



VETERINARY CONTACTS:

HIGHLANDS PET HOSPITAL- [704-464-4463](tel:7044644463)

10050 Edison Square Dr.

Concord NC 28027

Carolina Veterinary Specialists, Huntersville: [704-949-1100](tel:7049491100)

PETS, Kannapolis: [704-932-1182](tel:7049321182)

Carolina Veterinary Specialists, Matthews: [704-815-3939](tel:7048153939)

Carolina Veterinary Specialists, Charlotte: [704-504-9608](tel:7045049608)

CARE (Charlotte Animal Referral and Emergency), Charlotte:
[704-457-2300](tel:7044572300)

Veterinary Emergency Group, Charlotte: [980-880-6062](tel:9808806062)

Pet Poison Hotline: [888-426-4435](tel:8884264435)

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New Puppy Checklist

Preparation:

- Find a Veterinarian (We hope you choose us!)
- Research Pet Insurance
- Cover electrical outlets
- Cover trash cans
- Secure furniture
- Remove toxins

PUPPY PROOF EVERYTHING!



Essentials:

- Crate and Bed
- Bowls
- Toys (try to pick toys that are not easily ingested)
- Collars, leash with ID information, poop bags
- Food
 - Use wet food if your pup is younger than 6 weeks
 - ***We recommend Purina, Hills Science Diet, or Royal Canin. Under the age of 1 year should be fed a puppy formula, and if you have a dog that will be over 45 pounds they should eat a large breed. DO NOT FEED GRAIN FREE.***

Home Grooming:

- Nail Clippers
- Comb and Brush

Start slowly with brushing and clipping nails, your pup will have to get used to it.

Start with short increments and lots of treats!

Here is a tutorial:

https://cattledogpublishing.com/blog/videos/training_a_dog_to_enjoy_toenail_trims/



New Routine with Your Pet

Daily:

- Make sure to provide fresh food and water
 - Water always, feed 2-3 times a day
- Schedule playtimes (around 4 a day)
- Provide bathroom breaks every 2-4 hours



Weekly:

- Brush your dog's teeth 3 times a week. Start at 6 months old (See below article)
- Brush your pet at least twice a week, certain breeds may require a more or less frequent brushing schedule.

Monthly:

- Trim your pet's nails following Dr. Sophia Yin's protocol (https://cattledogpublishing.com/blog/videos/training_a_dog_to_enjoy_toenail_trims/)
- Get your pet groomed or give a bath at home, also breed dependent.
- Give flea/tick/ heartworm medications. Please avoid any medicated flea shampoos.

Every 6 months:

- Schedule your semi-annual vaccine visit, and refill heartworm, flea and tick prevention.

Yearly:

- Schedule your yearly vaccines, wellness exam, and annual lab work.

Every 2 Years:

- Be prepared for a professional dental cleaning under anesthesia. Some breeds may need this sooner, or later.

What Vaccines Does Your Puppy Need?

Rabies: CORE vaccine

- Rabies is a viral infection, caused by a virus secreted in saliva. It affects a dog's nervous system, including the spinal cord and brain, and is fatal once symptoms present themselves. As there is no cure for rabies, keeping up with regular vaccinations is essential. This vaccine is required *by law*.

Distemper/Adenovirus/Parvovirus/Parainfluenza: CORE vaccine

- Canine distemper is one of the most infamous of dog diseases. Dogs can be infected by airborne and droplet exposure. The virus also infects wildlife such as raccoons, skunks and foxes, and those animals can transmit it to your dog. Once the virus is in the body, it affects the lymphatic, respiratory, gastrointestinal, urogenital, and central nervous systems. Clinical signs associated with distemper include, but are not limited to, fever, discharge from the eyes and nose, anorexia, diarrhea, seizures, and difficulty walking.
- Canine adenovirus causes infectious canine hepatitis, a dangerous liver condition. It is transmitted by animal-to-animal contact or contact with inanimate objects which are likely to carry infection, such as clothes, utensils, and furniture. Adenovirus is shed in bodily fluids such as saliva, feces and urine. Infection affects not only the liver, but can affect the kidneys, eyes, brain and even clotting. Clinical signs can include but are not limited to lethargy, fever, vomiting and diarrhea, coughing and other respiratory signs, bloody nose, “blue eye”, yellow color to the skin, and seizures.
- Parvo is another infamous dog disease. Canine parvovirus can affect dogs at any age but puppies less than 4 months of age are the most susceptible. Dogs are infected by ingestion of the virus which is shed in feces. Parvo is most known for causing issues with the gastrointestinal system but can also affect the heart. Bloody diarrhea is a classic sign of parvo but vomiting, rapid weight loss, and even shock are seen.
- Canine parainfluenza is a common cause for upper respiratory tract disease in dogs. It is spread by contact with respiratory secretions (snot and mucous). It can cause coughing, sneezing and eye/nasal discharge. Prognosis is usually good as long as the dog doesn't develop any complicating factors, such as pneumonia.

Leptospirosis: CORE vaccine

- Leptospirosis is a disease caused by infection with *Leptospira* bacteria. These bacteria can be found worldwide in soil and water. There are many strains of *Leptospira* bacteria that can cause disease, and many mammals are susceptible—including dogs, people, livestock, and certain wildlife. Leptospirosis is more common in warm climates with high annual rainfall, but it can occur anywhere, especially after heavy rainfall and flooding. For dogs, the midwestern, eastern, and southwestern regions of the United States are considered hotspots of infection. Humans can contract this disease, so vaccination is VITAL.

Bordetella:

- This is a 6-month vaccine that protects against Canine Cough Complex, formerly known as Kennel Cough. There are over 30 organisms that cause a canine cough, some bacterial and others viral but this vaccine will lessen the course of disease.

Lyme Disease:

- We recommend the Lyme vaccine for outdoorsy dogs that are exposed to Ticks. Ticks carry Lyme disease, and it can cause your pet a lot of pain.

Influenza:

- Canine influenza, sometimes referred to as dog flu, is a highly contagious respiratory disease caused by two specific type A influenza viruses known to infect dogs. One is an H3N8 virus, and the other is an H3N2 virus. Most dogs in North America have no preexisting immunity to canine influenza virus, making them highly susceptible to infection. The majority of canine influenza cases in dogs have been reported in association with multicentric, non-sustaining outbreaks.

We begin the vaccination schedule at 6 weeks. Your puppy will need boosters every 2-4 weeks until 16 weeks of age to be properly immunized. Vaccines usually last a year, except for a 3-year rabies and a 6-month Bordetella. The timing of these vaccines is KEY to your dog's protection, but your vet staff is here to help!



The Secret to Houstraining Your Puppy

Houstraining a puppy requires time, vigilance, patience and commitment. By following the procedures outlined below, you can minimize house soiling incidents, but virtually every puppy will have an accident in the house (more likely several). This is part of raising a puppy and should be expected. The more consistent you are in following the basic houstraining procedures, the faster your puppy will learn acceptable behavior. It may take several weeks to houstrain your puppy and with some of the smaller breeds it might take longer. A puppy can usually be considered reliably houstrained when it has not had any accidents for two to three months.



Establish a Routine

- Your puppy will do best if he is taken outside on a consistent and frequent schedule. He should have the opportunity to eliminate after waking up from a nap, after playing, and after eating.
- Choose a location not too far from the door to be the bathroom spot. Always take your puppy, on a leash, directly to the bathroom spot. Taking him for a walk or playing with him directly after he has eliminated will help him to associate good things with elimination. If you clean up an accident in the house, take the soiled rags or paper towels and leave them in the bathroom spot. The smell will help your puppy recognize the area as the place he is supposed to eliminate. While your puppy is eliminating, use a word or phrase, like “go potty”, that you can eventually use before he eliminates to remind him what he’s supposed to be doing.
- Praise your puppy lavishly every time he eliminates outdoors. You can even give him a treat. You must praise him or treat him immediately after he’s finished eliminating, not after he comes back inside the house. This step is vital; because rewarding your puppy for eliminating outdoors is the only way he’ll know that this is an appropriate behavior.
- Put your puppy on a regular feeding schedule. Depending on their age, puppies usually need to be fed three or four times a day. Feeding your puppy at the same times each day will make it more likely that he’ll eliminate at consistent times as well. This makes houstraining easier, for both of you.

CRATE TRAINING WILL HELP EXPONENTIALLY WITH POTTY TRAINING

Getting Started With Crate Training

The first step is to show your dog that their crate is a place where great things happen.

- **Tempt Them with Treats**
Start by tossing some treats around and inside the crate. Then let your dog check it out. Chances are you won't have to do too much convincing.
- **Feed Them Their Meals**
Mealtime happens inside the crate — but not with the door closed.
- **There's an Open-Door Policy**
Leaving the crate door open when you're at home allows your dog to go inside anytime, they want. And the more access they have, the more they'll love it.

Closed-Door Crate Training

Two 15-minute training sessions each day is usually enough time to help your dog fall in love with their crate. But before you kick off your first closed-door training session, give them time to stretch out their legs or use the bathroom.

1. Warm up your dog with a treat toss. Throw their favorite treat or toy into the crate, followed by a crate command, such as “go to crate.”
2. Once your dog takes the bait, give praise and bonus treats to encourage them to sit or lie down. As soon as they're settled, close the door and continue to lay on the praise and treats.
3. Try interval training. Start with stints of 15 seconds with the door closed, giving verbal encouragement and treats along the way to reward positive behavior. Then let them out for some praise and more treats. Go with your next interval and continue to increase the time as your dog's crate comfort increases.
4. If your dog is whining or subtly telling you that they're not having it, wait until they've been quiet for 5 seconds before you open the crate door. If it's a total freak-out, just let them out and try another time. You want this to be fun for both of you, so no one should be breaking a heavy sweat.
5. Stay in the room with your dog during these early training stages. Once your dog seems to be getting more comfortable, you can increase your distance from the crate, and eventually, leave them on their own.

NOTE: No dog should spend the majority of the day in a crate. Puppies especially should be limited to the amount of time they spend in a crate to avoid elimination accidents and future behavior issues. A good rule of thumb for the maximum amount of daylight hours a puppy should spend in the crate at a time is to add one to the puppy's age in months. For example, a two-month-old puppy should spend no more than three hours straight in a crate during the day. After three hours, give the puppy a break from the crate, go outside to eliminate, and provide some time to play before putting her back in the crate. Dogs with separation anxiety can be difficult to crate train, and their anxiety behaviors may worsen if you attempt to keep them in a crate. Discuss your dog's behaviors with a veterinarian if you have any concerns.

Leash Training Your Dog

Walk on Loose Leash, Part 1: Choose the Right Walking Pace and Make It Clear Pulling Doesn't Work



You've probably heard the talk about how humans with dogs are healthier because they exercise more. A number of scientific studies support this statement; however, what those articles fail to mention is that if your dog drags you, lunges, or tangles you in the leash, those walks may not be that fun. To improve your dog's behavior and the enjoyment for both of you, here are a few tips on training your puppy or adult dog to walk at your side.

Why do dogs pull on leash?

First, it's important to know that dogs pull on leashes because it gets them where they want to go, faster. As a result, if we want them to walk on loose leash, we need to stop dead in our tracks if they start to pull and only walk forward when they are on a loose leash. Of course, this sounds simple but getting it right can be a little tricky. Here's how to get this approach to work.

Where should your dog be?

Before you even start, it's essential that you choose a specific zone where your dog should walk in relation to you. I recommend your dog walk by your right or left side with his shoulders even with yours, like your friend or a human companion would. That's the location where you can communicate with Fido most easily. This position is often referred to as heel position. It's also okay if your dog chooses to walk a little behind you.

Preparing to start the walk

Start with your dog seated next to you on your chosen side. Give one treat for sitting and additional treats, if needed, for remaining seated so he doesn't get up before you're ready to walk forward. As Fido gets better at holding his sit position next to you, increase the interval between treats and also vary the interval so that you can eventually fade the treats out for this calm start behavior.

Choose the right walking pace

Next, start walking. You probably never thought you needed a lesson in walking but it turns out that most people do. If we want dogs to follow our lead and stick with us, we have to walk in a manner that makes it clear we know where we're going. That means we should generally walk at a brisk enough pace to keep our dog at a fast trot. Incidentally this is also a much better pace for helping to burn calories in both you and your dog. What do I mean by brisk? 120 beats per minute (bpm) or faster (two steps per second). And if you have an energetic Jack Russell Terrier, like my dog, Jonesy, you

may have to walk at 130 or 135 bpm to keep him happy so he thinks his walk with you is fun rather than acting like you're his ball and chain.

You can even experiment with your pace at home. See how fast you need to walk to get your dog at a fast trot. Then watch his demeanor at that pace and compare it to his demeanor, attention and focus when you walk more slowly. The average dog is more likely to respond to the slower speed by stopping to sniff, marking more frequently, and focusing on or pulling towards animals, people or objects in the environment. That's because, compared to his human, the environment now looks more interesting.

Reward your dog when he's trotting at your side and focused on you

Once you've started and are walking at a brisk pace, give your dog treats (ideally portions of his daily meal) every time he's heeling next to you and looking at you for 2–3 steps. As soon as you can get him to repeat this focused behavior 5 or more times in a row, increase the number of steps he must heel and focus on you to 4–5. Next, alternate between a higher interval of focused behavior between treats, such as 7–10 steps, and a lower interval, such as 1–5 steps. The goal is that by increasing the expectation but rewarding her frequently enough, Fido learns it's fun to trot by your side while focusing on you and she doesn't even try to pull ahead.

At first, I practice this focused heeling through the dog's entire walk because, at first, many dogs need to be looking at you in order to remain at your side. But once Fido can walk at attention for half to an entire block, she will most likely stick by your side even when she's not looking at you, at least in low distraction walks. At that point, your dog can be allowed to walk at your side without needing to look at you; however, still only reward him when he heels at attention.

You must make it clear that pulling doesn't work

Most dogs will want to forge or lunge ahead at some point in their walk even if you're rewarding with treats for heeling politely. That's why it's equally important to make it clear that if Fido gets ahead of you, and especially if he pulls on leash, he is going nowhere. When Fido gets even one paw ahead of your foot, just stop within a split second so that, by the time he gets to the end of the leash, you're stationary. By doing so, you make it clear to him that he doesn't get to pull, even once. If you don't stop this behavior abruptly or you have the leash in your hand and let your dog pull your arm forward then he instead learns that he can pull a little or pull sometimes. This sends him mixed messages and prevents him from learning that walking on loose leash is what works. Once you've stopped, you must wait for Fido to come back and look at you such that the leash is hanging in a loose U. Now for the really tricky part of this formula. Once you've stopped you must wait for Fido to come back and look at you. At first when Fido gets to the end of the leash he may pull a little bit, but if you've worked on other exercises that I commonly recommend, such as "say please by sitting" (ch. 5 in Perfect Puppy in 7 Days) and the version of leave-it where we toss treats to the end of the leash (ch 5), then Fido will remember that pulling never works. In fact, on a walk, pulling causes the walk to suddenly become really boring. Then, if you've been careful about

standing stationary, he'll remember that he should come back to you and say please by sitting in front of you in order to get you to provide rewards—such as treats and, ultimately, walking forward. Once your dog sits in front of you, reward her with one treat for sitting and additional treats for remaining seated and focusing on you if needed. The additional treats are to train her to remain focused on you instead of falling into a habit of taking one treat and then blowing you off. The better she gets at focusing on you in the sit, the longer and more varied the treat interval should be. You can walk on when Fido's sitting calmly in front. Sometimes you should wait for her to sit and look at you for 2 seconds after her last treat before you walk on. Other times you can give her last treat and start walking right after the handoff.

Resume your walk at a brisk pace (> 120 bpm)

It's essential that once you do start walking, you walk at a brisk pace. That way you send a clear signal to your dog that you are resuming the walk. He needs to see a clear and immediate difference between the two paces. Cues, such as the speed at which you move, are important if you want to communicate clearly what you want to your dog.

What if your dog is already ahead of you on the first step?

Some dogs get up quickly as soon as you start walking and you can't catch up to them to get beside them so that they are in heel position. This is more likely to occur if you walk too slowly. But, in any case, here are two solutions to keep Fido from immediately starting off ahead.

Solution 1: Distract and reward with a treat.

Start walking as you are giving her a treat while she's sitting. That is, your left hand (if she heels on the left) will be holding the treat at her mouth, thus keeping her occupied as you start to walk past her. Then, once you are beside her, let go of the treat so that she can eat it and get up and walk next to you. Now she is in heel position next to you. Repeat this method a handful of times and then try it without the treat distraction as you start. Then use the distraction technique only when you need it, until sitting and waiting for you to move up to Fido's heel position before walking becomes a habit for her.

Solution 2: Head in the opposite direction after Fido sits

In this method, once Fido's sitting and focused on you, turn around and walk the opposite direction. Again, stand stationary if she's even about to pull. Wait for her to figure out that as long as she pulls she will go nowhere. When she magically turns and sits facing you, reward her with a treat within a split second. Then head in the new direction. You may have to lure her when you start to walk in the new direction so that she knows to stay on your left side (if you've chosen the left side for heeling). Note that when she consistently turns to come back to you immediately upon getting to the end of the leash (e.g., she turns back within half a second), you can head in the other direction without giving her a treat or waiting for her to sit and just reward her by walking on in the other direction. Then you can vary it so she never knows which time she'll get a treat for the good behavior. Ultimately you won't need to give treats.

So, there it is, the basics to getting your dog to walk on a loose leash. Start in a relatively low distraction environment where your dog will not need to bark at or lunge to get to people, dogs or objects. Then work in increasingly distracting situations when Fido's ready.

Here is a video to help you along:

https://www.youtube.com/watch?v=C43h_1cT4EE



Children and Puppy Guidelines

It is important to remember that no child should ever be left alone with a pet; even the "best" pet may hurt a baby. Close supervision is mandatory when an infant/toddler and a pet are together.

Anticipate schedule and household changes that may occur when the baby arrives; try to implement these changes well in advance of the actual arrival of the baby. This may mean spending less time with the pets, pet segregation from certain areas of the house, teaching the pet to stay off the furniture, awakening at night, etc.

Practice Tranquility Training Exercises (see below) with your pet prior to the arrival of the baby.

Prior to the arrival of the baby, obtain a recording of a baby crying. One resource is www.soundsscary.com, Soothing Sounds CD with baby noises. Play on low volume for 5-10 minutes multiple times daily. During sessions, have the dog do basic obedience commands and reward good, obedient, calm behavior. Gradually increase the volume at successive training sessions until the recording is played at true baby crying volume. If at any time during increases in the volume the dog appears to be agitated, return to a lower volume and progress more gradually. It may be beneficial to start carrying around a baby doll and rewarding the dog for good behavior around the "baby."

Get the pet used to new baby product odors and furniture by having them in the house prior to arrival of the baby.

Get pets used to pulling on hair/ears by initially doing it very gently and rewarding them for good behavior with a treat/affection. Gradually increase the intensity of the pulling until you mimic what a toddler may do.

Do not allow pets to get into the crib or sleep in areas where the baby will be sleeping/resting.

For particularly anxious dogs/cats, consider placing a canine pheromone product (DAP-dog appeasing pheromone R) or Feliway R (cat calming pheromone) diffuser in the house about 2 weeks before the baby's arrival.

After the baby is born, bring some of the clothing that the baby has worn in the hospital home for the pets to smell.

When you bring the baby home, have another person hold the baby so that you can greet the pets.

Once things have calmed down, introduce your pets one at a time to your new baby. The pet must be controlled during the introduction. Leashes and head halters or harnesses can be helpful. Have one person hold the baby while sitting comfortably on a chair. Another person should be carefully monitoring your pet's behavior. At any sign of aggressive or unacceptable nonaggressive behavior (i.e., crawling on top of baby), interaction with the pet and the baby should be immediately interrupted. Aggressive behavior should result in immediate isolation of the pet and contact with your veterinarian. Unacceptable, nonaggressive behavior should result in redirection of the pet to do an alternative behavior (e.g., sit); desirable behavior is rewarded.

If there is only one spouse at home during the first few weeks that the baby is at home, then the pets should be restrained or confined in the presence of the infant. Tethers, crates, or baby gates may be helpful.

Usually when a new baby enters the household, the adults ignore the pets when the baby is active and give the pets attention when the baby is sleeping. Inadvertently this teaches the pet that the baby is something negative (baby equals no attention) and that the absence of the baby is a good thing. This is the opposite message that we want to give our pets. Therefore, make a point of trying to pay attention to the pets when the baby is active/present. This can be done with verbal engagement or if two adults are present, one adult can attend to the baby and the other adult can pet or play games with the pets. When the baby is sleeping, you should pay less attention to the pets.



TRANQUILITY TRAINING EXERCISES

Listed below are guidelines for a series of daily training exercises, taking less than 10 minutes to complete. These are the foundation work for later desensitization and counterconditioning exercises. It may be more successful to start with the dog on leash and head collar, then progress to off-leash training on the second rotation through the exercises. If the dog's problematic behaviors only occur outside the home, do all the tranquility training on leash. If a dog routinely gets bored, distracted, agitated, or distressed during these exercises, they can be broken down into two 5-minute sessions. The person with the most control over the pet should begin the training first.

- Find a quiet place in your home for initial training.
- In some cases, you may want to use a small rug or bed as a location to train your pet to settle and relax. Using a rug or bed will allow you to take this item to other locations where your pet may need to be calm. Naturally if the problem occurs outdoors, this is not necessary. Having a reliable "go to X" command is very helpful for a wide range of undesirable behaviors ranging from obnoxious greeting behaviors to aggression. This can be used in separation anxiety exercises for independence training and teaching a safe place to remain when alone.
- In all of the exercises, the dog has to do a simple command (sit or down) and then remain in that position and in a tranquil state to gain the reward.
- You may want to add in a key phrase like "relax" or "easy" to teach the dog to associate relaxation with sit/down and stay. The goal is for the pet to be relaxed and calm. Relaxation is measured by watching the facial expressions and body postures of your pet; ears should be relaxed and the body soft and loose. You also want slow and relaxed respirations.
- As you progress through the exercises, the handler will start to engage in mild distractions during the command phase.
- Remember that the handler throughout the exercise should give the dog verbal direction. The distractions will become greater as the training progresses.
- Noncompliance is not rewarded. Just turn away, take a short (e.g., 30-second) break, and adjust the exercise to increase chances of success then try again.

- Between each exercise, the dog should break the sit, get up and move, and sit again. To get this to happen, the handler can move to another spot in the room and call the dog to them for the next exercise.
- The first round of these exercises should be done inside the house with minimal household distractions; other dogs should be confined elsewhere, it should be quiet, etc.
- The second round can be in slightly more distracting circumstances such as in a secure yard.
- Once the dog has successfully completed these exercises in at least two different locations, you can progress to desensitization and counterconditioning to the trigger stimuli.

Day One

1. Sit
2. Sit, watch you for 2 seconds
3. Sit, watch you for 5 seconds
4. Release for a rest
5. Go to spot, sit
6. Sit, watch you for 3 seconds
7. Sit, watch you while you take one step backwards and return
8. Release for a rest
9. Go to spot, sit, stay for 3 seconds
10. Sit, watch you while you raise your free arm to chest level and return it to your side again
11. Go to spot, sit, watch you for 10 seconds
12. Sit while you walk one step to the right and return
13. Go to spot, sit while you walk two steps backward and return
14. Sit, watch you for 5 seconds
15. Go to spot, sit while you walk three steps backward and return

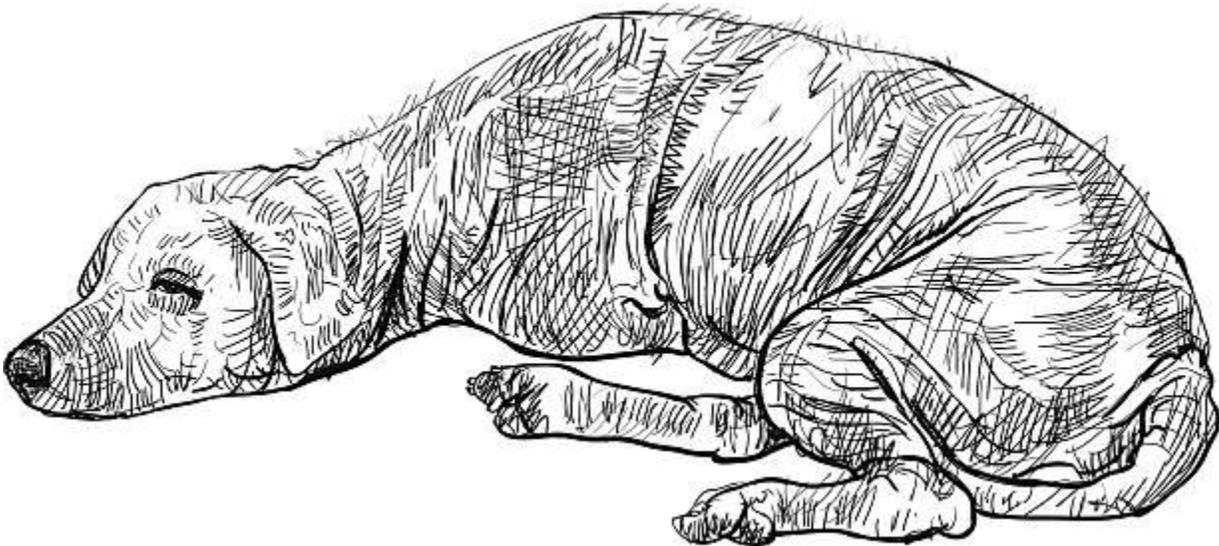
16. Sit, watch you for 5 seconds

Day Two

1. Repeat steps 1-16, varying the time the pet remains in place from 3 to 10 seconds
2. Vary the direction of movement; go left then back, swivel and turn away one step and return, or turn in a circle or march in place
3. Vary the distraction, perhaps clapping your hands softly two to three times

Subsequent Days

1. For the remainder of the first week, continue to vary the amount of time the pet remains stationary in each step.
2. Continue to vary the distractions, including jumping jacks, knocking on furniture, talking, jogging in place, turning your back on the dog, etc.
3. After a week, return to Day One and repeat in a different location.
4. Repeat with different family members handling the pet.



How to Play with a Teething Puppy/Puppy Biting

Teach your dog bite inhibition from an early age. If your dog nips or mouths you during play or at any other time, withdraw attention immediately and walk out of the room. Wait outside for a minute or two, come back in the room and resume play.

If the nip happens again- repeat the exercise until your dog realizes that nipping stops all interaction.

If your dog plays without nipping, let play continue.

Give your dog plenty of chew toys to redirect her nipping onto something more appropriate.

Encourage non contact games such as fetch or go find. You can play tug of war but make sure you do it with boundaries so that even when your dog is overly aroused, she listens and responds to you when you give her a cue or tell her to stop.

Avoid wrestling or rough housing with your dog as this can exacerbate mouthing behavior.

Teach your dog the 'Leave It' cue, which is good for impulse control.

If your dog is getting too excited, give her a time out somewhere where there is no human interaction and she can settle before continuing interaction.

If your dog is a relentless nipper try spraying some taste deterrent on you or your clothes. While this might not make you smell so nice for a while it will deter your dog's desire to keep mouthing you.

Do not smack your dog on the nose for nipping or mouthing as this could make the behavior worse, and give your dog a reason to fear your hands.

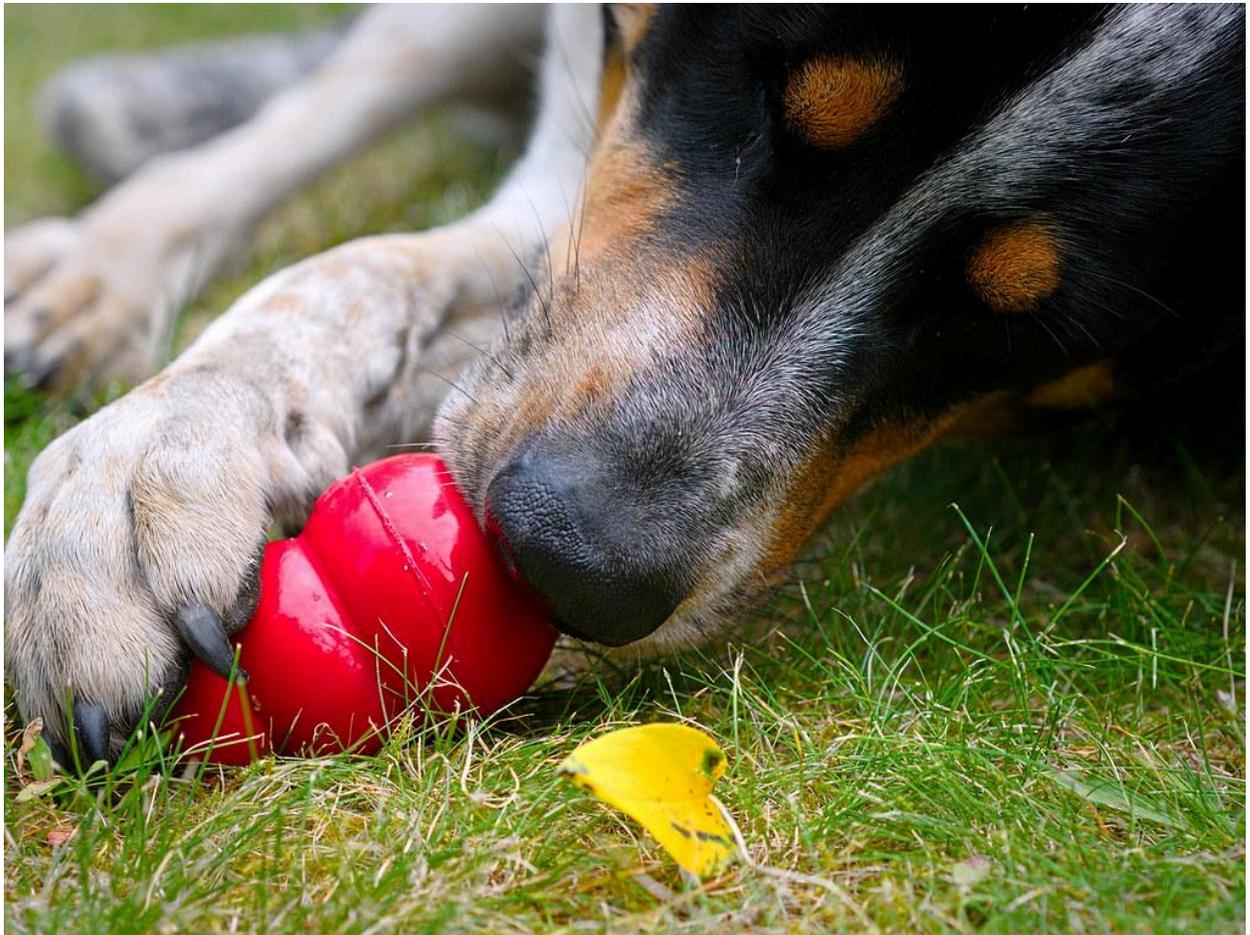
Cold Carrots or Green Beans can help relieve discomfort and offer vitamins and minerals. Be careful though! They have a lot of fiber in them.

Try frozen fruits like bananas or strawberries. They stay cold for longer than the earlier options, but they may make a mess!

Offer teething specific toys such as a KONG
(<https://www.kongcompany.com/about-kong-toys/>).

These can often be filled with things like peanut butter and can also be frozen.

We use the following recipe to fill the kong that is puppy safe! 15 ounces of pumpkin mixed with ¼ cup unflavored greek yogurt and a spoonful of peanut butter (xylitol free). Mix this in a ziploc bag with a corner cut out for easy dispensing into the KONG.



Important Reasons to Spay or Neuter Your Pet

By spaying or neutering your pet, you'll help control the pet homelessness crisis, which results in millions of healthy dogs and cats being euthanized in the United States each year simply because there aren't enough homes to go around. There are also medical and behavioral benefits to spaying (female pets) and neutering (male pets) your animals.

Here are some of the medical benefits:

Your female pet will live a longer, healthier life. Spaying helps prevent uterine infections and breast tumors, which are malignant or cancerous in about 50 percent of dogs and 90 percent of cats. Spaying your pet before her first heat offers the best protection from these diseases. Neutering your male companion prevents testicular cancer and some prostate problems.

And behavioral benefits:

Your spayed female pet won't go into heat. While cycles can vary, female felines usually go into heat four to five days every three weeks during breeding season. To advertise for mates, they'll yowl and urinate more frequently—sometimes all over the house! Your male dog will be less likely to roam away from home. An intact male will do just about anything to find a mate, including finding creative ways escape from the house. Once he's free to roam, he risks injury in traffic and fights with other male animals. Your neutered male may be better behaved. Unneutered dogs and cats are more likely to mark their territory by spraying strong-smelling urine all over the house. Your dog might be less likely to mount other dogs, people and inanimate objects after he's neutered. Some aggression problems may be avoided by early neutering.

Spaying/neutering your pets is also highly cost-effective. The cost of your pet's spay/neuter surgery is far less than the cost of having and caring for a litter.

Debunking Spay/Neuter Myths and Misconceptions

Spaying or neutering will not cause your pet to become overweight. Lack of exercise and overfeeding will cause your pet to pack on the extra pounds—not neutering. Your pet will remain fit and trim if you continue to provide exercise and monitor her food intake. Neutering is not a quick fix for all behavior problems. Although neutering your pet often reduces undesirable behaviors caused by a higher level of testosterone, there's no guarantee that your dog's behavior will

change after he's neutered. Although the surgery will reduce the amount of testosterone in your dog's system, it won't eliminate the hormone completely. Neutering will also not reduce behaviors that your pet has learned or that have become habitual. The effects of neutering are largely dependent on your dog's individual personality, physiology and history.

When to Spay or Neuter Your Pet

For dogs: We recommend anywhere between 4-6 months for most breeds. If you have a giant breed such as a Great Dane, it is best to wait until around a year because they grow slower. If you have a larger breed dog, consider Gastropexy (or stomach tacking) to prevent bloat.

MICROCHIPPING

When your pet is under anesthesia for their spay or neuter, we recommend getting them microchipped. A microchip is a rice sized chip in between their shoulder blades that can be scanned and contains your information if your pet is found.

IT IS NOT A GPS TRACKER.

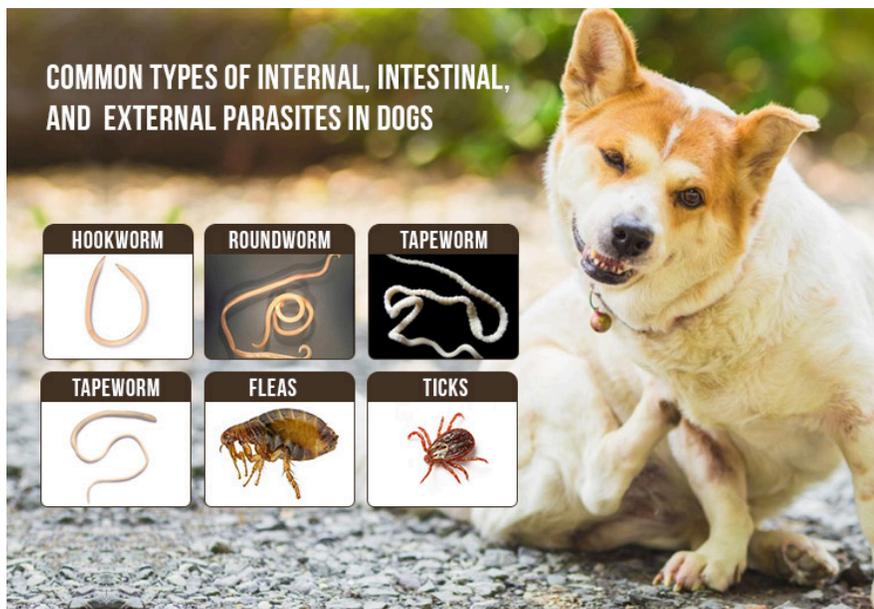
Don't think it'll never happen to your dog. AKC Reunite reports that one in three dogs go missing at some point in their lifetime. Unlike a collar, which can easily break, fall off, or be removed, a microchip is a reliable way to get your contact information—as well as vital information about your dog's medical conditions—and increase the odds he'll be returned to you if he's found. We will provide the first year of registration for you, but the microchip will always work even if you opt out of paying for premium registration.



Common Parasites your Dog Encounters:

- **Fleas** are a common parasite that bite, transmit disease, and cause your dog to itch, making them very miserable. Fleas also suck blood, and when left unchecked, this can cause lethargy, weakness, and even death if not caught and treated in time. Common conditions and infections from fleas include flea allergic dermatitis and tapeworms. To make sure a flea infestation doesn't begin or become a vicious cycle in your home, *all* your pets, including indoor-only cats or dogs, need to be on a year-round preventative. Once fleas enter your home, they can quickly take hold (each adult female flea can lay anywhere from 20–50 eggs each day) and cause an infestation that can be very difficult to completely get rid of.
- **Ticks** can be found anywhere in the United States - and at any time of the year. Like fleas, ticks suck a dog's blood, and when left unchecked can also cause related health problems. Ticks can also transmit several debilitating diseases in dogs, such as Lyme disease, anaplasmosis, tick paralysis, and Rocky Mountain spotted fever. Even when using tick preventative medications, it's still a good idea to check your dog for ticks after time spent outside, so your dog doesn't bring ticks indoors (and also as an additional layer of protection against disease transmission).
- **Mosquitoes** can transmit many diseases, and just a single bite from an infected mosquito can put your dog at risk for developing heartworm disease. While dogs that spend lots of time outside (when mosquitoes are feeding) may have a higher risk, even dogs that rarely go outside are at risk for heartworm disease. In fact, cases of heartworm disease have been diagnosed in all 50 states. While there are treatments available for dogs with heartworm disease, they aren't without potential medical complications, **HIGH** costs, and logistical problems (like strict crate rest for several months). Even after treatment for heartworm disease, your dog can be left with irreversible damage to the heart and lungs. Prevention is key to keep your dog from developing heartworm disease.

These common parasites your dog encounters are easily prevented with products available from your veterinarian. There are chewable pills, topical solutions, and even injections that can be used to help protect your dogs. Your veterinarian should be your go-to advisor to help you figure out the products and plans that are best suited for your pets.



Prevention is a healthier, less expensive way to keep your dog healthy and safe from the many parasites they are likely to encounter.

Keeping your pet on a full-year preventative plan will help give you peace of mind that they're protected from parasites all year long.

Brushing Your Dog's Teeth

Brushing your dog's teeth might sound silly, but it's an excellent way to prevent plaque buildup. You don't need to brush your dog's teeth daily, although the more often the better. Most dogs aren't too fond of the idea at first, but you can easily train your dog to have his teeth brushed the same way you would to have his nails trimmed. Start by rubbing your fingers on their gumline and in their mouth to get them used to the feeling, then gradually work up to a doggy tooth brush. Once your pet is 6 months old and has all their permanent teeth you can start brushing.



Dog Dental Treats

Dogs love treats, and dental treats for dogs are a very good way to improve your pup's dental health. These treats are made specifically to remove plaque buildup and often contain ingredients that freshen breath and clean your dog's mouth. They are generally much more appreciated by our dogs than a toothbrush or tooth wipes, and they do a great job of keeping our dog's mouth clean. These treats come in a variety of shapes, sizes, and flavors, and you are sure to find something your dog loves.

Dog Chews

There are hundreds of different types of dog chews, but almost all of them have teeth-cleaning properties. The act of chewing benefits your dog's oral health, in and of itself, regardless of what is being chewed on. The gnawing scrapes plaque off your dog's teeth, and many all-natural chews made from meat contain enzymes that help promote dental health. Chews like cow ears, bully sticks, and chicken strips are a great way to keep your dog happy and healthy. If you're looking for something without any calories, there are many long-lasting rubber or nylon dog chew toys that do the job, as well.

Retained Baby Teeth

Some breeds, especially smaller ones, have a tendency for some of their baby teeth to get stuck, and not fall out on their own. It is important to have these pulled out by a veterinarian, so they do not cause pain, swelling, or build up of bacteria. We generally do this at the same time as their spay or neuter.

Professional Cleanings

Perhaps the best way to ensure your dog's oral health is to have him undergo a professional cleaning by a veterinarian. Your veterinarian knows what's best for your dog's teeth and will be able to address any issues she finds. Although much more expensive than the other tips we've mentioned, a professional dental cleaning is the best way to maintain your dog's dental hygiene. Your veterinarian is experienced in preventing, locating, and treating any issues that might go unnoticed by even the most dedicated dog owner. If there is one option you choose to promote your dog's dental health, we suggest visiting your veterinarian for a professional exam.

Training Recommendations:

1. *Southeast Animal Behavior and Training*

Let's work together to create safe & happy homes for humans and pets alike!

Phone: 704-368-4586

Email: info@southeastanimalbehavior.vet



SOUTHEAST

ANIMAL BEHAVIOR
+ TRAINING

<https://www.southeastanimalbehavior.vet/>

2. [Happy Dogs Training](#)



3. [Dog Training](#)

karen@4onthefloordogtraining.com

4. [Understanding Fido](#)



**UNDERSTANDING
FIDO**

Training for Dogs &
the Humans Who Love Them

Pet Insurance

Pet insurance typically covers a wide range of medical expenses related to unexpected accidents and illnesses. While coverage can vary depending on the policy, many pet insurance plans include the following:

Accidents: Coverage for injuries sustained from unexpected accidents, such as broken bones, lacerations, or swallowed objects.

Illnesses: Coverage for acute illnesses and chronic conditions like ear infections, UTIs, cancer, diabetes, and allergies.

Diagnostic tests: Coverage for laboratory tests, X-rays, MRI scans, and other diagnostic procedures.

Surgeries: Coverage for planned procedures and emergency surgeries.

Medications: Coverage for prescription medications, including ongoing medications for chronic conditions.

Hospitalization: Coverage for overnight stays at the veterinary hospital and intensive care.

Hereditary and congenital (present from birth) conditions: Coverage for breed-specific or genetic conditions that may require medical attention.

Some companies may also offer additional coverage for preventive care, wellness visits, dental procedures, behavioral therapy, and alternative therapies like acupuncture or chiropractic treatments. It's important to carefully review the policy details to understand what is covered and what may be excluded. Pet insurance typically works on a reimbursement basis, where you pay the veterinary bills upfront and then submit a claim to the insurance company for reimbursement. There are a few limitations that impact how you can use a pet insurance policy. Here are some key considerations to keep in mind when selecting a plan:

Waiting periods: All pet insurance companies have mandatory waiting periods before your policy becomes effective, after which time your pet will be covered and you are eligible for claim reimbursement.

Deductibles: Consider your policy's deductible amount, which is how much you need to spend on covered vet bills out-of-pocket before the insurance kicks in. Typically, the lower the deductible, the higher the insurance premium will be.

Reimbursement rate: Once your insurance coverage kicks in (and your deductible is met), you'll be eligible to receive reimbursements for covered costs outlined within the policy at a rate specified at the time of enrollment. Most policies reimburse between 60% and 100% of the cost of eligible expenses.

Payout limits: You can customize the limit on how much your insurance plan will pay. Some plan limits are per condition while others are per year, and some offer unlimited payouts.

Coverage exclusions: Pet insurance works for future medical expenses but does not cover past vet bills or health issues that existed before the pet was insured, known as pre-existing conditions. There may also be exclusions on bi-lateral conditions and hereditary conditions that may apply to your pet.

Choosing the right pet insurance policy can be overwhelming with the many options available.

Pet owners can use a free resource like Pawlicy Advisor

(https://www.pawlicy.com/?utm_source=google&utm_medium=cpc&utm_campaign=S_Brand_R_OAS_Dt_Ex-XX&utm_content=S_Pawlicy_Dt_Ex-XX&utm_term=pawlicy%20advisor&gclid=CjwKCAjw6c63BhAiEiwAF0EH1CVKm0BVES4I2T9IjOFsyk5YfeX-h36NJI3G8gPTO5jjkACQ_vdB6BoCuqEQAvD_BwE&campaignid=20875203728&adgroupid=159817846511&adid=685072623352&device=c&placement=&gad_source=1) to get a personalized recommendation on the best plan for your specific pet, with the ability to compare top companies side-by-side in terms that are easy to understand.

ADDITIONAL RESOURCES

THE SPECTRUM OF FEAR, ANXIETY & STRESS

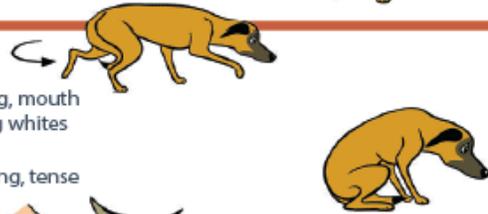
RED: SEVERE SIGNS - FIGHT/AGGRESSION (FAS 5)

- Offensive Aggression - lunging forward, ears forward, tail up, hair may be up on the shoulders, rump, and tail, showing only the front teeth, lip pucker - lips pulled forward, tongue tight and thin, pupils possibly dilated or constricted.
- Defensive Aggression - hair may be up on the back and rump, dilated pupils, direct eye contact, showing all teeth including molars, body crouched and retreating, tail tucked, ears back.



RED: SEVERE SIGNS - FLIGHT/FREEZE/FRET (FAS 4)

- Flight - ears back, tail tucked, actively trying to escape - slinking away or running, mouth closed or excessive panting - tongue tight instead of loose out of mouth, showing whites of eyes, brow furrowed, pupils dilated.
- Freeze/Fret - tonic immobility, pupils dilated, increased respiratory rate, trembling, tense closed mouth, ears back, tail tucked, body hunched.



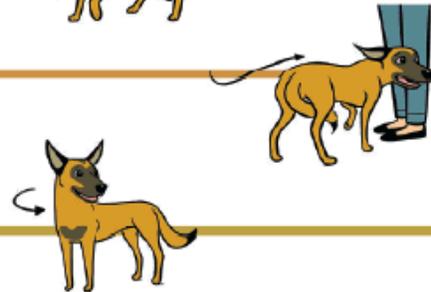
YELLOW: MODERATE SIGNS (FAS 3)

- Similar to FAS 2 but turning head away, may refuse treats for brief moments or take treats roughly, may be hesitant to interact but not completely avoiding interaction.



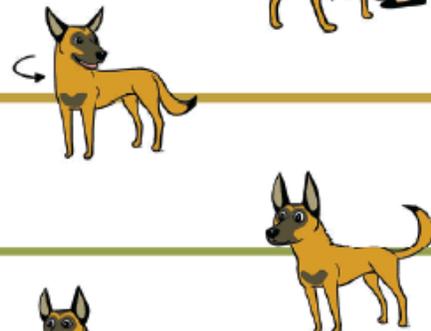
YELLOW: MODERATE SIGNS (FAS 2)

- Ears slightly back or to the side, tail down but not necessarily completely tucked, furrowed brow, slow movements or unable to settle, fidgeting, attention seeking to owner, panting with a tighter mouth, moderate pupil dilation.



GREEN: MILD/SUBTLE SIGNS (FAS 1)

- Tail up higher, looking directly, mouth closed, eyes more intense, more pupil dilation, brow tense, hair may be just slightly up on the back and tail, may be expectant and excited or highly aroused.



GREEN: ALERT/EXCITED/ANXIOUS? (FAS 0-1)

- Looking directly but not intensely, tail up slightly, mouth open slightly but lips loose, ears perked forward, slight pupil dilation.



This scale should be used to gauge your pets comfort level. We do not want to push them past FAS of 2 or more, as it can do emotional damage. If you attempt to groom, trim nails, or train for certain situations and your pet is in the 'yellow' of this scale, please stop, give them space and call us for further tips.

FEAR FREE PUPPY SOCIALIZATION



Making Exposure Positive

Use these bingo squares for ideas on how to socialize your puppy. Socialization and exposure are active processes that are most crucial from three to sixteen weeks of age but should continue well beyond this age range. However, it's important to realize that socialization is not simply about exposure—it's about making it fun and positive from the start.

Think of these experiences as a behavioral investment, like placing pennies in a piggy bank. When done properly, your investment will result in a friendly and outgoing dog. Positive, proactive socialization involves liberal use of food treats (or, for some dogs, interactive play with a toy/attention/petting) to help form positive associations.

Fun Visit at Veterinary Hospital	Have visitors to your home	Take your puppy to a friend's or relative's house	Meet at least 5 people using the 'Go-Say-Hi' protocol	See someone carrying something in hand, such as an umbrella
Play with a minimum of 3 food puzzle toys	Fun Visit at a Grooming Salon or with a Groomer	See children playing from a distance	See and/or meet a person in uniform	Hear construction sounds
Hear and/or see household appliances	See or hear a motorcycle or trolley	Go for a ride in a car	See at least 5 other animals from a distance (duck, geese, birds, squirrels, horses, cattle)	Hear and/or see lawn equipment
See or meet an adult dog who is healthy, friendly, and relaxed around puppies	Walk on 3 different safe and sturdy surfaces such as wood, gravel, sand, metal, concrete, rubber, etc	See and/or meet a person with mobility assistance (wheelchair, walker, crutches)	Hear and/or see a large truck, train, or bus from a distance	Explore at least 5 novel objects using the 'Check-It-Out' protocol
Walk, play, and/or swim in water	Be exposed to a recording of fireworks at a low and controlled volume	See and/or meet a cat who is friendly and relaxed around dogs	Hear children screaming and crying	Be exposed to the sound of wind, rain, and thunder



For more information, please visit www.fearfreehappyhomes.com

1. Dr. Sophia Yin: training resources, creator of Low Stress Handling (our hero!)

<https://cattledogpublishing.com/>

2. Veterinary Partner Network: training resources, medical information

<https://veterinarypartner.vin.com/>

3. Your Vet Wants You to Know Podcast: podcast on several topics:

<https://yourvetwantsyoutoknow.com/episodes/>

OUR INFORMATION

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

address: 10050 Edison Square Dr. Concord NC 28027

email: admin@highlandspethospital.com

phone: 704-464-4463

fax: 704-765-4083

On behalf of Dr. Condon, and every staff member here- we thank you for allowing us to care for your furry family member. We consider you all family and are here for whatever you need!

