Bow Wow Meow

PUPPY GUIDE

Practical information for

new puppy parents

Brought to you by Bow Wow Meow Pet Insurance

welcome & congratulations on your new puppy!

Now that you have welcomed your new family member home, let's get you and your clumsy, playful bundle of joy off to the best possible start.

This booklet aims to assist you in becoming a good puppy parent and to help you learn what it takes to raise a well balanced, confident puppy. We answer some of the most common puppy-raising questions and give advice on important topics such as where your puppy should sleep at night, establishing rules and routines as well as what to feed him or her.

This guide has been written by dog trainers and checked by vets. It has a lot of helpful hints, checklists and interactive elements for you to complete. We hope that you find it valuable.

Remember to take it slow

From the time your puppy enters your life, you will be teaching him or her new things every day. The first few days together are exciting, as everyone enjoys getting to know each other…it is indeed a very special time!

Your puppy is young and vulnerable and craves nothing but your affection and attention. What your puppy needs most is stability, safety and routine. It is very normal to want to show off your new family member to your extended family and friends. Take it easy for the first few days and let your puppy settle in with you first. Get to know each other - you want your puppy to bond with you and feel safe and comfortable before inviting people over or exposing your puppy to too many new experiences.

Enjoy your new family member and these whirlwind puppy days…they grow up way too fast.

Boy or girl?

One more thing! From now on we will refer to your puppy in the masculine form in order to avoid having to use him/her and he/she throughout the booklet. Of course, all the same information applies to female puppies too!

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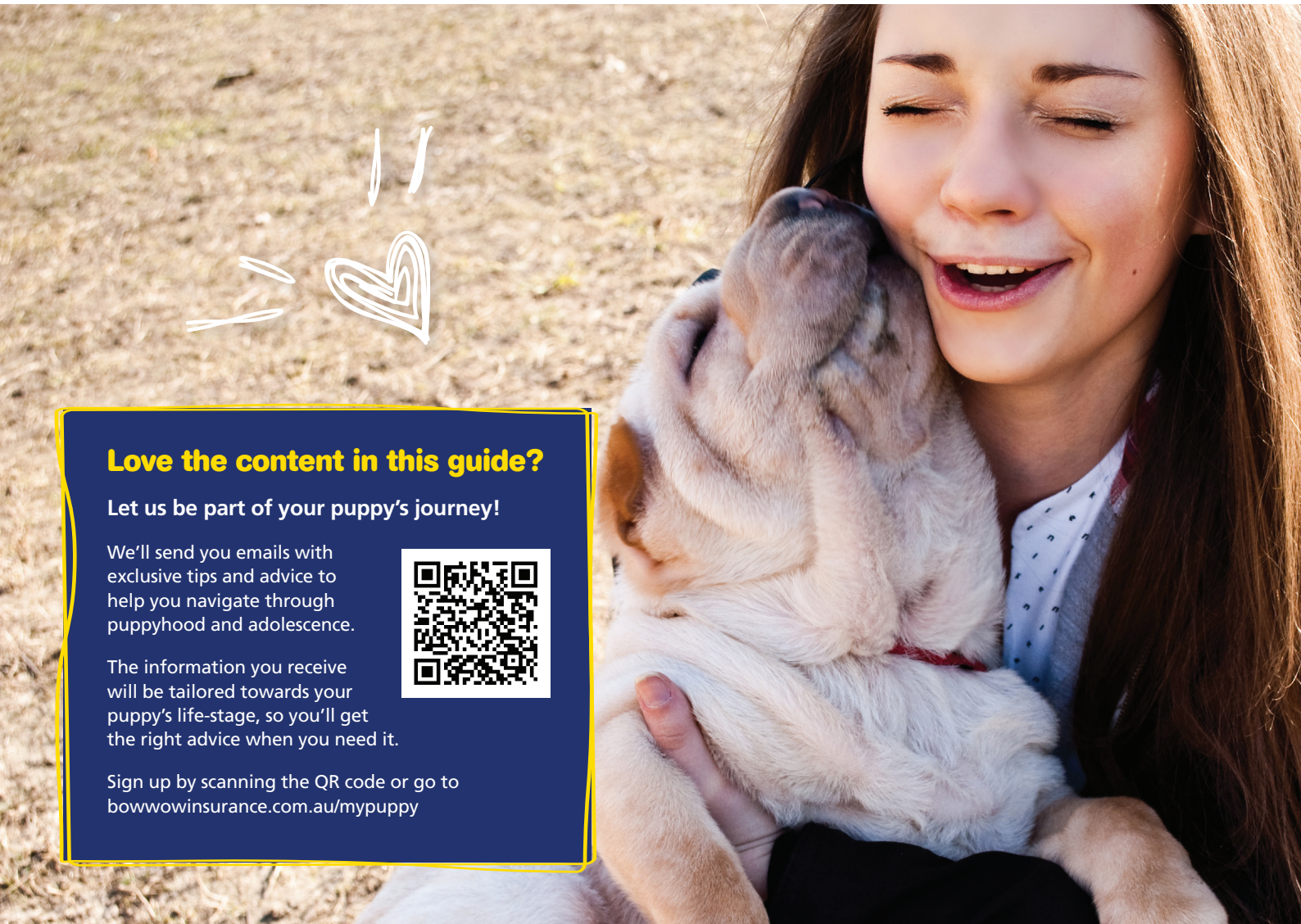

Love the content in this guide?

Let us be part of your puppy's journey!

We'll send you emails with exclusive tips and advice to help you navigate through puppyhood and adolescence.

The information you receive will be tailored towards your puppy's life-stage, so you'll get the right advice when you need it.

Sign up by scanning the QR code or go to bowwowinsurance.com.au/mypuppy

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Get advice at each stage of your puppy's journey!

Sign up and we'll email you tailored advice on raising your puppy through to adulthood. Scan QR code or visit bowwowinsurance.com.au/mypuppy

bringing your puppy home

What an exciting time - after all the waiting, you finally get to bring your new fur baby home!

Giving your new pup the best start

Once you arrive home, ensure that you give your pup time to investigate his new home and settle in. This includes showing him where he is going to sleep, where his water bowl is going to be and what toys he can play with.

Your puppy is likely to be hungry from all the excitement and new experiences. After he has finished investigating and is happy running around, you can offer him his first small meal.

It is recommended that you use the same food that the breeder has been giving your puppy to keep changes to a minimum for the first two weeks. The combination of a new brand of food, feeding routine changes and a new environment can often be too much for a young puppy. If you do wish to change food, try to keep it the same for the first 10-14 days before changing.

Remember, your puppy will be away from his litter for the first time and everything will be new and scary for him. Take it easy and make sure you don't invite too many new people over to say hello. Give your puppy time to settle in and adjust to his new life before you get your friends and extended family to come over.

Puppy's first night

After all the excitement of the first day, your puppy will be exhausted and will need a good rest. However, remember that he will be away from his mum and littermates for the first time and might become restless at night.

To help your puppy settle into his new life with you, it is recommended that you place his bed or crate next to you at night at the start. Over time, you can move your puppy to his permanent sleeping spot, away from you if you wish.

Choosing your puppy's name

We suggest that you choose a few names before your puppy arrives. If you need some inspiration, you can search from the thousands of names on our pet names website (bowwow.com.au).Once you get your puppy, say the shortlisted names out loud to him and make the decision as to which name best suits his personality. Keep in mind that you will need to call your puppy's name across the park, so make sure you don't choose a name that's embarrassing or difficult to pronounce (read more tips at: bowwow.com.au/find-a-name-for-your-pet/naming-tips). Your puppy is likely to start responding to his new name after a few repetitions, so keep repeating it to him once you have chosen it.

Using crates and playpens

Crate training is great if you want your puppy to go on trips with you, or if you'd like to take him on a plane. Once you get your puppy used to sleeping in a crate he will feel happy and relaxed when inside the crate.

Puppy-proofing your home

Puppies like to investigate and explore. They learn primarily through discovering new things with their mouths. They have no concept of what is dangerous and are very inquisitive, just like a crawling baby or toddler.

It is important to ensure that you puppy-proof your house, garden, garage and any other areas your puppy will have access to. If there is anything you don't want him to get hold of, put it away. If alone or unsupervised, put your puppy in a playpen to avoid danger or destruction!

Top tips for puppy-proofing your home

- Store all household cleaning products out of your puppy's reach. The same applies to any sorts of poison, medication etc.;
- Hide electrical cables;
- Hide all small kids' toys so your puppy doesn't chew and swallow them;
- If you have stairs, check there are no gaps for your puppy to fall through and make sure that he learns how to get down the stairs safely;
- Check that your puppy's sleeping area is safe – remove access to any chewable items;
- Check that there aren't any dangerous items in the garage that your puppy could pull onto himself;
- Block off any areas in the house you don't want your puppy to have access to – baby gates are useful for this purpose;
- Ensure that you have adequate fencing around your property, and make sure that your puppy's head can't get stuck in the fence;
- Cover your pool/pond so your puppy can't fall into it;
- Use baby gates to block your front door if you live on a busy road – puppies don't have road sense and will follow you outside;
- Check your garden for dangerous plants, or plants that might cause skin irritations. Be mindful of fertilisers, insecticides and especially rat and snail poison – they are deadly to dogs;
- Many indoor plants can be poisonous to puppies, so it is wise to keep all indoor plants out of reach when your puppy is in his chewing and exploration phase.

It also helps immensely with house training, as puppies that are confined won't soil where they sleep. Rather, your puppy will wake you up at night to indicate that he needs the toilet. This gives you the perfect opportunity to take your pup out to where you want him to go the toilet and give him a treat for doing it in the right spot. Another benefit of crate training is that even an overnight stay at the vet won't be very stressful for your dog, as he will be used to sleeping contently in a crate.

A puppy playpen can be useful for both toilet training purposes and for keeping your pup safe at times when you are not able to supervise him. The playpen should have a bed, water, toys and a wee pad.

It is a good idea to keep the puppy playpen in your living room or an area where you spend most of your relaxing time – that way your puppy can be near you but you won't risk tripping over him when you are busy cooking dinner!

Remember, your pup will thrive on spending time with his new family. Make sure that your puppy has a spot to settle – whether it is a playpen or bed – in the vicinity of where the family spends most of its time. Having the puppy's playpen or bed in the hallway away from the family can make him feel lonely and unhappy.

Top 10 most poisonous plants for dogs

(including azaleas)

(Madagascar jasmine)

(Yellow oleander)

(Including iris, tulips, daffodils, bluebells, snowdrops, autumn crocus, and edible bulbs like onions)

IMPORTANT: Train your puppy not to chew any plants or take food off the ground. If your puppy shows any signs of being unwell and you suspect he might have chewed or eaten something, take a sample of the plant/food to your vet and get him checked straight away.

puppy arrival

equipment checklist

Getting a new puppy is an exciting time! Make sure you are fully equipped and ready for its arrival.

Having the right food, supplies and equipment will help maximise your enjoyment of your first few days with your new family member. We have put together a checklist of all the supplies you will need to prepare yourself for your puppy's arrival. We suggest that you print it out and use it as a shopping guide.

Basic Supplies

- **Food dish**
- **Water dish**
- **Dog bed**
  Ensure you get one that will fit your dog once it is fully grown and make sure that the bed and its covers are washable!
- **Collar**
  Get a collar that allows you to adjust the size as your puppy grows. The collar shouldn't be too heavy for your dog's neck and should sit snuggly so that you can fit two fingers underneath it.
- **ID tag**
  Choose a quality tag from your local vet or pet shop, or order online. Get your dog's name and two numbers engraved on your tag (in case you can't be contacted on one of them).
- **Lead**
  Invest in a good lead with a size appropriate clip that is not too heavy. It should last 2-4 years.
- **Car harness or car seat buckle**
  In some states you are required by law to keep your dog secured in the car. Your safety options are a car seatbelt buckle, harness or crate.

Food

- **Food for meals**
  Ask what food the breeder has been feeding the puppy. We suggest you keep using the same brand, but if you do want to change brands please do so gradually otherwise your puppy may get an upset stomach if transitioned too fast to a new food.

- **Training treats**
  We recommend using natural dry treats that you can keep in your pockets. Use these for toilet training and also for reinforcing good manners and behaviour.

Toys

- **Puppy chew toys**
  You will need at least two chew toys to help your puppy lose its milk teeth and relieve itchy gums. Choose toys recommended for your puppy's age.

- **Fluffy toys**
  Get a few fluffy toys for him to play with as puppies will often destroy fluffy toys, and rotating toys will help to avoid boredom.

- **Environmental enrichment toys**
  These are great for mental stimulation, e.g. Kong or Bob-A-Lot

Grooming

- **Dog shampoo**
- **Brush**
  Get a soft one for short haired dogs or a wire one for long haired dogs. Even if you are planning to get your dog groomed regularly, you will still need to brush your dog in between grooming to avoid its fur getting matted.

- **Nail clipper**
  Buy one if you want to clip your dog's nails yourself. If not, we suggest you take your puppy to your vet or groomer.

Miscellaneous

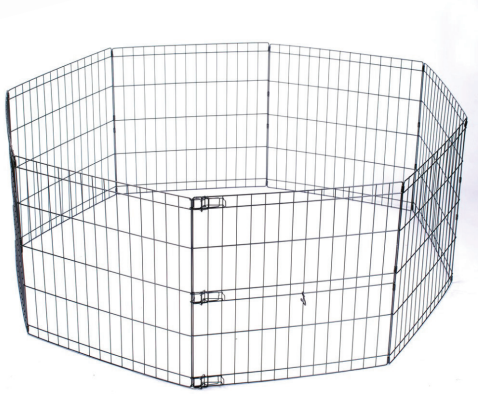
- **Toilet training pads or pet loo**
- **Baby gates or puppy play pen**
- **Enzymatic stain cleaners**
  The best ones to buy are from pet stores because they eliminate the stain as well as the odours that are undetectable by humans.

- **Paper towels to soak up urine**
- **ADAPTIL collar or dispenser**
  This can help your puppy settle into its new home the first few nights. Read more at adaptil.com.au.

- **Worming tablets**
  Puppies need to be wormed regularly. Please follow your vet's recommendation for the best tablets and correct dosage.

- **Flea and tick treatment**
  Please follow your vet's recommendation for the correct treatment and dosage.

- **Pet insurance**
  Puppies can be very adventurous and accident prone, and often end up hurting themselves whilst they are still growing. Pet insurance can help protect you and your pet should the unexpected happen. Check out Bow Wow Meow Pet Insurance for a free quote: bowwowinsurance.com.au



your puppy's health

Once your puppy settles in with you, we suggest that you make an appointment with your vet of choice for a check-up. Use this initial vet appointment to discuss any concerns or issues you might have, to check your puppy's weight, overall health and its vaccination papers.

Scan QR code or visit
bowwowinsurance.com.au
for a pet insurance quote

Most breeders would have had a last vet check prior to your puppy's departure and will give instructions as to when your puppy is due for his second vaccination and next worming. If this is the case, schedule your first vet visit for when this is due.

If your breeder or the organisation you got your puppy from has not given you much information, or you are concerned about something, we recommend that you set up a vet appointment soon after your puppy arrives home.

When going for your first vet visit, ensure that you carry your puppy in and avoid contact with other dogs until your puppy has had his second vaccination (unless advised otherwise by your vet). Bring plenty of treats with you to make your puppy's first vet visit a positive experience.

Consider pet insurance as a means to protect you and your pet should the unexpected occur. Pets can be insured from the age of 8 weeks. Find out more at bowwowinsurance.com.au.

Vaccination schedule

Puppies need to be vaccinated to protect them from disease. The earlier he gets his vaccinations, the earlier you can start socialising your puppy without worrying about him catching anything nasty.

Your puppy will have received his first vaccination at the breeder between 6-8 weeks of age. You are responsible for taking your puppy for his second and third vaccinations. These tend to be four weeks apart from each other – we recommend following your vet's advice on actual timing.

Kennel cough

Kennel cough is a virus that can be caught by your puppy even if it has been vaccinated. It's like having the flu, and a puppy with kennel cough will be coughing and feeling miserable. It is recommended you take your puppy to the vet and keep it under strict quarantine to avoid spreading the kennel cough. Carry your puppy into the vet and avoid contact with other dogs until your puppy gets a clean bill of health. Although kennel cough can sound terrible, most of the time it is not a serious condition, and most dogs will recover without treatment.

Worming

Worming your puppy is important, and puppies need to be wormed regularly to avoid illness. Contrary to what you may think, worms have nothing to do with hygiene and can be passed to your puppy through its mother's milk. Until their first vaccination, puppies need to be wormed every two weeks. After that, the recommended frequency is four times a year. If you do find worms in your puppy's poo, worm your puppy immediately, even if he might not be due for another couple of weeks. Worms can make your puppy feel lethargic, vomit, have diarrhoea and even lose hair.

Ticks

Spring and summer is peak season for these nasty little creatures. Ticks are dangerous as they can transmit diseases. A bite from a paralysis tick can cause paralysis and other serious health problems for your puppy. To protect your puppy there are various tick prevention products on the market. Please consult with your vet as to which is the best product for your area and your puppy. If you live in a tick area, daily tick checks are recommended.

Where to check for ticks

- **Ticks like it where it's warm and moist**
- **Check your dog's fur top to bottom**
- **Check in between its paws**
- **Check gums**
- **Check inside ears**
- **Check eyelids and near the nose**
- **Check under tail**

How to remove a tick using tweezers

- Grasp the tick as close to your dog's skin as possible, but be gentle! Try not to pinch your dog's skin.
- Pull outward in a straight, steady motion, making sure you've removed the entire tick, since anything left behind could lead to an infection.
- Please do NOT place petroleum, nail polish or other such substances on the tick, this will just increase the chance of an infection.

Fleas

It is very important that you use flea prevention treatment as directed to avoid the painful consequences of infestation. Fleas can not only live on your puppy, their eggs can survive for months in carpets, dog beds and any other area where your dog likes to lie. Therefore, getting rid of the fleas on your dog may only be successful for a short period, as once your puppy goes back to the flea infested areas it can act as a host and the flea cycle can start all over again. If you find fleas, it is recommended that you wash all bedding and other areas where your puppy has been hanging out.
It may also be necessary to flea bomb your house.

Neutering/Spaying

There are various reasons for desexing, with the biggest one being to avoid your dog from having unexpected puppies Therefore, the Australian Veterinary Association (AVA) strongly supports the desexing of dogs. There are already thousands of unwanted dogs in pounds across Australia, with many animals put down every year.

Please consult with your vet about desexing your puppy – he/she will guide you as to the best time and procedure for your dog.

your puppy...

very adventurous and highly accident prone

You've just brought your new puppy home and it is as happy and healthy as can be. The last thing you want to think about is "What happens when…?". But the truth is that puppies, like children, are very adventurous and accident prone, and often end up hurting themselves whilst they are still growing.

A puppy's immune system also isn't as developed as it is in adult dogs. This means they are more vulnerable to getting infections and catching diseases, which can sometimes be fatal. Some of the most common infections diagnosed in puppies are gastrointestinal, skin and eye infections.

DID YOU KNOW?

The top 3 accidental injuries in puppies are:

1. **Fractures**
2. **Ingestion of foreign objects**
3. **Bite wounds (from other dogs/snakes)**

According to PetSure data from 2019

Consider pet insurance to help protect you and your puppy should an unexpected trip to the vet occur.

Bow Wow Meow has been chosen as Product Review's Pet Insurance Award Winner for the past 5 years, based on independent customer reviews.

We will cover your puppy from 8 weeks of age for specified accidental injuries.

PRODUCT REVIEW .COM.AU
2018-23 AWARDS WINNER
PET INSURANCE

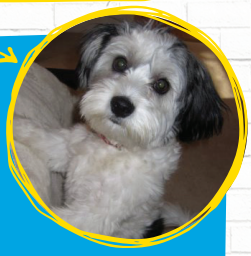
Stanley's Bone Deformity

"When our puppy Stanley was nine months old, he needed to have surgery on his front right leg. Whilst he'd been growing from a pup, the bones in his right leg had grown at different rates, with one stopping growing before the other, causing his leg to bow. So at nine months old Stan was nearly lame, in incredible pain, and showing signs of arthritis in two of his little joints. He required surgery to fix the problem. We had only been customers with Bow Wow Meow for a very short period of time when Stanley required this surgery, and we were just amazed that our claim was accepted and processed with a minimum of fuss. From start to finish, we accumulated over $4,000 in vet bills, and Bow Wow Meow reimbursed us for every bill. We cannot say enough about the service we received, and it was such a comfort to know they had our backs during a difficult period." – **Rachel and Gary, March 2020**

Maddy's Leg Surgery

"Our Italian Greyhound Maddy broke her leg when she was 8 months old. It was a bad break and required a plate to be inserted to support the shattered bone. Her surgery cost more than $3,000 and would have been unaffordable if not for Bow Wow Meow Pet Insurance.

This photo was taken at 2016 Geelong Show. Maddy won her class and was runner up for best of breed. When she broke her leg and the vet told me she needed an operation to insert a plate, I was convinced her show career was over. Her leg has healed well and she is now back in the show ring and doing well. You can't tell that her leg was ever injured. Thanks Bow Wow Meow."
– **Jennifer, Feb 2020**



Jackson's Patella Luxation

"Our six month old Maltese Cross puppy Jackson was diagnosed with a luxating patella, which means that his knee would dislocate continuously when he was walking. We took Jackson to an orthopedic surgeon who performed a knee reconstruction and Jackson is now nearly fully recovered. We were very fortunate to have pet insurance, as the operation and treatment cost close to $4,000. Bow Wow Meow provided us with prompt, courteous and helpful service and we are very thankful to them for their assistance as it ensured that Jackson could receive the best possible treatment".
– **Carin and Chris, Nov 2021**

Get a free pet insurance quote at bowwowinsurance.com.au

COMMON PET EMERGENCIES

POISON

Chemicals, foods, allergic reactions

MOBILITY

Seizures, severe limp, unconsciousness

TRAUMA

Bites, bleeding, impacts

HEAT

Heat stroke, heat stress

THROAT

Choking, severe vomiting, refusal to eat/drink

OTHER

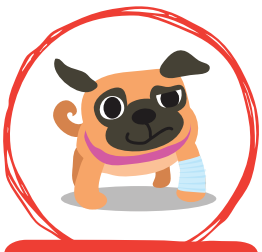
Eye injury, inability to pass waste, blood in waste

You should always seek veterinary help if you suspect your pet has any of the above conditions. Make sure you keep your vet and emergency service's contact information easily accessible.

+ pet first aid tips +

SEIZURES

- The most important thing to do is protect your pet from self-injury.
- DO NOT place your fingers or any object in your pet's mouth.
- Clear the area around your pet to help prevent injury during the seizure.
- Do NOT attempt to restrain your pet, however you can place a hand on their body.
- When the seizure has stopped, contact your veterinarian for further instructions.
- If the seizure does not stop within 3 to 5 minutes, or if your pet comes out of the seizure and goes into another one within an hour, transport the dog immediately to the vet.



WOUND CARE

- Place pressure with gauze or a clean cloth to stop bleeding.
- If there is debris, flush the wound with saline or clean water.
- For deep wounds or severe bleeding, keep pressure on the wound until you can get your pet to a vet.

POISON

- If you suspect poisoning, seek veterinary care immediately.
- If you cannot get to the vet immediately, please call your emergency vet for further instructions.
- Alternatively, you can call the Animal Poisons Helpline on 1300 869 738 for a risk assessment, treatment recommendations or referral advice.

CHOKING

- If choking, hold the upper jaw open with one hand, and look for a foreign object.
- Unless you can clearly see and grasp the obstruction, do not put your fingers into your dog's mouth or throat.
- Lift smaller dog's legs into the air so gravity can help dislodge the obstruction.
- If you can't remove the foreign object, using the heel of your hand, deliver 4-5 sharp blows on the dog between the shoulder blades.

2022/2023 australian animal poisons helpline PLATINUM SPONSOR

{ Puppy Spa – from head to paw }

Bathing

Bathing your puppy too often can cause your puppy's skin to dry out. It can start looking dull and your pup might show signs of dandruff. Try to wash your puppy only when it is dirty or has rolled in mud, and use only pet shampoos. Brushing your puppy regularly is recommended. Brushing helps with blood circulation and can reduce shedding if done weekly.

Grooming

This applies to long fur breeds such as schnauzers, poodles or any hybrid breeds that are mixed with poodles or other long haired dogs. These dogs require regular grooming to prevent their fur from matting. It is recommended that your dog visits the grooming salon every 8-12 weeks.

When taking your puppy for its first groom, ask for a quiet day at the grooming salon and mention that it is your puppy's first groom. The groomer can only do a good job if your puppy isn't scared. Get your puppy used to noise they will be exposed to at the salon by using the Sound Proof Puppy Training App from the iOS and Android App store.

Ears

Check your puppy's ears regularly – we recommend every two weeks, especially when you have a puppy with long floppy ears, where dirt can easily collect and can cause ear infections. If your puppy is shaking his head a lot and trying to scratch his ears with his paws, this could be a sign of an ear infection or too much dirt in your puppy's ears. Get him checked out by your vet if you have any concerns.

Eyes

Regular cleaning is recommended to keep the eye area clean from dust and dirt, especially if you have a breed that requires grooming around its face. The hair near their eyes can cause dirt to collect and tear ducts to block.

Teeth

Puppy teeth will start falling out from four months of age. Start checking your puppy's teeth around this time to ensure that all milk teeth fall out and the new canines start coming through.

Nails

Once your puppy starts walking on pavements, his nails will be trimmed naturally by walking on the hard surface. If they need further trimming, we suggest you take your puppy to your vet or groomer.

Anal glands

Not a sexy topic, but we thought we'd cover it! Dogs have two small anal glands next to their anus, which should get expressed when your dog poops. If your puppy has lots of soft stools they might not get expressed and it can get uncomfortable. Your pup might start rubbing his bum on the floor to empty them, or let off some really smelly farts. A groomer or vet will be able to help with emptying them, or, if you are super keen, you can learn on YouTube how to do it yourself!

your puppy's diet & weight

How should I feed my puppy?

The world of pet food can be head spinning. From different brands of dry food to raw diets, there is a huge range of options to choose from.

It is best to keep your puppy on the same food that the breeder started your puppy off with. Once your puppy has settled in and you want to move him to a different food type, you can slowly start to transition him over.

Dogs have a sensitive digestive system, much more sensitive than ours. It is therefore recommended to transition your puppy to a new brand of food over the course of 7-10 days to avoid runny stools and upset stomachs.

To start, a recommended approach is to use 80% old food on day one and 20% new food. The following day you give your puppy 70% old food and 30% new food and so on, decreasing the old food and increasing the new food by 10% each day. Over the course of 7-10 days you will have transitioned your puppy to his new food and hopefully will have avoided loose stools and an upset tummy.

It is important to stick with one food. If you feed him dry food, stay with one brand and do not mix as this could upset your dog's digestive system.

	OLD FOOD		NEW FOOD
Day 1	80	+	20
Day 2	70	+	30
Day 3	60	+	40
Day 4	50	+	50
Day 5	40	+	60
Day 6	30	+	70
Day 7	20	+	80
Day 8	10	+	90
Day 9	0	+	100

✔ TIP

If during the transition period your puppy gets loose stools, stay on the same ration for another day. It might take you longer to transition, but you will be avoiding a mess and helping your puppy's digestive system to catch up.

The following ingredients in dog food should be avoided:

- Bone meal
- Meat by-products
- Tallow
- Animal fat
- Corn
- Wheat flour
- Soy flour
- Brewer's rice
- Cellulose
- Potato product
- Sugar
- Colouring
- BHA
- BHT
- Propyl Gallate
- Ethoxyquin
- Hydrochloric Acid

Healthy weight

An overweight puppy will be more likely to grow into an overweight adult dog. As your puppy is growing, carrying excess weight is not good for his joints.

We recommend using a calculating chart, e.g. puppychart.com, to help you stay on top of your puppy's weight gain and ensure that your puppy stays in the recommended weight range as he matures. Remember to always consult your vet if you have any concerns about your puppy's weight gain.

Once your dog is fully grown, below is a good picture chart to help you assess his ideal weight:

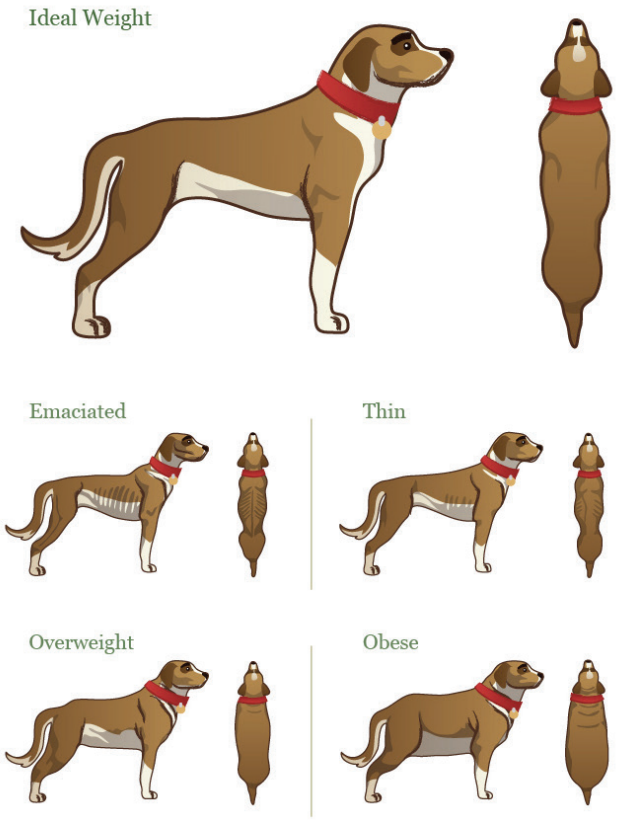


Image source: luckydog.com.mx/en/health/tips/ideal-weight/

How much should I feed?

How much to feed depends on the brand of food you are feeding and your puppy's weight. You will need to adjust the quantity of food you are feeding over time as your puppy grows. It is therefore recommended that you weigh your puppy weekly to ensure he is putting on a healthy amount of weight. Always read and follow the instructions on the food packaging.

How often should I feed?

Puppies under 6 months of age should be fed small quantities three times a day. After 6 months you can move to two feeds a day. If you work, three feeds a day isn't always feasible. Don't stress if you can only feed your puppy two meals a day.

What should I feed my puppy?

Your puppy is growing and requires the best nutrients, so look for a good quality food. Quality food is not only about the price tag, it is more about the ingredients. If a brand of pet food contains lots of preservatives, fillers, sugar and salt, then it is not a good quality food. Quality foods are sold predominantly in pet stores and by vets rather than in supermarkets.

Raw feeding

Raw feeding can have a lot of benefits, including shinier coats, healthier skin, cleaner teeth, higher energy levels and smaller stools. More and more people are putting their dogs on raw food diets and raw feeding communities are popping up online. Note that raw feeding involves much more than feeding your puppy just raw meats, which can lead to malnutrition. Finding the right balance of vitamins, minerals, proteins, meat, vegetables etc., is a science in itself and not for everyone.

Get advice at each stage of your puppy's journey!

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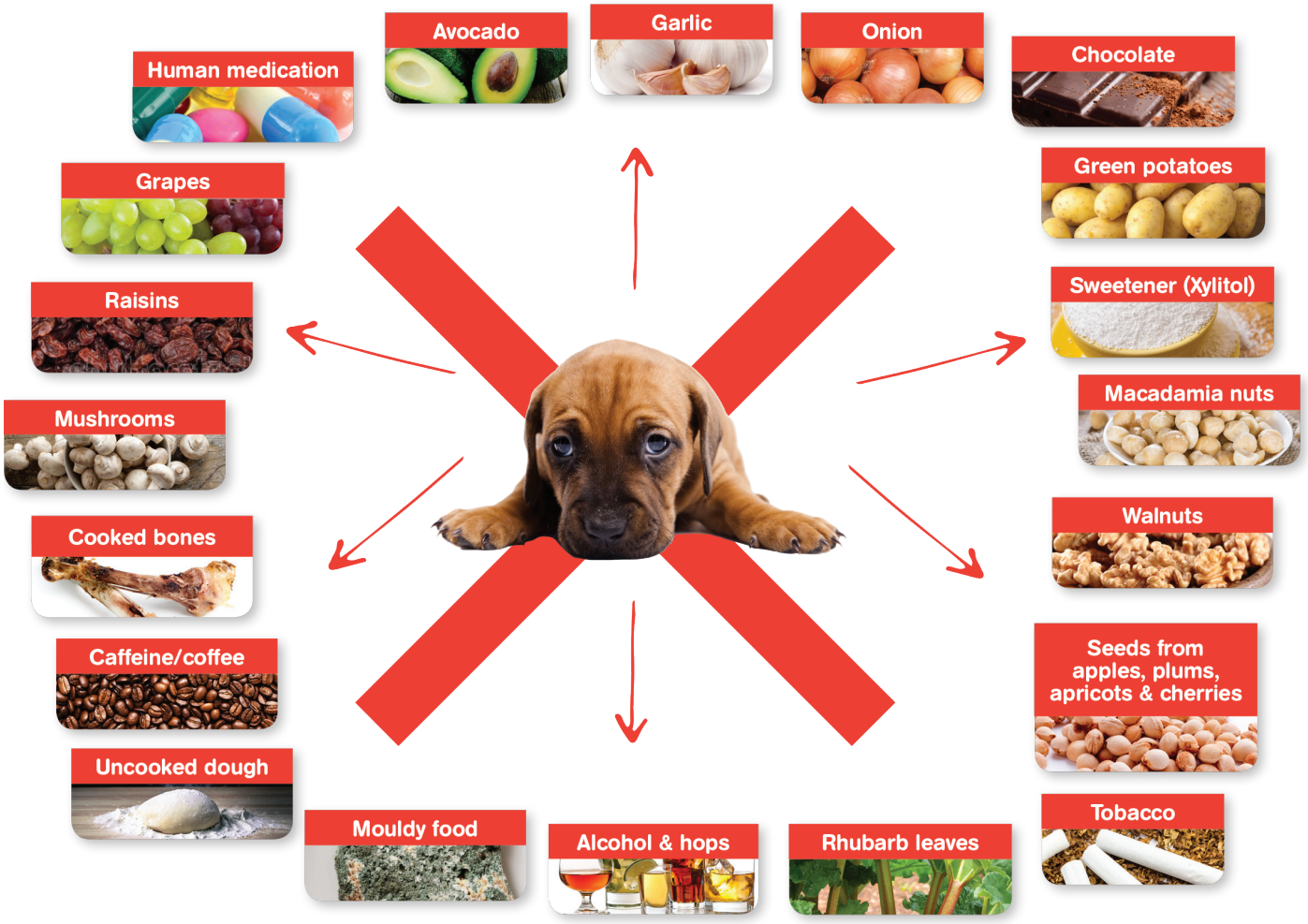
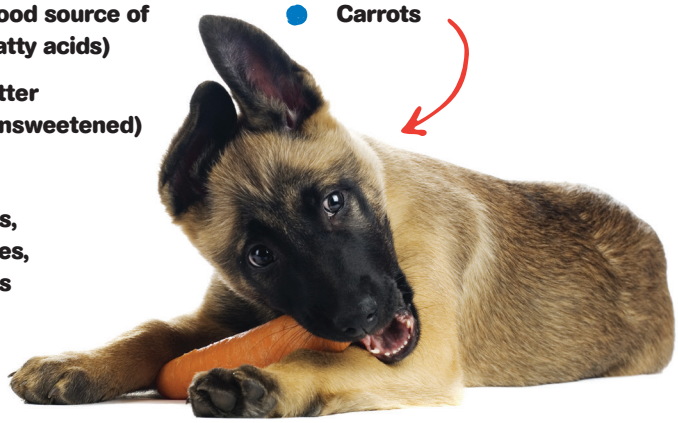
Dangerous foods for your puppy



Do you know that thousands of Aussie pets are treated for poisoning each year?
Ensure your curious puppy is protected from the start. Get a pet insurance quote at bowwowinsurance.com.au

Good for humans, good for dogs

- Apples (without the seeds)
- Cooked chicken meat (great as training treat)
- Salmon (good source of omega 3 fatty acids)
- Peanut butter (natural, unsweetened)
- Bananas
- Blueberries, strawberries, raspberries
- Raw egg (great protein)
- Yoghurt (natural or Greek yoghurt – acts as a probiotic)
- Carrots



socialisation and its importance

What does puppy socialisation mean?

Puppies get used to whatever they are exposed to at a young age. If puppies only know the three or four people in their family, they are likely to become fearful or aggressive towards other people as they grow up. Similarly, they will be scared of buses, trucks, other dogs or even people wearing hats or sunglasses if they have never been exposed to them.

Socialisation means **controlled positive exposure** and interaction with various objects, sounds, smells, people, animals and environments. It is **one of the most important things** to do with your puppy to help him build confidence and become a well balanced dog.

The best time to focus on socialisation is from 8-16 weeks of age, as during this time, your puppy is in its 'sensitive phase' and most learning is permanent. Puppies of this age are like little sponges and take things in very easily.

On the following page, we have provided you with a socialisation plan for you and your family, because getting your puppy used to all sort of things in life is so important.

The same way your puppy will remember positive encounters forever, he will also remember negative experiences. Try and make sure that all experiences for your new fur baby are positive until around 16 weeks.

How to socialise your puppy

Use treats: Feeding your puppy treats while he is experiencing new things will help to create a positive association.

Create space: Introduce your puppy to new encounters at a distance first and let your puppy show willingness to move forward to say hello to the new object/person/dog/other animal. Dragging a scared puppy to a running lawn mower and expecting treats to solve the problem will not work in the long run.

Move at your puppy's pace: Some dogs are more confident, others are shy or timid and some are boisterous and show no fear. Take your time when socialising your puppy and don't rush him into a new situation. It might just scare him.

Break new encounters down: A vacuum cleaner has different elements - the object itself, plus the sound and the fact that it moves. Introduce your puppy to all three of them independently before you add them together.

Don't overwhelm: It is important to socialize your puppy to as many things as possible at a very young age (8-16 weeks), but take care not to overwhelm your puppy by doing too much, too soon.

Your puppy and dog parks

Socialisation doesn't just mean taking your puppy to the dog park and exposing him to multiple dogs. Dog parks are often uncontrolled environments and your puppy could easily get a fright with dogs approaching, chasing or snarling at him. It is not uncommon for some adult or older dogs not to like puppies. A negative experience at a young age could result in your puppy being scared of other dogs for the rest of his life.

If you want to expose your dog safely to other dogs, take him to a **strictly on-leash dog park** where ALL dogs are on a leash and, as per the recommendations above, remember to take it slow.

It is also important not to over socialise your puppy as he may become too needy of constant stimulation. Your puppy doesn't have to play with other dogs all the time and every day.

Socialisation program for your puppy

Put a check in the box for each encounter. Enter as many checks per box as possible. The more encounters the better, as multiple positive interactions are often required before your puppy will become used to something.

PUPPY AGE	6-7 WEEKS	7-8 WEEKS	8-9 WEEKS	9-11 WEEKS	11-12 WEEKS	12-16 WEEKS	4-12 MONTHS
Babies (never unsupervised)							
Toddlers (never unsupervised)							
Children (never unsupervised)							
Teenagers							
Young adults							
Elderly people							
People wearing hats/helmets							
Men with beards							
People wearing sunglasses							
People wearing uniforms and fluorescent vests							
Delivery people							
Other animals							
Large adult dog							
Small to medium adult dog							
Other puppies							
Cats							
Horses							
Birds							
Rabbits							
ENVIRONMENTS							
Coffee shop							
Construction site							
Riding in the car							
Outside a school							
Different surfaces e.g. slippery floors, grass, floorboards, cold concrete, sand							
Party							
Friend's house							
Machinery							
Bicycles							
Traffic							
Buses							
Trucks							
Motorcycles							
Vacuum cleaner							
Lawn mower/leaf blower							

ADD YOUR OWN STIMULI THAT YOU'D LIKE YOUR PUPPY TO GET USED TO:							

Puppy school & early learning

With the help of a well run puppy school, you can give your puppy all the tools he needs to grow into a confident and well behaved dog. At puppy school, your puppy should learn general obedience skills like 'sit', 'stay', 'come' and 'drop', and he will also learn to play and interact with other puppies. It is important that this is done in a controlled environment on a one-on-one basis.

A good puppy school instructor will also advise you how to prevent future problems and how best to socialise your puppy not just to other dogs, but also to humans, animals, objects and new environments.

Finding a good puppy school – things to look out for

Ensure that:

- Most importantly, your puppy class is run by a **qualified instructor** (qualified dog trainer/qualified puppy instructor);
- They use positive training methods such as food, praise and toys;
- They run a calm and ordered class;
- The instructor owns a dog him/herself;
- Puppies are of similar age, within 8-16 weeks old;
- Puppies attending are of different sizes and shapes;
- The classes are small (minimum 4, maximum 8 puppies);
- The area is safe and enclosed;
- The instructor is knowledgeable about all kinds of breeds, puppy behaviour, suitable food, toys and other equipment for your puppy;
- The instructor is happy to answer any of your questions;
- Any off-lead play is carefully managed and supervised with just two puppies playing at one time;
- They don't ban important social games such as tug of war but will show you how it is done correctly;
- They don't use check chains, prong collars or electric collars;
- You can contact your instructor even outside class days if there are any issues with your puppy during the course.

What your puppy school course should cover:

- General puppy know-how;
- General puppy handling;
- Puppy development stages and expected behaviour;
- Basic obedience skills (sit, stay, drop, loose leash walking, leave it, recall);
- How to read your puppy's body language;
- Housebreaking;
- Puppy socialisation (done to some extent in the class as well as giving helpful tips for further socialisation).

top training tips

Toilet training

Toilet training can be hard work and requires patience and consistency. There are many secrets to toilet training your puppy, including good management, keen observation skills, rewarding your puppy for toileting correctly and cleaning up with the right product.

✔ DO

- Take your puppy outside regularly after: waking up, drinking water, eating, playing and training.
- Take him on the leash to show him where you want him to go to the toilet.
- Avoid interacting with him when you take him outside so as not to distract him. Keep poo and pee walks boring and unexciting.
- Praise your puppy calmly when he is toileting. Reward him with a yummy treat straight after he is finished.
- Clean up accidents with an appropriate pet odour removing product.
- If you see your puppy weeing in the wrong area, calmly disrupt him by picking him up and taking him outside to finish his business.
- If you can't use a playpen/crate, supervise supervise supervise.

✗ DON'T

- Don't carry your puppy to his toilet spot – he won't learn how to get there himself.
- Don't give your puppy access to the entire house – block off an area.
- Don't praise your puppy too late, e.g. when he is already walking away from where he has done his business. The correct timing of your praise is a big part of toilet training success.
- Don't get too excited with your praise as your puppy may get startled.
- Don't use general household products to clean up. The correct pet specific products will break down the enzymes and destroy the urine smell.
- Don't yell at your puppy or be angry with him when he has an accident. He may become scared and stop doing his business in front of you.

Timing is everything!

You need to reward your puppy as he is about to finish going (**within 3 seconds**). If you reward too late, your puppy may not understand what he is being rewarded for or think he is being rewarded for walking away from the toileting spot. Use a yummy treat as a reward!

Get advice at each stage of your puppy's journey!

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Puppy play – nipping and biting

It is normal for puppies to nip, as they explore the world with their mouths. Through biting they also entice their littermates into playing.

However, if they bite too hard during play, their littermate will let out a yelp and walk away. This is how puppies learn to inhibit their nipping and biting – go too hard and the game stops.

You want to teach your puppy that the same rules apply to you – when they bite you too hard, the game will also finish promptly. Being consistent and teaching your puppy a "leave it" command will help protect your arms, legs and hands from those very sharp puppy teeth.

Be consistent with how you react

- If you sometimes allow biting, and sometimes don't, your puppy won't learn.
- Don't tease your puppy with your hands and fingers or use them as toys – get your puppy real toys to play with instead.
- Finish the game when you can feel your puppy's teeth on your skin.

Remember, bite inhibition must be taught – it is not just a phase they will grow out of.

Home alone plan

Chances are that your puppy will never have been on his own before coming to your home, so you will need to teach him that being left alone at home is not a bad thing.

Puppies will often cry when they can't be with you. During the first week, teach your puppy to be happy in his playpen or an area in your home where he can't get to you but can still see you. Practice leaving him in this area with a bed and a chew treat. You can even sit next to the area first before gradually moving away.

Once he starts loving his new playpen/area you can start leaving the room at first, then leaving the house (during the second week of your puppy being with you).

Begin by leaving your puppy home alone in his playpen with a chew treat for 5 minutes at a time, and increase the alone time every day. Do not leave your puppy for too long at the start, as he might panic and not be comfortable in the playpen anymore.

WEEK 1
Get your puppy used to loving his playpen

WEEK 2
Start leaving the house

DAY 1:	LEAVE 5 MIN
DAY 2:	LEAVE 10 MIN
DAY 3:	LEAVE 15 MIN
DAY 4:	LEAVE 30 MIN
DAY 5:	LEAVE 45 MIN
DAY 6:	LEAVE 60 MIN
DAY 7:	LEAVE 90 MIN
DAY 8:	LEAVE 120 MIN

Work up to the hours your puppy will be staying home alone later in life. But remember they are puppies – 8 hours is a long time while you are at work.

It's a good idea to break up the day by having a friend come for a visit or take your puppy out for a walk.

How to get your puppy to like his playpen:

1. Set up your puppy's playpen with everything your puppy will need in his "room": a bed/crate, a few toys, a puppy pad and water.
2. Put the playpen in an area where the puppy is still part of the family action even if he is in the pen.
3. Make the playpen a place where good things happen: feed your puppy in the playpen, let your puppy chew a yummy treat whilst confined in the playpen, play and cuddle with your puppy in the pen.
4. When you can supervise your puppy, leave the door to the playpen open, so your puppy can go in and out and reward your puppy when he goes into his playpen.
5. Get your puppy used to being confined whilst you are in the room. Start with short intervals. When your puppy is happy in the pen for 15 minutes, start leaving the room for short periods of time first.

PLEASE DO NOT leave your puppy in a playpen with his collar on.

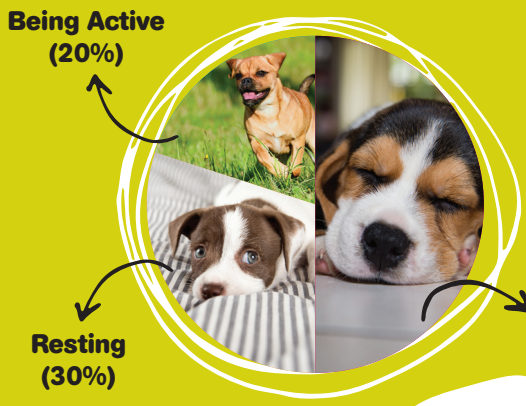
Puppies & sleep

Puppies need sleep, and a lot of it. To give your puppy the best chance for healthy development and to raise him to become a calm and relaxed dog, your puppy should sleep around 18 hours per day, and sometimes even more.

Sleep is important to help your puppy process all the new experiences he has every day and to give him time to relax and recharge his batteries. If your puppy doesn't get enough rest and sleep during the day, he will become agitated and overtired. Your pup will not be able to cope with all the stimulation and might start growling, nipping at and/or biting you. This does not mean he is aggressive or trying to be mean but simply overtired, just like a young child.

Not all puppies will instinctively know how to take themselves off to their bed and sleep. Your puppy will most likely need to learn how to settle. After a big walk or a play, simply show him where you want him to rest. Or put him in his playpen or crate for some much needed sleep.

You should remember **DOGS SLEEP... A LOT!**



Source: The Dog Bible: Everything Your Dog Wants You to Know

Adult dogs sleep 12 to 14 hours per day
Puppies get even more sleep - 18 hours per day or more

Source: Canine Behavior: Insights and Answers

Exercising your puppy

Exercising your puppy has many health benefits for both of you.

It is best for your puppy to get some fresh air and exercise around twice a day.

A young puppy wants to explore the world and the best way to do that is by walking. This doesn't mean walking around your neighborhood for hours. With a young puppy, it will be more like standing around and waiting for your puppy to move at his own pace as he discovers all the new and exciting smells, sounds and things to explore out there!

As a result, walking just five metres can take a while! It's important to be patient, take your time and let him literally 'smell the roses'. This way you won't over exercise your puppy and, most importantly, you will be helping to socialise him at his own pace.

Note also that a young puppy doesn't need as much exercise as a fully grown dog. His joints aren't fully developed and too much walking or exercise - like jogging or running up and down lots of stairs – can harm them. Therefore, it is recommended not to go for a run, or do any agility sports or other straining dog sports until your puppy is fully grown.

RULES OF THUMB

Exercise 5 minutes per month of age, twice a day, until your puppy is fully grown.

Limit jumping and use of stairs until your puppy is 6 months old.

It is also important to understand the different breeds' orthopedic concerns. e.g. the closing of growth plates happens much later in large breeds than in small ones. And some breeds, such as bulldogs, are just not made for a lot of exercise.

Your breeder will be able to give you guidance on how much exercise your puppy should have. If you have any concerns, always consult your vet.

Consider pet insurance to protect you and your pet should the unexpected occur. Find out more at **bowwowinsurance.com.au**.

Integrating with the family

Once your furry bundle of joy is settling in at home, it is time to sit down with the family and make a list of the rules your puppy needs to follow, the commands you wish to use and agree who is in charge of what in your home.

Establishing family rules

Make sure you set clear rules around your new puppy. That way everybody involved in raising the puppy will know exactly what he is/is not allowed to do. Clear rules that are reinforced by everyone will help your puppy to learn faster and avoid getting confused.

To help get you started, here are some topics that you may like to think about...

Is puppy allowed on the couch? ◯ YES ◯ NO

(If you answered YES, teach your puppy a command to get up on the couch. That way you can stop your puppy getting on it when he is muddy or wet).

Is puppy allowed to sleep on the bed? ◯ YES ◯ NO

Is puppy allowed to swim in the family pool? ◯ YES ◯ NO

(If you answered YES, please teach your puppy how to get in and out of the pool safely to avoid the risk of drowning.)

Is puppy allowed to sit under the table during family dinner? ◯ YES ◯ NO

Is puppy allowed to beg at the table? ◯ YES ◯ NO

Is puppy allowed to jump up on you or the kids? ◯ YES ◯ NO

Is puppy allowed to give kisses and licks? ◯ YES ◯ NO

Are there any areas in the house that are off limits for your puppy? ◯ YES ◯ NO

Areas off limits are: _____

_____

Review your rules after a few months

You might have changed your mind on some areas and it could be useful to get everybody together to review and readjust the rules after a period of time.

Deciding who does what

Make it a joint responsibility to look after your new family member. We suggest you record the name of the person responsible for each task in the table below. This will ensure that everybody is involved, and duties around the puppy won't get forgotten.

Task	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Feeding morning							
Feeding evening							
Walk morning							
Walk evening							
Brushing							
Training							

Teaching your puppy commands

Teaching your puppy to follow commands can be a job for the whole family. For your pup to learn quickly it is important that everyone is consistent with the use of commands and their meanings.

To make this step easy for you, please find a sample command list below which includes space to add your own commands and desired behaviours.

We suggest that you print it out and place it somewhere where everyone can see it.

Verbal command	Desired behaviour
Sit	Sit
Stay	Stay until you come back to him
Come	Come back to you
On your bed	Go to his bed and lie down
Heel	Walk nicely on the left hand side on a loose lead and stop and sit each time you stop.
Leave it	Leave/drop whatever he has picked up or is looking at, and don't touch it again.
Drop	Lie down
Give	Give the toy/ball
Fetch	Run after the toy/ball and bring it back to me
Add your own:	
_____	_____
_____	_____
_____	_____

your children and your new puppy...

getting it right

Kids and dogs belong together, and will often develop extremely close and loving bonds for life. By getting a new puppy, you are giving your children a wonderful gift – not just a playmate, but an opportunity to learn about developing responsibility and having respect towards animals. Most of all, you are giving them the opportunity to experience the best gift of all… pure, unconditional love!

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Lessons to teach your children

To give this precious relationship the best possible start, there are a few simple lessons you should teach your children about interacting with your puppy. These will also apply when it grows up:

- Don't pat your puppy on his head, he prefers a chest or ear scratch.
- Don't pull your puppy's ears or tail, or poke his eyes or nose.
- Don't approach your puppy from the back, he could easily get a fright and growl or snap.
- Don't disturb your puppy when he is eating or sleeping.
- Don't corner your puppy or block his flight path.
- Don't scream loudly and start running away – your puppy will see this as an invitation to chase and start nipping.
- Leave your puppy alone when it moves away or starts growling.
- Don't give your puppy orders.

Puppies and young children can both be wild and show unpredictable behaviour. **You don't want anybody having a bad experience.**

Even when the utmost caution is being taken, young kids and puppies should not be left unsupervised, and we recommend that all interactions between dogs and children under the age of 7 be closely monitored.

For more information on how to prevent bites and how to read your dog's body language in order to prevent a bite, please refer to the section on **dog and family safety** in this booklet.

Safe interactions between kids & other dogs

If your child is older than 7 years, we recommend explaining to him/her that whilst their own dog is friendly and loving, not all dogs are like that and you should always ask the owner's permission before patting another dog.

Remember to teach them this important rule: If a dog you don't know is on its own, then leave it alone.

A note about 'Child friendly' dog breeds:
It is common for breed descriptions to list a particular breed as being 'child friendly'. This statement brings some danger with it as child friendliness isn't determined solely by the breed, but more by the environment the puppy grows up in and how well it is socialised with children.

Games for kids & dogs to play together

Fetch a ball

Teach your puppy to retrieve the ball and bring it back.

Hide and seek

One person holds the puppy and the child hides and starts calling the puppy from the hiding place. Start with easy hiding places to make it fun for the puppy and your child. Advance as the puppy's skills develop over time.

Blow bubbles

Puppies love chasing and will run after anything when given the opportunity, so give your child some bubbles and let them have some fun.

Teach tricks

A great way to create a bond between dogs and kids is by teaching their puppy some party tricks, like shaking hands, touching their palm or rolling over.

Home agility

Build an agility obstacle course at home for your kids and dog. You don't have to buy expensive equipment, just be creative. For example, use chairs and a blanket to build a tunnel or an ironing board over some boxes as a jumping hurdle.

Tug of War

A fun game for both puppy and child to release some excess energy. Teach your puppy to take the toy by giving him a command like "take it" and also to release it on cue using a verbal command like "give".

dog & family safety

Keeping you, your family and your puppy safe is of the utmost importance. Below are some tips.

Keeping your puppy safe

- **Weather:**
  - Don't leave your puppy in the car at more than 22°C. Your car can quickly heat up to 47°C (even with slightly opened windows). Your puppy could get heat stroke or even die.
  - Don't walk your puppy on the hot ground. As a rule, if you can't leave your hand on it for longer than 5 seconds, then your puppy shouldn't walk on it.
  - On hot days, only take your puppy out in the morning and evening. Make sure your puppy has shade, water and a place to stay with a breeze if possible. Better still, keep him inside. Similar rules apply to cold days. Depending on the puppy's fur and the climate you live in, you may like to put a coat on your puppy if it's cold outside.
- **Your home:**
  - Puppy proof your home – refer to our section on how to puppy proof your home.
  - Your puppy needs a safe, quiet place where he can rest and know that he won't be disturbed. We recommend a playpen or crate that kids don't have access to.
- **Outside and on walks:**
  - Keep in mind that your puppy has no idea about the world. He may pick up and eat something that could be dangerous. A bigger dog could give him a fright that he never forgets. He may run onto the street into traffic or chase things that he shouldn't (bicycles, runners). **So ensure you watch him all the time!**
  - Keep your puppy on a leash every time you leave the house. The world can be a dangerous place.
  - Make sure your puppy's collar/harness sits tight enough so that he can't slip through it if he wants to run off. Keep a pet tag with your details on his collar at all times.
- **Interactions and exposure:**
  - Watch your puppy's body language. If your puppy tucks his ears back, crunches up his body, moves back/away from people or animals, hides behind your legs or turns his head away from a child, it is a clear signal that he is not happy and doesn't want to interact with the person/animal. Remove him from the situation if possible.

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Understanding how dogs communicate

It is important to understand that dogs cannot speak like we humans do, and when they do try and 'talk' to us through barking, most of the time we tell them to be quiet! Dogs communicate primarily through their body language, with signals we can easily miss if we are not observant.

A yawn when your puppy is obviously not tired, a headshake, an ear flick or stiffening of his body, are all signals to indicate how he is feeling. By the time a dog growls at someone – and we don't mean in a playful way – he will already have given you a whole lot of other signals that you may not have noticed. His next action could be a bite. Your dog does not want to bite, but it may be his last resort after he has shown you through his body language that he is not happy with a particular situation.

It is even more important in households with young children not to miss the signals your dog is giving you. We want to ensure that we keep everyone in the family happy, including the kids and the puppy.

Preventing dog bites

It is important to know that dogs can bite regardless of how much they love us!

In the vast majority of incidents where kids get bitten by dogs, the dog is familiar to them. This may sound surprising, but it actually isn't. We have a tendency to trust our dogs to always do the right thing and forget they are animals at the end of the day.

We often also ignore the subtle signs a dog gives us before it bites. A snap or a bite is the dog's way of saying "I have told you many times that I am not happy with what you are doing, so now finally back off", but that might already be too late for the child.

As a result of the way kids interact with dogs, the majority of bites end up being to their faces.

Look out for these dog common stress signals:

- Yawning but not being tired;
- Lip licking;
- Turning away and avoidance;
- Ears tucked in;
- Whale eyes (when your dog shows the whites of his eyes);
- Panting;
- Scratching;

These photos illustrate a dog showing clear signs of stress and discomfort. In all four photos you can see from his body language that the dog is not happy.

Image source: leerburg.com/dogs-babies.htm

This video of a toddler jumping on a dog is another good example of a dog demonstrating through body language how unhappy he is. The number of stress signals this dog shows is almost endless. This dog is clearly pushed way too far. Watch the video at:

youtube.com/watch?v=yaxCYgqh2ao

The following video shows that those stress signals can be way more subtle and therefore overlooked:

youtube.com/watch?v=mWI0GXToxyM

puppy body language

CALMING SIGNALS

We often miss or misread dogs' signals when they communicate with us. For example, if a dog licks his lips, we think he is hungry, but we may be missing a clear sign of discomfort. We have put together a few examples of common dog body language and what it is telling you.

The signals below are called calming signals and are given out to help calm the situation.

"I am **scared**"

Cowered body language. Ears tucked back. Tail tucked in between its legs. Ears flattened close to its head. Eyes are popped out and look larger than normal.

"I am **not sure**"

Someone is approaching this puppy who it is not sure about. Looking stunted, and licking its lips without food being presented is a conflict signal. This puppy is not sure about the situation and what to do.

"I am **alert**"

"There is something", this puppy is thinking. The body posture is tense, slightly stiff. Eyes and ears are pointing forward. The puppy is neither unsure nor confident, but alert about what is ahead.

"I am **no harm**"

The puppy opens itself to another dog. It rolls on its back/side and shows off its tummy to tell the other dog "I am friendly, and no harm to you. Smell me." It might also lick the other dog's face – a calming signal.

Image source: dogfacepet.wordpress.com/2013/11/01/does-your-dog-get-a-little-too-excited

puppy body language

RELAXED, HAPPY & PLAYFUL

Dogs communicate very differently to humans. If a dog is happy, his mouth will be slightly open and his body posture soft. When puppies play, we sometimes think that open mouths and showing teeth is aggression, but in most cases it is totally normal play behaviour. We have put together a few examples of happy and playful dog body language and what it is telling you.

The signals below are called play signals and are given out to invite play or during play.

"I am **ready**"

This puppy is happy and relaxed. Its body language is all soft and so are its eyes and ears. Its mouth is slightly open, but there is no panting. The puppy is attentive and is looking forward to what is next.

"I want **to play**"

The puppy is play bowing with its butt in the air and elbows on the ground, or issuing a friendly invite with a lifted paw. These are both clear signals that the puppy wants to play.

"Grrr... **but it's all play**"

Puppies with their mouths open and showing teeth is normal play behaviour. They mouth each other's necks and legs and nip each other playfully. They wrestle and move around to chase each other, testing out who will win this time. Some puppies may even get a little bit vocal.

"I am **happy**"

There is not much doubt about what this puppy's face says – pure happiness!

The wonderous stages of PUPPY DEVELOPMENT

Neonatal period
0 TO 2 WEEKS

Puppy body
Puppies can touch and taste at birth.

Puppy socialisation
Influenced by mum.

Transitional period
2 TO 4 WEEKS

Puppy body
Eyes open, start walking. Smell & hearing develops. Teeth start coming in.

Puppy socialisation
Influenced by littermates.

Socialisation period
4 TO 12 WEEKS

Puppy body
Puppies are growing rapidly, weekly weighing is recommended. They learn how to walk, run, bark & wag their tail. At 8 weeks, your puppy's brain is ready to start soaking up information.

Puppy socialisation
Incredibly important to introduce your pup to other people, dogs, new environments & sounds.

Good breeders start socialisation before you pick up your puppy at 8 weeks.

Puppy training
Puppies start playing and learning. Start house training. Start socialising to different kinds of noises, people & environments. Train your puppy to be happy with new encounters.

Get the right advice for each stage of your puppy's development!

Scan QR code or sign up at bowwowinsurance.com.au/mypuppy

The wonderous stages of PUPPY DEVELOPMENT

Juvenile period 4 TO 6 MONTHS

Puppy body

Become mouthy as from 4 months baby teeth start falling out. Can hold longer in between toilet breaks, and toilet training becomes much easier. Growth plates are starting to close for small breeds. Sexual maturity – good time to spay or neuter your puppy.

Puppy socialisation

Puppies start to understand their role in the pack, and pick up more and more cues. Fear period can occur – keep your puppy safe on the lead.

Puppy training

Best time to train your puppy. Start to demonstrate independence.

Adolescence 6 TO 18 MONTHS

Puppy body

Dogs grow to their full body weight and height. All growth plates close off and puppy is ready for more impact activities like agility or jogging.

Puppy socialisation

Puppy will start testing boundaries.

Puppy training

Puppy can seem to have forgotten everything they learned, regular training now is very beneficial. Behavioural issues start to show.

answers to your top puppy questions

When are my puppy's milk teeth going to start falling out?

From 16 weeks of age your puppy will start losing its milk teeth. As with humans, the adult teeth will start coming in around this time.

Will my puppy grow out of nipping and biting?

It is very normal for puppies to nip and bite, they are not being aggressive. Your puppy played for 8 weeks with his litter mates through nipping – he simply thinks this is how you play with humans too. The bad news is that he won't suddenly grow out it! Teaching your puppy not to bite is important, and should be a key component of any puppy training course.

Can my puppy swim?

Yes, puppies can swim but may be unsure of the water at the start. Teaching them to go gently in and out of the water and to be happy around splashing water is part of socialisation. It is best to practice this water training either on the beach or with a small paddle pool.

How long can my puppy go between toilet breaks?

Puppies can hold their bladder for one hour per month of age, plus one extra hour. Therefore a puppy of 8 weeks of age should be able hold for 3 hours during the day (two hours plus one).

How often should I bathe and brush my puppy?

Bathing and brushing frequency depends on your dog's breed and its actively levels. Dogs with coats that easily get matted should be brushed daily. Dogs with shorter coats can get away with weekly to monthly brushing. Bathing too frequently can dry out the skin and coat so we recommend that you ask your breeder or vet for their advice on the recommended bathing frequency for your breed.

When should my puppy be sleeping through the night?

It depends on your puppy, your home set up, when your puppy had its last water intake and its last toilet run before bed. From 10 weeks of age it does get easier as the puppy can hold its bladder longer. Most puppies start sleeping through the night from around 11-13 weeks of age.

How often should I worm my puppy?

Puppies should be wormed every second week from the age of two weeks until they are 12 weeks old. Then every month until they are 6 months old. After that they should be wormed every 3 months for life. Please consult your vet on the best worming treatment.

How often do I need to take my puppy to the groomer?

We suggest you wait until after your puppy's second vaccination before taking your puppy for his first groom. Prepare your puppy by pairing activities like handling, blow drying, brushing and clipping noises with treats a number of times before the first groom. The recommended frequency of grooming will depend on your breed and how much brushing you do in between grooms. Between 8-12 weeks is recommended for fluffy breeds, to avoid matting of the coat. Some breeds have double coats and should never be shaved. A good groomer will give you advice on this.

Do I need to wait until final vaccinations before I can take my puppy out?

Please ask your vet about the prevalence of Parvovirus in your area. We recommend socialising your puppy as early as possible, even if this means carrying your puppy around from 8 weeks of age to places like cafes and shopping centres. We advise that you avoid dog parks or other common dog areas, like grooming salons or dog beaches, until your puppy receives the all clear from your vet after his second vaccination.

You can start sound socialisation whilst at home – download the **Sound Proof Puppy Training App** to help your puppy get used to different sounds (search for Sound Proof Puppy Training in the iOS and Android store)

Another great way to socialise a young puppy to its surroundings is by taking it out in a pram, so it won't touch the ground (which could possibly be contaminated with Parvovirus).

How do I get my puppy to walk on the lead?

It is normal for puppies to initially resist walking on the lead. Firstly, train your puppy to accept a lead and collar. Put a collar on him and leave it on for a couple of hours. Once your puppy is content wearing a collar, put a lead on and let him drag it around in a familiar environment. Once your puppy is happy with dragging a lead around, start picking the lead up and walking around in your home. You can then start moving to other familiar environments with your puppy on the lead.

What is crate training and why should I do it?

Crate training is training your puppy to be happy in a confined space like a crate, and to accept it as a safe, familiar and happy location. Crate training can be useful particularly with toilet training, so your puppy doesn't soil where he sleeps. If you plan to travel a lot with your dog, a crate will also come in handy.

When should I neuter or spay my puppy?

Most dogs gain sexual maturity by the age of 5 or 6 months. The Australia Veterinary Association (AVA) states that there are some advantages but also some risks of early age desexing in dogs. The AVA advises that veterinarians should decide the appropriate age of sterilisation/desexing, but traditionally desexing is recommended at around 6 months of age.

Speak to your vet about when is the best time to spay or neuter your puppy.

Why has my puppy suddenly started barking?

It is important to adequately socialise your puppy to sounds and various noises during its sensitive phase.

If this doesn't happen, a puppy under the age of 14 weeks may start to vocalise its fear of sounds by barking. Start monitoring your dog's barking behavior and consult your puppy trainer for advice.

Is my puppy a healthy weight?

At your first puppy visit, ask your vet to check your puppy's weight.

Monitor your puppy's health every two weeks and make adjustments as needed, by either feeding it more or less. Quantities to feed your puppy will depend on the brand of food you are using, your puppy's activity level and whether it is underweight or overweight.

TIP: Want to find out how much your puppy will weigh as an adult? Check out puppychart.com

Can I give milk to my puppy?

Don't give your puppy cow's milk as their digestive systems cannot handle it. Puppy milk is available, however it is not essential to give to your puppy, as most puppies come to you weaned at 8 weeks of age. Some vets might recommend puppy milk to ensure the puppy puts on weight. Always consult your vet.

Can my puppy's teeth break when I give it a bone and what is appropriate to chew on?

Always ask at your first puppy vet check up if raw bones or other chew treats are suitable for your breed. Some puppies have misshapen jaws and a raw bone or chew treat might not be suitable for them.

Chewing is good for helping your puppy's permanent teeth to erupt and later keeping them clean. According to Veterinary Dentist Dr Christine Hawke, a 'tooth-safe' chew toy or treat should be flexible (you can bend it) and not too hard (you can dent it with your fingernail) or it will fall apart or crumble as it is chewed. The size that is best for your puppy will depend on the breed and size of your puppy, however, as a rule, bones should be big enough so the puppy does not swallow them.

NOTE

If raw bones have been lying in the sun, please throw them away, as sun exposure changes the consistency of the bone and the bones might splinter, which is dangerous for your puppy.

What should I do if my puppy runs away?

- **Call all vets in your local area** and inform them your puppy is missing. Leave your name and contact phone number and describe your puppy to them, (i.e. its breed, age, colour, its name and where it was last sighted).
- **Call your local council** and the closest shelter to you to inform them of your missing puppy, leaving your contact number and your puppy's microchip number with them.
- **Make up missing dog posters** and stick them up in your local area, e.g. parks, coffee shops, shopping centres, local vets and on light posts. Ensure you put a current photo of your dog on the flyer, your mobile number, your puppy's name and where he was last seen. We also recommend stating there is a reward for returning your puppy. If your puppy is scared of strangers and is likely to run if somebody tries to catch him, please note this on your flyer.
- **Rally the troops.** Ask your friends and family to help you start a search for your puppy. The first 24 hours are very important and you have the best chance of finding your puppy in this time. Give your search troop missing dog posters so they can hand them out. Give your helpers some treats in case your puppy is scared and needs to be lured to safety. Tell your neighbours, the delivery man, the guys from construction sites near your house, shop owners – tell everyone so people can help look for your puppy.
- **Use social media** to help you find your puppy.
  facebook.com/LostPetFinders
  facebook.com/lostpetsinnsw

  Go to websites like lostpetfinders.com.au

  and call the Lost Pets Hotline on 1300 725 640
- **Be relentless in your search** and don't give up. Dogs (and cats) often behave very unexpectedly when they have run away. Even if you call your dog and he is near, he may not come because he is scared. Even if your dog is trapped somewhere he may not bark, often because he has been taught not to bark to elicit attention.
- Remember that city dogs don't travel as far as country dogs and some breeds are more likely to travel long distances (e.g. huskies). When dogs are lost, they often switch over to "survival mode". They may not recognise their owner by sight that easily anymore.

Prevention is the best solution

- **Always have a collar with your pet's ID tag around its neck. Make sure the phone number on the tag is up to date and add an alternative number on it – just in case you are on holiday or otherwise not available. Make sure the tag is secured and cannot easily come off.**
- **Make sure your microchip records are up to date. When you move house, you need to change these details too, just like your car registration.**
- **Secure your home and don't just think "he won't make it through/over/under that". Puppies are clever and adventurous. Your puppy will be faster through the door or a tiny gap in the fence than you think. Some of them are real escape artists!**

Keep this page in a handy place for easy access

Emergency contact information

Puppy name:

DOB: **Microchip number:**

Your vet:

Phone number: **Address**

Your nearest 24/7 emergency vet:

Phone number: **Address:**

Pet insurance company:

Policy number: **Phone number:** **Email:**

Local council:

Phone number: **Address:**

Nearest shelter:

Address: **Phone:**

Australian Animal Poisons Helpline: 1300 869 738

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