

# DID WE JUST BECOME BEST FRIENDS?

## TAKING YOUR NEW PUPPY HOME

*Thanks for choosing Island Grove Kennels! Here are some ideas that I would like to share with you to help you through the first few weeks.*

### **IT TAKES TIME :**

Your new puppy is like a newborn baby and needs quiet time to adjust to your home. Use a soft voice when first introducing yourself to your new puppy. Try to arrange your schedule so that you can stay home with your puppy for the first 48 hours. Introduce your puppy to its new family quietly and one person at a time until it becomes adjusted.

Remember that your puppy is still a baby and needs lots of rest to grow. Your puppy will be excited about all of the fun toys and the new environment, but this is also a stressful day – introduce them to their crate or safe space so they can take lots of naps.

It is a good idea to limit your puppy to one room in your home for the first week. Let your puppy sniff around and explore.

Put your puppy's food and water in its permanent location and do not move it. Puppies are forgetful and will forget where their food and water is located.

Your puppy may need 2-3 days to adjust to your schedule. If he/she seems restless at a certain time it may simply be that his/her internal clock is saying that it should be daytime, play time or feeding time, etc., based on what he or she was used to.

### **FIRST NIGHT :**

Take the puppy out immediately before going to bed. Then put your puppy in a crate near your bed where they can see you. If using a wire crate, consider draping a quilt over the crate to create a secure space for your puppy. Place a bath mat or

layer of towels in the crate, then if desired, place a puppy pad the same size as the crate over this layer to protect the mat and towel. Then place another towel and potentially another puppy pad on top of this to make things easy. Put a few chew toys and something to snuggle with in the crate. There is no need to take your puppy outside in the middle of the night unless you want to. At 6:00 am or when your puppy wakes up in the morning, take them outside immediately – pick them up and carry them. If it is not your normal time to get up, put the puppy right back into the crate (changing out the Puppy Pad for a new one if necessary) and let the puppy go back to sleep for a few hours or until it is your time to get up. After a few nights, they will sleep through the night and you will have no more need for the puppy pads.

#### **HEALTH OF YOUR PUPPY:**

Your puppy has been to my vet for a complete, well-puppy physical. We do require that you take your puppy to the vet within 7 days of coming home. It is important to take your puppy for a first Vet visit within the first week to get a relationship established with your vet, and schedule your puppy's next vaccination. Your puppy has had his/her first and second 5-way vaccine, however your puppy is not immune to diseases such as Parvo until two weeks after their final puppy vaccination at around 16 weeks.

\*Puppies and Dogs are the most susceptible to disease for a week following a shot. Take extra care during that time to protect your pet from exposure (public areas, etc.) to disease.

Your puppy will not be due for another vaccine for 4 weeks. (Please do not let your vet give your puppy another vaccine until at least 3 weeks after the last one given.) Your puppy will need his/her last 5-way vaccination between 15-16 weeks of age. Your puppy will also need his/her first rabies shot around 16 weeks old. Your vet will have his/her own schedule that you should follow, and they will share this with you at that first appointment.

For those puppies that live in more rural areas or around wooded areas, we also recommend asking your vet about the lymes vaccination. We do our best to ensure that your puppy is not exposed to parasites/diseases, but cannot guarantee against illnesses that could be contracted after leaving our care.

**PLEASE DO NOT** take your puppy to pet stores, puppy parks, rest stops/areas, or other high trafficked dog areas until after the puppy vaccines are completed. (Usually around 16 weeks). Socializing your puppy from 8-16 weeks of age is also important, but can be done safely. Your puppy can be exposed to other people who do not own pets, or have pets that are fully vaccinated with a fenced or

protected yard. You can expose your puppy to unfamiliar sights and sounds without exposing them to harmful germs. Just be cautious.

Your puppy has also received 4 rounds of medication for worms/parasites while in our care at Island Grove Kennels. However, we still recommend you take a stool sample to that first and second vet appointment to have it checked for parasites. Stress can cause dormant parasites to become active, or just a change in environment can cause loose bowels. If your puppy shows signs of diarrhea, the first line of defense is to take all treats and puppy food away, and replace with a bland diet of chicken and rice. Use any whole grain rice. I typically cut up a chicken breast into a small dice, and put it right into the water with the rice. Usually, rice is a 1 cup rice to 2 cups water ratio. Cook according to package directions. Feed up to 1 cup of the mixture twice per day. If this cures the symptoms, it was probably just a change in environment. If this does not cure the symptoms, it is important to get your puppy to a vet immediately. You do not want your puppy to get dehydrated. Your vet will test for parasites and prescribe the necessary medication. Wean your puppy onto the food that you will be using by replacing  $\frac{1}{4}$  of the chicken-rice mixture with  $\frac{1}{4}$  cup of dry food. Do this for a few days, then replace  $\frac{1}{2}$  of the mixture for a few days, then  $\frac{3}{4}$  for a few days, and then full puppy food.

Prep like you are getting a new baby! Puppies are like human babies and love to put everything in their mouths. Puppy proof your house! They will try to chew on cords, socks, shoes, plants, etc. Damage to these things may not only cost you money, but can be very harmful for them too!

# HERE TO HELP

## TIPS & RECOMMENDATIONS

### FOOD

#### **CURRENTLY EATING:**

Your puppy is currently fed and eating [Exclusive Pet Food- Puppy Formula](#). We will be sending your puppy home with a small 5 lb. bag of this for you.

#### **AMOUNT:**

We do not know how much your puppy is currently eating as we “full feed” the puppy from the time they are weaned from mom until the time they go to their new home.

There is a recommended food guide on most dog food bag, and you can always ask your vet for recommendations on feeding amounts in order to maintain a healthy weight for your puppy’s breed and size.

*Your puppy will often go through growth spurts and may seem a bit thin at times when getting taller and that is okay. It is better for joint health for your dog to be a healthy, lean weight, rather than too chunky.*

#### **CHANGING BRANDS :**

If you plan to feed your puppy another brand, we recommend switching them over slowly after the first 3 days in a new environment. We recommend that you start out  $\frac{3}{4}$  cup of Exclusive and  $\frac{1}{4}$  cup of the new food, then slowly work your way up to a full cup of the new food.

#### **WE RECOMMEND:**

To start out with giving your puppy  $\frac{3}{4}$ -1 cup of food three times a day, depending on the size of the puppy. Now, we understand life can be busy and with some schedules only twice a day feeding is possible. That is perfectly fine, and we recommend to do a full cup at each feeding if only done twice a day. We recommend to leave food down for about 30 minutes, then pick up the bowl. This will help to make sure that your puppy learns a routine, and will be easier to potty train. If you have a slow eater and you don’t feel that they are getting enough in that 30-minute time frame, we recommend to add a feeding time.

*For example: If you are only feeding twice a day for thirty minutes, add a meal time in between. If you are feeding 3 times a day, you may need to add a mid-morning or afternoon "snack" time. If you pick up the bowl after the 30 minutes, your slow eater will learn that if he/she doesn't eat in that time, they will not get anything until the next meal. If the puppy tends to scarf the food and is eating too fast, we recommend investing in a slow feeder. Once your puppy is fully potty trained, it is okay to leave the bowl down at all times, and feeding twice a day.*

*Bella and Lincoln are the two dogs we have in our home full time. We feed them 3 cups in the morning. If they do not eat the food right away, we leave the bowls for them to graze throughout the day. They get another two cups at night right before our family eats supper so they aren't begging at the dinner. Note: both dogs are fully potty trained. \*\**





We recommend continuing the twice a day feeding until your puppy is completely housebroken. At about 6 months of age, if you are comfortable with your puppy's potty schedule and are very familiar to the cues of him/her needing to go outside, you may choose to "Free Feed" your puppy. Most of our dogs are Free Fed, meaning that we give them 2-4 cups depending on size at the beginning of the day, and they are able to come and go to eat as they want. If your puppy becomes overweight or overeats due to Free Feeding, you may need to switch back to the twice a day scheduled meal times.

#### **UPSET STOMACH:**

If your puppy/dog ever has loose stool due to stress, traveling, or upset stomach, try giving him/her a tablespoon of plain canned pumpkin. (DO NOT USE SPICED PUMPKIN) This often helps to achieve formed stools. If your puppy has loose stool for more than 7 days, you may need to contact your vet for more recommendations and possibly an appointment.

#### **STRESS CAN EFFECT EATING HABITS :**

Transitioning to a new home can be quite overwhelming and stressful for any puppy. It is important that you know, your new puppy may not want to eat the first 3-4 days of being in their new home. So many things are changing for them, and they just need time to adjust. Helpful tips to get your puppy to eat the first few days are:

-  Use the food your puppy is currently on by itself for the first 3 days.
-  Soften the food with water a few minutes before feeding.
-  Leave the bowl down or "Free Feed" for the first 2-3 days.
-  Be patient and keep water available at all times.

## **DO NOT:**

We highly recommend not to feed your puppy multiple treats throughout the day until a feeding schedule and routine is established. We have heard and seen many times where new puppies will fill up on treats, but then not eat at meal time. It also makes potty training harder. We recommend not to feed your puppy table scraps or from the table. This leads to bad habits for the puppy especially during the obedience training phase.

## **HARMFUL FOODS & ITEMS**

**Foods:** Wild Cherry, Almond, Apricot, Balsam Pear, Japanese Plum, Yeast dough, Coffee grounds, macadamia nuts, tomato and potato leaves and stems (if you have a garden), avocados, onion and onion powder, grapes, raisins, chocolate, pear and peach kernels, mushrooms (if also toxic for humans), rhubarb, spinach, alcohol, Xylitol (an artificial sweetener)

**Household Items:** Advil, Acetaminophen, car fluids, cleaning supplies, Deodorants, de-icing salts, furniture polish, hair colorings, weed killers, kerosene, matches, mothballs, nail polish and remover, prescription and non-prescription medications, rat poison, and rubbing alcohol.

# **SOCIALIZATION**

## **INTERACTING WITH YOUR PUPPY**

Remember that your puppy was born into a big family and has never been alone yet! Let them be with you as much as possible until they get used to their new forever home.

There is a great danger of the puppy becoming over-fatigued during the first few days in its new home. Please resist the urge to play at length with your new puppy. Play periods should be no longer than 15 minutes at first. Puppies need to be provided with a cool, quiet place where they can be left with no fear that they will cause damage: a crate is an ideal tool to use for this. Do not shut the pup in a room alone, as this will make him feel isolated and frightened. A baby gate is good for limiting play area, and not shutting off your puppy. Your puppy should be able to see and hear family activity from its play/rest area. Leaving a radio or tv on while away for the first few days, often seems to help pups adjust to alone times.

Please be prepared for NORMAL puppy behavior such as jumping/nipping/ biting especially when young children are involved. This is a stage that most puppies go through and with consistent love, training and patience, they will outgrow it. Puppy nipping/biting is the one we hear of the most often and have included a separate document just on this. You never want to let them bite or encourage that behavior. Try offering something that is

acceptable for them to chew/bite on or diverting their attention. Check out the other document for tips on how to get past this puppy stage.

Please teach your children how to play gently with the puppy and lovingly participate in the training of your new family member. No pulling ears/tail/whiskers. Play calmly with the puppy. They can easily be injured by unsupervised young children trying to play with them.

***IMPORTANT: As your puppy grows, even though they seem big enough to handle it, DO NOT ever let your children lay on your puppy/young adult dog. Their growing bones are simply not strong enough to handle this.***

Sometimes it is necessary or desired to provide your puppy with some professional training. We recommend searching for trainers near you, knowing which style of trainer you would like to use, and having something set up for your puppy to start around 12-16 weeks of age. This can also be a good way to socialize your new puppy if you are a family who works away from home full time, and cannot devote a lot of time towards training. Our favorite trainers are from the Suburban K9 crew. We love their style of training and have provided their information in your puppy's folder!

#### **DEVELOPMENT & APPROPRIATE PLAY**

Puppies develop best on consistent amounts of moderate play. Once a puppy is a few months old, try short walks a few times a week. Fifteen to twenty minutes is enough until your puppy is older.

Games such as fetch are good for your puppy and combine the exercise/rest that he needs. Proper exercise is important to your pup's development. Stressful situations should be avoided during the first year -such as play with older or larger dogs, long hikes with the family, or jumping off high places (Porches, walls). In general, hard exercise should not last more than a few minutes a day for the first year. The critical time for the growing puppy is between four months and thirteen months-when the skeletal system is growing rapidly and the muscle system is lagging behind. The goal is to have sufficient muscle mass and tone to support the growing skeletal system, which is not finished fully developing until the age of 16 to 18 months.

A blend of consistent and moderate exercise in the young, growing puppy will foster proper growth through this stressful period. NOTE: Please DO NOT jog with a puppy! Vigorous ball playing, especially with a young puppy, should be postponed until after the puppy is a year.

Also, as tempting as it may be to throw the ball high in the air and have your puppy / dog jump to get it, and as much as they might like it, the consistent stress that this places on their hips and knee joints can cause serious damage and require surgery to remedy.

If there is any limping or discomfort that causes concern, please limit exercise and crating. If it continues, call the vet and contact me. It is not uncommon for adolescents to limp because of growing pains; rest may be the best remedy.

## BATHING & GROOMING

Doodles require maintenance when it comes to their coat. We recommend bathing your puppy/dog once a month or once every 2 weeks if needed. You don't want to bathe him/her any more often than that because too frequently can cause dry, irritated skin. We recommend Bark2Basics Shampoo and Conditioner found on amazon.com. It does a great job keeping their skin moisturized and keeping odors away.

Brush your puppy/dog once or twice a week depending on coat type. The curlier coats need to be brushed more often, especially after getting wet to prevent matting.

Brushing helps stimulate natural coat oils, prevents tangles, and is a great way to check for external parasites such as fleas and ticks. We recommend trimming their nails every 4-8 weeks.

We always recommend finding a good professional groomer for your doodle, too! Start this early (@16 weeks) to make grooming a comfortable experience for your puppy that will continue into adulthood. We recommend grooming your puppy/dog every 8-12 weeks depending on the length and "doodle look" you wish to maintain.

Teeth brushing is also important. We recommend making this a routine when brushing your puppy. Again, the earlier you start this routine the easier it will be.

## SPAY & NEUTER

We recommend for all of our puppies to be spayed or neutered unless otherwise discussed. Everyone has different opinions on when this should occur.

### **FEMALES:**

We recommend letting them have one heat cycle before spaying them. The first heat cycle usually occurs around 7-10 months of age. Allowing your female puppy to have this first heat cycle will decrease her risks for cancer later.

### **MALES:**

We recommend talking to your vet at 16 weeks to schedule your puppy's neuter. We recommend waiting until the puppy is 6-9 months of age due to the hormones of a male playing a large part in their bone growth and development.



# THANK YOU!

We hope this helps the transition as you add a new puppy to your family. We hope that your new puppy makes your family complete. Make room for pictures on your phone and in your home!! You will need it!

Thank you so much for choosing Island Grove Kennels and allowing us to help your family add such a special addition. We hope that you will keep in touch, send us pictures, and follow us/add us on social media if you have one! Please remember, don't stress, this should be something positive and exciting!

*Call or text us at 812-639-9855 with any questions or concerns.*

## **PAWS TO YOU**

*Kristine Probst*

*Jenna Goebel*