



**TOTAL RECALL
SCHOOL FOR DOGS**

Training Tips & Hints

THIS PAGE LEFT INTENTIONALLY BLANK



Having Problems With Your Dog?

You know you need a training program if:

- Your dog does not come when called
- Chews personal and household items
- Drags you around on walks
- Does not tell you the need to go outside
- Jumps on everyone and everything
- They think they're the Master of Your House (but doesn't contribute to the income!)

We at Total Recall School for Dogs do more than teach you sit, down, heel and come. We help you solve any behavior problems you may have.

Group Classes are available AM and PM in our 12,000 sq ft heated and air-conditioned training building. Agility training is available to our obedience clients.

Private lessons or consultations are available by appointment.

Also visit our store designed for our clients.

Call us at 651-464-1799 or visit trdogs.com
for more information.

VISIT OUR WEBSITE'S HEALTH & SAFETY PAGE
FOR SUPPLEMENTS TO THIS TRAINING PACKET

THIS PAGE LEFT INTENTIONALLY BLANK



PUPPY & BEGINNER OBEDIENCE INTRODUCTION

WELCOME

We are a professional dog training school. We have instructors with over 35 years of experience working with dogs. Each week we'll have a short Q&A session before we begin working. Please don't hesitate to ask questions.

POTTY

Be sure to potty your dog outside on the north side of the building in the area between the white posts. Please clean up after your dog with the supplies provided. If they have an accident in the training center we have towels and cleaning supplies you can use. It is your responsibility to clean up after your dog.

POSITIVE REINFORCEMENT

Please feed your dog only half of their food before coming. We use treats when we train. You may bring whatever treats you like, as long as they are soft and can be chewed easily and quickly.

Some examples would be:

- Soft dog food from the tubes
- String cheese
- Hot dogs
- Chicken

It's important to keep the treats interesting by changing them up once in a while. Treats are available in the store for a reasonable price. The store is open during class hours.

CLOTHING

HANDLERS

Wear comfy clothes. We're going to be doing a lot of walking, and you may also be asked to sit on the floor at times with your dog.

Total Recall is a heated and air-conditioned facility.

DOGS

Dogs should have a 4-6ft leash of leather or cloth. No retractable leads after the first night.

Collar should either be a flat buckle collar or a prong collar. No head halters or harnesses after the first night.

PRONG COLLARS

- Prong collars are used for training only and should not be left on all the time. They should not wear them unattended. This type of collar helps keep them from collapsing their trachea.
- The prongs do not hurt them. They have blunt ends.
- Let us help you fit your dog with the appropriate size collar. Links are removable and expandable. We sell extra links in the store.
- Start with hooking up the leash to BOTH rings the first night until they get used to the new collar. After the first week of training attach leash only to the swivel cinch ring.

USING CLEAR CONSISTENT LANGUAGE

- Make a list of commands you intend to use if there is more than one person training the dog in the household.
- We'll use food and hand signals to get them to understand what we want them to do.
- You may use different commands than we use, but be consistent with a firm tone of voice so they know it's a command.
- We use treats in the Puppy Class and begin to wean them off in the Beginner Obedience class.

BITING & CHEWING

Don't squeeze the muzzle or slap to correct biting. Use breath spray like Binaca, Listerine, or lemon juice. Give them a good dose in the back of the mouth being careful not to get in the eyes, and tell them "No bite".

Society is very intolerant of any kind of mouthing or play-biting with puppies. This needs to be fixed early on. It's best to get them over it as soon as possible.

Puppies will be fairly aggressive chewers the first year and you'll need to find items they can chew on.

- Freeze hollow sterilized bones filled with squeeze cheese, peanut butter, baby food, cream cheese.
- Bully sticks, and rawhides **made in the USA**. Monitor the dog's consumption and throw away when they get too small. DO NOT LEAVE DOG UNATTENDED.
- Ice cubes
- Hard Nylabones
- Buster cubes filled with food or dog treats
- Kong toys (Black is the hardest; pastel colors softest)

Make sure you buy the correct SIZE Kong toy so they cannot get their jaw stuck inside the hole.

TOYS

Don't let dogs destroy toys. If they do, don't buy them that same toy again. We don't want to encourage destructive behavior of any kind. Rotate and wash their toys. They'll think they're NEW!

TIMED SCHEDULED FEEDINGS

All dogs should be on timed scheduled feedings. Dogs can be fed in their crates and should not take longer than 20 minutes to eat. Eventually they should eat in about 10 minutes and whatever is left should be taken up.

If your dog is eating extremely fast, you can spread their food on a cookie sheet, or gradually feed them through a toy or Kong.

Scheduled feeding is useful in trying to determine if your dog is ill or has ingested something it shouldn't have, like mushrooms, socks, toys, rawhide, etc. Knowing your dog's eating schedule is very important.

You are in charge of their FOOD, SPACE AND TOYS and in that order of priority. This establishes you as the leader of the pack.

CONTAINMENT

It's important to have a way to contain your puppy/dog for their safety. A physical fence, Invisible Fence, or a tie-out are some examples.

FEAR STAGES IN A PUPPY

Your puppy will go through three fear stages as the mature. During these stages you may see unusual behavior from your dog.

9-15 weeks (very critical)

5-12 months (teenager phase)

18-24 months (teenager phase)

DOG PARKS

Dog parks can foster aggression, illness, respiratory problem, and parasites. If you must use a dog park only go with people you know.

INCLEMENT WEATHER NOTIFICATIONS

In the event classes need to be cancelled due to weather, please check the homepage of our website www.trdogs.com for details.

THIS PAGE LEFT INTENTIONALLY BLANK



SEVEN GOLDEN RULES OF RESPONSIBLE DOG OWNERSHIP

1. Train your dog in basic obedience so they're under control at ALL TIMES.
2. Keep your dog on a lead anywhere near a road, or where there are farm animals.
3. Do not allow your dog to be noisy and disturb neighbors.
4. Do not allow your dog to foul parks, buildings, sidewalks, lawns or open spaces where children play.
5. Keep your dog clean and regularly groomed. Have regular check-ups for your dog at the veterinarian.
6. If your pet is not an outstanding specimen of its breed, consider seeking advice from your veterinarian about spaying or neutering. Spayed and neutered dogs usually have a longer life span. Spayed females have a decreased risk of getting mammary cancer and will not suffer from metritis, pyometra or cystic ovaries. Neutered males can't get testicular cancer.
7. Make proper arrangement for the care of your dog when you are going away on vacation.

When a puppy joins your household, schedule a general physical exam with a veterinarian at the earliest convenient time. Proper veterinary care includes protection against certain infectious diseases which can be done by vaccination. At this time you might want to take the opportunity to discuss worming and spaying or neutering with your veterinarian.

Dogs need companionship, preferably yours, for as much of the day as you can manage. If you have to leave your dog alone for short periods, make sure he is protected from hot sun and cold. All dogs need exercise. The amount depends upon the breed and size. The dog that is properly fed and taken for a walk or run every day will keep himself, and probably you, in good shape. The collar and lead is essential equipment for keeping your dog under control in public areas. Learning to behave properly on a leash is an essential early lesson. NEVER LET YOUR DOG RUN LOOSE. Never let him chase anything. Once a dog has this habit, it is hard to break. When exercising your dog in urban areas do not let him foul public sidewalks or children's play areas. Carry plastic bags or other clean up equipment to pick up and dispose of dog droppings in an appropriate manner.

If you plan to put your dog in a kennel while you are away from home, book early and try to visit the establishment in advance. Most reputable boarding kennels will only take dogs if vaccination certificates are up to date. If at any time you plan to take an animal abroad, discuss this with your veterinarian concerning regulations and quarantine requirements of the country you plan to visit.

THIS PAGE LEFT INTENTIONALLY BLANK



SOME KEYS TO SUCCESSFUL TRAINING

ATTITUDE

Maintaining the right attitude will help you to be more successful in training your puppy. Your puppy must learn to respect you, but you must also learn to respect your puppy. Learning to control your emotions while training is an extremely important part of the equation, or you may do something you will regret later. Become a "benevolent dictator" ... not too overbearing or strict, nor too permissive. If you find yourself becoming frustrated during a training session or if you feel your puppy is being very irritating and naughty, take a "time-out". Always strive to end a training session on an upbeat and positive note. Ask your puppy to perform an exercise or a trick that you are sure he knows to do and that he has performed successfully before so that you can reward him for a success. Then stop training for a while, possibly confining him for a period of time.

PRAISE

Remember to praise your puppy enthusiastically when he does something right! Discipline a puppy unemotionally when he is naughty.

DISCIPLINE

Discipline is used to stop behavior that is bad, from our point of view. When you stop your puppy from doing a "bad" behavior, get his attention and then show him what you want him to do instead. Physically place him where you want him to be or guide him through what you want him to do. For example, when a puppy is engaging in a behavior you want to discourage, such as chewing on a chair leg, interrupt that behavior, give a verbal "AH-AH" correction, (there is no need to shout—dogs hear very well—a dog's hearing is roughly 16 times more keen than ours!) and then show the puppy appropriate toys or dog chewies you would prefer he use for teething purposes. When he leaves the chair leg to play with you, the toys or the chewie, praise him for making the right choice. This turns a negative into a positive. Praising your puppy for good behavior helps them to understand what you want. Remember, when you discipline for inappropriate behavior, show your puppy an alternative positive behavior that you would like him to perform instead... a behavior that you can REWARD!

REPETITION & CONSISTENCY

Puppies learn by repetition... by doing them over and over again in the same manner. In order to learn a behavior, you must work with your puppy on a regular basis. Be consistent in your training. Decide on the rules and the way an exercise should be performed and stick to them. Inconsistency is very confusing to dogs, so the rules should be the same from one day to the next.

Patience, repetition, consistency, and a positive attitude are keys to training a puppy. Enjoy your puppy. If you make training fun, your puppy will learn to enjoy pleasing you!

THIS PAGE LEFT INTENTIONALLY BLANK



Puppy Training Reminders

- Keep training sessions short and fun! Puppies have short attention spans.
- If the puppy is doing something wrong, you must show them the right thing to do!
- Do the "Name Game". Their name is the command for Attention.
- Your dog must have their attention on you (eye contact) **before** you give a command—otherwise you only teach them it is OK to ignore you.
- Don't Repeat Commands – Say it once and use your body language cue (and treat if needed) to help them. Make sure you had their attention to start.
- If your puppy does not come when called, you must go get them and remind them what COME is. Make your reminder correction fun!
- Never punish a puppy for Coming to you—no matter how upset you may be.
- Corrections should always be non-emotional.
- Once you get reliable obedience from 2-3 feet away from you, then start asking the puppy to perform further away from you.
- Rotate your toys.
- No free feeding!!! Scheduled feedings help with potty training and leadership status.
- Manage your puppy's environment. This is the key to success!

Call us at 651-464-1799 or visit trdogs.com for more information.

THIS PAGE LEFT INTENTIONALLY BLANK

Puppy Socialization Checklist



The first 16 weeks of a puppy's life are the most critical time for socialization. During this time dogs are more accepting of new environments and experiences. An adult dog's behavior is a result of his experiences as a puppy as well as genetics. Puppy-hood is a time to be proactive and prevent problem behaviors from developing.

Keep in mind:

1. Exposure alone is not socialization.
2. Your dog is the one who determines if an interaction or experience was positive. Not you. Not anyone else.
3. NEVER force your dog into an interaction.

Animals

Small Dogs	Older Dogs	Cows
Large Dogs	Young Dogs	Sheep
Fluffy Dogs	Cats and Kittens	Rabbits
Male dogs	Birds	Rats
Female dogs	Horses	Chickens

People

Women	People with hats, helmets
Men	People with canes, walkers, wheelchair
Teenagers	Joggers
Infants	Bicyclists
Toddlers crawling	Homeless people
Toddlers walking	People limping or injured
Men with beards	People with hoods
Men with deep voices	People with umbrellas
Tall men	
Big men	
Elderly	
Delivery men	

Noises

Trucks	Street sweeper	Trains
Vacuum cleaner	Motorcycles	Buses
Fan	Plows	Honking
Slamming doors	Garbage trucks	Sirens
Dropped objects	Rolling things	Fireworks
Sweeping	Door bell	Busy traffic
Mopping	Buzzer	Instruments

Environments

Vet	Stores	Carpet
Parks	Playground	Gravel
Houses	Crowds	Puddles
Elevators	Tile	Mud
Car rides	Wood	Bridges
Beach	Grass	Novel objects
Stairs	Sand	Being alone

Handling

Being touched	Nail Clipping	Wearing harness
Ears	Cleaning ears	Feet examined
Tail	Cleaning eyes	Being bandaged
Paws	Teeth check	Being restrained
Brushed	Teeth brushed	Being tethered
Bathed	Dried off	
Wearing clothes	Wearing collar	

THIS PAGE LEFT INTENTIONALLY BLANK



PRONG COLLARS



A STUDY ON PRONG COLLARS WAS DONE IN GERMANY

100 Dogs were in the study. 50 used choke collars and 50 used prong collars.

The dogs were studied for their entire lives. As dogs died, autopsies were performed.

Of the 50 that wore choke collars, 48 had injuries to the neck, trachea or back. Two of those were determined to be genetic. The other 46 were caused by trauma.

Of the 50 that wore prong collars, only two had injuries in the neck area. One was determined to be genetic, and the other was caused by trauma.

THE NUMBERS SEEM TO SPEAK FOR THEMSELVES.

(Information about this study was taken from an Anne Marie Silverton seminar).

BELOW IS A LIST OF PEOPLE/DOG TEAMS THAT HAVE BENEFITTED FROM THE USE OF PRONG COLLARS.

- Small people with large dogs
- Any person with a dog that seems calm but suddenly bursts into action in some circumstances.
- People with dogs that are pullers (dog chokes or gags on a slip collar or ignores a buckle collar).
- Disabled people without the strength or range of motion to properly “snap” correct a dog wearing a slip (choke) collar. A light touch is all that is needed with a prong collar.
- Sometimes prong collars are put into a cloth tube (like a hair scrunchy).
- Persons with dogs with damaged trachea or collapsing tracheas.
- Persons fine-tuning a dog’s responses to commands.
- Bouncy puppies that are difficult to control in other types of collars.
- Walking more than one of these dogs at the same time—you don’t enjoy the experience of using your belly as a skateboard while being towed along by your canine companions.

THIS PAGE LEFT INTENTIONALLY BLANK



It All Starts With Good Management

You have just begun a class that uses positive reinforcement behaviors. Positive reinforcement is a powerful and effective learning technique and is also fun for you and your puppy! In the upcoming weeks we will use positive reinforcement to reward your puppy for things that he is doing right.

To get the most out of this class, it is essential that you also put some thought into GOOD MANAGEMENT. Good management means planning ahead to set yourself and your puppy up for success—to be right! Bringing a new puppy into your home involves a lot of planning and management. If you work at being a good manager when your dog is a puppy, he should require less and less management as he matures and becomes part of your family. The following pages offer some suggestions and ideas to help you with some common problems that face new puppy owners and how to prevent them from occurring.

MANAGING YOUR PUPPY'S ENVIRONMENT

Managing your puppy's environment (your house and yard) is important in setting yourself and your puppy up for success. Pick up after yourself, put your clothes away, put garbage and wastepaper baskets up high or behind cabinet doors. Shut room doors and gate off areas that you don't want your puppy to have access to, both when you are gone or at home. If your puppy is going to be home alone for long periods of time, set up a puppy-proofed area and close it off with a baby gate. If that's not possible, purchase a portable exercise pen and put it up for him to use when you are gone. Provide him with indestructible toys to entertain himself with, such as stuffed Kongs, stuffed hollow natural bones, or Buster Cubes.

Don't be in a hurry to give your puppy complete freedom of your house. There is no specific age that determines when a puppy is ready to be left loose without supervision. Each puppy is different. When you think the time is right, start slowly. First, leave for short absences and give freedom one room at a time. If the puppy does get in to trouble, say nothing and realize that he is not yet ready. Continue to confine him when you leave the house.

A crate is another useful management aid for housetraining and to keep your puppy safe in when you can't directly supervise him. A crate is a place where your puppy can be safe and comfortable and used when you can't watch your puppy, when you need to leave him alone for short periods of time, or when he is over-tired or getting into trouble. Your instructor can provide you with information about introducing your puppy to a crate and crate training.

Good management of your puppy's environment includes your yard and, if at all possible, it should be fenced. This is probably the single best investment you can make in terms of insuring your puppy's safety and the goodwill of your neighbors. If fencing is not an immediate possibility, your puppy must be secured, for his own protection, in some fashion within your yard. Please do not simply open the door and allow your puppy outside without a leash or without securing him in some manner. He may not have left your yard yet, but he will, given a strong enough incentive. It only takes once for him to discover that there is an interesting new world beyond the boundaries of his yard, and, unfortunately, some dogs never survive that one occasion.

SEPARATION ANXIETY

Dogs are very social animals and being separated from you is sometimes a cause for stress to extent that they engage in destructive behavior or excessive barking. Here are some suggestions to help keep your puppy contented while you are gone.

1. When you leave your puppy alone, make sure that he is left in a safe place where he can't get into trouble. Crates are ideal for short absences. If you are going to be absent for a longer period during the day, a puppy proof room or portable exercise pen might be a better solution.
2. If you are using a crate, try putting a stuffed Kong locked in the crate a half hour before you leave. The puppy can see it, but can't get at it. Do this regularly and soon he may be begging you to leave!
3. Leave your puppy with something to entertain him with while you are away. This will help alleviate the stress of your absence. Stuffed Kongs, stuffed hollow natural bones and Buster Cubes are all good toys for this purpose.
4. Make sure you have exercised your puppy both physically and mentally before you leave for a long absence.
5. Keep your good-byes and homecomings quiet and unemotional. Don't make departures and returns in a big deal for the puppy. If your puppy has gotten into trouble while you were away, greet him as you usually do and think about what you can do to prevent that particular thing from happening again.

PREVENTING COMMON PUPPY PROBLEMS

BARKING: Some puppies bark at nearly everything and others are rarely vocal. Some breeds seem to be more prone to barking than others. Of all the normal things that dogs do, inappropriate or prolonged barking can be the most difficult for dog owners to deal with.

If you have a puppy who is easily excited and very vocal, you can do certain things to make his environment a little less stimulating. When you must leave him alone, leave the radio or TV on to mute sounds that come from outside, close shades or blinds in the house or install privacy fencing to obstruct his view of the street or neighboring house. You may want to confine him to an area of your house or crate where he does not have a view to the outside. Be sure that he has been well exercised before you leave and that you provide him with interesting toys to play with in your absence. Remember, too, that a behavior that you reinforce will increase. It will be reinforcing to your puppy if you return to the house as he is barking. He will come to believe that his barking caused you to do so. Even if you are angry when you return, for some dogs, negative attention is better than no attention or being alone. These dogs will bark with even more determination than before because your return, even if it is unpleasant, is what they desire most. If your puppy is barking when you leave, if at all possible, try not to return to the house until he's quiet. (See section on Separation Anxiety).

Most of us want a dog that barks to alert us to potential dangers. If they continue to bark long after the need for alert has passed, it becomes nuisance barking. When your puppy barks because he hears something that he feels we need to be alerted to, go up to him and say "Good". Then get his attention, possibly with a food treat or a toy, and distract him away from whatever caused him to bark. When your puppy is responding well to being distracted, you can add a command such as "Quiet" or "Hush". If he refuses to be distracted, you could try using a spritz of water or squirting lemon juice or breath freshener in his mouth as you give the command "Quiet". This will have a startle effect on your puppy, causing him to close his mouth. When he does this, IMMEDIATELY praise him, saying "GOOD

QUIET” and possibly rewarding him with a food treat. Take him away from whatever caused him to bark. If your puppy barks at you when he wants something, he has learned that his behavior will get you to respond in some manner even if it is in a negative way. Stop rewarding him with your attention when he does this. Totally ignore him or walk away from him until he stops barking. You may even confine him in his crate for a brief period of time. If you confine him, do it in an unemotional, non-angry manner. When he has stopped barking and found something else to do, give him your attention and reward him for being quiet. Unlike mouthing or chewing, barking does not get better as your puppy gets old—it often gets worse. If you have a noisy puppy it is important to start encouraging quiet behavior early.

DESTRUCTIVE CHEWING: Chewing is a behavior that all puppies engage in. It is normal canine behavior—part of being a carnivore. Chewing only becomes a problem when they chew on something that has value to us, like items of clothing or furniture. This, of course, is a management issue on our part. Try not to let clothing lie around to attract our puppy’s attention or allow the puppy unsupervised time alone with your furniture. When you are not able to directly supervise your puppy, confine him in a safe, puppy-proof area. Provide him with plenty of acceptable toys, natural bones, and, in supervised situations, rawhide chewies may be appropriate. Alternate the toys to keep them interesting. Make sure that your puppy gets adequate exercise. If, in spite of good supervision and sufficient supply of toys, you find that your puppy is attracted to a particular, inappropriate thing to chew on, there are products on the market such as Bitter Apple or Tea Tree Oil. Repeated applications of these are bitter tasting sprays to the object that he is chewing on should discourage him. If you practice good management and are vigilant during the first year of your puppy’s life, you can generally expect a decrease in his tendency to chew as he matures.

DIGGING: Dogs like to dig! They do it to find things, to get under fences, to make holes to line, and, sometimes, just for fun! They are especially good at digging when they are bored and don’t have anything that is more stimulating to do. Always supervise your puppy when he is out in the yard by himself for any length of time—keep checking on him. Again, providing him with some toys may keep his interest on something other than digging. If you are going to do any yard work that involves digging, it is best to confine your dog away from the area while you are doing it and then keep him away from the freshly turned earth for a period of time so that he is not tempted to “help” you with the excavation. This includes any gardening that involves turning earth. “You look like you’re having a good time, he’d like to help!”

PLAY BITING AND MOUTHING: Believe it or not, play biting and mouthing is a normal puppy behavior. If you have ever spent time watching puppies play together you will notice that they spend a great deal of time biting each other. It is a means of communication and establishing pack hierarchy. It’s not something that we want to encourage, however. Therefore, we have to make sure that he has other allowable outlets for biting. Some puppies are more oral than others and will be more difficult to discourage. If you have a puppy like this, it will be very important that you provide him with lots of other outlets and that he is well exercised. Sometimes puppies get over-stimulated, over-tired and out of control. If this seems to be happening, the best thing to do is to quietly put him in his crate or puppy area and let him calm down.

Remember, your attention is a very strong reinforce for your puppy. If he learns that every time he bites you, you get very excited, give him attention by telling him “no”, grabbing his muzzle or slapping him, he may view these actions as your participation in and a signal to escalate the game. He may even start to bite you more. If your puppy is biting you during play, calmly and firmly say “AACH”, grasp his lower jaw and insert your thumb under his tongue and say “NO BITING” and then release him! If he is persistent, you may want to administer a squirt of breath freshener or lemon juice into his mouth at the same time. Be sure he has access to acceptable toys to chew on and redirect his attention to those or one of his chew bones. If you have children in your household, see the section on living with children.

GUARDING & POSSESSIVENESS: Dogs guard things that have value to them and don't want someone else to have. Games of possession and guarding are part of the games puppies play with their littermates before they come to live with you, so it is a normal canine behavior. However, it can become dangerous if your puppy starts to aggressively guard things from you or other family members. You can help make sure that your puppy doesn't develop guarding behavior by complimenting him on how clever and smart he is when he is carrying something around in his mouth, even if it is something he isn't supposed to have. Never grab or pull things from your puppy's mouth or chase after him to get something away from him. This encourages the puppy to play "keep-away" games and stimulates his desire to retain possession of the object. Instead of trying to take the object out of the puppy's mouth, offer the puppy a treat in exchange. If it is something that he can have, give it back to him.

Hand feeding your puppy is an excellent way to keep your puppy from becoming possessive about his food. Get into the habit of going up to his bowl and adding some food to it while he is eating. Your puppy will come to view your approach to his food dish as a desirable thing. If you notice that your puppy is getting growly around his bowl, get rid of the bowl and hand feed him for a while.

JUMPING: Jumping is an attention-seeking behavior that is often unconsciously encouraged by us humans. When our puppies jump on us, depending on our mood or the circumstance, we either reach down and pet and talk to the puppy or we push him off with our hands. This is very confusing to a puppy because it is not consistent behavior on our part. The puppy has a hard time understanding that sometimes it is OK to jump up, and other times it's not. Also remember, attention, even if it is negative is very reinforcing to a dog. So, when you push him off with your hands, or yell at him for jumping on us, he may still see this as rewarding. To correct this behavior, DO NOT ALLOW OTHER PEOPLE TO ENCOURAGE YOUR PUPPY TO JUMP ON THEM. CONSISTENCY IS ESSENTIAL in correcting this habit.

When your puppy jumps up, grasp one of his front paws and say "off". If he doesn't respond immediately, try walking him backwards until he is off balance. When all four feet are on the floor or he sits, praise him and reward him with a treat. If the puppy is very persistent in jumping, even after you have grasped his paw, you can try giving him a squirt of breath spray or lemon juice in his mouth at the same time that you grasp his paw and give the command "off".

PUPPIES & CHILDREN: Many people make the decision to add a puppy to their household because they feel it will be an enriching experience for their children. However, dogs and children are not automatically good together and a great deal of supervision and management are often necessary to make the relationship safe and happy one.

Young children and dogs should never be left alone together without supervision. You must remember that dogs are carnivores and have a potentially punishing bite. They use their teeth for play, defense, and aggression. Every year a high number of children are bitten by their own pets. It's a parent's responsibility to teach children proper behavior around dogs. It is also your responsibility as a dog owner to teach your pet appropriate behavior around children. Listed below are some suggestions to get the relationship between your puppy and your children off to a good start.

1. Remember that dogs and young children should never be left alone unsupervised.
2. Set your puppy and children up for success. Don't give them opportunities to learn inappropriate behavior around each other. Many of the activities that young children engage in involve running and boisterous play, often at the top of their voices. This is very stimulating to a puppy. Encourage your children to be quiet and calm when interacting with the puppy. If your children are roughhousing with a group of friends, it would be wise to separate your excitable puppy in a separate area away from the action.
3. Teach your children to play games that will enhance their relationship with the puppy, such as retrieving or hide and seek.
4. Pay particular attention to the lessons in class that will help your puppy to learn to tolerate handling and restraint. This will be helpful if, in spite of your supervision, a child squeeze or grabs a puppy.
5. Under your guidance, include the children in your puppy's training. Their age and interest will determine how much they can participate.
6. If you are doing some hand feeding with your puppy, have your children help with the feeding under your supervision.

PHYSICAL AND MENTAL EXERCISE

One of the most important things that you can do to set yourself and your puppy up for success is to make certain that he receives adequate exercise and mental stimulation. Young, growing animals require a great deal of exercise. Many breeds of dogs were bred to work for a living but, in today's world, they are not required to fulfill those functions. Nevertheless, they retain the genetic makeup to do so and need activities that provide mental stimulation as well as physical exercise. Puppies that don't get enough of either are bored, frustrated and get in to trouble. If these needs are met, however, they are more content and easier to manage. Adequate exercise is entirely your responsibility.

Young puppies should never be allowed to exercise off-leash in an unfenced area. At this age, they simply have not been on this Earth long enough to have a completely reliable response to your command to come when called. The surrounding environment is often so stimulating to them that it overrides their commitment to you as their owner, and the potential for you to lose your puppy is just too great to take the chance. One way to provide mental and physical exercise for your puppy is through games. Games will also enhance and reinforce your relationship with your puppy.

GAMES

RETRIEVING: Retrieving is a game that is based on cooperation between you and your puppy. It will enable you to exercise your puppy without a great deal of effort on your part.

Start out with a toy that is really exciting to your puppy. Some suggestions are: a small lambskin ball, a toy attached to a string that you can throw and then pull to make it move, or latex toys with squeakers. If you have a puppy that seems to be really disinterested in all of the above, you can try putting a tasty treat in the toe of a sock, tie a string around the sock and show it to the puppy. Now hang it somewhere that the puppy is apt to investigate, such as from a door knob. If he shows interest, praise and encourage him to take it in his mouth and tug on it gently. Once you have progressed to this point, you can take the sock with the food treat in it and start working on the retrieve.

Start in a small area (a hallway is ideal) with a toy that you know your puppy really likes. Also be prepared with some food treats. Show your puppy the toy and get him really excited about it. Now throw the toy a SHORT distance. After the puppy goes out to pick up the toy, encourage him to come back to you by calling his name, clapping your hands, and running backwards a little. Once he gets back to you, do not try to immediately take the toy from your puppy. Instead, praise him enthusiastically and then offer him a food treat in exchange for the toy.

Now, show your puppy the toy again, get him really excited about it, and throw it. Remember to throw it a SHORT distance. When your puppy picks up the toy, act excited, clap your hands and run backwards to encourage him to bring it back. Again, don't try to take the toy out of the puppy's mouth immediately. Praise and offer a treat for the toy. To keep your puppy's enthusiasm high to play this game, in the beginning, just throw the toy only a few times and then stop and put the toy away. Always stop while your puppy is still eager to play.

HIDE & SEEK: Hide and Seek is another great game to play with your puppy—one that the whole family can play. This is a game that promotes attention and coming when called.

Have a family member hold your puppy by his collar, show your puppy a food treat and then run and duck around a corner into another room and stop just out of your puppy's site. Call your puppy's name. The person holding your puppy should release him. If your puppy is hesitant at first, from your hiding spot, continue to encourage him by clapping your hands and saying his name. IN the beginning, don't go too far away and make it EASY for him. When your puppy finds you, make a big deal out of it—praise and play with him and reward him with food treats. As he gets better at the game, you can make it more challenging. Always remember to reward him.

If you live by yourself and have no one to hold your puppy, you can take a food treat, show it to your puppy and throw it a short distance away. As the puppy goes to get the treat, you run and hide.

KEEP AWAY: This is a game of possession and involves the owner chasing the dog to get something that the dog has taken. Because it is a game that isn't based on cooperation and can lead to guarding behavior when caught, it isn't a game you should participate in with your dog. Refer back to the section on Guarding & Possession.

TUG OF WAR: This is another game that we don't recommend you play with a young puppy because it can turn into a possession game. Children should be discouraged from playing in this manner with your puppy.

FOUR KEYS TO GOOD MANAGEMENT

PREVENTION: Think of ways that you can prevent the undesirable behaviors from occurring before they actually happen or are repeated.

SCHEDULE: Dogs seem to thrive on schedules. A schedule of when your dog is fed, goes outside for exercise and elimination, and who is responsible for these and when, will make things go more smoothly for you as well.

SUPERVISION: Puppies require a lot of it, but if you are diligent many negative habits can be avoided or prevented from forming. It pays big dividends.

CONFINE: When you can't directly supervise your puppy, confine him to a puppy-proof area with acceptable toys where he can't get himself in to trouble.

THIS PAGE LEFT INTENTIONALLY BLANK



LEADERSHIP: WHAT'S YOUR STATUS?

The domestic dog is a pack animal. When your puppy moves into your home, he is leaving his mother and littermates (his pack) and joins a new pack (you and your family). He is then in the situation where he must establish a place in the new pack. In order to do so, he may now challenge you and each family member as he tries to find his place. He will adapt more quickly and happily if he immediately finds a stable position, preferably (for us humans) at the bottom. If pack leadership is at question, the puppy may continue to challenge family members, especially children, in an effort to determine pack leadership. The early challenges of a puppy may not seem particularly severe, but they are forming the basis for future relationships. When the puppy reaches the juvenile and sexually mature stages of development, these playful challenges may become more serious. It is important that your puppy perceives you as the pack leader. Helping your puppy understand his or her position in your social hierarchy is an important part of his upbringing. Providing your puppy with consistent guidelines and rules which shape his existence while living with you, will help establish leadership in a positive manner. With this in mind, owners can structure everyday leadership interactions with their puppies.

EVERYDAY LEADERSHIP EXERCISES

1. **Control of Food Resources:** Dogs need to eat to survive. Therefore, food is a primary reinforcer to them. Using scheduled meals rather than free choice demonstrates your dependability and leadership. Your puppy's view of you as the only food source will raise your status. A food bowl on the floor at all times allows him to be in control. Teach puppy to accept being touched while he eats.
2. **Leaders Eat First:** Along with control of food resources, consider who eats first. If one of your puppy's scheduled meals coincides with yours, make a point to feed him AFTER you have eaten. Think of what you have seen of life in the wild...the dominant pack members always eat first.
3. **Earning Praise, Treats or Attention:** Have your puppy obey a request, such as SIT before receiving petting, praise or treats. If your puppy comes to you for attention, tell him to SIT before petting him. This gives him what he wants—but on your terms.
4. **A Follower Allows Gentle Handling:** Practice touching and handling your puppy's feet, mouth and ears. Practice touching and handling lays the foundation for accepting grooming and handling necessary for medical care.
5. **Follow the Leader:** Have your puppy sit and wait while you go through outside doors first. Don't allow him to charge in and out before you. Use a leash to restrain him if necessary while you teach him to wait and then invite him to follow.
6. **Leaders Control Territory:** Gently move puppy out of the way if he is lying in your path instead of stepping over or around him.
7. **Leaders Control Games:** Play games like fetch, with you initiating and ending the play. You, as the leader, should be the one to decide when a game is over and be in control of the toy at the end. Avoid games of possession, with your puppy in control of the toy, or games of Tug of War, which pit your puppy's strength against yours.
8. **The Best Resting Place:** Who gets the best place to rest? One way to convey leadership is to possess the best resting places. Allowing your puppy to sleep on your bed may give your puppy the impression that he has equal status. This is particularly important if the bed he is sharing is a child's bed. A better choice would be to allow the puppy to share the bedroom at night, but NOT the bed. The same holds true of other furniture in your home. If you choose to allow your puppy on furniture, it is important to teach your puppy, in a positive manner, to get off without complaint when you ask him to.

THIS PAGE LEFT INTENTIONALLY BLANK



HAVING A CRATE & CRATE TRAINING

Wouldn't it be wonderful if someone developed a device for dogs that prevents destruction, chewing and garbage raiding?

The perfect device would also:

- Assist in housebreaking
- Prevent jumping up
- Ensure your dog's safety when unsupervised
- Help you to develop a closer relationship with your dog
- Help you to teach your dog not to whine or cry during the night
- Help your dog to adapt to being alone
- Give your dog a comfortable and secure retreat of their own

When your family becomes blessed with a bouncing baby puppy, the advantage of crate training will quickly become evident.

What is a dog crate? It is a rectangular enclosure, most commonly referred to as a cage. It is usually constructed of heavy plastic or fiberglass, or wire and metal. Any dog that is travelling on a plane or train must be confined in an approved crate. Crates come in various sizes to suit all types of dogs.

Pet owners and non-pet owners will criticize the use of a crate, believing it to be a form of cruelty. Crate training is ideal for just about every new puppy and it is also appropriate for most adult dogs.

It is neither cruel nor unpleasant for the dog. Crate training is essential if you plan on showing your dog in Conformation, Obedience or Agility.

In fact, a properly crate-trained dog feels happy, secure and comfortable in his crate. In the wild, dogs and wolves need a den or hide-a-way for their home. Except for hunting, eliminating, playtime and protection, they will spend hours sleeping, eating or relaxing in their den. Most well-trained, contented house pets spend their day curled up on the couch or

under a bed. The crate-trained pet is simply taught that his bed is in the crate.

Proper use of a crate (when combined with proper housebreaking techniques) is probably one of the easiest and fastest ways to housebreak a puppy. Do not let your puppy have any water, once you have put him to bed for the night. Upon rising, let the puppy out immediately and praise him when he has done his business. If the puppy must be left unsupervised for a few minutes or a few hours, simply confine him in his crate. Dogs are clean animals, and do not like to dirty their living quarter. If you train your dog that the crate is their den, they will keep it clean. Accident will be few and far between, unless the puppy is left in the crate for a very long period of time. As soon as you get home, let the puppy out to do his business. In some cases owners have successfully housebroken their puppies in a few days. Remember, accident are YOUR fault, no the puppy's.

A general guideline for how long a puppy can be left in a crate is as follows:
You puppy's age in months equals one hour, then add an hour.

Example: Your puppy is 2 months old which is equal to 2 hours + 1 hour for a total of 3 hours in a crate.

At this age the longest time he should be expected to spend in his crate before he needs an opportunity to relieve himself is 3 hours.

Puppies and some adult dogs are naturally inquisitive, especially if they become bored. They may chew or destroy furniture and can even harm themselves by chewing on electrical cords, eating plants, or by raiding the garbage cans. Confining the pup during your absence from home will also eliminate the problem of your puppy escaping out the front door when you return home. Puppies like babies do require constant supervision. If you cannot supervise your puppy it is wise to consider some form of confinement, such as a crate.

Many people have trouble getting the puppy to sleep through the night. When left alone, the

pup will howl or cry for company or attention as the pup has never been alone before.

Before bedtime, try placing the pup in a crate and leave the room for short periods of time. Do not go to the pup if he cries or howls. This will just encourage the crying. If you start practicing this early in the day for short period of time, by nighttime the pup should be accustomed to being alone. You can make this a more enjoyable experience and introduction to the crate for the puppy by placing a special chewy or non-destructible toy in the crate before you shut the crate door and leaving the room. Also, because dogs are pack animals and you are now his pack, an often easier introduction to sleeping in a crate at night is to allow the puppy to sleep in the crate in your bedroom. Gradually, over a period of weeks, you can move the crate further and further away from your bed until it is eventually in another room if you wish.

Traveling with a bouncing baby puppy can create havoc and quite possibly an accident. Crate trained puppies make good travelers and most motels and hotels will not allow dogs to roam free in the rooms.

Breeders and/or pet owners who choose not to spay/neuter their dogs and have more than one sex in their homes will find a crate useful for keeping them separate when a female is in season.

Most dogs, once crate trained, will enter the crate on their own when they want to be alone or relax. Remember, dogs need a den or a place to retreat. Train your dog properly and you will be doing your pet and yourself a great favor.

THIS PAGE LEFT INTENTIONALLY BLANK



HOUSETRAINING

Housetraining is the first thing most dog owners need to teach their new puppy. You can start off your relationship with your puppy by creating fear of you by punishing him for mistakes--OR you can begin to build trust and understanding by rewarding your puppy for eliminating where you want him to and controlling his environment to prevent mistakes!

THINK PREVENTION RATHER THAN PUNISHMENT

Punishment is the method many people use to housetrain their dogs. Punishment is the cause of many housetraining problems that could be prevented. The main problem with punishment is that it only tells a puppy what you don't want--not what you DO want. When punished for relieving themselves in the house, some puppies only learn not to relieve themselves in their owner's presence. Once the pattern is set, it is very difficult to break. No matter how hard it may be to see your puppy scurrying out of a room as you enter and find he has just relieve himself there, do nothing other than clean it up. It is too late to administer any sort of correction. The puppy will not be able to associate your disapproval with the act of relieving himself. During puppyhood, it is your responsibility to take steps to prevent your puppy from getting into a situation where he has access to unsupervised time to relieve himself in an inappropriate place.

THE KEYS TO SUCCESSFUL PREVENTION SCHEDULE – SUPERVISE – CONFINE

SCHEDULE: It will be easier to housetrain your puppy if you keep him on a schedule. You can start with a feeding schedule. Pick convenient times and stick to these times, even on weekends. Put food down for only 10-15 minutes. Then pick up the bowl and put it away until the next scheduled feeding time. Follow the steps below:

1. Take puppy on a leash to the selected place for elimination. Bring some treats with you to use as a reward.
2. Stand in one spot allowing the puppy to go to the end of the leash. Don't stroll around.
3. When puppy starts to eliminate, say special words that you want your puppy to associate with elimination.
4. When puppy is done, praise and reward with food treat.

A puppy's need to eliminate may be more related to WHAT they are doing rather than what time it is. Puppies instinctively feel the need to eliminate after the following activities:

1. After being confined
2. After eating or drinking
3. After vigorous playing
4. After resting or sleeping

After any of these activities, follow Steps 1-4 to prevent accidents and help your puppy learn to eliminate in your chosen area.

SUPERVISE: Keep your puppy within eye sight. Do not allow him to wander throughout the house by himself. A common mistake people make when housetraining puppies is giving them too much freedom too soon. DIRECT SUPERVISION allows you to observe behaviors signaling the need to eliminate, such as circling and sniffing.

CONFINE: When you cannot DIRECTLY SUPERVISE him, your puppy should be confined to a small area or crate to prevent accidents and to encourage the puppy to control his bladder and bowels.

HEALTH PROBLEMS

If you are consistently scheduling, supervising, and confining and still having persistent problems housetraining your puppy, make sure he does not have a health problem. Bladder infections are not uncommon in young puppies whose immune systems are not mature enough to combat infections. One of the symptoms is frequent urination in small amounts. A dog with a bladder infection will often relieve himself in his crate. If you suspect your puppy is relieving himself more often than normal, have a urine sample check by your veterinarian.

WHAT ABOUT CORRECTIONS

In order for a puppy to associate a correction with a particular behavior, the CORRECTION MUST TAKE PLACE AS THE UNWANTED BEHAVIOR IS ABOUT TO HAPPEN OR IS IN THE PROCESS OF HAPPENING. Scolding or physically disciplining a puppy an hour or even five minutes after he has soiled the carpet is pointless. He may look guilty or sad while you are correcting him, but he will not associate your anger with something that he did an hour ago. The BEST time to correct your puppy is when you think he is ABOUT to relieve himself in an unacceptable place. If you think your puppy is about to do this, verbally say "AACH" which means "Don't even consider that". QUIETLY approach him and immediately take him to where you DO want him to relieve himself. If you discover him IN THE ACT, again verbally say "AACH" and take him to the place you want him to use to relieve himself. Do not run up to him yelling "NO" at the top of your voice. He may simply be frightened and take off running for cover, possibly dribbling across the floor as he goes. It may help your puppy to understand where you want him to relieve himself by placing or leaving some of his feces and urine soaked paper towels in that particular area.

REALISTIC EXPECTATIONS

How fast this program can work depends on many factors. An excitable puppy will take longer than a laid-back one. Housetraining in a busy household in which chaos rules is harder than in a quiet one on a regular schedule.

If you start with a seven to twelve week old puppy and follow the above program religiously, you should be able to keep the number of accidents in your home to a minimum. However, if your puppy is under four months old, it is to be expected that he will often lose control of his bladder when he gets excited. If your puppy wants to get up in the middle of the night, put him on a leash and take him to the place you want him to eliminate. Stand in one place. Do not walk around with him until he eliminated. When he does, immediately take him back to his bed. **DO NOT REWARD HIM WITH TREATS OR EXCESSIVE PRAISE OR PLAY WITH HIM.** We don't want the puppy to think of this time as a midnight play period!

If you are following this program and after three weeks you are still having many accidents, see the troubleshooting checklist below.

1. Are you keeping your puppy confined when you cannot watch him even if you are in the house with him?
2. Are you careful to feed your puppy at the same time every day?
3. Is EVERYONE in your family cooperating in the housetraining efforts?
4. Are you punishing your puppy and confusing him?
5. Are you sure your puppy isn't sick or needs medical attention?
6. Do you always go out with your puppy so you KNOW he has relieved himself?
7. Are you getting the scent of your puppy's urine/stool completely out of your carpet?
8. Are you giving your puppy too much freedom in the house?
9. Are you expecting too much self-control from a young puppy?

THIS PAGE LEFT INTENTIONALLY BLANK



TEACHING YOUR DOG FOOD BOWL SAFETY

CHILDREN SHOULD NEVER BE LEFT ALONE UNSUPERVISED WITH A DOG WHILE HE IS EATING

WEEK ONE

1. To get your dog accustomed to your presence near his food bowl while he is eating, put your dog's meal in a container other than his regular food bowl.
2. Now put the dog's EMPTY food bowl on the floor. When he looks in the bowl and finds it empty, take the container that you have put his food in and go up to his bowl and put a handful of food in it, and walk a short distance away.
3. Watch your dog. When he is almost finished eating the first handful of food, approach his dish and add another handful of food, and again walk a short distance away.
4. Repeat until all but a few kernels of his food is gone. When he has finished the food in his bowl, use the remaining kernels to show to your dog and lure him away from his food bowl. Once he is away from the bowl, reward him and then take him outside or into another room so he isn't near the food bowl when you pick it up. If you feed your dog canned dog food, you can add it to his bowl using a spoon.

All members of the house should participate in this exercise; HOWEVER, CHILDREN SHOULD ONLY DO THIS WITH ADULT SUPERVISION, WITH THE PARENT BACKING THE CHILD UP AS THE CHILD APPROACHES THE DISH.

WEEK TWO

If all went well in the first week, your dog should now be looking forward to your approach to his food bowl.

1. Start out as you did in the previous week by preparing the dog's food in a separate container and placing the dog's bowl on the floor empty.
2. This week after adding a handful of food to your dog's bowl, let the hand rest on the side of the bowl for a brief period of time and then walk a short distance away. DO NOT TRY TO PET THE DOG AT THIS TIME.
3. Repeat until only a few kernels are left and call dog away from food bowl as in previous week. REMEMBER, CHILDREN MAY ONLY DO THIS WITH ADULT SUPERVISION.

WEEK THREE

If everything went well in the previous week and your dog is accepting of your presence near his food bowl **WITHOUT GROWLING**, you can proceed with the following steps.

1. Continue to prepare the dog's meal in a separate container and place his bowl on the floor empty.
2. This week, walk up to his bowl, add a handful of food, and **BRIEFLY** and lightly stroke his **RIB CAGE ONLY**. **DO NOT TOUCH HIS FACE, THE SIDE OF HIS NECK, OR THE TOP OF HIS SHOULDERS**. **DO NOT BEND OVER YOUR DOG TO PET THEM**. Instead, kneel next to him and pet him. Walk away before he finishes eating.
3. Repeat this until you have only a few kernels of food left and call him away from his dish and reward him with the remaining kernels.

WEEK FOUR

1. This week, pick up the dog's food bowl and put a handful of food in it. Show it to your dog and command your dog to **SIT**. Praise your dog for sitting and place the food bowl on the floor. Tell your dog **OK** as he goes to eat his food. Kneel next to him and slightly stroke his rib cage as in the previous week and then move a short distance away.
2. Watch your dog closely. When he is almost done eating, walk up to him show him a couple of kernels of food in your hand and lure him a short distance away from his bowl. Give your dog the kernels of food from your hand while you pick up the empty bowl with your **OTHER** hand. Now **ADD** another handful of food to his bowl, command your dog to **SIT** and place the food bowl on the floor and say **OK** as he goes to eat his food.
3. Repeat until food is gone, reserving a few kernels to lure your dog away from the food dish at the end. **AFTER THIS WEEK, THE DOG SHOULD ALWAYS BE ASKED TO SIT BEFORE HE RECEIVES HIS MEAL AND TOLD OK AS HE GOES TO EAT.**

If you have good success with this 4-week program, you can now, after commanding the dog to **SIT** for his food, put his **WHOLE MEAL** on the floor at one time and tell him **OK** as he goes to eat it. Periodically practice approaching his dish as in previous weeks and add food to it so that he continues to be comfortable to someone approaching his dish.



PUPPY PLAY BITING

Play biting upsets and scares many puppy owners because it seems aggressive. Play biting is a perfectly normal behavior that puppies often bring with them when they leave their littermates and become a member of your family. It is a form of communication among dogs. Play biting is also a normal exploratory behavior in puppies. Not having hands like humans, they investigate things by taking them into their mouths.

Humans, particularly children, often promote play biting inappropriately with their puppies. Rowdy forms of play involving running or wrestling can lead to an instinctive chase and hunt response. Part of the chase/hunt game is biting your prey. Moving objects, which include running children, will frequently trigger the chase/prey drive response in dogs. This type of activity develops seemingly aggressive behavior because it encourages puppies to use their teeth to grasp and hold. **Parents need to teach children to behave appropriately around the puppy—no running or rough-housing through the house with the puppy in hot pursuit.** A child should never be allowed to do to a puppy what you would not allow him to do to another child. Your child should never be allowed to hit the puppy. Hitting at a puppy may elicit a defensive reaction (biting) from the puppy.

UNTIL PLAY BITING BEHAVIOR CEASES AND BOTH THE PUPPY & THE CHILDREN UNDERSTAND AND EXHIBIT APPROPRIATE PLAY BEHAVIOR, THEY SHOULD NEVER BE ALLOWED TO PLAY TOGETHER UNSUPERVISED.

HELPFUL HINTS

PREVENTION: Identify times or situations in which play biting occurs. Then think of ways to prevent the behavior BEFORE it occurs, i.e. if your puppy is play biting you for attention when you want to settle down in the evening to watch TV or read a book, provide your puppy with chew toys, such as a bully stick or marrow bone BEFORE you sit down. These chew items should be something you save and give only at these times so that they are “special” to the puppy.

AVOID ROUGH PLAY: Wrestling, boxing at your puppy’s face or mouth, flicking him with a towel, patting him roughly on the rump or pulling his tail may all seem like harmless fun, but can lead to BIG PROBLEMS. All these activities can potentially excite your puppy and encourage him to bite. It is best to avoid games of possession, such as Tug of War.

OFFER YOUR HAND or treats to your puppy with the fingers curled closed in a fist, and then unfold your fingers to offer the treat. Puppies are less likely to sample fingers that are curled together rather than open.

IF YOU SENSE THAT YOUR PUPPY IS ABOUT TO BITE YOU, lean over him and verbally caution him by saying in a very FIRM VOICE—"NO BITING". Sound SERIOUS. Leaning your body over his sends a message of dominance from you to your puppy. Most puppies will understand this message and tone of voice. **Do not immediately reach out to pet your puppy or give him a toy after you have corrected him for biting.** Your puppy may see this as being rewarded for his biting.

TIME-OUTS: If your puppy gets too over stimulated and seemingly out of control, you may want to try a "time out" by confining him to either a crate or small area behind a baby gate for a short period of time, giving him an opportunity to settle down.

BITING AT CLOTHING: Pant legs, long skirts and shoe laces are all very attractive to a puppy and can trigger the chase/bite instinct. If your puppy is biting at either of the above while you are walking, STOP IMMEDIATELY. Continuing to walk while your puppy is biting at your clothing turns this into a stimulating Tug of War game for the puppy. After you stop, lean over and verbally correct him by saying "NO BITING" in a very firm tone. When he releases his hold, quietly praise him. DO NOT REACH DOWN TO PET HIM as this may stimulate him to jump or bite again. Instead, ask him to perform a desirable behavior, such as SIT for which you can then reward and praise him.

SUPERVISE PLAYTIME WITH CHILDREN: Children like to engage in activities that tend to over excite puppies and initiate jumping and biting. ADULT SUPERVISION is need until puppies and children learn how to play together appropriately. One way to address the problem of a puppy jumping on and biting children during play is to put the puppy on a leash. An adult holds the end of the leash and if the puppy attempts to chase, jump on, or mouth a child during play, the adult tugs firmly on the leash saying "OFF". The leash correction should be immediately followed by a command to "COME". Reward and praise the puppy for coming to you when you call. **REMINDER: PIPPIES AND CHILDREN SHOULD NOT HAVE UNSUPERVISED PLAY TIME TOGETHER UNTIL BOTH CHILDREN & PUPPY LEARN APPROPRIATE PLAY BEHAVIOR.**

EXERCISE: There's no way around it. Growing puppies need sufficient physical exercise. If we don't provide it, the absence of enough exercise may manifest itself in behaviors around the house that are not so desirable. Most of us are absent from our home for at least part of each day. While we are away, our puppy is home resting (we hope) and waiting for our return. We may want to put our feet up and rest when we get back but our puppy, who has been alone, is in need of attention and exercise, both physical and mental. Accepting this and making an exercise program for your puppy part of your daily schedule will go a long way towards building a happier and healthier relationship.

PREVENTION/CONSISTENCY: Becoming aware of the circumstances in which play biting occurs and being prepared to prevent it before it happens will reduce the number of biting incidences significantly. Consistent discouragement as the puppy matures will teach him that play biting is an unrewarding and unacceptable behavior.



JUMPING UP

Jumping up is a common problem puppy owners mention about their new pet. We, as new owners, often unconsciously encourage this behavior by petting and playing with our puppy when he greets us by joyfully leaping up on us. As a little puppy, this can be adorable. However, jumping can knock older people and children down, ruin your clothing, spill your coffee and just generally annoy you. When this same adorable puppy reaches his adult height and weight, this kind of behavior is not quite so cute. By that time, the behavior has been established and the dog won't understand what you earlier seem happy to encourage, is now unacceptable. **Start to discourage jumping up at an early age.**

CONSISTENCY IS ESSENTIAL in solving this problem. Your puppy will be confused if you let him jump up sometimes and then correct him for doing so at others. You will not be very successful with this type of approach. This applies to EVERYONE who interacts with your puppy. Do not allow other people to encourage your puppy to jump on them. Explain that you are training your puppy to not jump on people, and that they may pet him when he is in a SIT position. Don't let them convince you that "they don't mind if he jumps on them". Maybe they don't mind, but you do! Once you start training your puppy to not jump up on you and other people, you should NEVER encourage him to do so again.

Before you can expect a puppy to control himself, you must teach him not only what you don't want him to do, but also what you DO want him to do. One of the ways to stop this unwanted behavior is to replace it with a positive behavior. You can use the SIT command as the positive behavior and your leash as a tool to prevent the puppy from jumping up.

PRACTICE PREVENTION. Be aware of the situations in which your puppy wants to jump up on people, such as visitors at the door or when people approach you when you are out for a walk. Keep a leash handy so that you are prepared when company comes. If you are going to allow your puppy to go to the door with you, put him on the leash BEFORE you open the door. Tell the puppy to sit. Reward the puppy for sitting. Make a loop with your leash and step on it where the loop touches the floor. Allow the puppy enough length of leash between his collar and the floor for him to sit comfortably but not enough to permit him to jump up. This will leave your hands free to open the door and greet your guests. **When you first start to work on this, ask visitors to not play with the puppy when they enter the house. This will excite the puppy and make it harder for him to keep all four feet on the floor.**

Once the visitors have entered your house, you can let your puppy get up from the SIT position but DO NOT PERMIT HIM TO JUMP ON YOUR VISITORS. Use your leash to prevent this. He only gets rewarded with praise and attention when he is sitting. Visitors should be asked to ignore the puppy until he has calmed down and you tell them that it is okay to pet him. Have the puppy sit and then allow your guest to pet the puppy quietly while he is SITTING.

If you aren't prepared to go to the door with your puppy on a leash, you should confine him behind a baby gate until your guests are in the house. Then put a leash on the puppy **BEFORE** you bring him out to introduce him to your guests so that you can prevent him from jumping. Once he has been petted by your guests, it would be a good idea to take the puppy outside to relieve himself, as he may have become over stimulated by all the excitement and attention.

SUPERVISE the puppy closely. You cannot prevent or correct inappropriate behavior if you are not present at the time it is about to happen. Don't let him wander in the kitchen unsupervised so that he can jump up on your counters at his leisure and without being shown this is undesirable behavior. If he leaves the room, follow him. If he heads for the counter or couch and you can see that he intends to jump up, say "AACH" and distract him with a favorite toy or food treat. Call him to you and reward him for coming to you. Give him the toy to play with or a chewy. Jumping on counters and furniture, etc., is natural to puppies. They aren't tall enough to see that great smelling thing or really interesting object about their eye level. So, they jump to investigate further. Don't get on the phone in another room or leave your puppy alone unattended with your good furniture while you run an errand. This will allow him to make himself comfortable on those soft cushions. Punishing him after the fact will not make him understand that he shouldn't have jumped up on the counter or the couch in the first place. He will only understand that you are angry--not **WHY**. **WHEN YOU CAN'T BE THERE TO WATCH HIM, CONFINE HIM.**

Watch for opportunities to practice control when you are out walking your puppy. When you see people approaching you, get your puppy close to your side **WHILE THE PEOPLE ARE STILL AT SOME DISTANCE FROM YOU**. Praise and reward him for being close to you and then get him into a **SIT** by your side. Restrain him in that position if necessary. Keep him in the **SIT** position until the people are well past you, and then praise and reward him for remaining in the **SIT** **BEFORE** you release him. If the people want to stop and meet the puppy, explain that you are teaching good behavior and they can pet the puppy if he is sitting. Carry treats with you so that you can reward good behavior. Offer some treats to whoever wants to meet your puppy. Ask them to reward your puppy for sitting. It is important when teaching your puppy not to jump on people that you don't isolate him or he will never have an opportunity to learn appropriate behavior. Isolation will only make him more excited and more likely to jump up in the future. The more people he meets, the more practice you can get in and the less excitable he will be when meeting someone.



TOYS

LATEX / SQUEAKY TOYS: These toys are appealing to new puppy owners because they are so much fun to buy, but they can be hazardous for dogs that “destroy” or tear up toys. Squeakers, chunks of rubber, or the whole toy may be swallowed. It is best to allow your puppy to play with this type of toy only under your supervision.

HARD RUBBER TOYS: While not indestructible, this type of toy is a better choice for the puppy that chews a lot. Choose really hard ones such as a “Kong” toy which can be used to play fetch games.

BALLS: Balls and puppies seem to be a natural combination, but not all types of balls are safe for the puppy to play with. Balls that are made of smooth, hard material can become slippery with saliva and slip down a puppy’s throat. A blocked windpipe can cause suffocation. It is best to use a ball that is an appropriate size (too large for this to happen) with a fuzzy surface, such as a tennis ball, to prevent this from occurring.

RAWHIDE CHEWS: Many puppies really like to chew on rawhide. It is good exercise for teeth and gums, but they are not a 100% safe product. Some guidelines to follow if you would like to give your puppy rawhide chews are: Buy high-quality rawhides in big shapes that do not have knotted ends (some dogs make a habit of chewing off the knot and swallowing them without chewing them properly). Always supervise your puppy when you give him a rawhide, especially if he is a vigorous chewer. Do not give him a rawhide and then leave the house.

NATURAL BONES: These are not leftover steak or chicken bones from your dinner which will break or splinter and can puncture your puppy’s stomach or intestines. The Natural Bones we refer to are the ones you can purchase from your pet store that are sturdy and sterilized and safe to give to your puppy. This type of bone helps remove tartar and maintain good dental health. Be sure that you buy one that is appropriate in size for your puppy. It is better to buy one that is too large rather than one that is too small.

NYLABONES: These bones (and rings, disks, balls, etc.) are made of hard nylon and are usually a good, safe and long-lasting toy for puppies. When your puppy chews on one of these toys it gets “roughed up”. This roughened surface helps clean teeth and stimulates gum tissue, promoting dental health. Some of the Nylabone products are flavored. Do not confuse “Nylabones” with “Gumabones” which look similar and are often packaged the same but are made of softer material.

HOOVES & EARS: Puppies tend to love them. But, the hooves smell and sometimes splinter. The ears tend to be high in fat and are not long-lasting. If you decide to give them a try, be sure to supervise to see how your puppy deals with these products.

STUFFED TOYS: May not be a good choice for young puppies. They often have button eyes and other loose pieces that puppies love to chew off and swallow. And, then there’s the stuffing! What fun to open up that toy and pull it all out!! He may just have a great time learning all about destructive chewing. If you do want to give your puppy a stuffed toy, we would not recommend letting your puppy have access to it when you are not there to supervise.

TUG TOYS: One of the big drawbacks to tug toys with all breeds is that sometimes dogs get carried away with this type of game. It can inspire aggression or rough play. It can also teach a dog just how strong he is, and that he can pull something away from you. Puppies and adolescent dogs typically test everyone around them to determine their place in the pack, so encouraging them to engage in rough, tugging play, especially with children, is not a good idea.

MAKING THE MOST OF YOUR PUPPY'S TOYS: You can get extra mileage out of the toys that you buy for your puppy by purchasing several at one time and then giving them to your puppy one at a time, keeping the others in reserve. For example, buy three toys. Give one to your puppy and play with him with it for a couple of days, and then put it away and give him one of the other new toys and play with it for a couple of days. Finally, take that toy, put it away and give him the last new toy to play with. If you continue to alternate the toys in this way, the old toys will become new again.

Toys such as Kong (mentioned earlier) and Natural Bones purchased at a pet store are hollow inside. Once their newness has worn off, Cheese Whiz or peanut butter can be placed inside, put in the freezer until the cheese or peanut butter hardens, and then give to the puppy. The puppy will spend a considerable amount of time working to get at the cheese or peanut butter!



Canine Development: A Guide to Knowing What to Expect

Puppies proceed through several stages of development, each with their own characteristic features. Here is a brief overview of what to expect.

Neonatal and awareness periods (0-3 weeks of age)

A puppy in his first two weeks neither hears nor sees. Behavior is essentially limited to sleeping and suckling. Physical stimulation by his dam is needed to manage his body temperature and to initiate defecation and urination. Regular brief, gentle human handling provides a form of mild, beneficial stress that has been found to contribute to greater learning capacity and more outgoing personalities.

Other senses begin to operate in his third week when a pup's eyes and ears open. During his first two weeks he could pull himself forward with his forelegs, but now he begins to walk and interact with littermates.

Canine and human socialization (Weeks 4-14)

This is a time of critical development. First, the senses rapidly develop. Gentle introduction to additional new stimulation, such as handling by different people is valuable. It is also helpful to expose him periodically to different floor surfaces.

While this period is critical time for a puppy's subsequent response to humans, he needs continued contact with littermates and mother, so do not wean him until the sixth or seventh week. Before this, a pup learns to end a mother's disciplining by responding submissively to her licking or nudging. If separated more than momentarily from his family, he will cry a lot. Increasing exposures to household noises, such as radios, TVs, and vacuums, become learning experiences too.

Gentle handling and brushing and checking mouth and ears helps puppies get accustomed to being handled. Introduce them to simple problems, such as moving through a tunnel or stepping down from a single stair step. Place a crate in their pen so they can

become familiar with it. Let them pull a short lead around on the ground.

During the fifth week, you can begin some obedience training, using only positive reinforcement. For example, hold a tiny bit of food over his head and as he raises his head he will automatically sit. When he does, give him the treat. Don't hold the treat too high or he'll stand up on this hind legs.

During this time you can also introduce the pups to the outdoors, and begin exposing them to other people. Teach them to accept being rolled over, having their bellies rubbed, and other human touches.

Littermates will play and test each other; this is critical for their social growth. They chew, chase, and fight each other, thereby learning new motor and social skills they will use throughout their lives.

Socialization to permanent human family (Weeks 8-11)

This is the best time for the puppy's placement in a new home. He is ready now to transfer his bonding from his mother and littermates to his people. A dog's basic character in relation to people and how he will serve them is set during this stage.

Train only in short sessions. Since we use the word "no" in so many verbal contexts, disciplining with it may confuse and upset him. Use less common words to set limits, such as "enough" rather than "no". Also acclimate him to human contact with his possessions, for example touching his bowl while he's eating and petting him then, and taking items from his mouth. Vary his social experiences. Let him meet a wide range of people of varying looks, ages, and outfits. Once he is vaccinated, take him to different places on errands. Puppy socialization classes, conducted at many veterinarian clinics, are for socializing the youngster to other people and

dogs and to convince him that the clinic is a great place to visit.

This is also a time when frightening experiences can lead to generalized fear response. Shipping puppies, elective surgery, or other predictable terrifying experiences should be delayed if possible.

Now is also when a puppy is figuring out who's the boss. Since competition with littermates or with other house members peaks, it's important to avoid contest for control, such as tugs of war. Discourage biting of people's hands, a leash, or other objects. What is cute or a mild annoyance when the puppy weighs 10 pounds is painful and dangerous when he weighs 70 pounds.

Puppies past the socialization period may have the urge to flee and exercise freedom: He may ignore being called and may try to run off. Always keep him on a leash during this time unless he is in an enclosed area. From the middle of this period through approximately the fourteenth month, your dog may experience another fearful sub-period. Let him work thing out on his own, or simply ignore his fear as best you can. Avoid reassurance at these moments since that may reinforce his fear.

Puberty (months 6-18)

Onsets of sexual maturity vary from dog to dog. Females can come into heat from six to 15 months of age. Males' puberty arrives approximately when they begin lifting their leg to urinate. This behavior is innate and doesn't have to be learned but practice may improve the puppy's skill – some actually topple over at first!

Young adulthood (months 18-24)

Now is the time when aggression may increase. Territoriality, with its barking at intruders, may grow along with efforts to dominate human companions.

THIS PAGE LEFT INTENTIONALLY BLANK



DOGS DON'T KNOW RIGHT FROM WRONG

By Gary Wilkes – Cox News Service

Repeat after me:

"My dog (say a dog's name and describe applicable behavior—chews furniture, rips up the carpet, eliminates in the house, etc.) when I'm not home, and I'm sure it's out of spite.

"No matter how much I punish him when I get back he still does it. He knows that he has done something wrong because he looks guilty when I walk in the door."

For many dog owners, there is a ring of familiarity to this statement.

Conventional thought dictates that misbehavior is most commonly the result of spite or malice. Another common belief is that punishment is the appropriate method of fixing the problem.

The paradox of having a loving pet who appears to be motivated by spite seems baffling. It is hard to understand an animal who knows a behavior is wrong but does it anyway.

Untangling the paradox requires an individual look at each of these concepts.

He does it out of spite:

First, dogs are incapable of spite. To be spiteful, Fido must have three specific mental abilities. He must be able to understand intrinsic value—that a carpet is worth more than dirt. He must also be able to understand that you think carpet is more valuable than dirt. Finally, he must be able to tell time.

If Fido can't understand that 4:15 and 5:37 pm are separated

by commonly accepted units of time, then he cannot possibly destroy something at 4:15pm and know that you will be angry when you see it, 82 minutes later. If you doubt this, make this simple request. "Fido, I want you to sit, but not right now. I want you to wait five minutes, and then sit."

No matter how much I punish him, he still does it.

That is because punishment can only be connected to a specific action if you catch him at the moment he begins the behavior. The reason that delayed punishment sometimes appears to work is that if it is harsh enough, it can suppress all behavior in the owner's absence. Fido didn't chew the rug today because he was afraid to move.

He knows he has done wrong because he looks guilty.

Understanding right from wrong is an exclusively human trait. What you are seeing is actually a look of fear.

Dogs are capable of making primitive associations of the A plus B equals C variety. An example of this is "veterinarian" plus "muzzle" equals pain! The veterinarian, by herself, does not cause the pain. Neither does the muzzle. It is only when the two are in the same place at the same time that problems occur. A "dog's-eye view" of the delayed punishment situation is the same.

The dog translates the relationship this way: No punishment has ever occurred

while "chewing the couch". Therefore, chewing a couch is safe—in private. The second ingredient, the owner, is also considered safe when he is apart from the couch. Putting the two in the same place at the same time is dangerous.

When the owner walks in the door after Fido has chewed the couch, the dog anticipates punishment and looks fearful (Chewed couch plus owner equals punishment).

If Fido has not chewed the couch, there is no fearful look, since only one of the components is present (Owner plus intact couch equal praise).

To test this theory, get a battered piece of couch cushion that was not destroyed by your dog. Wait for a day when the couch is not chewed. Show Fido a piece of chewed couch cushion, and ask him if he know who did it. You will get exactly the same reaction from your dog that you do when he really is the culprit.

Attributing exclusively human traits to animals is a common practice. Assigning guilt and punishment to an animal that cannot discern right from wrong is a fruitless practice. To do it once, ignorance, is regrettable, but understandable. To do it twice is merely cruel.

THIS PAGE LEFT INTENTIONALLY BLANK

Do Dogs Like Hugs?

by VetDepot on October 31, 2014

Dogs are loyal and loving members of the family, so it's natural to want to show them affection. Giving your dog a big hug might seem like a therapeutic way to end a stressful day or a nice way to show your pup you care, but pet parents should be cautious.

DOGS DO NOT VIEW HUGS THE SAME WAY THAT HUMANS DO, which can have dangerous consequences. It is true that some dogs (especially therapy dogs) will tolerate or even like being hugged, but many dogs do not enjoy the gesture. Canines heavily rely on body language for communication, and placing one or both arms over your dog is a sign of dominance. This might be confusing or even intimidating for your dog. If you notice your dog becomes very still or stiffens her muscles during a hug, that's probably a sign she's not enjoying the experience. A hug also typically means that a person's face is very close to the dog, which can be dangerous should the dog become aggressive out of fear or discomfort.

IT'S IMPORTANT THAT CHILDREN ARE TAUGHT HOW TO APPROACH AND HANDLE DOGS SAFELY. Even if your dog does tolerate a big old bear hug, that doesn't mean every dog will. Of course, there are plenty of other ways to show your canine companion some affection. Opt for a belly rub or some behind-the-ears scratching and your dog will have no doubt about how much you care!

THIS PAGE LEFT INTENTIONALLY BLANK



XYLITOL POISONING

The low-calorie sweetener xylitol is being used in more and more products made for humans. This compound can cause serious or fatal poisoning if it is ingested by a dog, so owners need to be especially vigilant that it is not accidentally consumed by their dogs or even given to them intentionally by an unsuspecting owner.

Xylitol is a type of compound known as a “sugar alcohol”. It imparts a sweet taste, but has very little caloric content that the body can use. Consequently, it is being used in many products made for human consumption, including chewing gum, candy, and mouthwashes and in a powdered form for baking and sweetening drinks such as coffee and tea. Most recently it has been used in peanut butter. Dogs may ingest any of these substances accidentally, but some owners give peanut butter to their dogs as a treat or to disguise a tablet or pill the dog must be given.

Xylitol is advertised as “natural” because it is extracted from birch bark or corn cobs. If the label says natural, it must be good for you, right? In this case, that’s not true for dogs.

When a human consumes xylitol, it is absorbed slowly over many hours and does not have a dangerous effect on blood sugar. But dogs aren’t small humans, and when a dog consumes xylitol it is absorbed very rapidly--in as many as 30 minutes. The insulin-secreting cells in the pancreas see xylitol as a sugar and begin secreting more insulin. Since xylitol actually has very little caloric content, blood sugar levels drop precipitously in the dog. This can lead to severe or even fatal hypoglycemia (low blood sugar).

As the blood sugar level drops, the dog may become disoriented or unresponsive, have seizures or go into a coma. There is also a direct toxic effect on the liver in dogs that is not fully understood, but both the hypoglycemia or the liver toxicity can be fatal. The hypoglycemic crisis can cause death in just a few hours, or the dog may die with a few days from the liver damage.

And it doesn’t necessarily take a large amount of xylitol to poison a dog. One or two sticks of gum are enough to cause toxicity in a 10-pound dog.

And just to complicate matters for those trying to determine if a product contains xylitol, it also goes under several different names—including xylite, wood sugar, birch sugar, and birch bark extract.

How about cats? It turns out that the same toxic effect doesn’t seem to be a problem in cats. Cats are not dogs, and neither of them is a small human. This is a fact that veterinarians have to discuss with clients on a daily basis.

It would behoove dog owners to check their shelves, refrigerators, pockets and purses to see if they have any products that contain xylitol. Particularly scrutinize anything that says “SUGAR FREE” or something similar on the label. Store them where it’s impossible for your dog to get them, and be prepared to tell your veterinarian you have xylitol around if your pet suddenly gets sick. Your pet’s doctor doesn’t want a needless tragedy to occur if it can be prevented by securely storing these products or removing them entirely from your house.

THIS PAGE LEFT INTENTIONALLY BLANK



POISONOUS MUSHROOMS

Many pet owners do not realize that some of the mushrooms that grow in their yard are toxic to dogs. Symptoms of mushroom poisoning can range from mild vomiting and diarrhea, to severe digestive problems, to complete liver failure.

Dogs who like to "graze" will sometimes eat wild mushrooms along with lawn grasses leading to mushroom poisoning. Dogs can sometime become ill by just licking a poisonous mushroom. Also, some dogs, like some people, are allergic to even edible, normally safe mushrooms. Mushroom toxicity is most commonly associated with curious puppies.

If your dog has eaten poisonous mushrooms and you **catch him in the act, you should:**

1. Remove any pieces from the dog's mouth
2. Induce vomiting with either syrup of ipecac (1 teaspoon per 10lbs of body weight), OR hydrogen peroxide 3% - 1 Tablespoon every 10 minutes, repeated 3 times.
3. Call your veterinarian

Symptoms to Watch For

Vomiting	Diarrhea
Abdominal Pain	Lethargy
Seizures	Coma
Excess salivation	Jaundice (yellow skin color)

If your dog has eaten poisonous mushrooms **but there is a short delay in realizing what has happened you should:**

1. Save the specimens for identification
2. Call your veterinarian or take your dog to a nearby emergency veterinary hospital immediately.

If your dog has eaten poisonous mushrooms **and symptoms have already begun you should:**

1. Take your dog to a nearby emergency veterinary hospital immediately.

THERE IS NO ADEQUATE HOME CARE FOR POISONOUS MUSHROOM INGESTION. CONTACT YOUR VETERINARIAN IMMEDIATELY.

Green-spored Lepiota (Chlorophyllum molybdites)



The Green-spored parasol



THIS PAGE LEFT INTENTIONALLY BLANK



WHY DOGS CAN'T EAT CHOCOLATE

If you eat a Hershey Bar, the worst thing you have to worry about is watching your waistline. But that same candy – even in relatively small amounts – can make a dog very sick. Make no mistake: **chocolate is poison for dogs.**

When dogs eat chocolate, the repercussions can be extremely serious. In addition to its high fat content, chocolate contains caffeine and theobromine, two different types of stimulants that affect the central nervous system and heart muscle.

Symptoms of Poisoning

If your 50-pound dog happens to eat a single chocolate-chip cookie, they probably won't show any serious symptoms. However, if your dog gobbles up an entire pan of brownies, vomiting and/or diarrhea may occur.

Once toxic levels are reached, the stimulants start to kick in. This is when matters become dire. Symptoms of chocolate poisoning include: restlessness, hyperactivity, muscle twitching, increased urination, and/or excessive panting. If your pet isn't treated promptly, a seizure and even death are a possibility.

How Much Chocolate Is Toxic?

The amount of chocolate that it takes to poison your pet depends on two factors – the type of chocolate eaten and your pet's body weight. White chocolate only has trace amounts of stimulants while baking chocolate and cocoa beans are stimulant rich.

Here is a list of the most common types of chocolate and the amount that is toxic for pets:

- **White Chocolate.** Mild signs of toxicity can occur when 45 ounces per pound of body weight are ingested. Severe toxicity occurs when 90 ounces per pound of body weight are ingested. This means that a 20-pound dog would need to ingest at least 55 pounds of white chocolate to cause nervous system-related symptoms. A 10-pound cat would need to ingest 27 pounds to become symptomatic. White chocolate has very little real chocolate in it. Therefore, the levels of caffeine and theobromine are very low. Tremendous amounts of white chocolate would need to be ingested in order to cause toxic symptoms. Though it is highly unlikely that white chocolate ingestion will result in toxic neurological signs, severe gastrointestinal effects from a high fat food can occur when white chocolate is ingested.

- **Milk Chocolate.** Mild signs of toxicity can occur when 0.7 ounces per pound of body weight are ingested. Severe signs occur when 2 ounces per pound of body weight are ingested. This means that a little less than one pound of milk chocolate can be toxic to the nervous system of a 20-pound dog. A 10-pound cat would need to ingest 1/2 pound of milk chocolate for toxicity to occur.
- **Semi-Sweet Chocolate.** Mild signs of toxicity can occur when 1/3 ounce per pound of body weight is ingested. Severe signs occur when 1 ounce per pound of body weight is ingested. This means that as little as 6 ounces of semi-sweet chocolate can be toxic to the nervous system of a 20-pound dog. A 10-pound cat would need to ingest 3 ounces of semi-sweet chocolate for toxicity to develop.
- **Baking Chocolate.** Mild signs of toxicity can occur when 0.1 ounces per pound of body weight are ingested. Severe signs occur when 0.3 ounces per pound of body weight are ingested. Two small one-ounce squares of baking chocolate can be toxic to a 20-pound dog. A 10-pound cat would need to ingest 1 ounce of baking chocolate for toxicity to occur. **This type of chocolate has the highest concentration of caffeine and theobromine, so very little baking chocolate needs to be ingested before signs of illness become apparent.**

What to Do If Your Dog Has Eaten Chocolate

Chocolate is toxic to dogs. Even if your pet doesn't eat enough chocolate to induce toxicity, the candy's high fat content may cause vomiting or diarrhea if ingested at all. If that happens, watch your pet carefully. If the symptoms don't clear up within eight hours, contact your veterinarian (if your pet is very small or young, call within four hours). Aside from toxicity issues, you don't want your dog to dehydrate. Try to be as precise as you can about the type of chocolate your dog ate, how much was eaten, and approximately when it was eaten.

If your dog has eaten chocolate, the sooner you get help, the better. If you notice signs of toxicity, your dog has a good prognosis if treatment is given within four to six hours of ingestion. The effects of the chocolate can linger for 12 to 36 hours though, so your pet may require hospitalization.

<https://www.petplace.com/article/dogs/pet-health/why-dogs-cant-eat-chocolate/>



Antifreeze Poisoning



Every year, by some estimates, about 10,000 dogs and cats are victims of accidental poisoning by automobile antifreeze. A pet does not have to drink a lot of antifreeze to be poisoned. Most brands of commercial antifreeze consist of 95% ethylene glycol, an extremely toxic chemical. Even a few licks of this sweet-tasting liquid can be fatal to a cat or dog. Ethylene-glycol based antifreeze is also extremely hazardous to children. A few ounces are lethal. For a medium sized dog, ingestion of about 2 ounces (3-4 tablespoons) is toxic. For cats, as little as 1/4 of an ounce (1-2 teaspoons) can be lethal.

Antifreeze poisoning commonly occurs in spring and fall when car owners replace the old antifreeze with fresh antifreeze in their car radiators. However, poisoning can happen anytime, particularly when a car boils over or when a hose leaks, releasing the antifreeze. Another source of antifreeze is the decorative "snow globes" glassware. The liquid in these displays contain 2% antifreeze and are very toxic.

Both cats and dog are attracted to the smell and taste of ethylene glycol. Therefore, when you or a member of your household changes antifreeze in the driveway, be sure to collect all of the waste coolant and properly dispose of it. And never leave a bucket of ethylene glycol coolant unattended - even for a moment. Also remember that your car can leak coolant at any time. If you see a puddle of greenish-colored liquid in your driveway, flush the area with plenty of water and don't delay locating and fixing the leak. Another method of quick clean-up is to spread cat litter on the spill, clean up with rags (which are bagged immediately) and then rinse. Antifreeze will biodegrade in the environment, but it takes weeks or months to do so, so removing the spill is absolutely essential.

Antifreeze poisoning occurs in two stages: In the first stage, the ethylene glycol in the antifreeze causes a drunken appearance in the animal within about 30 minutes which may continue for several hours. After passing through Stage 1, the animal appears to recover. Stage 2 begins when the dog's liver begins metabolizing the ethylene glycol, changing it into more toxic substances. Within 12-36 hours of ingestion, these metabolites have reached such a level that the dog's kidneys stop functioning and the animal slips into a coma.

Getting your pet to a veterinarian is critical within the first 9-12 hours following ingestion. After that length of time, the liver will have already begun metabolizing the

ethylene glycol into substances that cause kidney failure and ultimately death. Inducing vomiting or giving activated charcoal are very short-term fixes and not a cure. The faster your pet is treated by a veterinarian the better the chances of recovery. Again, this poison is EXTREMELY TOXIC!!

Symptoms of antifreeze poisoning include a drunken appearance including staggering, lack of coordination, and apparent disorientation and vomiting. The animal may appear listless and depressed.

PREVENTION

1. Switch to a brand of antifreeze that contains propylene glycol instead of ethylene glycol.
2. Keep antifreeze sealed and away from animals and clean up spills completely. Fix any leaks immediately.
3. Don't allow your pet to wander unattended near driveways, roads, garages, or other places where they could come in contact with antifreeze.
4. Keep other products that contain ethylene glycol like paint, cosmetics, and novelty snow globes out of the reach of animals, as well as any product of which you are not certain of the ingredients.
5. Monitor your pet for strange behavior. If you think they may have ingested antifreeze, take them to a veterinarian immediately.

Source: Stillwater Veterinary Clinic, 2020 Curve Crest Boulevard, Stillwater MN 55082

MEDICATIONS AND YOUR PET



3 Medications You Should Never Give Your Dog

Pets are a lot like kids. They depend on you for their safety – and you can never be too careful. Your most important job as a pet parent is to keep your pet healthy. So today, I want to give you some information about toxic medications that could potentially save your dog's life.

Just because a medication is safe for humans DOESN'T mean it's safe for dogs. I've seen cases where pet parents with the best intentions accidentally poisoned their dog with common over-the-counter medications because they didn't understand the dangers. That's why you should NEVER give your dog medication without first checking with your veterinarian.

Here are 3 common over-the-counter medications that you should NEVER give to your dog:

1. Aspirin – Aspirin interferes with platelets (which help the blood to clot). So if your dog has a wound or laceration, aspirin would make it harder to stop the bleeding. Aspirin is especially dangerous when mixed with other drugs, like steroids or non-steroidal anti-inflammatory drugs. Dogs may experience gastrointestinal problems, respiratory difficulties, neurological problems, bleeding disorders and kidney failure.

2. Ibuprofen - This over-the-counter medication is a popular way to treat pain and inflammation in people – but for dogs, ibuprofen can easily exceed toxic levels. Well-intentioned owners may give their dog what they consider to be a "safe dose" – but it can easily lead to bleeding stomach ulcers and eventually kidney failure. And, if left untreated, this can be fatal. Symptoms include poor appetite, vomiting, black tarry stools, vomiting blood, abdominal pain, weakness and lethargy.

3. Acetaminophen - Medicating your dog with acetaminophen without consulting a veterinarian is dangerous. (Pets also consume tablets that are dropped on the floor or left around the house.) Dogs are less sensitive to acetaminophen than cats are. For example, a 50-pound dog would need to ingest more than seven 500 mg tablets to suffer toxic effects. For a cat, one 250 mg acetaminophen tablet could be fatal. If you suspect that your dog has ingested a toxic amount of acetaminophen (one pill or more), contact your family veterinarian or local veterinary emergency facility immediately. Common brands of acetaminophen include Tylenol®, Percocet® and aspirin-free Excedrin® among others.

So remember to keep all medications out of your dog's reach and NEVER give your dog any medication without first consulting your veterinarian. If you ever suspect that your dog has ingested any of these medications (in any amount), please contact your family veterinarian or local veterinary emergency facility immediately.

How to Administer Pill Medication to Your Dog

Frequently, medications are required for treatment for illness or injury and dogs are sent home with prescription medication. Once your dog is released from the veterinary hospital, administering these medications can be scary, confusing and, sometimes, difficult to do. With practice, giving pill form medications can be quick and easy.

Some medications can be hidden in a small amount of food such as marshmallows, peanut butter or cream cheese but you must make sure that the medication can be taken with food your dog actually swallows the medication. Some dogs will eat the food and spit out the pill. If hiding the pill in food is not working, try the following:

- Gently grasp your dog's head using your non-dominant hand. If you are right-handed, use your left hand. Place your hand on top of the muzzle with your thumb on one side and your fingers on the other. Avoid holding the lower jaw, and do not hold it so tight that it is uncomfortable or the dog cannot swallow. You may need someone to help hold the front legs and chest of the dog to hold him/her still. Wrapping the dog in a towel or blanket is a good restraint technique.
- Once his head is held in place, raise his nose to point toward the ceiling and firmly squeeze in just behind the upper canine teeth. The mouth should then open.

- Use your other hand to administer the pill. Place the pill between your thumb and forefinger. Use your little finger, ring finger or middle finger to lower the jaw by applying pressure to the teeth between the lower canine teeth.
- After the mouth is fully open, place the pill as far back in the mouth as possible. Avoid placing your hand too far into your dog's mouth. You may stimulate the "gag reflex" and this will make the experience unpleasant and make future medication administration attempts more difficult.
- Close your dog's mouth and hold it closed. Gently and briefly rub your dog's nose or blow lightly on the nose. This should stimulate him to swallow.
- The quicker you perform this procedure, the more cooperative your dog will be.
- Always remember to praise your dog and offer a treat after receiving medication. This will help make future medicine times easier.

How to Administer Liquid Medication to Your Dog

Once your dog is released from the veterinary hospital, administering home medications can be scary, confusing and, sometimes, difficult to do. Several medications are available in both liquid and pill forms. If you feel that the liquid form would be easier to give to your dog, make sure you ask your veterinarian if this option is available.

Try the following method for administering liquid medication to your dog:

- Draw up the prescribed amount of medication in the eyedropper or oral syringe.
- Gently grasp your dog's head; if you are right-handed, use your left hand. Place your hand on top of the muzzle with your thumb on one side and your fingers on the other. Avoid holding the lower jaw, and do not hold it so tight that it is uncomfortable or the dog cannot swallow. You may need someone to help hold the front legs and chest of the dog to hold him/her still. Wrapping their dog in a towel or blanket is a good restraint technique.
- Once his head is held in place, raise the nose to point toward the ceiling and firmly squeeze your fingers and thumb in just behind the upper canine teeth. The mouth should open.
- Place the tip of the eyedropper or syringe in the mouth just behind the long canine teeth in the area where there are either no teeth or small, flat teeth. Advance the eyedropper until it is just past the tooth line (jaw bone).
- Slowly administer the medication and be careful not to give it faster than your dog can swallow.
- Be prepared for some spitting of the medications. If this occurs, do not re-administer another dose unless you feel the entire dose of the medication has not been given.
- The quicker you perform this procedure, the more cooperative your dog will be.
- Always remember to praise your dog and maybe offer a treat after receiving the medication. This will help make future medicine times easier.

Most liquid medications come with an eyedropper attached to the lid. If the medication does not come with an eyedropper, using an individually purchased eyedropper or oral syringe will also work.

As a reminder:

1 ml = 1 cc

5 cc = 1 teaspoon

15 cc = 1 tablespoon

How to Administer Ear Medication to Your Dog

Frequently, your veterinarian prescribes medication after an ear examination. Administering these medications can be confusing and difficult. Some dogs, especially if their ears are painful, are resistant to the administration of medication. Diligence and patience are necessary and this technique may be helpful:

- Have the medication container ready and the cap off.
- Hold your dog's head still with one hand, while the other hand is used to administer the medication. Many people hold the tip of the affected ear to help hold the dog still. Be very careful to not hold the ear too firmly so that it causes pain. Be prepared for your dog to flinch once the medication touches the ear.
- Place the medication container just inside the opening to the ear. Do not push the container into the canal.
- Administer the prescribed amount of medication into the ear opening.
- Remove the container from the ear opening and gently rub the base of the ear to distribute the medication deeper inside the ear.

How to Administer Eye Medication to Your Dog

Frequently, your veterinarian prescribes medication for your dog after an eye examination. Administering these medications can sometimes be difficult. Some dogs, especially if their eyes are painful, are resistant to the administration of medication. Diligence and patience are necessary to help give the medication. There are several techniques that may facilitate giving eye medication (drops or ointment) to your pet.

Method 1

- Have someone restrain your dog by holding the front legs and chest, or if the dog is small, wrap him firmly in a blanket or towel.
- Place the medication in your dominant hand with the lid off.
- If you are right-handed and the right eye needs medication, rest your right hand on top of the head in order to stabilize your hand. Your hand should be near the inner side of the eye closest to the nose. With your left hand, place the thumb near the lower eyelid and the forefinger near the upper eyelid. This also works if you are left-handed and the dog needs medication in his left eye.
- If you are right-handed and the left eye needs medication, stand on the right side of the dog, facing the same direction as the dog. With the medication in your right hand, rest this hand on top of the head to stabilize. Reach across the dog and place the index finger of your left hand near the lower eyelid and your left thumb near the upper eyelid. This also works if you are left-handed and the right eye needs medication.
- Spread the eyelids apart using your thumb and forefinger.
- Apply the medication directly on the surface of the eye or into the small gap between the lower eyelid and the surface of the eye. Take care not to touch the surface of the eye with the tip of the medication container.
- Once the medication has been administered, open and close the eyelid one or two times with your thumb and forefinger in order to spread the medication over the entire surface of the eye.

Method 2

- If the eye medication is ointment, gently squeeze about 1/8" out the end of the tube. Hold the dog's head with your free hand, and with the other hand, touch the crease in the eyelids closest to the nose with the tube of medication. The spot to aim for is the point where the two eyelids meet. The dog will blink the exposed ointment off the tip of the tube.

- The third eyelid sits in this same area and will move upward when the corner of the eyelids is touched and will prevent the tube from touching the cornea.
- The same method can be used at the outside corner of the eyelids, but there is no third eyelid in this area, so you must be careful not to touch the cornea with the tube.
- After administering the ointment, wipe the tip of the tube with a fresh Kleenex or piece of cotton and replace the cap.

Method 3

- If the eye medication is a solution, and if your dog objects to having the medication dropped directly onto the surface of the eye or objects to having the eyelids opened, then simply hold the dog's head in an upward position and make him look towards the ceiling.
- Approach the eye with the bottle of medication, from either the front of the head or over the top of the back of the head. As the bottle gets closer to the eye, the dog often closes its eyes. Drop a single drop of medication onto the crease where the eyelids touch and come together.
- Continue to hold the head in an upward position for a full minute after the drop is applied to the crease. Gravity will cause the solution to ooze slowly downward through the small gap in the eyelids.
- With this method, some of the solution may be lost onto the skin around the eye, but the dog may tolerate this method better.

Following Administration of the Medications

Don't forget to praise your dog for his patience and good behavior. Give him a treat after the medication or some toy that will serve as a reward for cooperating with you.

How to Apply Topical Medication to Your Dog

Medications come in a variety of forms – pills, liquids and ointments. New flea and tick products are most commonly associated with topical application but other drugs are also available, such as antibiotic creams and ointments for wound care.

Some topical medications include an applicator for easy administration. For flea and tick products, once applied to the skin, the medication is absorbed by the skin, where it enters the bloodstream. From there, it is distributed throughout the body. Some, like antibiotic creams and ointments, are intended to work primarily at the site of injury, although a small amount does get absorbed into the system.

Administration of topical medication is quite simple but it requires your pet to remain still for a brief time. The medication needs to be placed in an area that the dog cannot lick. If the medication is intended to treat a wound, your pet may need an Elizabethan collar to prevent licking the wound and medication. For flea and tick treatments, the best recommendation is to place the medication on the skin between the shoulder blades.

Try the following method:

- 1) Hold the applicator upright and snap off the tip to allow the medication to flow out of the applicator.
- 2) Hold your dog still. Your dog can be standing, lying down or even sitting. Just make sure you have access to the necessary area.
- 3) For flea and tick products, read the instructions on the medication to determine if the manufacturers recommend applying in one area or multiple areas.
- 4) For wound treatment, follow your veterinarian's recommendation on the frequency of medicating the wound.
- 5) Place the tip of the applicator through the hair and place directly against the skin or against the wound.
- 6) Squeeze the applicator until all of the medication has flowed out of the applicator. Try to avoid application of the medication on the hair.

Allergic Reaction to Insect Stings in Dogs

We all know dogs are too often bitten by fleas. But we don't realize that man's best friend can also be bitten and stung by other insects – in fact, the same insects that plague us humans. To make matters worse, your dog is just as susceptible to an allergic reaction from insect bites and stings and these can occur in dogs of any age, breed, or sex. It generally takes several exposures before a reaction occurs, and reactions can vary from mild to severe.

Mild. Mild reactions include fever, sluggishness, and loss of appetite. Mild reactions to insect stings are probably similar to an immune reaction from a vaccination. They usually resolve without treatment.

Moderate. Urticaria is a moderate vascular reaction of the skin marked by hives or wheals and rapid swelling and redness of the lips, around the eyes, and in the neck region. It is usually extremely itchy. Urticaria may progress to anaphylaxis, a life-threatening reaction. Urticaria is the most common reaction in dogs.

Severe. The most severe reaction is anaphylaxis, a sudden, severe allergic response that produces breathing difficulties, collapse and possible death. Symptoms usually occur within minutes following an insect bite or sting and proceed rapidly. Symptoms usually include sudden onset of vomiting, diarrhea, staggering, rapid drop in blood pressure, swelling of the larynx leading to airway obstruction, seizures and cardiovascular collapse or death. This reaction is life-threatening for your dog.

Both anaphylaxis and urticaria are triggered by antibodies that the immune system has made to some portion of the insect venom. The antibodies cause inflammatory cells like basophils and mast cells to release substances that cause the allergic reaction. Most dogs allergic to insect stings will develop swollen face and hives and not anaphylaxis.

Veterinary Care

There is no diagnostic test for anaphylaxis or urticaria, but your veterinarian can determine the presence of an allergic reaction by doing a quick physical examination. A history will reveal recent exposure to stinging insects.

Treatment

Anaphylaxis is an extreme emergency and it occurs soon after being stung. Your veterinarian will begin immediate emergency life support. This will include establishing an open airway, administering oxygen, and intravenous fluids to increase blood pressure. He will probably administer drugs such as epinephrine, diphenhydramine and corticosteroids. Animals that survive the first few minutes usually return to normal health.

If your dog is known to be allergic to stinging insects, your veterinarian may recommend that you administer Benadryl® (diphenhydramine) in the early stages of the allergic reaction. Unfortunately, oral medication may not be sufficient, and you will have to take your dog in for examination and treatment.

Preventive Care

In general, there is no way to predict if your dog will have an allergic reaction. If he has had a reaction before, make sure your veterinarian knows about it and it is in your pet's records. Since each reaction becomes more severe you should keep epinephrine available and know how to use it in case a reaction occurs. Ask your veterinarian about an "epi-pen" to keep on hand or take with you when you travel. This is a special syringe and needle filled with a single dose of epinephrine.

THIS PAGE LEFT INTENTIONALLY BLANK



POISON PLANTS INDOOR & OUTDOOR

In assessing the risk to your dog from these plants, you need to consider both the age of your dog and its propensity to chew on plants. Many of the below toxic plants rarely cause problems because most dogs don't chew them—the exceptions being, of course, young puppies who are inclined to explore the world with their mouths, teething dogs who may chew on everything, and older dogs that are simply found of chewing.

Oleander, for example is rather toxic, but most cases of poisoning involve 1) cattle, other grazing livestock 2) puppies and 3) human babies/toddlers.

Dumb cane is probably the one plant that should ALWAYS be kept out of reach since it takes only ONE NIBBLE to have a potentially fatal situation.

Plants that give rash after contact with the skin or mouth: (mums might produce dermatitis)

Chrysanthemum	Poinsettia	Creeping Fig
Weeping Fig	Spider Mum	Pot Mum

Plants that are irritating (toxic oxalates), especially the mouth gets swollen; tongue pain; sore lips; some swell so quickly a tracheotomy is needed before asphyxiation:

Arrowhead vine	Majesty	Boston Ivy
Nephtytis Ivy	Caladium	Pathos
Emerald Duke	Red Princess	Heart Leaf (Philodendron)
Split Leaf (Philodendron)	Saddle Leaf (Philodendron)	Marble Queen

Toxic plants that may contain a wide variety of poisons. Most cause vomiting, abdominal pain, cramps. Some cause tremors, heart and respiratory and/or kidney problems, which are difficult for owner to interpret:

Amaryllis	Elephant Ears	Pot Mum
Asparagus Fern	Glocal Ivy	Ripple Ivy
Azalea	Heart Ivy	Spider Mum
Bird of Paradise	Ivy	Sprangeri Fern
Creeping Charlie	Jerusalem Cherry	Umbrella Plant
Crown of Thorns	Needlepoint Ivy	

Here are some more miscellaneous plants that we found on other lists. The reaction to these plants are unknown, but they are considered dangerous and should be avoided.

Monkshood	Andromeda	English Ivy	Apple seeds (cyanide)
Elderberry	Narcissus (bulb)	Arrowgrass	Avocado
Oleander	Hyacinth (bulb)	Boxwood	Hydrangea
Poison Ivy	Iris (bulb)	Caladium	Japanese Yew
Rhododendron	Jasmine (berries)	Rhubarb	Cherry Pits (cyanide)
Snow on the Mountain	Chokecherry	Stinging Nettle	Climbing Lilly
Laburnum	Toadstool	Tobacco	Laurel
Tulip (bulb)	Daphne	Walnut	Marigold
Wisteria	Dieffenbachia	Yew	Mistletoe

COMMON OUTDOOR PLANTS POISONOUS TO DOGS

These plants WILL produce vomiting and diarrhea in some cases:

Delphinium	Poke Weed	Indian Tobacco
Daffodil	Bittersweet Woody	Wisteria
Castor Bean	Ground Cherry	Soap Berry
Indian Turnip	Foxglove	Skunk Cabbage
Larkspur		

These plants MAY produce vomiting, abdominal pain, and diarrhea in some cases:

Horse Chestnut Buckeye	Western Yew	Apricot, Almond
Rain Tree Monkey Pod	English Holly	Peach, Cherry
Privet	Wild Cherry	Mock Orange
Japanese Plumb	American Yew	Bird of Paradise
Balsam Pear	English Yew	Black Locust

These plants can produce VARIED toxic effects:

Rhubarb	Buttercup	Moonseed
Spinach	Nightshade	May Apple
Sunburned Potatoes	Poison Hemlock	Dutchman's Breeches
Tomato Vine	Jimson Weed	Mescal Bean
Loco Weed	Pig Weed	Angel's Trumpet
Lupine	Water Hemlock	Jasmine
Dologeton	Mushrooms	Matrimony Vine
Dumb Cane		

Hallucinogens

Marijuana	Periwinkle	Morning Glory
Peyote	Nutmeg	Loco Weed

Convulsions

China Berry	Nux Vomica	Coriaria
Water Hemlock	Moon Weed	

DON'T COOK YOUR DOG!



Estimated Vehicle Interior Air Temperature v. Elapsed Time

Elapsed time	Outside Air Temperature (F)					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138
> 1 hour	115	120	125	130	135	140

Courtesy Jan Null, CCM; Department of Geosciences, San Francisco State University

THIS PAGE LEFT INTENTIONALLY BLANK

How can I keep my pet safe in the cold weather?

When the temperature drops and the weather becomes unbearable, remember that our pets, just like humans, want to feel warm at all times. It's our job as responsible pet parents to make sure that our pets do not suffer the effects of the cold weather.

Ensuring the health and well-being of your pet should be a pet parent's top priority, especially during the winter. Here are 5 tips on pet safety during the cold winter months.

1 How to tell if your pet is too cold

Dogs need to go outside to get exercise and take care of business regardless of the weather. However, going outside in inclement weather can be dangerous.

Some things that may affect your dog's ability to tolerate the cold include coat density, and your dog's age, size, and health status. When you take your dog out during frigid weather, how do you know when your dog is getting too cold?

Here are 4 signs that your pet is too cold:

1. The most obvious sign is shivering or shaking, which is the body's way of generating heat.
2. Look for behavioral changes – your dog may look uncomfortable or seem anxious. Instead of running around outside joyfully, your dog may stand around, try to turn back for home, or seek a spot that provides shelter such as under a car.
3. Your dog may display a hunched posture with tail tucked, or lift his or her paws uncomfortably off the ground.
4. Listen for verbal cues such as whining or barking.

2 What are the signs of hypothermia in pets?

Hypothermia is a result of low body temperature in pets. When your pet is exposed to cold weather for long periods of time, your pet may suffer from hypothermia, and wet skin and fur can exacerbate the condition. That's why it's important to notice the first signs of hypothermia.

Hypothermia signs include:

- Excessive shivering
- Paleness
- Listlessness
- Collapsing

Symptoms of life-threatening hypothermia include weakness, lethargy, muscle stiffness and slowed breathing.

If hypothermia is left untreated, coma or death can occur. To treat hypothermia, wrap your pet up in a warm blanket, and consider using a heated pet pad underneath him or her. Take your pet to the vet as soon as possible to prevent complications.

3 What are the signs of frostbite in pets?

Some signs of frostbite are skin that appears pale or grey, and skin that is cool and sometimes hard to the touch. The commonly affected areas are parts on your pet's body least protected by fur including toes, ears, the tip of the tail, and the scrotum. The affected frostbitten area may become red and swollen, and may even begin to peel. As your pet's circulation returns it may be very painful for your pet. Dead skin and tissue separates from the body in one to three weeks.

Treat frostbite by slowly wrapping your pet's body in warm dry towels or blankets and placing hot water bottles wrapped in towels nearby, which act like a heater. **It's important not to rub or massage your pet's affected area.** If you suspect frostbite in your pet, take him or her to your veterinarian as soon as possible.

4 How do I prevent winter health problems?

A good rule of thumb: if it's too cold for you, it's too cold for your pet. So if you have an outdoor pet, keep him or her indoors during extreme temperatures.

Prevent future winter health problems with these tips below:

- Limit your pet's exposure to the outdoors
- Take shorter walks
- Dry off fur and paws after coming indoors
- Consider using pet sweaters or jackets
- Extra calories may help reduce heat loss (consult your veterinarian before adding extra calories to your pet's diet)

5 Other winter health concerns

Other concerns during the winter include sore, cracked paws from ice and salt exposure, the risk of antifreeze ingestion, and painful joints.

Sore cracked paws: occur when your pet is walking outside on ice and salted walkways. This can cause a lot of pain to your pet's paws if not taken care of properly. Every time you come back from a walk, make sure that you wipe off your pet's foot pads with a damp towel or grooming wipes.

Antifreeze ingestion: the first signs of antifreeze ingestion include lethargy, lack of coordination, weakness, or depression. In later stages, your pet may experience vomiting, diarrhea, inability to urinate and gastric ulcers. Pets that have ingested antifreeze must be treated quickly, so seek care immediately. To prevent antifreeze ingestion, make sure to check the ground for spillage frequently. Also keep your pet's water bowl filled with fresh water; since a thirsty pet is more inclined to drink antifreeze.

Tip: Keep water from freezing in the bowl by placing a heated pad under it.

Painful joints: occur in the wintertime frequently due to cold weather. This is the time of year when old, creaky painful joints may flare up. Giving your pet a joint supplement with omega fatty acids and providing a plush, orthopedic bed can help reduce joint-related issues.



SPAYING & NEUTERING: SHOULD I SPAY OR NEUTER MY DOG?

Most people who purchase a purebred dog have had thoughts about breeding it. The reasons most often given are below. Even if your dog is registered by the AKC, that is no guarantee that it is a sterling representative of the breed. All the AKC registration certificate tells you is that your dog and its parent were purebred. It tells you nothing about the quality of your dog as a specimen of his breed or what hidden genetic problems your dog may have inherited. An AKC certificate should never be used in and of itself as a rationale for breeding your dog.

COMMON EXCUSES FOR NOT SPAYING OR NEUTERING DOGS

MY DOG WILL GET FAT AND LAZY. Neutering or spaying your dog may diminish its overall activity level, its tendency to wander, and hormonal balances, which may influence appetite. However, dogs become fat and lazy because they are overfed and not exercised enough.

WE WANT ANOTHER DOG JUST LIKE THIS ONE. There is no guarantee that breeding two purebred dogs together will result in offspring that are exactly like either parent. In fact, this would be rare. With mixed breeds, it is virtually impossible to have offspring that are exactly like either parent. You would be better off going back to the breeder and getting a puppy from the same line that produced your current companion.

MY DOG'S PERSONALITY WILL CHANGE. Any change will be for the better. After being altered, your dog should be less aggressive toward other dogs, and less likely to wander. Altering usually prevents urine marking if done early in life, and generally makes for a more contented pet. Altering WILL NOT affect your dog's ability to hunt, participate in agility, flyball or obedience competitions, go for runs or chase a tennis ball. On the other hand, female dogs are not eligible to compete in trials or events while they are in heat.

MY CHILDREN SHOULD WITNESS THE MIRACLE OF BIRTH. Dogs often have their puppies in the middle of the night and sometimes in a place of their own choosing (if you are not prepared for this, it may be your closet). Because dogs prefer privacy when giving birth, any unnecessary intrusion can result in an unwillingness to care for the puppies. If you really want your children to learn about birth, there are books and videos available on the subject. You might also visit a local animal shelter or humane society to show your children what sometimes happens to "extra" dogs. This is a strong lesson on the responsibility of pet ownership.

A FEMALE DOG SHOULD HAVE AT LEAST ONE LITTER OF PUPPIES. Every heat cycle a female dog experiences, whether she is bred or not, increases her risk of breast cancer and uterine infection--both potentially life threatening conditions. Spaying a dog at 5 to 7 months of age virtually eliminates any risk of these problems later in her life. Neutered males cannot get testicular cancer and are less like to develop prostate problems. Spaying or neutering increases your dog's chances of having a longer and healthier life.

THINGS TO THINK ABOUT BEFORE BREEDING YOUR DOG

It is extremely important to learn the facts and possible consequences if you are contemplating breeding your dog. Owners must make responsible decisions. The following points should be reviewed carefully:

QUALITY: Registration is not an indication of quality. Most dogs, even purebred, should not be bred. Many dogs, though wonderful pets, have defects of structure, personality or health that should not be perpetuated. Breeding stock should be proven free of these defects before starting on the reproductive career. Breeding should only be done with the goal of improvement – an honest attempt to create puppies that are better than their parents.

COST: If done correctly, dog breeding is not a money-making proposition. Health care, vaccinations, diagnosis of problems and genetic screening, extra food, facilities, stud fees and advertising are all costly and must be paid before the pups can be sold. An unexpected C-section or emergency intensive care for a sick pup will make a break-even litter become a big liability. And this is IF you can sell the pups. OFA and CERF (and BAER in some breeds) testing isn't inexpensive and yet must be done on each parent and on the pups to ensure a genetic quality. One who doesn't know what the letters stand for should not undertake breeding a dog.

The bitch will roughly double her intake of feed from the middle of her pregnancy through nursing. Expect your food bill to more than double when hungry pups arrive. The most extreme cost, a worst case scenario, would be complications which cause the death of the bitch—your pet.

SALES: First time breeders have no reputation and no referrals to help them find buyers. Consider the time and expense of caring for pups that may not sell until they are four or eight months old or older. You must be willing to accept each and every pup (and that might be up to a dozen) yourself. What will you do if your dogs don't sell? Veteran breeders with good reputations often don't consider breeding unless they have cash deposits in advance for an average-sized litter.

JOY OF BIRTH: If you are breeding for the children's education, remember the whelping may be a 3:00am or on a surgery table. Even if the timing cooperates, the children may see stillbirths or deformed pups. They may even have the privilege of seeing the bitch savage her own pups as not all make good mothers. Bitches can also have severe delivery problems or even die in whelp. Of course, there can be joy, but if you can't deal with the possibility of tragedy, don't start.

If you want your children to experience the joy of birth, rent a videotape, visit a hospital or a vet, but don't bring more lives into the world for a half hour lesson. Just as having another baby to illustrate the joy of birth to siblings is a poor reason to become pregnant, so is breeding a dog.

TIME: Veteran breeders of quality dogs state they spend well over 130 hours of labor in raising an average litter. This is over two hours per day, every day. This estimate only covers

the time directly spent with the pups. There are also chores such as washing the whelping box bedding that this estimate does not consider.

The bitch cannot be left alone while whelping and only for short periods for the first few days after birth. Be prepared for days off work and sleepless nights. Even after delivery the new mother will need care and feeding, puppies need daily checking, weighing, socialization, grooming, and feeding six times per day after they reach the age of three weeks. Further, the whelping box will need lots of cleaning; laundry will have to be done to keep sheets and towels clean and handy. The pups' food will have to be made in a blender and all utensils washed for the next feeding. Still more hours are spent doing paperwork, pedigrees and interviewing buyers. If you have abnormal conditions, such as sick pups or a bitch that can't or won't care for her offspring, count on double time.

Socialization of the pups isn't just the time they spend with each other. It is important for the pups to have human interaction and be exposed to a wide variety of situations and sounds at an early age. If you can't provide the time, you will either have dead pups or poor ones that are bad tempered, antisocial, dirty and/or sickly.

HUMANE RESPONSIBILITIES: No one should breed unless they are willing to be responsible about their breed's rescue efforts. Each breeder should be prepared to take back ANY pup he/she has bred for ANY reason during the course of the dog's life. That is a 15 year commitment on warranty. There are over NINE MILLION unwanted dogs put to death in pounds in this country every year. Millions more die homeless and unwanted through starvation, disease, automobiles, or abuse. Nearly a quarter of the victims of this unspeakable tragedy are purebred dogs "with papers". The breeder who creates a life is responsible for that life.

THIS PAGE LEFT INTENTIONALLY BLANK

12



for Successful Training

1

Behavior does not change, nor is it learned, overnight. Practice, patience and consistency are key!

2

Dogs do what we reinforce, intentional or not. Be sure to reinforce behaviors that you want to see repeated.

3

Body language is one of the only ways your dog has to communicate with you. Always pay attention to their body language and what it is telling you.

4

Ensure that your dog has appropriate outlets for energy. Excess energy can manifest as unwanted behaviors.

5

Take baby steps. You will make substantial progress when you move step by step.

6

Managing behavior by controlling the environment is a great way to prevent undesired behaviors from being practiced.

7

Every single time your dog comes when called, be happy to see them! Even if they were doing something naughty prior to running to you.

8

Find out what your dog finds valuable. This is different for every dog. It could be a special toy, activity, or a favorite type of food.

9

Your dog is the one who determines if something is valuable. Not you, not anyone else.

10

Catch your dog being good. When your dog is doing something you like make sure you reinforce it.

11

Tell your dog how you want them to behave. You can tell your dog ten things not to do, but you will save time teaching them one thing to do.

12

Keep training sessions short and sweet. 3-5 minutes at a time, 2-3 times a day.

THIS PAGE LEFT INTENTIONALLY BLANK

Dog Quiz

Most people know that dogs should not eat chocolate. But do you know about these lesser well-known hazards to your pet? Taking this quiz may help keep your best friend from being sick as a dog!

QUESTION 1

Many people give this fruit to their dogs as a treat. However, just a few bites can cause fatal kidney failure in some dogs.

1. Strawberries
2. Apples
3. Grapes
4. Bananas

*Answer: **Both grapes and raisins can be toxic.** Some dogs eat them with seemingly no ill effects. However, some dogs become ill after ingesting only a few grapes or raisins. The first symptom is vomiting, followed by acute kidney failure, from which many dogs do not recover. As of yet, the toxin is unknown, nor do we know why some dogs become sick and others eat grapes or raisins without a problem.*

QUESTION 2

Dogs that eat this may become very ill from alcohol poisoning.

1. Applesauce
2. Oatmeal
3. Grape Jelly
4. Bread Dough

*Answer: **Bread Dough.** The yeast-containing bread dough can ferment in the dog's stomach releasing large quantities of alcohol. Small dogs are most susceptible to this toxicity.*

QUESTION 3

Ingestion of just a few of these nuts can cause temporary paralysis of the back legs in some dogs.

1. Macadamia nuts
2. Peanuts
3. Brazil Nuts
4. Pecans

*Answer: **Macadamia nuts.** The ingestion of as few as six macadamia nuts has caused paralysis in dogs. Dogs with macadamia poisoning will appear anxious and have difficulty moving their rear legs. The legs may appear to be painful. Luckily, the paralysis is temporary and clears up within a few days. The causative agent of the paralysis is unknown.*

QUESTION 4

What raw fish can cause poisoning in dogs?

1. Salmon
2. Bass
3. Sardines
4. Eel

*Answer: **Salmon.** Salmon and trout can be infected with a parasite (*Nanophyetus salmincola*) which is a type of trematode worm. The worms themselves can be infected with a type of bacteria (*Neorickettsia helminthoeca*). The bacteria only infect canids. Other animals show no symptoms from eating it. When dogs eat raw fish infected with these bacteria, they can show symptoms including weakness, vomiting, loss of appetite, swollen glands, and fever. Ninety percent of untreated dogs die. Cooking the fish kills the worm and the bacteria.*

QUESTION 5

This food is sometimes used to season a dog's meals but can cause anemia.

1. Peanut butter
2. Bacon fat
3. Onions
4. Chicken broth

*Answer: **Onions.** Onions and garlic contain a chemical called thiosulfate. When ingested either in large quantities or in small quantities over a long period of time, they can cause an anemia called Heinz body anemia. This is reversible if you stop feeding the onions or garlic.*

QUESTION 6

In some dogs, this sweetener can cause hypoglycemia.

1. Saccharin
2. Xylitol
3. Aspartame
4. Sucralose

*Answer: **Xylitol.** This toxicity usually occurs when dogs eat large amounts of sugar-free candy or gum. In humans, xylitol does not cause a drop in blood sugar but in dogs it DOES. This can lead to weakness, staggering, and other symptoms of hypoglycemia. There is also some evidence that some dogs may develop liver failure after ingesting xylitol.*

QUESTION 7

Raw chicken bones are more dangerous to dogs than cooked ones.

1. True
2. False

*Answer: **FALSE.** The reverse is true. Cooked bones are much more dangerous. They are more brittle than raw bones and can splinter into sharp shards.*

QUESTION 8

Dogs that are fed a straight diet of dry food with little variety may get an inflammation of the pancreatitis if they eat certain foods they are not used to. Which of the following is most likely to cause pancreatitis?

1. Mashed potatoes
2. Raw Eggs
3. Turkey skin
4. Sugary candy

*Answer: **Turkey skin.** In dogs, pancreatitis often results from eating a very high-fat meal. While dogs that are used to eating a high-fat diet--like sled dogs can eat pure fat with no problems, dogs that are not used to such foods often cannot. When such a dog eats a high-fat meal, its pancreas overproduces enzymes to the extent that they actually begin to "digest" the pancreas and inflame it. Common culprits are turkey skin and ham fat. Symptoms include vomiting and stomach pain. This is a medical emergency, and such dogs must be treated by a vet. Some breeds, like miniature schnauzers, are genetically predisposed to pancreatitis.*

QUESTION 9

A common food byproduct used in gardens has been found to cause vomiting, tremors and fast heartbeat when dogs eat it. What is the byproduct?

1. Composted vegetable waste
2. Cocoa bean mulch
3. Composted corn husks
4. Peanut shell mulch

*Answer: **Cocoa bean mulch.** Cocoa bean shells contain the same toxic theobromine that chocolate does, and are poisonous to dogs for the same reason. The mulch has an attractive chocolate smell that is irresistible to many dogs.*

QUESTION 10

Which of the following holiday plants is LEAST toxic to dogs?

1. Mistletoe
2. Holly
3. Poinsettia
4. None of the above are toxic to dogs

*Answer: **Poinsettia.** Despite common misconceptions, poinsettias are only mildly toxic, and most dogs that eat them will experience no symptoms at all. Some dogs will drool or vomit after eating them. Holly causes intense nausea, vomiting and diarrhea. Mistletoe causes vomiting, diarrhea, neurological problems and heart failure.*

THIS PAGE LEFT INTENTIONALLY BLANK



DOG TRIVIA

QUESTIONS	ANSWERS
1. What is the average body temperature of a dog?	Between 101 and 102.5 degrees
2. The average dog has how many teeth?	Adult dogs have 42. Puppies have 28.
3. What were the names of President Lyndon Johnson's two famous Beagles?	He named them Him & Her.
4. For what is "the hair of the dog that bit you" a remedy?	A hangover.
5. What is the term used to describe two airplanes locked in an air battle?	A dogfight.
6. In astronomy, what is the name of the "Dog Star"?	Sirius
7. Name 3 Retrievers recognized by the American Kennel Club (AKC).	1. Black Labrador 2. Yellow Labrador 3. Chocolate Labrador
8. What is a dew claw?	The dew claw in dogs is the equivalent of the thumb in humans. It is an extra digit found on the inside of your dog's leg, slightly higher up than the rest of the digits. Most dogs will have dew claws on both front legs, but some might also have them on their back legs.
9. In the movie "The Wizard of Oz" what breed of dog is Toto?	A Cairn terrier
10. What is a perfect score at an Obedience Trial?	200 points
11. What breed is known as the coach dog?	The Dalmatian. When the Dalmatian breed was introduced to England in the 18 th century, they quickly became the carriage dog breed of choice.
12. What winged pest, common in MN in the summer is responsible for the spread of Heartworm?	Mosquitos
13. What is the average gestation period for a dog?	Nine weeks.
14. What breed of dog is Charles Schultz's famous cartoon character, Snoopy?	Beagle.
15. What breed of dog is the toy Mexican dog with either long or smooth coat?	Chihuahua
16. What creepy, crawly creature is known to carry and spread Lyme Disease?	The deer tick.
17. What is the sultry season in July and August known as?	The Dog Days of Summer.
18. Name 3 setters recognized by AKC	1. English Setter 2. Gordon Setter 3. Irish Setter
19. When the corner of a page is turned down, what is it called?	Dog-ear.
20. The lovable mutt Daisy belongs to what two cartoon characters?	Blondie and Dagwood

THIS PAGE LEFT INTENTIONALLY BLANK