



PUPPY
EARLY DEVELOPMENT EDUCATION

8315 Montgomery Road
Cincinnati, Ohio 45236

www.cincinnatihillsanimalclinic.com
Phone: (513) 791-0747
Email: mypet@cincinnatihillsanimalclinic.com



Puppy 101: Destructive Behavior

Although exceedingly “cute”, your new puppy depends on your direction and leadership for healthy habits. As a puppy, destructive habits can quickly escalate in severity and become significant challenges when that puppy becomes a dog if not addressed quickly and consistently.

Related Topics:

- CRATE & TOILET TRAINING
- SOCIALIZATION
- NUTRITION & EXERCISE

Chewing



Chewing is a normal form of exploration and play for dogs, and especially growing puppies. However, destructive chewing can be a clinical sign of a behavioral challenge. Any severe or persistent chewing should be brought to the attention of your veterinarian. Puppies are not born knowing what an appropriate chew toy is, and they must be taught. The following tips will help you control destructive chewing in your puppy’;

- **Puppy Proof Your House!** Remove or temporarily store the items in your house that a puppy is likely to get. If you are unable to remove the chewing target from the home, you may try applying a commercially available chewing repellent.
- Provide your puppy with appropriate and abundant sources of exercise.
- Provide acceptable objects for chewing, especially during their teething period (3-6 months)
- Supervise your puppy closely and try to anticipate inappropriate chewing and then redirect.
- When supervision is not possible, keep them restricted in safe and secure area - safe crate training.
- If you catch your puppy in the act of chewing on an unacceptable object, substitute an acceptable object and provide praise for chewing the desired object.
- Remember not to physically punish your puppy for chewing! Physical negative reinforcement can injure your puppy or lead to more serious fear and/or defense aggression.

Digging

Digging can either be a normal behavior on a clinical sign of a behavioral disorder. Information about where and when a dog digs can provide insight into what is motivating your puppy. Some reasons for digging and common interventions include;

Reasons:	Interventions:
Exploration / Play / Boredom	Provide alternative methods of exercise & environmental stimulation; ie walks, swimming, social play. Consider a designated digging area by burying toys in specific location.
Hunting	Remove prey or target from environment or restrict access.
Escape	May be normal behavior or related to anxiety. Consult your veterinarian for distinguishing the reason.
Regulating Body Temperature	Provide alternative cool place for your dog to rest.
Anxiety	Consult with your veterinarian on the appropriate course of treatment.

Play Biting

Play biting is a natural part of puppy development, but should not be allowed to become aggressive or unwarranted. Play mouthing / biting on people should not be encouraged; use toys rather than hands or feet. Bites that cause pain or injury are never acceptable behavior.

If a puppy starts to mouth a person, substitute with a toy and provide positive reinforcement for chewing on the toy. When a puppy chews on a person, cease all interaction immediately, turn away and in some cases leave the room entirely. Do not allow the behavior to continue.

Another important rule to remember is the need to exercise your puppy. Exercise keeps your growing puppy balanced physically and emotionally. Puppies often play bite resulting from too much stored energy. Managing appropriate energy levels through exercise is great way to mitigate unwanted behavior.

Remember not to physically punish your puppy for play biting! Physical negative reinforcement can injure your puppy or lead to more serious fear and/or defense aggression.



Puppy 101: Crate Training

Crate training offers your puppy benefits beyond simple quiet time. Crate training helps with the house breaking process, while satisfying a dog's natural instinct for a den.

Related Topics:

- SOCIALIZATION
- DESTRUCTIVE BEHAVIOR
- NUTRITION & EXERCISE

Crate Training



Creating a secure, safe sanctuary for your puppy is important at the early stage of development. If introduced and used appropriately, crates can be this sanctuary for your dog for many years. As part of their natural instincts, dogs seek and maintain a den as part of their livelihood. Crate training links the dog's natural instinct to maintain a sanctuary similar to a den. Much like their natural cousins, puppy's have an aversion to creating a mess in their den, which translates well to bathroom training.

Crate training offers your puppy several benefits, if utilized properly;

- A quiet refuge away from daily household events (children / other pets / etc.)
- A secure location to rest / sleep and avoid getting into mischief
- Reinforces the natural den instinct to maintain mess free zone

Things to Do

- Key to crate training is acquiring the proper crate for your dog.
 - Your dog should be able to comfortably stand, turn around, and lie down. Keep in mind that as puppies grow, their need for space will grow as well.
- Place a blanket or towel in the crate. This provides the benefits of comfort, additional warmth, while also making the crate a more enjoyable place to be for your companion. It is not uncommon for puppies to chew & consume pieces of the blanket. If this occurs take the blanket away for a future learning opportunity.
- Locate the crate in a part of the home where the family spends time (kitchen / family room / basement / etc.).
- Initially keep the door to the crate open and place treats and toys in the crate to encourage your puppy to enter it voluntarily; remembering to praise your puppy when they do so.
- Once the puppy is comfortable entering the crate voluntarily, start with short confinement sessions;
 - Start with a 5 minute confinement session after a period of play, exercise, and elimination.
 - Place a treat / toy in the crate, close the door and leave the area. After 5 minutes, return and open the crate.

Things to Avoid

- Pushing, pulling, or forcing your puppy into a crate.
- Using the crate for punishment. However, the crate can be used as an effective management tool to avoid potential problems.
- Bad experiences in the crate; incessant barking, whining, and/or crying accompanied by other signs of distress. If the puppy displays these and other signs of distress, they should be removed from the crate.
- Praising or rewarding the puppy when you let them out of the crate.
- Using the crate as an excuse for not exercising with your puppy.
- Long periods of confinement.





Puppy 101: Socialization

Socialization benefits both your new puppy and the two legged members of the family. It is a key element to developing relationships between the puppy and its owner, as well as among a variety of other members in the community.

Related Topics:

- CRATE & TOILET TRAINING
- DESTRUCTIVE BEHAVIOR
- NUTRITION & EXERCISE

Socialization



The first few months of your puppy's life are the most critical for its health & development. A well socialized puppy is one that gets along well with all different types of people, dogs, and other species...ie cats! This takes effort on the part of the owner, to be aware of this need for a well rounded companion. Ideally, this exposure needs to start between 4 - 16 weeks of age, and be maintained throughout the first year of life. While socialization is a lifelong process, the most sensitive and influential period is during the first 16 weeks of life. Take advantage of this special time to enjoy your companion and set your puppy up for a life of successful interactions and long term relationships. The work you invest now, will be rewarded for many years in a well adjusted and loving dog.

Things to Do

- Read your puppy's body language and make each introduction comfortable for your puppy
 - **Comfortable** = Body relaxed, ears up, tail up & wagging.
 - **Uncomfortable** = Hair on back / shoulders up, ears back, tail down / tucked, lips curled displaying teeth.
 - Comfortable introductions extend to objects and experience as well as new people and other dogs.
- Identify your puppy's favored reward;
 - Special Toy / Treat / Petting
- Introduce your puppy to;
 - 5 New people each week for the 16 week period. Upon introduction shake the persons hand, and have the new person offer your puppy a treat. Make sure to include all different types of people to from all ages.
 - Other well mannered healthy, vaccinated pets.
 - New experiences that include (not limited to); Riding in the car, walking in public places (on leash), or any other event your puppy is likely to encounter.
 - For recommendations regarding puppy classes, speak to Dr. Carullo.

Things to Avoid

- Overwhelming your puppy...Puppies, much like human babies need their rest. Be sure to allocate time for rest as well as time for play and socialization.
 - If your puppy exhibits fearful behavior(s), they may have gone too far, too fast. Pull back, and adjust the circumstance to make your puppy more comfortable and try again at another time.
- Physically disciplining your puppy with aggressive measures that might include, hitting, spanking, or rubbing their nose in a stinky mess.
 - Rather than engaging in these interactions, attempt to calmly remove your puppy from the area or activity, and allow them an opportunity (and yourself) to reset. Next time they provide the desired response, offer a positive reward. *Negative reinforcement & discipline may foster a poor response in future relationships with people...important for big & small dogs.*
- Taking your young puppy to high risk disease areas like parks, rest stops, or areas with stray dogs.
- Do not wait until 4 - 6 months of age to begin socializing your puppy...best option is early, often, and positive.



Puppy 101: Nutrition & Exercise

The easiest and most assured way to maximizing longevity is through healthy diet & nutrition. We advocate balancing your companions lifestyle with a healthy diet, weight mgmt, adequate exercise, and lots of love.

Related Topics:

- CRATE & TOILET TRAINING
- DESTRUCTIVE BEHAVIOR
- SOCIALIZATION

Nutrition & Exercise



be a mischievous puppy.

Allowing them the opportunity to adequately exercise through play balanced with healthy diet will benefit them in later years. Exercise not only builds strong muscles and bones, is key to stimulating the natural part of your dogs capability. Each dog had characteristics given to them as part of natures design that need to be fulfilled, and ensuring those are supported through exercise is the best method for success. Of course to your puppy what we call exercise, they cal PLAY!

Diet & exercise is the foundation of a healthy lifestyle. We pay close attention to the foods we eat and how we maintain our bodies through exercise. It is equally important to do the same for our pets. As puppies, your new pet will develop habits that will follow them throughout their lives. It is incumbent upon us (as owners) to reinforce healthy habits by exposing our puppies & dogs to such opportunities.

Diet & nutrition gives our companions the basis to internally manage the challenges they will encounter—both physically & mentally. Offering your puppy good & consistent food options will not only give them the energy they require, but also provide the building blocks for supporting healthy mental stimulation. After all a bored puppy can often

Things to Do

- Consider healthy food options with balanced portions of protein and carbohydrates.
- Look for foods that provide real sources of protein and avoid filler to support the products volume content.
- Recognize your puppy's needs for exercise (consider breed characteristics if possible). Look to you puppy to indicate the need for more or less exercise / play.
 - As a very young puppy (< 6months) gradually work exercise into their daily regimen to avoid injury
- As they mature into a young adult, look to your pet for sign of the need for more exercise. Signs include
 - Destructive behavior (chewing / biting / etc.)
 - Restlessness in and around the house
 - Weight gain
- A maturing and/or adult dog can easily exercise everyday for 1hr or more. It is important to make this exercise another form of play so that it entertains you and your pet.
- Dog Parks - WONDERFUL...but approach with caution
 - Introduce your pet slowly and calmly the first time
 - Remember that Your pet is interacting many others for the first time

Things to Avoid

- The hardest thing for us all - Do not feed your dog food from the table (people food). This will most certainly lead to a pet that expects food during meal times and could result in food that mysteriously disappears from plates.
 - #1 contributor to puppy / dog obesity
- Your pet will benefit from consistency. If you find a pet food that you & your companion enjoy try not to deviate too frequently. Changing your pet's food options too regularly can lead to a picky eater.
- Be sure that your pet does not overheat. Having an extra supply of water for your puppy is important.
- Your puppies feet will develop calluses over time. However, these will take time to develop and your pet can wear the pads on their feet raw if they exercise too much before calluses have formed.
- As your puppy exercises (plays) more, injuries resulting from exercise can occur. Do not push your pet to perform tasks to which they are not accustomed.
 - Jumping from high locations to hard surfaces
 - Running extended periods without rest