



FISHER GLEN
ANIMAL HOSPITAL

WELCOME TO FISHER GLEN

YOUR PUPPY PREPAREDNESS KIT

We are very pleased to have your new puppy as a patient. That's why we have developed this kit, to help guide you as you learn the ropes for giving your new puppy a happy and healthy home!

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Your First Year at Fisher Glen

A breakdown of your puppy's year one healthcare schedule. We also offer annual wellness plans for puppies, with a discount on services, food, and 1 free extra exam at any time. Contact us today to learn more!

www.fisherglen.ca

fisherglen@fisherglen.ca

613 228 7008



Core Vaccinations

At 8 weeks of age:

DA2PPV vaccine.

At 12 weeks of age:

DA2PPV and leptospirosis vaccine

At 16 weeks of age:

DA2PPV, leptospirosis and rabies vaccines.

Optional vaccines:

include lyme and kennel cough.

Parasite Prevention

Deworming:

Deworming is performed once monthly until 6 months then a minimum of 4 times a year.

Heartworm:

Dog Heartworm testing is done in the spring, and preventive medication is given June-November.

Spay/Neutering

We will discuss the most appropriate time to spay or neuter your pet based on your situation and the most recent scientific evidence.

Bloodwork is recommended a few days before surgery

Please do not forget the importance of an annual examination each year for your pet. Remember, one year of theirs is 7 of ours!



Get Ready for Your New Arrival by Puppy Proofing Your House!

Puppies are naturally inquisitive, which can lead to serious injury. Think of them almost like toddlers and use these guidelines to keep your home safe:

Garbage: May contain many interesting things, including bones. Make sure that garbage cans are inaccessible!

Electrical cords: Puppies will chew on these, so make sure they are out of reach, or use a pet-repellent spray.

Household Chemical Killers: Things like cleaning agents, bleach, gasoline and rat poison should all be locked up.

Strings, Tinsel, Elastics: Some pets love to chew on these, but they can have dire consequences in your pet's digestive tract. Keep out of reach.

House Plants: Many plants are toxic including lilies, philodendron, azalea, Dieffenbachia, eucalyptus, elephant ear, ivy, amaryllis, Jerusalem Cherry, oleander, boxwood and some bulbs.

Xylitol: Found in coffee sweetener and

chewing gum, this can be harmful to pets.

Lawn Chemicals: If you treat your lawn, keep pets away. Read and follow label directions carefully.

Plastic Bags: Some pets love to play with plastic bags, but they can suffocate. Keep them out of reach.

Personal Items/Medications: cosmetics, shampoos, ASA, acetaminophen and common drugs can be lethal to pets.

Stoves, Heaters, Irons: Watch out for hot appliances, especially elements on the stove. Pets may jump up! If you have a fireplace, use a screen.

Antifreeze: Pets are attracted to the odour and sweet taste of antifreeze, but it's very toxic. Keep it up high and tightly sealed, and make sure to wipe up any spills on the floor.

What to Feed Your Puppy

Good feeding habits should begin as soon as you bring your puppy home! Obesity in pets is very common today, and bad habits begin early on. Investing in a high-quality puppy food and feeding properly will help ensure that your dog leads a long and healthy life.



Choose a Diet Carefully

When choosing food, look for the certification that it has been tested by AAFCO. Beware of fad diets such as grain-free or organic, as these are often scientifically unproven, as well as diets that say appropriate for all life stages. Your pet's needs change as they age! If you change foods, remember to do so slowly, over a week or so, by mixing old and new to avoid digestive upset.

Free-Choice vs Meal Feeding

Free-choice feeding tends to lead to obesity, so it's best not to keep a bowl full all day. Measure out portions each morning and serve it in several small meals, keeping the daily quantity the same. If your pet has a tendency to put on weight there are a number of weight control food options available.

Can I Feed my Pet Human Food?

Many people choose to avoid this habit, however the reality is some of us like to give a little special extra here and there. Lean meat and veggies are best. Remember, these are extra calories for your pet, so their daily meals should be adjusted accordingly. Do not feed raw meat, as it can carry bacteria such as salmonella, causing illness.

Healthy Treats

There are lots of treats marketed for pets, however many of these are actually high calorie junk food. If you want to use treats, we can recommend a number of healthy options pets love!

Bones/Antlers: Never give this to a dog. They can splinter, get lodged in the mouth or digestive tract, break teeth, or cause food-borne illness such as salmonella.

Rawhide: Dogs love rawhide, but it gets softer the longer it is chewed; pieces may break off and get lodged internally. Watch your dog carefully with rawhide, and opt for the pressed rawhide toys.

Kong Toys: These are great toys, and can be stuffed with peanut butter, kibble or other treats to occupy your pup. Feeding toys, in which your dog's kibble is inserted into a toy and they must work to get it out, are great!

Nylabones: These are hard enough to break teeth, and are not generally recommended by veterinary dentists.

Balls: Never give your dog small balls because they are easily ingested and can cause an obstruction. Veterinary dentists don't recommend tennis balls, as they wear the enamel off the teeth, Try a street-hockey ball instead!

Stuffed Toys: Only give your pet stuffed toys without buttons, eyes or noses, and remove the toy if it starts to come apart. Be careful with rubber squeak toys, as the "squeak" may be ingested.

Homemade Toys: Never give your puppy old slippers to play with, as they can't tell the difference between old and new! Keep elastics, wool, string and tinsel away from your dog, as they can obstruct the gut.

Safe Toys For Your Puppy

It can help to think of your puppy as a young human child: very curious, yet unaware of what may be harmful. It's your job to puppy proof the environment, teach what is and isn't appropriate, and provide fun and safe toys to play with!



On Housebreaking Your New Puppy

Follow these guidelines to make housebreaking your puppy as easy as possible! Remember that some dogs may learn faster than others, and that's okay. Be patient, stick with it, and let us know if you have any questions!



1. Start at 7½-8½ weeks. The older the dog, the longer it may take.

2. Choose a spot outside to take the puppy right after it wakes up, plays, and 15-30 minutes after meals. Your puppy may need 15-20 minutes before it goes. Stay with them and don't start to play until they have eliminated.

3. Try using a key phrase while the pup eliminates, such as go potty.

4. Reward with a treat, praise or play immediately after the pup eliminates outdoors. (Do not wait until you get back to the house.)

5. Use a crate for your puppy whenever you leave the house or whenever you are too busy to watch the pup carefully. (See section on crate training.)

6. Supervise at all times to catch any signs the pup is about to eliminate, for example sniffing, circling, or squatting.

7. Do NOT punish after the fact. Instead, try to catch the puppy during the act. If you see your puppy getting ready to housesoil, do not swat, but make a loud deterrent noise (they will probably stop for a moment) and immediately take them outside.

8. Do not leave food out all day. Feed your puppy at set times during the day, and remove the bowl in between. This will help create regular and more predictable intervals at which the puppy will need to eliminate.

9. Thoroughly clean any soiled areas in the house with an odour-removing product. Otherwise your puppy may return to the spot.

10. Stick with it! Most puppies can be housebroken by 14-20 weeks of age. Remember, some dogs may learn faster than others. Contact us if you are having problems.

A Note on Puppy Crate Training

Although some people are put off by the idea of crate training, most dogs look on their crate as a den that provides privacy, comfort and security. Crate training can be very useful in a number of situations, as it keeps your

puppy safe while preventing chewing and other destructive behaviours, trains your dog to be more calm while they are travelling, prevents excessive vocalization, and of course is the best method for house training.

Steps in Crate Training:

1. The crate should be large enough for an adult dog to stand up and turn around, and should not be left in an isolated area.
2. Try to associate the crate with pleasant experiences. Put treats, water and toys in it and allow the puppy to investigate on his or her own. Do not feed meals in the crate. Do NOT use the crate as punishment.
3. When your puppy is ready for a nap, put him or her in for a few minutes with the door closed and leave the room. Ignore him/her until any crying stops, then release and give a reward. Never reward by releasing the pup while he or she is crying. A dog should not be left in the crate for more than 4 hours during the day, although it is fine to leave them overnight.





Getting Started With Grooming Your New Puppy

Grooming your dog will help keep their coat healthy, and can be an enjoyable experience as well! Begin a grooming program as soon as you get your pup to get them used to the process.

Some breeds will require little or no maintenance, others will require daily brushing. A good slicker brush or a Furminator are adequate for most breeds. Choose a breed that will fit in with your lifestyle and ability to groom. Some breeds, of course, can be clipped regularly by a professional groomer.

Effective ear care begins with watching carefully for signs of a problem. Some dogs have much waxier ears than others, and some ear types are more prone to infection, particularly during warm weather and swimming season. Check your dog's ears regularly for odour, redness or excessive discharge, and watch for signs of scratching, head rubbing, shaking, or pain when touched

around the ear. If your dog needs regular ear cleaning, use a veterinary approved ear-cleaning solution and cotton balls, not Q-Tips. Ask your veterinarian for a demonstration.

Clipping your dog's nails on a regular basis (every 2-3 weeks) is an important part of grooming. Long nails can curl around and become embedded in the footpad, causing infection. Purchase a pair of good-quality nail trimmers and start trimming your puppy's nails early on. The key to nail trimming is not to cut the nail too far back into the pink part, known as the quick, which will result in bleeding and discomfort. It's hardest to trim black nails, but we will teach you how to do it properly on one of your first visits here at the clinic. You may also bring your pet to Fisher Glen for free nail trims if this is easier for you.

If you have any questions, contact us at 613 228 7008 or fisherglen@fisherglen.ca



Spaying and Neutering

Spaying and neutering is an important health decision for your pet. It is generally done at 6 months of age (though this is not appropriate for every pet) and is a day surgery, meaning that your pet may return home with you the same evening.

If you do not intend to breed your pet, spaying or neutering is an important health decision for many reasons. Not only will you be doing your part to reduce the unwanted pet population (millions of which are euthanized each year), you also will help ensure that your pet stays healthy and is an enjoyable house companion.

Recent evidence has shown that the traditional spay/neuter time of 6 months of age may not be appropriate for every pet. We will assess your pet's situation individually and make you aware of the options for timing.

Benefits of Spaying/Neutering

In Females:

- ◆ Prevents signs of oestrus (heat)
- ◆ Prevents blood stains on carpet from heat cycle
- ◆ Decreases chance of breast cancer
- ◆ Eliminates chance of cystic ovaries
- ◆ Eliminates chance of uterine infection
- ◆ Eliminates unwanted pregnancy

In Males:

- ◆ Decreases odour of urine
- ◆ Decreases incidence of prostate disease
- ◆ Helps prevent marking
- ◆ Eliminates testicular cancer
- ◆ Decreases desire to roam and fight

For more information, give us a call at 613 228 7008 or visit fisherglen.ca

In the US between 3 to 6 million people a year are infected with roundworms; in some areas as much as a quarter of the population! The larvae of these parasites can travel through the body and cause serious illness, including blindness. Children, the elderly, and people who are immunosuppressed are particularly at risk. That's why it's vital to make timely deworming a priority!

Virtually all puppies have intestinal parasites that were passed to them via their mother's milk or the placenta. Even if they are dewormed they can be reinfected from the environment, and more importantly, they often harbour larval forms of the parasites that can still develop into worms.

Regular deworming is the safest way to protect yourself, your family, and your pet. Puppies and kittens should be dewormed monthly until 6 months of age, and adults should be dewormed a minimum of four times per year. It is generally recommended that your dog be on a year-round monthly dewormer that also kills ticks, fleas and heartworm. Ask us today about a treatment plan that's right for you!

Remember, this is an important human health issue. We can decrease human infections by keeping our pets free of parasites, too. For more information visit www.fisherglen.ca

Parasites: A Human Health Concern

Not only are parasites harmful to pets, many of them can cause severe infection in humans as well. That's why it's vital to routinely deworm our pets; not just for their own health, but the wellbeing of our families too.





Heartworm Disease in Dogs: What You Need to Know

What is Heartworm Disease?

Heartworm is a large worm (from 5 to 14 inches long) that lives in the heart and blood vessels. Pets acquire it from a mosquito bite by an infected insect. Heartworm is present in most of North America, including the Ottawa area.

What Does Heartworm do?

When the mosquito bites your pet, larval heartworms are transmitted which mature into adults in the bloodstream. Adult worms live in the blood vessels of the lungs and heart. With significant infection, blood vessels become damaged and the dog may have heart failure. Clinical symptoms include exercise intolerance, cough, and nose bleeds. Sudden death may occur.

How is it Diagnosed?

Infection is typically diagnosed via a blood test. X-rays and ultrasound may be used to confirm infection and the degree of damage being caused by the worms. Dogs should be tested each spring, 5-6 months after the end of the previous mosquito season, allowing time for the infection to develop far enough along to be detected. This is

important even if you gave ALL of your preventive medication diligently the year before, as not all of the preventives are 100% effective, and even dogs who enjoy getting the pills may vomit them or spit them out later.

Early diagnosis gives your pet a better chance of being treated successfully, should they have become infected while on their preventive medication.

Can it be Treated or Prevented?

Luckily, the disease is preventable, and also treatable if necessary. Prevention is best, as treatment of heartworm is costly and dangerous to the pet.

There are several different formulations of preventive medication, ranging from chewable or flavoured tablets, to topical drops applied to the skin. It is recommended that all dogs exposed to mosquitoes use a preventive medication from June to November of each year. For pets travelling to the southern US it is best for them to be on preventive medication year round.

For more information, contact us today at 613 228 7008 or go to fisherglen.ca

Canine Lyme Disease, an FAQ

Lyme disease is spread to dogs by infected ticks, caused by a spirochete called *Borrelia Burgdorferia*. Only certain types of ticks carry the disease, however in recent years these ticks have been increasing in number in the Ottawa area.



Remember, Timely Testing is Vital to Your Puppy's Health!

Why should I test every year?

Lyme disease is one of three tick-borne diseases that occur in this area. The others, anaplasmosis and erlichia, are less common. By testing your dog each year we may be able to catch and treat an infection if your pet has symptoms. It also gives you a good idea of whether you yourself may have been exposed to infected ticks, as lyme disease is much more serious in humans.

What if my dog gets Lyme disease?

If your pet is bitten by an infected tick there is a 5 to 10% chance that they will become ill. Most commonly they will develop fever, joint pain and swelling, and general malaise, however some dogs will also develop life threatening kidney disease. A sick dog will generally be effectively treated with a course of antibiotics.

How can I prevent it?

There are two ways to keep your pet lyme free. There is a vaccine which is very efficacious, so if you are concerned about your pet getting sick, get the vaccine. The other important part of the equation is tick control. There are a number of products now that can be used monthly to quickly kill any tick that bites your dog, usually before they have had time to transmit the disease. Tick control also helps to protect the human population, and saves you from having to remove the ticks yourself, which can pose a risk to you. We recommend year-round tick control, since ticks are active at about 4°C, and we are seeing them even during the winter in Ottawa.

For more information about ticks and lyme prevention visit fisherglen.ca



Dental Disease in Pets: Assessment and Prevention

Why is Dental Care Important?

Pets get the same types of dental disease we do! Approximately 90% of dogs and 70% of cats over 5 are affected. With your own teeth, the dentist has a small but critical role in your oral hygiene, but you still have to do all the daily brushing and flossing required to slow the progression of periodontal disease. It's the same with your pet - your dog's dental hygiene is primarily in your hands! Dental disease is painful for pets, so we need to ensure we're taking proper preventive care.

What is Periodontal Disease?

Periodontal disease is the result of bacterial infection. As it progresses, the structures supporting the teeth are weakened, leading to painful, loose and lost teeth. The infection also showers bacteria into the blood to areas like the heart, joints and kidneys, which can cause or exacerbate disease.

Does my Pet Have Dental Disease?

With dental disease, you are likely to notice a foul smell from the mouth, brown tartar on the teeth, red gums, and an unwillingness to play with certain toys. (They may have trouble with kibble.)

The smell is a sign that all is not well, and the tartar is dental plaque that has become mineralized. Plaque is the enemy! It's essentially like a slime blanket of food, saliva, bacteria and other germs that coat the teeth, filling the area between the tooth and gum.

What Can I Do About it?

Have your veterinarian perform regular oral health examinations, and follow a home-care program. (See our section on dental home care.)

Dental Assessments

If the gums are diseased, or there are broken or infected teeth, it is critical to have the teeth x-rayed, assessed and cleaned before you try home care, because your pet's mouth may be too sore for brushing, and you can damage the inflamed tissues. Only an x-ray can tell us what lies below the gum line, and disease can exist even if the teeth appear normal.

Although it would be nice if Fido would sit still and hold his mouth open for a cleaning, the reality is the only way to properly assess your pet's mouth is under general anaesthetic.

Getting Started With Dental Home Care

Dental care is an important part of your dog's health - and it's best to start young! By brushing once or twice weekly now, you can get your puppy used to the dental home care process early, before their permanent teeth erupt.



1. Start as soon as possible.

Eight to twelve weeks old is great. By brushing once or twice weekly you help get them used to the idea early so that they are familiar with the process by the time their permanent teeth erupt. Once they are adult you need to be brushing at least four times weekly to have an effect. (You may want to stop while they are losing their baby teeth because their mouth may be a little tender.)

2. Make it Fun!

When it comes to dental home care, make it fun! Use lots of love, praise and treats. Keep sessions short at first and, if possible, at the same time everyday, to set up a routine. If your pet is food motivated you can brush before a meal so that the meal is the reward.

Start by handling the muzzle and lips, then rubbing teeth and gums. You can put a bit of beef broth for dogs or tuna juice for cats in their mouth as a treat.

Next, use a gauze, washcloth or piece of pantyhose flavoured and wrapped around your finger. Begin gently rubbing the teeth and gums.

Finally, try a soft toothbrush or proxy brush with your broth or juice. Hold the brush at a 45 degree angle to the tooth and brush back and forth from the gum to the tip. Brushing the tongue side is less critical. (cont)

(cont) You can then add a veterinary toothpaste or gel (human pastes cause stomach upset) but remember, it's the mechanical action of brushing that removes most of the plaque, which is the culprit in dental disease.

You will not be successful in removing the mineralized plaque, (called tartar or calculus) from the teeth by brushing, but that's okay. Your veterinarian has the tools to do this part!

3. Use Abrasive Food and Toys

It can help a lot to use abrasive foods and toys such as dental kibble, pressed rawhide, dense rubber chew toys or dental chews to reduce plaque accumulation. Avoid natural bones, dried cow hooves and hard nylon toys, as these can be hard enough to break teeth and are not recommended.

4. Keep at It!

By following a consistent home-care program you will greatly improve your pet's overall dental health (as well as their doggy or kitty breath). It can also potentially be a pleasant bonding experience for you both.

Ultimately though, it will mean fewer professional cleanings and a happier, more pain-free pet. Good oral hygiene has been shown to extend your pet's life by up to two years! But remember, these practices are no substitute for the professional assessments and cleaning at your veterinarian, the same as your trips to the dentist.

Getting Started With Dental Home Care (cont)

By the time your puppy is an adult you want to be brushing their teeth at least four times a week in order to have an effect in the prevention of dental disease. Be patient, keep at it and don't hesitate to ask if you have any questions!



Hip Dysplasia: What to Watch Out For

Taking your puppy in for timely checkups and knowing the signs to watch out for when it comes to hip dysplasia is important for early diagnosis! If you have questions, please contact us at 613 228 7008 or fisherglen@fisherglen.ca

Hip dysplasia (HD) is a developmental disease seen primarily in large-breed dogs. When a dog has hip dysplasia, a poor fit exists between the ball and socket of the hip joint. The socket is flattened, the ball is not held tightly in place, and the body's attempts to stabilize the joint cause arthritis.

What Causes It?

Hip dysplasia is caused by a combination of genetic and environmental factors. Excessive exercise, while a dog is still developing, may contribute. Nutrition is also important. For example, it has been popular to try to nutritionally push large-breed dogs to grow larger by providing extra protein or calcium. These practices have been disastrous, leading to assorted joint diseases, including hip dysplasia. Recognition of this has led to the development of foods designed for the optimum nutrition of large-breed puppies.

How Do I Know if My Pet Has It?

Hip dysplasia typically shows up at one of two points in a dog's life. During adolescence, (6-18 months) a dog may experience discomfort, although many young dogs with hip dysplasia are asymptomatic. The second group are the older dogs who have had the disease their whole life and have become sore walking on their poorly formed hips so long. Unfortunately there is not a direct correlation between X-ray signs of the disease and clinical signs, as some (cont)



(cont) dogs with arthritic, deformed hips have virtually no symptoms.

Puppies who have dysplasia may have a swaying sort of walk, may bunny hop (especially up stairs), may sit in an unusual position, lie with both hind legs straight behind them, or develop a limp. Older dogs may become less keen on their walks, have trouble getting up, or have difficulty with stairs or getting into vehicles.

If your veterinarian suspects that your dog may have hip dysplasia they will recommend X-rays. These are performed under sedation in order to get the correct view and so that the procedure is not painful for your pet. Puppies may not be certified as having normal hips until they are 24 months old, but X-rays may be recommended earlier if your pet is showing signs of pain.

What Can Be Done?

In young dogs there are a number of different surgeries that may help your pet, depending on the age at diagnosis. This makes early screening important if your pet shows signs, because some surgical procedures must be done in the first year of life. Hip replacements, such as those done in humans, are commonplace now. In some cases, we may recommend a combination of anti-inflammatories and physiotherapy. Keeping your pet a healthy weight also plays a critical role in keeping them comfortable and mobile.

Hip Dysplasia: What to Watch Out For (cont)

Early screening is important if your pet shows signs, so watch out for puppies sitting in unusual positions, swaying as they walk, or developing a limp. If you have any questions contact us at 613 228 7008 or fisherglen@fisherglen.ca





Elective Surgery at Fisher Glen Animal Hospital

If your pet is about to have an elective surgery at our hospital, it's important to know that there are risks to any surgery, including death, no matter how healthy your pet is. An extremely small percentage of animals may have a negative anaesthetic reaction, the same as some humans do. But there are ways to decrease the risk, and we feel these are important precautions.

Preanaesthetic Bloodwork

Preanaesthetic bloodwork allows us to assess your pet's overall health, particularly the function of vital organs such as the kidneys and liver. In a very young animal the primary purpose is to check for any congenital abnormalities, whereas in older animals we are looking for signs of illness or slowdown of organ function. Any abnormalities can affect the way that your pet handles the anaesthetic, and so can influence our choice of anaesthetic.

Intravenous Fluids

When your animal is anaesthetized, their blood pressure generally drops a bit. Intravenous fluids keep up the

blood pressure, and help to protect the kidneys during surgery. It also allows the surgical team to have direct access to the bloodstream should emergency drugs be needed. Animals that are on IV while under anaesthetic are able to "flush" the anaesthetic drugs out of their system faster and typically have safer and quicker recoveries.

Hip X-rays

X-rays are recommended as a screening tool for larger breed dogs or breeds prone to hip dysplasia or other hip problems. X-rays are performed under sedation, making it easier to properly position your pet to aide the doctor in giving an accurate diagnosis.

Dental X-rays

Dental x-rays are recommended at the time of spay or neuter if there are any abnormalities or missing teeth.

Whenever your pet is having an elective surgery, consider microchipping them for identification purposes. It provides you with more peace of mind should your pet ever get lost.

Socializing Your New Puppy

It used to be common for breeders and veterinarians to instruct people to keep their puppy away from other dogs until they had their vaccinations. We now know that was a bad idea. Dogs have a critical socialization period between

about 4 - 14 weeks when they are most open to new things - so it is important to expose them to the things in life you want them to be comfortable with, whether it's children, people, dogs, cats, travel, grooming, or the great outdoors.

It is good for puppies to embark on excursions which provide them with necessary socialization experiences. These socialization adventures can be fun and rewarding for both the puppy and the owner!

During socialization the puppy should have the opportunity to observe or interact with members of both his own species and another. The puppy doesn't necessarily have to participate, however; that's okay too! One good tip is to pick situations which the pup may find himself in as an adult dog. Elevator rides are a good socialization adventure for a future city dog, for example.

The key to socialization adventures is that a puppy learns to tolerate the close proximity of other dogs (large and small) as well as other species. Play is a small part of this process, but not the whole thing. It is not necessary to push your dog into interactions. Getting everybody to pet your puppy (cont)



Socializing Your New Puppy (cont)

The art of socialization is ensuring each puppy has interactions suitable for its temperament and experiences. As owners our responsibility is to ensure experiences are rewarding and non-threatening for a beneficial outcome!



(cont) or letting other dogs sniff or play with your puppy may overwhelm them. (Not every dog is nice to puppies!)

Do not feel that you need to practice obedience skills or training tasks during socialization adventures. Focus instead on positive rewards-based training characterized by kindness, gentleness, and respect.

Socialization adventure occurs at a key time in a puppy's development. This means that all experiences, both good and bad, can have potentially long-lasting effects on future behaviour. It's important during this time to ensure we are not causing our puppies to be afraid or overwhelmed. As owners our responsibility is to ensure experiences are rewarding and non-threatening for a beneficial outcome. Always protect your puppy from injury or infectious disease during outings. Limit exposure

to healthy, vaccinated dogs, and be careful about other puppies, as they may be the highest risk. Know the dogs you meet and know where they have been.

Poor response to these socialization adventures may indicate a puppy who is more likely to have behaviour problems as an adult. Identifying this early provides the opportunity to take steps to manage the behaviour.

Remember, all puppies are different! A big part of the art of socialization is ensuring each puppy has interactions suitable for its temperament and its experiences. Socialization adventures do not ensure that every puppy taking part will grow up to be free of behavioural problems. While optimal socialization provides the best possible start, genetics, temperament, experience and learning will all play a pivotal role in adult behaviours.



General Training: A Few Useful Tips For You And Your Puppy

1. Make learning fun for both you and your puppy. Spend 10 minutes 2 or 3 times daily, with training sessions separated by 4 hours for maximum efficiency of learning. Normal dogs of any age can learn if you use patience, praise and rewards.

2. Start easy and work your way up. Train the dog to come, sit, stay, down and down-stay off the leash, and to heel on the leash, in this order. Be progressively more demanding, and if the dog fails at any level, stop, don't reward, and start again at a simpler command. Your dog's motivation to perform increases as the complexity of the task increases.

3. Use one-word commands. Do not combine them with your dog's name, which should only be used to get their attention. If you talk too much, your command may get lost in all the words.

4. Start in a quiet environment with few distractions. Once the response is learned there, move the training to progressively busier environments. If the dog struggles at any level, return to the previous level.

5. Reward appropriate responses within ½ second of the command. If you tell them to come and they walk across the yard, give the command again, just before you reward them. This will ensure the dog associates the word with the command.

6. Reward every desired response at first. Once the behaviour is established, reward intermittently. As the training progresses, mix up the types of reward given. Use valued rewards. Find out what your dog likes most (food, touch, praise) and use that reward most frequently in the beginning.

7. Once your puppy has learned the commands from you, have other family members train him/her to respond to them. If the dog knows the commands well, this shouldn't take long.

8. Be patient and NEVER PUNISH. The opposite to a reward is no reward. Punishment that causes pain or excitement doesn't work and can damage your relationship. If the puppy is doing something inappropriate then distract them, issue a command, and then reward this response.

Learn to Earn: How Dog Training Has Evolved

It used to be dog training was based on social dominance theory; ideas about wolf habits which focused on punishing bad behaviour with aggression and dominance. Since then, we have gained a far greater understanding of why dogs behave as they do.



Significant differences between dog and wolf behaviour have become much clearer in recent years, leading to a far greater understanding of our canine friends. Luckily, this means we now have a far better approach on how to change unwanted behaviours!

As it turns out, a dominant-submissive model is irrelevant for most of the behaviours that people want to change in their pets, and is not the most humane, behaviour-based model. The better solution to dominating your dog through intimidation is to be predictable and trustworthy; simply put, to be a good leader. You want your dog to learn to earn, using rewards such as praise or food. Leadership is the ability to influence others to perform behaviours that they would not necessarily perform on their own. You can do this by controlling all your dog's desired resources, such as treats, toys, food, or attention, in return for the good behaviour you want. Any or all of your dog's resources may be used as a reward, and it is critical that you give the reward within about ½ second of the good behaviour.

For example, if you want to teach your dog not to mow you over when you put their food down for them, hold it in your hand and require that they sit each and every time you feed them. Until they are sitting quietly, the food stays up with you. The moment they are waiting quietly they are fed. (cont)

(cont) They had to LEARN a good behaviour in order to EARN the reward.

Dogs that pull their owners down the sidewalk are putting everybody in danger. The best way to teach your dog to walk nicely beside you is to take away the reward – that is, as soon as they pull at the end of the leash, you stop moving or go the other way for a couple of steps. Then turn around and try again. It may take a bit of time for them to get the message, but if you are consistent EVERY time you walk, the work you put in will be rewarded with a dog who is a pleasure on the leash, and a shoulder that stays in its socket!

The other side of the coin is to prevent the dog from receiving rewards for undesirable behaviours. For example, often when a dog wants attention it may jump up on you instead of sitting calmly and looking at you. When your dog jumps on you, you must ignore them by holding still or even turning your back to them, so that your dog does not get the reward (attention) for bad behaviour. Once your dog sits you must immediately reward them so that they get the message that sitting quietly gets your attention.

Leadership is achieved when you can consistently set limits and communicate the rules effectively; always reward correct behaviours as they occur, while preventing or immediately removing rewards for undesirable behaviours before they are accidentally reinforced.

Learn to Earn: How Dog Training Has Evolved (cont)

A better solution to dominating your dog through intimidation is, simply put, to be a good leader. You want your dog to learn to earn, using rewards such as praise or food. Remember, what gets rewarded gets repeated. Be patient, stick to it and have fun!



Help! My Puppy Nips at Me!

First of all, don't worry: this is a perfectly normal behaviour for your little mouth-oriented pup. For the most part puppies outgrow this phase, during which they are still teething and exploring the world. You don't want them to get the

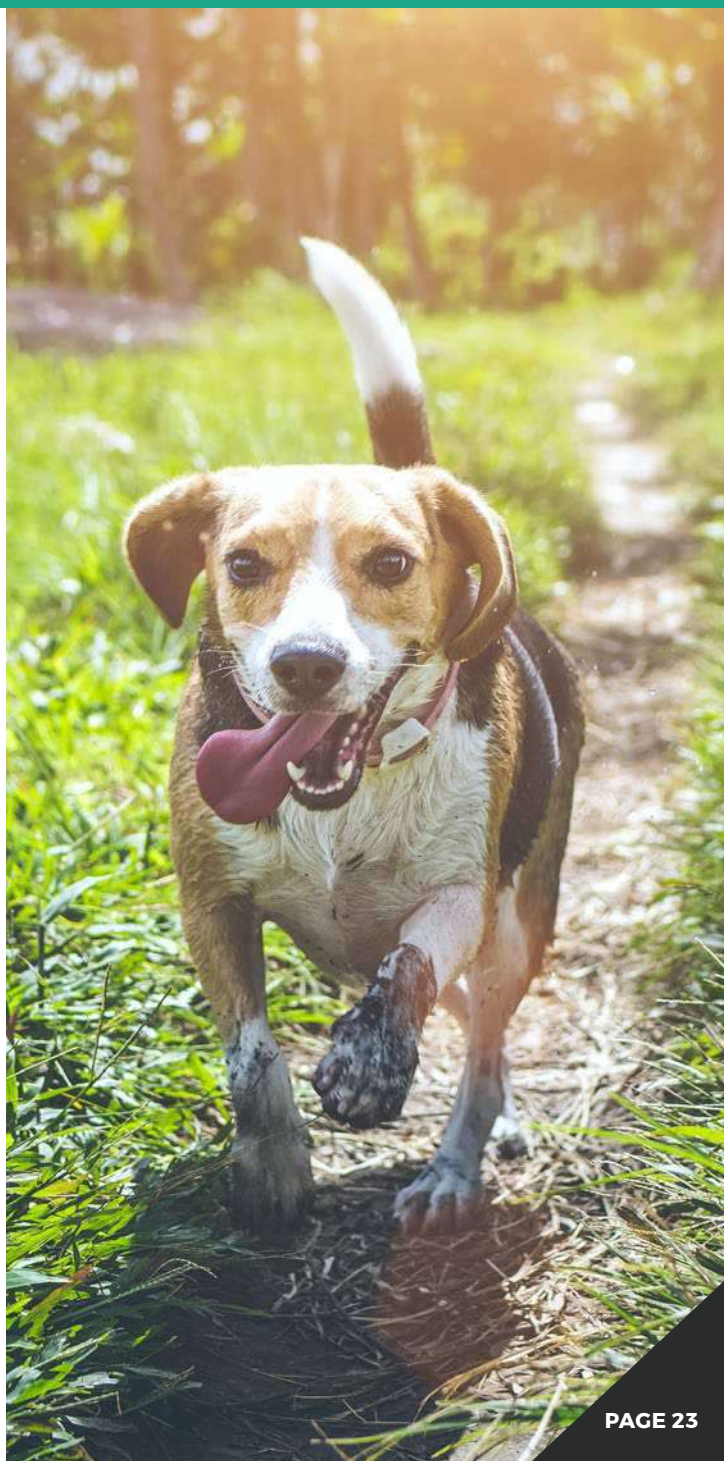
idea that your body is a play toy though, so the following tips should help to discourage this behaviour. Remember that patience is most definitely the order of the day when it comes to teething puppies - this will pass!

1. When petting your puppy, always make an effort to give them something besides your hand. As you pat them, give them a chew toy with the other hand.

2. Remember, puppies are attention-seeking creatures, so if you ignore them when they nip they will not be rewarded for the behaviour. When your puppy starts to nip at you let out a loud yelp or OUCH to show your unhappiness and then proceed to ignore the puppy. Ideally walk away or go into another room for a moment. The pup should learn that when they begin to play that way all of your attention disappears!

3. Like small children, pups can get wound up and sometimes have a hard time listening. If you reach this stage, give the pup some quiet time alone with a chew toy to calm down.

4. Avoid physical or confrontational techniques such as holding the muzzle or grabbing the scruff. This is ill-advised and often exacerbates the problem.





Puppy Wellness Plans From Fisher Glen Animal Hospital

At Fisher Glen we believe that preventive medicine and timely checkups are the key to a long and healthy life. That's why we recommend pet insurance be considered by every owner, and it's also why we offer wellness plans designed to give your pet the best quality of care at the most affordable price.

A Note on Pet Insurance

Injury and illness in pets can lead to medical bills in the thousands of dollars, since much of the treatment parallels that which is available in human medicine. It is heart-wrenching to have to make a decision based on finances. This is where insurance comes in. Pet insurance is available from a number of different companies. We will be happy to discuss the options with you.

Wellness Plans from Fisher Glen

When you sign up for one of our puppy wellness plans, we will provide all the routine care needed for one year. In addition to a discount on veterinary services, you also get peace of mind knowing you can bring your pet in for 1 free extra exam at any time, plus a discount on all pet foods.

Puppy Wellness Plans

What's Included:

- ◆ 8 Week Puppy Visit, including week 8 core vaccinations, fecal analysis, deworming, and puppy kit with technician.
- ◆ 12 Week Puppy Visit, including exam & week 12 vaccinations
- ◆ 16 Week Puppy Visit, including exam & week 16 vaccinations
- ◆ Spaying or Neutering, Including all preanesthetic bloodwork and surgical IV fluids
- ◆ 1 Year Deworming and Tick & Heartworm Prevention
- ◆ 1 Bordetella or Lyme vaccine
- ◆ 30 Day Trial of Pet Insurance with Trupanion
- ◆ 5% Discount on All Food Purchases
- ◆ Microchip Implantation
- ◆ 1 Free Extra Exam at Any Time

If you have any questions, contact us at fisherglen@fisherglen.ca or call us at 613 228 7008. We would be happy to answer them for you. You can also learn more at www.fisherglen.ca

Signs of Illness In Your Pet

Knowing the signs and symptoms of illness in our pets is vital to ensuring they have a long, happy and pain-free life. If your pet is acting strangely or exhibiting any of the following symptoms, don't hesitate to contact us right away!



A Note About Preventive Care

Here at Fisher Glen Animal Hospital we believe that preventive health care is very important for your pet, especially because unfortunately they can't tell us what's wrong. Sadly, many dogs and cats are also very good at hiding illness until they are quite unwell.

That's why the best approach to pet health includes timely checkups and evaluations of your pet's health risk factors. Consequently, we can detect diseases early and intervene before they have been allowed to progress. Remember, it is always easier to successfully treat a disease if we catch it in its early stages!

With that said, it is vital to know and understand the signs of illness/disease in your pet so that you can get them checked up as soon as possible.

The Signs of Illness in Pets

What to Watch Out For:

- ◆ Blood in the stool or urine
- ◆ Not eating or drinking (this is especially important in cats)
- ◆ Drinking more than usual
- ◆ More frequent urination
- ◆ Bleeding from the mouth or rectum
- ◆ Vomiting or diarrhea
- ◆ Pale or bluish gums
- ◆ Difficulty breathing
- ◆ Seizures or episodes of unexplained collapse
- ◆ Difficulty exercising
- ◆ Abdominal swelling
- ◆ Hiding (especially in cats)

If your pet experiences any of these symptoms, contact us immediately at 613 228 7008 or fisherglen@fisherglen.ca