

NEW PUPPY BOOK



FULL CIRCLE VETERINARY CARE



WELCOME TO FULL CIRCLE VETERINARY CARE

Congratulations on your new puppy!

We appreciate that you have entrusted us with your puppy's health care. Your new family member deserves the best care we can offer. If you any have questions about your puppy, please feel free to call our hospital. Our entire staff is willing and happy to help you.

Owning a dog is extremely rewarding but is also a large (and sometimes daunting) responsibility. We hope this booklet can help you answer many of the questions you may have about your puppy's needs and behaviors.

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VACCINATIONS

There are two vaccines that every puppy should have, no matter what lifestyle or breed.

DA2PP (also called the “Distemper” vaccine)

This vaccine protects against 5 diseases. In order to be protective, it must be given as a series of shots, 3 - 4 weeks apart until the puppy is at least 16 weeks old. After this, the vaccine is given yearly. This shot protects against:

- Canine distemper: a virus that causes pneumonia, vomiting and diarrhea, along with neurologic signs, often fatal.
- Adenovirus: one form of this virus causes infectious tracheobronchitis (also called “kennel cough.” Another form causes hepatitis, a severe liver infection. This vaccine protects against both kinds of adenovirus.
- Parainfluenza: also a cause of “kennel cough.”
- Parvovirus: an environmentally hardy virus that causes severe vomiting and diarrhea, can be fatal.

Rabies

This vaccine protects your dog from the rabies virus, a fatal disease that attacks the brain. While rabies is not often seen in this area, this disease has no cure and is fatal in humans. Vaccination is required by law. In Oregon, we most commonly see rabies in bats, and occasionally in foxes and coyotes. The first vaccination is given at or after 12 weeks of age and is good for 1 year. Once boosted, it is considered good for 3 years.

Several other vaccines are offered and recommended according to the lifestyle of your dog.

Bordetella

Bordetella is a species of bacteria that can cause infectious tracheobronchitis (kennel cough), a highly infectious disease passed from dog to dog by coughing. In immunocompromised pets, it can lead to pneumonia. We recommend this vaccine for any dog that will spend time with many other dogs, such as when boarding, visiting a groomer, day care or frequent trips to dog parks. This vaccine is given at 6 month or 1-year intervals, depending on the risk of exposure.

Leptospirosis

This disease is caused by a bacterium that is shed in the urine of infected mammals (usually wildlife). Dogs typically become infected by drinking out of contaminated water sources. Dogs at greatest risk are those that spend a lot of time off leash in rural areas, such as hunting dogs or dogs that hike and camp with their owners. Please discuss this vaccine with us if you have any questions.

The reason for “boostering”

In a dog that has never been vaccinated, most vaccines need to be “boostered” (a second shot given 3 - 4 weeks later) in order to provide long term protection. In puppies, shots are given as a series of 3-4 vaccines. This is due to the way their immune system develops. Very young puppies are protected from disease by maternal antibodies that they absorb from their mother’s milk. While these antibodies are present, they interfere with vaccination by neutralizing the vaccine. During the first 12 weeks, the puppy’s immune system begins to develop. At some point, maternal antibodies decline and the puppy’s immune system begins to produce antibodies to the vaccines. Since this critical point is different for every dog, we vaccinate puppies multiple times, so that we can be sure they are protected from diseases. The last 2 vaccines should occur at and after 12 weeks of age to ensure long term protection.



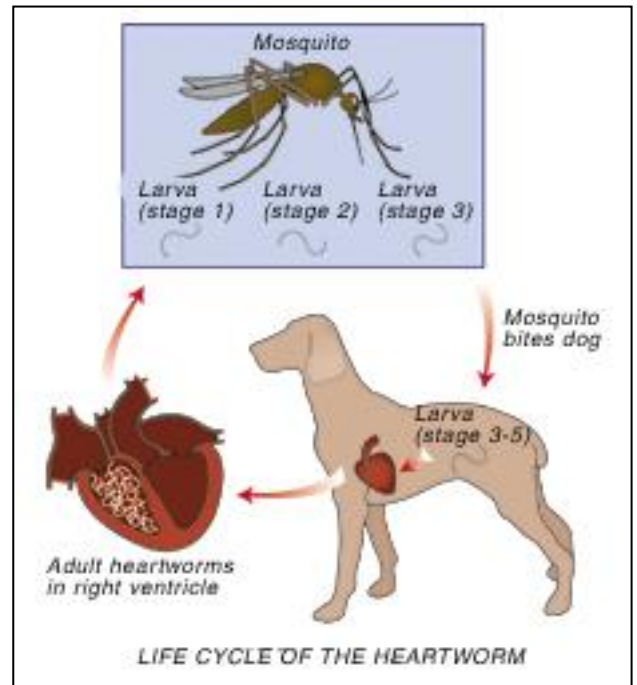
INTERNAL PARASITES

HEARTWORM

Heartworm disease is a serious and potentially fatal disease in dogs. It is caused by a blood-borne parasite and is transmitted by the mosquito.

Any dog exposed to mosquitoes is at risk of infection. Even if they spend most of their time indoors.

As many as 30 species of mosquitoes can transmit heartworm. The immature stage of the parasite develops into the infectious form inside the female mosquito. When she bites a dog, the infectious larvae are transmitted into the bloodstream. Over the next 5-6 months, the larvae develop into adult worms. Adult worms live in the heart and adjacent large blood vessels of infected dogs, causing damage to the heart, lungs, liver and kidneys. They then produce immature larvae that serve as a reservoir of infection for other animals. Symptoms include weakness, fatigue, chronic coughing, loss of appetite, weight loss and eventually death. It can take several years for these signs to develop, by which time your dog may have already suffered irreversible internal damage.



Treatment for heartworm disease carries serious risks and side effects and can be expensive. It consists of several injections of a compound that contains arsenic. During this time the dog's activity must be severely restricted and they are usually confined to a crate. This treatment is followed up in several weeks with another drug to kill the immature heartworm still in the bloodstream.

Prevention is much easier and safer. This involves simply giving a pill once a month (or applying a topical drug). Because an infected dog can have a serious reaction to the preventative medication, a blood test for heartworm is run prior to starting medication. Puppies under 6 months of age can be safely started on medication without testing, as no adult heartworms have had time to develop. Heartworm testing is still recommended every 2 years to ensure that the preventative has been effective, and your dog is still free of heartworm. If you miss several doses, a repeat test is recommended.

The risk of exposure in this part of Oregon is still low, although we are seeing many more cases in the state, especially as you travel south of Portland. If you plan to travel with your dog, heartworm preventative is very important. Native heartworm infections (infections in dogs that have not traveled to other states) have been reported in all states except Alaska. This disease has gradually spread, and while the risk here is still low as compared to other parts of the country, we have no way of knowing how quickly the number of cases may increase. Because the disease is spreading, it is important to keep as many pets on a preventative as possible. Heartworm preventatives are dosed according to your dog's weight. As the weight increases, the dosage should also increase. Please note the dosing instructions on the package. These products are very safe. You could overdose your dog by two or three times the recommended dose without causing harm. They should be given year round, as skipping more than a month requires a negative heartworm test prior to restarting medication.



INTESTINAL PARASITES

Hookworms, Roundworms and Whipworms

These are common intestinal parasites in dogs and are contracted by ingestion of microscopic eggs shed in the stool of an infected animal. In some cases, these parasites may cause diarrhea, but many pets are asymptomatic when infected. Puppies can contract these parasites from their mother, either in utero or when nursing. We recommend deworming all puppies for these parasites. Deworming medication is safe, effective, and protects your puppy's health and that of any other dog they may come into contact with. A dose of medication is given at the first visit, and is then repeated 2 -3 weeks later, as this medication only kills adult worms. The second dose kills any immature parasites that have become adults during that time period. After deworming, routine yearly fecal exams are recommended, as dogs can easily become re-infected with parasites.

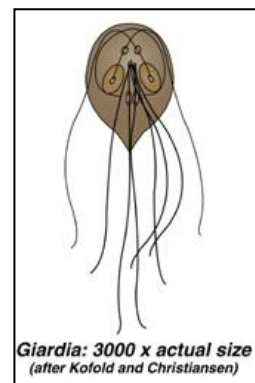
Roundworms can affect your family's health. In people, roundworms can cause aberrant parasitic migration through the body, damaging internal organs. In order to get roundworms, a person must ingest an egg. Since eggs are only shed in the stool of pets, small children are at highest risk because they are less likely to wash their hands and more likely to put contaminated items in their mouth. Sandboxes and back yards where pets defecate should be kept clean.

Tapeworms

Tapeworms are contracted by ingesting either an infected flea (most common) or by eating the meat of certain animals (deer, antelope). Unlike the parasites discussed above, tapeworms are not transmitted directly from ingestion of an egg—you and your other pets cannot catch tapeworms from an infected animal. A flea may be swallowed during grooming or chewing at a flea bite. The tapeworm attaches in the intestine and then sheds small segments in the stool. These segments are white/yellow and look like grains of rice. They are about 3 mm long and may be seen crawling on the dog or on the stool. They may only be seen intermittently and are not identifiable on a fecal exam. The good news is that tapeworms rarely cause serious disease, and treatment is easy. Flea preventative is recommended for any pet with tapeworms.

Giardia and Coccidia

These two parasites are single-celled organisms that can cause diarrhea and vomiting in very young dogs. However, many pets may be asymptomatic. These parasites are usually discovered on fecal exams. Routine de-wormers do not treat either parasite. Therefore fecal exams are important, as the regular de-worming of puppies will not kill either organism. Both organisms are transmitted through ingestion of the parasite. Giardia is usually ingested in contaminated drinking water. In our wet climate, both organisms can be hardy and long-lived in soil. Giardia can theoretically be transmitted from pets to people, although there are no reported incidents of this occurring. Coccidia are species specific and cannot be given to people. If your pet is diagnosed with either parasite, often all pets in the household will be treated at one time, and environmental clean-up of areas where pets defecate is very important to prevent re-infestation.



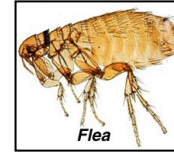
Giardia: 3000 x actual size
(after Kofold and Christiansen)



EXTERNAL PARASITES

FLEAS

Dogs and cats share the same fleas. Dogs can easily bring fleas inside to infest indoor pets, so all pets in your home should be on a flea preventive. Fleas can be frustrating and difficult to kill once established in your house.



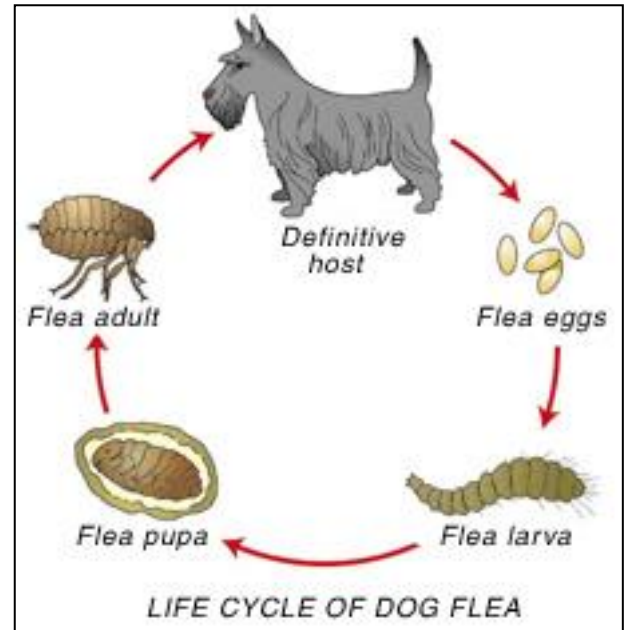
There are four stages in the life cycle of the flea:

1. Flea eggs are whitish and about 0.5 mm in length. They are not visible without a magnifying glass. Eggs are initially laid on the dog's skin but soon fall off into the environment. Flea eggs constitute around 50% of the total flea population. Eggs may hatch in as little as 14 to 28 days, depending on environmental conditions. High humidity and temperature favor rapid hatching.

2. Flea larvae are about 2-5 mm in length. They feed on organic debris and adult flea feces. They dislike strong light and move deep into carpet fibers or under furniture, or in cracks between floorboards. Flea larvae prefer warm, dark and moist areas. Our climate-controlled homes offer an ideal environment for the flea life cycle to thrive.

3. The flea larvae then produce a protective silk-like cocoon (pupae). They only emerge as adults when triggered by vibration, carbon dioxide or heat. Pupae can survive in carpets and cracks for up to 9 months. During this time they are resistant to insecticides applied to the environment. Therefore, adult fleas may emerge into the environment a considerable time even after the application of insecticides in your home.

4. Once emerged, the adult flea is attracted to light and searches for a passing host to feed upon. Two days after the first blood meal, female fleas begin egg production. In normal circumstances the adult female will live up to three weeks, laying approximately 40 eggs per day. The entire life cycle, from egg to adult flea can be completed in 14-28 days, depending on environmental conditions.



Fleas can cause anemia, especially in very small or debilitated dogs. A single female flea can take up to 15 times her body weight in blood over the several weeks of her adult life. In addition, fleas can carry diseases and act as a vector that may transmit tapeworms to your pet. Some dogs may develop an allergy to flea saliva, and a single bite can cause severe itching, scabs, hair loss, and occasionally lead to secondary skin infections. In these dogs, flea control is a must.

Always make sure over-the-counter products are safe, as some cannot be applied until the puppies are past a certain age. We do not recommend flea collars or shampoos, as the former are ineffective, and the latter can be dangerous if the wrong product or amount is applied. Please ask us to discuss the various flea control products, as there are many options, both topical and oral. We would be happy to help you select the right one for your new puppy.



EXTERNAL PARASITES

FLEAS

TICKS

There are several species of tick found in the Pacific Northwest. The western black legged tick (*Ixodes pacificus*) is responsible for carrying a bacterium called *Borrelia burgdorferi*, which is the causative agent for Lyme disease. Ticks are not found commonly in the Portland Metro area but can be found in wooded areas such as Forest Park. They are very prevalent in the Columbia Gorge, and as you travel to southern or eastern Oregon. While there are other tick-borne diseases seen in dogs, most of these are rare in Oregon. Common signs of tick born disease in dogs include intermittent high fevers, shifting leg lameness and enlarged lymph nodes.

If you travel or hike with your pet during warm weather, tick control is very important. A tick must remain attached for 24 hours in order to transmit the Lyme bacterium to your pet. There are many good products available that kill adult ticks before this has time to occur. A good thorough examination of your pet after a walk is also an easy and very effective way to find ticks. If you find an attached tick on your dog, or have questions regarding effective tick control, please do not hesitate to call us.

EAR MITES

Ear mites are tiny parasites that live in the ear canal of dogs (and cats). They are very itchy, and pets may shake their heads frequently or scratch their ears. The ears usually also contain a large amount of debris. Ear mite infections are diagnosed by taking a swab from the ear and examining it with a microscope. Ear mites are often infectious and can be transmitted from dog to cat (and vice versa). Ear infections may also cause similar symptoms. The microscopic examination allows us to differentiate between a mite infestation and an ear infection, so that we may prescribe the correct treatment and resolve the problem.



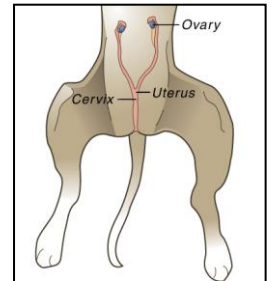
SPAYING AND NEUTERING YOUR DOG

We recommend spaying and neutering all dogs. In addition to many health benefits, spaying and neutering help reduce pet overpopulation.

A female dog will go into heat approximately every 6 months, starting between 6 and 9 months of age. Heat periods result in about 1-3 weeks of vaginal bleeding, which can stain furniture and carpets. During this time female dogs should be closely supervised and kept indoors, as male dogs can be attracted from far away. In many cases, despite your best efforts, an unspayed female will become pregnant.

Spaying your female puppy at 6 months of age

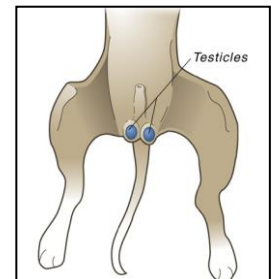
- Prevents breast cancer. Dogs spayed before the first heat have less than 0.5% chance of developing breast cancer. The risk increases 7-8% with each heat in the first 2 years.
- Eliminates the risk of uterine and ovarian cancer.
- Prevents uterine infection (pyometra), which can be life-threatening.
- Eliminates the urge to roam when the pet is in heat.
- Prevents unplanned litters and emergency caesarian sections.



Male dogs reach puberty around 6 to 9 months of age. At this time, they can develop unwanted behaviors such as aggression towards other dogs or people. Once these behaviors occur, it can be very difficult to eliminate them even with neutering, as the behaviors become learned and repeated over time.

Neutering your male puppy at 6 months of age

- Reduces the risk of prostatic infections.
- Reduces the risk of hormone-related diseases such as prostatic enlargement and certain types of tumors.
- Eliminates the risk of testicular cancer.
- Eliminates the urge to roam in search of females in heat.
- Reduces certain types of aggression.



Most of the commonly quoted disadvantages of spaying and neutering are myths. Obesity as the result of neutering or spaying is probably the most popular myth encountered. Obesity is the result of overfeeding. By regulating your dog's diet and caloric intake, you can prevent obesity in all pets. Spaying and neutering do not cause a change in personality, guarding instincts, intelligence, playfulness or affection. There are no known medical disadvantages to early spaying and neutering of dogs.

Prior to surgery, we recommend running blood tests to screen for any hidden problems that might compromise your puppy's health under anesthesia. On the day of surgery, patients are dropped off at the clinic in the morning on an empty stomach. All patients are then examined prior to surgery. An ECG may be run at this time to evaluate heart function. The puppy is then given pain medications and an intravenous catheter is placed, to ensure that venous access is easily available in case of emergencies, and to allow the use of intravenous fluids during surgery. The puppy is carefully monitored by a trained veterinary technician for heart and lung function during the operation. While your pet is under anesthesia, it is a good time to take screening x-rays to look for hip dysplasia or to place an identification microchip. During recovery, the puppy is monitored by the technician and the doctor and is released to you at the end of the day, after recovering from the anesthetic. Puppies need to be kept quiet for around a week following the surgery.



FEEDING

Diet is extremely important in the growing months of a dog's life, and there are two important criteria that should be met in selecting food for your puppy. Food should be manufactured by a nationally known and recognized dog food company (not a generic or local brand), and it should be specifically made for puppies. While we recommend and carry the Royal Canin brand at the clinic, there are many appropriate and well-made diets available. A puppy food should be fed until your puppy is about 12-18 months of age, depending on its size. In certain large breed dogs we may recommend an earlier switch to adult food.

We recommend that you only buy food which has AAFCO certification. AAFCO (Association of American Feed Control Officials) is an organization that has created standards and requirements for the manufacture of pet foods. It does not endorse any particular food, but it will certify that the food has met the minimum requirements for nutrition. An ideal food should state that it has been through animal feeding trials and has met the AAFCO standards for the growth stage of the dog. Usually, you can find this information very easily on the label.

We generally recommend dry dog foods (kibble) over canned. Dry food is less expensive and helps prevent tartar build-up on the teeth. Wet foods simply provide more water and can be more calorically dense than dry foods. Dry foods are usually recommended simply for their dental benefits, and because in many cases, wet food provides no particular advantage for your puppy. In certain circumstances, wet food may be recommended. It may also be fed as an adjunct to dry food but be certain to decrease the amount of kibble offered, or you may over feed your pet.

Table scraps are not recommended. While generally very tasty, dogs will often begin to hold out for these and not eat their regular food. Table scraps do not provide a balanced diet, and items high in fat can often cause diarrhea or more serious gastrointestinal upset.

There are two ways of feeding. We recommend what is commonly called "meal feeding." This means that the puppy is fed a measured amount at specific times of the day. Dogs under 3 months of age should be fed 3-4 times daily. Very small or toy breeds may need to be fed more often. The dog is given 30 minutes to eat, and after this the food is removed. Puppies fed in this manner generally begin to leave food at one of these meals by 3-4 months of age. On average, by this time dogs may be transitioned to feeding twice daily. Once daily feeding is also acceptable, although this change should be gradual (transition from twice a day over a period of one to two weeks).

"Free choice feeding" means that food is available at all times. Some dogs are self-regulating and will only eat small amounts at a time. However, many dogs tend to overeat and become obese. Amounts should still be measured so that the dog is only offered the correct amount daily. With multiple pets in the house, this method is not recommended, as often one pet eats more than they should. Free choice feeding also makes it difficult to monitor if pets are eating. Lack of appetite is often one of the first signs of illness. If your pet starts to gain excessive weight on a free choice program, this method of feeding should be discontinued. Most pets can make the transition to meal feeding without much difficulty.

The amount to be fed varies by the dog's weight, type of food, and individual metabolism. Dry foods should have a feeding guide on the back that gives you an idea of how much food your pet should be eating. They are generally fairly accurate, although some individual adjustments may need to be made once your pet is an adult. Remember that puppies are growing and do need to eat more than their adult counterparts.



SOCIALIZATION

The socialization period for puppies is between 4 and 12 weeks of age. This period is when dogs are most impressionable to new experiences. It is a critical time, and dogs that are not well socialized can be shy, anxious or even fearful. Many owners who adopt fearful dogs as older pets often assume their dogs were abused. In fact, most of the time these dogs were simply not exposed to different kinds of people, animals or places as young puppies, and therefore find new experiences threatening.

As owners of a new puppy, you may not have had a great deal of control over their earliest experiences. Even if your puppy is older than 12 weeks of age, you can still influence and mold social behavior, so do not fear. Dogs learn by association, meaning that events or behaviors become linked with pleasant or unpleasant experiences. For example, a puppy may learn that being held is associated with treats and attention and begin to enjoy the experience. Dogs also do not generalize, so repeated exposure to many different types of people and animals is important. For example, many undersocialized dogs are fearful of unknown men, and yet are comfortable with men in their own household. They have not learned to associate positive experiences with all men, and only trust the ones they are exposed to daily.

The difficulty of socialization is that this time frame coincides exactly with immune system development, and puppies are still vulnerable to potentially fatal diseases. However, using common sense and care, you will still be able to socialize your puppy.

Puppy classes

Group classes are offered by many different trainers and groups. Even if your plan is to do most of your daily training at home, puppy classes offer a great way for your dog to meet other dogs of the same age, and to have supervised play time. A reputable class should require vaccines appropriate to the age of the dog, use positive training techniques, and allow prospective participants to observe a class in session prior to signing up for the class.

Play sessions at home

Ask your friends with older, vaccinated and friendly dogs to come over for a play date. Always supervise play, as sometimes even young dogs need a “time out” if play gets too rough.

Exposure to novel sounds, sights and people

Dogs may be afraid of unusual objects or sounds that they have never experienced. Such objects include umbrellas (open or closed), bicycles (especially moving), cap guns, and large hats or glasses. When introducing items, it is very important to make the training sessions fun, exciting and not scary. If your puppy seems afraid of any of these objects, quietly remove the object, do not comfort (as this rewards their association of the object with fear) and ask for help from a trainer. Having many friends visit the puppy to offer treats and attention can help the puppy learn that strangers are not threatening. A comfortable and well socialized dog should, at minimum, allow your friends into your house and not bark, lunge or run from strangers on the street.

Avoid dog parks and extremely crowded areas

Dog parks are not appropriate places for young puppies. Not all dogs get along or play well with young dogs. You have no control over which dogs may come to a park, and no control over whether other dogs are vaccinated or sick. Parks are also an area where a large amount of dog waste is concentrated, and puppies can be exposed to parasites and viruses.

Every puppy’s personality is different. If you have an extremely gregarious puppy, avoiding areas crowded with people may not be as important. For a shy dog, however, exposure to too many people at once can be overwhelming and create panic, rather than acceptance. For shy puppies, exposure to limited numbers of people at a time can help them process and accept strangers.



HOUSEBREAKING

Housebreaking should begin as soon as your puppy enters your home. How long the training continues depends on both the puppy and you. Some puppies learn sooner than others. The keys to successful housetraining are patience and routine. Puppies have a natural desire to please, but have short attention spans and memories, so patience is especially important. A home with a badly trained puppy is not a happy home for you or the puppy.

We recommend crate training, as it is one of the easiest and fastest methods of housetraining. Dogs instinctively will not soil their sleeping places, so crates reinforce this natural instinct to teach the puppy to control its bladder. Many people have the mistaken impression that crates are cruel or punishing. However, crates provide a dog with a natural “den,” which many dogs find comforting. Crate training, when done properly, should provide a quiet, safe place the puppy can enjoy. A crate not only prevents bathroom accidents and unwanted behaviors (chewing), it also keeps curious pets safe, as puppies may ingest or chew on items that are hazardous, such as electrical cords.

CRATE TRAINING

1. The crate should be large enough for the puppy to stand, lie down and turn around. If your puppy is likely to grow into a large dog, you can purchase a large crate and then block off access to a portion of that crate so that the puppy does not use the rest of the crate as a place to eliminate. Because dogs are social animals, an ideal location for the crate is a room where the family spends time such as a kitchen, living room, or bedroom rather than an isolated laundry or furnace room.
2. Try to introduce the puppy to the crate early in the day. Place a variety of treats in the cage throughout the day so that the puppy is encouraged to enter voluntarily. As time goes by, pick either a valued toy or treat, and only give this treat or toy when in the crate, so the crate is associated with something really special. Kong toys stuffed with treats or peanut butter can be great choices. Feed the puppy's meals in the crate with the door open. We are trying to establish the crate as a safe and fun place to be.
3. When you first leave the puppy in the crate, leave for a short period of time, between 10 and 15 minutes. If the puppy is quiet, return and let them out, with lots of praise. If the puppy is crying, try very hard to ignore them until they are quiet, however briefly, to let them out. This teaches the puppy that being quiet earns a reward, namely, praise and attention from you. Allowing a crying puppy to leave the crate reinforces the crying. Be aware that most puppies will cry when left alone, in the crate or otherwise. This does not mean the crate itself is viewed as a bad place by the puppy. Gradually, the puppy will come to accept the crate, although it may take more time for some dogs than others.
4. Choose a location outdoors for the puppy to eliminate. Take the puppy to the location, wait until the puppy eliminates, and reward the puppy lavishly with praise or food. After some additional play and exercise, place the puppy in its crate with water, a toy and a treat and close the door.
5. Repeat the cage and release procedure a few more times during the day before bedtime. Place the puppy in its crate a few times before the end of the day. Each time, increase the time that the dog must stay in the crate before letting it out. Always give the puppy exercise and a chance to eliminate before locking it in the crate.



HOUSEBREAKING

6. At bedtime, the dog should be exercised and taken outside, then locked in its crate and left for the night. Do not go to the dog if it cries. A good rule of thumb is never to leave your puppy in the crate for more hours than its age in months plus one. This means that a 4-month-old puppy can be expected to hold its bladder for only 5 hours. Many young puppies need to be taken out once or twice during the night.

7. The key to all training is consistency and routine. A puppy should always be taken outside to eliminate after it has been sleeping, and usually 15 to 20 minutes after eating. Always praise the puppy in a high-pitched excited voice when it eliminates outside. As the puppy gets used to going in its crate, you may wish to train a command, such as “go to bed” or “kennel up” and praise the puppy for obeying by using food rewards or the special toy.

8. Expect “accidents.” Even the brightest puppies are still learning. If you catch your puppy in the act of eliminating in the house, clap your hands or use a shake can (a metal can filled with rocks or pennies) to startle the puppy. You can also use a verbal cue such as “No.” The goal is to startle the puppy into stopping the behavior, and then take the puppy outside quickly, where it should be praised if it finishes eliminating outside. Punishing the puppy by hitting or pushing its nose in its urine or feces do not teach the puppy anything and may scare it. In a worst-case scenario, the puppy may simply learn to avoid you when it needs to eliminate and use another room where no people are present. If you find an accident after it has already happened, the best thing you can do is clean the area well with an enzymatic cleaner designed to get rid of odors, so that the area will not become associated with elimination. Punishment after the fact will simply teach the puppy that you are unpredictable and become threatening without warning.

9. If the pup must be left for long periods during which it might eliminate, it should be confined to a larger area such as a dog-proof room or pen, with paper left down for elimination. As the puppy gets older, its control increases, and it can be left longer in its crate. The disadvantage to so called “paper training” is that it establishes a habit of eliminating inside and does not teach the puppy how to hold its bladder or bowels until it is allowed outside. This method can sometimes slow the learning process.

10. The crate should never be used as punishment.



TRAINING BASICS

Training begins as soon as you bring your puppy home. Puppies are bright and inquisitive, and while they have short attention spans, they can still learn basic commands, as well as simple household “rules.” If you live with others, sit down as a group and decide some of these rules. For example: is the puppy allowed on the furniture? Will it be required to ‘sit’ before being fed? The puppy will learn much faster if everyone in the house uses the same rules. If you are not sure whether you want your pet on the furniture, start by being strict. It is much easier to ‘relax’ the rules later than it is to impose new rules once the dog is accustomed to the old ones.

All training should focus on positive reinforcement. In simple terms, positive reinforcement is teaching the dog that by performing a behavior, it receives a reward. Rewards may be food, attention/praise or play. Punishment is a poor teacher, as the short attention span of dogs means that the timing of the punishment is critical; a few seconds too late, and the punishment is confusing, or worse, means that your puppy learns to be afraid of you. Unwanted behaviors should be ignored or can be “redirected.” This means that you interrupt the behavior, ask the puppy to perform a more acceptable behavior (like sitting) and then reward that behavior. Because dogs are associative learners, they do not use complex cause-and-effect logic: your pet will not think “when I chew on the table leg, my person calls me over and asks me to sit, which earns me a treat, therefore I should chew on the table leg so that they will call me again.” The puppy simply learns that sitting is good (earns food), and your table legs are spared for the moment. You can then offer the puppy a more appropriate chew toy.

The formal training of traditional obedience cues such as ‘sit’ or ‘down’ can be started at any age. Sessions should be kept short and fun but can be repeated daily. Most puppies can be lured into certain behaviors (i.e., holding the treat in a certain position so that the dog is likely to sit or lie down) with food rewards. Another way to train such behaviors is to reward the puppy whenever it performs these behaviors accidentally. Either way, the puppy will learn that these actions get rewarded. Once the puppy does these behaviors voluntarily, start adding a command. At this point, the puppy has already learned that the way to get what it wants (the treat) is to sit. The link from behavior to a formal command should come last, as verbal commands are not otherwise understood. The goal is to have the puppy perform the action every time you say the command. If the puppy does not understand the command, it may begin ignoring it.

If your puppy does not seem motivated by treats, first try training prior to mealtime when the dog is at its hungriest. Sometimes you may need to try various treat items that are saved specifically for training sessions (hot dog slices, small morsels of cheese), making them more desirable. Some dogs can be motivated by a certain toy reserved only for training sessions. Use training tasks as you integrate the puppy into your life. For example, ask your puppy to ‘sit’ prior to receiving food, to ‘sit’ before going in or out, and to ‘sit’ before petting. By integrating commands throughout the day, you are both training your dog and establishing yourself as the leader of your pack; the one who controls the resources and rewards. This approach will help prevent behavioral problems. To have a well-trained dog, you need to be committed to reinforcing the training tasks on nearly a daily basis for the first year of your puppy’s life. The more you teach and supervise your puppy, the less opportunity it will have to engage in improper behaviors. Dogs left without training often engage in destructive or unwanted behaviors.

A note about ‘treats’: We often give treats to our pets as a form of love. While the dog enjoys the treats, unearned treats do more harm than good. Obesity is a major health problem in pets, and giving a treat adds unneeded calories and teaches nothing. Consider these tidbits not as treats but as “training rewards.” Whenever you wish to give your dog a treat, first give your dog a command so that each reward can be earned. Not only does this reinforce your leadership when you must ask your pet to do something it finds unpleasant (nail trimming, brushing, etc), it also strengthens your bond and overall communication with your pet.



UNWANTED BEHAVIORS: CHEWING & NIPPING

Chewing is a universal need for all dogs, adult or juvenile. Puppies are also commonly teething, so this behavior is accentuated, especially in the first 6 months. Adult (permanent) teeth begin erupting between 4 and 6 months of age. Use common sense in choosing appropriate chew toys for your puppy. If you puppy removes stuffing from cloth toys, provide hard rubber or nylon toys, as stuffing and plastic “squeakers” can be swallowed and cause intestinal obstruction. Remove any toy that is damaged and may be chewed into small pieces that can be swallowed. Whenever you introduce a new toy, always monitor your puppy before leaving the toy out. The same holds true for edible chew items such as rawhide. If your puppy tries to swallow chewable items whole, do not allow him or her to have them.



When you catch your puppy chewing on something inappropriate, it is acceptable to interrupt or startle the puppy with a shake can or voice to get their attention. Then give the puppy an appropriate chew toy. You should then praise the puppy for chewing on the correct object.

Do not expect a puppy to immediately differentiate between its toys and a child’s toys or understand that shoes are not acceptable chew toys. Remove any item you do not wish to lose and place it out of the puppy’s reach or prevent access to those rooms where such things are stored.

Nipping, mouthing, and biting in young dogs are forms of social play and are considered normal behaviors between dogs. Puppies must be taught that they are not appropriate behaviors when playing with people. First, provide ample opportunity for play without biting. Puppies need plenty of exercise, so teach your puppy to play fetch, or take them for long walks. Puppies are used to wrestling with their thicker-skinned brothers and sisters. All rough play with humans, such as wrestling, or tug-of-war should be discouraged. Although sometimes considered cute and harmless in young dogs, when puppies grow to be adults such play can be annoying or even dangerous.

A puppy must learn that all play and attention stop whenever its teeth touch human skin or clothing. When the puppy bites, immediately ignore it. This means not talking to or looking at the puppy, and often means standing up and moving away. The puppy can be ignored for a little as 30 seconds or can be ignored longer. Ideally, the puppy should calm down before play resumes. If every member of the household does this consistently, puppies will learn that the reward (play) stops whenever people are nipped. Consistent repetition is very important, as this is not a lesson that can be learned overnight. The behavior may even get worse for a period of time, as the puppy tries to figure out why the behavior is no longer “working” (getting them attention). In addition, each play session should be started and ended by you, rather than the puppy. This ensures that you control the fun.

For some puppies, a combination of approaches is needed, as they are too excited to stop mouthing and may try harder to get your attention. If this is the case, try adding a high pitched, loud “yelp” when the puppy bites. You are mimicking the noise another puppy would make if the bite was painful. Then stop all play and ignore the puppy. You may need to leave the room and close the door for a few minutes to create a brief “time out” if they are too excited and try to follow you. Children are the most vulnerable to nipping behavior because their attempts to stop the biting may not be properly timed or sufficiently abrupt to stop the puppy. A child’s response is often seen by the puppy as an invitation to increase its level of chase and play. Adult supervision is recommended and should help reinforce the lesson.



INTRODUCING DOGS TO CHILDREN OR OTHER PETS

The good news is that most puppies are quite adaptable to other pets or children in the household, as many of them are young enough to accept other species and smaller humans as normal members of the family. However, it is always prudent to set up introductions properly, especially if the other pets are very small and easily harmed, or your puppy has a shy nature and is easily frightened. Certain breeds of dogs also come more “hardwired” to see smaller pets as prey or are more prone to nipping behavior with children (as is seen in many dogs bred for herding, like Australian Cattle Dogs).

Introduction to children

Children should never be left alone with your puppy until you are confident your child understands and is able to play appropriately with the puppy. Puppies do not automatically differentiate between nipping play with other dogs and with people, and young children often unknowingly encourage this behavior by becoming excited. They are also more vulnerable to sharp puppy teeth and may not know how to discourage nipping behavior effectively. For older children, emphasize that wrestling games are NOT appropriate games to play with a puppy, especially if that puppy is likely to grow into a large dog. Do encourage your children to take part in the puppy’s daily care, such as feeding, walking, or throwing a ball with supervision. If your children ask the puppy to perform small tasks such as sitting before eating a meal, the puppy will learn that all members of the household are to be respected equally, preventing potential behavior problems from developing. Older children may also enjoy participating in obedience training and puppy classes.

Introduction to other dogs

A puppy is by age and experience expected to be subordinate to resident dogs in the household. The current dog can sometimes feel threatened or nervous about sharing territory or valued resources (food, toys, your attention) with a newcomer. Introductions should always take place in a neutral or open territory, such as the backyard or park. Avoid introductions in entryways, as these narrow spaces offer no escape for either pet and can spark conflicts. The older dog by right should be given access to resources first. This means that the established pet should be allowed to enter or exit doorways first, and should be given treats, toys and attention first. This should not change as the puppy matures; in fact, allowing the older dog consistent access to such resources as the puppy ages may prevent future rivalry between the dogs. Play should always be supervised in the beginning, as rough play between dogs that are not familiar with one another can escalate into fights. If you are concerned that play is becoming too rough, call your dog to you and provide a quick time out for both dogs. Never break up a fight by grabbing your dog’s collar, as this often results in accidental bites. Instead interrupt fights by loud noise, water, or picking up one or both dogs by the hind legs (high up on the body, near the hips, so as to prevent injury). Fights between older dogs and young puppies tend to be rare, as puppies are usually instinctively submissive to older animals. However, older dogs may sometimes overcorrect inappropriate puppy behavior (such as biting too hard), so supervision is important in the beginning. You may occasionally need to provide an older, less energetic dog with a break from the puppy, as their enthusiasm for play may irritate a geriatric pet.

In the beginning, feed your new puppy separately from your other pets. This is to deter potential arguments between dogs and will also prevent your older dog from eating puppy food, which is higher in calories and often causes weight gain in adult dogs. Also refrain from giving the puppy high valued treats such as rawhides or bones until a relationship between the dogs is well established. If you are crate training your puppy, the crate is a great way to prevent fights when you are not there to supervise. There should be no difficulty in crating the puppy even if your other dogs are not crated during the day. Many puppies will fit right into the household without difficulty, but be patient if things are not as easy as anticipated. Most dogs will work out a relationship, but it may take time. If the dogs are still not getting along after a few weeks, you may need the assistance of a behaviorist or trainer.



INTRODUCING DOGS TO CHILDREN OR OTHER PETS

Introduction to cats

Puppies are naturally curious, and many cats may feel threatened by an impolite introduction. In the beginning, keep cats and puppies separated, so that you can control the situation. Make sure the puppy does not have access to the cat's feeding bowls, water or litter box. Always ensure that a cat has a place to go that is inaccessible to the puppy, so that he or she will never be cornered or trapped. A cat that feels threatened may scratch or bite, which may not only harm your new dog, but will set up a difficult precedent to overcome. Place the cat in a carrier. Have the puppy on a leash or harness. Allow the puppy to investigate the carrier as long as the puppy remains calm. If the puppy is overly excited, barks or lunges at the carrier, take the puppy far enough away that he or she calms down and can be distracted by treats. Feed the puppy treats and slowly move closer, praising him or her for calm behavior. This step may need to be repeated daily for several weeks, slowly moving closer to the cat until the puppy can approach calmly. Once the puppy approaches calmly, the cat can be placed on a lap or high spot and allowed to move around. Feeding the cat a small treat during these sessions can help keep your cat calm and discourage hiding or running. Once the puppy is able to approach the cat calmly outside the carrier, the leash may be removed. For a period of time after this, monitor the interactions between your pets so that you can intervene if your cat or puppy becomes anxious or overexcited.

Introduction to other pets

You may follow a similar course outlined above when introducing smaller pets to your new puppy. In many cases, these pets are usually caged or supervised if allowed to run in the house. For very small rodents or reptiles, the safest course may be to simply prevent access to cages or aquariums. For households that have free roaming ferrets or rabbits, again, separation between species is important until you are confident your puppy will not chase or attack. The hunting instinct is both natural and strongly ingrained in many dogs, and smaller animals may trigger this instinct if they move quickly or run. In some breeds, such as Terriers, Pointers or other breeds originally used for hunting, this instinct may never be retrained. Even herding dogs may respond to quick movements and frighten or injure a small pet. In such cases, very close supervision or simply separation is safest for all animals.

A note about ferrets: Introducing a dog to ferrets may seem similar to introducing a dog to cats. However, ferrets have no innate fear of larger animals and are more likely to approach a nervous or predatory dog. They are also much smaller than many cats and are more likely to provoke a predatory response in certain dogs. In the instance of young, playful dogs, ferrets may be more likely to nip if startled or excited.

When introducing a ferret to your puppy, make sure both pets are well restrained. Hold the ferret securely while someone else controls the dog by leash or head halter. Allow the dog to slowly approach and investigate the ferret. Be prepared to react quickly to any predatory or aggressive behavior so that neither pet is harmed. Reward any desired behavior (polite sniffing, calm response to commands) with treats or praise so that the dog begins to build a positive relationship with the ferret. If you are not certain whether your dog might injure or play roughly with a ferret, do not take the chance.



APPENDIX A

PUPPY PREVENTATIVE HEALTH PLAN

This is the basic protocol we recommend for puppies. This may differ for puppies that have already received vaccines or dewormers, or for those that have special needs.

First visit (6-8 weeks old)

- Exam (Discuss vaccines, internal parasites, fleas, food, behavior and spay/neuter)
- DA2PP vaccine #1 (includes Distemper, Parvovirus, Adenovirus and Parainfluenza)
- Dewormer: Strongid (2 doses)
- Nail trim

Second visit (10-12 weeks old)

- Brief exam (Discuss heartworm preventative, microchipping)
- DA2PP #2
- Bordatella vaccine—intranasal (protection against kennel cough)
- Sentinel or other heartworm preventative
- Fecal
- Nail trim

Third visit (14-16 weeks old)

- Brief exam (Discuss dental preventative)
- DA2PP #3
- Sentinel or other heartworm preventative
- Dental demonstration
- Nail trim
- Leptospirosis #1 (optional)

Fourth visit (18-20 weeks old)

- Brief exam
- DA2PP #4
- Rx: Six-month supply of heartworm preventative
- Fecal
- Nail trim
- Leptospirosis #2 (optional)

Fifth visit (5 to 6 months)

- Pre-anesthetic exam (complimentary)
- Rabies vaccine (1 year)
- Spay or Neuter
- Microchip
- Hip radiographs (optional: often done in breeds where congenital joint disease is common)



APPENDIX B

COMMUNITY RESOURCES

Emergency Animal Hospitals

Emergency Veterinary Clinic of Tualatin 19314 SW Mohave Ct., Tualatin, OR 97062 (Open nights and weekends)	503-691-7922
DoveLewis Emergency Animal Hospital 1945 NW Pettygrove, Portland, OR 97202 (Open 24 hours)	503-228-7281
Northwest Veterinary Specialists 16756 SE 82nd Dr., Clackamas, OR 97015 (Open 24 hours)	503-656-3999

Licensing Information

Multnomah County	503-988-7387
Clackamas County	503-655-8628
Washington County	503-846-7041
City of Lake Oswego	503-635-0255
ASCPA Poison Control (charges a fee)	1-888-426-4435
Pet Poison Helpline (charges a fee)	1-800-213-6680

Microchip Companies

AVID	1-800-336-2843
Homeagain	1-800-252-7894

Pet Insurance

VPI (Veterinary Pet Insurance)	1-888-899-4VPI
ASPCA Pet Insurance	1-888-861-9092
Trupanion	1-888-615-8318

Audubon Society of Portland (Wildlife Care Center)	503-292-0304
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For lost pets:
Call your Microchip Company if applicable (see above for numbers)

Call Animal Control

Multnomah County Animal Control	503-988-7387
Clackamas County Animal Control	503-655-8628
Lake Oswego Dog Control	503-636-5601
Washington Country Animal Control	503-846-7041

DoveLewis Emergency Animal Hospital (injured pets are often brought here)	503-228-7281
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APPENDIX C

RECOMMENDED READING/REFERENCES

Recommended by: Dr. Emily Stuart

Authors: Brian Kilcommons and Sarah Wilson

My Smart Puppy

Good Owners, Great Dogs

<http://www.mysmartpuppy.com> (has a library with reference articles)

Karen Pryor

Don't Shoot the Dog! (a book based on clicker training, but useful also for general training ideas)

Patricia McConnell

The Other End of the Leash

For the Love of a Dog

<http://www.patriciamccconnell.com> (also has training tips and a list of her other books)

Turid Rugaas

On Talking Terms With Dogs

<http://www.canis.no/rugaas>

Brenda Aloff

Canine Body Language: A Photographic Guide Interpreting the Native Language of the Domestic Dog

Recommended by: Dr. Meg Frey

The Monks of New Skeet

The Art of Raising a Puppy

How to be Your Dog's Best Friend

Sophia Yin, DVM

How to Behave So Your Dog Behaves

The Perfect Puppy in 7 Days

<http://www.askdryin.com/>



APPENDIX D

COMMON HOUSEHOLD POISONS

Chocolate

Chocolate contains theobromine and caffeine, both of which are dangerous at higher doses. Darker chocolates are the most dangerous, as they contain higher amounts of these compounds. Toxicity is dose related: the smaller the dog or the larger the amount of chocolate, the more dangerous ingestion becomes. Chocolate toxicity causes hyperactivity, very high heart rates and potentially fatal arrhythmias. Only white chocolate is not dangerous, as it has no cocoa content.

Grapes and raisins

A newly discovered toxin, grapes or raisins can lead to kidney failure in some dogs. We do not entirely understand what causes this and cannot predict which pets will be affected. This toxicity is considered idiosyncratic, meaning only certain animals will suffer toxic effects. These effects are not linked to dose (amount ingested).

Onions

Onions (and other members of the allium family, including garlic) are a dose related toxin, and cause damage to red blood cells. This can lead to anemia, which is life threatening when severe. A very small amount of onion is unlikely to cause visible or lasting harm. However, in a very small dog, or when large amounts are eaten, the risk increases.

Macadamia nuts

Macadamia nuts can cause signs at a variety of doses, so it is hard to predict just how many nuts a dog may need to eat to get sick. Signs include high fever, weakness, vomiting, and temporary hind limb paralysis.

Zinc toxicity

Pennies made after 1982, some suntan lotions, and galvanized wire contain zinc, a metal that can cause acute damage to red blood cells, leading to severe anemia. Often pennies are the more dangerous of the two, as they may sit in the stomach for days and slowly release the metal into the bloodstream. Dogs may show signs of gastrointestinal distress (vomiting and or diarrhea) or become suddenly weak and stop eating.

Xylitol

Xylitol is a relatively new sugar substitute found in sugar-free chewing gum and baked goods. In the dog, xylitol is absorbed quickly and causes a rapid drop in blood sugar. Dogs may become acutely weak, lethargic, wobbly or even seizure. The toxicity is not dose dependent, and some patients can develop liver failure several days after ingestion.

Slug bait

Slug bait contains metaldehyde, a toxic compound that causes tremors, disorientation and even seizures. The tremoring triggered by slug bait can cause life-threatening hyperthermia, as the muscles give off excess heat. Unfortunately, slug bait is sweet, and many dogs willingly ingest large amounts if available.

Antifreeze

Antifreeze ingestion causes irreversible kidney failure. Unfortunately, the early signs of are subtle and may look like a simple upset stomach. Vomiting may subside quickly, and dogs may appear normal for the next 12 to 24 hours. Once signs of kidney failure begin (usually around 3 days after ingestion), this toxicity is inevitably fatal. Antifreeze poisoning is treatable in the very early stages, so quick action is needed if you know or suspect that your dog has ingested antifreeze.

If you believe your dog has eaten any of the poisons listed above, please call us immediately!



Plants Can Be Poisonous!



Highly Toxic Poisonous Plants:

Contact your veterinarian immediately if your pet ingests one of these plants:

Azalea	Kalanchoe	Rhododendron
Autumn Crocus	Lily, most varieties	Rhubarb Leaves
Castor Bean	Lily of the Valley	Sago Palm
Cycads	Mushroom (some)	Yew
Foxglove	Oleander	

Poisonous Plants

Aloe Vera	Corn Plant	Hydrangea	Podocarpus
Amaryllis	Cornstalk Plant	Iris	Poison Hemlock
Apple (seeds, leaves)	Croton	Ivy, all varieties	Poison Ivy
Apricot (pit, leaves)	Cycads	Jack-in-the-pulpit	Poison Oak
Asparagus Fern	Cyclamen	Jequirity bean	Poison Sumac
Autumn Crocus	Daffodil	Jerusalem Cherry	Poppy
Avocado (fruit, pit)	Daisy	Jimson weed	Potato Plant (leaves, sprouts)
Azalea	Daphne	Juniper (needles, berries)	Pothos
Baby's Breath	Deadly Nightshade	Kalanchoe	Primrose
Begonia	Devils Ivy	Larkspur	Pyrocantha
Bittersweet	Diffenbachia / Dumb Cane	Laurel	Rhododendron
Bird of Paradise	Dracaena / Dragon Tree	Lily, most varieties	Rhubarb (leaves)
Buddhist Pine	Dumbcane	Lily of the Valley	Ribbon Plant
Butterfly weed	English holly/English Ivy	Marijuana	Sago Palm
Calamondin Orange Tree	Elderberry	Mistletoe	Skunk Cabbage
Caladium	Elephant Ear	Morning Glory	Snow on the mountain
Calla Lily	Eucalyptus	Mushroom (some)	Spathe flower
Carnation	Eyebane	Narcissus	String of Pearls
Castor Bean	Firecrack	Needlepoint Ivy	Tomato (green fruit, stems, leaves)
Cerman	Fiddle-leaf Fig	Nightshade	Tulips
Cherry (leaves, pits)	Foxglove	Oleander	Violet seeds
Christmas Cherry	Geranium	Oregon Grape	Weeping Fig
Christmas Rose	Golden Chain	Oxallis	Wild Carrots
Cineraria	Holly (berries)	Peach (leaves, pits)	Wild cucumbers
Clematis	Horsechestnut	Philodendron	Wild parsnip
Cordatum	Hyacinth	Plum (pit, leaves)	Wild peas
			Yew

Note: This is not a list of all poisonous plants. If a plant is not on this list, do not automatically consider it to be safe.



SAFER PLANTS according to Oregon Veterinary Medical Association

Symptoms from eating or handling small amounts of these plants are unlikely to occur. However, some individual pets may be sensitive to these.



- | | |
|-------------------|-----------------|
| African Violets | Lipstick plant |
| Air fern | Maidenhair fern |
| Aluminum plant | Magnolia bush |
| Areca palm | Mountain ash |
| Asparagus fern | Nasturtium |
| Aster | Parlor palm |
| Baby's Breath | Peperomia |
| Baby tears | Petunia |
| Bachelor button | Phlox |
| Bamboo | Piggyback plant |
| Boston fern | Polka dot plant |
| Bromeliad | Prayer plant |
| Butterfly tulip | Pregnant plant |
| Christmas cactus | Purple passion |
| Camelia | Rose |
| Chinese evergreen | Sheffler |
| Coleus | Skimmia |
| Corn plant | Snake plant |
| Creeping Charlie | Snapdragon |
| Dahlia | Spider aralia |
| Dandelion | Spider plant |
| Dracaena | Staghorn fern |
| False aralia | Swedish ivy |
| Fittonia, red | Sword fern |
| Forsythia | Tiger Lily |
| Fuschia | Umbrella tree |
| Gardenia | Velvet plant |
| Hawthorne | Wandering jew |
| Hibiscus | Zebra plant |
| Impatiens | Zinnia |
| Jade plant | |
| Japanese aralia | |
| Kalanchoe | |

