
Welcoming Your New Puppy

Congratulations on your new addition! We are thrilled that you are embarking on an adventure with a furbaby! We have several tips to help you with the first few weeks at home. Everything will be new and strange for the first few days and even for the first week. Your puppy will need all your attention and lots of cuddles to help them feel welcomed.

Crate Training

It is best to start crate training right away as dogs are den animals and a smaller, cozy area to sleep in near you will help set them up later in life when they need to be left alone for longer periods of time. You can even find a ticker stuffed animal at the pet store that mimics the sound of a heartbeat to help them sleep through the night. Later on, a crate can be used when you will be out of the home for longer periods so that there is no destructive chewing while you are out. The crate must never be used for punishment! The crate does need to be big enough for your future adult dog to stand up and turn around in. Buying a larger crate now will prevent you from needing to buy another crate as your puppy grows up!

House training 101

The general rule of thumb is that a puppy can only hold their pee for as many hours as their age in months. For instance, a two month old puppy can only hold their pee for 2 hours, at 3 months, 3 hours and so on. By six months of age they should be able to hold their pee for up to 8 hours but please don't ask your dog to hold their pee longer than that. A food reward is crucial to help speed up the process. This means every time you take baby outside to pee and they do it successfully you must give a treat! This treat is never to be given inside the house which makes it a strong motivator to go outside and do your business! If at all possible, take an 8

week old puppy out every 2-3 hours on a set schedule as their internal clock will also know when it is time to go. You can lengthen the time between walks as the puppy gets older. When you see your puppy start to circle and sniff inside the house, this is a sure sign they are looking for a place to urinate or defecate. When you see this body language appear, it is time to scoop puppy up and take them outside. If you see them squat to urinate speak up with a firm “NO”. Tone of voice is enough for the puppy to understand they did something wrong. However, if you found some pee but didn’t see them squat then there is no point in taking them to the location and rubbing their nose in it. They will not understand their mistake as dogs only connect the act to the reward or correction in the moment. So if you found an accident simply clean it up and move on. Similarly, when they do urinate or defecate appropriately outdoors, have the food reward handy so they can connect the act to the reward. If you come back inside and give them the treat it won’t make sense for what they did right. This works for trick training too! Say “sit” – push the bum down – and when they sit reward with a treat! Consistency is key. Keep repeating the actions till they understand. Your puppy should be fully house trained by the time they are six months old.

Feeding

We recommend choosing a good quality puppy food to help your puppy develop into a healthy adult. These foods should be labelled for puppy and not “All life stages” If you have a large breed dog, please choose a food that is labelled “Large Breed formula”. Food should also not be labelled ‘Grain free”. Dogs do need grains in their diets and some dogs have shown signs of heart disease which can be linked to feeding grain free foods.

Puppies should be fed 3-4 meals per day until they are 4 months old and then cut back to 2 to 3 meals per day. There is a feeding guide on the back of all good quality puppy foods. Please use this guide to feed your puppy

based on their expected weight in adulthood. As the puppy grows older, it may show a preference for only one or two meals a day which is completely normal. Some adult dogs will even start to skip breakfast and eat only once a day. The recommendation is to feed all dogs twice a day minimum. Please leave access to fresh clean water and do not give milk! If you are feeding a premium dog food, toppers such as cooked chicken, beef or fish are not necessary as all the required nutrition is already in the kibble and you are just adding unnecessary calories at that point. Healthy treats include items from your fridge like blueberries, strawberries, apples and baby carrot. Please refer to our list of foods to avoid if in doubt. Too much of anything can result in diarrhea so please be sensible about how much to give your puppy. Dogs in general do not process fats and spices well so best to avoid giving fatty scraps of meat or anything that has been seasoned well. Bones are also not a good idea as bones that are too hard can break the big chewing teeth in the back, and bones that are too soft can break and splinter, and if ingested can rip the intestines as it passes through.

Bathing

Your puppy will likely need to be bathed about every 4 to 6 weeks. Please choose a shampoo and conditioner that has been specially formulated for dogs. Use luke warm water and rinse the soap well avoiding the eyes and ears. If you got a curly coated or long haired breed, they will need to be taken to their first grooming appointment after their 12 week puppy boosters. This should be a short visit with the groomer so that the puppy can get accustomed to the sounds of the clippers and hair dryers. The groomer will likely do a nail trim and face hair trim only at this visit. It is not advised to leave your puppy at the groomers for the whole day on their first visit. Our team would be happy to show you how to trim your puppy's

nails at home and of course we offer complimentary nail trims with each exam visit.

Collars vs Harnesses

It is essential to get your puppy to start wearing a collar right away. It feels funny in the beginning and they will scratch at the collar constantly. Over time they will forget it is there, that is why they need to start wearing it right away. A proper fit means that you can slip your two fingers between the collar and the neck sideways and you cannot pull the collar over the head easily. We do not recommend using prong collars as they can leave bruises that are not visible due to the fur covering the skin, if used incorrectly. Harnesses should be used with dogs that are small or have pushed in noses. Pulling on leashes and collars may cause breathing disturbances for these small breeds and so a harness is preferable. Larger breed dogs that are prone to pulling you down the street would benefit from Halti type collars. These collars attach around the muzzle and the leash is clipped under the chin. When the dog starts to pull, the head is turned sideways which then corrects the dog to slow down and stop pulling so they can see straight ahead. This will also help you to control their constant need to eat things off the ground by pulling up on the leash which is clipped to the chin, thus instantly preventing them from reaching the tasty rubbish on the ground!

Biting

Puppies will naturally try to put everything in their mouth to test it. This often includes your hands or feet. Try using your tone of voice to say a very high pitched "OUCH" anytime puppy tries to bite a toe. Puppies, when playing with their siblings, instinctively know this sound means "I hurt you." They will look at you with this question in mind once they recognize the



sound. Then you say a firm “ No” and redirect them to play with a toy instead.

Raising your puppy will be a rewarding and bonding experience for your whole family. We would be thrilled to have your puppy join our Heartlake family! At your visit, ask us to show you how to perform at home nail trims, handle the mouth for brushing of the teeth, cleaning of the ears and handling of the paws. Our team of educated and experienced dog lovers are happy to answer any questions you may have with raising your new furbaby!