



## One Love Animal Hospital

### NEW PUPPY INFORMATION PACKET

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

#### VACCINES

**CORE VACCINES:** These vaccines are strongly recommended for your canine friend.

- **DAPP Vaccine (*Canine Distemper Virus (CDV), Adenovirus, Parvovirus, & Parainfluenza*):** This combination vaccine protects against the most common and contagious viral diseases in dogs. Canine Distemper and Parvovirus are both serious and often fatal diseases affecting multiple organ systems requiring lengthy hospitalization and usually a guarded prognosis. Vaccination against Adenovirus Type 2 virus protects against canine hepatitis; and, vaccination against Parainfluenza helps protect against tracheobronchitis. Typically, vaccination ***starts at 8 weeks of age and continues every 3-4 weeks for a series of 3 injections, followed by a booster a year later. Adults with previous vaccination need revaccination every 3 years. A puppy can start going outside 7-10 days after the 2<sup>nd</sup> dose of DAPP for dog walks and classes but it may not visit parks/runs until vaccine series is completed. To limit the spread of disease, clean all paws after any walk outside.***
- **Rabies Vaccine:** Rabies virus can be transmitted to mammals including humans usually through bite wounds from an infected animal. Most commonly infected animals in the surrounding New York City area are raccoons and bats. **New York State law requires vaccination of dogs since it is one of the few deadly diseases pets can transmit to humans. If an unvaccinated pet bites or is bitten, serious consequences may occur including quarantine of your pet at your expense up to 6 months and/or euthanasia. Puppies will need this vaccine after 16 weeks of age, followed by a booster a year later. Adults with previous vaccination need revaccination every 3 years.**

**NON-CORE VACCINES:** Your veterinarian will assess your pet's risk contracting one of these diseases and help you decide whether your pet is a candidate for receiving any of these vaccines.

- ***Bordetella bronchiseptica* Vaccine:** If your dog frequents dog parks, dog shows or boarding facilities, she will need a *Bordetella bronchiseptica* (AKA kennel cough) vaccination. This bacterial infection affects the respiratory system, and while usually not life threatening, it can progress into pneumonia. This vaccine does not provide 100% immunity from the disease; however, it will lessen the clinical signs of the disease if your pet is exposed and hopefully speed recovery time. ***For puppies, a series of two boosters administered 3-4 weeks apart is required for full immunity. NYC Department of Health requires that all boarding and grooming facilities ensure their clients' pets have received this vaccine no more than 6-months apart.*** If not taking your pet to board or groom, we recommend yearly vaccine boosters.
- ***Leptospirosis* Vaccine:** Leptospirosis is caused by a bacteria and is transmissible to people. It is transmitted between animals or people through contact with infected tissue. Indirect transmission occurs through contact with infected tissue. Indirect transmission occurs through exposure of susceptible animals to contaminated water sources, food or bedding. ***Infection can cause severe life-threatening damage to the liver and kidney even with antibiotics and supportive care. For puppies, a series of two boosters administered 3-4 weeks apart is required for full immunity. Yearly booster vaccines are needed to keep immunity at a proper level.***
- ***Lyme* Vaccine (*Also called borreliosis*):** Lyme disease is caused by the bacteria *Borrelia burgdorferi*. Ticks carry these bacteria, transmitting them to the animal while sucking its blood. Pet owners report finding ticks on their dogs even at the Brooklyn parks and in their homes! Your veterinarian will help you decide whether a Lyme vaccine is appropriate for your dog in addition to tick prevention. Lyme disease is a bacterial disease that often

causes recurrent lameness, fever, swollen lymph nodes and joints, and a reduced appetite. More serious complications include damage to the kidney, and rarely heart or nervous system disease. ***For puppies, a series of two boosters administered 3-4 weeks apart is required for full immunity. Yearly booster vaccines are needed to keep immunity at a proper level.***

- **Canine Influenza Vaccine:** Canine influenza is a relatively new disease, and was first diagnosed in 2004 in a group of racing greyhounds in Florida. Testing has shown that the virus mutated from a strain of equine influenza and gained the ability to spread from dog to dog. The symptoms of canine influenza are indistinguishable from "kennel cough" — a generic term for a condition caused by a number of different viruses and bacteria. Canine flu spreads best in enclosed spaces that house a lot of animals, such as a boarding facility, doggy day care, groomer's shop, or shows (but not dog parks). If your dog frequents any of these places, he has a higher than average chance of getting sick. ***Our current recommendation is to consider this vaccine if your pet is kenneled consistently 3-5 days or more per week.***

## FLEA & TICK PREVENTION

Fortunately, today we have very effective flea and tick preventatives that have a wide margin of safety and are easy to administer. ***According to your dog's lifestyle, we recommend the use of monthly topical treatments such as Advantage, Frontline or Revolution.***

Flea collars, sprays, baths and flea-bombs are generally ineffective and employ harsh chemicals that are irritating and even toxic to your dog.

***Preventic Tick Collars***, however, can be used to repel ticks and have a wider margin of safety.

## INTESTINAL PARASITES

Many puppies are born with intestinal parasites from an infected mother in utero, or via milk or feces ingestion. The only way to diagnose them is by microscopic examination of your dog's feces for the eggs shed by the adult worms. In very large infestations, some adult worms can be observed in your dog's bowel movements or after he vomits. Dewormers can be given orally but first we need to diagnose which parasites your puppy has. ***We recommend dropping off a fecal sample for analysis of parasites upon acquisition of your new puppy.***

## SPAYING & NEUTERING

***The old adage that "if you are not part of the solution, you are part of the problem" is particularly applicable to unwanted pregnancy in dogs – and that includes purebred dogs!***

**Spay Your Female Dogs.** Aside from the very real pet overpopulation problem, there are some valid health reasons for spaying female dogs. Spaying your dog will not change her personality, and there is no benefit to letting a dog "have just one litter". Additionally, it is a myth that spaying your dog will cause her to gain weight. There are numerous benefits to spaying your dog including:

- **Eliminates Chances of Pyometritis.** Pyometra is an infection of the uterus that is fatal if emergency surgery is not performed immediately. This is a life-threatening condition and creates a great financial expense to the owner.
- **Decreased Risk of Mammary Cancer.** Ideally, to give a female dog protection against mammary cancer, she should be spayed prior to her first heat. Each subsequent heat brings a greater chance of mammary cancer at a later time.
- **Eliminates Risk of Ovarian or Uterine Cancer.** Spaying a dog involves the removal of the uterus and ovaries. No organs: no cancer; simple as that.

**Neuter Your Male Dogs.** This is the most proactive step. Neutering is a relatively simple surgery with a quick recovery period. Besides preventing unwanted pregnancies, neutering a male will help mitigate certain problem behavior found in unneutered males, and it will help prevent certain medical conditions too. It will not take away his personality or his "manhood." The only thing he will miss is fighting and running away from home!

- **Neutered dogs are less likely to mark their territory by urinating.**
- **Neutered dogs are easier to obedience train and are better family pets.**
- **Neutered dogs will be less likely to try to escape/run away.**
- **Neutered dogs will be less likely to get attacked by other dogs.**

- **Neutered dogs will not be subject to testicular cancer.**
- **Neutered dogs will have a decreased risk of prostate cancer.**

Basically, you have every reason to neuter your male dog. He will be a much more pleasant companion, and will ultimately be happier and healthier.

## **HEARTWORM PREVENTATIVE**

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

### **Life cycle of heartworms**

Mosquitoes serve as the intermediate host heartworm. When a mosquito feeds on an infected animal, it picks up the first larval stages of the heartworm. The immature heartworms migrate in the tissues of the final host for several months before entering the blood stream and traveling to the heart. The young adult heartworms will reach the heart of their host about 6-7 months after the mosquito first infects the host. The adult worms mate, produce microfilaria, and the cycle continues.

### **Signs of heartworms**

Signs of heartworm disease vary, from no signs at all to signs of severe heart and lung disease. In dogs you may note coughing, exercise intolerance, shortness of breath, or difficulty breathing.

### **Prevention of heartworms**

Prevention is much safer (and less expensive) for your pet than treatment, and it is simple to do. Our veterinarians will want to test your adult dog before you start a preventative program. After a negative result is obtained, you may start your pet on a heartworm preventative. Heartworm preventatives kill the immature stages of heartworms before they reach the heart, thereby preventing heart and lung disease from occurring. An added benefit of using a heartworm preventative is that most also kill some common intestinal parasites that can be transmitted to people such as, roundworm and hookworm.

## **MICROCHIPPING**

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

## **PREVENT ACCIDENTAL POISONINGS**

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

Aspirin and other pain relievers are in almost every home, and these poisonings can be severe. When aspirin is prescribed for animals, the dosage must be strictly followed. Too much aspirin can lead to anemia and bleeding stomach ulcers. Ibuprofen and naproxen will cause painful gastrointestinal problems. One 200mg ibuprofen tablet is toxic to a small dog.

**Never give acetaminophen (Tylenol™) to a cat or dog.** The drug affects cat's oxygen carriage in the blood and it produces severe depression and produces abdominal pain in dogs. If not quickly eliminated from the body, just two extra-strength tablets in 24 hours will mostly likely kill a small pet. Clinical signs in cats develop within one to two hours and include excessive salivation, paw and facial swelling, depression, and ash-grey gums. In dogs, watch for anorexia, vomiting, depression, and abdominal pain. High doses are usually fatal.

**Neurological poisons can also be present in lawn and garden pesticides, insecticidal aerosols, dips and shampoo products.** Signs of toxicity include apprehension, excessive salivation, urination, defecation, vomiting and diarrhea, tremors, seizures, hyper-excitability or depression and pinpoint pupils. If an animal has absorbed enough of any enough of any neurological toxin, sudden death may be the only sign.

**Coumarins/Coumadins**, most recognizable as D-Con, a rat and mouse poison, affect the ability of the blood to clot. Mice that consume the poisoned grain essentially bleed to death. Your pets will be affected the same way, and the severity of the symptoms often depends on the amount ingested. Cats that eat poisoned mice can also become ill if the levels of poison are high enough. If you find an empty box of rat poison bring your pet into the veterinarian immediately. Tell them about the recent exposure so they can implement the proper monitoring protocols. Additionally, if you see labored breathing, anorexia, nosebleeds, bloody urine or feces and pinpoint hemorrhages on the gums, take your pet to the veterinarian immediately.

**Garbage**, though often not regarded as poisonous, contains toxins that are produced by bacteria fermenting the garbage. Rapid and severe signs include vomiting, blood diarrhea, painful abdominal distention, shivering, shock, and collapse.

**How should pets be protected from these poisons?** Some very simple rules to follow are:

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

### What is poisonous?

Here is a quick reference guide to the more common house and garden plants and foods that are toxic to most all animals and children. If you have these plants or foods, you need not dispose of them—just keep them away from pets and children. (\*Substances are especially dangerous and can be fatal.)

If you suspect your animal may have ingested any of the substances on this list or if your pet shows any abnormal behavior (vomiting, diarrhea, staggering, etc.), you should contact your veterinarian immediately. Take a sample of the suspected toxin and its packaging with you to the veterinarian.

### Cardiovascular Toxins

- |   |                     |       |
|---|---------------------|-------|
| • Avocado (leaves, seeds, stem, fruit, skin) in birds and pocket pets | • Japanese pieris   | • Yew |
| • Azalea (entire rhododendron family)                                 | • Kalanchoe         |       |
| • Autumn crocus ( <i>Colchicum autumnale</i> )                        | • Lil-of-the-valley |       |
| • Bleeding heart  | • Milkweed          |       |
| • Castor bean   | • Mistletoe berries |       |
| • Foxglove ( <i>Digitalis</i> )                                       | • Mountain Laurel   |       |
|   | • Oleander          |       |
| • Hyacinth bulbs  | • Rosary Pea        |       |
| • Hydrangea   | • Tobacco Products  |       |

### Gastrointestinal Toxins

- |  |  |  |
|--|--|--|
| • Avocado (leaves, seeds, stem, fruit, skin) in dogs | • Chocolate                                      | • Iris corms                               |
| • Amaryllis bulb                                     | • Chrysanthemum (a natural source of pyrethrins) | • Lily (bulbs of most species)             |
| • Azalea (entire rhododendron family)                | • Clematis Crocus bulb                           | • Macadamia nuts                           |
| • Autumn crocus ( <i>Colchicum autumnale</i> )       | • Croton ( <i>Codiaeum</i> species)              | • Mistletoe berries                        |
| • Bird of Paradise                                   | • Cyclamen Bulb                                  | • Moldy foods                              |
| • Bittersweet Boxwood                                | • Dumb Cane                                      | • Narcissus, daffodil ( <i>Narcissus</i> ) |

- Buckeye Bulbs (most kinds)
- Buttercup (*Ranunculus*)
- Caladium
- Cannabis (Marijuana)
- Castor beans
- Eggplant
- Elephant's ear
- English Ivy (All *Hedera* species of ivy)
- Hyacinth bulbs
- Holly berries
- Onions
- Pencil cactus/plant potato
- Rosary Pea
- Spurge (*Euphorbia* species)
- Tomatoes (leaves and stem)

### Respiratory Toxins

- Chinese sacred or heavenly bamboo
- English Ivy

### Toxins that Affect the Blood

- Onions
- Garlic

### Neurological Toxins

- Alcohol (all beverages, ethanol, methanol, isopropyl)
- Amaryllis bulb
- Azalea (entire rhododendron family)
- Bleeding heart
- Buckeye caffeine castor bean
- Chocolate
- Choke cherry, unripe berries
- Chrysanthemum (natural source of pyrethrins)
- Crocus bulb, delphinium, larkspur, monkshood
- Eggplant
- Jimson weed
- Lupine species
- Macadamia nuts
- Marijuana (Cannabis)
- Morning glory
- Moldy foods
- Tobacco products
- Potato (leaves and stem)
- Tomatoes (leaves and stem)

### Kidney/Organ Failure Toxins

- Amanita mushrooms
- Anthurium
- Asiatic lily
- Begonia
- Calla lily
- Castor beans
- Day lily
- Elephant's ear
- Easter lily
- Grapes/raisins
- Jack-in-the-pulpit
- Lantana
- Oak
- Rhubarb leaves
- Schefflera
- Shamrock
- Star-gazer Lily

## TRAINING YOUR NEW PUPPY

### Housetraining Puppies

Housetraining your puppy requires far more than a few stacks of old newspapers—it calls for vigilance, patience, plenty of commitment, and, above all, consistency. By following the procedures outlined below, you can minimize house-soiling incidents. Virtually every dog, especially puppies, will have an accident in the house, and more likely, several. Expect this – it is part of living with a puppy. The more consistent you are in following the basic housetraining procedures, the faster your puppy will learn acceptable behavior. It may take several weeks to housetrain your puppy, and with some of the smaller breeds, it might take longer.

- **Establish a routine**  
Like babies, puppies do best on a regular schedule. The schedule teaches him/her that there are times to eat, times to play, and times to potty. Generally speaking, a puppy can control its bladder one hour for every month of age. So if your puppy is two months old, he can hold it for about two hours. Don't go longer than this between bathroom breaks or he's guaranteed to have an accident. If you work outside the home, this means you'll have to hire a dog walker to give your puppy his breaks.
- **Take your puppy outside frequently**—at least every two hours—and immediately after he wakes up, during and after playing, and after eating or drinking.
- **Pick a bathroom spot outside**, and always take your puppy to that spot using a leash. While your puppy is eliminating, use a word or phrase, like “go potty,” that you can eventually use before he eliminates to remind him what to do. Take him out for a longer walk or some playtime only after he has eliminated.

- **Reward your puppy every time it eliminates outdoors.** Praise him or give him a treat—but remember to do so immediately after he’s finished eliminating, not after he comes back inside the house. This step is vital because rewarding your dog for eliminating outdoors is the only way he’ll know what’s expected of him. Before rewarding him, be sure he’s finished eliminating. Puppies are easily distracted; if you praise him too soon, he may forget to finish until he’s back in the house.
- **Put your puppy on a regular feeding schedule.** Do a “what goes into a puppy on a schedule come out of a puppy on a schedule.” Depending on their age, puppies usually need to be fed three or four times a day. Feeding your puppy at the same time each day will make it more likely that he’ll eliminate at consistent times as well, and that makes housetraining easier for both of you.
- **Pick up your puppy’s water dish** about 2.5 hours before bedtime to reduce the likelihood that he’ll need to potty during the night. Most puppies can sleep for approximately seven hours without having to eliminate. If your puppy does wake you up in the night, don’t make a big deal of it; otherwise, it will think it is time to play and won’t go back to sleep. Turn on as few lights as possible, don’t talk to or play with your puppy, take it out to do his business, and return him to his bed.
- **Supervise.** Don’t give your puppy an opportunity to soil in the house; keep an eye on him whenever he is indoors.
- **Tether your puppy** to you or a nearby piece of furniture with a six-foot leash if you are not actively training or playing with him/her. Watch for signs your puppy needs to eliminate. Some signs are obvious, such as barking or scratching at the door, squatting, restlessness, sniffing around, or circling. When you see these signs, immediately grab the leash and take him outside to his/her bathroom spot. If he eliminates, praise him/her lavishly and reward with a treat.
- **Keep your puppy on a leash in the yard.** During the housetraining process, your yard should be treated like any other room in your house. Give your puppy some freedom in the house and yard only after he is reliably housetrained.
- **Confinement.** When you’re unable to watch your puppy at all times, he should be confined to an area small enough that he won’t want to eliminate there. The space should be just big enough for him to comfortably stand, lie down, and turn around in. You can use a portion of a bathroom or laundry room blocked off with baby gates. Or you may want to crate train your puppy and use the crate to confine him. (Be sure to learn how to use a crate humanely as a method of confinement.) If your puppy has spent several hours in confinement, you’ll need to take it directly to his bathroom spot as soon as you let him out, and offer praise when he eliminates.
- **Oops!**  
Expect your puppy to have a few accidents in the house—it’s a normal part of housetraining. Here’s what to do when that happens:
  - Interrupt your puppy when you catch him in the act of eliminating in the house.
  - Make a startling noise (be careful not to scare him) or say “OUTSIDE!” Immediately take him to their bathroom spot, give praise, and offer a treat after he finishes eliminating there.
  - Don’t punish your puppy for eliminating in the house. If you find a soiled area, it’s too late to administer a correction. Just clean it up. Rubbing your puppy’s nose in it, taking him to the spot and scolding him, or any other punishment will only make him afraid of you or afraid to eliminate in your presence. In fact, punishment will often do more harm than good.
  - Clean the soiled area thoroughly. Puppies are highly motivated to continue soiling in areas that smell like urine or feces. Check with your veterinarian or pet store for products designed specifically to clean areas soiled by pets.

It’s extremely important that you use the supervision and confinement procedures outlined above to minimize the number of accidents. If you allow your puppy to eliminate frequently in the house, it will get confused about where he’s supposed to eliminate, which will prolong the housetraining process.

### **When You’re Away**

A puppy under six months of age cannot be expected to control his bladder for more than a few hours at a time (approximately one hour for each month of age). If you have to be away from home more than 4-5 hours a day, this may not be the best time for you to get a puppy; instead, you may want to consider an older dog, who can wait for your return.

If you already have a puppy and must be away for long periods of time, you’ll need to:

- Arrange for someone, such as a responsible neighbor or a professional pet sitter, to take him outside to eliminate.

- Train your puppy to eliminate in a specific place indoors. Be aware, however, that doing so can prolong the process of housetraining. Teaching your puppy to eliminate on newspaper may create a life-long surface preference, meaning that even as an adult your dog may eliminate on any newspaper lying about.

### **Paper Training**

When your puppy must be left alone for long periods of time, confine him to an area with enough room for a sleeping space, a playing space, and a separate place to eliminate.

- In the designated elimination area, use either newspapers (cover the area with several layers of newspaper) or a sod box. To make a sod box, place sod in a container such as a child's small, plastic swimming pool. You can also find dog litter products at a pet supply store.
- If you clean up an accident in the house, put the soiled rags or paper towels in the designated elimination area. The smell will help your puppy recognize the area as a place where he is supposed to eliminate.

### **Crate Training**

"Private room with a view. Ideal for traveling doges or for those who just want a secure, quiet place to hang out at home." That's how your dog might describe his crate. It's his personal den where he can find comfort and solitude while you know he's safe and secure—and not shredding your house while you're away.

### **Crating Philosophy**

Crate training uses a dog's natural instincts as a den animal. A wild dog's den is his home, a place to sleep, hide from danger, and raise a family. The crate becomes your dog's den, an ideal spot to snooze or take refuge during a thunderstorm.

- The primary use for a crate is housetraining. Dogs don't like to soil their dens.
- The crate can limit access to the rest of the house while he learns other rules, like not to chew on furniture.
- Crates are a safe way to transport your dog in the car.

### **Crating Caution!**

A crate isn't a magical solution; if not used correctly, a dog can feel trapped and frustrated.

- Don't leave your dog in the crate too long. A dog that's crated day and night doesn't get enough exercise or human interaction and can become depressed or anxious. You may have to change your schedule, hire a pet sitter, or take your dog to a doggie daycare facility to reduce the amount of time he must spend in his crate every day.
- Puppies under six months of age should not stay in a crate for more than three or four hours at a time. They cannot control their bladders and bowels for that long. The same goes for adult dogs that are being housetrained. Physically, they can hold it, but they do not know they're supposed to.
- Crate your dog only until you can trust him not to destroy the house. After that, it should be a place he goes voluntarily.

### **Selecting a Crate**

Several types of crates are available and can be purchased at most pet supply stores or pet supply catalogs.

- Plastic (often called "flight/travel kennels")
- Fabric on a collapsible, rigid frame
- Collapsible, metal pens.

Your dog's crate should be just large enough for him to stand up and turn around in. If your dog is still growing, choose a crate size that will accommodate his adult size. So your dog can't eliminate at one end and retreat to the other, block off the excess crate space. Your local animal shelter may rent out crates. By renting, you can trade up to the appropriate size for your puppy until he's reached his adult size, when you can invest in a permanent crate.

### **The Crate Training Process**

Crate training can take days or weeks, depending on your dog's age, temperament and past experiences. It is important to keep two things in mind while crate training:

- The crate should always be associated with something pleasant.
- Training should take place in a series of small steps. Don't go too fast!

#### **Step 1: Introduce your dog to the crate.**

Place the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or towel in the crate. Take the door off and let the dog explore the crate at his leisure. Some dogs will be naturally curious and start sleeping in the crate right away. If your dog isn't one of them:

- Bring him over to the crate, and talk to him in a happy tone of voice. Make sure the crate door is open and secured so that it won't hit your dog and frighten him.

- Encourage your dog to enter the crate by dropping some small food treats nearby, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, that's okay; don't force him to enter.
- Continue tossing treats into the crate until your dog will walk calmly all the way into the crate to get the food. If he isn't interested in treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.

### **Step 2: Feed your dog in the crate.**

After introducing your dog to the crate, begin feeding him his regular meals near the crate. This will create a pleasant association with the crate.

- If your dog is readily entering the crate when you begin Step 2, place the food dish all the way at the back of the crate.
- If he remains reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little further back in the crate.
- Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he's eating. When you first do this, open the door as soon as he finishes his meal. With each successive feeding, leave the door closed a few minutes longer, until he's staying in the crate for ten minutes or so after eating.
- If he begins to whine to be let out, you may have increased the length of time too quickly. Next time, try leaving him in the crate for a shorter time period. If he does whine or cry in the crate, don't let him out until he stops. Otherwise, he'll learn that the way to get out of the crate is to whine, so he'll keep doing it.

### **Step 3: Lengthen the crating periods.**

After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you're home.

- Call him over to the crate and give him a treat.
- Give him a command to enter, such as "kennel." Encourage him by pointing to the inside of the crate with a treat in your hand.
- After your dog enters the crate, praise him, give him the treat, and close the door.
- Sit quietly near the crate for five to ten minutes, and then go into another room for a few minutes. Return, sit quietly again for a short time, and then let him out of the crate.
- Repeat this process several times a day, gradually increasing the length of time you leave him in the crate and the length of time you're out of his sight.
- Once your dog will stay quietly in the crate for about 30 minutes with you mostly out of sight, you can begin leaving him crated when you're gone for short time periods and/or letting him sleep there at night. This may take several days or several weeks.

### **Step 4, Part A: Create your dog when you leave.**

After your dog can spend about 30 minutes in the crate without becoming anxious or afraid, you can begin leaving him crated for short periods when you leave the house.

- Put him in the crate using your regular command and a treat. You might also want to leave him with a few safe toys in the crate.
- Vary at what point in your "getting ready to leave" routine you put your dog in the crate. Although he shouldn't be crated for a long time before you leave, you can crate him anywhere from five to 20 minutes prior to leaving.
- Don't make your departures emotional and prolonged—they should be matter-of-fact. Praise your dog briefly, give him a treat for entering the crate, and then leave quietly.

When you return home, don't reward your dog for excited behavior by responding to him in an excited, enthusiastic way. Keep arrivals low key to avoid increasing his anxiety over when you will return. Continue to crate your dog for short periods from time to time when you're home so he doesn't associate crating with being left alone.

### **Step 4, Part B: Crate your dog at night.**

Put your dog in the crate using your regular command and a treat. Initially, it may be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy. Puppies often need to go outside to eliminate during the night, and you'll want to be able to hear your puppy when he whines to be let outside.

Older dogs, too, should initially be kept nearby so they don't associate the crate with social isolation.

Once your dog is sleeping comfortably through the night with his crate near you, you can begin to gradually move it to the location you prefer, although time spent with your dog—even sleep time—is a chance to strengthen the bond between you and your pet.

## **POTENTIAL PROBLEMS**

**Whining.** If your dog whines or cries while in the crate at night, it may be difficult to decide whether he's whining to be let out of the crate, or whether he needs to be let outside to eliminate. If you've followed the training procedures outlined

above, then your dog hasn't been rewarded for whining in the past by being released from his crate. If that is the case, try to ignore the whining. If your dog is just testing you, he'll probably stop whining soon. Yelling at him or pounding on the crate will only make things worse.

If the whining continues after you've ignored him for several minutes, use the phrase he associates with going outside to eliminate. If he responds and becomes excited, take him outside. This should be a trip with a purpose, not play time. If you're convinced that your dog doesn't need to eliminate, the best response is to ignore him until he stops whining. Don't give in; if you do, you'll teach your dog to whine loud and long to get what he wants. If you've progressed gradually through the training steps and haven't done too much too fast, you'll be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.

**Separation Anxiety.** Attempting to use the crate as a remedy for separation anxiety won't solve the problem. A crate may prevent your dog from being destructive, but he may injure himself in an attempt to escape from the crate. Separation anxiety problems can only be resolved with counter-conditioning and desensitization procedures. You may want to consult a professional animal-behavior specialist for help.

**Chewing:** Sooner or later every dog lover returns home to find some unexpected damage inflicted by his or her dog; or, more specifically, that dog's teeth. Although dogs make great use of their vision and sense of smell to explore the world, one of their favorite ways to take in new information is to put their mouths to work.

Fortunately, chewing can be directed onto appropriate items so your dog isn't destroying things you value or jeopardizing his own safety. Until he's learned what he can and can't chew, however, it's your responsibility to manage the situation as much as possible, so he doesn't have the opportunity to chew on unacceptable objects.

### **Why Dogs Chew**

Puppies, like infants and toddlers, explore their world by putting objects in their mouths. And, like babies, they teethe for about 6 months, which usually creates some discomfort. Chewing not only facilitates teething, but also makes sore gums feel better. Adult dogs may engage in destructive chewing for any number of reasons. In order to deal with the behavior, you must first determine why your dog is chewing—and remember, he's not doing it to spite you. Possible reasons for destructive chewing include:

- As a puppy, he wasn't taught what to chew and what not to chew.
- He's bored.
- He suffers from separation anxiety.
- His behavior is fear-related.
- He wants attention.

*Important!* You may need to consult a behavior professional for help with both separation anxiety and fear-related behaviors.

### **Manage the Situation**

**Take responsibility for your own belongings.** If you don't want it in your dog's mouth, don't make it available. Keep clothing, shoes, books, trash, eyeglasses, and remote control devices out of your dog's reach.

**Give your dog toys that are clearly distinguishable from household goods.** Don't confuse him by offering shoes and socks as toys and then expecting him to distinguish between his shoe and yours.

**Supervise your dog until he learns the house rules.** Keep him with you on his leash in the house so he can't make a mistake out of your sight. Confine him when you're unable to keep an eye on him. Choose a "safe place" that's dog proof, and provide fresh water and "safe" toys. If your dog is crate trained, you may also place him in his crate for short periods of time.

**Give your dog plenty of people-time.** Your dog won't know how to behave if you don't teach him alternatives to inappropriate behavior, and he can't learn these when he's in the yard by himself.

**Give your dog plenty of physical and mental exercise.** If your dog is bored, he'll find something to do to amuse himself and you probably won't like the choices he makes. On the other hand, a tired dog is a good dog so; make sure he gets lots of physical and mental activity. The amount of exercise should be based on his age, health, and breed characteristics.

If you catch your dog chewing on something he shouldn't, interrupt the behavior with a loud noise. Offer him an acceptable chew toy instead, and praise him lavishly when he takes the toy in his mouth.

**Build a toy obsession in your dog.** Use his toys to feed him. At mealtimes, fill a Kong-type toy with his kibble. **If your puppy is teething, try freezing a wet washcloth for him to chew on.** The cold cloth will sooth his gums. Supervise your puppy so he doesn't chew up and swallow any pieces of the washcloth. **Make items unpleasant to your dog.** Furniture and other items can be coated with a taste deterrent (such as Bitter Apple®) to make them unappealing. Caution! Supervise your dog when you first try one of these deterrents. Some dogs will chew an object even if it's coated with a taste deterrent. Also be aware that you must reapply some of these deterrents to maintain their effectiveness.

**Offer your dog a treat in exchange for the item in his mouth.** As your dog catches on to this idea, you can add the command "Give" as his cue to release the object in exchange for the yummy treat.

**Don't chase your dog** if he grabs an object and runs. If you chase him, you are only giving your dog what he wants. Being chased by his human is fun! Instead call him to you or offer him a treat.

**Have realistic expectations.** At some point your dog will inevitably chew up something you value; this is often part of the transition to a new home. Your dog needs time to learn the house rules and you need to remember to take precautions and keep things out of his reach.

### **What Not To Do**

Never discipline or punish your dog after the fact. If you discover a chewed item even minutes after he's chewed it, you're too late. Animals associate punishment with what they're doing at the time they're being corrected. Your dog can't reason that, "I tore up those shoes an hour ago and that's why I'm being scolded now." Some people believe this is what a dog is thinking because he runs and hides or because he "looks guilty." In reality, "guilty looks" are actually canine submissive postures that dogs show when they're threatened. When you're angry and upset, your dog feels threatened by your tone of voice, body postures, and/or facial expressions, so he may hide or show submissive postures. Punishment after the fact will not only fail to eliminate the undesirable behavior, but could provoke other undesirable behaviors as well.