



# The SPCA's Guide to Your New Puppy

This page is a follow-up sheet with information regarding your pet's vaccinations and other medical information.

## Dog/Puppy Follow-up

Pets Name \_\_\_\_\_

Next heartworm prevention due (Monthly) \_\_\_\_\_

Next Flea/Tick treatment due (ASAP) \_\_\_\_\_

Next rabies vaccination due (1 year) \_\_\_\_\_

Next DHLPP-C due: 2<sup>nd</sup> puppy shot \_\_\_\_\_

3<sup>rd</sup> puppy shot \_\_\_\_\_

Please refer to your pet's health record for medical treatments already given.

**If your pet is over 4 months old, you may disregard this section.**

My pet is to be sterilized by the date \_\_\_\_\_.

The cost of sterilization and the rabies vaccination is covered in the adoption fee IF DONE BY A HILL COUNTRY SPCA PARTICIPATING VET (see sterilization contract for list of vets)

---

This guide focuses mainly on new puppies, but most of the training and behavior tips will work just as well on dogs of ANY age.

### Intro to your New Dog

Diet: A well-balanced diet appropriate for your dog's age group and activity level are essential. Adult for dogs age 1-6, senior for dogs over age 7, active adult, large breed, and growth for puppies up to one year are a few of the foods available. A growth formula is essential for proper development of your puppy's organ systems and immune system. Poor diet can lead to medical problems, including poor growth, joint problem, skin and hair coat problems, ingestion of inappropriate items and allergies to name a few. The quality of the ingredients is very important. A high quality diet can decrease stool production because your puppy is able to utilize more of the ingredients. Remember that not all diets are created equal.

Vaccination: Follow the vaccination protocol recommended by your Veterinarian

Socialization: It is very important to expose your puppy to a variety of people and situation. This socialization enables your puppy to a variety of people and situations.

Please see the socialization list that is enclosed. Puppies that are not properly socialized can develop behavior problems such as fear-biting, aggression, or submissive urination. Be careful about exposing your puppy to animals or environments where it could contract infections such as parvovirus.

Exercise: Exercise is very important in your dog's well-being. It helps burn off excess energy. 20-30 minutes of aerobic exercise a day is recommended. Some options are leash walking, running, Frisbee, or ball fetching and/or swimming.

Grooming: A dog brush is sufficient for most dogs, but speak with your veterinarian or groomer if you have a long haired breed that requires significant amounts of grooming. Toenails are another important aspect of grooming. They should be kept relatively short to prevent overgrowth and curling into the pad. If you walk your dog on concrete or they dig a lot, trimming the nails may not be necessary since they may keep them worn down.

Identification: Be sure to get an ID tag for your dog. It should include your address and phone number in case your dog ever gets lost. This is very important 95% of pets that get lost not wearing a tag will not find their homes.

Collar: Keep a collar on your pet at all times. There are many different kinds of collars. Be sure that you can put two fingers between the collar and the dog's neck at all times. A growing puppy needs to be checked frequently as they can easily grow out of their collars.

Microchip: Animals lose collars and tags. In fact, a great majority of animals that end up as strays at shelters do not have collars or tags, even though they may have had them when they originally went missing. This is a very good way to find a lost pet. Microchips save time and prevent your animal from ending up in a very stressful environment for long periods of time.

Food and water dishes: Ceramic or stainless steel is recommended.

Obedience Training: Obedience training gives you and your dog a structured activity to work on. It aids in control of your pet. Practicing with 2 short sessions a day can be very rewarding for both of you. If your pet is having behavior problems, you want to have him work for any rewards. Sitting for treats is one of the main ways to do this.

Structured Schedule: Provide your pet with a structured schedule for eating, exercising and playing. Some dogs need a schedule to feel more secure. Once you develop a schedule, you will need to do what you can to stick to it.

Crate Training: this is an excellent method of house breaking for puppies. This provides the puppy with an area that is their own. Please see "Crate Training" in this guide.

Distractions while you are away: Puppies can become bored and destructive if they have to spend hours alone inside or in a crate. Puppies are notorious for damaging property because they are teething. Many times this boredom can be minimized or alleviated with

the addition of distractions and toys. One way is to leave the TV or radio on while you are away to provide noise in the background. It is also important to have a variety of safe toys available so they can be rotated every week to maintain the puppy's interest.

Appropriate Toys: A puppy needs to have a collection of toys that are his/hers. These toys need to be sturdy and the correct size for his breed and age. Cloth toys (socks, shirts, towels, etc.) and ones made of thin rubber can easily be destroyed and swallowed. This can cause major medical problems if they become lodged in their intestinal tract. If this occurs, they will need to be surgically removed. A puppy cannot distinguish between an old object, such as a shoe, and new one. Be careful about giving objects like these toys. Your puppy may think it is okay to chew on ALL shoes.

The following toys are recommended:

\*Kong Toy - This toy can be filled with biscuits and/or dry dog food. This food can be held in the Kong by the addition of canned food and then frozen. When you leave the house, offer the Kong to your pet. It will take some time and work to get the frozen treats from within the Kong. Beware that this can be messy once your dog starts to eat it.

\*Biscuit balls or Saucers - These are firm rubber toys that can have biscuits placed in them to challenge your pet.

\*Buster Cube - This toy is filled with dog food or treats and the dog must move it around to get food to sporadically release from it.

\*Nylabones and Gumabones - This offers your dog an object to chew on in your absence. These are very safe toys and are not easily destroyed.

\*Rawhides - As with any object, rawhides that are too small can be choked on. To try to prevent this, use flat rawhides or retriever bones. When the rawhide is small enough to be swallowed, throw it away.

### 10 Steps to a Well Behaved Dog

1. Start early!! Even though you can teach an old dog new tricks, it is easier and faster to train at a young age. Socialization of young puppies can make a big difference in their behavior as adults.
2. Be consistent and repeat, repeat, repeat! Dogs learn through repetition and reinforcement.
3. Avoid giving combined commands such as "sit-down" which will confuse your dog. Decide which commands you will use and consistently use the same words each time you give a command.
4. Be gentle and patient. Dogs learn much better from positive reinforcement rather than negative. Don't train your dog when you are grouchy or impatient. Yelling and harsh handling will only confuse your dog. Stress and fear inhibit the learning process.
5. For a well behaved dog in public, he must be well behaved at home. You must keep up good habits at home. If your dog does not respond reliably to commands at home (where distractions are minimal), he certainly won't respond at the park when he is tempted by other dogs, people, noise, food, smells, etc. You must teach your dog that he must follow through and obey all commands at all times.

6. One command should equal one response. If your dog does not respond after one or two times, then gently enforce the command. Repeating the command over and over just makes the dog tune you out and teaches him that the first few times are a "bluff".
7. Avoid giving your dog commands that you cannot enforce. Every time you give a command that is neither complied with nor enforced, your dog learns that commands are optional.
8. Whenever possible, try to use your dog's name in a positive way rather than in conjunction with reprimands or punishment. Also, don't ever ask your dog to "come" for punishment or you will quickly have a dog that doesn't come when called. Your dog should trust that when it hears its name or is called to you, good things happen.
9. Good timing is essential. You must give a correction at the right time or the dog will not understand why he is being punished and all you have accomplished is confusing your dog. Punishment after the fact does not work! The same is true for praise. You can unintentionally reinforce undesired responses by giving praise at the wrong time.
10. Don't take good behavior for granted. You should reward good behavior, just as your correct bad behavior, so that your dog will understand what you want him to do.

### Housebreaking Your New Puppy/Dog

If possible, start at the ideal age: The best time to house break a puppy is when it is 6-8  $\frac{1}{2}$  weeks old. At his age, you can teach a puppy where to eliminate before it has established its own preferences. Don't worry if your puppy is older. It will still learn; it just may take a little longer.

Choose a certain spot outdoors to eliminate: Choose an appropriate area outdoors to take your puppy to urinate and defecate. If you take your puppy to the same spot every time, previous odors will stimulate it to urinate or defecate. It will also help train your puppy to one area of the yard.

Frequent trips outdoors: Your puppy will need to be taken outside to the chosen area numerous times a day. Many puppies may take 15-20 minutes of moving around and sniffing before they eliminate. Stay with the puppy the whole time. Don't play with the puppy until it has eliminated. If you start to play with him, he will become distracted from the task at hand. The following are recommended times to take the puppy out:

- \*Immediately after it wakes up
- \*Right after play sessions
- \*15-20 minutes after eating
- \*At least every 4 hours if crate training
- \*First thing when you return home
- \*Last thing at tonight before bed
- \*every 30 minutes while you are home
- \*Every couple of hours during the night (this will involve setting your alarm at least once during the night to take him outside).

Use a key phrase: If you repeat the same phrase every time your puppy eliminates outdoors, it will learn this phrase means that it's the right time and place to eliminate. Examples: "go potty", "take care of business", etc.

Reward, Reward, Reward: Reward your puppy by praising it, giving it a dog treat, and/ or playing with it after it has eliminated in the proper place. Remember to reward it right away. If you wait to give a reward once it is in the house, the puppy will associate the reward with returning to the house, not the elimination.

Indoor supervision: Make sure you can have your puppy supervised at all times while you are indoors with it. This may involve blocking off doorways to keep it in the room with you. You can also place a bell on its collar so you always know where the puppy is. Another common method is to have a leash on the puppy and attach it to your wrist or waist. This way you know exactly where the puppy is and it cannot sneak to another area to eliminate.

When you are away: Use crate training to assist in house training when you are away. This provides a safe area for the puppy to stay in and if used properly, can help with housetraining and other unwanted behaviors (such as chewing). This method is described in detail later. Just remember, a puppy will need to be let out at least every 4 hours, regardless of where it is kept during the day. As it grows older, this time can be extended.

Don't punish after the fact: A puppy should only be punished if it is caught in the act of eliminating in the house. If you see the puppy getting ready to eliminate or is eliminating, don't swat it. Instead, stomp your foot, shake a can filled with pennies or startle the puppy by sternly saying "NO". This puppy will likely stop what it is doing and you can take it outside to eliminate in the proper area. If you find an accident in the house or crate, do not punish the puppy. It cannot associate this punishment with the improper elimination because too much time has elapsed. Instead focus on praising the puppy when it eliminates properly.

Set meal times: Do not leave food out all day for your puppy. You will need to set times every day for eating. Remove the bowl after 20 minutes. This will create regular intervals at which the puppy will need to eliminate. Puppies need to be fed at least three times a day. Small breed puppies will need to be fed more often to keep their blood sugar levels normal.

Thorough cleaning: It is important to clean all soiled areas with a product that removes both odors and stains. Otherwise your puppy will return to the soiled area and eliminate again. Do not allow the puppy to watch you clean up the area. See your veterinarian for an enzymatic cleaner designed to eliminate pet odors.

Stick with the program: Most puppies can be successfully housebroken by 14-20 weeks of age. But a few pets may take longer. If you are having difficulty with housebreaking or have any questions please don't hesitate to call the shelter.

## Crate Training

Theory: In the wild, dogs live in dens. This is their safe place that provides them protection from predators and the elements. For our domestic dogs, the crate becomes the den. It provides the puppy with a safe, secure space that is their own. The crate is not a cruel jail cell but a substitute den. Puppies will not soil in their sleeping area if they can avoid it. The crate can be used for housebreaking as a puppy but once it is an adult, you will probably be able to leave the door open all the time. Many pets will continue to use the crate throughout their lives. Puppies that are crate trained also have fewer behavior problems.

Crate Type: Crates can vary from wire enclosures to plastic airline carriers. There are many different types and brands. Many veterinarians can special order a crate if you can find one you like.

Crate Size: Choose a crate that will be large enough for an adult dog of your puppy's breed to lie down, stand up and turn around without difficulty. Many times this is  $1\frac{1}{2}$  times his body length as an adult. For large breed puppies, you may need to partition the crate to make it smaller until your puppy grows into it. If the crate is too large, they will sleep in one side and eliminate in the other.

Location of the crate: Place the crate close to family members to help lessen the puppy's anxieties. You can move the crate from the family room during the day to the bedroom at night. You can also use 2 crates rather than moving the crate back and forth. When you are away, do not have the crate covered. Provide a radio, TV or window for the puppy to listen to or watch to keep the puppy from getting bored.

### Training to go into the crate:

1. Toss a treat or favorite toy into the crate to allow the puppy to go in on its own. Try not to force him into the crate. Coax with food and reward with praise. Do this a number of times before closing the door. Let him get comfortable going in and out of the crate on his own.
2. Once the puppy is comfortable moving in and out of the crate, close the door and have the puppy stay in the crate for a few minutes with you present. Praise him for sitting quietly in the crate. If he whines or barks, give a stern "NO". Do not allow him out of the crate until he is quiet. Gradually increase the time he is left in the crate with you present.
3. Once he is staying in the crate quietly with you present, you can leave the room but remain close by. Once again, if he starts to whine or bark, give a stern "NO". Once he has been in the crate alone and quiet for a while, praise him and allow him out for some play time. Repeat this numerous times and slowly extend the time he is alone in the crate.

When to have the puppy in the crate: Any time the puppy is unsupervised, it needs to be in the crate. This includes while you are busy in the house (cooking, eating, watching a movie,

etc.), while you are sleeping, or when you are away from the house. When you can supervise him, have him out to play with and train as much as you like.

Duration of time in the crate: Young puppies are not able to go long periods of time without urinating or defecating. You must keep this in mind. It is too much to ask to have a puppy stay in a crate 8 hours a day without urinating or defecation. It may be difficult to arrange a schedule to come home and let the puppy out every 3-4 hours but just remember it is not forever. As the puppy grows, it will be able to stay in the crate for longer periods of time. A rule of thumb is to take your puppy's age in months and add one to it. This is the maximum number of hours it can be left in the crate during the day. Example: 2 months - 1 = 3 hours. The may be able to go a little longer at night.

Objects in the crate: Your puppy will need to have some toys in the crate with him for playing and chewing, otherwise he will get bored. Select toys that are sturdy and large enough that the puppy cannot swallow them. See the previous list of appropriate toys. Use bedding cautiously. If your puppy does not chew or shred the bedding, then it is okay. If it chews on it, you will need to remove it. Puppies can ingest the bedding, and cause intestinal obstructions. Do not place food in the crate.

As your puppy matures: Once your puppy has reached adulthood, he may not have to stay in the crate all the time. He should be able to control his eliminations until you come home and understands the proper sites to eliminate in. You can slowly start introducing the dog to small areas of the house while you are gone. You still want to have the crate in the room with the door open because it is the safe haven. You want to wait until your dog has matured to start this otherwise he may chew on inappropriate objects in your absence. Eventually your dog could have full run of the house without eliminating or chewing.

### Keeping Your New Dog Healthy

Vaccinations: There are many different vaccinations available for dogs; this is just a list of the more common ones. Your veterinarian can recommend which vaccines are right for your pet depending on its age and lifestyle. At some time in heir life, almost all dogs will be exposed to a serious or even fatal infectious disease. Puppies tend to have an increased susceptibility and their outgoing nature may increase their exposure to diseases. Vaccination is the best and least costly way to prevent disease and provide good quality of life for your pet.

#### DHLPP - (Distemper, Hepatitis, Leptospirosis, Parainfluenza, and Parvovirus)

\*\*\*\*Puppies should be started on the DHLPP at 6-8 weeks of age. They must receive 3-4 vaccinations at 3-4 week intervals to receive full protection against these diseases.\*\*\*\*

Rabies: Rabies is a virus that causes a 100% fatal encephalitis in humans and animals.

Texas State Law requires that ALL dogs and cats be vaccinated between 12 and 16 weeks of age, then receive boosters once a year.

## Canine Heartworm Disease

### What is heartworm disease in dogs?

Heartworm disease in dogs is a serious and potentially fatal condition caused by the parasite Dirofilaria immitis.

### How does a dog get heartworm disease?

Mosquitoes transmit the disease by biting an infected animal, then passing the infection to other animals they bite.

### What can I do to prevent heartworm disease in my dog?

Prevention is available in several forms through your veterinarian. A flavored, chewable tablet or a topical liquid applied between the shoulders that is administered once a month, as well as an injection that lasts for 6 months is available. Ask your veterinarian which product is best for you. Some of these products have the added benefit of intestinal parasite control, flea control, or both. These heartworm preventions are prescription products and are available ONLY through your veterinarian. They should be given year-round for the life of the pet in our geographic region.

## Intestinal Parasites

Most pet owners do not know that some intestinal worms of pets may infect people. These worms cause discomfort and illness in your pet, and in some cases cause death. There are many parasites of pets; these are some of the most common ones. They are easily treated with a quick trip to the vet.

### Roundworms (Toxocara sp.)

### Hookworms (Ancylostoma sp.)

### Tapeworms (Dipylidium caninum)

These are very common in dogs that also have fleas as fleas are the mode of infestation.

### Whipworm (Trichuris vulpis)

### Coccidia (Isospora sp.)

## Ecto-parasites

**Fleas** - Fleas are a parasite that feed by sucking the blood from its host (your dog or cat). This can cause a severe nuisance to you and your pet. Some pets are allergic to the bite of a flea causing a severe allergic reaction characterized by redness, itching, loss of hair, and even sores on the skin. In severe cases fleas can cause death from blood loss (anemia).

Control of fleas - There are many great products on the market that will control fleas.

The best and safest products are available ONLY through your veterinarian. Most of these products will last for up to a month. This is a better investment than some of the look a likes at the grocery or feed store. These products actually work and most are guaranteed, so you can get your money back if you have a problem with the product.

**Ticks** - Ticks also feed by sucking the blood of its host (your dog or cat). They can also cause a severe nuisance to you and your pet as well as anemia and death in severe cases. Ticks can spread many diseases to you and your pet, including lymes disease and rocky

mountain spotted fever to name a couple. There are more tick-borne diseases that can cause illness in your pet. The best prevention is to control the ticks. There are several medications available through your veterinarians that are effective against ticks. Again these are a better investment and safer on your pet than some of the over the counter products.

### Kennel Cough

"Kennel cough" is an infectious bronchitis characterized by a harsh, hacking cough which most people describe as sounding like **"something stuck in my dog's throat."** It is analogous to a chest cold for humans and is only a serious condition in special circumstances (see below); in general, it resolves on its own. A dog with Kennel Cough generally feels active and maintains a normal appetite despite frequent fits of coughing. There is usually no fever or listlessness, just lots of coughing.

Dogs can make an assortment of respiratory sounds. Usually a cough is very recognizable but it is important to be aware of another sound called a "reverse sneeze." The reverse sneeze is often mistaken for a cough, for a choking fit, for sneezing, for retching, or even for gasping for breath. In fact, the reverse sneeze represents a post-nasal drip or "tickle in the throat." It is considered normal especially for small dogs or dogs and only requires attention if it is felt to be "excessive." The point here is to know a cough when you see one. A cough can be dry or "productive," meaning it is followed by a gag, swallowing motion, production of foamy mucus (not to be confused with vomiting).

### Spay & Neuter Facts

- ❑ Dogs and cats should be spayed/neutered at 4-6 months of age if possible.
- ❑ Spaying or neutering does NOT make your pt lazy or fat. Lack of exercise and too much food causes obesity. Altered animals tend to expend less energy because they roam less, so their food intake may need to be reduced.
- ❑ Spaying or neutering does NOT negatively affect your pet's personality. They will be happier pets because they will be healthier.
- ❑ There are many medical reasons to neuter dogs and cats. Neutering eliminated the risk of testicular diseases (such as cancer) and also prevents many disease of the prostate. It also reduces the risk of certain types of hernias and tumors.
- ❑ Neutering your dog and cat reduces roaming, aggressive behavior (such as fighting), and urine marking in the house. It very significantly reduces the chance of a cat contracting the feline AIDS or feline leukemia virus by decreasing roaming and cat fights.
- ❑ Spaying eliminates heat periods and objectionable behavior such as spotting of blood and attraction of male animals.
- ❑ Spaying also removes the possibility of uterine and ovarian cancer as well as pyometra (a life threatening uterine infection).
- ❑ Pet overpopulation is a tremendous problem in the US. Millions of animals must be put to sleep by animal shelters and veterinarians every year because of such TREMENDOUS overpopulation. Many more abandoned or homeless animals die from

exposure and starvation. Having your pet spayed/neutered is responsible pet ownership and they ONLY way of reducing this incredible loss of our companion animals.

- ❑ The ONLY way we can reduce the number of animals put to sleep each year is by SPAYING AND NEUTERING ALL ANIMALS.

**Texas state law REQUIRES that any animal adopted from a humane type organization be spayed or neutered. Any animals adopted from this shelter MUST be spayed or neutered.**

There is a lot of information in this packet. If you have any questions about anything you have read please feel free to contact the shelter or your veterinarian. We would be glad to answer any questions.

**Veterinary Hospitals that participate with the SPCA**

**Compassionate Care 830-997-7643**

**Fredericksburg Vet 830-997-4308**

**Hill Country Vet 830-997-9576**

**Pedernales Veterinary Center 830-997-9889**

**Friendship Veterinary Center 830-997-9946**

**The following procedures are included in your adoption fee:**

**Spay/Neuter**

**Heartworm test (if over 6 months)**

**Started on heartworm prevention**

**Dewormed with a broad spectrum dewormer**

**Treated with Frontline for fleas and ticks**

**Rabies vaccination**

**DHLPP-C vaccination**

**Collar**

**SPCA ID tag**

**Micro-Chip**

**Bordetella**

**Remember to call us if you have any questions regarding any information in this packet.**

**New Dog Check List**

- ❑ Be sure all adults in the family know you are getting a new dog.
- ❑ Discuss the care schedule of the puppy so that there are no questions as to who should be taking him out at what time. This will help in training and also prevent some accidents.
- ❑ Puppy-proof your house. Pick up all items you do not want the puppy to get his/her mouth on.
- ❑ Get an appropriate sized crate for your puppy. Check with Vets, Wal-Mart, or feed stores for crates. (Garage sales and re-sale shops are also good places to check).
- ❑ Food and water bowls. Ceramic or stainless steel are best. They are easy to disinfect and clean.
- ❑ Food. Be sure to get the correct food for your dog's age and activity level. (Vitamins are not necessary if you are feeding your dog a well balanced dog food).

- ❑ Appropriate toys.
- ❑ Set up an appointment with your veterinarian or a technician to discuss which heartworm prevention is right for your pet. (This is not included in the adoption fee, we have started your pet on preventative, but it is your responsibility to continue it throughout your dog's life).
- ❑ Get flea and tick control while at vet. Again discuss which product would be right for your pet.
- ❑ If you have adopted a puppy, set up his/her next vaccinations with your veterinarian while you are there.
- ❑ Order your new puppy an ID tag with your contact information on it.
- ❑ Be sure to have a collar and ID on your pet at all times.
- ❑ Get a good leash.
- ❑ Give lots of love to your new family member!!!