

Puppy Class – Homework Week Five

Week Five Practice Instructions

Ignore behavior you do not want; reward behavior you do!

1. **Watch me** – practice this both formally and informally. Always wait for that eye contact before you release the pup to his supper. Praise with “good watch me” as you have eye contact. Spontaneously during the day, approach the puppy and say “watch me!” Be ready to praise *the moment he looks up at you....* “good, good watch me.”
2. **Loose leash walking** – keep practicing. Make it short, frequent, and fun. You are not teaching a concept, you are developing a *habit* -- the habit of walking near you and keeping an eye on you. We humans tend to think in terms of understanding a concept. Once we know that $2 + 2 = 4$, we know it forever and can provide the answer any time we are asked. Not so for dogs. The fact that a puppy will do something right once does not mean he “has it.” With dogs, you are creating desirable patterns of behavior by doing them over and over and over.
3. **Choose to heel** – although this isn’t easy with small dogs, if you have had success with this approach, try to do this every day for a minute or two and keep it fun. Establish the *habit* of walking happily by your side.
4. **Sit/Stay** – this week we’re working for a 20 second stay and one full step away. If you are having difficulty, look back through the tips contained in your previous homework packets.
5. **Down/stay** – the goal for this week is 10 seconds one step away. Reread previous instructions. *Remember, never praise or feed after the release. All the good stuff comes while the puppy is giving you the desired behavior.* *****One more tip: never call your dog out of a stay. Always return/praise/release. You can begin to call him from a stay after months of practice, but even then, return/treat/praise and then move away again several times before you call.**
6. **Puppy push ups** – don’t forget to ask for “push ups” at random times during the day. Any combination of sit/down/stand will do, and mix it up. Try more and more to decrease the need for the food reward. Dogs will work for praise. It is your *attention* they crave, and puppy push ups are a great way to play with your pup.
7. **Leave it** -- practice “leave it” as often as you can. Always use your lead. If the pup manages to snatch the desired item, you have set yourself way back in this training. He must get the clear message that YOU OWN the desired item. YOU are in charge. Hopefully, you can now get him quite near the item and with one “leave it” he immediately avoids it (this is the moment for you to say YES), and, even better, *looks* at you (this is the moment to say YES and give him a treat). Again, we are not teaching a concept. We are teaching a pattern of behavior – creating the habit of avoiding anything you command him to leave.
8. **Toy release** – Go to the “Teaching the Toy Release” instructions sheet we gave you in class.
9. Practice, practice, practice --- *wait*, and *come*, and *cradle*. Go back and reread the instructions contained in the previous weeks’ homework packets. You will be amazed at how much more the puppy will “get it” now as a result of the hard work you’ve put in thus far.
10. Read the attached information on **tips and advice from your veterinarian**.

Tips and Advice from your Veterinarian

1. **Find a good vet and see him/her regularly** – the first thing you should always do when you get a dog is to find a good vet and establish a relationship with her. Talk to some dog folks you know for recommendations and ask around. Don't wait until your dog is sick to go in. Make an appointment, meet the vet, and *establish your dog as a patient*. That first exam and history gives your vet the information he/she needs to be "up and running" if you call with a problem.
2. **Take your dog in for regular checkups** – when you think about how short a dog's life span is, you will realize that they grow and change faster than we do. Seeing your vet at least once per year (twice a year would be even better, especially as your dog ages) will enable the vet to detect early any problems that may be developing. This saves you money in the long run and gives your beloved pup a better chance at staying well and comfortable. Consider, if your vet recommends it, having a blood panel done regularly. This gives the vet a good picture of how your dog is doing and provides helpful information if he does get sick at some point later on. Although there are local low cost "shot clinics" available, the shot is all you get. It's important that your dog receive a regular and thorough examination by a vet.
3. **Give your dog the recommended vaccinations** – there is a good bit of discussion these days about the problems with over vaccinating, and these concerns are valid, but *take your vet's advice* on vaccinations. If you are concerned, ask your vet to explain exactly the "why" behind his/her recommendations. Some vaccinations such as Bordatella (kennel cough) are optional unless you must kennel your dog or are regularly attending dog competitions.
4. **Trust yourself** – if you think there is something wrong with your dog, there almost certainly is. Call the vet. A good vet, if he/she cannot find the problem when you go in, will tell you to come back in a day or two. Owners have an extra sense when it comes to their dogs; sometimes you *just know* that something isn't right even before the problem is manifest enough to be detectable through physical exam or lab tests. When in doubt, always call your vet.
5. **Use flea and tick prevention regularly.** You may not be old enough to remember the days when our dogs were tormented by fleas. Fortunately, we no longer have to face that situation. The products are not inexpensive, but they are well worth it. Remember to always read the directions on the package.
6. **MORE THAN ANYTHING, ALWAYS GIVE YOUR DOG HEARTWORM PREVENTION ON TIME!!** Any dog living in Florida will end up with heartworms unless he/she receives regular heartworm prevention. Your vet will also do a blood test once per year to be certain that the prevention is working. Heartworms will kill a dog. There is a drug to treat heartworms, but dogs regularly die in spite of the treatment, and the drugs are sometimes difficult to obtain and expensive.
7. **Consider pet insurance** – We are blessed in that veterinary medicine is so advanced these days that vets can offer the same level of care as MD's. Diagnostic procedures (ultra-sound, endoscopy, x-ray, lab work, etc.) surgeries, and an array of other treatments are available to help keep our dogs well, but your vet's training and the equipment necessary to do these procedures, not to mention the expense of a well-trained nursing staff, cost money. Some

folks seem to think that veterinarians (“because they love dogs”) can provide these services for free. These folks just aren’t thinking; vets have to pay student loans, mortgage payments, grocery bills, etc. too. Your dog is your responsibility. Plan ahead. Purchase pet insurance or put a little extra away each month.

8. **Spay or neuter your pet** – There are many health benefits to spaying or neutering your pet. Discuss with your vet the why and when to spay/neuter. There are several considerations relative to timing. Let your vet help you make that decision.
9. **Happy visits** – take your puppy by the vet’s office regularly for “happy visits.” Have lots of cookies in your pocket. Maybe just approach the door/treat/praise/leave the first couple times. Then go on into the waiting room and treat/praise/maybe visit with the receptionist (if he/she is not too busy). If you are lucky enough to catch them at a quiet moment, ask the receptionist or nurse to take the lead (and a stash of cookies) for a quick trip through the waiting room door and then right back out to you. If you are respectful of their time/situation, the staff in most vet’s offices are happy to help you convince your pup that the vet’s is a “happy place.”
10. **Don’t let your dog become fat** –we cannot always control our own appetite, but we are in total control of the calories that go into our dog. The most loving thing you can do is keep your pup slim and trim. He should have an obvious waistline and you should be able to feel his ribs. You can give him carrots to chew on; dogs also love the stalks from broccoli. You can purchase no salt canned green beans or pumpkin (not pie filling—just plain pumpkin) to add to his meal if you are trying to take weight off and feeling bad about how little he seems to be getting. There is no excuse for a fat dog.
11. **Purchase high quality food** – spend more money on the food and you’ll spend less at the vet’s. We cannot stay healthy on a steady diet of MacDonald’s; neither can our dog thrive on junk food. Don’t buy your food in the grocery store. Purchase a premium food at the pet store. Meat should be the first ingredient, preferably just one meat source like chicken, or fish, or beef. When a dog has a food allergy, it is most often to the protein source in her food. It is an easy remedy to just switch to another protein source if the food you are feeding presently has only one. Avoid corn and wheat and “by products.” Veggies are good.
12. **Don’t overdo the exercise** – until they are over a year old, the growth plates in our dogs’ joints can be damaged by jumping or by running long distances. Even if you have a leggy super energetic dog, you must not take him for a run until he is at least a year old. Our dogs want to please us; they’ll keep up even if they’re hurting. Protect him now as he grows and you’ll have a lifetime of runs together in the future.
13. Be careful of HEAT. Leaving a dog in a car is a well-publicized danger, but taking him with you on a bike ride on a hot day can be dangerous as well. Dogs don’t sweat; dealing with heat is more of a danger for them than it is for us. An easy way to remember a dog’s normal temp is “**Me plus 3**” (101.6 – 102). A few minutes of running a fence line on a hot day can put your pup in danger. If he acts “funny”, staggers, or in any way seems abnormal, take his temp. You can cool him down by hosing his belly or groin. Do not cool him lower than 104. Call your vet.
14. Make a first aid kit for you dog.

Over for canine emergency kit

Canine Emergency Kit

Veterinary hospitals and emergency vet hospitals are becoming more and more common these days and they should always be your ***first choice*** if your pet is sick or injured. However, we are sometimes out of reach of the professionals, so here is a list of items that can help you make your dog more comfortable until you can get to the vet.

Scissors

Triple antibiotic ointment – for minor abrasions/cuts

Hydrocortisone cream – for insect bites and hot spots

Benadryl -- generic is diphenhydramine hcl (1-2 mg/pound of body wt) for allergic reactions with associated itch, facial swelling, vomiting.

Hydrogen peroxide to induce vomiting – (1 Tbsp per 20 pounds of body weight) if ingested antifreeze, chocolate, Tylenol, ibuprofen, rat poison. Do NOT induce vomiting if caustic or petroleum based toxins. Can repeat above dose if no vomit after 15 mins.

Bandage material – 2x2 inch gauze pads, 3x4 inch telfa (non-stick), 3-4 rolls of kling/conform bandage, 1 inch cloth tape, 3 inch self adhering elastic bandage

Rubbing alcohol – to cool the dog down with heat stroke – apply to feet, ears, groin

Eye irrigating solution – to rinse eyes, cleanse a wound, or make a wet-to-dry bandage

Rectal thermometer—to monitor in case of heat stroke or infection. Dog's normal temp is 102. In case of heat stroke, stop cooling efforts once you get below 104.

Large towel – to be used as a sling or part of a bandage or splint

Duct tape – to secure a large bandage or splint

Newspaper – to be used flat as a clean barrier over a large wound or rolled up to act as a splint

Buffered aspirin/Ascriptin – for pain relief (10mg/pound of body weight)

Pepto bismol – for vomiting/diarrhea (2 tbs. per 50 pounds of body weight)

Canine CPR

Airway: Clear the airway of secretions or obstructions

Breathing: Fold your hands over the muzzle to prevent air from escaping from the lips. Then blow into the nose. Make sure that the chest wall expands when you blow into the nose. Breathe at approximately 20 – 40 breaths per minute.

Cardiovascular: With the dog laying with the *right side* down, kneel against his back and place your hands over the middle 1/3 of the ribs at the level of the armpit. Compress the chest at approximately 80-120 compressions per minute. Feel the pulse at the femur (inside of thigh) when you compress to assure you that you are compressing efficiently (have a second person do this for you if they are available). Roll a towel and place it under the chest wall to achieve more efficient compressions if necessary.

If you are alone, compress four times and then breathe once and repeat.

*** Remember that *any* dog, when he/she is in pain, will bite. If you must handle an injured dog, muzzle him first. You can do this with a leash. Place the middle of the leash over the nose just in front of the eyes. Loop it down and around crossing the leash under the nose and then bring the two ends under the ears and tie them behind the head.