

The Ultimate Pet Parent's Guide

PUPPIES 101

From having the right supplies and necessary vaccines, to learning helpful socialization skills & training tips, our TUPP's guide will have you ready to take on the new world of pet parenthood!



The Essentials

WHAT YOU NEED TO MAKE YOUR PUPPY FEEL COMFORTABLE AND SAFE WHEN THEY COME HOME

Crate

One of the best things pet parents can do for their new puppy is to provide a cozy, comfortable crate. For a puppy in a new environment, it's comforting to have a smaller space that is clearly theirs - one that "mimics" the safety and coziness of a "den." You can drape a blanket over the back half of the crate to give them added security and that "den-like" feel. Make sure you buy a crate that will serve your pup as they grow. Depending on the pup's size, you may want to get a crate with a divider to make sure the space is not too big for your pup early on.

Toys



Toys! Puppies love toys! Squeaky toys, chewy toys, fuzzy toy, you name it. Not only are they a great way entertain your puppy (and probably, entertain you!), they also provide the mental and physical stimulation needed to develop, as well as comfort when they are teething.. However, know that when puppies chew, they are at risk for swallowing small parts of toys! Make sure se remember to use some discretion when picking out new toys for your puppy, and ALWAYS supervise when chewing on toys, especially soft stuffed toys. When left unsupervised, your puppy should be kept in the crate, at which time it would be best to leave only toys that are extra tough (such as Kong or Nylabone brands), as these pose less risk of ingestion of parts.

Brush

Make sure to be equipped with a brush for your pup, especially if they have longer fur. The type of brush is dependent on what kind of brush you need, so make sure to ask your local pet shop what the suggest! Brushing not only relieves you of constant vacuuming duties, it also prevents matting in their fur which can be painful, as well as help keep their fur free of dirt, dander, and other allergens. So, we suggest starting early! Getting them used to brushing early on will ensure that they are calm when brushed in the future by you or when groomed.

Pee Pads

As your puppy's ability to control their bladder is limited, they will need to relieve themselves frequently - although a puppy's needs vary, we suggest taking your puppy out every 2 hours. This frequency will support the positive behavior of going to the bathroom outside, and avoid accidents. However, it's safe to expect a few accidents in the beginning: pee pads are a good option. They are super simple to use - lay out the pee pads around the house, especially in places your pup has already deemed a good spot to relieve themselves! For more on house-training, find the section below under training!

Food

Our vets advise to purchase food that is specifically formulated for puppies and that is AAFCO-certified. We do also remind our parents to avoid grain-free diets or plant based diets to ensure your pup gets all the required ingredients they need (grain-free diets have recently been linked to causing heart disease in dogs!) Most foods will have suggested quantity of frequency and timing - we suggest to follow as suggested, until advised otherwise. Since your pup will be into the vet frequently during their first couple months for vaccinations, the team can also answer any questions about weight, and advise changes in feeding based on your pup's development. Remember, as a pet parent, you are the best person to watch your pup's reaction to certain foods, as well - look out for soft or very dry stools, excessive itching, or vomiting, which could be signs of intolerance to certain ingredients.



Bowls

You will need both eating and drinking bowls. We suggest investing in durable bowls that are easy to clean and dishwasher safe. Reminder: our vets suggest to wash your dog's bowls every day to avoid mold, bugs, or bacteria build up. You may also notice that your puppy is scarfing down food in record time (are they even chewing?!) For these super eager ones that eat quickly, or if you are looking for extra mental enrichment for your dog, we suggest to find what are called "slow feeders" or "food puzzles." They are a great way to offer mental stimulation for your pup, as well as avoid common issues that arise in fast-eating dogs, including bloating, regurgitation, and canine obesity. Don't worry - this shouldn't be frustrating your puppy, but actually fun!



Shampoo

Make sure you have dog shampoo to wash your pup when they get dirty (and they will!). Do not use human shampoo, as it's not good for their skin, and as your pup grows, they may present different needs from a shampoo (itchy skin relief, anti matting help, etc.). We suggest a bath for your pup once a week!

Blankets

Blankets are comforting for any puppy, on both bedding, and/or lap time. However, if your puppy starts chewing on or shredding the blanket, it may need to be removed. Although staying comfortable and warm is super important for your pup, ingesting blankets or other material of any kind is extremely dangerous. Another reminder to be diligent about what items are left with your unsupervised pup - they are sneaky little ones!

Poo Bags

Poo bags are just another wonderful part of having a furry best friend. There are certainly many kinds of poo bags, but at the end of the day, they all get the job done! We do suggest the compostable ones if accessible to you - they do the job, stay clean, and help reduce the environmental impact of all those plastic baggies. Remember that cleaning up after your puppy is vital to keeping the neighborhood clean and safe...(and it's also the law).

Collar and Leash



Make sure you have a collar with your phone number for your puppy to wear at all times, to ensure they can be returned to you if they are lost. The collar should not be too loose (it should not be able to slip over your puppy's head) or too tight. As your puppy grows, the collar will need to be loosened (every 1 to 2 weeks). Choose a flat, soft collar that is comfortable (avoid chain, choke, prong, and shock collars). We also recommend a short leash for new pups (around 3 feet) so you can help guide them away from dangers on walks.

Treats (for training)

Not only do treats make your puppy happy, you will need this to positively reinforce certain behaviors and train your



pup. Reward your pup every time they demonstrate a positive behavior, such as going potty outside or on pee pads, they perform commands, or when you're leashing training.

Pet Friendly Cleaning Materials

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Patience

You will need a lot of it! Remember, your puppy has a learning curve, and won't initially understand what are "good" and "bad" behaviors. Any accident that happens in your house is your fault...not the puppy's. From an approach perspective, firmness, kindness, and consistency work wonders with training your puppy. From a motivation perspective, remember - your puppy wants you to be happy. When they know you are, they will repeat these behaviors to make you happy again!

Environment

MAKE YOUR HOME PUPPY-SAFE, AND KEEP YOUR PUPPY HEALTHY AND COMFORTABLE IN THEIR HOME

Poisons and Hazards at Home

Many things that are safe for humans are dangerous for dogs. Make sure your pup is safe by preventing access to hazards and poisons. Many urgent and emergency vet visits are avoidable by doing simple safety checks.

Restrict access to the following home items:

- 🐾 House plants - many are dangerous or can cause GI issues
- 🐾 Rugs
- 🐾 Shoes
- 🐾 Cleaning materials
- 🐾 Wires and electrical cords
- 🐾 Open trash bins
- 🐾 Toys that are not pet friendly (such as children's toys)



Foods that could be dangerous to your pup:

- 🐾 Onion, garlic, chive
- 🐾 Chocolate
- 🐾 Coffee, caffeine
- 🐾 Macadamia nuts
- 🐾 Corn on the cob
- 🐾 Yeast dough
- 🐾 Avocado
- 🐾 Bones
- 🐾 Grapes & raisins
- 🐾 Artificial sweetener (Xylitol)
- 🐾 ANY human medications
- 🐾 Medications prescribed for other pets



Car Travel

When traveling with your pup, make sure they are secured with a dog guard or on the back seat with a seat belt. Getting them used to the car from a young age will make future journeys easier and less stressful. Allow them to explore the inside of the car, while it's parked on their own time, under supervision.



Spaying & Neutering

AN IMPORTANT MILESTONE FOR PUPS WITH SIGNIFICANT HEALTH BENEFITS

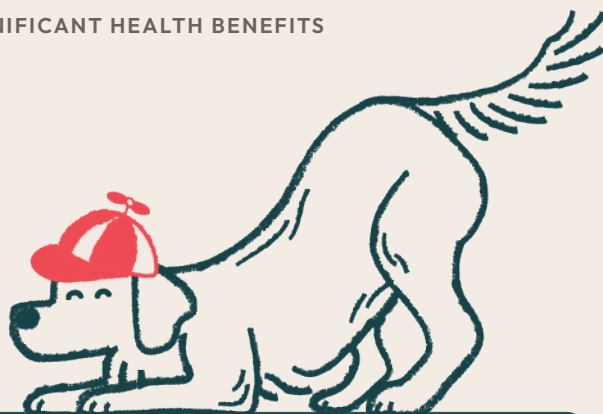
Why is this important?

There are hundreds of thousands of animals in overcrowded shelters in need of homes across the country. Neutering stops animals from adding to this problem by preventing unwanted litters. In addition, neutering can help your dog live longer and enjoy a better quality of life.

It can also reduce the risk of pets developing some serious illnesses. In female dogs it reduces the risk of breast cancer and prevents a potentially life-threatening condition called pyometra (a serious infection of the womb). In male dogs, neutering protects from testicular cancer and disease of the prostate gland.

When should you do it?

Female dogs experience their first heat generally at around 6 months, although this varies based on breed. Early spaying will eliminate heat cycles (menstrual cycles), reduce unwanted behavior like marking, and, most importantly, protect against health problems further down the road. A recommended period to spay your pup is 6-9 months of age. Every pup is different, so we recommend discussing the right time for you and your pup with one of our vets.



Neutering

Male dogs are capable of breeding starting as early as six months of age. These dogs will tend to be more aggressive, engage in fights, mark their territory, and might chase female dogs or run away to search for a mate. Neutering also prevents health scares down the road, as well, such as prostate issues and testicular cancer. Just as in females, it depends on the size and breed of the pup, but we generally begin to plan for a neuter around 6 months, as well. Make sure to talk to the vet on when the best time is!

Prevention

MAKE YOUR PUPPY THE LIFE OF THE PAWTY

Flea and Deworm

Puppies should be regularly treated for fleas and worms. Preventive parasite treatments include sprays, tablets, injections and 'spot-on' preparations. Treatments available 'over the counter' (for example, from pet shops) may not be as effective as those available from your vets – so bear this in mind if you want your pet to be properly protected.

Worms are very common in puppies and can pass from mother to baby before birth or soon after, through their milk. If your pup shows symptoms related to worms, we may recommend deworming.

Heartworms are another type of canine invader that can cause serious health problems. The name is descriptive – these worms lodge in the right side of the heart and the pulmonary arteries (that send blood to the lungs), though they can travel through the rest of the body and sometimes invade the liver and kidneys. When your puppy is around 4-6 months, talk to your vet about starting a heartworm preventive program. Though there is no vaccine for this

condition, it is preventable with regularly administered heartworm medication that your veterinarian will prescribe. Heartworm preventative medication should be taken on a monthly basis to ensure your puppy is not infected.



Dental Care

Taking care of your dog's teeth is just as important as looking after our own. Dental diseases in dogs are quite common, and can have consequences ranging from unwanted (smelly breath) to very serious (life endangering diseases). By age 3, over 80 percent of dogs have some form of dental disease. So it's important to start early. Regular tooth brushing using pet toothpaste is the best way to keep the teeth clean and healthy. There are also foods toys available that are specifically designed to help clean your dog's teeth.

Training

PREPARE YOUR PUPPY FOR LIFE IN THE REAL WORLD



Training

Teaching your pup to listen - a few principles for successful training

- 🐾 Provide proper motivation - pups repeat behaviors that they find rewarding. Help your puppy create good behaviors by rewarding the behaviors you like using their favorite foods and toys .
- 🐾 Guide, practice, and repeat - learning takes time and practice. Repetition is key, as well as making progress in small steps. Using treats as a motivator to follow directions is a good way to teach them.
- 🐾 Environment and situation matter - the ability of your pup to follow your command is highly dependent on the environment. Following commands when you're home alone with your pup is much easier than in a busy street where there are many distractions.
- 🐾 Reward, don't bribe - they might sound the same, but they are very different. Reward is a positive reinforcement that comes as a recognition for a positive behavior. Bribe is offered as an incentive to convince your pup to do something. As such, remove the treats from your pup's line of sight, and present your pup the treats, when they demonstrate a positive behavior.

Crate Training

Crate training is easing your pup into being comfortable in their crate on their own. This helps for bed times or when you need to leave the house without them.

- 🐾 Make the crate feel comfortable and cozy. Put a soft mattress or blankets in the crate and add some of your pup's toys. Putting a recently worn clothing of yours , in the first days, provides the comfort of your scent when you are gone.
- 🐾 Put a blanket over the back half of the crate to give them added security and that "den-like" feel.
- 🐾 Make sure you do not put your puppy in his crate right after feeding to avoid accidents or discomfort for your puppy.
- 🐾 If your crate has a divider, use it to fit the crate size to your pup's, to make sure it feels cozy and not too big.
- 🐾 Place your crate in a central location in your home, where many house members walk around. During the day, leave the door open so your pup can freely go in and out of the crate.
- 🐾 Do not leave your pup in the crate longer than how long they can hold their bladder.

- 🐾 Make the crate a happy place! To encourage your pup enter the crate, associate it with something happy. For example, you can give treats when they enter the crate and stay there.
- 🐾 The crate should never be used a punishment, to avoid associating it with something negative.

Housetraining

House training, or teaching our pup to go to the bathroom outside, is important to start as soon as you can to help implement good habits.

- 🐾 Typically, a puppy can control their bladder one hour for every month of age. So if your puppy is 3 months old, they can hold it for about three hours.
- 🐾 Remember - if your pup has accidents inside the house, don't ever use yelling or hitting as ways to correct them. They do not yet understand, and we would not want to scare them to go to the bathroom at all.
- 🐾 Directly supervise them all the times. It is easiest to catch them right before the act! Soon you will quickly begin to read the signs they are giving that they have to go (sniffing around, finding a corner, maybe "digging at the rug" and it is then you can swiftly lead them outside to relieve themselves
- 🐾 Take your pup to the same bathroom spot, use the same command (e.g., "go potty"), and wait until they relieve themselves. Repeat this ritual to make it a routine.
- 🐾 Reward your puppy verbally or with treats after they used the pee pad or relieved themselves outdoors. Remember to do it immediately afterwards
- 🐾 Take your pup outside frequently, at least once every two hours, immediately when you wake up, after meal, playing, or napping, and before you go to bed
- 🐾 Pick up your puppy's water bowl about two hours before bedtime to reduce the likelihood of accidents during the night. Most puppies can sleep for approximately seven hours without needing a bathroom break.



We know it can test your patience, but you can do it pet parent! It is certainly teamwork between you and your pup, and we are here to support you along the way.

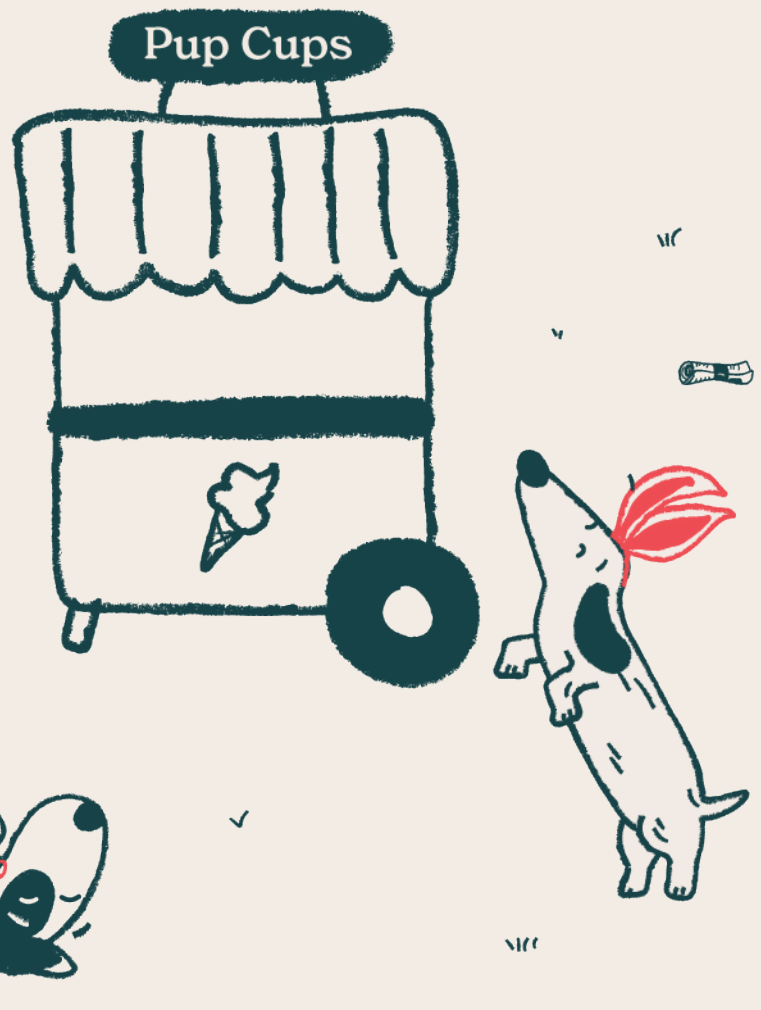
Socialization

MAKE YOUR PUPPY THE LIFE OF THE PAWTY

Socialization

Teaching your pup to listen - a few principles for successful training

- 🐾 Socializing your puppy means teaching them to be well-behaved around other animals and humans. Socialization is an important factor in ensuring your puppy is comfortable in new environments and confident in new situations.
- 🐾 It's important to focus on socialization during the first three months of your puppy's life. During these months, the desire to socialize outweighs their fear.
- 🐾 Puppies best handle new experiences between 3 and 12 weeks old. After that stage, they become cautious about new things they haven't encountered before.
- 🐾 Introduce your puppy to older vaccinated dogs. Since your pup won't be fully vaccinated until 16-18 weeks, make sure the other dogs they are playing with are fully vaccinated.
- 🐾 It's important to expose them continuously to a variety of people, animals, scents, noises, and situations. This reinforces good behavior. Keeping a positive environment is important for puppies to feel safe and secure while learning new things.
- 🐾 Prepare your pup for future interactions with the vet and groomers, and ongoing wellness routines - make sure you brush your pup from a young age, touch their ears, teeth, and paws. This will make them feel comfortable and relaxed when they visit the vet or the groomer, or when you clean their ears and teeth.



Vaccinations

WHICH SHOTS DO PUPPIES NEED?

Although going to the vet with your puppy a few times over several months for vaccinations, and then for boosters or titers (blood tests to determine the best vaccinations for your pup) throughout your dog's life, may seem like an inconvenience, but vaccinations will shield your pets from diseases that are dangerous and potentially deadly. Thankfully, many diseases are avoidable with consistent preventive wellness care!

DHPP/DAPP

This includes a few vaccines: distemper, adenovirus type 2 (hepatitis), parvovirus, and parainfluenza, that will protect your pup from a few fatal diseases.

Canine Distemper - A severe and contagious disease caused by a virus that attacks the respiratory, gastrointestinal (GI), and nervous systems of dogs. There is no cure for distemper.

Canine Hepatitis - Infectious canine hepatitis is a highly contagious viral infection that affects the liver, kidneys, spleen, lungs, and the eyes of the affected dog. This disease of the liver is caused by a virus that is unrelated to the human form of hepatitis.

Parvovirus - A highly contagious virus that affects all dogs, but unvaccinated dogs and puppies less than four months of age are at the most risk to contract it. The virus attacks the gastrointestinal system and creates a loss of appetite, vomiting, fever, and often severe, bloody diarrhea. Extreme dehydration can come on rapidly and kill a dog within 48-72 hours, so prompt veterinary attention is crucial. There is no cure, so prevention is crucial.

Canine Parainfluenza - One of several viruses that can contribute to kennel cough.

Rabies

Rabies is a viral disease of mammals that invades the central nervous system, causing headache, anxiety, hallucinations, excessive drooling, fear of water, paralysis, and death. It is most often transmitted through the bite of a rabid animal. Treatment within hours of infection is essential, otherwise, death is highly likely. Most states require regular rabies vaccinations. Check with your vet about rabies vaccination laws and requirements in your area.

Of course, your veterinarian should weigh in and can always provide more information and guidance if needed on necessary and optional vaccinations.

Bordetella

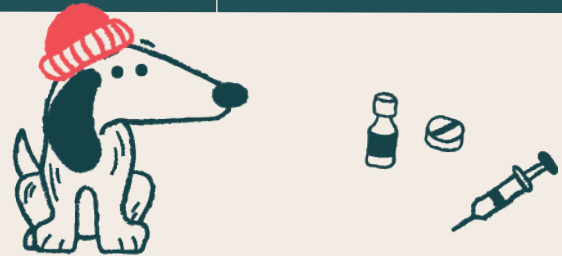
This vaccine protects your pup from a highly infectious bacterium that causes severe fits of coughing, whooping, vomiting, and, in rare cases, seizures and death. It is the primary cause of kennel cough.

Leptospirosis

This vaccine immunizes against fatal bacteria. Leptospirosis can be found worldwide in soil and water. It is a zoonotic disease, meaning that it can be spread from animals to people.

Adult vaccinations

Vaccine	How often do you receive it as adults?
DAPP/DHPP + Rabbies	Every 1-3 years (your vet will determine the frequency based on your dog's age & other factors)
Bordetella, Lepto, Flu	Every 1 year



Puppy Vaccination Schedule


There isn't a single puppy vaccination schedule for all dogs. Factors such as which part of the country you live in, and your dog's individual risk factors will come into play. Always discuss puppy vaccinations with the vet when coming to an appointment.

Below is a general guideline of the puppy vaccination schedule for the first year.

Puppy vaccinations

Age	Core (required)	Situational (based on doctor recommendations)
8 weeks	1st DAPP (distemper, adenovirus, parainfluenza, parvovirus)	<ul style="list-style-type: none">• Bordetella• Dewormer• Heartworm prevention
12 weeks	2nd DAPP	Bordetella (if recommended & not given during 1 st round) <ul style="list-style-type: none">• 1st Lepto• Dewormer• Heartworm Prevention
16 weeks	<ul style="list-style-type: none">• 3rd DAPP• 2nd Lepto• Rabies	2nd Lepto (if 1 st is given) <ul style="list-style-type: none">• Dewormer• Heartworm Prevention



By your side,
every  pounce
of the way

BOOK ONLINE AT WWW.SPLOOTVETS.COM OR JUST WALK IN