



THE ULTIMATE CHECKLIST FOR YOUR PUPPY'S VETERINARY CARE

CONGRATULATIONS! You've added a puppy to your family!

Puppies are a lot of fun, but it also takes work to ensure your puppy grows into a healthy, happy, and well-adjusted adult dog. Here's a checklist to ensure you don't miss a beat when it comes to your puppy's veterinary care.

PUPPY LIFE STAGE: Birth through end of rapid growth (6–9 months of age, depending on breed and size)

VISIT YOUR VETERINARIAN: Every 3–4 weeks

DISCUSS WITH YOUR VETERINARIAN:

General health

- Your puppy's risk for congenital disorders and breed-specific conditions
- Core vaccines for puppies
- Noncore vaccines that may be appropriate for your puppy based on lifestyle risks
- The grooming needs of your puppy
- Boarding or daycare advice
- Meeting the costs of veterinary care for your dog's life, including options like pet health insurance and wellness plans

Dental health

- Your puppy's dental health
- Choosing safe chew toys and dental health products and how to provide at-home dental care

Reproductive health

- Spay/neuter, including the best age to spay or neuter your puppy and the associated benefits and risks
- Breeder planning, if you plan to breed your puppy

Nutrition and exercise

- What your puppy eats
- How much your puppy eats
- How often your puppy eats
- Your puppy's exercise needs
- Appropriate supplements, nutraceuticals, or herbs
- Appropriate treats

Safety

- Microchipping, including how to maintain the microchip registration with current contact information
- Potential hazards
- How to “puppy-proof” your home and outdoor spaces
- Transportation advice, including how to safely restrain your puppy in the car, motion sickness, and anxiety
- How to safely clean up after your puppy

Behavior and training

- Socialization and regular handling, including puppy classes
- How to use positive reinforcement methods to train your puppy
- Signs of fear, stress, and anxiety in dogs
- How to read a dog’s body language and prevent dog bites
- How to crate train your puppy
- How to provide mental stimulation and enrichment to avoid common behavioral problems
- “Happy” veterinary visits, which will help your puppy build positive associations with visiting the veterinarian, and can include bringing your puppy in regularly for affection and treats from the team without any poking or prodding

Parasites

- The prevalence of intestinal parasites in puppies, and your puppy’s need for deworming and regular intestinal parasite prevention
- Heartworm disease, and your puppy’s need for regular heartworm prevention
- Fleas and ticks, along with the diseases they transmit to animals and humans, and your puppy’s need for regular flea and tick prevention



Learn more about the care your dog will need in every stage of life at aaha.org/caninelifestage.

Caring for your **Dog or Puppy**

Taking care of a dog or puppy is a big job! Find out what supplies you will need and what responsibilities you will have to take care of your new best friend.

Supplies

- Premium quality dog food and treats for the right breed and size
- Food and water bowls – ceramic and metal bowls clean up better
- Safe toys – make sure there's no lead paint or breakable parts
- Dog brush and comb
- Dog shampoo
- Pooper scooper and biodegradable poop bags
- Collar with license and ID tag
- Leash
- Dog nail clippers
- Carrier or crate
- Dog bed
- Dog toothbrush and dog toothpaste
- Outdoor dog house
- Make sure you have shaded areas outdoors

What to Feed Your Puppy or Dog

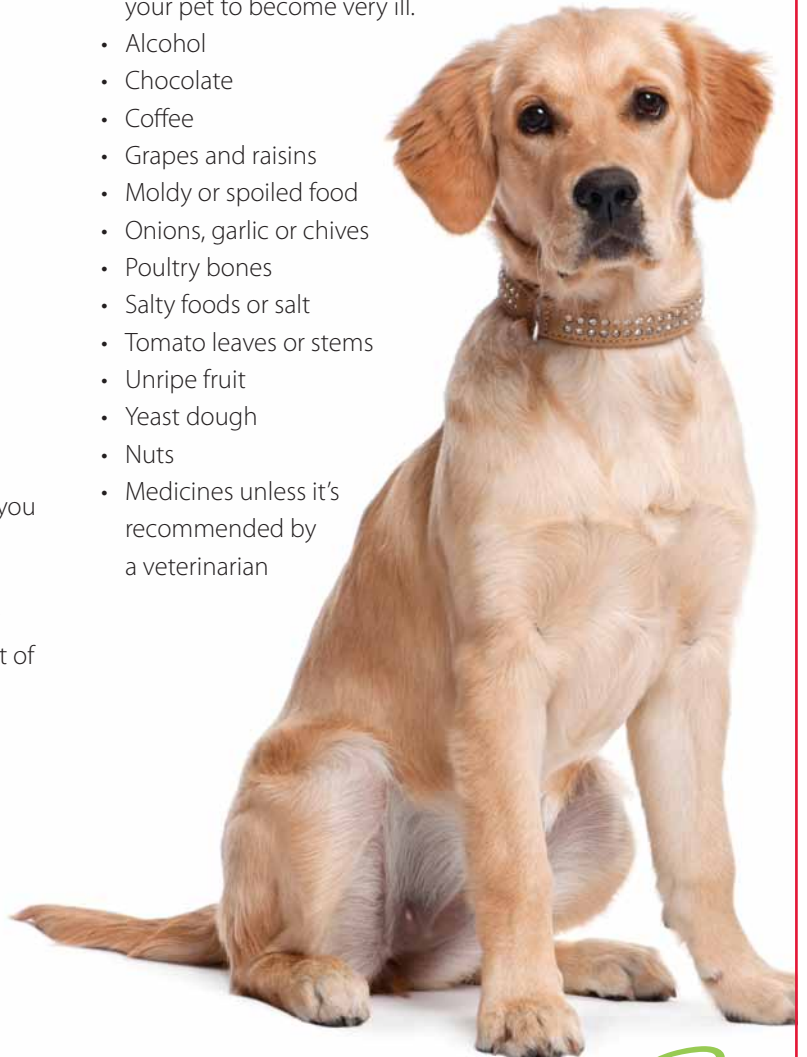
- Adult dogs should eat premium-quality dry food. If you want, you can mix the dry food with water, low-salt broth or canned food
- Dogs can eat MOST fruits and vegetables, but never more than 10% of their daily diet. See below for a list of foods that shouldn't be given to dogs.
- Puppies need a high-quality puppy food
- Avoid "people food" for all dogs and puppies
- Dogs and puppies need clean, fresh water available at all times

When to Feed

- Puppies eight to 12 weeks old: three meals a day
- Puppies three to six months old: two meals a day
- Puppies six months to one year: two meals a day
- Dogs, one year or older: two meals a day
- Large dogs: may need three meals a day

Dangers! Never Give Your Puppy or Dog:

- Anything harder than your pet's teeth. This includes cow bones, nylon bones and real bones. These can break a dog's teeth.
- House plants
- T-shirts or knotted socks. If accidentally chewed apart and ingested, they can become "foreign bodies", causing your pet to become very ill.
- Alcohol
- Chocolate
- Coffee
- Grapes and raisins
- Moldy or spoiled food
- Onions, garlic or chives
- Poultry bones
- Salty foods or salt
- Tomato leaves or stems
- Unripe fruit
- Yeast dough
- Nuts
- Medicines unless it's recommended by a veterinarian



Exercise

- Different dogs need different amounts of exercise. Some dogs need a lot. Some dogs get hurt if they exercise too much. Ask your veterinarian what's best for your pet.
- When walking your pet, be careful of ice or snow, deicer salt, or hot pavement

Chores Daily

- Gently brush your dog's fur
- Play with your dog
- Walk your dog – ask your veterinarian how long and how much
- Brush your dog's teeth – chew toys aren't enough
- Clean up poop
- Clean water and food bowls
- Feed and water your pet

Monthly

- Bathe your dog if needed. Some dogs don't need to be bathed monthly.
- Have your parents or guardian:
 - Check your dog's nails to see if they need to be clipped
 - Give your dog a heartworm pill from your veterinarian – no matter which state you live in!
 - Ask your veterinarian to see if your dog needs his/her ear hair trimmed or if he/she needs his/her "anal glands expressed"
 - Apply a flea/tick prevention treatment if needed

Yearly

- Have your parent or guardian take your dog to the veterinarian for a checkup and any vaccines

Be Gentle

- Never hit a dog, they don't understand what hitting is
- Never grab your dog's fur or tail
- Don't force a tired dog to play

Get a License and ID

- Follow your city's licensing laws
- Attach the license to your dog's collar
- Have your parents or guardian ask the veterinarian to microchip your dog

Go to Dog or Puppy School

A trained dog is a happy dog! Contact your local humane society or veterinarian to find a training class.

Spay and Neuter

- To prevent health problems, females should be spayed and males should be neutered. Check with your veterinarian on the appropriate age to spay or neuter your pet.
- Dogs that are spayed/neutered don't run away or fight as much

Finding the Right Veterinarian

- When you get your dog, have your parent or guardian take it to a veterinarian for a checkup
- Your dog should see a veterinarian once a year and when you think it might be sick

You know your dog best. If your dog seems to be acting strangely, call your veterinarian right away!

Information about taking of your dog or puppy provided by Wendy Hauser, DVM, of the Coal Creek Veterinary Hospital, Centennial, Colo.



BEHAVIOR
SERIES

Understanding Your Puppy's Behavior and Development

WELL-SOCIALIZED DOGS ARE MORE LIKELY to have well-socialized puppies. Pups often mirror their mothers' calm or fearful attitude toward people; this is a normal part of their socialization. But you can play a vital role, too, by petting, talking, and playing with puppy to help him develop good "people skills."

Puppies are usually weaned at six to seven weeks, but are still learning important skills as their mother gradually leaves them for longer periods of time. Ideally, puppies should stay with their littermates (or other "role-model" dogs) for at least 12 weeks.

Puppies separated from their littermates too early often fail to develop appropriate social skills, such as learning how to send and receive signals, what an "inhibited bite" (acceptable mouthing pressure) means, how far to go in play-wrestling, and so forth. Play is important for puppies because it increases their physical coordination, social skills, and learning limits. By interacting with their mother and littermates, puppies explore the ranking process (who's in charge) and also learn how to be a dog.

Skills not acquired during the first eight weeks may be lost forever. While these stages are important and fairly consistent, a dog's mind remains receptive to new experiences and lessons well beyond puppyhood. Most dogs are still puppies, in mind and body, through the first two years of life.

Stages of Puppy Development:

0–2 Weeks: Neonatal Period

- Puppy is most influenced by his mother.
- Senses of touch and taste are present at birth.

2–4 Weeks: Transitional Period

- Puppy is most influenced by his mother and littermates.
- Eyes open, teeth begin to come in, and senses of hearing and smell develop.
- Puppy begins to stand, walk a little, wag tail, and bark.
- By the fourth or fifth week, eyesight is well-developed.

3–12 Weeks: Socialization Period

- During this period, puppy needs opportunities to meet other dogs and people.
- By three to five weeks, puppy becomes aware of his surroundings, companions (both canine and human), and relationships, including play.
- By four to six weeks, puppy is most influenced by littermates and is learning about being a dog.

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- From four to 12 weeks, puppy remains influenced by littermates and is also influenced by people. Puppy learns to play, develops social skills, learns the inhibited bite, explores social structure/ranking, and improves physical coordination.
- By five to seven weeks, puppy develops curiosity and explores new experiences. Puppy needs positive “people” experiences during this time.
- By seven to nine weeks, puppy is refining his physical skills and coordination, and can begin to be housetrained. Puppy has full use of senses.
- By eight to 10 weeks, puppy experiences real fear involving normal objects and experiences; puppy needs positive training during this time.
- By nine to 12 weeks, puppy is refining reactions, developing social skills with littermates (appropriate interactions), and exploring the environment and objects. Puppy begins to focus on people; this is a good time to begin formal training.

3–6 Months: Ranking Period

- Puppy is most influenced by “playmates,” who may now include those of other species.
- Puppy begins to see and use ranking (dominance and submission) within the household (the puppy’s “pack”), including humans.
- Puppy begins teething (and associated chewing).
- At four months of age, puppy experiences another fear stage.

6–18 Months: Adolescence

- Puppy is most influenced by human and dog “pack” members.
- At seven to nine months, puppy goes through a second chewing phase, part of exploring territory.
- Puppy increases exploration of dominance, including challenging humans.
- If not spayed or neutered, puppy experiences beginnings of sexual behavior. (Spaying or neutering your puppy at an early age will likely increase the health benefits of the surgery and increase his lifespan.)

Adapted from material originally developed by applied animal behaviorists at the Dumb Friends League, Denver, Colorado. ©2000 Dumb Friends League and ©2003 The HSUS. All rights reserved.

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Promoting the Protection of All Animals

**THE HUMANE SOCIETY
OF THE UNITED STATES**

2100 L Street, NW, Washington, DC 20037
202-452-1100 • www.hsus.org



Kingsbrook Animal Hospital

5322 New Design Road, Frederick, MD, 21703

Phone: (301) 631-6900

Website: KingsbrookVet.com

Puppy – Socialization and Fear Prevention

What is socialization?

This is the period in a puppy's life where it develops relationships with other living beings and also learns how to behave and act in new experiences.

"...the first 12 –16 weeks seem to be the most important time for young puppies to learn about their environment."

While socialization takes place throughout the first year of life, the first 12 –16 weeks seem to be the most important time for young puppies to learn about their environment. This critical period is when the puppy develops social relationships with other dogs and with other species, including humans. Therefore, this is not only the optimal time for the puppy to spend time learning to communicate and play with other dogs, but is also the most important time to have human contact (as well as exposure to other species with which it might live, such as cats). The balance between socialization with other dogs and with humans can perhaps be best met by having the puppy stay with its littermates and mother in a home where there is also human contact up until about 7 to 8 weeks. Then, it can be adopted into the new human household, where it can hopefully continue its socialization with other dogs (i.e. if there are dogs in the family or through puppy classes).



Two other important aspects of a pup's development are "habituation" and "localization".

What is habituation?

As all animals develop there are numerous stimuli (sounds, smells, sights and events) that, when unfamiliar, can lead to fear and anxiety. Habituation is the process whereby dogs get used to repeated stimuli, and stop reacting to them, provided that there are no untoward consequences. For habituation to occur, the owner should avoid reinforcing any undesirable responses such as fear.

What is localization?

Localization is the process by which the puppy develops attachment to particular places.

Why are these processes important?

To reduce the possibility of fearful responses as a puppy grows and matures, it is essential to expose young puppies to many stimuli (people, places and things) when they can most effectively socialize, localize, and habituate to these stimuli. Early handling and events that occur during the first 2 to 4 months of life are critical factors in the social development of the dog. Dogs that receive insufficient exposure to people, other animals and new environments during this time may develop irreversible fears, leading to timidity and/or aggression.

What can I do to improve my chances of having a social, non-fearful dog?

a) Puppy Selection

The genetics of the breed and of the parents in particular play an important role in how sociable, playful, fearful, excitable, or domineering a puppy becomes. Choose a breed and parents (both male and female) that have the type of behavior that you would like the puppy to have. Of course, there is a great deal of variability between individuals, so that breed and parental behavior will not always be indicative of what the puppy will be like. If the parents have been previously bred together, the behavior and health of these siblings from previous litters may provide additional insight into how your dog might grow and develop.

b) Puppy assessment

Although you should avoid selecting puppies that are shy, withdrawn or fearful, selecting a friendly and non-fearful puppy does not ensure that this behavior will persist into adulthood.

"Little or no predictive value has been found in assessing puppies under 3 months of age..."

In fact, little or no predictive value has been found in assessing puppies under 3 months of age, since these puppies are still developing their social skills and many problem behaviors do not begin to emerge until sexual or social maturity. However, as puppies age these criteria do begin to become more reliable.

c) Early handling

Puppies that are stimulated and handled from birth to five weeks of age are more confident, social, exploratory, faster maturing and better able to handle stress as they develop. Puppies obtained from a breeder or home where they have had frequent contact and interaction with people are likely to be more social and less fearful as they develop. Puppies who have spent a large amount of time in pet stores or confined in cages may not have had the environmental stimulation needed to easily transition to a new home.

d) Primary socialization

There is a sensitive period in the development of most species when they develop social attachments with their own and other species, independent of punishment and rewards. In fact, both positive and negative events seem to accelerate socialization. The events that occur during this socialization period determine the puppy's future social partners, as well as the species with which it feels comfortable. By recognizing the critical time frame in which canine socialization develops, you can help to ensure a healthy social attachment to people and other animals, including other dogs.

The primary socialization period for dogs begins at 3 weeks of age and is already diminishing by 12 weeks. Peak sensitivity is at 6 – 8 weeks. Fears begin to emerge around at 8 weeks of age, so that beyond 12 weeks of age, fearfulness may surpass sociability. Although there is a great deal of variability between breeds and individuals, dogs should be socialized to as many people, animals and situations as possible before the sensitive socialization period begins to wane. However, regular social interactions should continue through adulthood so that puppies do not regress and become more fearful as they grow and develop. The 6–8 month period appears to be another important time where social contact should be maintained, or social skills may diminish and fear may escalate.

To help develop a healthy social relationship with other dogs throughout life, dogs should maintain their social contacts with their mother and littermates until 6 – 8 weeks of age.

What is the best age to obtain my new puppy?

Since it is critical for the puppy's development to interact, observe, play and learn with members of its own species, the puppy should remain with its mother and littermates until about 7 weeks of age. Then when placed in the new home, social contacts can be expanded to new people and species while still in their primary socialization period. Also by this time puppies will begin to develop preferences for elimination sites, so that this is a good age at which to begin house-training. For more details, see our handout on 'Puppy – House Training'.

What can I do to assist my puppy in its social development?

Generally, there should be little problem with a puppy that is less than 12 weeks of age developing healthy and lasting attachments to the people, sights and sounds in its new home.

"Your puppy is most likely to become fearful of stimuli that are not found in its day-to-day routine."

Your puppy is most likely to become fearful of stimuli that are not found in its day-to-day routine. Make a conscious effort to identify those people and situations to which the puppy is not regularly exposed. For example, if there are no children in the home, you might arrange regular play sessions with children. If you live in the country, make a few trips into the city, so that the puppy can be taken for walks on city streets, or through neighborhood plazas. Conversely, a puppy that grows up in the city might become fearful or aggressive toward farm animals that it was not exposed to during its early development.



Introduce your puppy to as many new people and situations as possible. People in uniforms, babies, toddlers, the elderly, and the physically challenged are just a few examples that might lead to fear and anxiety unless there is sufficient early exposure. Similarly, car rides, elevators, stairs, or the noises associated with traffic, trains, airplanes, or hot air balloons are some examples of events and experiences to which the puppy might be habituated.

One way to facilitate the introduction of the puppy to new situations and people is to provide a reward such as a favorite toy or biscuit each time it is exposed to a new stimulus. Having a stranger offer a biscuit to the puppy will teach it to look forward to meeting people and discourage hand-shyness, since the puppy will learn to associate new friends and an outstretched hand with something positive. Once the puppy has learned to 'sit' on command, have each new friend ask it to 'sit' before giving the biscuit. This teaches a proper greeting and will make the puppy less likely to jump up on people.

Be certain that the puppy has the opportunity to meet and receive treats from a wide variety of people of all ages, races, appearances and both sexes during the formative months and well into the first year of life. There will of course, be times when your puppy is in a new situation and you do not have treats. At those times, use a happy tone of voice and praise your puppy for appropriate responses.

If your puppy seems to panic, back off a little and try again later, rather than aggravating the fear. Be sure to identify any emerging fear and work to revisit the situation slowly and gradually using favored rewards to turn the situation into one that is positive.

Is it healthy to take my puppy out in public at such a young age?

There is always a concern about the risks of taking the puppy out of its home before it is fully vaccinated because it may be exposed to an infectious disease before the protective immunity has developed. However, the benefits gained from these early public experiences can be enormous, and without them the risk of the puppy developing permanent fears or anxiety is a serious concern.

One solution is to have people and healthy vaccinated animals visit the puppy in its own home, until it has completed its primary puppy vaccination series. A compromise is to take the puppy out to meet people and other pets in low risk environments. As long as you are following your veterinarian's recommended vaccination schedule, taking the puppy for walks along the sidewalk and avoiding neighborhood parks where stools and urine might accumulate is generally safe.

"Enroll the puppy in puppy socialization classes."

Another valuable aid is to enroll the puppy in puppy socialization classes. If these classes are held indoors in a room that can be cleaned and disinfected, and all puppies are screened for vaccination and good health prior to each class, then these classes provide good exposure to people and other dogs in a low risk environment. In addition to insuring that vaccines are up-to-date and each puppy is parasite free, requiring that all puppies in the class have been in their new home for at least 10 days before enrolling will help reduce the risks of disease transmission. This time period is longer than the incubation period for most of the serious contagious canine diseases. Not only do these classes offer an opportunity for play and socialization with a variety of people and dogs, they also help guide the owners into proper training techniques from the

outset. Recent studies showed that taking puppies to puppy socialization classes decreases the chances of relinquishing puppies and increases long-term socialization, thereby providing your puppy with better tools to cope with future situations.

Additional Help

There are many options available for more help with your dog. One of the very best in our area is **Smart Dog University**. Check out their website at SmartDogUniversity.com for helpful newsletters, classes, and other cool dog info.

This client information sheet is based on material written by: Debra Horwitz, DVM, Diplomate ACVB & Gary Landsberg, DVM, Diplomate ACVB

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FEAR FREE PUPPY SOCIALIZATION



Making Exposure Positive

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

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

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



For more information, please visit www.fearfreehappyhomes.com.



Puppy Training

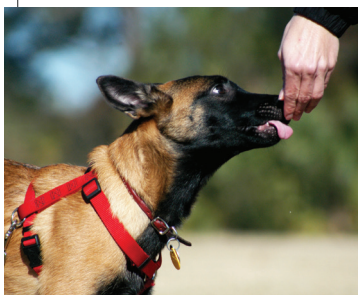
- Puppy training is an important step toward a lifetime of good behavior.
- Training should be consistent, involve positive reinforcement rather than punishment, and include everyone in the family.
- Puppies should always be supervised or should be confined when you are away.
- It's important for your puppy to be socialized around other people and other pets before they are fully vaccinated, but consult your veterinarian about disease risks before exposing your puppy to other dogs or areas where unfamiliar dogs have been.
- Group puppy preschool socialization classes are a good way to socialize your puppy while minimizing disease risks.
- Group puppy kindergarten classes are excellent for teaching puppies basic manners with exposure to other puppies and a training expert on-hand for guidance.

WHY IS PUPPY TRAINING IMPORTANT?

Like children, puppies need to learn the appropriate behavior for living in a household and interacting with others. Puppies also seek positive reinforcement and are willing and able to learn. Learning is adult-like by just 8 weeks of age.

Unfortunately, many puppies grow into dogs that are eventually surrendered to shelters because of behavior problems. In most cases, it's not the dog's fault. It's simply because of a lack of early appropriate training and socialization.

Proper puppy training early on will help you avoid bumps in the road and lead to a better relationship with your dog in the years ahead. Training can not only prevent some undesirable behaviors but also give you appropriate ways to address problematic behaviors. Training can provide for clear communication between you and your dog.



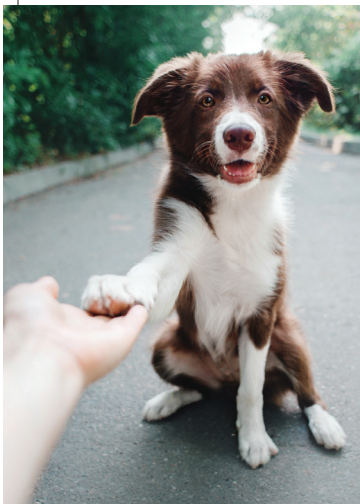
WHAT SHOULD I KNOW ABOUT PUPPY TRAINING?

Several basic rules of puppy training will lead to a more rewarding experience for everyone involved:

- **Reward good behavior.** Puppies respond best to positive reinforcement. Reward good behavior with a special treat, piece of kibble, petting, or praise.
- **Be consistent.** When you are training the puppy, make sure a consistent cue (verbal or hand signal) is used by everyone in the family. If, for example, one family member says "here" and another says "come," the inconsistency may confuse the puppy.
- **Be predictable.** Predictable interactions foster trust and teach good manners. Before feeding or giving a toy, ask your puppy to respond to a known cue, such as "sit." Once you receive an appropriate response, give the puppy the food or toy and praise for good behavior.
- **Avoid punishment.** You should never spank or yell at a puppy, yank on a

their collar, or rub their nose in urine or feces. Punishment not only can weaken their trust in people, but can also lead to fear, anxiety, and aggression. For example, with house training, punishment just teaches the puppy not to go potty in the presence of people rather than where it is appropriate to go. If the puppy has an accident, simply clean the soiled area without scolding. Take them outside and offer reward for relieving themselves in the appropriate area.

- **Puppies should always be supervised.** Until your puppy is trained, they should be supervised at all times or confined safely in a crate, kennel, or exercise pen when you are away. This will reduce accidents in the house and keep your puppy from chewing on or swallowing items that could be dangerous.
- **Keep training sessions short.** Like children, puppies have short attention spans. Initially, training sessions at home should only last for about 1 to 5 minutes. Sessions may be lengthened as the puppy matures. Exposure at group classes should be careful not to overwhelm the puppy.
- **Teach your puppy to be comfortable being handled.** Whenever possible, offer food treats when handling your puppy's paws, ears, mouth, and body. Fostering positive associations with being handled will make it easier for you to trim nails, brush teeth, clean ears, and give medications. It will also make for less stressful trips to the groomer and veterinarian.
- **Expose your puppy to other people and pets.** The earlier your puppy is introduced to other people, the more comfortable they will feel around



them, and the less likely they will exhibit shy behavior. Puppies should be allowed to interact at their own pace rather than being forced into an interaction. Treats should be used to create pleasant memories. Exposure to other pets is important, too, but be careful of disease risks at dog parks or from interactions with unknown dogs. Your veterinarian can help you manage disease risks while still allowing for smart socialization experiences with environments and other dogs.

- **Provide your puppy with appropriate chew toys.** Puppies explore the world with their mouths and enjoy chewing. Consequently, your puppy may want to chew on furniture, clothing, hands, and other inappropriate items. Simply interrupt the undesirable behavior by getting their attention in a nonconfrontational way and redirect the puppy to something more appropriate to chew on. Avoid giving them a sock or other article of clothing to chew. These items may be inadvertently swallowed, and may also give them the message that it's okay to chew on clothing.

WHY SHOULD I CONSIDER ATTENDING GROUP PUPPY SOCIALIZATION CLASSES OR PUPPY TRAINING CLASSES?

Puppy preschool socialization classes are designed for young puppies in their socialization period (under 3 to 4 months of age). The focus is on education regarding normal behavior, providing positive socialization experiences, and teaching problem



prevention techniques. Puppy kindergarten training classes are for puppies outside of their socialization period (older than 3 to 4 months of age). Generally, there is a greater focus on teaching basic manners in older puppies and building on previous experiences.

Attending a group puppy class led by a training specialist has several advantages, including:

- Empathy and understanding regarding normal behaviors
- Expert guidance and answers to questions or concerns regarding undesirable behaviors
- Introduction to positive reinforcement training
- Knowledge of how to implement problem-solving techniques
- Prevention of behavioral problems related to fear, anxiety, and aggression
- A controlled and safe environment for puppy play, socialization, and exploration during sensitive periods of development

Group puppy classes are offered by many veterinary clinics, dog training facilities, and pet supply stores. It's important to find a course that emphasizes pet parent education and positive, controlled socialization experiences. Classes should highlight positive reinforcement training rather than punishment.

Ask your veterinarian for recommendations regarding group socialization classes and puppy training classes. Several positive puppy training resources are available. Among other things, good puppy classes should cover:

- Proper socialization and environmental exposure
- Play biting and mouthing
- Destructive chewing
- Prevention of food and resource guarding
- Crate training and exercises fostering independence
- Handling and restraint exercises
- Housetraining tips and techniques
- Basic training for good manners and loose leash walking

Reputable facilities will require proof of vaccination and good physical health for all puppies attending the course. This minimizes disease risk, especially while young puppies' (younger than 4 months) immune systems are still developing. Some vaccinations need to be given at least 7 to 10 days before the class begins to protect your puppy. Consult your veterinarian about when your puppy will be ready to attend classes. **TVN**

Crate Training Your Dog

If you like nothing more than coming home from a hard day's work and finding that your dog decided to "go" on the couch or use your favorite slippers as a new chew toy, then crate training isn't for you. But if you're like most people, then using a crate to properly train your dog will be time well spent.

Crate training takes some time and effort, but it is a proven way to help train dogs who act inappropriately without knowing any better. If you have a new dog or puppy, you can use the crate to limit his access to the house until he learns all the house rules – like what he can and can't chew on and where he can and can't eliminate. A crate is also a safe way of transporting your dog in the car or taking him places where he may not be welcome to run freely. If you properly train your dog to use the crate, he'll think of it as his safe place and will be happy to spend time there when needed.

SELECTING A CRATE

Crates may be plastic (often called "flight kennels") or collapsible, metal pens. They come in different sizes and can be purchased at most pet supply stores. Your dog's crate should be just large enough for him to stand up and turn around in. If your dog is still growing, choose a crate that will accommodate his adult size. Block off the excess crate space so your dog can't eliminate at one end and retreat to the other.

THE CRATE TRAINING PROCESS

Crate training can take days or weeks, depending on your dog's age, temperament and past experiences. It's important to keep two things in mind while crate training: The crate should always be associated with something pleasant, and training should take place in a series of small steps. Don't go too fast.

STEP 1: Introducing Your Dog to the Crate

Place the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or towel in the crate. Bring your dog over to the crate and talk to him in a happy tone of voice. Make sure the crate door is open and secured so that it won't hit your dog and frighten him.

To encourage your dog to enter the crate, drop some small food treats nearby, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, that's okay; don't force him to enter. Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If he isn't interested in treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.



STEP 2: Feeding Your Dog His Meals in the Crate

After introducing your dog to the crate, begin feeding him his regular meals near it. This will create a pleasant association with the crate. If your dog is readily entering the crate when you begin Step 2, place the food dish all the way at the back of the crate. If your dog remains reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little further back in the crate.

Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he's eating. The first time you do this, open the door as soon as he finishes his meal. With each successive feeding, leave the door closed a few minutes longer, until he's staying in the crate for 10 minutes or so after eating. If he begins to whine to be let out, you may have increased the length of time too quickly. Next time, try leaving him in the crate for a shorter time period. If he does whine or cry in the crate, it's imperative that you not let him out until he stops. Otherwise, he'll learn that the way to get out of the crate is to whine, so he'll keep doing it.

Remember that puppies need to eliminate immediately after eating. With young puppies, let them out of the crate when they finish their meal and take them to their potty area so they learn to eliminate outside and not in the crate.

STEP 3: Conditioning Your Dog to the Crate for Longer Time Periods

After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you're home. Call him over to the crate and give him a treat. Give him a command to enter, such as "kennel." Encourage him by pointing to the inside of the crate with a treat in your hand. After your dog enters the crate, praise him, give him the treat, and close the door. Sit quietly near the crate for five to 10 minutes and then go into another room for a few minutes. Return, sit quietly again for a short time, then let him out of the crate.

Repeat this process several times a day. With each repetition, gradually increase the length of time you leave him in the crate and the length of time you're out of his sight. Once your dog will stay quietly in the crate for about 30 minutes with you out of sight the majority of the time, you can begin leaving him crated when you're gone for short time periods or letting him sleep there at night. This may take several days or several weeks.

STEP 4, PART A: Crating Your Dog When Left Alone

After your dog can spend about 30 minutes in the crate without becoming anxious or afraid, you can begin leaving him crated for short periods when you leave the house. Put him in the crate using your regular command and a treat. You might also want to leave him with a few safe toys in the crate. You'll want to vary at what point in your "getting ready to leave" routine you put your dog in the crate. Although he shouldn't be crated for a long time before you leave, you can crate him anywhere from five to 20 minutes prior to leaving.

Don't make your departures emotional and prolonged but matter-of-fact. Praise your dog briefly, give him a treat for entering the crate, and then leave quietly. When you return home, don't reward your dog for excited behavior by responding to him in an excited, enthusiastic way. Keep arrivals low-key to avoid increasing his anxiety. Continue to crate your dog for short periods from time to time when you're home so he doesn't associate crating with being left alone.

STEP 4, PART B: Crating Your Dog at Night

Put your dog in the crate using your regular command and a treat. Initially, it may be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy. Puppies often need to go outside to eliminate during the night, and you'll want to be able to hear your puppy when he whines to be let outside.

Older dogs, too, should initially be kept nearby so that they don't associate the crate with social isolation. Once your dog is sleeping comfortably through the night with his crate near you, you can begin to gradually move it to the location you prefer, although time spent with your dog—even sleep time—is a chance to strengthen the bond between you and your pet.

POTENTIAL PROBLEMS:

Too Much Time in the Crate

A crate isn't a magical solution. If not used correctly, a dog can feel trapped and frustrated. For example, if your dog is crated all day while you're at work and then crated again all night, he's spending too much time in too small a space. Other arrangements should be made to meet his physical and emotional needs. Also remember that puppies under six months of age shouldn't stay in a crate for more than three or four hours at a time. They can't control their bladders and bowels for long periods.

Whining

If your dog whines or cries while in the crate at night, it may be difficult to determine whether he's whining to be let out of the crate or whether he needs to be let outside to eliminate. If you've followed the training procedures outlined here, then your dog hasn't been rewarded for whining in the past by being released from his crate. If that is the case, try to ignore the whining. If your dog is just testing you, he'll probably stop whining soon. Yelling at him or pounding on the crate will only make things worse. If the whining continues after you've ignored him for several minutes, use the phrase he

associates with going outside to eliminate. If he responds and becomes excited, take him outside. This should be a trip with a purpose, not playtime. If you're convinced that your dog doesn't need to eliminate, the best response is to ignore him until he stops whining. Don't give in; if you do, you'll teach your dog to whine loud and long to get what he wants. If you've progressed gradually through the training steps and haven't done too much too fast, you'll be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

Separation Anxiety

Attempting to use the crate as a remedy for separation anxiety won't solve the problem. A crate may prevent your dog from being destructive, but he may injure himself in an attempt to escape from the crate. Separation anxiety problems can only be resolved with counter conditioning and desensitization procedures. You may want to consult a professional animal behavior specialist.

If you need further assistance go to www.petsforlife.org,
www.mobilespca.org or email the Mobile SPCA
at behavior@mobilespca.org



Mobile SPCA

620 Zeigler Circle West
Mobile, AL 36608

633-3531

behavior@mobilespca.org

Adapted from material originally developed by applied animal behaviorists at the Dumb Friends League, Denver, Colorado. ©2000 Dumb Friends League and ©2003 The HSUS. All rights reserved.



This material is brought to you by the Maddie's Fund,[®] the Maddie's Pet Rescue Project in Mobile County and its six partners: the Mobile SPCA, ARF, Friend of the Mobile Animal Shelter, City of Mobile Animal Shelter, Mobile County Animal Shelter and Saraland Animal Shelter.

About Maddie's Fund: Maddie's Fund,[®] The Pet Rescue Foundation, (www.maddiesfund.org) is a family foundation funded by PeopleSoft Founder Dave Duffield and his wife, Cheryl to help create a no-kill nation. The first step is to help develop programs that guarantee loving homes for all healthy shelter dogs and cats throughout the country. The next step will be to save the sick and injured pets in animal shelters nationwide. Maddie's Fund is named after the family's beloved Miniature Schnauzer who passed away in 1997.

Dog: House-Training Your Puppy



Puppies become house-trained at different speeds, depending on size and anatomy, and on how diligently you stick to the house-training routine. Allow anywhere from a few weeks to several months for your puppy to be fully house-trained.

House-Training Schedule

Take your puppy out:

- Very first thing in the morning
- After he eats
- After he wakes from a nap
- After he is done with a play session
- Right before bed time
- Note: Young puppies (eight to 10 weeks) usually need to go out at least once an hour

Four Golden Rules for House-Training

1. Until your puppy is perfectly house-trained, never leave him alone unless he's in the puppy playpen or crate. Supervise your puppy at all times in the house.
2. Take your puppy out on leash often, starting with half-hour intervals. Go to the same spot (or at least the same kind of surface) every time. Until your puppy is fully vaccinated, be sure to pick a spot other dogs haven't used!
3. If you see your puppy sniffing and circling in the house, take him out immediately.
4. Praise and reward with a treat when he goes outdoors. Keep this up for at least the first few weeks, then you can switch to just praising.

If Your Puppy Has an Accident

If you catch your puppy making a mistake. Interrupt your puppy without being too harsh ("Ah! Ah! Let's go outside!"), then hustle him to his bathroom area to finish. If he finishes there, praise and reward this. The important thing is to interrupt, not punish. Punishing your puppy for accidents can make him afraid to go in front of you, so he hides his mistakes by going behind couches or beds or in closets. He would also become less likely to go in front of you outside, making it impossible to praise him and to make him understand what you want him to do.

If your puppy makes a mistake while you are not there. Don't scold or punish your puppy. He won't make the connection with his accident—smacking him or rubbing his face in his own mess will just make him afraid of you. Only if you catch him in the act should you respond to his behavior.

Tip: Clean all accidents thoroughly with an enzymatic cleanser (e.g. Nature's Miracle®, Anti-Lcky-Poo®, Petastic®).

Going Forward

After two or three weeks with no accidents, give your puppy access to one extra room of the house and supervise closely. If your puppy is successful, add another room every two or three weeks.

Dog: House-Training Your Puppy *(continued)*

Starting at three months of age, gradually extend the duration between bathroom break outings—add one hour every week or two. If your puppy starts having accidents, back off and do more frequent outings for a couple of weeks, then try again.

If you are having trouble, call us (415.552.3500) or visit www.sfspca.org for our dog trainer referral list.

Dog food brands most linked to heart-disease reports named

U.S. FDA tallies 560 dogs affected since 2014

June 27, 2019 (published)

By Edie Lau; By Lisa Wogan

The U.S. Food and Drug Administration today for the first time publicly identified the pet food brands most frequently associated with cases of dilated cardiomyopathy (DCM), a serious and potentially fatal heart disease. The vast majority of cases involve dogs, but a few cases involving cats have been reported, as well.

In an [update](#) on its investigation into the potential link between certain diets and canine DCM, the FDA listed 16 pet food brands that have been named in 10 or more reports of the disease.

The top three brands are Acana, named in 67 reports; Zignature, named in 64 reports; and Taste of the Wild, named in 53 reports.

Starting in 2014 and through April 30, 2019, the FDA has received reports of 560 dogs and 14 cats diagnosed by veterinarians to have DCM. Of those, 119 dogs and five cats have died.

Not included in the figures are counts from "the many general cardiac reports" the agency received that did not involve a diagnosis of DCM. "However," the FDA said, "this case information is still valuable, as it may show heart changes that occur before a dog develops symptomatic DCM."

DCM is a condition resulting in an enlarged, weak heart that cannot pump blood efficiently. Dogs with DCM may tire easily, cough and have trouble breathing. More dramatically, they might exhibit sudden weakness, collapse, faint or die with no warning.

The large majority of reports received by the FDA were made in 2018 and 2019. The agency has been investigating the problem since [last year](#). It announced in July that it had learned of cases of DCM in dogs eating certain pet foods, many labeled as "grain-free" and containing as main ingredients peas, lentils, other legume seeds (known as pulses) and/or potatoes.

While particular dog breeds are known to be genetically predisposed to DCM — breeds such as Doberman pinscher, Great Dane, Newfoundland, boxer, Irish wolfhound and cocker spaniel — many of the affected dogs were not of those breeds. That is what caught veterinary cardiologists' attention early on.

The cause of the problem is unknown, and most researchers investigating the problem suspect the answer won't be easy to identify. The FDA cannot say with certainty that diet is the culprit, although in an investigation update posted in [February](#), the agency reported that some dogs diagnosed with DCM improved simply by changing their diet. Other investigators have reported similar observations.

At that time and again today, the FDA said: "Based on the data collected and analyzed thus far, the agency believes that the potential association between diet and DCM in dogs is a complex scientific issue that may involve multiple factors."

Because of the uncertainty, the agency has not asked the companies behind the implicated brands to recall them. "We have shared case report information with these firms so they can make informed decisions about the marketing and formulation of their products," the FDA wrote in a [Q&A](#) on its canine DCM investigation.

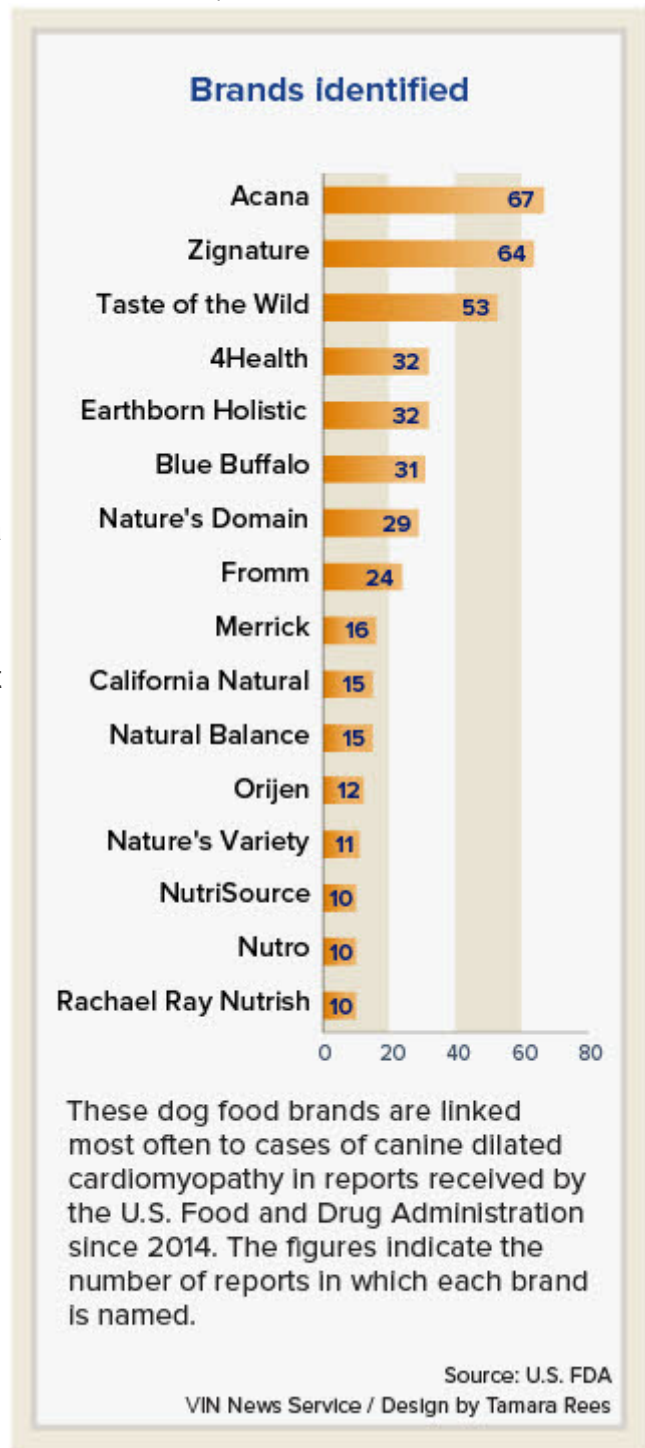
The agency added, "We are also sharing this information with the public, but encourage pet owners to work with their veterinarians, who may consult with a board-certified veterinary nutritionist, prior to making diet changes."

In analyzing ingredients and ingredient proportions of the identified diets eaten by affected animals, FDA researchers have found that more than 90% of implicated products were "grain-free," meaning they did not contain corn, soy, wheat, rice, barley or other grains. Ninety-three percent contained peas and/or lentils.

Early on, some veterinarians investigating the problem posited that novel animal protein sources in diets, such as kangaroo, bison or duck, might be a factor. But in its latest update, the FDA reported: "The most common proteins in the reported diets were chicken, lamb and fish; however, some diets contain atypical protein sources such as kangaroo, duck and bison. No one animal protein source was predominant."

The FDA said most of the identified foods in the canine cases are dry formulations, but not all. There also are raw food, semi-moist food and wet foods reported.

A representative from one company owning a frequently implicated brand expressed concern about the issue while questioning the premise that its formulations could be culpable.



Dr. Alexia Heldman, director of veterinary affairs for Diamond Pet Foods, which owns Taste of the Wild, said in a telephone interview, "Over the last year, there have been a lot of theories Where we are now, there are more questions unanswered than there were a year ago."

Heldman said Taste of the Wild is the largest brand of grain-free food, noting that 29 million bags have been sold in the U.S. since September 2017.

She said that 53 reports of disease cases should be considered in the context of sales. "If the numbers were presented as a percentage of bags sold, we would be at the other end of the list," Heldman said.

At the same time, the numbers aren't inconsequential, she said. "I certainly want to make sure we don't in any way minimize what those pets and pet owners have been through."

Heldman has taken some of the calls made to the company by affected pet owners. "It is devastating. My heart really does break when I talk to pet owners. I and everyone else at the company really hate that this is happening."

Heldman noted that Taste of the Wild formulations have been largely unchanged during the past four to five years. "[H]ow did this come out of nowhere?" she wondered.

The FDA wonders the same. "Another puzzling aspect of the recent spike in DCM cases is that they have occurred just in the last few years," the agency wrote in today's update.

It noted that formulation is not the only possible variation: "The FDA is working with the pet food industry to better understand whether changes in ingredients, ingredient sourcing, processing or formulation may have contributed to the development of DCM."

Diamond Pet Foods encourages veterinarians and pet owners who have questions or concerns to contact them, Heldman said. The company number is 800-342-4808. "We take meticulous notes, because we want to share with everyone, especially the FDA, anything that we can do to help potentially figure out what is truly going on," Heldman said. "It's a top priority."

Similarly, Pets Global, owner of the Zignature line, said in a prepared statement, "Ensuring the health of all our pet customers continues to be our top priority."

The statement also says in part: "While the vast majority of our customers thrive with our high quality, grain-free pet formula, we are taking the FDA's recent announcement very seriously. As such, we have created a dedicated customer care line (888-897-7207) so we can understand more to further ensure the safety of all pets. As the FDA said in its release, it still does not have enough information to fully understand these cardiac issues. Any pet owners or veterinarians who have information on this matter are strongly encouraged to contact our dedicated customer care line backed by our team of veterinary experts and nutritionists."

Mike Fuccillo, a spokesperson for Champion PetFoods, which owns Acana, the most frequently named brand on the list, and Orijen, another brand on the list, said the company had no comment.

Jennifer Fiala contributed to this report.



URL: <https://news.vin.com/doc/?id=9164603>

Related resources

- [Reports of dilated cardiomyopathy in dogs top 1,100](#) - *October 30, 2020* 
- [Paper downplaying risk to dogs of grain-free diets draws fire](#) - *July 9, 2020* 
- [Rotating diets: antidote to pet-food recall risks?](#) - *July 30, 2019* 
- [Diet-related heart problem reported in 325 dogs](#) - *February 19, 2019* 
- [Unconventional dog foods suspected in heart disease](#) - *September 4, 2018* 

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BODY CONDITION SYSTEM™ CHART

WHERE DO YOU THINK YOUR PET SCORES?

Benefits of maintaining ideal body condition:

- ➔ Reduces potential for developing weight-related problems.
- ➔ Reduces percentage of body fat for better health.

If you have any questions, please call toll-free, 1-866-884-VETS (8387) weekdays, 8:30 a.m. to 4:30 p.m. EST.



CANINE BODY CONDITION SYSTEM™ CHART

- TOO THIN**
- 1** Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No visible body fat. Obvious loss of muscle mass.
 - 2** Ribs, lumbar vertebrae and pelvic bones easily visible. No fat easily felt. Some evidence of other bony prominence. Minimal loss of muscle mass.
 - 3** Ribs easily felt and may be visible with no covering fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.

- IDEAL**
- 4** Ribs easily felt, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.
 - 5** Ribs can be felt without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.

- TOO HEAVY**
- 6** Ribs can be felt with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.
 - 7** Ribs felt with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.
 - 8** Ribs not able to be felt under very heavy fat cover, or felt only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.
 - 9** Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.



FELINE BODY CONDITION SYSTEM™ CHART

- TOO THIN**
- 1** Ribs visible on shorthaired cats; no fat easily felt; severe abdominal tuck; lumbar vertebrae and wings of ilia easily felt.
 - 2** Ribs easily visible on shorthaired cats; lumbar vertebrae obvious with minimal muscle mass; pronounced abdominal tuck; no fat easily felt.
 - 3** Ribs easily felt with minimal fat covering; lumbar vertebrae obvious; obvious waist behind ribs; minimal abdominal fat.
 - 4** Ribs felt with minimal fat covering; noticeable waist behind ribs; slight abdominal tuck; abdominal fat pad absent.

- IDEAL**
- 5** Well-proportioned; observe waist behind ribs; ribs can be felt with slight fat covering; abdominal fat pad minimal.
 - 6** Ribs can be felt with slight excess fat covering; waist and abdominal fat pad distinguishable but not obvious; abdominal tuck absent.
 - 7** Ribs not easily felt with moderate fat covering; waist poorly discernible; obvious rounding of abdomen; moderate abdominal fat pad.
 - 8** Ribs cannot be felt due to excess fat covering; waist absent; obvious rounding of abdomen with prominent abdominal fat pad; fat deposits present over lumbar area.
 - 9** Ribs not felt under heavy fat cover; heavy fat deposits over lumbar area, face and limbs; distention of abdomen with no waist; extensive abdominal fat deposits.



“Should my pet be eating that?”

Foods Your Pets Should Avoid

| | | |
|---|--|---|
|  | Chocolate/ Coffee | Can cause vomiting, diarrhea, hyperactivity, high heart rate, tremors, seizures and even death. |
|  | Alcohol | Can cause vomiting, drunkenness, coma and death. |
|  | Avocado | Can be fatal to birds and rabbits. Can cause vomiting and diarrhea in dogs. |
|  | Macadamia Nuts | Can cause temporary hind leg weakness, paralysis and tremors in dogs. |
|  | Grapes/ Raisins | Can cause kidney failure. |
|  | Raw Yeast Bread Dough | Can cause bloat and drunkenness. |
|  | Products Containing Xylitol | Can cause seizures and liver failure. |
|  | Onions/Garlic | Can cause vomiting and red blood cell damage. |

“What should I do if I think my pet has eaten something poisonous?”

Stay calm and contact your veterinarian for advice:

OR Call the ASPCA Animal Poison Control Center.

ASPCA ANIMAL POISON
CONTROL CENTER

888-426-4435. Where knowledge is your lifeline.™

www.asPCA.org/apcc



24/7/365 we are 100% dedicated to preventing and treating pet poison emergencies.

The ASPCA Animal Poison Control Center is the only poison control center in North America dedicated solely to animals. For over 30 years, we've focused our efforts on providing lifesaving information to concerned pet owners to make sure our phone never rings. Here are a few ways to keep your pet safe every day of the year:

- Visit www.aspc.org/apcc for the most up-to-date information from our team of leading toxicologists.



• Download the ASPCA Animal Poison Control Center app – APCC by ASPCA. It includes an easy and searchable database of hundreds of plants, household hazards, medications, and weather-related toxins commonly found in or around homes. It will help you keep your pets safe and farm from harm.

- Program your veterinarian's number and our emergency hotline phone number into your contacts list so you're prepared in the event of a poison-related emergency: 888-426-4435.*



- Ask your veterinarian or scan this QR code, for a FREE "Foods Your Pet Should Avoid" magnet.



*A consultation fee may apply

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ANIMAL POISON CONTROL CENTER | ASPCA®

888-426-4435. Where knowledge is your lifeline.™

2
3
4
Pets love us 365 days a year.

9
10
11
Jan 1
Alcohol

15
16
17
Let's keep every one of them safe.

22
23
24
Feb 14
Chocolate

29
30
1
Your Pet Poison Hazards Calendar

5
7
Hand warmers

Jan/Feb
So many reasons to celebrate, so many ways for pets to find trouble.

Hazard High Points: New Year's, Super Bowl, Valentine's Day

Alcoholic beverages may attract your pets, but don't let them imbibe. In pets, alcohol can cause drunkenness, vomiting, low blood pressure, coma and death.

6
Xylitol

19
Avocado

26
Human meds

29
Human meds

3
Early spring brings budding flowers and a growing number of risks.

Hazard High Points: Yard Work, Easter, Flowers, Cold & Allergy Season

Spring bulb plants
What's beautiful in your yard, can create an ugly situation for pets. Consumption of leaves and flowers may only cause vomiting, but ingestion of the plant bulbs can be fatal.

8
Fertilizers

10
Lilies

16
Lilies

29
Human meds

May/June

The school year ends, but keep being a student of pet poison risks.

Hazard High Points: Flea & other Parasite Products, Yard Supplies, Plants



May 5

Pet meds
Keep all pet medications away from your pets. Those in chewable form are easy to give, but that makes it even more tempting for your pet to ingest the entire bottle if given access.

July/Aug

The good ol' summertime can bring big ol' risks for pets.

Hazard High Points: Picnics, 4th of July, Sun Protection



Jul 4

Fireworks
Fireworks, both used and unused, can cause problems if ingested by your pet. It's best to keep your furry friend away from the festivities.

Sept/Oct

Fall is in the air, but it's no time to breathe easy.

Hazard High Points: Halloween, Small Indoor Visitors, Car Maintenance, Mushrooms Pop Up



Sep 3

Antifreeze
Ethylene glycol, the ingredient that puts the "anti" in freeze, is very poisonous to pets. It can cause drunkenness, vomiting, kidney failure, seizures and death.



Nov 6

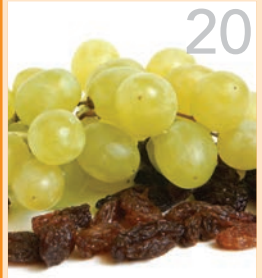
Ice melts
Ice melts used on the sidewalk and driveway can be corrosive to your pet's paws and tongue. Always use a pet-safe product – as indicated on the label.

Herbicides
Read and follow all label directions when using these substances in your yard. Some herbicides will only cause mild stomach upset, while others can be deadly.



14

Grapes/raisins
This surprises many pet parents. Grapes and raisins can cause kidney failure in some dogs, so keep them out of reach from your pet.



20



13

Rodenticides
When cool temperatures move in, rodents move inside. Mouse and rat poisons can adversely affect your pets. Depending on the type, they can cause internal bleeding, seizures or kidney failure.

Holiday plants
The toxic potential of poinsettia has become highly exaggerated. This plant is relatively harmless, causing only minor symptoms like stomach upset. However, mistletoe and holly can be toxic to pets if ingested.



Dec 11

Insecticides
Whether used on the lawn, in the house or on the pet, always read and follow label directions. Incorrect use can seriously harm your pet.



Jun 3

Glo-stick
Glo-sticks and glo-jewelry are not poisonous, but the bitter-tasting liquid inside can cause your pets to drool uncontrollably.



27

Mushrooms
The mushrooms you buy in the grocery store are not considered toxic for pets, but the wild varieties growing in your yard may kill them. Remove any mushrooms to remove the risk.



23



25

Christmas tree water
It may contain fertilizer and bacteria, which, if ingested, can upset the stomach.

Sago palm
Sago, or Cycad, palms are very poisonous to pets and can cause liver failure and death. Potted sago palms are now sold as house plants in stores nationwide – so the risk is no longer limited to warm climates.



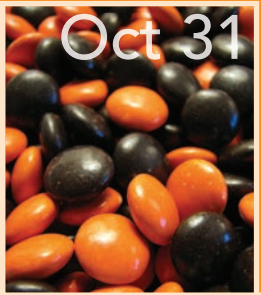
19

Sunscreen
Pets can get sunburned, but human sunscreens contain aspirin-like compounds that can cause vomiting and stomach ulcers. Do not use human products directly on your pet. Look for sunscreens formulated specifically for pets.



Aug 12

Chocolate
Halloween is prime time for chocolate poisoning in pets. Too much chocolate can cause vomiting, diarrhea, agitation, high heart rate, tremors, seizures and death.



Oct 31

Batteries
Batteries if punctured can cause burns in the mouth and digestive tract.



30

Plants with insoluble calcium oxalate
Many common houseplants such as elephant ear, philodendron, Devil's ivy and dumbcane contain insoluble calcium oxalates that can cause drooling, vomiting and, rarely, difficulty breathing.



25



1

People food
Another reminder that people eats and treats can harm pets. Chocolate, grapes/raisins, xylitol, onion/garlic/chives, macadamia nuts, and yeast dough are just a few. A complete list is available at www.aspc.org/apcc.



31

Disaster Planning for Dog Owners

Ready Your Dog

- Make sure your dog is wearing ID tags with your most up-to-date contact information.
- Microchip your dog as a more permanent form of identification—in case collars or tags come off.
- Train your dog to feel comfortable going into a crate with regular in-crate sessions with treats.
- Always bring pets indoors at the first sign or warning of a storm or disaster. Pets can become disoriented and wander away from home in a crisis.

Prepare Your Home

- Ideally, you should evacuate with your pet, but if you are unable to do so, a [rescue alert sticker](#) placed near your front door will let first responders know that you have a dog inside your home.
- If sheltering in place, consider these things when choosing your safe room:
 - » Be aware of hazards such as windows, flying debris, etc.
 - » Utility rooms, bathrooms and unfinished basements may be easier to clean if your pet has an accident.
 - » Having a supply of fresh water is particularly important. In areas that may lose electricity, fill up bathtubs and sinks ahead of time to ensure that you have access to water during a power outage or other crises.
 - » In the event of flooding, go to the highest location in your home, or a room that has access to counters or high shelves where your animals can take shelter.

Locate a Temporary Caregiver

(if your dog cannot stay with you after you evacuate)

- Contact your veterinarian for a list of preferred boarding kennels and facilities.
- Ask your local animal shelter if they provide emergency shelter or foster care for pets.
- Identify hotels or motels outside of your immediate area that accept pets.
- Ask friends and relatives outside your immediate area if they would be willing to take in your dog.



Create an Emergency Kit

- Obtain a crate that comfortably fits your dog, write your dog's name and your contact information on a piece of duct tape and stick it on the outside of the crate in case you become separated from your dog.
- Make a portable emergency kit that includes the following:
 - » Medical records
 - » Water (*7 days' worth of bottled*)
 - » Water bowls
 - » Pet food (*3-7 days' worth of canned food with pop tops or dry food*)
 - » Pet's medications
 - » [Pet first aid kit](#)
 - » Dish soap and disinfectant
 - » Disposable garbage bags for clean-up
 - » Extra collar, harness and leash
 - » Flashlight
 - » Blanket
 - » Recent photos of your dog (*hard copy in case your phone dies*)
 - » Toys

Consider putting the kit inside the crate and storing near an exit.



DIY Pet First-Aid Kit

Use this kit in an emergency until your veterinarian can take over

Here's What You'll Need:

- 1) Phone number, clinic name, address of your veterinarian **PLUS** contact info for local veterinary emergency clinics
- 2) Absorbent gauze pads
- 3) Adhesive tape
- 4) Cotton balls or swabs
- 5) Fresh 3% hydrogen peroxide to induce vomiting
(always check with veterinarian or animal poison control expert before giving to your pet)
- 6) Ice pack
- 7) Disposable gloves
- 8) Scissors with blunt end **PLUS** tweezers
- 9) Over-the-counter antibiotic ointment
- 10) Liquid dishwashing detergent for bathing **PLUS** towels
- 11) Small flashlight
- 12) Oral syringe or kitchen baster
- 13) Alcohol wipes
- 14) Styptic powder
- 15) Saline eye solution **PLUS** artificial tear gel

For more information and a how-to video, go to
aspcapro.org/resource/saving-lives/how-make-pet-first-aid-kit

[ASPCapro.org](https://aspcapro.org)
[ASPCapro.org/poison](https://aspcapro.org/poison)

How to Tell if Your Dog is in Pain.

Dogs feel pain for many of the same reasons as humans: infections, dental problems, arthritis, bone disease and cancer. They also feel discomfort following surgical procedures.

Unfortunately, unlike humans, they are unable to speak to us about when and where they hurt.

You are in the best position to look for the subtle changes in behavior that may indicate your pet is suffering. It's important to stay alert to these signs, because the sooner your dog's pain is diagnosed and treated, the sooner he or she can heal and resume a normal, happy life.

If your dog shows one or more of these behaviors and you suspect it may be due to pain, notify your veterinarian immediately.



Vocalizing:

- Whining
- Howling
- Whimpering
- Yelping
- Groaning
- Grunting

Daily Habits:

- Decreased appetite
- Withdraws from social interaction
- Changes in sleeping or drinking
- Lapses in housetraining
- Sleeps more

Self-Mutilation:

- Licking
- Biting
- Scratching a particular part of its body

Activity Level:

- Restless
- Reluctant to move
- Difficulty getting up from a laying position
- Repetitively gets up and lies down
- Trembling, circling or lying very still
- Seeks more affection than usual

Facial Expression:

- Grimaces, vacant stare
- Glazed, wide-eyed or looks sleepy
- Enlarged pupils
- Flattened ears
- Pants excessively when at rest

Grooming:

- Coat lacks normal shine
- Hair stands up in places

Self-Protection:

- Protects a body part
- Doesn't put weight on a limb
- Limp
- Doesn't want to be held or picked up
- Hides

Aggressive:

especially a previously friendly dog

- Acts out of character
- Growls, hisses, bites
- Pins ears back
- A normally aggressive dog may act quiet, docile

Posture:

- Hunched, with hindquarters raised and front end down on the ground
- Lays on its side

Don't Treat Your Dog's Pain by Yourself!

Never administer pain medication to a pet without consulting with your veterinarian. After diagnosing the problem, your veterinarian will explain the benefits, risks and costs associated with various treatment options. That way, you and your veterinarian can choose the approach that best meets the needs of you and your dog.

If Your Veterinarian Prescribes a Pain Medication:

Do

- follow your veterinarian's instructions.
- watch for possible side effects, including:
 - Vomiting
 - Diarrhea
 - Blood in stools (the stool appears black, tarry, like it contains coffee grounds)
 - Change in drinking or urinating
 - Change in behavior, such as depression, restlessness or appetite loss
 - Yellowing of gums, skin or whites of eyes
 - Changes in skin (redness, scabs or scratching)
- **stop medicating immediately** if your dog shows any of these symptoms and **call your veterinarian** at once.
- keep the drug safely out of reach of your pets and children.



Don't

- change the dosage or frequency unless directed by your veterinarian.
- give any other drug to your dog while it is taking the pain medication (without first talking to your veterinarian).
- hesitate to call your veterinarian if you ever have questions or concerns.

Healthy, Happy Pets are Our Business!