

THE FIRST 48 HOURS

Hooray! It's finally time to bring home your new puppy! Some of the preparations that need to take place before that happens are:

Puppy Proofing:

Create a safe and friendly environment by making sure all hazardous household items are secured behind a locked cabinet door, poisonous plants are removed from the home (or placed on a high shelf), and electrical cords are out of reach. Look closely at your home from your puppy's point of view and remove anything that appears enticing.

Supplies You Need in Advance:

- Food & water bowls (Two 2-quart stoneware bowls will last you for years)
- 6 foot leash (I provide a properly fitted Lupine collar when pups go home)
- Soft brush (Kong Zoom Groom work great!)
- Nail clippers (I prefer pliers grip vs. guillotine style)
- Kong (either red or black classic kong for large dogs)
- Crate (purchase a large Precision wire crate or a plastic crate sized for 60-lb dogs or a Precision puppy play pen with elevated floor)
- Baby Gates (to close off carpeted areas at first)

Training Book to Read in Advance of the Puppy's Arrival:

- [Perfect Puppy In 7 Days: How to Start Your Puppy Off Right by Dr. Sophia Yin](#)
- [The Official Ahimsa Training Manual: A Practical, Force-Free Guide to Problem Solving and Manners by Grisha Stewart](#)

Feeding:

We feed **Pro Plan Sport 30/20 Chicken & Rice All Life Stages Food**. Your puppy is currently eating approximately 3/4 cup twice a day at 6:30 am and 6:30 pm. The only other formula I recommend is **Purina Pro Plan Sport 30/20 Salmon**. Both are easily found at PetCo or can e delivered to your door through Chewy.com (they do free delivery on orders over \$50). An adult will eat approximately one bag every 4-5 weeks. As your puppy grows, you are going to be constantly adjusting food amounts as they grow. Take a good, hard look at your puppy's condition in the morning. Seeing a little more rib or hip than normal? Increase the food slightly. If pup looks pudgy, slightly reduce the amount for a day or two. If you can clearly see more than 2 ribs, 3 vertebrae, or hip bones while the dog is at rest, they need more food. If you cannot clearly see 2 ribs while the dog is running, they need less food.

Please avoid any brand of food you can purchase at the grocery store. The ingredients are lower quality, and while you may save a few bucks on a bag of food, you will spend more than your savings in vet bills down the road.

Puppies often experience some pretty severe gastric distress (diarrhea, gas, vomiting) if they change foods quickly. Any new foods should be slowly introduced at increasing ratios over the course of a couple of weeks. Proper planning with food will avoid this issue!

Here is a picture of the dog food bag bag:



Pro Plan Sport 30/20



Order two Pro Select Stainless Steel 1qt buckets from Chewy.com when you order your first bag of food. Use snap hooks to hang them on your puppy's crate door for food and water. Your puppy is used to having free access to water, and will take sips rather than tank up on large amounts as long as the water is always accessible.

We recommend the following feeding guidelines:

Be Consistent! Feed your puppy the same food, at the same time, every day, for the first month or so. Up until 5 weeks, your puppy ate 4 times per day, plus had unlimited access to their mom for nursing. After 5 weeks, we divided the amount of food over three feedings instead of four. After 7 weeks, we divided the amount of food over two feedings to make their transition to your working schedule easier. If they seem to be very hungry in between the two feedings, you can offer them a 1/3 of a cup as “lunch”

Don't Overfeed! Studies have shown that puppies kept at the proper weight have better development than those that are under- or over fed. When your puppy goes home, it will be eating about 1.5 - 2 cups of food per day, divided over 2 feeding times, or approximately $\frac{3}{4}$ - 1 cup per feeding. You will have to increase this amount when the pup has a growth spurt. You should always be able to easily feel ribs under the slight fat cover on your pup. If your pup starts to look pudgy, keep the food at the same amount for two weeks. Often they will have another growth spurt and lose the pudgy.

Don't be Alarmed if Your Pup's Appetite Changes! Occasional loss of appetite or digestive upset is normal for growing puppies. Along with rapid growth, they are also experiencing teething, and adjusting to a new environment. If the upset should become severe or lasts more than 1 day, contact your veterinarian.

The First Week:

To help the puppy transition into your home:

Decide on a name and use it constantly. It will make things even more confusing for your pup if it has 6 different names in as many days.

Limit visitors for the first several days. It is very exciting to get a new puppy, and very fun to show it off your friends. Let your puppy become comfortable in your home before it has even more new things happen. Puppy parties are great, but wait until the second weekend to have everyone over to meet your new addition.

Keep the puppy within your line of sight every single second it is loose. If you can't watch the puppy, put it into a crate. Not only does this keep it from having an accident on the floor, it also prevents other bad habits (like chewing) from forming.

Do not disturb a sleeping puppy! They need to sleep a lot for proper development, just like a human baby. It is normal for them to sleep 20 hours a day.

Teach your family the proper way to pick up and hold a puppy. Place one hand under the hindquarters and the other under the chest, supporting his weight. Never pick a puppy up by the scruff of the neck or the front paws.

Never leave a new puppy unattended with children or other family pets until you're sure all involved are ready and able to handle any situation that may arise.

Start clicker training RIGHT away. It takes FIVE TIMES LONGER to correct a bad behavior than it does to teach and reinforce good behavior! To train a puppy, you need to think about what you WANT the pup to do rather than telling them to STOP doing something. You basically just bought a non-verbal toddler, and the best training methods work for both!

House-Breaking:

This is the most important training exercise you will ever do with your dog. Animal behaviorists recommend the following approach:

Establish a routine and stick to it. Your puppy needs to go out first thing in the morning, the very last thing at night, within 5 minutes after they eat, and at least once for every 45 minutes they are awake.

Until your puppy is trained, keep a constant eye on him or her. After your pup has been home for a bit, you will start to pick up on their body language for when they have to “go” and you will learn to get them out at the very first signal.

Designate a potty area. Train your puppy to use the designated area by consistently taking him/her there and using the command “Go potty.” Before you know it, pup will be going to this area on its own.

Correct your puppy’s mistakes *only* when you catch them in the act. With a firm “NO!” pick up your puppy and carry it to the designated potty area. When they resume pottying, tell them “Good puppy! Good potty!” Remember your puppy is a baby and that accidents will happen. With patience, consistence, and gentle corrections, your puppy will be house-broken in no time.

Making it through the first night:

Up until now, your puppy has been sleeping with its littermates in familiar territory with familiar sounds, smells, and people. The first night can go a little easier if the puppy sleeps with you for the first few nights until things aren’t quite so new. This can either be in a crate next to your bed where he can see you, or on the couch/bed with you so that you wake up when he needs to go out to potty. They will still need to get up once in the night to go out. This only lasts a couple of nights. The major turning point in puppy housebreaking comes somewhere between 10-12 weeks of age.

If puppy has had supper at 6:30 pm, and water is cut off after about 8:30-9:00 pm, the last trip out to potty before bed should happen around 10:30. He should then be able to sleep 5-6 hours before needing to potty again. Over the next several weeks, this stretch of time should increase until he’s making it all night.