.
- Can cause diarrhea, gas or flatulence, greasy stools, and sometimes vomiting.
- Heavily affects large breed, fast growing puppies!

A Note about Giardia: sometimes Giardia can be hard to get rid of and can require multiple rounds of treatment! In these cases we recommend trying to boost your pups immune system with an easily digestible GI diet and probiotics after treatment!

Coccidia

- Found in fecal contaminated ground - Swallowed when pet grooms or licks the dirt.
- Infections are common in young animals.
- Causes watery diarrhea, which may be bloody.

LEARN MORE



[Click Here!](#)



Heartworm Disease

Heartworm disease is caused by tiny worms passed on by mosquito bites. When an infected mosquito bites a dog, it passes larvae into the dog's bloodstream. These larvae travel to the heart and nearby blood vessels, growing into adult worms.

In order for a dog to test positive for heartworm, larvae has to reach the heart and mature into an adult heartworm and start reproducing - this means it can take up to 6 months after an infected mosquito bite for your dog to test positive for heartworm.

MORE INFO

Clinical Signs

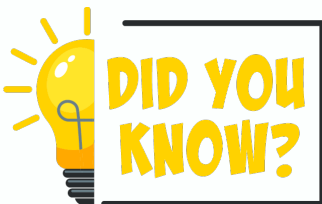
Coughing -- Weight Loss -- Easily Tired

Diagnosis

Simple in-clinic blood test, recommended annually.

Prevention

There are many different kinds of monthly and long lasting preventatives! From topical, chewable and injectible, theres a right option for every dog!



Dogs from/in the south are more likely to come in to contact with mosquitoes due to the warm and humid climate with frequent rainfall - a perfect breeding ground for these pesky heartworm carriers!

Heartworm Disease Treatment and Prevention

Treating heartworm in affected puppies and dogs can be an extremely hard process with blood work, the possibility of xrays, a series of 3 painful injections, overnight hospital stays, possible steroids/antibiotics and having to stay quiet for 4 months all while the treatment and recovery process itself can take up to 6-12 months.

Because dogs can come in to contact with heartworm carrying mosquitoes at any time and the lengthy and painful process it takes to treat heartworm we recommend all puppies be started on prevention starting at 5-6 months of age and continue year round, especially for those pups who were brought up in the South!

Choosing the best kind of heartworm prevention for your pup is important and we want you to know you have options. At Redstone we carry Heartgard Plus chewables, and Credelio Chewables (both options given once a month orally) and even Proheart injectibles given at the clinic every 6 months-1 year!

Proheart is currently the only approved injectable on the market to treat heartworm and can be given in two durations of injection: 6 months and 12 months. If your dog is receiving Proheart for the first time they will automatically be given a 6 month injection and will graduate to the 12 month once the initial 6 month injection wears off!

For most dog breeds and sizes Proheart is actually the most cost effective option for heartworm prevention!



External Parasites

Fleas

Fleas are pesky parasites that can infest puppies, causing itching, hair loss, and health risks like anemia and disease. Puppies can pick up fleas from their environment or other animals, leading to discomfort and skin irritation.

Ticks

Ticks are commonly found in grassy, wooded, and outdoor areas, waiting for a host to pass by. Puppies can pick up ticks during walks or outdoor activities.

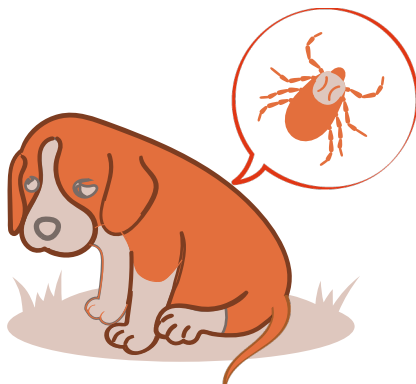
Clinical Signs:

Visible ticks on the skin,
especially around the ears, neck, or between toes.
Skin irritation, redness, or swelling at the bite site.

Prevention

Monthly oral preventatives as well as yearly injectables can kill fleas and ticks at various life stages and can be tailored to your puppy's size and age!

RSAH carries Credelio, Bravecto, and Bravecto Quantum!



Dental Care

Here are some important tips and practices for dental care:

Start Early!

Begin getting your puppy comfortable with dental care early! Puppies usually start losing their puppy teeth at 4 months of age with most adult teeth being fully erupted by 6 months. During this time it is important to work with your puppy to get them used to having their mouth and teeth inspected and touched for future examinations and cleanings! In fact once your puppy hits 6 months of age we recommend brushing their teeth every day in preparation for us to begin true dental cleanings around 2 years of age.

Preventing Tartar Buildup

Use a dog specific toothbrush and toothpaste, starting with gentle brushing motions on the outer surfaces of the teeth only and gradually increasing the duration as your puppy becomes more comfortable.

Brushing is best! However treats like C.E.T. chews, dental flakes/gels and water additives can also help break down tartar if your pup refuses to let you brush! Just make sure to avoid giving your puppy hard treats or bones that could damage their teeth rather than clean them.

If tartar is allowed to remain on the teeth...

Tartar pushes the gums away from the teeth, exposing the roots and leading to loose teeth and infection. This can cause gingivitis or sore throat, and though antibiotics may help temporarily, the infection often returns. If the infection enters the bloodstream, it can spread to other parts of the body, ***often affecting the kidneys and heart.***

[Click here to see the VOHC's recommended Dental Products for Dogs!](#)

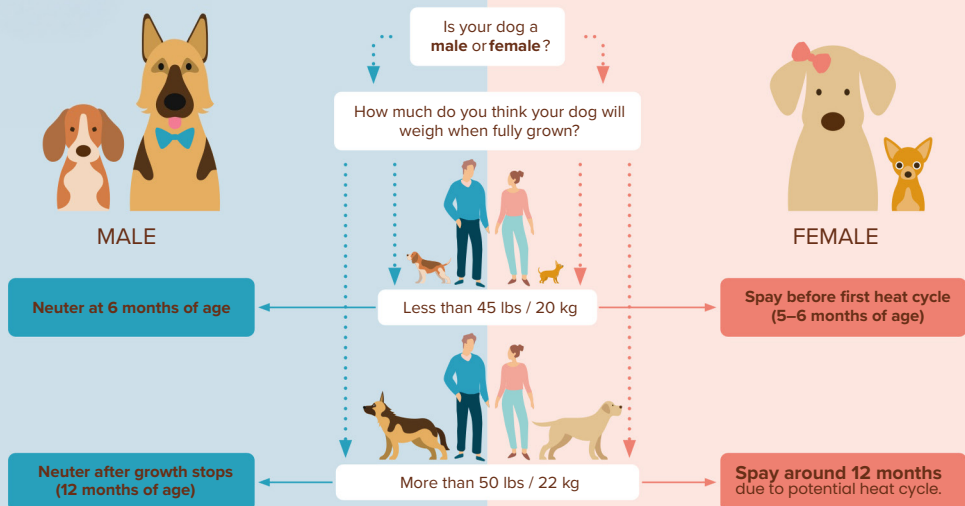


Fun Fact:

Small breeds are more likely to develop tartar due to their small jaws!

Spay / Neuter

WHEN SHOULD MY DOG BE NEUTERED OR SPAYED?



WHY IS THE RECOMMENDED AGE RANGE SO WIDE?

Different breeds stop growing at different ages.

Delaying neutering until after growth stops may decrease the risk of certain cancers and bone, ligament and joint problems in some breeds of male dogs.

In addition to differences in the age of maturity among breeds, there are **competing risks** depending on your female dog's breed and lifestyle.

WHAT ARE THE COMPETING RISKS?

Spay before first heat cycle (About 6 months of age)

↓ risk of breast cancer

Prevents unwanted litters

Spay after growth stops, but likely after 12 months of age

↑ risk of breast cancer
↓ risk of certain other cancers and bone, ligament and joint problems

May ↓ risk of urinary incontinence

Talk to your veterinary team about how this evolving information can be applied to your dog as an individual.



Household Toxins! Part One

Many household items can be toxic to dogs if ingested. To keep your furry friend safe, here are some common household hazards to be aware of:

Human Medications and Marijuana

- Over-the-counter medications like acetaminophen (Tylenol), ibuprofen (Advil), and certain cold medicines can be toxic even in small amounts.
- Marijuana toxicity is one of our more common toxicities! Even in small amounts marijuana ingestion in dogs can cause vomiting, urinary incontinence, lethargy, shaking, difficulty standing and more!

Chocolate and Caffeine

Chocolate contains theobromine and caffeine, which are toxic to

- dogs and can cause vomiting, diarrhea, rapid breathing, increased heart rate, seizures, and even death.
- Get your [chocolate toxicity calculator here!](#)

Xylitol

- Found in sugar-free gum, candies, baked goods, and some peanut butters
- Can cause a rapid drop in blood sugar (hypoglycemia) and liver failure in dogs.

Grapes and Raisins

- Even small amounts of grapes or raisins can cause kidney failure in dogs. The exact toxin in grapes and raisins is unknown, so it's best to avoid them entirely.

Onions, Garlic, and Chives

- These vegetables and herbs, whether raw, cooked, or in powdered form, can damage a dog's red blood cells and lead to anemia.

Cooked Bones

- Cooked bones that are ingested can cause stomach lacerations and punctures

Fatty Foods + Avocado

- Giving your pet too many fatty foods can cause pancreatitis!
- Avocados contain persin which can cause vomiting and diarrhea if ingested



Household Toxins!

Part Two



Household Plants

- Certain plants like lilies, azaleas, tulips, sago palms, and more are toxic to dogs if ingested.
- Symptoms can range from mild gastrointestinal upset to more severe effects depending on the plant.

Cleaning Products

- Household cleaners with bleach, ammonia, or harsh chemicals can be toxic to dogs.
- Symptoms of exposure include vomiting, drooling, coughing, difficulty breathing, and skin irritation.
- Keep cleaning products out of reach and use pet-safe alternatives when possible.

Rodenticides and Insecticides

- Contain toxins that can be harmful ***or fatal*** to dogs if ingested.

Antifreeze (Ethylene Glycol)

- Antifreeze has a sweet taste that can attract dogs, but even a small amount can cause kidney failure and death.

Alcohol

- Dogs are much more sensitive to alcohol than humans.
- Can cause intoxication, coma, and death in dogs.

Walnuts/Macadamias/Mushrooms

- Ingestion of walnuts and/or macadamia nuts can result in damage to the nervous system as well as muscle damage
- Some varieties of mushrooms can cause shock and even death in some dogs - they are best to avoid overall

ASPCA POISON CONTROL

(888) 426 - 4435

Pet Poison Hotline: (800) 213-6680

My Pets Place at Redstone Animal Hospital

CANINE BOARDING + DAYCARE SERVICES

A Home-Away-From-Home

Half and Full Day, Day care options available to make sure your pets are taken care of while you're tackling your day to day!

Basic and Group Boarding Packages Available with the Added Option of Luxury and Private Suites!

Hours of Operation:
Monday-Friday 6:30am-8pm
Saturday: 8am - 2pm
Sunday: 11am - 8pm

Add on services like medical boarding, off site hiking, puzzle treats, daily report cards and anxiety abolishment can all be added to your pets stay to craft a one of a kind experience helping to ease not only your mind but your pets overall stay!



More
info

[My Pet's Place - Redstone Animal Hospital](#)



2 Free Days of Daycare!

This coupon entitles your puppy to 2 free days of daycare at My Pets Place

Present this coupon at check in!

303-683-1675

Most vaccines are required both for boarding, grooming, daycare and training services - please check with our reception team at scheduling, or visit our website for more information!

GROOMING

Top of the line grooming services to keep your pet looking and feeling their best. We cater to each pet's unique needs, ensuring a stress-free and enjoyable experience.

Full Service

\$85-\$150

Includes a bath, nail trim, ear cleaning, brush out, and a full body haircut

Bath & Trim

\$70-\$130

Includes a bath, nail trim, ear cleaning, brush out, and trimming to the feet, face, fanny and feathers

Bath and Brush

\$55-\$110

Includes a bath, nail trim, ear cleaning, and quick brush out

Extra Grooming Services:

- **Blow out & De-Shed: \$20-\$50**
- **Anal Gland Expression: \$26**
- **Nail Trim Only: \$25**
- **Teeth Brushing: \$15**

Training

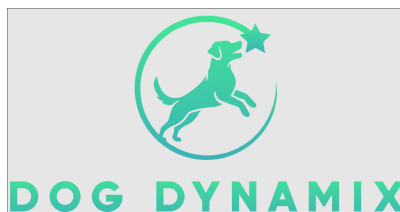
Redstone Animal Hospital and My Pet's Place have partnered with **Dog Dynamix** for dog training! From Puppy Preschool training to Basic Obedience and Off Leash skills Dog Dynamix has you covered!

Training can help with a wide variety of behavior concerns:

- pulling on leash
- jumping on guests
- potty training
- crate training
- resource guarding
- anxiety in public
- fear aggression
- general disobedience
- barking and lunging at dogs or people and so much more!

Contact Dog Dynamix for pricing and scheduling!

(720) 500-2525



Pet Insurance

Thinking about getting pet insurance for your puppy!?

The best time is actually right after adoption! Insurance companies look for pets with preexisting medical conditions that affect long term care when offering coverage, so getting insurance BEFORE your puppy begins to show signs of a life long condition can help you lock in a low deductible and the best possible rate for you and your pet!

What is Pet Insurance?

Peace of mind that you can afford treatment. Pet insurance pays you back when your pet is treated for an accident or illnesses. It helps you get veterinary treatment while protecting your savings account.

Is Pet Insurance Worth It - For You?

1 in 3 pets need expensive veterinary care. Infections, eating something they shouldn't, x-rays, tooth extraction, limping, cancer, medications and more can cost thousands of dollars. Pet insurance can be a great option for you to look in to for your pet to ensure you are prepared for any circumstance! At Redstone Animal Hospital we accept Trupanion at the time of service but other insurances can be submitted to for reimbursement!



PawlicyAdvisor

<https://www.pawlicy.com/>

Compare pet insurance quotes and coverage all in one place **Instantly**
100% free to use. No commitment, no fees.

trupanion™

[Why to Choose Trupanion Pet Insurance](#)

**The ONLY insurance plan that has
Vet Direct Pay!**

Trupanion is the only pet insurance company that reimburses your vet clinic at the time of service, meaning you pay less up front!

Helpful Resources and Tips!

Puppy Socialization

The American Veterinary Society of Animal Behavior (AVSAB) states that "the primary and most important time for puppy socialization is the first three months of life".

In the first three months of life puppies socialization **outweighs** fear - this means it's the best time to introduce them to new places, people and experiences!

Most behavior specialists in the Veterinary Field recommend socializing your puppy as early as 7-8 weeks of age - as long as they have properly started their vaccines!

For more information

Click here



Recommended Foods



WHAT IS WSAVA?

WSAVA is the World Small Animal Veterinary Association, and they have created a couple guidelines in which a food brand should follow.

The two guidelines are:

- ✓ **MUST HAVE A VETERINARY NUTRITIONIST EMPLOYED ON STAFF.**
- ✓ **MUST PERFORM NUMEROUS FOOD TRIALS ON EACH LINE.**



WSAVA
World Small Animal Veterinary Association

DID YOU KNOW?

There are only 5 food brands that follow WSAVA guidelines!

So, who are these brands?

- ✓ **EUKANUBA**
- ✓ **PURINA PRO PLAN**
- ✓ **IAMS**
- ✓ **HILL'S SCIENCE DIET**
- ✓ **ROYAL CANIN**



THE 5 WSAVA RECOMMENDED BRANDS

EUKANUBA



Advanced nutrition with high-quality ingredients to support strong, active lives.

PURINA PRO PLAN



Backed by science, developed by experts, and proven in feeding trials.

IAMS



Complete, balanced nutrition to help pets thrive at every stage of life.

HILL'S SCIENCE DIET



Veterinarian recommended and clinically proven nutrition you can trust.

ROYAL CANIN



Tailored nutrition for every breed, size, and life stage.



WHY WE RECOMMEND THESE 5 BRANDS ABOVE OTHERS

We recommend these 5 food brands above others because they do studies that prove the quality of the food and what they **can do** for your pets' health.



FOODS WE DO NOT RECOMMEND

We do not recommend any foods marked **GRAIN FREE**, **EXOTIC**, and **BOUTIQUE DIETS** because research has shown that they are linking to **DILATED CARDIOMYOPATHY**, a type of heart disease in canines.



GRAIN FREE



EXOTIC



BOUTIQUE DIETS

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Crate Training

Creating the Perfect Canine Cave



PET BEHAVIOR BROCHURE SERIES

We all need a special place to call our own—a sanctuary of sorts. Your dog is no different. Part of raising a healthy dog is providing her with her own “safe haven,” and crates can be a good solution for many dogs and puppies. Crates can also provide safe confinement for car and airline travel, and may be encountered when your dog is housed at the veterinary hospital, boarding kennel, or groomer.

Crate training can be extremely helpful for housetraining puppies and for ensuring that they have a safe place where no one can disturb them. Crates can also protect puppies from household risks (e.g., rambunctious children, electrical cords, open doors, less tolerant older pets) when the puppy is not able to be supervised.

Dogs who enjoyed having a crate as a puppy may appreciate one as they age, as it may provide them with a safe, quiet spot, even if the door is left open. Dogs who are ill or injured may benefit from crates during recovery.

Crates are ideal for many dogs, but may not be suitable for others. Some dogs become distressed or panic in crates. For these dogs, compelling them to stay in a crate leads to more stress. Before dogs are routinely placed in crates, it is important to understand whether this tool will be appropriate for them.

Crate training needs to be done correctly to be helpful to the dog. Crates should never be used as a substitute for proper supervision and exercise. Any dog of any age who is crated for any reason must have sufficient social interaction with people and other animals, opportunities to exercise both mentally and physically, and adequate access to bathroom breaks.



Benefits of Crate Training for You and Your Dog

There can be numerous benefits to crate training your dog:

- Security for your dog
- Safety for your dog
- Prevention of household damage by puppies or by adult dogs who become distressed when left in a nonenclosed environment (chewing, inappropriate elimination, etc.)
- Help with housetraining
- Preparation for travel or boarding, and spending time alone
- Acclimation for sport or show events, many of which require that dogs are crated

Finally, many emergency plans now allow anyone who needs to evacuate to take their dogs and cats with them, if the dogs and cats are able to be housed in crates in public spaces. However, if you are using a crate to prevent destruction or elimination in the house by an adult dog, please consider a dog walker, pet sitter, or doggie daycare while you learn why the dog is destroying or eliminating in the house. These are not normal behaviors and suggest that the dog needs behavioral guidance.

How to Choose a Crate

Numerous styles of crates exist. Wire crates may or may not collapse and are primarily suited for car travel, shows, housetraining puppies, or use as permanent safe havens for dogs who enjoy having a clearly defined spot of their own. Many wire crates come with removable trays that can be cleaned if the dog spills food or water or soils the crate with urine or feces. (If the dog soils the crate with urine or feces more than rarely, the dog is being left alone in the crate too long.) Plastic crates are ideal for dogs who like more privacy. Plastic crates are sturdier than metal crates and may be better for some types of shows (they provide some protection from the weather) or some travel situations. Plastic crates that meet the recently enhanced safety standards for airline flight are required for plane travel. Fabric crates are ideal as emergency crates for dogs who will not dig or chew through them, are wonderful for local travel and many shows, and collapse easily. Fabric crates are lightweight and cannot be used to support dogs during transport. Look for a crate that is large enough for your dog to stand up and turn around in, including stretching her head and neck up and

out—even when she is full grown. Be sure to replace the crate as your puppy grows. Provide the type of bedding on which your dog likes to nap. Ensure the crate is sufficiently well padded, especially if the dog is ill, older, or traveling in a vehicle over rough terrain. Ensure that the crate is protected from drafts. For puppies, ensure that they cannot reach through any openings in the crate to drag anything into the crate to play with or chew on, potentially causing illness or injury. Bedding for puppies should be made of materials that the puppy cannot chew or ingest, as this may present an intestinal obstruction risk. Bedding should always be washable (and washed when soiled) and replaced as needed.

If your dog must be left alone for more than four hours at a time, consider a pen or dog-proofed room for confinement rather than a crate. Exercise pens can be adjusted into a variety of shapes and sizes and can often be combined with gate systems designed to keep dogs from areas risky for them. Exercise pens, which may not have roofs, are lightweight and will not confine a determined dog, but may benefit growing puppies or dogs who dislike the enclosed nature of a crate, but like some protection or containment. If your only need is to keep your dog in one region of the house or out of another, there are fairly creative gate systems that will provide such protection while also containing the dog in a way that provides more freedom and mental stimulation.

Location, Location, Location

Because dogs are social, the ideal location for crates used in training and to protect puppies during busy times is in a room where your family spends a lot of time, such as the kitchen, den, or bedroom. Avoid placing the crate in an isolated laundry or furnace room—unless this is the dog's chosen place because it's the only place that is quiet. Older dogs or dogs who may like their crate as a personal haven may prefer less social or busy places. Your dog will let you know—if the door is left open and the dog uses the crate, she likes it. If the dog is alone, music, television, or a white-noise machine may help calm your dog and

mask noises that may trigger barking. Finally, never use the crate for punishment. Dogs will learn to avoid places used for punishment, and isolation can be stressful for members of social species.

Training Puppies

If you decide to use a crate to help train your puppy, introduce your puppy to the crate as soon as possible and allow the dog to explore and enter the crate on her own. Praise her when she goes in and plays with a toy or eats a treat. Start feeding her in the crate with the door open. Then, when she seems comfortable in the crate, begin to close the door for increasingly longer periods, ensuring she does not become distressed. With practice, your puppy will learn to associate going into her crate with a request to do so ("go in your house"; "kennel up").

The first confinement session should be after a period of play, exercise, and elimination (when she is ready to take a nap or quietly play with a toy). Place your puppy in her crate with a treat and a toy and close the door. Leave the room but remain close enough to hear her. You can expect some distress the first few times your puppy is separated from family members, but she should soon settle down if she is tired. Never reward the pup by letting her out when she cries or whines. Instead, ignore her until the crying stops and release her before it starts again. If your puppy still won't settle in her crate, make sure that you have chosen a time when she has had sufficient play and exercise and that she has recently eliminated so she is ready to relax or nap.

If young puppies are tired and happy when introduced to their crate, a toy and a treat in a quiet place will be at its most appealing. Check periodically for signs of distress, and if she is asleep or just quiet, tell her she is very good. Then, after a short period, open the door and allow her to come out if she wishes. The next time, she can spend longer in the crate before being let out. When the puppy is happy to be left for at least two hours without showing any signs of distress, you can leave the puppy for that amount of time. Remember, puppies need to eliminate

frequently, especially after eating, awakening, or prolonged, vigorous exercise. Young puppies need to eliminate every hour or two when awake. The puppy will thrive if you manage to meet the needs of this schedule when training your pup to use a crate.

If at any point the puppy becomes very distressed and crying does not diminish over five to ten minutes, or it worsens, or the puppy destroys bedding, panics and upsets food and water dishes, or tries to escape the crate by chewing or digging, let her out of the crate. Try again when she is calm. If the dog either continues to exhibit the same level of distress or the distress worsens, crating her is not recommended and may contribute to the development of anxiety.

If you have a regular routine for when your dog goes to her crate, she may soon begin to enter voluntarily when it's time to rest or to play with a toy. If your puppy shows no signs of distress in the crate and enters it happily, you can allow the dog to nap or play in the crate when you can't supervise her directly.

Training Adult Dogs

Adults can be trained to use crates in the same way as puppies, but remember that dogs who have been overly confined or entrapped may never feel comfortable in a crate. Some puppies may never learn to love a crate. Identifying who will and will not do well in a crate can help you meet your dog's needs in a kind manner throughout her life. If your dog needs to be hospitalized, be sure to tell your veterinary team whether your dog is comfortable in a crate, as this information will help determine how best to manage your dog in the hospital.

The AAHA behavior brochures were developed by a team of veterinarians and certified veterinary behaviorists to reflect best practices as outlined in the *2015 AAHA Canine and Feline Behavior Management Guidelines*, available at aaha.org/professional/resources/behavior2015.aspx.



Taking the Hassle Out of
**Housetraining
Your Puppy**



PET BEHAVIOR BROCHURE SERIES

Your home has just been blessed with a new puppy who arrived cuddly, warm, and ready to be loved. And, like human babies, your puppy has to mature and do some learning before she has control over where and when she eliminates.

Housetraining your new puppy can be easy and successful if you dedicate the necessary time and patience, and if you understand the role that developmental age plays in realistic expectations. Puppies are babies, and they have small bladders, eat and drink a lot, and have high metabolisms. This means they will urinate and defecate frequently. With a few guidelines about age and schedules, roles for supervision, and roles for rewards, housetraining will be fairly quick.

Getting the Message Across

Puppies need to be taught to eliminate in areas that are acceptable to the owner. This generally means in a designated area outdoors, or, for some small dogs, a designated indoor toilet area. To teach your puppy to eliminate in the correct location, you need to understand when puppies eliminate, have a plan to make sure your puppy is in the right spot at the right time, and make sure eliminating in the right spot is rewarding for your puppy. Any time a puppy eats or drinks, she is stimulated to urinate or defecate in about 20 to 30 minutes. Puppies also usually awaken from sleep or naps with full bladders. Finally, when puppies play, their heart rates increase, which pushes more blood through their kidneys, producing more urine. Knowing these three pieces of information tells you that you should take your puppy to wherever you wish her to eliminate: (1) 20 to 30 minutes after eating, (2) whenever she awakens, and (3) immediately after she plays or if she slows down or stops playing. You can notice awakening and changes in play behavior only if you are supervising the puppy. People who are able to constantly supervise puppies experience the fewest accidents because they take the dog to the desired area at least hourly. If you or a sitter cannot do this, you can still housetrain your puppy, but it may take a bit longer.

Dogs learn preferred places for urination and defecation. This means that you can teach them to eliminate in places that you find acceptable, but if you do not teach them what you want, they will choose their own spots. Tiny puppies and toy dogs are often taught to use an indoor toileting area. The rules for housetraining are no different from what they would be if you wish the dog to eliminate outside. Simply, upon awakening, 20 to 30 minutes after eating, after play or as play slows, take your puppy to the preferred area, without distractions, and wait. As soon as your puppy squats, praise her. You can also give her a tiny treat, if you wish.

Getting your puppy to the spot requires some thought. If you have a very small puppy, carry her. Their muscle tone is not yet fully developed, and just a long walk may cause them to leak or squat. If you have an energetic, playful dog, or other dogs, put your puppy on a lead so that she urinates first and plays after. In this case, play acts as a reward and serves to focus the pup on a natural physiological order. This is important because distracted, stimulated puppies will forget to urinate when outside and then soil inside.

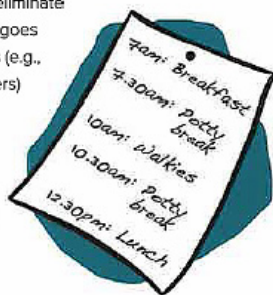
These rules mean that you must accompany your puppy every time she goes outdoors. Choose a specific location with easy access. The area will soon become a familiar spot as your pup recognizes the odor from previous excursions. Mildly praise any sniffing or other pre-elimination behaviors. When she eliminates, praise her heartily, offer a treat, and play a bit with her to reward eliminating in the preferred spot. Elimination is self-rewarding, but your puppy did more than that—she used a spot that also meets your desires. Reward that behavior!

As you begin housetraining, try to take your puppy outdoors every hour if she is 8 to 10 weeks old. By 12 weeks, you may be able to take your puppy out every 2 or so hours, and by 16 weeks, you should be able to get to at least 3 and usually 4 hours before she must go out. Adult dogs should be exercised to eliminate at least three times a day.

As they mature, most dogs and older puppies can learn to eliminate when requested if the act of eliminating is accompanied by a standardized word or phrase: "good wee" or "good potty" as a reward becomes "go wee" or "go potty" as a request to which the dog will come to respond.

Scheduling Puppy's Dinnertime

Managing your puppy's feeding schedule provides some predictability about her elimination schedule. Young puppies (8 to 12 weeks) are usually still being fed 3 times a day. By six months of age, puppies are usually fed twice a day (most adult dogs benefit from twice-daily feedings as well). By meal feeding a puppy, in contrast to just leaving food out, you encourage her to have a more predictable eating, eliminating, and sleeping schedule, which is normal for dogs. So, if you schedule the feeding when you know you can take your puppy out 30 minutes later, you will help create a housetraining schedule. You will also need at least 15 to 20 minutes to walk your puppy and let her explore the outside world after she eliminates. If your puppy tends to eliminate overnight, you may want to give her her last meal at least three to five hours prior to bedtime, and then make sure she gets an excellent walk with enough time to eliminate and play twice before she goes to bed. Very small puppies (e.g., breeds like Yorkshire terriers) have bladders the size of grapes. Any amount of excitement could cause them to need to eliminate, so take this into account in your bedtime preparations.



Preventing Mistakes

The most challenging part of the housetraining process is preventing your pup from eliminating indoors. Do not consider your pup housetrained until she has gone four to eight consecutive weeks without making any errors. Until she accomplishes this, keep her within eyesight at all times. A long lead that the puppy can drag but that you can reach can keep her in view, as can an exercise pen (x-pen) or a baby gate. You can also put a bell on a breakaway collar to monitor the puppy's movements indoors. If the bell stops making noise, rush the puppy outside!

When you are unable to provide supervision because you are busy, sleeping, or away from home, confine your pup to a relatively small, safe area or a crate. A wire or plastic crate may provide a safe place in which to confine your puppy when you cannot observe her. Crates should have comfortable, safe, and clean bedding so that your pup feels secure and warm. Most pups will quickly adapt to a crate, but some will be distressed. If distress lasts longer than 15 minutes, a crate may not work for your puppy, but a more open x-pen might. Be sure to associate good things with the crate; never use it to banish or punish your dog, or as a babysitter. Don't use a crate for longer than your puppy can physically control her need to eliminate, or for more than four hours at a time during the day on a daily basis. Remember that crates must be large enough that growing dogs will always be able to stand up, stretch fully, and turn around, and that they must have flooring on which the puppy cannot slip.

If your pup will be home for longer periods, arrange for someone to walk her every few hours or use a daycare facility that has a puppy program. If neither of these is an option, you can confine your pup to a larger area (e.g., a small room or an x-pen) with enough space to rest and play and a spot to eliminate. Ensure that the elimination spot is recognizable as such. Commercially available puppy elimination pads are absorbant and decrease mess and odors.

Returning to the Crime Scene

To help prevent your pup from returning to previously soiled areas, clean well. First, remove the urine and feces; then clean with soap and water. Follow all product-specific cleaning instructions for rugs. Follow the wash with at least one club soda soak, which will help bubble up any remaining urine or feces. Blot and repeat until the rinse is clear. Then, apply a good, commercially available odor-eliminating product. The best products both enzymatically break down urine or feces and remove odors that may attract your puppy. If your pup begins eliminating in areas of the home, prevent access to these areas by closing doors to

the rooms, using baby gates, moving furniture over the soiled areas, or increasing supervision.

Keeping Your Cool

No pup was ever housetrained without the dog or human making a mistake or two. Be prepared for the inevitable. It doesn't help to become frustrated and harshly discipline your puppy. Punishment is the least effective and most overused approach to housetraining. Punishment of any kind—yelling, hitting, throwing tins of pennies, shoving the dog's nose into the urine or feces—will scare your puppy, convince her you are not trustworthy, and damage your relationship.

Your goal is to teach your puppy where to eliminate. Puppies must eliminate, so your ability to help meet your dog's needs is critical. If you see your puppy beginning to squat, quickly call to her and scoop her up. These actions may be enough to stop her mid-course, and you can then quickly take her to the place you wish her to eliminate (and praise her when she does).

Some dogs urinate as they greet family members. Don't yell or discipline—a dog like this may be nervous or excited, and scolding will make the problem worse. Instead, avoid any type of greeting that triggers this behavior. Once you have stopped triggering the behavior, you can teach her to sit for a treat and that she only gets the treat if she looks up at you and does not leak. For this strategy to work, you must ensure your dog's bladder is empty before you start. You can then work with rewarding a sit and look outside, moving indoors when the dog is perfect in many places. Within one to two days of repeated practice, the majority of these dogs have their problems solved.

If you remember that your puppy is a baby, it will be easier to have the patience to help this baby mature, and housetraining will follow naturally.

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