



Windmill Veterinary Centre

This folder includes information on Pet Care, Nutrition, Training, Puppy Pre School classes, the Practice Health Plan and more, to try and provide help and useful information, as you get to know your new puppy.

We look forward to seeing you and your puppy.

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“Welcome to our Practice”

At Windmill Veterinary Centre it is our aim to provide the best, safest and most ethical services to our clients and their pets. One of these services is to offer owners information on what they can do to help keep their pet healthy throughout its life.

To this end, we have compiled a series of booklets covering the physical & mental needs and changes of dogs throughout their life stages, i.e. as a puppy, as the animal approaches maturity and in what may be considered its later years.

We hope you will find this booklet helpful. If you would like further information on any of the topics covered or on a matter that has not been included, please do not hesitate to ask. We can provide “handouts” on a very wide range of health and behavioural issues to meet the individual requirements of our clients and their pets.

Pet Health Plan

At Windmill Veterinary Centre we want to make preventative health care easy and affordable, to help you give your pets the best care possible.

We offer a very cost-effective pet healthcare plan for your puppy. This is not pet insurance but covers the annual health care for your pets.

This includes:

- Annual booster vaccination
- Annual flea, tick and worm treatment with home delivery.
- Six-month Vet health check
- Unlimited nail clips with our nurses.
- 2 urine screens.
- 10% discount off additional vaccinations and parasite products, consultations, routine neutering, dentals, in-house bloods, long term medications, food and shop items.
- No admin fees for insurance claims.

Please speak to our Reception team for more information.

A message from the Practice Team

Veterinary Medicine has, in recent years, become increasingly sophisticated. We are able to diagnose and treat many conditions that a few years ago would have remained undetected with often fatal consequences, especially for older pets. The downside of these advances is cost, with some cases, especially where a referral for 'consultant' treatment is made, running into several thousands!

One of the most distressing situations we find ourselves in is where a pet's problem is curable but (understandably in some cases) the cost is too high for the owner and the animal has to be put to sleep. A less serious situation is when the owner has to opt for the less than best treatment available for the pet, owing to money constraints.

That's where pet insurance comes in as veterinary fee cover can help you to avoid such situations, but when choosing an insurance company, there are a few things you should look out for: -

- ❖ Be careful to check that the amount of veterinary fee cover is adequate; over time a single illness can cost many hundreds or thousands of pounds.
- ❖ Check that there is no limit on how long you can claim for each illness; chronic conditions can go on for life, not just 12 or 24 months.
- ❖ Check that your pet will still be covered in later years when he or she needs it most and the premium in those years will still represent good value.

What won't be covered: Like your household and car insurance, pet insurance also has a small excess, which you will have to pay on each claim. Vaccinations and routine treatment such as neutering and worming are also excluded.

Pensioner and multi-pet discounts: Some insurers offer special discounts, pensioners and pet owners with several pets can make big savings.

Like the British Small Animal Veterinary Association this practice endorses the concept of pet insurance and an introduction to Petplan Insurance can be made following a health check with our veterinary surgeon, should 4 weeks free insurance be required anytime until your puppy is 18 months old. Our only interest is to ensure that we never have to compromise the quality of veterinary care based on cost.

CARING FOR YOUR NEW PUPPY

Now you have your new puppy! You may have questions or concerns, now or in the future. We are here to help you! *Do not feel that you can only come in when your dog needs to see a Vet!* Our nursing team and senior receptionists have considerable experience in animal health care and behaviour, diet, training, *etc.* so please do not hesitate to ask them! Naturally if they feel a Vet should be consulted, they will say so. Make visiting the surgery a social occasion for your dog - pop in while you are passing to have him weighed, handled (and cuddled!) - this will greatly reduce anxiety that some dogs develop about being examined by a Vet.

By checking your puppy regularly in the following ways you will quickly be aware of any problems, and equally as important, get your pup used to being handled (try to get other people to do this as well so that being examined by a stranger does not bother him).

Feel your puppy



Get to know what your pup feels like, by running your hands gently all over him, and continue to do this throughout your dog's life; you will then notice any lumps or bumps that may appear. It is best to see a Vet to check on any lump, although many will cause no concern. Handle the feet a lot, as many dogs are sensitive about having their feet touched, and there is a good chance that they will get a thorn or something similar in a pad before long that you will then easily be able to remove.

Get your puppy used to daily grooming. At first you may need to keep it very short, as the puppy is likely to get excited, bite the brush and generally be silly! Try distracting him with a treat in one hand whilst brushing, or perhaps another member of the family can do that. Grooming and handling are essential for any dog, even short-coated ones.

Eyes

Eyes need wiping sometimes, if they get a bit mucky in the corners, then you can use very weak salty water to do this. If they are runny or red for more than a day or so the dog should see a Vet.

Weak saline (salt and water) solution is a good First Aid treatment for cuts and scratches, sore pads, etc. The usual dilution is 1 teaspoon salt dissolved in a pint of water. Do not use antiseptics such as TCP, which are too strong.

Smell your dog's ears!

Smelling inside your dog's ears can often tell you if they have an infection or not! A healthy ear is pale pink inside and has a sweetish smell, not a "yuck"! Ears can be gently wiped out with cotton wool to remove dirt, but a blackish "gunge" may signify the presence of ear mites for which treatment would be needed. Also for breeds of dogs with hairy ears such as Poodles and Tibetan terriers it may be necessary to pluck the hair from just around and inside the entrance with your finger and thumb - just a little at a time, it comes out very easily; start doing this at an early stage with the pup - much easier than introducing it later on!

Brush those teeth!



Well, you brush your own teeth every day, so why not your dog's? Regular brushing will greatly help reduce the build-up of tartar and subsequent gum disease so common later in life, and hence the need for operations for de-scaling and "dentals". We can supply special flavoured toothpaste (don't use your own - dogs can't spit out like we do!) and suitable toothbrushes, but an old toothbrush and water are better than nothing. Start at once and brush regularly!

Neutering

As a Practice, we recommend that male dogs are neutered and females spayed when appropriate, unless you plan to breed from your dog, something which should not be undertaken lightly. The age at which males can be castrated varies with breed and size, as a guide small dogs e.g. terriers may be ready for castration from 6 months of age, larger breeds such as Labradors perhaps not till 8 or 10 months or older; we will be pleased to discuss and advise you on this.

Spaying a bitch should always be carried out as near as possible mid-way between seasons, when the blood supply and hormonal levels are "normal". Having had one season, a bitch can be spayed approximately 3 months later (the normal cycle is 6 months between seasons).

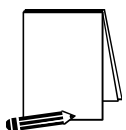
Neutering not only generally makes for an easier, more relaxed dog or bitch but also removes the potential for some common causes of illness later on.

MICROCHIPPING

Microchip, Identichip and ID chip are all the same thing and since 2016 it has been a legal requirement to have all dogs in the UK microchipped.

An identichip is a tiny microchip, about the size of a grain of rice, designed to be injected under the animal's skin. Each chip carries a unique identification code which can be scanned using a small handheld device. Vets, dog wardens, police, rescue charities and other organisations dealing with lost pets are equipped with these scanners.

Puppies must now be microchipped by 8 weeks and the breeders are usually responsible for this and must be recorded as the first keeper, before they are sold. When a dog is transferred, the new owner's (keeper's) details must be added to the database by either the breeder or keeper. Moreover, if an owner moves home or changes telephone number, these details should be updated. Failure to keep these details up to date means that, in the eyes of the law, the dog is no longer considered microchipped and a fine can apply. By law all dogs must also have a collar and ID tag, in public, showing your name and address but a phone number is also advised for easy contact, should your dog stray and be found by someone.



Vaccinations & Socialisation

The initial vaccination course is in two parts, the first usually at 8 weeks and the second at 10-12 weeks. Your puppy is not fully covered until 1-4 weeks after the second part, which your vet will discuss with you and should not be allowed down on the ground in public places until then. Puppies are routinely vaccinated against Distemper, Canine Hepatitis, Canine Parvovirus disease, Leptospirosis. A Kennel Cough vaccine is also available if your puppy is likely to encounter other dogs, not just in kennels but socially too. *The most important period for socialisation of puppies is prior to 16 weeks.* So, in the weeks before his second vaccination you should make every effort to introduce him to the world - traffic, people, sights and sounds - the more he encounters now the less likely he will be nervous later on. Carry him everywhere or, if he is too heavy, find somewhere to sit with him on your lap (supermarket car parks are excellent); carry him to meet the kids off the school bus. Get him used to car travel by frequent short trips (most pups are car sick initially). Socialise that puppy (a “socialisation checklist” is included later in this booklet).

Worming treatments

Hopefully, your puppy will have received regular worming treatment from the breeder and it should continue to be treated monthly until at least 2 years of age.

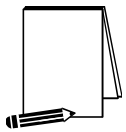
Worms are internal parasites and can deprive the puppy of essential nutrients and impact growth and development.

There are different types of worms, most common are roundworms, tapeworm and lungworm. Dogs pick up worm eggs from the grass and soil in public areas, ingesting worm larvae from infected dog faeces, or wild infected rodents and/or infected slugs or snails. (Lungworm) *Toxocara Canis* is a type of roundworm that can be caught accidentally by humans (usually children) and can cause blindness. It is therefore important that faeces are picked up by owners and that dogs are wormed regularly.

Fleas & Ticks

Most dogs will get fleas at some stage

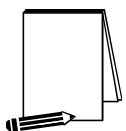
Prevention is much, much easier than cure where fleas are concerned (the flea you see is truly the tip of the iceberg - you should see what’s lurking in your house in the form of eggs, larvae and pupae!) Our recommendation is to treat dogs regularly with a suitable and effective veterinary product, on which our staff can advise you.



With ticks, never pull a tick off, you may leave its head under the skin causing infection. Kill it quickly, preferably by direct application of a suitable veterinary product or cotton wool soaked with the same, it will wither and drop off after a couple of days, or very gently tease it out with a tick remover.

Feeding & Nutrition

Your pup’s breeder will probably have given you a “diet sheet”; these can vary from very sensible to wildly unsuitable, but it is advisable to keep using the same food to start with, until pup is settled and you can gradually change over to the food you have chosen. Our general advice is to get your pup onto a good quality dry food, which will meet the dogs needs at the different stages of his life. Cheaper foods tend to include lots of fibre (hence lots of “poo” to



clear up!), and although better ones cost more, you feed smaller amounts, so they really do not work out more expensive. Dry food is convenient, and a complete well balanced diet, part of the daily ration can also be used as treats and rewards for your dog. Dry food can be moistened if preferred, but given dry it does help keep teeth healthy. (NOTE - drinking water should always be available.)

Not only is what you feed important, but also how much and *when* you feed. Most pups will need several small meals a day, but even an adult is better fed twice a day rather than in one large meal. Dogs should not be exercised immediately before or after eating, this is especially important to deep chested dogs which are prone to experience a gastric torsion - where the stomach can twist over on itself. This is a life threatening condition and requires immediate emergency treatment. Best advice is to try to avoid exercising your dog for about an hour or so before and, especially, after a meal.

Please do ask our staff if you would like any advice on feeding your pet.

Toys, Bones & Chews

Your puppy will need some suitable toys to gnaw on; otherwise he'll start on the table legs! There are a good selection of toys available, but avoid soft and squeaky rubber toys which he will quickly destroy and/or eat. One of the most useful toys you can buy is a "Kong" which is a hard rubber hollow toy, which can be "stuffed" with interesting treats and will keep a puppy or dog entertained for ages! Use your Kong when you want him to settle down quietly on his own, for example when you are eating, and as a reward for going in his indoor kennel or bed. Clean the Kong by soaking it in very hot water! Suggestions for recipes, both fresh and frozen, can be found on the Kong website.

Bones and rawhide chews are a serious hazard; bones can splinter, chews will soften or little bits will break off, becoming stuck in the teeth, across the roof of the mouth or - worse still - in the throat. With all toys and balls make sure you have the right size as the dog grows.



Please *never* throw sticks for your dog to fetch; they can cause very serious injuries, and again often a little bit will get stuck in the mouth. Also try to discourage your dog from chewing sticks, as little ulcerations can occur in the mouth, leading to serious infection.

Several foods are dangerous and/or toxic to dogs, including, onions, garlic, chive, grapes and raisins, chocolate, macadamia nuts, avocado, corn on the cob, alcohol, artificial sweetener (Xylitol), and cooked bones.

Remember to always consult a vet if your puppy has eaten something you are worried about!

GENERAL BEHAVIOURAL TIPS

Housetraining

Some pups will get the idea very quickly, others will take longer; the main thing is to try and not let it bother you too much! Pups should be supervised at all times when not in a small, secure area (indoor kennels and puppy pens are ideal). They should be taken outside regularly to the area you want them to use, and rewarded lavishly with praise and treats when they “perform”. If they do not, ideally they should be put into the small area, *i.e.* their bed area which they will not want to soil, then taken out again 15 minutes later and so on. Above all, try to ignore any “accidents”. The puppy simply doesn’t understand what is wanted, and telling him off will confuse him further. It’s up to you to help him as much as possible to get it right.

Avoiding separation problems

The most natural thing is to want to cuddle and play with your puppy all the time, but try to get him used to spending time on his own right from the start. Do not allow him to demand attention, or follow you all round the house, endearing though this may seem. Get him used to settling down quietly in his bed, with a Kong perhaps, at mealtimes or when you watch TV. Bear in mind that giving him lots of attention when you are there will make him miss you more when you are not. To this end, play it cool by ignoring him for half an hour before you go out, and try to avoid making a big deal of it - *e.g.* “Mummy’s going out, I won’t be long, be a good boy” etc!

Avoiding possessiveness

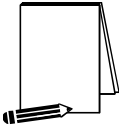
Sooner or later your dog will take something you don’t want him to have, or which is dangerous to him. Get him used to playing “swapsies” by frequently exchanging a toy for a treat or another toy. This also helps prevent possessiveness.

Jumping up/mouthing hands

It may be very sweet when your little baby puppy lovingly jumps up at you, but will you feel so well disposed to him when he does it in a few months’ time, with big dirty paws just as you are dressed to go out? He will also probably excitedly “mouth” your hands, pull the hem of your dressing gown, or try to tug at the kiddies’ trousers. The simplest way to discourage this behaviour is to **totally ignore** the pup, standing still, hands in pockets or well out of the way and not even making eye contact - stare at the ceiling! Pushing him away and saying “no, no, off, stop it!” is likely to make him even more excited; children are particularly vulnerable to those needle-teeth, and should be shown how to play “statues”. The pup will quickly lose interest when he gets no response and let go. *You* must be quick to reward this desired behaviour - have little pots of dry food around the place so you have a treat within easy reach!

Try to keep fussing and petting short and sweet, stopping before he starts to get “wound up”. If you have an indoor kennel, use it for “time out” just to simmer down; but remember it is not a sin-bin, he should not be punished - he is only being a puppy, so simply pop him in, with a nice Kong, for a few minutes.

HELPFUL HINTS ON BASIC PUPPY OBEDIENCE



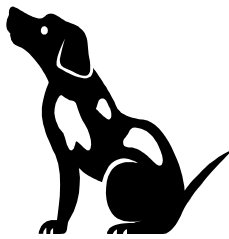
A good rule to remember when training your puppy is “Reward the behaviour you wish to encourage and ignore that which you do not”. Dogs are much more likely to repeat an action if they get some sort of a reward from it than if it is ignored; *e.g.* if a dog jumps up at people and gets attention, perhaps even if it is being pushed away, it is likely to jump up again. However, if it is **completely ignored** when it jumps up, but petted and praised when it sits nicely or at least has all four feet on the ground, it will quickly learn that is the way to gain its reward.

With this rule firmly in mind, you should start training your puppy as soon as it comes into your home, even at the tender age of 7 or 8 weeks. It doesn't matter if your puppy is going to become a small, medium or large dog, a well behaved dog is a pleasure to own, rather than a worry, so the sooner you start the better!

Don't be afraid to use food as rewards - it is *not* bribery! It is a *motivator* to do the desired action, and a *reward* when this is achieved. Put part of your pup's daily food ration aside to use for this purpose (easier if using dry food which can be carried in pockets!) Use lots of rewards initially to encourage the response whilst the pup is learning a new exercise and then gradually reduce the treats so that only the better responses are rewarded, finally rewarding only a very good response. The dog should work harder to get the treat and it is never a case of “*he'll only do it if I have a treat in my hand*”.

Of course, a reward can be anything that the dog wants! Apart from food, it may be a toy, praise, petting or simply your attention - just looking at him! Use whatever you feel will turn your dog on, but food works for most as an excellent motivator.

Teaching your puppy to sit



For many practical and safety reasons it is important that your dog should sit when you tell it to, and is usually the first “*formal*” exercise taught. Hold a food treat in your hand and raise it slowly above and over pup's head at eye level. As he looks up the chances are his bottom will go down and - voila! - A sit, give the reward! Avoid holding the treat too high, as this will encourage him to jump up. Only say, “*sit*” when he is in the sitting position, not before at this stage. If it doesn't work after several tries, just leave it for a little while and have another go - do not resort to pushing the pup into position, which can cause injury and pain to the spine and kidneys.

Teaching your puppy to lie down



This is easiest done from the sit position. Again hold a treat in your hand, letting the pup know it is there, of course, and lower your hand to the floor, very slightly in front of the puppy. With luck, he should follow it down with his nose and lie down, then uncover the treat, which he should pick up from the floor. If he does not, do not rush, keep your hand over the treat and let him try and work out what he has to do to get it. He may try pawing at your hand, or even bouncing around it, but just keep your hand still over the treat. When he does lie down uncover the reward immediately and praise, only say “*down*” when he is in the lie down position and not before at this stage. Remember if you uncover it before you will be encouraging the wrong action. If you find that he lowers his front end but repeatedly raises his bottom from the sit, *very gently* place your hand over his rump to prevent this - but **NOT** push down.

Be consistent and simple with your commands, e.g. “sit” and “down”, NOT “sit down”, “get down”, *etc.* It doesn’t matter what word you wish to use for a specific action, but stick to it so as to avoid confusing the puppy.

Walking on a lead



This is something a puppy can start learning early, well before he goes out after his vaccinations. Choose a well-fitting suitable collar, puppies grow very quickly, so check frequently that it is not getting too tight. You should be able to fit 2 fingers in between the collar and neck but the collar should not be able to fit easily over the ears and come off. Get him used to wearing it for short periods, whilst distracting him with a toy, or whilst eating, gradually increasing the time until he wears it permanently. Next get him used to you gently holding onto the collar with one hand whilst rewarding him with treats from the other. This will make life much easier for putting on/taking off the lead in future!



Encourage the puppy to follow you, walk round the garden or patio, up and down the hall, perhaps holding a treat low at pup level, so that he gets used to trotting along at the side of you, and gets rewarded for being in the right place.

Now you can start attaching the lead to the collar, which he shouldn’t mind as he is used to you holding it. From there, take up the end of the lead and encourage the pup to walk a few steps beside you. Whatever you do, do not drag the pup along or he will sit down or panic and pull back; if he surges forward and tries to pull, simply stand still and encourage him to come back to you. Use the word “heel” only when the puppy is walking nicely beside you, for that is what it means.

Start with just a few steps at a time, praising and talking to the pup, then break off and have a little play. The golden rule is never to allow him to get anywhere by pulling on the lead - he only goes forward when walking “nicely”!

Getting your puppy to come back to you

Lots of people make the great mistake of not letting their puppies off the lead when they are young. This is the best time to teach your puppy to come back to you. When he comes to live with you, he no longer has the security of his mum - you become that, so he will readily run to you for security and comfort. Start at once around the house and garden, and often! Call the pup by his name and use a word, for example “come”, in a *bright enthusiastic voice!* When he comes, give lots of praise/petting/treat; he will soon get the idea that coming when he is called means something nice will happen.

When your puppy can go out after his vaccinations do not be afraid to let him off the lead - obviously not near a road. You are his security and he is unlikely to stray far from you. Call and encourage him, and be very generous with praise and treats. After all, this is one of the most important things he needs to learn. If you don’t get the idea across now that coming to you is *the* best thing in the world - better than other dogs, other smells, *etc.* you will have a difficult task to do so as he grows older and becomes more confident.

So, give it a go! If he doesn’t come straight away, try walking away from him, encouraging him to follow. He will! Do resist the temptation to change your tone of voice from a bright

and happy one to a cross one. A severe voice will worry him and put him off coming to you - even if he hasn't come straight away, he will learn far more by being praised for coming back than by being told off for not doing so. Reinforce a "good" response with titbits, toys, praise or cuddles - anything that works for your dog. The aim is to get the dog "tuned" into coming at once when called; a danger of some sort could be present and a quick response to your command may make all the difference and make exercise off lead, safe and enjoyable for you both.



HOUSE-SAFETY: CONFINEMENT AND CRATE TRAINING

In what circumstances do dogs need to be confined?

Dogs are highly social animals that make wonderful pets. They can be effective as watchdogs, are excellent companions for play and exercise, and are sources of affection and comfort. However, with the lifestyle and schedule of the majority of families, dogs must learn to spend a portion of the day at home, while their human family is away at school, work, shopping or recreational activities. During those times when the owner is away and unavailable to supervise, the pet may still feel the need to chew, play, explore, eat, or eliminate. Preventing such inappropriate behaviours when you are absent involves ensuring that the pet has had the opportunity to play, eat, and eliminate before you leave it and then keeping the pet in a confined area where it is secure, safe, and can do no damage to itself or your possessions in your absence but still has something to do in this area.

What are my options for confinement?

Depending on the structure of your home, it may be possible to dog-proof the house by closing a few doors, or putting up some child gates. The dog can then be allowed access to the remaining areas of the house. If dog proofing in this way is not possible when you have to leave, then you may feel it necessary to confine the dog to a single room, pen, or crate. This smaller confinement area not only provides safety for the dog and protection of the home from damage, but also provides a means of teaching the dog what it is supposed to chew, and where it is supposed to eliminate.

Isn't crate training cruel?

Crate training is neither cruel nor unfair. On the contrary, leaving the dog unsupervised to wander, investigate, destroy, and perhaps injure itself is far more inhumane than confinement. However the crate needs to be used in the correct way and as with any product it is open to misuse. You must ensure that the crate is large enough for your particular dog, you must ensure that the dog gets sufficient food, play, exercise and attention before it is confined, and you must return before the dog needs to urinate or defecate.

What are the benefits of crate training?

The two most important benefits are the safety it affords the pet, and the damage that is prevented. The crate also provides a place of security; a comfortable retreat, where the dog can relax, sleep, or chew on a favourite toy. By confining the pet to a crate or room, when the owner is not available to supervise, behaviour problems can be immediately prevented. When you are at home, supervision and rewards can be used to prevent undesirable behaviour, and to teach the dog where to eliminate, what to chew, and what rooms and areas are "*out of bounds*".

Will crate confinement help with house-training?

Yes. Crate training is one of the quickest and most effective ways to house-train a dog. Since most dogs instinctively avoid eliminating in their sleeping and eating areas, dogs that use their crate as a bed or "den" will seldom eliminate inside unless they have been left in the crate for too long. Crate training can also help teach the dog to develop control over its elimination.

As soon as your dog is released from its crate, you should take it to the designated area and reward elimination at acceptable locations. Since the crate prevents chewing, digging, and elimination in the owner's home and property, owners of crate trained puppies have fewer

behaviour concerns, and the overall relationship between pet and owner can be dramatically improved.

What about using a crate to travel?

There are periods in a dog's life when it may need to be confined, for example when travelling. Those dogs that are familiar and comfortable with being in a crate are more likely to feel secure, and far less stressed, should use of a crate be required. By law a dog must be safely secured when travelling in a car, so if a crate is not being used, other options must be explored, such as a seatbelt harness.

PUPPY CRATE TRAINING

What type of crate or confinement area works best?

A metal, collapsible crate with a tray floor works well, as long as the crate is large enough for the dog to stand, turn, and stretch out. Some dogs feel more secure if a blanket is draped over the crate. Playpens or child gates across doorways may also be successful as long as they are indestructible and escape proof.

Where should the crate be located?

Because dogs are social animals, an ideal location for the crate is a room where the family spends a lot of time such as the kitchen or living room rather than an isolated utility room.

How can crate or confinement become a positive experience?

Most dogs quickly choose a small area, such as a corner of a room, a dog bed, or close to a sofa, where they go to relax. The key to making the crate the dog's favourite retreat and sleeping area, is to associate the crate with as many positive and relaxing experiences and stimuli as possible (food, treats, chew toys, bedding) and to place the dog in its crate only at scheduled rest and sleep periods. You must therefore be aware of the dog's routine, including its needs for exploration, play, food, and elimination, so that the dog is only placed in its crate, when each of these needs is fulfilled. You must then return to the dog to release it from its crate before the next exercise, feeding or elimination period is due. A radio or television playing in the background may help to calm the dog when it is alone in its crate, especially during the daytime. Background noise may also help to mask environmental noises, which can stimulate the dog to vocalise.

How do I crate-train my new puppy?

1. Introduce the puppy to the crate as soon as it is brought home and as early in the day as possible. Place a variety of treats in the crate throughout the day so that the puppy is encouraged to enter voluntarily. Food, water, toys and bedding could also be offered to the puppy in the open crate.
2. Choose a location outdoors for the puppy to eliminate. Take the puppy to the location, wait until the puppy eliminates, and reward the puppy lavishly with praise or food. After some additional play and exercise, place the puppy in its crate with water, bedding, a toy and a treat. If the puppy is relaxed in the crate then you may close the door.
3. If the puppy is tired and calm, it may take a "nap" shortly after being placed in its crate.

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4. Leave the room, but remain close enough to hear the puppy. Escape behaviour and vocalisation are to be expected when a dog is first placed into its crate. If the “*complaints*” are short or mild, ignore the dog until the crying stops. If the puppy is showing panic when the door of the crate is closed you need to spend more time on point one. Never release the puppy unless it is quiet. This teaches that quiet behaviour, and not crying will be rewarded. Release the puppy after a just a few minutes of quiet or a short nap.
 5. Repeat the crate and release procedure. Each time, increase the time that the puppy must stay in the crate before letting it out. Always give the puppy exercise and a chance to eliminate before locking it in the crate.
 6. Never leave the puppy in its crate for longer than it can control itself or it may be forced to eliminate in the crate.
 7. If the pup must be left for long periods during which it might eliminate, it should be confined to a larger area such as a dog-proof room, with paper left down for elimination. As the puppy gets older, its control will increase and it can be left longer in its crate.
 8. Although there is a great deal of individual variability, many puppies can control themselves through the night by 3 months of age. During the daytime, once the puppy has relieved itself, a 2-month old puppy may have up to 3 hours control, a 3-month puppy up to 4 hours, and a 4 month old puppy up to 5 hours.
 9. **A crate is not an excuse to ignore the puppy!**

REMEMBER: THE CRATE SHOULD NEVER BE USED AS PUNISHMENT.

SOCIALISING YOUR NEW PUPPY

What is socialisation?

Socialisation is the process whereby the puppy learns about itself, its own species and the other species with which it will live. During this process the puppy develops relationships with other living beings in its environment. Another important term relating to the puppy's development is "habituation".

What is habituation?

As all animals develop there are numerous stimuli (sounds, smells, sights and events) that they need to become accustomed to in their environment. If puppies do not encounter these stimuli and place them in their frame of reference for the world around them then the stimuli can induce fear and anxiety when they are encountered later in life. Habituation is the process whereby dogs get used to a wide variety of stimuli, and stop reacting to them provided that there are no untoward consequences.

Why are the terms socialisation & habituation important?

To reduce the possibility of fearful responses as a puppy grows and matures, it is essential to expose young puppies to many stimuli (people, places and things) when they can most effectively socialise and habituate to these stimuli. Early handling and events that occur during the first 2 to 4 months of life are critical factors in the social development of the dog. Dogs that receive insufficient exposure to people, other animals and new environments during this time may develop irreversible fears, leading to timidity or aggression.

What can I do to improve my chances of having a social, non-fearful dog?

- **Early handling** - Puppies that are stimulated and handled from birth to five weeks of age are more confident, sociable, exploratory, faster maturing and better able to handle stress as they develop. Puppies obtained from a breeder or home where they have had frequent contact and interaction with people are likely to be more sociable and less fearful as they develop.
- **Primary socialisation** - There is a sensitive period in the development of puppies when they develop social attachments with their own and other species. The events that occur during this socialisation period determine the puppy's preferred social partners; as well as to what species it feels it belongs. By recognising the time frame in which canine socialisation develops, you can help to ensure a healthy social attachment to people and other animals, including other dogs.

The main socialisation period for dogs begins at approximately 3 weeks of age and is diminishing by 12 to 14 weeks. Peak sensitivity is at approximately 6 to 8 weeks. Beyond 12 to 14 weeks there is a tendency to act fearfully towards new people, animals and situations. Many young dogs will regress or become fearful again if they do not receive continued social interaction as they grow and develop and especially during the first 6-8 months of life.

To help to maintain a healthy social relationship with other dogs throughout life, puppies should maintain their social contacts with their mother and littermates until 6 to 8 weeks of

age. They should continue to have regular social interaction and play sessions with other dogs after they are taken into a new home.

What can I do to assist my puppy in its social development?

There should be little problem with a puppy that is less than 12 weeks of age developing healthy and lasting attachments to the people, sights and sounds in its new home.

Your puppy is most likely to become fearful of stimuli that are not found in its day-to-day routine. Make a conscious effort to identify those people and situations that the puppy is not regularly exposed to. For example:-

- If there are no children in the home, you might arrange regular play sessions with children.
- If you live in the country, make a few trips into the city, so that the puppy can be taken for walks on city streets. Conversely, a puppy that grows up in the city might become fearful or excited towards farm animals that it was not exposed to during its early development.
- Household noises, such as vacuum cleaners, hairdryers and washing machines.

Is it healthy to take my puppy out in public at such a young age?

There is always a concern about the risks of taking the puppy out of its home before it is fully vaccinated because it may be exposed to infection before the vaccines have had time to become protective.

One solution is for people and healthy vaccinated animals to visit the puppy in its own home, until your puppy has had sufficient vaccinations to be taken out. Additionally the puppy can be carried out to meet people and taken for short car journeys to increase exposure to sights and sounds outside the home.

A valuable aid to successful socialisation and habituation for your puppy is to enrol in puppy socialisation classes, please speak to reception about the puppy pre-school classes we run.

PUPPY SOCIALISATION CHECKLIST

CHILDREN	Accustom your puppy to being handled by your children and/or other children, but be in a position of supervision at all times. The pup is not a toy. Try to meet babies (especially if it is likely there may be a new baby in the family at some future time), and toddlers, who “wobble” and squeal and can unnerve many dogs. If you don’t have friends with suitable children, try and arrange to be near a school when the youngsters go home - you’ll not be short of volunteers to make a fuss of your pup!
GROOMING	Groom your puppy every day, even smooth or wire haired breeds that may not seem to need it. Grooming gets your puppy used to being thoroughly handled.
VETERINARY EXAMINATION	Examine your puppy’s ears, eyes, teeth, lift up feet and check paws, and check under his tail every day. Feel him gently all over. Try to get as many different people to do this, so being examined by a Vet when necessary will not worry him.
VISITORS	Try and encourage lots of visitors to the house. This helps with socialisation and discourages territorial behaviour developing. Visitors should ignore the puppy until he has “calmed down” from his initial excitement and then give him quiet fuss. Do issue them with treats to give him when he sits nicely, or if not that, at least has all four feet on the floor!
POSTMAN, MILKMAN ETC.	Try to get your pup to meet these as often as possible, hold him in your arms at first if necessary. If your puppy gets to know and like them, and learns that they will not “run away” when he barks (after delivering the post or milk, but he doesn’t see it that way), he is far less likely to show territorial aggression or excessive barking when older.
DOMESTIC SIGHTS AND SOUNDS	Expose your puppy to domestic stimuli such as the Hoover, spin dryer, etc. Don’t make an issue of them. He should just get use to them gradually without being stressed.
CATS	If you have a cat, supervise all encounters between cat and puppy initially. Make sure the cat always can retreat to a safe place away from the pup, but also be aware that the cat could injure the pup with a scratch, particularly to the eyes.
AN OLDER DOG AT HOME	If you already have an older dog, introduce the puppy to it in the garden. Try to let them sort themselves out without too much intervention on your part. An additional sheet on this is available from the Surgery on request.
OUT AND ABOUT	Try to introduce your puppy to as many different places, sights, sounds and experiences as possible - and start as soon as you get him by carrying him in your arms before he has full vaccination cover. If he is a big puppy, find somewhere to sit with him on your lap (supermarket car parks are good, pubs are brilliant if you are on good terms with the landlord!). Start in quieter places and gradually build up to busier, noisier ones. If he is worried do not “push” it, back off a bit to a distance or degree at which he seems relaxed and “increase” the exposure gently. The more he encounters at an early age the less chance there will be of him developing into a nervous or barky dog. He will be happy and relaxed when out and about - and so will you!

LOCAL PUPPY & DOG TRAINING CLASSES

<i>Name</i>	<i>Description</i>	<i>Contact Name</i>	<i>Telephone Number</i>
KIMBERLY COX DOG TRAINING SCHOOL	Puppy Pre School with Windmill Veterinary Centre from 1 st vaccination. 6-week Puppy Training Courses. Behaviour advice.	Kimberly Cox <i>APDT Member</i>	07756720868 Email: training@kimberlycox.co.uk www.kimberlycox.co.uk
CROSSROADS DOG TRAINING (situated on A421 between Buckingham and Whaddon roundabout)	1:1 individual training. Group obedience classes. Training held every Saturday and Sunday.	Steve Hole	01296 712315 OR 01908 465316 www.crossroadskennels.co.uk
PUPPY STARS	Train and socialise your puppy. Fun training in relaxed surroundings.		01296 323000 Register online at www.puppystars.co.uk
FUNWAY DOG TRAINING (Milton Keynes, Little Horwood, Aylesbury)	Puppy training & socialisation for all. vaccinated puppies up to 18 weeks old.		01908 502272 www.funwaydogtraining.co.uk
PUPPY SCHOOL at ACE TAILS (Botolph Claydon)	Puppy training & socialisation for all. vaccinated puppies up to 20 weeks old.	Nikki Thorpe	07917 842236 nikkiacetails@gmail.com
LYNNE DAVIES DOG TRAINING (Stewkley)	Training held every Saturday and Sunday.		
Liz Gibbs	New Tricks Grooming		07706 987599
Valery Holden	Dog clipping & Grooming	Valery Holden	01296 711879

NOTE. The above list is intended as a guide to classes running in this area, **NOT** specific recommendations. We would strongly advise owners to discuss their requirements with several class organisers to decide what would suit them, their family and dog best.



Puppy classes are vital in developing a dog's social skills and are usually run as a 6-8 week course as soon as the pup has had its vaccinations - so don't delay - get your puppy enrolled as soon as possible! (Remember, classes should be fun for owner and puppy alike!)

SUGGESTED HELPFUL READING

<i>Title</i>	<i>Author</i>
Ain't Misbehavin	David Appleby
Dogwise	John Fisher
How To Have A Well-Mannered Dog	White & Evans
The Puppy Survival Guide	Sarah Whitehead
Understanding Your Dog	John Rogerson
Why Does My Dog...?	John Fisher
Your Dog, Its Development, Behaviour & Training	John Rogerson

There are a variety of excellent booklets available written by members of **The Association of Pet Behaviour Consultants**. Tel: 01386 750615 Fax: 01386 750743.

These include

<i>Title</i>	<i>Author</i>
Good Puppy	Erica Peachey
The Good Behaviour Guide	David Appleby
The Perfect Puppy	Gwen Bailey

and many others.