

**GLOBAL  
PET FOODS**

# NEW PUPPY GUIDE



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## Chapter 1: Preparing Your Home

Bringing a puppy home requires careful preparation to ensure a safe, welcoming, and comfortable environment. Puppies are naturally curious and love to explore their surroundings, often using their mouths to learn about new objects. Taking the time to puppy-proof your home and establish a proper setup will help prevent accidents and create a positive experience for both you and your new companion.

### Puppy-Proofing Your Home

Puppies have a knack for finding trouble, so it's crucial to safeguard your space:

- **Secure electrical cords:** Puppies love to chew on anything within reach, and exposed wires pose a serious risk of electrocution. Use cord protectors or hide cables behind furniture.
- **Remove toxic plants:** Many common houseplants, such as lilies, azaleas, and pothos, can be poisonous to dogs.
- **Keep harmful substances out of reach:** Store household cleaners, medications, and chemicals in locked cabinets or high shelves. Even common items like chocolate, grapes, or xylitol-containing gum can be toxic to dogs.
- **Secure trash cans:** Invest in a pet-proof trash can with a locking lid to prevent your puppy from scavenging and ingesting harmful objects.
- **Block small spaces:** Puppies can squeeze into tiny openings behind furniture or appliances. Use barriers to prevent access to potentially hazardous areas.
- **Be mindful of small objects:** Keep small items like coins, hair ties, toys, and socks out of reach to prevent choking.

### Creating a Comfortable Space:

Your puppy needs a dedicated area that provides comfort and security. Dogs want to be with their people, so putting their bed/crate too out of the way can result in them not seeing it as a comfortable space:

- **Choose a quiet, low-traffic area:** Avoid placing your puppy's bed in a noisy or high-activity part of the house. We suggest a cozy corner in the family room.
- **Crate setup:** If you're using a crate, ensure it's appropriately sized. It should be big enough for your puppy to stand up, turn around, and lie down comfortably but not too large that they use a corner as a bathroom.
- **Provide a cozy bed:** A soft, washable bed with proper support will help your puppy feel secure and comfortable.
- **Include familiar scents:** A blanket or toy from their previous home or littermates can ease the transition and reduce anxiety.
- **Use puppy pads (if needed):** In the initial weeks, you may want to place puppy pads in the designated area to help with house training.

## Setting Boundaries

Establishing household rules from day one will help your puppy understand expectations:

- **Use baby gates:** Restrict access to areas like staircases, bedrooms, and kitchens where your puppy may encounter hazards.
- **Define no-go zones:** Decide which furniture and rooms your puppy is allowed in and be consistent with enforcement.
- **Introduce gradual freedom:** Start with a smaller space and expand access as your puppy learns the house rules.
- **Use positive reinforcement:** Praise and reward your puppy for respecting boundaries rather than punishing them for mistakes.
- **Outdoor Boundries:** Teach your pet the property boundaries by walking them along the perimeter on a leash daily.

## Stocking Up on Essentials

Ensure you have all the necessary supplies before your puppy arrives:

- **Food and water bowls:** Stainless steel or ceramic bowls are durable and easy to clean. Consider raised bowls that grow with your puppy, especially for large breeds.
- **High-quality puppy food:** Consult your Global pet Experts Pet Care Expert for recommendations based on breed and age.
- **Chew toys:** Help satisfy your puppy's natural urge to chew while protecting your belongings.
- **A sturdy leash and collar:** For early training and safe outdoor adventures.
- **Grooming tools:** A brush, nail clippers, dog-friendly shampoo & conditioner, toothbrush & toothpaste and ear cleaner, will help keep your puppy clean and well-groomed.
- **Poop bags:** Essential for responsible pet ownership.
- **ID tag and microchip:** Safety precautions in case your puppy gets lost.

## Common Challenge: Chewing - Why Does It Happen?

Puppies use their mouths to explore and alleviate discomfort from teething. Chewing can become destructive if not properly managed.

### Solutions:

- **Provide appropriate chew toys:** Offer a variety of textures, such as rubber toys, rope toys, and frozen teething rings. **For safety**, you should take away any toys that are able to break into little pieces to avoid any choking hazards. Inedible chews and pizzles are some examples.
- **Use deterrent sprays:** Apply a pet-safe bitter spray on furniture and cords to discourage chewing.
- **Redirect behaviour:** If your puppy starts chewing on inappropriate objects, gently remove the item and replace it with an approved chew toy.
- **Supervise playtime:** Keep an eye on your puppy to prevent unwanted chewing when they're most active.
- **Encourage calm chewing habits:** Reward your puppy when they chew on appropriate items to reinforce positive behaviour.

## Chapter 2: Nutrition & Feeding Schedule

Providing your puppy with proper nutrition is one of the most important aspects of their development. A well-balanced diet supports healthy growth, strengthens the immune system, and ensures they have the energy to play, learn, and thrive.

### Choosing the Right Puppy Food

Not all dog foods are created equal. It's essential to select a high-quality puppy food that meets your dog's specific nutritional needs. We recommend you talk to your local **Global Pet Expert Pet Care Expert** in-store pet care expert to find the right solution for your pet.

- **Check the Ingredients:** Look for high-quality animal protein sources like chicken, lamb, or fish. Avoid foods with excessive fillers like corn and wheat.
- **Wet vs. Dry Food:**
  - **Dry food (kibble)** is convenient, cost-effective, and helps with dental health.
  - **Wet food (canned)** is palatable, hydrating, and ideal for puppies transitioning to solid food.
  - A combination of both can provide a balance of texture and nutrition.
- **Gently Cooked, Freeze Dried & Raw: When it comes to feeding your pup, it can be confusing.** Here's a quick guide to help you understand the fancy labels and what they actually mean for your growing furball:
  - **Gently Cooked:** Think of it like a homemade meal, but tailored for pups. Gently cooked food is prepared at low temperatures to lock in nutrients while still eliminating harmful bacteria. It's soft, tasty, and easy on puppy tummies—perfect for picky eaters or sensitive stomachs.
  - **Freeze Dried:** This is raw food that's been frozen and had all the moisture removed—like space food, but for dogs! Freeze-drying preserves nutrients and flavour, making it shelf-stable and super convenient. Just add water to rehydrate and serve.
  - **Raw:** The real primal diet—raw meat, bones, and organs, just like nature intended. Many believe raw feeding supports healthy skin, shiny coats, and strong teeth. But it requires careful handling and balance to ensure your pup gets all the nutrients they need.
- **Grain-Free vs. Grain-Inclusive:** Unless your puppy has a grain allergy, grain-inclusive diets can be beneficial and provide necessary fiber.

### Important Nutrition Notes:

Some dog foods, formulated for all life stages, are suitable for puppies. Brands like Acana, Pulsar, and Lifetime offer these options.

Raw food is not typically separated with specific puppy formulas but have different feeding guidelines to meet all their requirements.

For giant breeds talk to a **Global Pet Expert Pet Care Expert** about avoiding skeletal issues, such as Calcium Phosphorous ratio.

### Feeding Schedule by Age

The number of meals per day will change as your puppy grows. Establishing a regular feeding schedule helps with digestion and potty training.

### Common Challenge: Overfeeding vs. Underfeeding

- **Overfeeding Symptoms:** Rapid weight gain, loose stool, and bloating.
- **Underfeeding Symptoms:** Lethargy, slow growth, and visible ribs.
- **Solution:** Follow the recommended portion sizes on the dog food packaging and speak with a Global Pet Foods Pet Care Expert.

| Age Range  | Meals Per Day | Notes  |
|------------|---------------|--|
| 8-12 weeks | 3-4           | Small, frequent meals help digestion and energy levels.  |
| 3-6 Months | 3             | Transition to larger portions and fewer meals.   |
| 6 Months   | 2-3           | The majority of puppies are now following a regular feeding schedule, with a subset of those puppies ready to transition to twice-daily feeding. |

### Feeding Notes:

- Using automated feeders can help with keeping your puppy on a regular feeding schedule.

### Choosing the Right Puppy Food

It's important to feed the correct portion size for your puppy's breed and weight. Portion sizes vary based on metabolism, breed, and activity level. We recommend you speak to our **Global pet Experts Pet Care Expert** as well as reading the labeling on the packaging to know exact portion guidelines, monitor and adjust as needed.

### Common Challenge: - Picky Eaters

- **Why?** Puppies may be hesitant to try new foods or lose interest.
- **Solution:** Stick to a schedule, avoid too many treats, and mix in a small amount of wet food if necessary.
- **Other solutions that can be added to your pet's food are:** Bone broth, liver powder and tripe (raw canned or dehydrated). Try different textures to find their preference and only offer one topper at a time.

### Introducing Solid Food & Transitioning to an Adult Diet

When bringing home a puppy, it's best to continue feeding the same food they had with the breeder or shelter before gradually switching to a new brand (if necessary).

- Small Breeds (up to 25 lbs): transition around 9-12 months.
- Medium Breeds (25-50 lbs): transition around 2-15 months.
- Large Breeds (50+ lbs): transition around 15-18 months.
- Giant Breeds (Over 100lbs): transition around 18-24 months.

### How to Switch to a New Food (7-Day Plan):

1. Days 1-2: 75% old food, 25% new food.
2. Days 3-4: 50% old food, 50% new food.
3. Days 5-6: 25% old food, 75% new food.
4. Day 7: 100% new food.

### Common Challenge: Digestive Upset

- **Why?** A sudden diet change can lead to diarrhea and stomach discomfort.
- **Solution:** Switch slowly, keep water intake consistent, and consider adding pumpkin supplements to help ease digestion. Other solutions are bone broth, squash and tripe.

### Foods to Avoid

Certain foods can be toxic or harmful to dogs. Keep these off-limits:

- **Chocolate:** Contains theobromine, which is toxic to dogs.
- **Grapes & Raisins:** Can cause kidney failure.
- **Onions & Excessive amounts of Garlic:** Damage red blood cells and lead to anemia.
- **Xylitol (Artificial Sweetener):** Found in sugar-free gum, peanut butter, and some baked goods—highly toxic.
- **Bones & Fatty Foods:** Can cause choking or pancreatitis.
  - Cooked bones are more likely to splinter and cause obstructions or perforations in the esophagus and or stomach.
  - Raw bones can be given safely, Global Pet Foods offers a variety of brands and sizes that are safe and healthy for your pet.
- **Alcohol & Caffeine:** Extremely dangerous and can lead to poisoning.

## Hydration and Water Intake

Water is just as important as food. Always provide fresh, clean water.

- Puppies need about ½ cup of water per hour while awake.
- After eating, playing, or exercising, encourage extra water intake.
- Limit water before bedtime to aid in house training.

## Common Challenge: - Not Drinking Enough Water

- **Why?** Puppies may not recognize the need to drink regularly.
- **Solution:** Add water to their food, use a pet water fountain, or encourage drinking by offering ice cubes as treats. Other solutions to encourage drinking include offering ice cubes or high-water-content fruits and vegetables, such as watermelon and cucumbers, as treats.

## Treats & Snacks

Treats are an essential part of training but should not make up more than 10% of a puppy's daily calorie intake.

## Best Treats for Puppies:

- Small pieces of boiled chicken, freeze-dried liver or sweet potatoes.
- Store-bought low-calorie dog treats.
- Dental chews for oral health.

*Avoid treats with artificial colors, excessive sugar, or fillers.*

## Common Challenge: - Excessive Treating

- **Why?** Owners often overuse treats while training.
- **Solution:** Measure out treats daily and incorporate them into the feeding routine. Other solutions are using their food as treats to avoid excessive treating.

## Final Thoughts on Nutrition

A well-fed puppy is a happy, healthy, and energetic companion. By choosing high-quality food, sticking to a schedule, and maintaining proper hydration, you can ensure that your puppy grows strong and develops healthy eating habits.



## Chapter 3: House Training & Crate Training

House training and crate training are essential components of raising a well-behaved puppy. Establishing a consistent routine early on will prevent accidents, promote positive behaviours, and create a structured environment for your puppy.

### House Training

House training, or potty training, teaches your puppy where and when to relieve themselves. Patience, consistency, and positive reinforcement are key.

### Step-by-Step House Training Guide

#### 1. Establish a Potty Schedule

- Take your puppy outside first thing in the morning, after meals, naps, playtime, and before bed.
- Puppies under 12 weeks should be taken out every 2 hours.
- Gradually extend time between potty breaks as your puppy matures.
- Divide and conquer remove: assigning a family member to different times helps in sharing the responsibility of house training.

#### 2. Choose a Designated Bathroom Spot

- Select a consistent location in your yard or nearby outdoor area.
- The scent of previous eliminations will encourage your puppy to use the same spot.

#### 3. Use a Command for Potty Time

- Use simple phrases like “Go potty” or “Do your business” each time you take your puppy outside.
- Reward successful potty trips with treats and praise.

#### 4. Supervise & Confine

- Keep an eye on your puppy at all times. If you can't supervise, confine them to a crate or a small space.
- Watch for signs like sniffing, circling, or whining—these indicate they need to go out.

#### 5. Clean Accidents Properly

- If accidents happen, clean thoroughly with an enzymatic cleaner to eliminate odours.
- Avoid using ammonia-based cleaners, as they resemble the smell of urine and can encourage re-marking.

#### 6. Be Patient & Avoid Punishment

- Never scold or punish a puppy for an accident. Instead, redirect them to the appropriate potty spot.
- Praise and reward your puppy when they potty in the right place.

#### 7. Prolonged Absence

- If you must be away from home and leave your puppy alone for long periods of time (3-5 hours), we suggest hiring a dog walker or asking a neighbour to check in with your puppy to let them outside to help avoid accidents.

## Common Challenge: - Regression in House Training

- **Why?** Puppies may have setbacks during development.
- **Solution:** Reinforce training by increasing supervision and reintroducing frequent potty breaks.

## Crate Training

Crate training provides your puppy with a safe, den-like space and aids in house training, preventing destructive behaviours and promoting routine.

### Choosing the Right Crate

- Select a crate **large enough** for your puppy to stand, turn around, and lie down comfortably.
- Consider **adjustable crates** that grow with your puppy.
- Use a **well-ventilated, durable crate** for comfort and safety.
- There are many different types of crates to suite each dog and household (fabric, wire, plastic and wood). Each has its pros & cons to suite each preference. Talk to a **Global Pet Expert** to find the right crate for your dog.
- If your puppy is anxious, it may prefer a covered crate for privacy vs wire.++

### Step-by-Step Crate Training Guide

#### 1. Introduce the Crate Gradually

- Place the crate in a quiet, low-traffic area in a room where the family spends time together. If the crate placement is too secluded your puppy might feel isolated and interpret the crate as a punishment.
- Keep the crate door open and encourage exploration with treats and toys.
- Use positive reinforcement to create a positive association with the crate.

#### 2. Make the Crate Comfortable

- Add soft bedding, a favourite toy, and a piece of clothing with your scent.
- Ensure a calm, cozy environment to help your puppy feel secure.
- If your puppy is a chewer of fabric be mindful of including fabrics in the crate.

#### 3. Practice Short Sessions

- Begin with short intervals (5-10 minutes) and gradually extend crate time.
- Use a cue word like "Kennel", "Crate Time" or "On your bed".

#### 4. Establish a Crate Routine

- Use the crate for naps, bedtime, and alone time.
- Avoid crating for more than 3-4 hours at a time during the day (except overnight).

#### 5. Prevent Anxiety & Whining

- If your puppy whines, wait for a pause before letting them out.
- Do not use the crate as punishment.
- Provide comfort with chew toys or stuffed Kongs to keep them occupied.

## Common Challenge: Puppy Crying in the Crate

- **Why?** Puppies may feel lonely or unfamiliar with the crate.
- **Solution:** Gradually increase crate time, offer a comforting routine, and avoid letting them out while whining.
- Use Adaptil, radio, white noise to make them feel like they are not alone.
- Snuggle puppy or similar product to mimic heartbeat
- Create positive associations by providing their treats in the crate, food stuffed toys, puzzle feeders/toys, feed their meals in their crate

| House Training                        | Crate Training                        |
|---------------------------------------|---------------------------------------|
| Encourages outdoor potty habits       | Provides a safe, enclosed space       |
| Requires a consistent schedule        | Helps prevent accidents indoors       |
| Relies on supervision and confinement | Reduces anxiety and promotes calmness |
| Uses positive reinforcement           | Aids in travel and home routines      |

## Chapter 4: Basic Obedience Training

Training is an essential part of raising a well-behaved, happy, and confident puppy. Proper obedience training fosters good habits, strengthens the bond between you and your dog, and ensures your puppy grows into a respectful and sociable companion.

### The Importance of Early Training

Puppies are most receptive to learning between 8 to 16 weeks of age, making this the ideal time to begin obedience training. Early training sets a foundation for a well-mannered adult dog and prevents undesirable behaviours from developing.

### Benefits of Early Obedience Training:

- Prevents problem behaviours such as excessive barking, jumping, and biting.
- Establishes clear communication between you and your puppy.
- Helps build confidence and reduces anxiety.
- Strengthens the bond between you and your dog.

## Training Principles for Success

Before diving into commands, it's important to follow some fundamental training principles:

- **Consistency is Key:** Use the same commands and reward system to avoid confusing your puppy.
- **Use Positive Reinforcement:** Reward good behaviour with praise, treats, and play. It's important to mention that praising your dog is very powerful and reduces the dependence of treats during training.
- **Keep Sessions Short & Engaging:** Puppies have short attention spans; training should last 5-10 minutes per session multiple times a day.
- **Be Patient:** Every puppy learns at their own pace. Repetition and encouragement are essential.
- **Start in a Quiet, Distraction-Free Area:** Gradually increase distractions as your puppy masters commands.
- **Consider Clicker Training:** These devices can be quite effective when training dogs.

## Basic Commands & Step-by-Step Training Guide

Each command should be introduced in a **quiet, distraction-free environment** and reinforced with **rewards and praise**.

### 1. Sit

**Why it's important:** Teaches impulse control and is a great foundation for other commands.

#### How to Teach:

- Hold a treat close to your puppy's nose.
- Slowly move your hand upward so their head follows, causing their bottom to lower.
- Once seated, say "Sit" and immediately give the treat.
- Repeat several times and phase out the treat once they understand the command.

#### Common Challenge:

- **Puppy keeps jumping instead of sitting.**
- **Solution:** Hold the treat closer to their nose and avoid raising your hand too high.

## 2. Stay

**Why it's important:** Encourages patience and self-control, preventing unwanted running or wandering.

### How to Teach:

1. Have your puppy sit.
2. Open your palm in front of them and say "Stay".
3. Take a small step back; if they stay, reward them with a treat.
4. Gradually increase the distance and duration.

### Common Challenge:

- **Puppy keeps breaking the stay.**
- **Solution:** Start with very short durations (a few seconds) and gradually build up.

## 3. Come

**Why it's important:** Ensures your puppy returns to you in any situation, crucial for safety.

### How to Teach:

1. Attach a leash and crouch down to your puppy's level.
2. Enthusiastically say "Come" while gently pulling the leash.
3. Reward them as soon as they reach you.
4. Practice in different environments with increasing distractions.

### Common Challenge:

- **Puppy ignores the command outdoors.**
- **Solution:** Use high-value treats and a long leash to guide them back.

## 4. Leave It

**Why it's important:** Prevents your puppy from eating harmful objects or engaging in destructive behaviours.

### How to Teach:

1. Hold a treat in both hands.
2. Show a lower value treat to your puppy and say "Leave it".
3. If they ignore the treat, reward them with the a higher value treat from your other hand.
4. Repeat until they consistently obey the command.
5. You can progress this training by lining up multiple treats to ignore, changing placement of treat from floor to table.

### Common Challenge:

- **Puppy keeps lunging for the treat.**
- **Solution:** Start with a less desirable item and gradually work up to high-value treats. Starting with a toy instead of a treat on the ground to ignore, might be helpful and use a higher value treat as a reward.

## 5. Down (Lie Down)

**Why it's important:** Helps calm an excited puppy and promotes relaxation.

### How to Teach:

1. Start with your puppy in a sitting position.
2. Hold a treat in front of their nose, then lower it to the floor.
3. As they follow the treat, say "Down".
4. Reward when they fully lie down.

### Common Challenge:

- **Puppy refuses to lie down.**
- **Solution:** Use a larger movement with the treat, ensuring they follow it all the way down.

### Final Tips for Obedience Success

- **Practice Every Day:** Short, fun training sessions lead to long-term success.
- **Be Enthusiastic:** Your puppy will mirror your energy and excitement.
- **End on a Positive Note:** Always finish training on a success, even if it's small.
- **Avoid Harsh Punishments:** Use redirection and positive reinforcement instead of scolding.

## Chapter 5: Veterinary Care

Regular veterinary care is one of the most important aspects of responsible pet ownership. Ensuring your puppy receives proper medical attention, vaccinations, and preventive treatments will help them lead a long, healthy, and happy life.

### First Vet Visit: What to Expect

Your puppy should visit the veterinarian within the first week of adoption. The initial check-up allows your vet to assess your puppy's health and discuss necessary preventive measures.

## What Happens During the First Vet Visit?

- **Full physical exam:** The vet will check your puppy's weight, heart, lungs, ears, eyes, skin, and coat for any abnormalities.
- **Fecal test for parasites:** A stool sample may be taken to check for worms or other intestinal parasites.
- **Vaccination schedule discussion:** For a vaccination schedule tailored to your pet's needs, consult with your veterinarian.
- **Deworming treatment:** Many puppies are born with worms and require deworming medications.
- **Flea, tick, and heartworm prevention:** Your vet will recommend a plan for parasite control.
- **Microchipping discussion:** This is an excellent time to talk about microchipping your puppy for identification.

## Questions to Ask Your Vet

- What are signs of illness I should watch for?
- When should I schedule the next visit?

## Common Challenge:

- **Puppy fears the vet.**
- **Solution:** Take your puppy on fun "vet social visits" where they get treats and attention without a medical procedure. You may also seek out "Fear Free" Vet Clinics.
- Ensure you and vet clinic staff have lots of patience during exam, offering lots of praise and treats, using calm soothing voices and not making abrupt movements.
- Rushing through and forcing them into uncomfortable situations early on can worsen their fear for future visits.

## Parasite Prevention: Fleas, Ticks & Worms

Puppies are susceptible to external and internal parasites. Preventative care is crucial.

## Types of Parasites & How to Prevent Them

1. **Fleas:** Cause itching, allergies, and can transmit tapeworms.
  - **Prevention:** Monthly topical treatments or oral flea prevention.
2. **Ticks:** Can spread Lyme disease and other illnesses.
  - **Prevention:** Tick prevention medication and regular tick checks. If you live near tick infested areas, consider using deterring devices like “Tickless” or “Pet Safe Deterrent Sprays”. You can speak to your local Global Pet Foods Pet Expert about preventative products carried in-store.
3. **Heartworms:** Transmitted through mosquito bites, heartworms can be fatal if untreated.
  - **Prevention:** Monthly heartworm medication prescribed by a vet.
4. **Intestinal Worms (Roundworms, Hookworms, Tapeworms):**  
Common in puppies and can be transmitted through contact with infected feces. Regular fecal testing and scheduled deworming/deworming as needed will allow your dog to live a healthier life.
  - **Prevention:** Regular deworming at vet-recommended intervals.

### Common Challenge:

- **Puppy refuses oral medication.**
- **Solution:** Hide medication in peanut butter, cheese, or pill pockets.

## Spaying & Neutering: When & Why?

Spaying (for females) and neutering (for males) is a responsible choice for pet owners. It helps prevent overpopulation and reduces health risks. Spaying and neutering are generally safe, but like any surgery, they come with some risks.

Short-term concerns include reactions to anesthesia, infection, or bleeding. In the long term, early spaying or neutering—especially before full physical maturity—can increase the risk of joint issues, certain cancers, urinary incontinence (mostly in females), and possible behavioural changes like increased anxiety. While these risks are relatively rare, timing and proper aftercare are key to minimizing them. Talk to your Vet to find the best solution for your pet.

### Benefits of Spaying/Neutering

- **Prevents unwanted litters** and contributes to controlling pet homelessness.
- **Reduces risk of reproductive cancers & Infections** (uterine-Pyometra, ovarian, and testicular cancer).
- **May Decreases aggressive behaviours** in males.
- **Eliminates heat cycles** in females, eliminating the need for diapers and/or constant clean up from heat cycle.



## Best Age for the Procedure

Most vets recommend spaying or neutering as early as 6-9 months of age, though larger breeds may benefit from waiting longer. Some owners prefer to wait until their pet reaches full maturity to avoid developmental and/or structural issues.

### Common Challenge:

- **Recovery.**
- **Solution:** Keep your puppy calm, provide pain relief as prescribed, and use an e-collar or surgical suit to prevent licking the incision site.
- Don't skip the follow-up appointment to ensure surgical site is healing as expected.
- Only walk on leash to prevent running and jumping while recovering.

## Dental Health: Keeping Your Puppy's Teeth Clean

Oral hygiene is an often-overlooked aspect of pet care. Puppies need regular dental care to prevent gum disease and plaque buildup.

### How to Maintain Good Dental Health

- **Brush their teeth 3-4 times a week** with dog-friendly toothpaste.
- **Provide dental chews** or toys designed to reduce plaque.
- **Schedule annual dental cleanings** with your vet.

### Common Challenge:

- **Puppy resists tooth brushing.**
- **Solution:** Start very slow, introduce just the flavoured toothpaste on finger. Then introduce finger brush and work up to canine toothbrush. Start with short sessions and gradually increasing the duration.
- Always reward with lots of praise afterwards.

## Signs of Illness: When to Call the Vet

Knowing when to seek veterinary care can save your puppy's life. Look out for these warning signs

- **Loss of appetite for more than 24 hours**
- **Lethargy or extreme fatigue**
- **Vomiting or diarrhea lasting more than 12 hours**
- **Difficulty breathing or persistent coughing**
- **Swollen abdomen, limping, or unusual swelling**

If any of these symptoms appear, consult your vet immediately.

## Final Thoughts on Veterinary Care

Regular vet visits, preventive care, and vaccinations are crucial for your puppy's lifelong health. By staying proactive, you can ensure a **healthy, happy companion** for years to come.

## Chapter 6: Socialization & Exposure

Socialization is one of the most critical aspects of raising a well-rounded, confident, and friendly dog. Proper socialization during the early months of a puppy's life helps prevent fear, anxiety, and aggression as they grow older. Exposing your puppy to various experiences, people, animals, and environments will help shape their behaviour and reactions for life.

### Why Socialization is Important

- Reduces fear and anxiety in unfamiliar situations.
- Encourages friendly and confident behaviour.
- Prevents aggression towards other dogs and people.
- Helps your puppy adapt to new environments, noises, and experiences.
- Makes visits to the vet, groomer, and public spaces less stressful.

### The Critical Socialization Period

The most important socialization window occurs between 3 to 16 weeks of age. During this period, puppies are naturally more accepting of new experiences. Proper exposure at this stage helps them grow into calm, well-adjusted adults.

If a puppy isn't properly socialized during this time, they may develop fearful or aggressive behaviours later in life. However, even if your puppy is older, it is never too late to work on socialization—it just takes more time and patience.

## How to Properly Socialize Your Puppy

Socialization should be done in a gradual, positive, and safe manner. Here are the key steps to effectively socialize your puppy:

### 1. Introduce Your Puppy to Different People

Your puppy should meet a wide variety of people, including:

- Adults, children, and seniors
- People wearing hats, glasses, and masks
- People using wheelchairs, canes, or crutches
- People of different ethnicities and voices

#### How to do it:

- Encourage gentle petting and interaction.
- Reward your puppy with treats & praise for calm and positive behaviour.
- Allow your puppy to approach new people at their own pace.
- Avoid forcing interactions, as this can cause fear.

### 2. Expose Your Puppy to Other Dogs & Animals

Interacting with other dogs and pets teaches your puppy appropriate play behaviour and canine communication.

#### How to do it:

- Start with One-on-One playdates.
- Join a puppy socialization class or small dog park group.
- Go for leashed walks in dog-friendly areas.
- Watch body language and reward good behaviour.

#### Common Challenge:

- **Puppy is shy or afraid of other dogs.**
- **Solution:** Start with calm, friendly dogs and use positive reinforcement to encourage confidence.

### 3. Introduce Your Puppy to Various Environments and Sound

Puppies should experience different places and sounds to prevent future fearfulness.

#### Exposure Ideas:

- Car rides
- Busy streets
- Shopping centers
- Outdoor cafes
- Parks and beaches
- Elevators and stairs

#### Common Sounds to Introduce:

- Doorbells and knocking
- Vacuum cleaners
- Thunderstorms
- Fireworks
- Sirens and alarms

#### How to do it:

- Start slow and keep sessions short and positive.
- Reward calm behaviour with treats and praise.
- Gradually increase exposure while monitoring their comfort level. Using recorded sounds at a low volume.

#### Common Challenge:

- **Puppy is scared of loud noises.**
- **Solution:** Play recordings of noises at low volume and gradually increase over time while offering treats. Alternatively, a “Thunder Shirt” or “Snuggle Puppy” products can help.
- Providing a calm safe space like their crate or dog bed to escape to helps.

### 4. Handling & Grooming Socialization

Your puppy should be comfortable with being touched and handled, which will make grooming and vet visits much easier.

#### How to do it:

- Gently touch your puppy's ears, paws, and mouth daily.
- Reward them for staying calm during handling.
- Gradually introduce them to brushing, nail trims, and baths.
- Visit the vet or groomer just for a positive experience, even without an appointment.

#### Common Challenge:

- **Puppy resists nail trims.**
- **Solution:** Start by simply touching their paws, rewarding calm behaviour, and gradually introducing nail clippers over time. Products like “Lick Mats” have been known to be helpful.
- Choose a time when your dog is more tired and not full of energy.

## 5. Puppy Classes & Training Groups

Puppy socialization classes offer a controlled environment where your puppy can interact with other dogs and learn good behaviours.

### Benefits of Puppy Classes:

- Safe, structured environment for socialization.
- Professional trainers help guide interactions.
- Teaches impulse control and basic manners.

### Finding the Right Class:

- Look for **positive reinforcement-based** classes.
- Ensure all puppies attending are **vaccinated** and well-socialized.
- Avoid trainers who use **harsh or punishment-based techniques**.

### What to Avoid During Socialization

- **Overwhelming situations:** If your puppy seems scared or anxious, take a step back.
- **Negative experiences:** Avoid forcing interactions that may traumatize your puppy.
- **Ignoring warning signs:** If your puppy shows excessive fear, aggression, or stress, slow down the process and consult a trainer if needed.

### Final Thoughts on Socialization

Proper socialization is **key to raising a confident and well-mannered dog**. Take the time to introduce your puppy to new experiences in a **gradual, positive, and rewarding way**.

## Chapter 7: Exercise & Mental Stimulation

Proper exercise and mental stimulation are vital for your puppy's development and well-being. Puppies are naturally energetic and curious, and providing them with the right outlets for physical activity and mental engagement helps prevent behavioural issues, promotes good health, and strengthens the bond between you and your furry companion.

### Why Exercise is Important

- Helps maintain a healthy weight and prevents obesity.
- Strengthens muscles, joints, and cardiovascular health.
- Reduces anxiety, hyperactivity, and destructive behaviours.
- Promotes better sleep and a calmer demeanor indoors.
- Supports socialization by exposing your puppy to new environments and situations.

### Exercise Requirements by Age & Breed

Puppies need different levels of exercise based on their breed, size, and age. Over-exercising or under-exercising a puppy can lead to developmental issues or behavioural problems.

Puppies growing bones and ligaments need to mature and develop correctly and the soft plates on bones need time to harden. Jogging with puppies under a year is not recommended and the same with intense agility. Starting small with low impact is recommended.

| Age         | Recommended Exercise  |
|-------------|---|
| 8-12 weeks  | 5-10 minutes of gentle play 3-4 times a day, no forced exercise.            |
| 3-6 months  | 15-30 minutes of light play and short walks, plus interactive games.        |
| 6-12 months | 30-60 minutes of structured walks, supervised play, and training exercises. |
| 12+ months  | 1-2 hours of a mix of walking, running, playing, and training.              |

**Note:** Giant breeds (Great Danes, Mastiffs) require controlled exercise to prevent joint problems, while high-energy breeds (Border Collies, Huskies) need more intensive activity.

## Running with you pet:

When can you start running with your pup?

| Age          | Recommended Exercise |
|--------------|----------------------|
| 6-8 Months   | Small Breeds         |
| 12 Months    | Medium Breeds        |
| 12-18 Months | Large Breeds         |
| 18-24 Months | Giant Breeds         |

- Too much vigorous activity before this age may lead to musculoskeletal malformations.
- Running free in a controlled space is okay for puppies, as they are controlling their own pace and will stop when they need it.
- Wait an hour at least after eating a meal before exercise.

**Important Note:** All breeds require controlled exercise to avoid injury. High energy breeds are just as likely to hurt themselves by over doing it.

## Types of Physical Exercise

Providing variety in your puppy's exercise routine ensures they stay engaged and fulfilled. Here are different types of physical activities to incorporate into your puppy's routine:

### 1. Walks & Leash Training

- Introduce your puppy to leash walking as early as possible.
- Keep walks short initially and gradually increase duration.
- Use a no-pull harness to teach proper walking behaviour.
- Allow sniffing and exploration to engage their senses.

**Safety Note:** Avoid letting you pup sniff other feces, urine, garbage, and stagnant puddles.

### 2. Playtime & Fetch

- Short games of **fetch, tug-of-war, and chase** help burn energy.
- Use soft or rubber balls for gentle play (avoid overly hard toys for puppies).
- Encourage proper retrieval to reinforce positive behaviours.
- Choose the right size ball to avoid jaw injury or choking risks.

Check out "Chuckit" dog products available at **Global Pet Foods Stores**.

### 3. Interactive Obstacle Courses

- Set up tunnels, cones, and small jumps to encourage agility.
- Helps build confidence and coordination while keeping your puppy engaged.
- Ideal for high-energy breeds like Australian Shepherds and Jack Russell Terriers

### 4. Supervised Off-Leash Play

- Find a secure, enclosed area to allow free play without a leash.
- Playdates with other vaccinated, well-socialized dogs are great for social skills.
- Always supervise play and ensure positive interactions

#### Common Challenge:

- **Puppy pulls on the leash during walks.**
- **Solution:** Stop walking when they pull and only proceed when they relax.

### Mental Stimulation: Engaging Your Puppy's Mind

Physical exercise is essential, but mental stimulation is just as crucial. Puppies are naturally curious and thrive on activities that challenge their problem-solving skills.

By understanding your puppy's exercise and mental stimulation needs, you're helping them grow into a well-adjusted, happy companion.

### Ways to Mentally Stimulate Your Puppy

#### 1. Puzzle Toys & Food Dispensing Games

- Toys like KONGs, treat-dispensing balls, and snuffle mats encourage problem-solving.
- Keeps puppies entertained and slows down eating for better digestion.

#### 2. Training & Trick Learning

- Teaching new commands engages your puppy's mind.
- Simple tricks like "shake paw" or "roll over" help with focus and discipline.
- Use positive reinforcement (treats, praise) to make training fun.

#### 3. Scent Games & Hide-and-Seek

- Hide small treats around the house and encourage your puppy to find them.
- Engages their natural hunting instincts and sharpens their sense of smell.



#### 4. Rotate Toys & Activities

- Puppies get bored with the same toys—rotate their selection to keep things interesting.
- Introduce new textures, shapes, and sounds in their playthings.

##### Common Challenge:

- **Puppy gets bored and chews furniture.**
- **Solution:** Increase mental stimulation activities and provide chew-safe toys.

#### Balancing Exercise and Rest

Puppies need a **balance between activity and rest**. Over-exercising a puppy can lead to exhaustion or joint strain, while too little exercise can result in hyperactivity and destructive behaviour.

##### Signs of Too Much Exercise:

- Heavy panting and extreme tiredness.
- Limping or reluctance to move.
- Excessive thirst or overheating.

##### Signs of Too Little Exercise:

- Hyperactivity and restlessness indoors.
- Frequent destructive chewing.
- Excessive barking or whining.

Puppies typically need 18-20 hours of sleep per day, so ensure they get enough rest between play and training sessions.

## Chapter 8: Grooming & Hygiene

Regular grooming and hygiene are essential for your puppy's overall health and well-being. Grooming not only keeps your puppy looking and smelling good but also prevents infections, parasites, and other health issues. Proper grooming routines also strengthen the bond between you and your puppy and help them get comfortable with handling and care.

### 1. Brushing & Coat Maintenance

A puppy's coat needs regular brushing to prevent matting, remove loose fur, and distribute natural oils that keep the skin healthy.

#### Brushing Frequency by Coat Type:

| Coat Type                          | Brushing Frequency | Additional Notes                             |
|------------------------------------|--------------------|--|
| Smooth Coat (Boxer, Beagles)       | 1-2 times per week | Use a rubber brush or soft bristle brush.    |
| Double Coat (Golden, Husky)        | 2-3 times per week | Use a slicker brush to remove loose hair.    |
| Wire Coat (Terrier, Schnauzer)     | 2-3 times per week | Slicker Brush and Metal comb.                |
| Curly-Coat (Doodles, Bichon Frise) | Daily              | Slicker brush and Metal comb for detangling. |
| Long Coat (Shih Tzu, Afghan)       | Daily              | Pin Brush, metal comb and detangling spray   |

For Hairless dogs there is no brushing needs, however skincare is highly recommended. Talk to a **Global Pet Expert Pet Care Experts** to learn about all grooming products for your breed.

#### Common Challenge:

- **Puppy resists brushing.**
- **Solution:** Start slow, use treats, and introduce short, positive brushing sessions. Ensure it is done at a quiet time/relaxing time vs trying to brush them while they want to play.

## 2. Bathing

Bathing removes dirt, allergens, and odours, but over-bathing can strip your puppy's coat of natural oils. Bathing frequency depends on breed, lifestyle, and coat type.

### General Bathing Guidelines:

- Smooth Coat: Every 4-6 weeks.
- Double Coat: Every 3-4 weeks.
- Puppies with skin conditions: As directed by your vet.

### How to Properly Bathe Your Puppy:

1. Use lukewarm water (not too hot or cold).
2. Apply puppy-safe shampoo & conditioner, avoiding eyes and ears.
3. Massage gently and rinse thoroughly.
4. Dry with a towel or low-heat blow dryer.
5. Reward your puppy for staying calm!

### Common Challenge:

- **Puppy is afraid of water.**
- **Solution:** Use positive reinforcement, start with a damp cloth and bucket of water before a full bath or shower head. Make sure to use a non-slip mat in the tub to avoid injuries.

## 3. Nail Trimming

- Every 3-4 weeks.
- If you hear clicking sounds on the floor, it's time for a trim!

### Steps for Safe Nail Trimming:

1. Use dog nail clippers or a grinder.
2. Hold the paw firmly but gently.
3. Clip small amounts at a time to avoid cutting the quick (the pink part with blood vessels).
4. Reward your puppy with treats and praise.

### Common Challenge:

- **Puppy resists nail trims.**
- **Solution:** Handle paws daily, introduce the clipper gradually, and use dog friendly peanut butter on a lick mat to distract them.
- In the event of cutting the nails to short, apply "Styptic" to stop the bleeding and prevent infections.

## 4. Ear Cleaning

Ear infections are common in floppy-eared breeds (Cocker Spaniels, Basset Hounds) due to reduced airflow. Keeping ears clean prevents infections and wax buildup.

### How to Clean Your Puppy's Ears:

1. Use a pet specific ear cleaner and a cotton pad (never use swabs).
2. Gently lift the ear flap and apply the cleaner.
3. Massage the base of the ear to loosen debris.
4. Wipe out dirt with a cotton pad or pet specific ear cleaning wipes.
5. Reward your puppy!

### Signs of Ear Problems:

- Redness, swelling, or bad odour.
- Frequent scratching or head shaking.
- Brown or yellow discharge.

### Common Challenge:

- **Puppy hates ear cleaning.**
- **Solution:** Get them used to ears being examined and gradually work up to cleaning. Reward with lots of treats, use a calm voice, and make it a quick process.

## 5. Dental Hygiene

Dental health is often overlooked but crucial for preventing plaque buildup, gum disease, and bad breath.

## 6. Managing Shedding & Allergies

All dogs shed, but the amount varies by breed. Managing shedding helps reduce symptoms for pet dander/hair allergies for owners, as well it helps keeps your home clean and your puppy comfortable.

### How to Reduce Shedding:

- Brush regularly to remove loose fur with proper tools for each coat type.
- Use an anti-shedding shampoo & conditioner if necessary.
- Provide a balanced diet with Omega-3s for healthy skin and coat.

### Common Allergies & Symptoms:

- **Food allergies:** Itchy skin, ear infections, digestive issues.
- **Environmental allergies:** Sneezing, watery eyes, paw licking.
- **Solution:** Identify triggers, adjust diet, and consult your vet if symptoms get worse.

## Final Thoughts on Grooming & Hygiene

A consistent grooming routine keeps your puppy healthy and comfortable while also helping them get accustomed to being handled. Grooming should be a positive experience, reinforcing good behaviour with patience and rewards.

By implementing proper grooming and hygiene habits, you're ensuring a happy, well-groomed, and confident companion.

## Chapter 9: Patience & Time Commitment

Raising a puppy requires **dedication, patience, and a long-term commitment**. Puppies are demanding, and the first year of their life will be filled with challenges, learning experiences, and rewarding moments. Understanding the **time and effort** required will help set realistic expectations and ensure that both you and your puppy thrive.

### 1. Understanding the Time Commitment

The amount of time required to raise a puppy successfully depends on their **age, breed, and temperament**. The first few months are the most demanding as puppies require constant supervision, training, and socialization.

| Activity                               | Time Commitment                       |
|--|---------------------------------------|
| Feeding & Meal Prep                    | 15-30 minutes                         |
| Potty Training & Walks                 | 1-2 hours (spread throughout the day) |
| Training Sessions                      | 30-60 minutes (short sessions)        |
| Playtime & Exercise                    | 1-2 hours (varies by breed)           |
| Socialization & Exposure               | 30-60 minutes                         |
| Grooming & Maintenance                 | 15-30 minutes (varies by coat type)   |
| Supervision & Bonding                  | Several hours daily                   |
| Nighttime Potty Breaks (young puppies) | 1-2 times per night                   |

### Daily Time Investment for a Puppy:

Adds up to several hours per day, making it crucial to plan your schedule accordingly.

### Common Challenge:

- **Feeling overwhelmed with time demands.**
- **Solution:** Create a structured daily routine, delegate tasks within the household, and set realistic expectations for puppy training.

## 2. Adjusting Your Lifestyle

Bringing a puppy into your life means adjusting your schedule to accommodate their needs. Puppies require consistency, and your lifestyle will likely change to meet their demands.

### Key Lifestyle Adjustments:

- **Waking up earlier** for potty breaks and feeding.
- **Being home more often** or arranging for a pet sitter if you work long hours.
- **Limiting spontaneous travel** (boarding a young puppy can be stressful).
- **Adjusting social activities** to ensure your puppy is not left alone for too long.
- **Investing in training and enrichment** to prevent behavioural problems.

### Common Challenge:

- **Balancing work and puppy care.**
- **Solution:** Hire a dog walker, use crate training effectively, and schedule breaks to check in on your puppy.

## 3. Patience is Required for Training

Training is an ongoing process that requires **consistency, repetition, and positive reinforcement**. No puppy learns overnight, and setbacks are normal.

### Realistic Training Expectations:

- **House training takes 3-6 months** (with occasional accidents after).
- **Basic obedience commands take several weeks** to months to master.
- **Leash training and recall** require continuous reinforcement.
- **Chewing and teething** last up to 6-8 months.
- **Separation anxiety** may develop if not addressed early.

### How to Stay Patient During Training:

- Celebrate **small victories** (e.g., fewer accidents, mastering "sit").
- Use **positive reinforcement** instead of punishment.
- Take **breaks when frustrated** to avoid projecting negativity.
- Set realistic goals and remember that **every puppy learns at their own pace**.

### Common Challenge:

- **Puppy doesn't seem to listen or follow commands.**
- **Solution:** Increase motivation with higher-value rewards, train in distraction-free environments, and reinforce commands multiple times per day.

#### 4. Financial Commitment

Raising a puppy is a **financial responsibility** that goes beyond the initial adoption or purchase cost. Consider pet insurance or setting up an emergency fund for unexpected medical bills and emergencies.

#### 5. Emotional Commitment & Bonding

Puppies **thrive on companionship** and form strong emotional bonds with their owners. Investing time in bonding will result in a **well-adjusted, loyal dog**.

##### Ways to Strengthen Your Bond:

- Spend quality time **training, playing, and cuddling**.
- Be patient during tough moments like **house training setbacks or chewing**.
- Learn to read your puppy's **body language and emotions**.
- Establish **trust and consistency** in routines and boundaries.

##### Common Challenge:

- **Feeling frustrated during difficult phases** (e.g., teething, adolescent rebellion).
- **Solution:** Remind yourself that these phases are temporary, and persistence will pay off.

Alternatively, you can always reach out to your local pet community and local **Global Pet Foods Store** for a shared experience and further tips and advice. You are not alone and **Global Pet Foods Pet Care Expert** is here to help you at every stage of your pet's life.

#### Final Thoughts

Raising a puppy is a journey filled with **challenges, joy, and life lessons**. **Being patient, consistent, and committed** will help you raise a well-mannered and happy companion.

By preparing for the **time, financial, and emotional commitment**, you're setting your puppy—and yourself—up for a **rewarding lifelong relationship**.

We hope this guide helps you navigate your journey with confidence! **Global Pet Foods** is here to support you with **premium nutrition, expert advice, and pet essentials** to give your puppy the best start in life.

Visit **Global Pet Foods** for all your puppy needs!



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