

Congratulations on your new puppy and thank you for choosing Leland Veterinary Hospital! This information is intended as a brief introduction to help you and your new companion get a great start.

## Vaccines

Core Vaccines - These vaccines are strongly recommended or required for your canine friend.	Non-Core vaccines - These vaccines are recommended based on the risk for your individual dog
<p><b>DAPP Vaccine (<i>Canine Distemper Virus (CDV), Adenovirus, Parvovirus, &amp; Parainfluenza</i>):</b> This combination vaccine protects against the most common and contagious viral diseases in dogs.</p> <ul style="list-style-type: none"> <li>● Canine Distemper and Parvovirus are both serious and often fatal diseases. <ul style="list-style-type: none"> <li>○ Distemper virus affects many organs but is named for its effects on the nervous system (i.e. brain). Parvovirus causes diarrhea, which is often bloody, and can lead to severe dehydration</li> <li>○ Lengthy hospitalization is often required to treat these diseases.</li> </ul> </li> <li>● Adenovirus Type 2 can cause canine hepatitis (liver disease)</li> <li>● Parainfluenza can cause coughing, also known as tracheobronchitis.</li> <li>● Typically, vaccination <b><i>starts at 8 weeks of age and continues every 3-4 weeks for a series of 3 injections, followed by a booster one year later.</i></b></li> <li>● <b><i>Adult dogs with previous vaccination need to be revaccinated every 3 years.</i></b></li> </ul> <p><b>Rabies Vaccine:</b> Rabies virus can be transmitted to any mammal, including humans, most commonly through bite wounds from an infected animal.</p> <ul style="list-style-type: none"> <li>● <b><i>North Carolina State law requires dogs and cats to be vaccinated</i></b></li> <li>● <b><i>Rabies is a <u>deadly</u> virus that can be transmitted to humans</i></b></li> <li>● <b><i>If an unvaccinated pet bites or is bitten, your pet will require quarantine at your expense up to 6 months and/or euthanasia.</i></b></li> <li>● <b><i>Puppies will need this vaccine after 16 weeks of age, followed by a booster a year later.</i></b></li> <li>● <b><i>Adult dogs with previous vaccination need to be revaccinated every 3 years.</i></b></li> </ul>	<p><b><i>Bordetella bronchiseptica Vaccine:</i></b> This vaccine goes in your dog's nose to help prevent respiratory infections</p> <ul style="list-style-type: none"> <li>● Bordetella can sometimes progress from a simple cough into pneumonia.</li> <li>● If your dog frequents dog parks, dog shows, grooming, or boarding facilities, they will need a <i>Bordetella bronchiseptica</i> (AKA kennel cough) vaccination.</li> <li>● This vaccine does not provide 100% immunity from the disease; however, it will lessen the clinical signs of illness and hopefully speed recovery time.</li> </ul> <p><b><i>Leptospirosis Vaccine:</i></b> Leptospirosis is transmitted via urine from infected animals. Your pet may come in contact with contaminated water sources and mud.</p> <ul style="list-style-type: none"> <li>● <i>Infection can cause severe damage to the liver and kidney even with antibiotics and supportive care.</i></li> <li>● <b><i>For puppies, a series of two boosters administered 3-4 weeks apart. Boosters are then given once per year.</i></b></li> </ul> <p><b><i>Lyme Vaccine (Also called borreliosis):</i></b> Lyme disease is caused by the bacteria, <i>Borrelia burgdorferi</i>, which is carried by ticks.</p> <ul style="list-style-type: none"> <li>● This vaccine is intended to provide additional protection with monthly tick preventatives</li> <li>● Lyme disease often causes recurrent lameness, fever, and swollen lymph nodes and joints. More serious complications include damage to the kidney, and rarely heart or nervous system disease.</li> <li>● <b><i>For puppies, a series of two boosters administered 3-4 weeks apart. Boosters are then given once per year.</i></b></li> </ul>

## Puppy Training 101

**Positive reinforcement** - reward your puppy when they perform a desired behavior to encourage them to repeat the desired behaviors

- Puppies should be frequently rewarded and praised for doing the right thing
- Consistent and positive reinforcement will lead to a well-trained and confident dog

“Negative punishment” is a training method in which something your puppy values is taken away. *(see examples below)*

“Positive punishment” is a training method in which something unpleasant or unappealing is added to a training situation to make it less appealing and less likely to occur in the future.

Never use punishment methods that could cause pain. *(see examples below)*

### Be sure to reward the right behavior

- Puppies need to be **rewarded immediately** (within 1-2 seconds) of performing an appropriate behavior. Wait any longer and the memory of their good deed is already gone!
- The same rules apply for unwanted behaviors. Scolding your puppy even minutes after an unwanted behavior (see below about punishment and housebreaking), will result in your puppy feeling confused and even fearful.
- If you do not reward a puppy immediately, you may be rewarding the wrong behavior. Pay close attention to this as you begin training

Training Tip: You can feed your puppy half of his/her normal meal portion and use the other half of the kibble as training treats

### Punishment in a puppy’s mind...

- Punishment that causes pain or other methods of “human dominance” have **been debunked and are no longer recommended** as methods for training
- Punishment involving hitting or alarming yelling has an increased likelihood of creating fear, and possibly aggression, when used as a training method.
  - Imagine living in an environment where others only told you what you were doing wrong; maybe you’ve had a boss or a supervisor like that! It can get pretty frustrating and feels very unrewarding.
  - Help your puppy understand the behaviors that are desired and reward them!

### Examples of training techniques

Behavior	Training Method
Puppy is pulling on the leash when you go for a walk	<p>Positive punishment</p> <ul style="list-style-type: none"> <li>- Invest in a Gentle Leader dog harness</li> <li>- This harness puts gentle pressure on your puppy's nose when he pulls, making it unpleasant</li> <li>- Please <u>do not</u> use choke collars, prong collars, or shock collars. You may unintentionally associate pain with going on walks</li> </ul> <p>Positive reinforcement</p> <ul style="list-style-type: none"> <li>- As soon as your puppy stops pulling on the leash, reward him immediately with verbal praise and a treat</li> </ul>
Puppy jumps on you to greet you	<p>Negative punishment</p> <ul style="list-style-type: none"> <li>- Ignore your puppy until he stops jumping</li> <li>- You are <u>removing</u> your attention, which was the reward</li> </ul> <p>Positive reinforcement</p> <ul style="list-style-type: none"> <li>- As soon as your puppy stops jumping and waits quietly, reward him immediately with verbal praise and a treat</li> </ul>

### Additional Resources

- **Decoding Your Dog** by American College of Veterinary Behaviorists and Debra F Horwitz and John Ciribassi
- **Dr. Sophia Yin's** Perfect Puppy in 7 Days; How to Start Your Puppy Off Right
- AKC recommendation on **training your dog with rewards**  
(<https://www.akc.org/expert-advice/training/training-rewards/>)

### Socialization

#### What is the socialization period?

- The ideal socialization period is when a puppy is **3-12 weeks old**
- This is the period in a puppy's life when they are most trainable, able to learn most quickly, and "recover" most quickly from something that may initially be scary
- Check out **Dr. Sophia Yin's socialization checklist** as you begin training your puppy!  
[https://drsophiayin.com/app/uploads/2015/12/Socialization\\_Checklist.pdf](https://drsophiayin.com/app/uploads/2015/12/Socialization_Checklist.pdf)

#### What does socialization mean?

- Socialization means allowing your puppy to have positive interactions with as many different types of people, places, pets, and things as possible.
- The key is having **positive interactions**. Provide treats and verbal praise when your puppy handles a new scenario well.
- Include exposure to scenarios that you dog will likely encounter in its lifetime (brooms sweeping the floor, vacuums, strollers).

- Other aspects of socialization include exposure to a variety of surfaces (grass, pavement, carpeting, sand) and sounds (thunderstorms, car horns, other dogs barking).
- Be sure to **include touching your puppy's feet, mouth, and all parts of their body**. Teach them that having their feet touched is positive - this will make nail trims easier when they are older!
- Teach your puppy basic commands such as "sit, stay, etc" These commands are most effectively taught with both a verbal command and a hand signal. Teach one or two commands per training session and repeat them in a variety of locations.
- It is also important for your puppy to have **alone time** where they nap or play by themselves. This will help them be independent and prevent them from forming unhealthy attachments to their owners.

### How can I safely socialize my puppy?

- Puppy socialization classes are a great opportunity for a puppy to socialize with other people and dogs
- Be sure your puppy has received at least one set of vaccines and their deworming 7 days prior to starting their puppy class. Your puppy and all other puppies in the class should be **compliant with their vaccine series and deworming schedule**. Encourage your puppy to play with other puppies and dogs who have a known vaccination and deworming status and in an environment that is regularly sanitized. *This statement is supported by the American Veterinary Society of Animal Behavior.*
- **Avoid dog parks** and other high traffic areas where dogs of unknown vaccination and deworming status play or congregate. Avoid playing with dogs that have a history of dog related aggression or who may not, themselves, be well socialized.



### Crate Training

- Confinement training can be useful for housebreaking and over the course of your dog's life
- During the housetraining period, the crate should be large enough for your puppy to turn around in but not large enough that it can comfortably eliminate in the crate and be far away from his/her mess.
- Be cautious when providing blankets to new puppies. They are inclined to chew and may ingest the blanket, which is dangerous. Withhold blankets until you are sure your puppy won't eat them.
- The crate should be a **positive place** where your puppy can relax and take naps. The crate should never be used as a place for punishment.



- Leave the crate door open all the time so the puppy may go in as s/he pleases. When you see your puppy in the crate, give them a reward for going inside.
- Feed your puppy inside the crate during meal times to encourage a positive association with the crate.
- When it's time for you to leave the house give your puppy something special, maybe a toy or treat that is only offered for when you leave, so they have a positive association with their crate
- **Gradually increase the periods of time** you leave your puppy in the crate. If your puppy is crying, give them time to settle down.
  - Start with short 10 - 15 minute increments and slowly work your way up!
  - Do not let your puppy out while they are actively crying, or you may inadvertently be rewarding the behavior. Wait until they are sitting quietly, then reward them and open the door.

### Housebreaking 101

#### Consistency is Key!

- A young puppy may have to go out every few hours (as often as every 1-2 hours!)
- We recommend a **consistent schedule** to help your puppy succeed
- Take your puppy to the designated bathroom spot as soon as they wake up in the morning and immediately after they wake up from a nap
- Give them time to eliminate. Puppies are easily distracted and may need more time to finish going to the bathroom.
- **When they go in the desired spot, reward them immediately with a treat and praise**
- We understand that with busy working schedules, it may not be possible to walk your dog every 1-2 hours. However, puppies should not be expected to wait more than 3-4 hours at a time for potty breaks while they are being housebroken.
  - You may need to go home during your lunch breaks during this training period or have a friend or dog-walker help create a consistent schedule.

#### What if they have an accident?

- Puppies need to be rewarded immediately (within 1-2 seconds) of performing an appropriate behavior. Wait any longer and the memory of their good deed is already gone!
- The same rules apply for unwanted behaviors. **Scolding your puppy even minutes after having an accident in the home will result in your puppy feeling confused and even fearful.**
  - Many owners believe that their dog "looks guilty" when they have had an accident or rooted through the trash.
  - The dog looks guilty because he or she is anticipating their owner's yelling or punishment. They do not understand that they are being punished for *making* the mess.

- In instances where owners have thrown trash on the floor or made a mess themselves, dogs will still “look guilty.” Dogs only understand that they get punished when there is a mess, *regardless of who made the mess*.
- Therefore, never reprimand a dog for a mess or accident unless you “catch them in the act”
- While your puppy is in house training, we recommend keeping them close by (in the same room or even on a leash in the house). If they start to urinate or defecate on the floor, simply say “no” and interrupt the accident
- Immediately take them outside where it is appropriate for them to go to the bathroom and reward them when they do

### Puppies & Chewing

Chewing is a normal puppy behavior and part of the way they interact with their environment. Chewing should be directed to appropriate items so your puppy doesn't destroy belongings that are important to you or ingest items that could be harmful.

- Help your puppy succeed by providing appropriate toys for chewing. Reward them and praise them when they chew on the right toys.
- Only give your puppy objects that are **clearly distinguishable from other household items**. Do not permit them to chew on shoes or socks as play items. They won't be able to distinguish play shoes from the ones you care about wearing.
- Keep items that your puppy shouldn't chew well out of his/her reach! Items your puppy doesn't chew on during his/her socialization period are unlikely to become chewing objects when they are older.



Key Point: All aspects of puppy training require **consistent positive reinforcement** for desired behaviors. You may interrupt or redirect negative behaviors, but never punish or hit your puppy.

Positive reinforcement can help with housebreaking, learning commands, brushing your puppy's teeth, walking on a leash, and any other desired behavior!

*If you are experiencing behavior problems with your puppy, veterinarians are here to help! Some puppies need additional training and even a consultation with a veterinary behaviorist.*

### Flea & Tick Prevention

- Flea and tick preventatives have a wide margin of safety and are easy to administer.
- Fleas serve as the intermediate host for **tapeworms**. Monthly flea prevention helps prevent tapeworms too!
- Ticks can transmit a wide variety of diseases and can cause anemia
- **We recommend the use of monthly preventatives for all dogs in the area year-round.** We would be happy to make recommendations that will fit the



lifestyle of you and your pet.

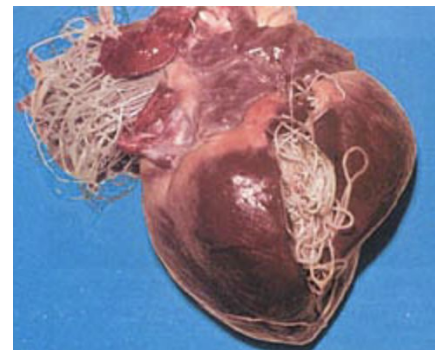
### Intestinal Parasites

Intestinal parasites are frequently transmitted to puppies from their infected mother in utero, or via milk or feces ingestion. We perform an exam under the microscope to look for eggs shed by the adult worms. In large infestations, 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 testing a fecal sample for analysis of parasites upon getting your new puppy.***
- Hookworms, roundworms, and some other intestinal parasites are **zoonotic** which means they can be transmitted to humans. Be sure to clean up feces promptly and thoroughly wash your hands.

### Heartworm disease

- Heartworms are spread through mosquitoes
- Adult heartworms can reach 14 inches long and live in the heart and main arteries around the heart (*pictured to right*)
- Their presence can cause obstruction of blood flow and inflammation in the arteries and lungs
- Signs of heartworm disease vary but can include coughing, exercise intolerance, shortness of breath and difficulty breathing

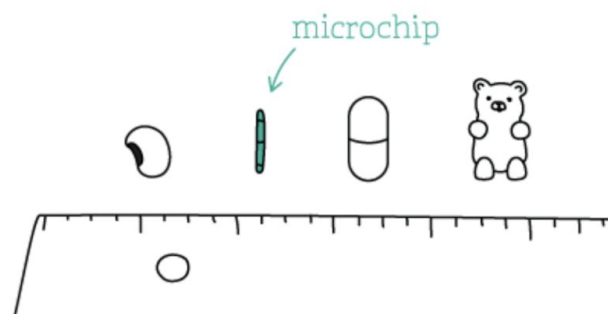


### Heartworm prevention

- Treating heartworms in dogs is both lengthy and expensive. The cost of a single heartworm treatment is roughly equivalent to 10 years of heartworm prevention!
- Preventing heartworms is key! Puppies should start heartworm prevention at 8 weeks of age and continue it lifelong.
- Dogs are routinely tested yearly for heartworms.
- For additional information check out the American Heartworm Society website (<https://www.heartwormsociety.org/>)

### Microchipping

- Even the most experienced and diligent pet owner is at risk for losing their dog
- 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
- Microchipping significantly increases the chance of



being reunited with your pet if your pet gets loose

- The image shows from left to right: a bean, a microchip, a capsule, and a gummy bear *(source <https://www.foundanimals.org/how-big-is-a-microchip/>)*

### Spaying & Neutering

- There is a serious pet overpopulation problem in the U.S. which results in many animal shelters being overwhelmed with pets that need homes.
- **Spaying and neutering eliminates the risk of unwanted puppies and kittens** and helps keep shelters from becoming overwhelmed.

Additionally, there are numerous benefits to spaying or neutering your dog:

Benefits of spaying	Benefits of neutering
<ul style="list-style-type: none"> <li>● <b>Preventing pyometra:</b> Pyometra is an infection of the uterus and is considered an emergency that requires surgery. This is a life-threatening condition and creates a great financial expense to the owner.</li> <li>● <b>Decreased Risk of Mammary Cancer.</b> Each heat cycle increases the chance of mammary cancer</li> <li>● <b>Eliminates Risk of Ovarian or Uterine Cancer.</b> Spaying a dog involves the removal of the uterus and ovaries. No organs: no cancer!</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Decreases roaming behavior</b> in search of females to mate with (i.e. trying to escape or run away) which decreases their risk of getting lost or even hit by a car.</li> <li>● Eliminates risk of testicular cancer</li> <li>● Reduces the risk of enlarged prostate (which can result in difficulty urinating and defecating as your male dog ages)</li> </ul>