



**Shiloh**  
Animal Hospital

## Welcome to Shiloh Animal Hospital!



We are thrilled that you have chosen to partner with us to provide a long and healthy life for your pet. Our veterinarians are dedicated to providing the best care for your animal by combining modern conventional medicine with traditional Eastern medicine and tailoring them to the individual needs of your dog or cat. We believe in treating the whole pet, focusing on the prevention of disease and the maintenance of health and wellness.

### Hours of Operation:

<b>Monday</b>	<b>7:30 am - 6:30 pm</b>
<b>Tuesday</b>	<b>7:30 am - 6:30 pm</b>
<b>Wednesday</b>	<b>7:30 am - 6:30 pm</b>
<b>Thursday</b>	<b>7:30 am - 6:30 pm</b>
<b>Friday</b>	<b>7:30 am - 6:30 pm</b>
<b>Saturday</b>	<b>8:00 am – 12:00 pm</b>
<b>Sunday</b>	<b>Closed</b>

[FrontDesk@ShilohAnimalHospital.com](mailto:FrontDesk@ShilohAnimalHospital.com)

1005 Lichtin Boulevard Morrisville, NC 27560

(919)825-1000



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## **NEW PUPPY INFORMATION PACKET**

Congratulations! You are about to embark on a fun and rewarding journey of raising a puppy! Whether you are experienced with dogs or a first-time dog owner, this packet will supply you with the most current information and advice about how to raise your new friend. If you have any questions during or after your visit, please feel free to ask one of our doctors or nurses. We are here to help!



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# Shiloh Animal Hospital

## VACCINES

Our hospital believes in tailoring vaccination programs to the individual lifestyle of the pet and pet owner.

### ❖ CORE VACCINES

- DAP (Distemper, Adenovirus, Parvovirus): This combination vaccine provides puppies with protection against the most common life-threatening illnesses. We recommend beginning the series at 6 – 8 weeks of age and giving a booster shot every 3 – 4 weeks through 16 weeks of age.

After the puppy series, we recommend checking antibody levels annually to assess your pet's level of protection and whether or not a booster vaccine is recommended at that time.

- Rabies: Rabies is a preventable viral disease that can infect both animals and humans. The virus causes acute encephalitis (inflammation of the brain) and is transmitted through close contact with an infected animal – usually through a bite or scratch. North Carolina State law requires vaccination of dogs and cats by 16 weeks of age. Cats are the most commonly infected domesticated animal in Wake County. We utilize a killed vaccine that is free of mercury and for cats is free of adjuvants.

### ❖ NON CORE VACCINES

- Leptospirosis: Leptospirosis is caused by a bacteria and is transmissible to people. It is transmitted between animals or people through contact with infected tissue or contaminated water. Infection can cause severe life-threatening damage to the liver and kidneys.

For puppies, a series of two boosters administered 3 – 4 weeks apart is required for full immunity. Yearly booster vaccines are needed to keep immunity at a proper level.

- Bordetella bronchiseptica: If your dog frequents dog parks, dog shows or boarding facilities, they will need a Bordetella bronchiseptica (AKA kennel cough) vaccination. This bacterial infection affects the respiratory system, and while usually not life threatening, it can progress into pneumonia. This vaccine does not provide 100% immunity from the disease; however, it will lessen the clinical signs of the disease if your pet is exposed and hopefully speed recovery time.

For puppies, a series of two boosters administered 3-4 weeks apart is required for full immunity.



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# Canine Vaccine Schedule

## Puppy Schedule (younger than 16 wks.)



Age

6-8 weeks

8-10 weeks

10-12 weeks

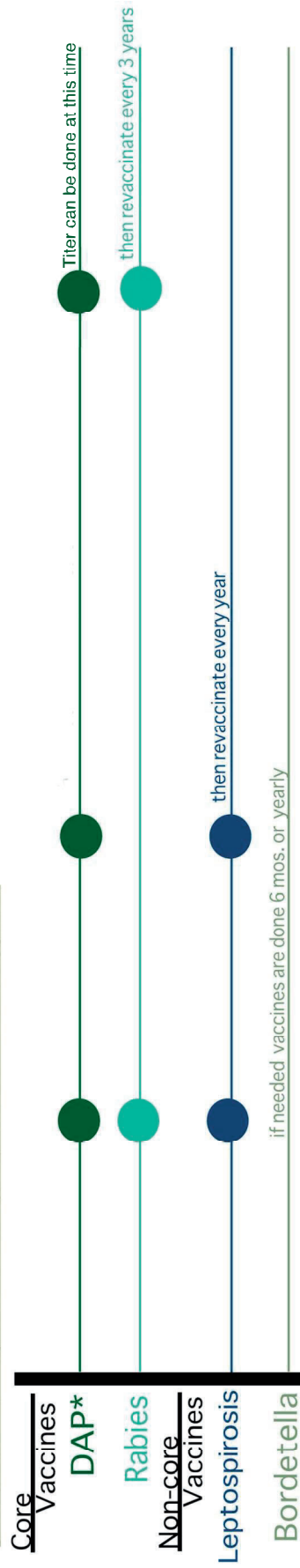
12-14 weeks

14-16 weeks

6 months

1 year

## Adult Schedule (older than 16 wks.)



Booster  
Intervals

Initial  
Booster

3  
weeks  
later

1 year  
later

\*DAP vaccinates against Distemper, Adenovirus (Hepatitis) and Parvo Virus



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## **FLEA & TICK PREVENTION**

Fortunately, today we have very effective flea and tick preventatives that have a wide margin of safety and are easy to administer. According to your dog's lifestyle, we recommend the use of Bravecto, an oral flavored chewable medication that is only given every 12 weeks. Other options include Seresto collars or monthly Advantix topical.

## **INTESTINAL PARASITE PREVENTION**

Many puppies are born with intestinal parasites from an infected mother in utero, or via milk or feces ingestion. The only way to diagnose them is by microscopic examination of your dog's feces for the eggs that are shed by the adult worms.

Deworming medications can be given orally, but first, we need to diagnose which parasites your puppy has in order to prescribe the right medication. We recommend dropping off a fecal sample for analysis of parasites upon acquisition of your new puppy.

## **HEARTWORM PREVENTION**

Heartworms are parasites common to this part of the country. Adult heartworms are approximately fourteen inches long and live in the heart and main arteries of their adult host. Their mere presence causes obstruction of blood flow and inflammation of the arteries and can be life-threatening if untreated.

- ❖ **The Heartworm Life Cycle:** Mosquitoes serve as the intermediate host heartworm. When a mosquito feeds on an infected animal, it picks up the first larval stages of the heartworm. The immature heartworms migrate in the tissues of the final host for several months before entering the blood stream and traveling to the heart. The young adult heartworms will reach the heart of their host about 6-7 months after the mosquito first infects the host. The adult worms mate, produce microfilaria, and the cycle continues.
- ❖ **Signs of Heartworms:** Signs of heartworm disease vary, from no signs at all to signs of severe heart and lung disease. In dogs, you might notice coughing, exercise intolerance, shortness of breath, or difficulty breathing.
- ❖ **Prevention of Heartworms:** Prevention is much safer (and less expensive) for your pet than treatment, and it is simple to do. Our veterinarians will want to test your adult dog before you start a preventative program. After a negative result is obtained, you may start your pet on a heartworm preventative. Heartworm preventatives kill the immature stages of heartworms before they reach the heart, thereby preventing heart and lung disease from occurring. An added benefit of using a heartworm preventative is that most also kill some common intestinal parasites that can be transmitted to people, such as roundworms and hookworms. Our preferred product for Heartworm prevention is Interceptor Plus.



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## **SPAYING & NEUTERING**

What is the best age to spay or neuter my pet? Is it necessary to spay or neuter my pet? What are the potential benefits and risks of these procedures?

There is quite a debate in the veterinary medical community about the answers to all of these questions. Our doctors take an individual approach to each patient, taking into account their size, breed, lifestyle, and temperament in order to make the best recommendations for your pet.



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### **MICROCHIPPING**

Even the most experienced and diligent pet owner is at risk for losing their dog. While collars and tags are important and certainly beneficial when worn by your pet, they are subject to breaking, fading, becoming scratched, and even falling off. If this occurs, there is no way to determine to whom your dog belongs. Microchipping is a permanent means of identification and the best possible way of bringing your lost or stolen best friend back to you. A microchip is a rice-grain sized electronic chip enclosed in a glass case that is injected under the skin of your dog using a hypodermic needle. If your dog is ever lost and brought to a veterinary hospital or shelter, one of the first procedures performed is scanning for a microchip. Though no one wants to suffer the heartbreak of losing a pet, microchipping helps to create a happy reunion.



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## PET INSURANCE

Just like their humans, pets come with both planned and unforeseen medical bills. One great way that you can keep these under control is with a pet insurance plan. Enrolling while your dog is still a healthy puppy ensures that no pre-existing conditions will be blocked from initial coverage.

How does pet insurance work?

- ❖ Unlike human health insurance, all payments are still made up front at the veterinary clinic. After submitting a claim form detailing your pet's visit, the company will reimburse a specified percentage of your bill dependent on your specific plan.
- ❖ Not all companies are alike. Some companies focus heavily on breaking up the overall costs involved in wellness care. Some companies focus solely on unexpected visits for illnesses and emergencies. Several offer some combination of the two. Be sure to research your options to determine the plan best suited to your lifestyle and your pet's needs.
- ❖ Regardless of the company that you choose, we are happy to submit your claim forms on your pet's behalf. Once you have enrolled, bring or mail a copy of your claim form to our office (signed but not dated or filled out). We will then scan this form into your file and retain it to submit as needed, typically about every 2 weeks. Reimbursement checks will be sent to you directly unless otherwise requested.

At Shiloh Animal Hospital, we recommend **Trupanion Pet Insurance**.



- ❖ At your puppy's first visit to Shiloh, we can email you a free trial month for you to enroll. If you choose to continue the plan, you must call back to start payment on continued coverage.
- ❖ The free month also waives any waiting periods, so coverage begins immediately.
- ❖ Trupanion offers coverage for injured or sick pets, but wellness still falls on you (the responsible pet owner).
- ❖ Once your pet is formally enrolled, he is enrolled for life unless you cancel your plan. Specified coverage will not change based on age or be dropped by the company at any time. There are also no price increases for age or the number of claims you submit.
- ❖ Trupanion policies can be personalized to fit any budget without sacrificing coverage. For example, your monthly premium will change based on the size deductible you choose. The Trupanion policy also offers optional packages for additional coverage that may fit your lifestyle. These packages can protect you from other unforeseen events or circumstances related to your dog, provide extra coverage for alternative and rehabilitative therapies, and add extra protection for breeding dogs.
- ❖ Trupanion has no annual or lifetime coverage limits.

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## PREVENT ACCIDENTAL POISONINGS

Have you taken inventory of your medicine cabinets lately? Are you properly storing lawn and garden pesticide containers? When you tidy up around the house, do you put food, liquor, and tobacco products safely out of harm's way? These precautions are second nature to households with children, but homes with animals must be just as secure. Aspirin and other pain relievers are in almost every home, and these poisonings can be severe.

How should pets be protected from these poisons? Start by following these simple rules.

- ❖ Properly dispose of and store all pesticide containers up and out of sight of your pets. Make sure the lids are tight and the containers are undamaged.
- ❖ Use cords or locking lids for garbage cans. Put them in a heavy frame to prevent knockdown.
- ❖ Keep pets off lawns sprayed with chemicals. Consult with the lawn care company for proper information on drying time and compounds used. Wash your pet's feet with mild soap and water if exposed.
- ❖ Keep your pets out of vegetable and flower gardens.
- ❖ Encase compost piles or use commercially made containers.
- ❖ Never assume that a human drug is applicable to an animal unless a veterinarian instructs you to use it.

What is poisonous? Here is a quick reference guide to the more common house and garden plants and foods that are toxic to most all animals and children. If you have these plants or foods, you need not dispose of them—just keep them away from pets and children. (\*Substances are especially dangerous and can be fatal.) If you suspect your animal might have ingested any of the substances on this list, or if your pet shows any abnormal behavior such as vomiting, diarrhea, or staggering, you should contact your veterinarian immediately.



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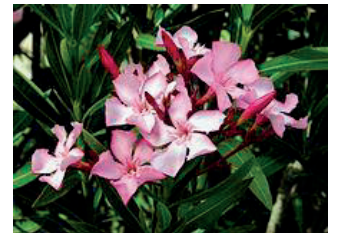
## TOP PET TOXINS OF 2016

The ASPCA Animal Poison Control Center (APCC) is your best resource for animal poison-related emergencies—24 hours a day, 365 days a year. APCC works hard to provide valuable information to help parents recognize and protect their pets from poisonous substances, and last year they received an incredible 180,639 cases! In honor of National Animal Poison Prevention Month, they've compiled the ten toxins most commonly ingested by pets—and reported to APCC—in 2016. See what made the list below:



**10. Garden Products.** Kicking off the Top 10 list are garden products, including herbicides and fungicides, which accounted for 2.6% of the APCC's cases in 2016. Many pets find fertilizers irresistible, so it's incredibly important to store lawn and garden products out paws' reach, and to supervise pets whenever they're outside.

**9. Plants.** Dropping one spot this year from #8 to #9, plants accounted for 5.2% of APCC's cases. Both indoor and outdoor plants, along with bouquets, can be dangerous for pets. Be sure to understand the toxicity of plants before putting them in or around your house.



**8. Rodenticides.** Mice and rats continue to be problematic around the country, but rodent poisons can be just as toxic to pets as they are to the pests they're designed to kill. This year they moved up a spot on APCC's list, making up nearly 5.5% of all cases.



**7. Insecticides.** Interestingly, the total number of insecticide cases has steadily decreased in recent years—sliding from #3 in 2015 to #7 in 2016—but that doesn't mean they're safe! If label directions are not followed, these products can be very dangerous to pets, so always use caution when dealing with insect poisons.



**6. Chocolate.** From brownies to candy bars, dogs love chocolate! APCC receives an average of 39 chocolate calls every day—nearly 7.9% of their cases. The darker the chocolate, the more dangerous it can be.

**5. Household Items.** Holding strong in the #5 spot, household items includes products like paint, glue and cleaning supplies—and they contribute to tens of thousands of poison cases each year.

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**4. Veterinary products.** At 9.3% of this year's cases, veterinary products moved up two places on our list. Over-the-counter supplements for joints and prescription pain medications made up a large portion of these cases, particularly because many of these products are designed to be tasty for ease of administration. Unfortunately,



this means that pets may be tempted to eat the entire container.



**3. Food.** Pets (especially dogs, who ingest human foods more often than cats) can get into serious trouble by eating onions, garlic, grapes, raisins, alcohol and other human foods. This year, food moved up a spot on APCC's list—mostly due to concerns about xylitol, a sweetener used in many sugar-free products.

**2. Over-the-counter products.** OTC products just barely dropped out of the first position with 16.7% of APCC's cases. This category is exceptionally large, encompassing nearly 7,000 products, and ibuprofen is still the number one medication the APCC receives calls about.



**1. Human Prescription Medications.** Topping out this year's list after a one-year hiatus, human prescription medications accounted for nearly 17% of all cases at the APCC. The types of medication to which animals were most often exposed correlate with the most popular medications prescribed to humans, including heart medications, antidepressants and ADHD medications. Pet parents should always maintain the utmost care when handling and storing these and other potentially poisonous products around pets.

If you have any reason to suspect your pet has ingested something toxic, please contact your veterinarian or the ASPCA Animal Poison Control Center's 24 hour hotline at (888) 426-4435.



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## TRAINING YOUR NEW PUPPY

- ❖ Housetraining Puppies: Housetraining your puppy requires far more than a few stacks of old newspapers—it calls for vigilance, patience, plenty of commitment, and, above all, *consistency*. By following the procedures outlined below, you can minimize house-soiling incidents. Virtually every dog, especially puppies, will have an accident in the house, and more likely, several. Expect this – it is part of living with a puppy. The more consistent you are in following the basic housetraining procedures, the faster your puppy will learn acceptable behavior. It might take several weeks to housetrain your puppy, and with some of the smaller breeds, it might take longer.
  - Establish a routine. Like babies, puppies do best on a regular schedule. The schedule teaches him/her that there are times to eat, times to play, and times to potty. Generally speaking, a puppy can control its bladder one hour for every month of age. So if your puppy is two months old, he can hold it for about two hours. Don't go longer than this between bathroom breaks or he's guaranteed to have an accident. If you work outside the home, this means you'll have to hire a dog walker to give your puppy his breaks.
  - Take your puppy outside frequently—at least every two hours—and immediately after he wakes up, during and after playing, and after eating or drinking.
  - Pick a bathroom spot outside, and always take your puppy to that spot using a leash. While your puppy is eliminating, use a word or phrase, like “go potty,” that you can eventually use before he eliminates to remind him what to do. Take him out for a longer walk or some playtime only after he has eliminated.
  - Reward your puppy every time it eliminates outdoors. Praise him or give him a treat, but remember to do so *immediately* after he's finished eliminating, not after he comes back inside the house. This step is vital, because rewarding your dog for eliminating outdoors is the *only* way he'll know what's expected of him. Before rewarding him, be sure he's finished eliminating. Puppies are easily distracted; if you praise him too soon, he might forget to finish until he's back in the house.
  - Put your puppy on a regular feeding schedule. What goes into a puppy on a schedule comes out of a puppy on a schedule. Depending on their age, puppies usually need to be fed three or four times a day. Feeding your puppy at the same time each day will make it more likely that he'll eliminate at consistent times, and that makes housetraining easier for both of you.
  - Pick up your puppy's water dish about 2.5 hours before bedtime to reduce the likelihood that he'll need to potty during the night. Most puppies can sleep for approximately seven hours without having to eliminate. If your puppy does wake you up in the night, don't make a big deal of it; otherwise, it will think it is time to play and won't go back to sleep. Turn on as few lights as possible, don't talk to or play with your puppy, take him out to do his business, and return him to his bed.



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- Supervise your puppy at all times. Don't give your puppy an opportunity to soil in the house; keep an eye on him whenever he is indoors.
- When you're unable to watch your puppy at all times, he should be confined to an area small enough that he won't want to eliminate there. The space should be just big enough for him to comfortably stand, lie down, and turn around in. You can use a portion of a bathroom or laundry room blocked off with baby gates, or you might want to crate train your puppy and use the crate to confine him. (Be sure to learn how to use a crate humanely as a method of confinement.) If your puppy has spent several hours in confinement, you'll need to take him directly to his bathroom spot as soon as you let him out, and offer praise when he eliminates.
- Tether your puppy to you or to a nearby piece of furniture with a six-foot leash if you are not actively training or playing with him. Watch for signs that your puppy needs to eliminate. Some signs are obvious, such as barking or scratching at the door, squatting, restlessness, sniffing around, or circling. When you see these signs, immediately grab the leash and take him outside to his bathroom spot. If he eliminates, praise him lavishly and reward with a treat.
- Keep your puppy on a leash in the yard. During the housetraining process, your yard should be treated like any other room in your house. Give your puppy some freedom in the house and yard only after he is reliably housetrained.
- Oops! Expect your puppy to have a few accidents in the house—it's a normal part of housetraining. Here's what to do when that happens:
  - Interrupt your puppy when you catch him in the act of eliminating in the house.
  - Make a startling noise (be careful not to scare him) or say "OUTSIDE!" Immediately take him to their bathroom spot, give praise, and offer a treat after he finishes eliminating there.
  - Don't punish your puppy for eliminating in the house. If you find a soiled area, it's too late to administer a correction. Just clean it up. Rubbing your puppy's nose in it, taking him to the spot and scolding him, or any other punishment will only make him afraid of you or afraid to eliminate in your presence. In fact, punishment will often do more harm than good.
  - Clean the soiled area thoroughly. Puppies are highly motivated to continue soiling in areas that smell like urine or feces. Check with your veterinarian or pet store for products designed specifically to clean areas soiled by pets. It's extremely important that you use the supervision and confinement procedures outlined above to minimize the number of accidents. If you allow your puppy to eliminate frequently in the house, it will get confused about where he's supposed to eliminate, which will prolong the housetraining process.



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- A puppy under six months of age cannot be expected to control his bladder for more than a few hours at a time (approximately one hour for each month of age). If you have to be away from home more than 4-5 hours a day, this might not be the best time for you to get a puppy. Instead, you might want to consider an older dog who can wait for your return. If you already have a puppy and must be away for long periods of time, you'll need to take several steps.
  - Arrange for someone such as a responsible neighbor or a professional pet sitter to take him outside to eliminate.
  - Train your puppy to eliminate in a specific place indoors. Be aware, however, that doing so can prolong the process of housetraining. Teaching your puppy to eliminate on newspaper may create a life-long surface preference, meaning that even as an adult, your dog might eliminate on any newspaper lying about.
  - Paper Training
    - When your puppy must be left alone for long periods of time, confine him to an area with enough room for a sleeping space, a playing space, and a separate place to eliminate.
    - In the designated elimination area, use either newspapers (cover the area with several layers of newspaper) or a sod box. To make a sod box, place sod in a container such a child's small, plastic swimming pool. You can also find dog litter products at a pet supply store.
    - If you clean up an accident in the house, put the soiled rags or paper towels in the designated elimination area. The smell will help your puppy recognize the area as a place where he is supposed to eliminate.



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- ❖ Crate Training Puppies: “Private room with a view. Ideal for traveling dogs or for those who just want a secure, quiet place to hang out at home.” That’s how your dog might describe his crate. It’s his personal den where he can find comfort and solitude while you know he’s safe and secure—and not shredding your house while you’re away.
  - Crate training uses a dog’s natural instincts as a den animal. A wild dog’s den is his home, a place to sleep, hide from danger, and raise a family. The crate becomes your dog’s den, an ideal spot to snooze or take refuge during a thunderstorm.
  - The primary use for a crate is housetraining. Dogs don’t like to soil their dens.
  - The crate can limit access to the rest of the house while he learns other rules, like not to chew on furniture.
  - Crates are a safe way to transport your dog in the car.
  - Crating Caution! A crate isn’t a magical solution; if not used correctly, a dog can feel trapped and frustrated.
  - Don’t leave your dog in the crate too long. A dog that’s crated day and night doesn’t get enough exercise or human interaction and can become depressed or anxious. You might have to change your schedule, hire a pet sitter, or take your dog to a doggie daycare facility to reduce the amount of time he must spend in his crate every day.
  - Puppies under six months of age should not stay in a crate for more than three or four hours at a time. They cannot control their bladders and bowels for that long. The same goes for adult dogs that are being housetrained. Physically, they can hold it, but they do not know that they’re supposed to.
  - Crate your dog only until you can trust him not to destroy the house. After that, it should be a place he goes voluntarily.
  - Selecting a Crate - Several types of crates are available and can be purchased at most pet supply stores or pet supply catalogs.
    - Plastic (often called “flight/travel kennels”)
    - Fabric on a collapsible, rigid frame
    - Collapsible metal pens



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- Your dog's crate should be just large enough for him to stand up and turn around in. If your dog is still growing, choose a crate size that will accommodate his adult size. To prevent your dog from eliminating at one end and retreating to the other, block off the excess crate space. Your local animal shelter might rent out crates. By renting, you can trade up to the appropriate size for your puppy until he's reached his adult size, when you can invest in a permanent crate.
- Crate training can take days or weeks, depending on your dog's age, temperament, and past experiences. It is important to keep two things in mind while crate training:
  - The crate should always be associated with something pleasant.
  - Training should take place in a series of small steps. Don't go too fast!
- Steps to Crate Training
  - Step 1: Introduce your dog to the crate. Place the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or towel in the crate. Take the door off, and let the dog explore the crate at his leisure. Some dogs will be naturally curious and start sleeping in the crate right away. If your dog isn't one of them, try the tips below.
    - Bring him over to the crate, and talk to him in a happy tone of voice. Make sure the crate door is open and secured so that it won't hit your dog and frighten him.
    - Encourage your dog to enter the crate by dropping some small food treats nearby, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, that's okay; don't force him to enter.
    - Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If he isn't interested in treats, try tossing a favorite toy in the crate. This step might take a few minutes or as long as several days.
  - Step 2: Feed your dog in the crate. After introducing your dog to the crate, begin feeding him his regular meals near the crate. This will create a pleasant association with the crate.
    - If your dog is readily entering the crate when you begin Step 2, place the food dish all the way at the back of the crate.
    - If he remains reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little farther back in the crate.
    - Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he's eating. When you first do this, open the door as soon as he finishes



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his meal. With each successive feeding, leave the door closed a few minutes longer, until he's staying in the crate for ten minutes or so after eating.

- If he begins to whine to be let out, you might have increased the length of time too quickly. Next time, try leaving him in the crate for a shorter time period. If he does whine or cry in the crate, don't let him out until he stops. Otherwise, he'll learn that the way to get out of the crate is to whine, so he'll keep doing it.
  
- Step 3: Lengthen the crating periods. After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you're home.
  - Call him over to the crate and give him a treat.
  - Give him a command to enter, such as "kennel." Encourage him by pointing to the inside of the crate with a treat in your hand.
  - After your dog enters the crate, praise him, give him the treat, and close the door.
  - Sit quietly near the crate for 5-10 minutes, and then go into another room for a few minutes. Return, sit quietly again for a short time, and then let him out of the crate.
  - Repeat this process several times a day, gradually increasing the length of time you leave him in the crate and the length of time you're out of his sight.
  - Once your dog will stay quietly in the crate for about 30 minutes with you mostly out of sight, you can begin leaving him crated when you're gone for short time periods and/or letting him sleep there at night. This might take several days or several weeks.
  
- Step 4, Part A: Create your dog when you leave. After your dog can spend about 30 minutes in the crate without becoming anxious or afraid, you can begin leaving him crated for short periods when you leave the house.
  - Put him in the crate using your regular command and a treat. You might also want to leave him with a few safe toys in the crate.
  - Vary at what point in your "getting ready to leave" routine you put your dog in the crate. Although he shouldn't be crated for a long time before you leave, you can crate him anywhere from 5-20 minutes prior to leaving.
  - Don't make your departures emotional and prolonged—they should be matter-of-fact. Praise your dog briefly, give him a treat for entering the crate, and then leave quietly. When you return home, don't reward your dog for excited behavior by responding to him in an excited, enthusiastic way. Keep arrivals low key to avoid increasing his anxiety over when you will return. Continue to crate your dog for short periods from time to time when you're home so he doesn't associate crating with being left alone.



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- Step 4, Part B: Crate your dog at night. Put your dog in the crate using your regular command and a treat. Initially, it might be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy. Puppies often need to go outside to eliminate during the night, and you'll want to be able to hear your puppy when he whines to be let outside. Older dogs, too, should initially be kept nearby so they don't associate the crate with social isolation. Once your dog is sleeping comfortably through the night with his crate near you, you can begin to gradually move it to the location you prefer, although time spent with your dog—even sleep time—is a chance to strengthen the bond between you and your pet.
- Potential Crate Training Problems
  - Whining: If your dog whines or cries while in the crate at night, it might be difficult to decide whether he's whining to be let out of the crate, or whether he needs to be let outside to eliminate. If you've followed the training procedures outlined above, then your dog hasn't been rewarded for whining in the past by being released from his crate. If that is the case, try to ignore the whining. If your dog is just testing you, he'll probably stop whining soon. Yelling at him or pounding on the crate will only make things worse. If the whining continues after you've ignored him for several minutes, use the phrase he associates with going outside to eliminate. If he responds and becomes excited, take him outside. This should be a trip with a purpose, not play time. If you're convinced that your dog doesn't need to eliminate, the best response is to ignore him until he stops whining. Don't give in; if you do, you'll teach your dog to whine loud and long to get what he wants. If you've progressed gradually through the training steps and haven't done too much too fast, you'll be less likely to encounter this problem. If the problem becomes unmanageable, you might need to start the crate training process over again.
  - Separation Anxiety: Attempting to use the crate as a remedy for separation anxiety won't solve the problem. A crate might prevent your dog from being destructive, but he can injure himself in an attempt to escape from the crate. Separation anxiety problems can only be resolved with counter-conditioning and desensitization procedures. You might want to consult a professional animal behavior specialist for help.



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- ❖ Chewing: Sooner or later, every dog lover returns home to find some unexpected damage inflicted by his or her dog; or, more specifically, that dog's teeth. Although dogs make great use of their vision and sense of smell to explore the world, one of their favorite ways to take in new information is to put their mouths to work. Fortunately, chewing can be directed onto appropriate items so your dog isn't destroying things you value or jeopardizing his own safety. Until he's learned what he can and can't chew, however, it's your responsibility to manage the situation as much as possible, so he doesn't have the opportunity to chew on unacceptable objects.
  - Why Dogs Chew: Puppies, like infants and toddlers, explore their world by putting objects in their mouths. And, like babies, they teethe for about 6 months, which usually creates some discomfort. Chewing not only facilitates teething, but also makes sore gums feel better. Adult dogs might engage in destructive chewing for any number of reasons. In order to deal with the behavior, you must first determine why your dog is chewing—and remember, he's not doing it to spite you. Possible reasons for destructive chewing include:
    - As a puppy, he wasn't taught what to chew and what not to chew.
    - He's bored.
    - He suffers from separation anxiety.
    - His behavior is fear-related. (\*Important! You might need to consult a behavior professional for help with both separation anxiety and fear-related behaviors.)
    - He wants attention.
  - Manage the Situation: Take responsibility for your own belongings. If you don't want it in your dog's mouth, don't make it available.
    - Keep clothing, shoes, books, trash, eyeglasses, and remote control devices out of your dog's reach.
    - Give your dog toys that are clearly distinguishable from household goods. Don't confuse him by offering shoes and socks as toys and then expecting him to distinguish between his shoe and yours.
    - Supervise your dog until he learns the house rules. Keep him with you on his leash in the house so he can't make a mistake out of your sight.
    - Confine him when you're unable to keep an eye on him. Choose a "safe place" that's dog proof, and provide fresh water and "safe" toys. If your dog is crate trained, you might also place him in his crate for short periods of time.
    - Give your dog plenty of people-time. Your dog won't know how to behave if you don't teach him alternatives to inappropriate behavior, and he can't learn these when he's in the yard by himself.
    - Give your dog plenty of physical and mental exercise. If your dog is bored, he'll find something to do to amuse himself and you probably won't like the choices he makes. On the other hand,



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a tired dog is a good dog so; make sure he gets lots of physical and mental activity. The amount of exercise should be based on his age, health, and breed characteristics.

- If you catch your dog chewing on something he shouldn't, interrupt the behavior with a loud noise.
  - Offer him an acceptable chew toy instead, and praise him lavishly when he takes the toy in his mouth.
  - Build a toy obsession in your dog. Use his toys to feed him. At mealtimes, fill a Kong-type toy with his kibble.
  - If your puppy is teething, try freezing a wet washcloth for him to chew on. The cold cloth will sooth his gums. Supervise your puppy so he doesn't chew up and swallow any pieces of the washcloth.
  - Make items unpleasant to your dog. Furniture and other items can be coated with a taste deterrent (such as Bitter Apple®) to make them unappealing. Caution! Supervise your dog when you first try one of these deterrents. Some dogs will chew an object even if it's coated with a taste deterrent. Also be aware that you must reapply some of these deterrents to maintain their effectiveness.
  - Offer your dog a treat in exchange for the item in his mouth. As your dog catches on to this idea, you can add the command "Give" as his cue to release the object in exchange for the yummy treat. Don't chase your dog if he grabs an object and runs. If you chase him, you are only giving your dog what he wants. Being chased by his human is fun! Instead call him to you or offer him a treat.
  - Have realistic expectations. At some point your dog will inevitably chew up something you value; this is often part of the transition to a new home. Your dog needs time to learn the house rules and you need to remember to take precautions and keep things out of his reach.
- What NOT to Do: Never discipline or punish your dog after the fact. If you discover a chewed item even minutes after he's chewed it, you're too late. Animals associate punishment with what they're doing at the time they're being corrected. Your dog can't reason that, "I tore up those shoes an hour ago and that's why I'm being scolded now." Some people believe this is what a dog is thinking because he runs and hides or because he "looks guilty." In reality, "guilty looks" are actually canine submissive postures that dogs show when they're threatened. When you're angry and upset, your dog feels threatened by your tone of voice, body postures, and/or facial expressions, so he may hide or show submissive postures. Punishment after the fact will not only fail to eliminate the undesirable behavior, but could provoke other undesirable behaviors as well.



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## FEEDING YOUR PUPPY

Your puppy's feeding schedule should stay as regulated as possible, especially when they are very young. A young puppy should continue eating the same food the breeder or shelter has been feeding them for a few days to help settle them into their new surroundings. Whenever you switch your puppy to a new food, do it gradually. Mix a little of the new food in with the old, gradually increasing the proportion of new food over the course of a week. This is easier on their stomach and will help them get used to the flavor and texture. Putting your puppy on a daily feeding schedule will regulate their digestion and make housetraining easier for both of you. We will be able to provide recommendations on diet options based on your puppy's health, breed, rate of growth, and other factors that your veterinarian will discuss with you.

### ❖ How Much Should my Puppy Eat?

- The amount of food your puppy eats should be enough to maintain their ideal body weight.
- Use the puppy feeding guide on the label of your dog food as a starting point. Remember that these instructions are a "rule of thumb" or a starting point, as the actual feeding amount will depend upon the puppy's age, activity, environment and body metabolism. After feeding for a period of time, observe the pet's body condition, and, if necessary, adjust the amount accordingly.
- To keep your puppy at a healthy weight, do not overfeed them, even if they still seem hungry or beg for more food.
- If you have a large-breed puppy, you may be inclined to leave food out for him at all times or feed him a few extra cups per day, but this can lead to obesity and bone development problems.
- As a general rule, a young puppy should be fed 3 to 4 times a day to keep up with their high-energy lifestyle. This amount should be reduced to twice a day after they reach 6 months of age.

### ❖ Choosing the Right Food for Your Puppy

- The first year of life is critical in your puppy's development. During this time, your puppy needs unsurpassed nutrition to strengthen their bones and teeth, properly develop their body functions and promote clear eyes and a healthy, shiny coat. At certain times during growth and development, a puppy requires up to twice the amount of some nutrients, and up to three times the calories per kilogram of bodyweight, of that of an adult dog. This tapers off as they reach maturity. For this reason, it is very important that you feed a complete and balanced puppy formulation. Once your puppy reaches 1 year of age (up to two for large and giant breed dogs) slowly transition onto adult formulations.
- Puppy food is available in wet or dry forms, and what you choose will largely depend on your and your puppy's preferences.
- Look for foods that are "complete." This means you can feed them without the need for supplements or additional food.
- Paying close attention to your new dog's ever-changing nutritional needs is one of the most essential ways to keep them on track to lead a healthy life.

1005 Lichtin Boulevard Morrisville, NC 27560

(919)825-1000