

# **What to Expect – Puppy to Dog**



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## **Introduction**

A **puppy** is a juvenile dog. Born after an average of 63 days of gestation, puppies begin to nurse almost immediately. If the litter exceeds six puppies, particularly if one or more are obvious runts, human intervention in hand-feeding the stronger puppies is necessary to ensure that the runts get proper nourishment and attention from the mother. As they reach one month of age, puppies are gradually weaned and begin to eat solid food. At first, puppies spend the large majority of their time sleeping and the rest feeding. They instinctively pile together into a heap, and become distressed if separated from physical contact with their littermates, by even a short distance.

Puppies are born with a fully functional sense of smell but can't open their eyes. During their first two weeks, a puppy's senses all [develop rapidly](#). During this stage the nose is the primary sense organ used by puppies to find their mother's teats, and to locate their litter-mates. Puppies open their eyes about nine to eleven days following birth.

Puppies develop very quickly during their first three months, particularly after their eyes and ears open and they are no longer completely dependent on their mother. They play wrestling, chase, dominance, and [tug-of-war games](#).

Puppies are highly social animals and spend most of their waking hours interacting with either their mother or littermates. It is important that puppies are socialized with humans, particularly between the ages of eight and twelve weeks, so as to encourage healthy interaction and develop the puppy's social skills around people. Puppies ideally should be exposed to as wide a variety of friendly people as possible during this period. Dogs that do not receive adequate socialization during this sensitive period may display fearful behavior around humans or other dogs as adults.

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## Bringing Your Puppy Home

Now that you're home with your puppy, it becomes your responsibility and challenge to educate and socialise this puppy so that it may become a pleasant, useful, happy and well-adjusted companion.

It is important to understand that an eight week-old pup is just a baby. He has just been separated from his mother and litter mates, from familiar faces and surroundings. This is a **BIG** adventure for him and your job is to make the experience as pleasant as possible while not overindulging him. You should try to be reassuring and friendly, and avoid having many people over to meet the pup. There will be plenty of time later for getting to know friends and neighbours. You need to be careful not to overwhelm him, let him get used to his new surroundings.

You should provide a quiet area to place his crate, a place where he can rest in peace. He will need a lot of sleep. In fact, at that age, a puppy spends more time sleeping than doing anything else. You must never disturb or disrupt his sleep. Do not put a blanket or pillow in the crate, as this could encourage him to relieve himself during the night.

You should puppy-proof the house, remove all sources of potential danger for the pup. Electrical wires must be protected from his sharp teeth; small objects like coins and marbles should be removed, plants should be out of reach, and generally anything you don't want chewed up should be stored safely out of his reach.

You should put his food and water bowl in a quiet area and make sure he has access to clean water at all times.

The first thing you have to think about is your general attitude towards the pup. Most people want their dog to be a friend, companion, playmate and guardian. If you want your dog to love and protect you, you must first bond with him and earn his trust and respect. Raising a pup successfully is a lot like raising children. You must determine which behaviors are acceptable, desirable, and unacceptable. You must think of how you will encourage and nurture the desirable, and avoid and discourage the unpleasant behaviors. You need to be consistent and never let him get away with something he isn't allowed to do.

One must realize that there is no use in punishing a young pup. This puppy is the equivalent a young baby and we would never think of expecting good manners from a six-month old child, would we? This is not the time for punishments and reprimands. This is the period for imprinting and encouraging positive behavior. This is the best time to show the puppy that when he pleases you, he is rewarded with attention, and this is how he will learn to want to please you. A dog that wants to please you will be easy to train and will generally not need harsh discipline.

So if I can't punish him, then how do I keep him from doing things I don't want? For example biting hands, chewing the furniture, eating shoes, peeing on the floor!!!

It is important to understand that a baby can do no wrong. He simply does what he does because he is a puppy. It is your job and responsibility to ensure that he doesn't get into trouble and do things that are annoying to others or dangerous to him.

The best way to ensure that he doesn't get into trouble is supervision. Pay constant and total attention to the pup when he is not in his crate. If you are watching him, he can't get in trouble. This is also the best way to toilet-train him very quickly. By this I mean that the puppy should be

in his crate at all times if you are not actively supervising him.

This may sound harsh, but it is only for a while in the puppy's life; he will sleep when you put him in the crate and he will learn his place in the house. You are the boss, not the other way around. When you have had enough, it's time to go. If he cries, ignore him. If you cave in, you are giving him control and losing your role as pack leader. He will not respect a weak leader and will always seek to challenge your authority and, as he grows older, this will become more and more problematic. This is the ideal moment in your relationship to ingrain that principle firmly in his head. You are the boss, you decide what goes, you are a constant and fair leader, and you will absolutely not give in or take no for an answer. That is the sort of person a dog respects. The parameters are crystal clear; the dog knows what is acceptable and what is not. The dog is comfortable when he knows where his place is in the pack. If you are fair and loving even in discipline, he will respect and want to please you.

Since we agree that there is no reason to discipline a young pup, how then do we deal with annoying habits they have?

### **Biting**

It is a good idea to always have a toy between you and the dog when playing so that your hands and clothes are not the object of the play, so that he directs his attacks at the toy. When you do put your hands on the pup, it should be in a calming way, to soothe, pet, stroke him. He should associate your touch with love and nurturing, calm and pleasure. Play games that are not confrontational (tug, roughhousing, etc.). Encourage games that will bring you and the dog closer to each other such as fetch, hide-and-seek, etc.

### **Jumping up on people**

It is very annoying when people come to the door and the puppy jumps all over them. The best way to avoid this is to put the puppy in his crate until the guests are settled in and you are ready to focus on the pup. Then you take him out of the crate and (after peeing outside) introduce him in a controlled setting.

You can also put him on his leash and control his jumping by keeping him at a distance if you want him to be at the door when the guests arrive.

### **Chewing objects**

The best way to deal with this is supervision. You must remove all objects from his grasp or consider them fair game. If he is chewing on objects such as table or chair legs, then you can simply say a firm NO and pick him up and remove him from the area. You can try spraying some repellent on the surface such as Citronella or Bitter Apple available in pet supply stores. Hitting or screaming at the pup will not make him stop: it will only make him fear and avoid you (keep in mind we are talking about a very young puppy here, not a four month old pup).

## **If things seem unmanageable...call for back up!**

Do not hesitate to seek help from a professional dog trainer. I recommend the trainer visit you in your home with all the family members present. This way the trainer can best assess the situation and see how the dog behaves in his environment. In home training may seem a bit more expensive, but in the long run it is more efficient and addresses issues in a much more personalised manner. Get references from your veterinarian clinic to help you find the right trainer.

Ideally, you will have all necessary equipment before bringing home your puppy. The basics that we recommend are as follows:

- Collar & Leash
- A Premium Puppy Food
- Natural Training Treats
- Natural Chews
- Soft Toy
- Bed
- Crate / Kennel
- Puppy Pads
- 2 Water Dishes
- 2 Food Dishes

[Supplies found here](#)

Although your puppy will be happy to be in on the household action, it's also important to choose a long-term spot for their food dishes & crate. Allowing your pet a designated eating area will discourage them from begging for food. Also, if space permits and your puppy's crate can be set up all the time you will find they will use it as a retreat.

So stability and structure is key, dogs are pack animals by nature and will thrive in an environment where they understand their place.

## Feeding Your Puppy-Dog

The first ingredient in your dog's food should be a specified "meat". Not a meat by-product, but the real thing. Puppies and adult dogs were not meant to eat corn and wheat. If the first ingredient in your dog food is a corn, wheat, meat-by-product, bone meal or anything but a real specified type of meat, steer clear. By-products are the left-overs, such as the eyes, hooves, skin, feathers and feet that are not good for human consumption (unless the dog food specifically states otherwise.) Beware of ingredients that do not list exactly what it is, such as words like, "animal" and "meat" as opposed to "chicken", "beef", "duck", etc...

The first ingredient on the label should represent what the dog food is most made out of, but beware this is not always the case...

Using chicken as an example, when a dog food lists a meat in the ingredients such as "chicken" it is going by the weight in the meats raw state, before it was cooked.

Chicken in its raw state weighs about 80% more than it does once it is cooked and processed into a dry pellet. Once it is processed you are left with only 20% of the actual meat.

The word "meal" in an ingredient is something that was weighed after the water was taken out. For example "chicken meal" is chicken which is weighed after it has been cooked and the water has already been taken out, giving you more meat and protein per weight volume.

Therefore be aware that if the ingredients read "chicken" as first and "corn meal" as second, the food may contain more corn than chicken. Corn is a filler that a dog's body does not utilize well, if at all. The corn gets pooped out and the dog must eat more food in order to get enough protein and nutrients that their bodies can use from the other ingredients in the food.

Take a look at your dog's teeth. Notice that he does not have any grinding molars. They are all ripping canines. This tells us that dogs were not meant to eat grains, as they lack the teeth to grind them up. Dogs have pointy canines for ripping into meat. A lot of dogs develop skin problems and other health issues, including bloat, due to the grains they are being fed in their dog food.

It is best to feed dogs a grain free diet. While the better quality dog food may cost more, the dog can eat less of it since their bodies use more of what they are eating producing less waste. Not to mention the vet bill if your dog develops issues from consuming a low quality food. Be sure to read the ingredients label of the dog food you are using. You may have trouble finding a good quality food at a grocery store and may have to go to your local pet store to find a higher grade food.

A poor diet can also cause a dog to shed more, have a dull coat and have body odor.

How much should I feed my dog?

Daily basic feeding guide for puppies and adult dogs. An individual dog's requirements may differ from this chart. It is best to consult with your vet about the specific needs of your pet.



<p>The first 8 weeks</p>	<p>Puppies should not be separated from their mother before they are 8 weeks old. Puppies who leave their mothers sooner have a rougher time adjusting and a higher incidence of illnesses. We do not know if it is due to weakened immunity or mourning the premature loss of its family. Their mother's milk provides them with the nutrition and antibodies they need to become healthy dogs. At three to four weeks, puppies should begin eating some solid food. You can try mixing three parts food with one part water or puppy replacement milk. This will make the food easier for the puppy to digest. If your puppy begins eating a little solid food before they leave their mother they will have an easier time adjusting when you bring them home. One way to tell if a puppy is ready to come home with you is if it prefers human company over their mom or siblings.</p>
<p>6 to 8 weeks</p>	<p>Feed your puppy 3-4 times a day. Puppies have different nutritional needs than adult dogs. Choose a puppy food that provides the appropriate balance of nutrients your puppy needs. Be sure they are getting the right amount of protein and calcium, and the proper amount of calories. Check the label to determine if you are feeding your puppy a balanced diet. A specified meat should be the first ingredient on the label.</p>
<p>After 8 weeks</p>	<p>Feed your puppy twice a day.</p>
<p>3 to 6 months</p>	<p>Your puppy will be teething. He may become a finicky eater or lose his appetite. Keep feeding him nutritious food twice a day. If he has an upset stomach for more than one or two days, take him to the veterinarian.</p>
<p>6 months to 1 year</p>	<p>Your puppy may look all grown up but he is still a puppy. He should still be fed a high quality food for the added nutrition. Note, in some very high quality foods the company does not make a separate food for puppies because the food is of such a high quality that it provides for both puppy and adult equally. For example a real human grade chicken is what it is for all ages. If you are feeding a puppy food ask your veterinarian when you should switch to adult food. Make sure the adult food you switch to is still a balanced high quality diet with the first ingredient being a</p>

specified meat and that it is not a by-product.

Daily basic feeding guide for adult dogs. An individual dog's requirements may differ from this chart. It is best to look at the directions of the food you are feeding for their recommendations. This chart is a general reference. The feeding directions are based on using an 8 oz. measuring cup. Puppies can be fed up to 1 times the highest amount listed in their category. It is sometimes best to split the amount into two or more different feedings rather than just one big meal, Often twice a day. Puppies should be fed more often than adult dogs. When adding in a can food cut the dry by up to half the amount and substitute the same volume that you cut with can food, so the dog is getting the same amount of food, some dry and some wet. Note, if you are feeding a good quality dog food you will be able to feed less as the dog's body will utilize more and poop out less. If you are feeding a food that contains a lot of fillers (grain fillers such as corn are often used by some companies) you may have to feed more in order for the dog to get the proper amount of protein.



<u>Typical Breed</u>	<u>Weight As An Adult Dog</u>	<u>Dry Food</u>	<u>Dry Food Mixed With Can Food</u>
Chihuahua, Yorkshire Terrier, Toy Poodle	Up to 10 pounds	1/4 to 3/4	Cut dry up to 1/2 the amount & substitute the same volume with a can
Miniature Poodle, Scottish Terrier	10-25 pounds	3/4 to 1 cup	Cut dry up to 1/2 the amount & substitute the same volume with a can
Cocker Spaniel, Beagle, Springer Spaniel	25-50 pounds	1 - 2 cups	Cut dry up to 1/2 the amount & substitute the same volume with a can
Collie, Boxer, Labrador, Golden Retriever	50-75 pounds	2 - 2 1/2 cups	Cut dry up to 1/2 the amount & substitute the same volume with a can
Great Dane, Malamute, St. Bernard, Mastiff	Over 75 pounds	2 - 4 cups	Cut dry up to 1/2 the amount & substitute the same volume with a can

### Good Basic Feeding Tips

- Dogs should be fed at the same time every day. Feeding at the same time will keep your dog on a bathroom schedule. Ask your vet how many times a day you should feed your dog.
- Feed your dog the same type and brand of food every day. Unlike humans, a dog's digestive system cannot handle changes in food. It can cause upset stomach and diarrhea.

- When switching to a new food gradually transition him to a new food by mixing portions of both foods until you slowly phase the old food out. Your dog may experience diarrhea if his food is suddenly changed.
- If you are mixing water to dry food you should mix 4 parts dry food to 1 part water.
- Keep fresh Drinking water available at all times. Change the water at least once a day, more for dogs who drool.
- Keep food and water bowls clean.
- Don't over feed your dog.
- Monitor your dog's weight and activity level, and make feeding adjustments as necessary.

If your dog has loose stool feeding sweet potato's is a natural stool hardener. Unlike some medicines, giving too many will not make them constipated. They sell sweet potato chips for dogs in a lot of pet supply stores.

### **Interesting bits of info...**

Dogs have about 1,700 taste buds. Humans have about 9000 taste buds, and cats have about 470.

Dogs have water taste buds, something humans do not have.

Dogs do not crave salt the way humans do.

More info from our [Blog](#)

## **Puppy Health**

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