

MY PUPPY BOOK



Health, Care, and
Training Information for your
Cosmopolitan Companion
Dogs Puppy

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SECTION 1

HEALTH

MEDICAL SCHEDULE

| | DATE | EVENT |
|--|---------------|---|
| | | <hr/> |
| | Birthdate | Whelped |
| | | <hr/> |
| | 6 weeks | Vaccinated |
| | | <hr/> |
| | 8 weeks | Complete veterinary exam (heart, eyes, neurological, etc), deworming, negative fecal, vaccinations, microchip |
| | | <hr/> |
| | 8.5 – 9 weeks | Schedule checkup with your veterinarian to confirm your puppy is healthy under our contract and guarantee |
| | | <hr/> |
| | | Have your vet check and record your puppy's microchip number |

DATE

EVENT

Discuss options to prevent fleas, ticks, and heartworms

Discuss socializations and risk with your vet. Your vet will be most knowledgeable about local dangers and outbreaks and will help you formulate the safest plan for socializing your puppy

Schedule vaccines through 16 weeks

16 weeks

Rabies vaccine

12 months and each year thereafter

Annual veterinary checkup and any needed boosters. Take in a fecal sample to check for parasites.

HEALTH CERTIFICATIONS

We adhere to the health standards required to be a Blue Ribbon certified breeder with the Goldendoodle Association (GANA, <http://www.goldendoodleassociation.com/about-gana/health-testing-requirements/>). To maintain healthy diversity in our lines, we occasionally will use outside studs that may not be certified Blue Ribbon, but that adhere to our high health clearance standards.

In most cases we **exceed** Blue Ribbon health clearance requirements. Blue Ribbon requirements for our breeding dogs are as follows and are denoted in the listed testing for your dog by bold type.

- *Hips (x-ray evaluated by board certified veterinary radiologist)*
- *Heart (veterinary cardiology exam)*
- *Eyes (Board certified veterinary ophthalmologist)*
- *Progressive retinal atrophy (PRA) (DNA testing)*
- *Von Willebrand disease (vWD) (DNA testing)*
- *Elbows (x-ray evaluated by board certified veterinary radiologist)*
- *Patellas (veterinary manual exam)*

DNA clearances for each dog are based on breed and risk and only one clear/normal parent is required for a puppy to not be affected by a heritable disease. For example, Goldendoodles with Poodle parent(s) clear for a heritable Poodle disease such as GM2 Gangliosidosis (Poodle Type) need not be tested. So in our example if we have bred two Goldendoodles that each have one Poodle parent, and both of those Poodle parents are clear for GM2, then the Goldendoodles need not be tested/cleared for GM2, nor do any of their offspring. Regardless, all of our breeding dogs undergo genetic testing.

Your puppy has received regular veterinary checkups and goes home with a Florida Certificate of Veterinary Health. Their health exam includes age-appropriate vaccinations, dewormings, and physical exam (heart, eyes, neurological, etc).

SELECTING YOUR VETERINARIAN

Your veterinarian is one of your most important partners in the health and care of your dog. We suggest you bring this booklet with you for your first vet visit to share with your vet.

If you don't already have a veterinarian, one of your best resources is referrals from people you know who have pets.

Some good questions to answer about potential vets include:

- *Is the practice in a location convenient to you?*
- *Are their hours convenient for your schedule?*
- *Do they offer after hours or emergency services? If not, get a referral for an after-hours or emergency vet BEFORE you have an emergency*
- *Decisions should not be based entirely on cost, but make sure your vet is affordable to you. Also make sure that when they quote prices, those prices are inclusive of other costs. Some vets will quote you a price for a service, but when you go to pay the bill you may find that the price has doubled because they added on a whole slew of other items.*
- *Does the vet accept your pet insurance plan?*
- *What range of services does the vet provide?*
- *Does the vet offer non-medical services like grooming, boarding, or training? These aren't necessary, but for some families are an added convenience.*
- *Is the clinic accepting new clients?*
- *Will you be allowed to speak directly to a vet if you feel you need to? Some vets won't call back for a few days, others within 2-3 hours.*

Schedule an appointment to view the facility and meet some of the staff. Some things to look for:

- *Are there potty areas for the dogs? Are they clean and well-maintained?*
- *Is the facility clean and organized?*
- *Is there an unpleasant odor?*
- *Is the clinic relatively peaceful or is it chaotic and noisy?*
- *Is there ample room for pets to wait safely and separately, if desired, or are all waiting patients in one small area and on top of each other.*
- *Are you allowed to remain with your dog during treatment? Simple procedures such as vaccines, blood draws, and ultrasounds should be easy to do with you there. Others, such as x-rays and surgical procedures require your dog to go with clinic staff.*
- *Did you feel welcomed in the clinic and did the staff answer your questions to your satisfaction?*
- *Did you feel comfortable asking questions?*

One reason we suggest getting a referral for a vet is that, while most vets are wonderful people and clinicians, there are enough out there who over treat, over prescribe, and do everything they can to gouge clients for as much money as possible. In particular, we have noticed this with the larger chain clinics. For example, a good vet will know when they can save you money by prescribing an inexpensive over the counter product versus a costly prescription product, or to take a conservative wait-and-see approach when appropriate. Some conditions will self-resolve, and as long as waiting for a short while isn't dangerous, then why not wait to see if a condition will resolve itself.

A good example of this is puppy vaginitis. Most cases of puppy vaginitis will self-resolve by your puppy's first heat cycle. You want to have a vet available to

monitor this situation and prescribe treatment if necessary, but usually treatment isn't necessary, just good surveillance. So when you ask your friends about a vet they are referring, see if you can determine if the vet helps their clients make good choices that are also cost-effective, or if they are one of those vets that will just rack up the bill.

We recently heard of an example of this from another breeder who sent a puppy to the family a few months back. The dog had runny eyes from allergies, and had an ear infection because the family wasn't doing ear maintenance. The family spent almost \$1,000 on an over-the-top treatment protocol that probably could have been handled with some Benadryl or a similar OTC antihistamine and a good ear cleaner, possibly some antibiotics if the ear infection was bad enough.

Once you find a vet, you are the paying client, so ask questions. It's not at all unreasonable to ask questions that include:

- *Is there a less expensive treatment option?*
- *If prescribed a medication, is there a less expensive medication or over-the-counter option?*
- *What would happen if we decide not to move forward with the treatment?*

Definitely, definitely, definitely, take care of your puppy. But realize that in every walk of life there are people who will take advantage of you, and pet care is no exception.

HANDLING VETERINARY COSTS

The cost of veterinary care is approaching the cost of human health care—it can get expensive.

Unless you are prepared to spend several thousand dollars to cover emergency and other procedures, if needed, we very strongly recommend getting pet health care insurance, at least for its first year.

Your puppy's vaccine series isn't complete until 2 weeks after his last puppy shots at 4 months old. And a dog doesn't have a fully functional immune system until it is well over a year old. Most vaccines are safe and effective, but without a fully functional immune system, some dogs still contract awful diseases, like Parvo. Treatment for Parvo can run into the thousands of dollars (\$5,000–7,000 is not unusual if your puppy needs intensive care and Tamiflu medication, for example).

Puppies chew. It's natural, and to be expected. However, if they swallow something seemingly innocuous like a sock or a small kid's toy, they can get an intestinal blockage. An intestinal blockage can kill a puppy or dog very quickly. The main treatment for a blockage is emergency surgery which can cost well into the thousands of dollars (see a pattern here?).

We never want you to have to make a horrible choice for your puppy because of the outrageous cost of treatment. This is why we recommend insurance for your puppy. Most plans start at \$25-35/month for a puppy.

If you get a puppy from us, you can use a certificate from Trupanion for a free first month's insurance. (We get nothing for this except for peace of mind.) There is no waiting period for this policy. Other policies have a waiting period of 14-30 days, so check the fine print.

To sign up for the Trupanion free month call 855.648.0087 or visit Trupanion.com/activatecertificate, provide code BR1CC113015, and click "Continue."

If you start the Trupanion plan when you pick up your puppy, then you have two weeks to shop around for other plans. You can start the plan the day before you pick up your puppy (recommended) and no later than the day after. Other plans include Nationwide, Pets Best, Embrace, and Healthy Paws. Some workplaces offer pet insurance as part of their benefit package. We do not recommend the AKC insurance plan.

We feel so strongly about pet insurance that if you have continuous health insurance for your puppy throughout our guarantee period WE WILL EXTEND OUR HEALTH GUARANTEE FOR AN EXTRA YEAR.

Please, please, please consider insurance for your puppy.

TEACHING YOUR DOG TO LOVE THE VET

By the time your puppy goes home, she has had several interactions with our veterinarians, and we have worked hard to make those fun and positive interactions. We have also started your puppy with tolerating restraint and handling.

You will want to continue your puppy's education by making all of her vet visits as fun and happy as possible. Bring lots of treats, and the minute you get to the clinic, give your puppy treats for any good behavior. That includes sitting quietly, greeting people appropriately, handling scary events, and more. Also, encourage vet staff to give your puppy treats.

Make sure your puppy has relieved himself before you get to the clinic. If your drive is over 15 minutes, find a nearby office or industrial park with no signs of dog use to give him a potty break.

Plan to arrive at least 15 minutes early to avoid being stressed by a tight schedule and to allow your puppy time to adjust to the clinic and new environment.

Give your puppy a treat for each new encounter. For example, give a treat when you arrive at the vet and get out of the car. Give another for your puppy walking nicely with you, when you go through the front door, while you are waiting at the desk to check in, when you sit in the waiting room, when a new person approaches, etc. These experiences may not even be something you normally think about, but they may all be brand new to your puppy. Help him have positive experiences by being confident and giving him treats and praise.

Remember, you are your puppy's main advocate. While we want the experience to be happy, you don't want people to get overexcited with your puppy, so make sure all voices are calm and all interactions are calm. If anyone is getting over excited with your puppy, riling him up, or causing him to behave in a way you don't want, pick up your puppy, step back from the person, and tell them you are

working on training your dog in a calm manner and ask them to please speak and act calmly with your dog. If a person can't act appropriately, leave their presence insofar as possible.

If a person approaches, give them a treat and ask them to quietly give the treat to your dog. Many people have good intentions but aren't educated about dog training and can act inappropriately with your puppy. Be proactive and ask them to behave the way you want before they have a chance to overexcite or frighten your puppy.

Many people will allow their dogs to run over to your puppy and jump on them. Do not let this happen! Many dog owners do not properly socialize their dogs and don't teach them to behave appropriately with other dogs. If you see a dog headed your way, especially if they are pulling their owner over by the leash, pick up your puppy and ask them to stay away before their dog encounters your puppy. And you don't know the health status of that other dog and the last thing you want is to expose your puppy to diseases for which it does not yet have full immunity. Tell them your puppy hasn't yet had all of her shots, please don't let the dogs near each other. Again, you are your puppy's advocate. Stand up for her BEFORE there's a problem, or step in as soon as possible after noticing a problem. Your puppy's well-being is more important than a stranger's opinion of you. This goes for ANY situation with your puppy, not just at the vet.

The vet's office is not the place for socialization. You want your dog to know to act a certain way at the vet, and when you socialize with people and other dogs, you want to be in a more controlled environment.

If the overall atmosphere in the clinic is chaotic, ask the staff if you can wait outside or in your car, or if they have a quiet area.

Identifying stress

You'll want to learn the signs of stress in your puppy so you can support her if she isn't feeling comfortable. Provide support without coddling her. You want to help her, but at the same time you don't want to encourage fearfulness. Again, this is not just for the vet's office.

Signs of stress include:

- *Ears back*
- *Tail down*
- *Licking lips*
- *Shaking*
- *Whining (not the eager kind)*
- *Not accepting treats*
- *Trying to hide*

If your puppy shows these signs, you will need to help him with his stress.

- *Step back from the immediate environment a little and give him a chance to look around*
- *Give him a reward whenever he looks at you or shows signs of boldness, such as taking a step forward*
- *Be sure to keep other dogs and people away until your puppy has relaxed a little*
- *Keep rewarding for when he sits calmly with you*

In the exam room

Continue rewarding your puppy as you enter the exam room, and reward for every new encounter. For example, when entering the room, when she approaches the exam table, when she meets the vet tech, when she gets on the table, when the tech or the vet touches or restrains her. Ask the veterinary staff to greet your puppy with treats. Give the puppy a treat for each vaccination or blood draw. You get the picture.

A note about restraint. The one time you don't want to reward your puppy is if he's struggling during restraint or a procedure. Rewarding your puppy at that time will only reinforce the struggling, so don't do it, even if your puppy seems frightened at that moment. Remember, unless it's an emergency, you can always ask the tech or vet to stop working on your puppy and allow him to calm down.

Remember to pay attention to your puppy while you are checking out and leaving the clinic. This is not the time to forget to support and advocate for your dog. If someone is with you, have them take your puppy out to the car to wait. Once you leave the clinic, take your dog to a safe place to relieve herself.

Vaccine Reactions

We are supportive of vaccinating your dog, and think vaccinations are in your dog's best interest, and in the interest of public health in general. Vaccine reactions are not common, but they can happen. Because of this, stay at the vet's office for 20-30 minutes after a vaccine. If the waiting room is a quiet and suitable environment, you can wait there, or you can wait in your car. Any serious reactions are most likely to show up within 30 minutes, and signs include itching, hives, throat swelling, or vomiting.

Vaccine immunity

It takes up to 10-14 days for your puppy's immune system to respond to a vaccine, so remember that the vaccine is not protective until that time has passed. Do not go from the vet to the dog park thinking your puppy is immediately protected. He's not.

Titering

Titering measures the antibodies present in your dog's system and indicates protection. So a sufficient titer for distemper, for example, indicates that your dog likely has immunity to distemper. Depending on state laws and your vet's philosophy, you may want to check the titers on your dog before annual vaccines once your puppy has completed all of their puppy shots. Discuss this option with your vet if you are interested.

Rabies vaccine

It's important to ensure your dog is as protected as possible through vaccination and/or titering. Besides health ramifications, if you do not adhere to your state's required rabies vaccination schedule, you are putting your dog at risk of being impounded if he bites or mouths a person, or even if he is near where a dog bite happened. Please know he need not have bitten anyone to be impounded. Therefore, always ensure your dog's rabies vaccination is up to date and that your dog wears her rabies tag. It's also not a bad idea to have a copy of the rabies certificate from your vet stored in your smartphone.

Non-core vaccines

Core vaccines include canine parvovirus, distemper, canine hepatitis, and rabies.

Common non-core vaccines include leptospirosis, canine influenza, lyme disease, and bordetella. Discuss these vaccines and the risk in your area with your vet and give them if there is risk either in your local area or any areas you expect your dog to travel to. Some boarding and doggie day care facilities require dogs to have non-core vaccines, so also check with those prior to making vaccine decisions. You don't want to go out of town for an emergency only to find you can't board your dog overnight because she isn't properly vaccinated. Risks in our area, for example, include leptospirosis, canine influenza, and bordetella, so we add those non-core vaccines into our dogs' preventive medicine plan.

Other non-core vaccines include rattlesnake bite, giardia, and coronavirus. At the date of this writing, we have not seen strong evidence of efficacy and/or safety for these vaccines. Please discuss this with your vet if they suggest these vaccines and remember nothing is wrong with getting a second opinion if you aren't sure.

If new vaccines come on the market, always discuss their risks and benefits with your vet prior to administering them.

INTERNAL PARASITES

Your puppy was sent home with a veterinary exam that included a negative fecal test and a routine deworming. However, a negative stool test can miss some parasites so it's not a bad idea to take a stool sample to your vet when you bring your puppy in for his booster vaccines.

Adults are much less susceptible to parasites than puppies, so you will only need to deworm your dog when you see evidence of parasites. Signs of parasites include:

- *Worms apparent in feces (these can look like regular worms or grains of rice)*
- *Dry coat*
- *Weight loss*
- *Loose stool or diarrhea*

Tapeworms

Dogs get tape worms from fleas, so if your dog has fleas, ask your vet about tapeworm treatment.

Heartworms

Heartworms are transmitted by mosquitos and are prevalent in most areas of the US, except for Alaska.

Heartworms infest a dog's heart and at best will cause serious heart disease and at worst will kill your dog.

The good news is that heartworm disease is easily prevented with monthly topical or chewable treatment.

We prefer Advantage Multi. This is an older, safer topical preventive. Advantage Multi has the added benefit of preventing flea infestations, and controlling roundworms, hookworms, whipworms, microfilaria, and sarcoptic mange. Additionally, a [recent study has shown that the active ingredients in Advantage Multi were much more efficacious than other preventatives.](#)

Heartgard Plus is an option, but it does not control fleas or several other internal parasites.

For flea and tick control, the Seresto collar is a safe and effective choice.

Seresto collars work well and last for about 7-8 months.

We used to recommend Bravecto, a pill and lasts for about 3 months. However, a recent [FDA safety communication](#) announced that Bravecto and similar products have been associated with adverse neurologic events. So until we hear otherwise, we do not recommend Bravecto except as a last resort for intractable flea infestation.

All flea and tick products have possible side effects and some dogs tolerate one and not the other. Some of the older products have been around long enough that the parasites have developed resistance to them. We have found that certain products work better in certain areas so you might have to try different products to find the ones right for your area.

Some heartworm preventatives also provide flea and tick prevention but we have found in areas where with higher flea and tick burdens that you have to use a specific product for fleas and ticks plus the heartworm medication. ALWAYS consult your Veterinarian about side effects and what she thinks is working well in your area.

Some veterinarians carry certain lines of preventative products in their office for convenience and tend to prescribe those medications only. Remember that you can request another medication and order it online if your vet does not carry it.

SPAYING AND NEUTERING

We recommend spaying and neutering between 6 and 9 months of age.

There have been studies done that show both benefits and risk to spaying and neutering at a young age. Some results have not been fully presented in the media. Most of these studies have been performed in large breeds, and none have been performed on Goldendoodles.

And spay/neuter timing needs to consider the behavioral ramifications of allowing a dog to remain intact. At 6 to 9 months of age, your puppy will have had plenty of time to mature skeletally and to reap benefits from sex hormones. Most families, however well-intentioned, are not prepared to deal with sexually mature dogs. Both males and females can be fertile at six months of age. Many families don't realize that dogs can even breed through many fences, so the longer you wait past sexual maturity to spay or neuter, the greater the risk of inadvertent breeding. Dogs previously not interested in escaping will suddenly find a way out of your yard when hormones hit hard and furiously.

Many families also are not comfortable dealing with multiple heat cycles in a female.

Females can cycle ("in estrus," "in heat," "in season") as early as 6 months. Heat cycles involve needing to keep your dog and home clean as well as protecting your dog from accidental breeding. Dogs in heat should never go outside unsupervised, even in a fenced backyard. They are more likely to try to jump or dig out, and many dogs are resourceful enough to breed through fences. Even if your female doesn't get out, a resourceful male can often jump or dig in. Males can smell a female in heat from as much as a mile or two away and will be attracted to your female's location. Males are also prone to marking near a female in heat, so even if your female is secure, you can expect intact males near your home to want to be in the area and mark by urinating on or near your home.

It is not an exaggeration to say that even if you are walking with your dog and she is on leash that a male can breed her. A male can approach and be on your female before you realize what is happening. When dogs breed, they “tie” together, and once a breeding starts, it can be over quickly and the male will “tie” your female, meaning he will be attached to her for as long as 30 minutes or more. Trying to separate them at that point can be painful and damaging to both dogs. Besides, once the tie has started, it’s too late to prevent pregnancy.

Females in estrus need to be thoroughly secured from any potentially intact (unneutered) male dogs for the full 21 days of each heat cycle. Heat cycles typically occur twice a year (every 6 months on average).

Males can start to exhibit hormone-related behaviors at about 6 months of age. Hormone-related behaviors are less likely to occur if an intact female isn’t around. However, since a male can smell a female in heat from a great distance, then nearby females can impact the propensity of a male to spray/mark, escape/roam, hump, etc. Unneutered males should never be allowed to roam freely or be off leash in public.

Please see this link for more details about potential hormone related behaviors. <https://www.pets4homes.co.uk/pet-advice/how-a-bitch-in-heat-affects-the-behaviour-of-male-dogs.html>

For these reasons, our contract requires spay/neuter by 9 months of age.

The recent spay/neuter (S/N) research is the latest thing people are overreacting to without looking into the details. This can include some veterinarians. There are studies showing both advantages and disadvantages to desexing, either at an early age or at all. In general, we do agree that EARLY S/N should be avoided when possible. However, shelters have been performing early (less than 2-3 months) S/N for decades and we have yet to see the epidemics people seem to be predicting when reading these studies.

The bottom line advice from the American Veterinary Medical Association (AVMA) is “due to the varied incidence and severity of disease processes, there is no single recommendation that would be appropriate for all dogs.”

<https://www.avma.org/KB/Resources/Reference/AnimalWelfare/Pages/Elective-Spaying-Neutering-Pets.aspx>

A balanced review of the scientific literature may be found here:

<https://drjeandoddspethealthresource.tumblr.com/post/125096705031/spay-neuter-dog-cat#.XIFXoRiZPdd>

I've looked at the literature and compiled a risk matrix along with comments. [Per the AVMA](#), it's not appropriate to make a blanket recommendation for all dogs. Based on what we have experienced in 30 years (40 for Hari), we have NOT seen S/N associated problems in the breeds we have been involved in (Poodles, Malinois, Labs, Retrievers, Goldendoodles, and other Poodle mixes). We HAVE seen problems associated with late or no S/N. I personally have lost two dogs to mammary neoplasia, had another affected by it, and we have seen hormone-influenced cancers in other of our dogs. S/N will help prevent this. Some of the risks can also be mitigated by lifestyle, such as obesity and diabetes. Additionally, most breeds in the S/N studies are LARGE breeds with large bred problems (joint problems, etc.). Those issues are much less likely in medium sized dogs like most Goldendoodles. Many conditions mentioned in studies are found mainly in certain breeds and are NOT relevant to all breeds. Lastly, incidence rates for some conditions are lower in all dogs, regardless of breed, and this should be taken into consideration as well. The life-span issues should not be

ignored as well: Intact dogs have a mean life expectancy of 7.9 years while desexed dogs have a mean life expectancy of 9.4 years.^{1 2}

Also not covered in these studies are the lifestyle problems we see in unaltered dogs. Males hump, escape/roam, spray, and have some other undesirable behaviors when not neutered, and these don't always go away when they are altered.³ Females also hump, bleed, escape, are more prone to metritis/pyometria (life-threatening uterine infections), and, of course, are at risk for pregnancy. Most pet families are not equipped to properly manage and care for fertile dogs.

Additionally, most of the studies are problematic. They are retrospective, which means that researchers can't control or account for important variables such as diet, weight, lifestyle, owner's economic status, and selection bias. They look at old vet records and draw conclusions from those. For the most part these studies also only show correlation, not causation. Retrospective studies are good for finding areas that need further study, but not for drawing scientifically sound conclusions on which to make recommendations. Finally, most studies are only in one breed, which cannot be extrapolated to all other breeds.⁴

We recommend spay/neuter between 6 and 9 months. This allows the dogs to have some of the growth benefits of exposure to sex hormones without the risks, including behavior risks. Also, given the mixed conclusions from studies, we feel this "halfway" approach is the most balanced for many dogs. And, [per the AVMA](#)

¹ Bushby PA. The optimal age for spay/neuter: a critical analysis of spay neuter literature. Presented at the Southwest Veterinary Symposium; San Antonio, TX; 2018

² Salmeri KR, Bloomberg MS, Scruggs SL, Shille V. Gonadectomy in immature dogs: effects on skeletal, physical, and behavioral development. J Am Vet Med Assoc 1991;198(7):1193-1203.

³ Hopkins SG, Schubert TA, Hart BL. Castration of adult male dogs: effects on roaming, aggression, urine marking, and mounting. J Am Vet Med Assoc. 1976 Jun 15;168(12):1108-10.

⁴ Bushby PA. The optimal age for spay/neuter: a critical analysis of spay neuter literature. Presented at the Southwest Veterinary Symposium; San Antonio, TX; 2018

[recommendation](#), we also feel that each dog should be looked at individually within the context of its own risks and the lifestyle and needs of the family.⁵

CONDITIONS ASSOCIATED WITH NEUTER

| CONDITION | INCIDENCE | HEALTH SIGNIFICANCE | INCREASED OR DECREASED W/ NEUTER | FREQUENCY OF OCCURRENCE / COMMENTS |
|---|-----------|---------------------|----------------------------------|---|
| Testicular neoplasia ⁶ | High | Moderate | Decreased | Frequency is close to 0% under 3, 2.85% from 3-6 years, 14.28% from 6-9 years, 32.65 percent from 12-15 years and 71.42% in dogs over 15 years ⁷ |
| Benign prostatic hypertrophy ⁸ | High | Moderate | Decreased | Found in most intact dogs over 6 years, begins as early as 2.5 years ⁸ |
| Prostatic neoplasia ⁹ | Low | High | Decreased | Not as common as other prostatic diseases in dogs; prevalence ranges from 0.2 to 0.6% ^{10 11} |

⁵ Bushby P. Breaking down the optimal spay-neuter timing debate. dvm360 website: veterinarymedicine.dvm360.com/breaking-down-optimal-spay-neuter-timing-debate. Published March 1, 2017.

⁶ Hoskins, J. Testicular cancer remains easily preventable disease. Dvm360 website: <http://veterinarynews.dvm360.com/testicular-cancer-remains-easily-preventable-disease>. Published March 1, 2004.

⁷ Santos, R. et al. Testicular tumors in dogs" frequency and age distribution. Arq. Bras. Med. Vet. Zootec. vol.52 n.1 Belo Horizonte Feb. 2000

⁸ Kutzler, M. Benign prostatic hyperplasia in small animals. Merck Veterinary Manual website: <https://www.merckvetmanual.com/reproductive-system/prostatic-diseases/benign-prostatic-hyperplasia-in-small-animals>.

⁹ Bryan J. A population study of neutering status as a risk factor for canine prostate cancer. Prostate 2007;1;67(11):1174-81

¹⁰ Feeney DA, Johnston GR, Klausner JS, Perman V, Leininger JR, Tomlinson MJ, 1987: Canine prostatic disease-compari- son of ultrasonographic appearance with morphologic and microbiologic findings: 30 cases (1981–1985). J Am Vet Med Assoc 190, 1027–1034.

¹¹ Levy, X., et al. Diagnosis of common prostatic conditions in dogs. Reprod Dom Anim 49 (Suppl. 2), 50–57 (2014)

| | | | | |
|--|-------|----------|-----------|---|
| Transitional cell carcinoma ^{12 13} | Low | High | Increased | Comprises about 2% of all cancers in dogs; most prevalent in Scottish and other terriers ¹⁴ |
| Osteosarcoma ¹⁵ | Low | High | Increased | Considered “low incidence” in dogs. More common in large breeds (over 75 lbs). Shown to be highly heritable (genetic) ¹⁶ |
| Hemangiosarcoma ¹⁷ | Low | High | Increased | Accounts for 0.2 to 3% of all canine tumors with a mean age at diagnosis of 9 to 12 years ¹⁸ |
| Cruciate ligament injury ^{19 20 21} | High* | High | Increased | *Most often caused by repetitive microinjury in working dogs; not as relevant for pet dogs or dogs not over 75 lbs |
| Obesity ²² | High* | Moderate | Increased | *Can be mitigated by lifestyle |

¹² Bryan J. A population study of neutering status as a risk factor for canine prostate cancer. *Prostate* 2007;1;67(11):1174-81

¹³ Panciera DL. (1994) Hypothyroidism in dogs: 66 cases (1987–1992). *J Am Vet Med Assoc* 204 (5): 761–767.

¹⁴ Knapp, D., Canine bladder cancer. Perdue University School of Veterinary Medicine website: <https://www.vet.purdue.edu/pcop/files/docs/CanineUrinaryBladderCancer.pdf>

¹⁵ De la Riva G. Neutering Dogs: Effects on Joint Disorders and Cancers in Golden Retrievers. *PLoS One* 2013; 8(2).

¹⁶ Bone cancer in dogs. AKC Health Foundation website: <http://www.akcchf.org/canine-health/your-dogs-health/bone-cancer-in-dogs.html>. May 10, 2010

¹⁷ Zink MC, Farhooody P, Elser SE, et al. Evaluation of the risk and age of onset of cancer and behavioral disorders in gonadectomized Vizslas. *J Am Vet Med Assoc* 2014;244(3):309-319.

¹⁸ Clifford CA, Mackin AJ, and Henry CJ, (2000). Treatment of Canine Hemangiosarcoma, 2000 and Beyond. *J Vet Intern Med*, 14:479–485.

¹⁹ Slaughterbeck JR, Pankratz K, Xu KT, et al. Canine ovariohysterectomy and orchiectomy increases the prevalence of ACL injury. *Clin Orthop Relat Res* 2004;Dec(429):301-305.

²⁰ Whitehair JG, Vasseur PB, Willits NH. Epidemiology of cranial cruciate ligament rupture in dogs. *J Am Vet Med Assoc* 1993;203(7):1016-1019.

²¹ Torres de la Riva G, Hart BL, Farver TB, et al. Neutering dogs: effects on joint disorders and cancers in golden retrievers. *PLoS One* 2013;8(2):e55937.

²² McGreevy PD, Thomson PC, Pride C, Fawcett A, Grassi T, Jones B. Prevalence of obesity in dogs examined by Australian veterinary practices and the risk factors involved. *Vet Rec*. 2005 May 28; 156(22):695-702.

| | | | | |
|----------------------------------|-------|------|-----------|--|
| Diabetes ²³ | High* | Low | Increased | *Tied to obesity; can be mitigated by lifestyle |
| | | | | Approx a 10% prevalence in poodles and golden retrievers ²⁵ |
| Hypothyroidism ²⁴ | High* | Low | Increased | *More prevalent in certain breeds and lines; can be screened for in parents. |
| Life expectancy ^{26 27} | High | High | Increased | Increased life expectancy for neutered males is 13.8% |

CONDITIONS ASSOCIATED WITH SPAY

| CONDITION | INCIDENCE | HEALTH SIGNIFICANCE | INCREASED OR DECREASED WITH SPAY | FREQUENCY OF OCCURRENCE / COMMENTS |
|---|-----------|---------------------|----------------------------------|---|
| Mammary neoplasia ²⁸ | High | High | Decreased | Risk of mammary tumor is 0.5% if spayed before first heat, 8% after first heat, and 26% after second heat ²⁷ |
| Ovarian and uterine neoplasia ²⁹ | Low | Low | Decreased | Difficult to ascertain rates due to high rates of spay ³⁰ |

²³ Nelson RW. Diabetes mellitus. In: Ettinger SJ, Feldman EC, editors. Textbook of Veterinary Internal Medicine, 6th edn. Elsevier, St. Louis, MO; 2005. p. 1563–9

²⁴ Panciera DL. (1994) Hypothyroidism in dogs: 66 cases (1987–1992). J Am Vet Med Assoc 204 (5): 761–767.

²⁵ OFA Statistics by Breed website: <https://www.ofa.org/diseases/breed-statistics#detail>

²⁶ Bushby PA. The optimal age for spay/neuter: a critical analysis of spay neuter literature. Presented at the Southwest Veterinary Symposium; San Antonio, TX; 2018

²⁷ Waters DJ, Kengari SS. Exploring mechanisms of sex differences in longevity: lifetime ovary exposure and exceptional longevity in dogs. Aging Cell. 2009;8(6):752-755.

²⁸ Mammary tumors. American College of Veterinary Surgeons website: <https://www.acvs.org/small-animal/mammary-tumors>

²⁹ Waters DJ, Kengari SS. Exploring mechanisms of sex differences in longevity: lifetime ovary exposure and exceptional longevity in dogs. Aging Cell. 2009;8(6):752-755.

³⁰ Arlt, S et al. Cys c ovaries and ovarian neoplasia in the female dog – a systematic review. *Reprod Dom Anim* 2016; 51 (Suppl. 1): 3–11

| | | | | |
|--|-------|------|-----------|---|
| Pyometria ^{31 32} | High | High | Decreased | About a 25% lifetime chance of developing by age 10 ³³ |
| Transitional cell carcinoma ³⁴ | Low | High | Increased | Comprises about 2% of all cancers in dogs; most prevalent in Scottish Terriers; Spayed females have less of a risk than spayed males. ³⁵ |
| Osteosarcoma ³⁶ | Low | High | Increased | Considered "low incidence" in dogs. More common in large breeds (over 75 lbs). Shown to be highly heritable (genetic) ³⁷ |
| Hemangiosarcoma ³⁸ | Low | High | Increased | Accounts for 0.2 to 3% of all canine tumors with a mean age at diagnosis of 9 to 12 years ³⁹ |
| Cruciate ligament injury ^{40 41 42} | High* | High | Increased | *Most often caused by repetitive microinjury in working dogs; not as |

³¹ Egenwall A, Hagman R, Bonnett BN, et al. (2001) Breed risk of pyometra in insured dogs in Sweden. *J Vet Int Med* 15:530-538

³² Wheaton LG. (1989) Results and complications of surgical treatment of pyometra: a review of 80 cases. *J Am Anim Hosp Assoc* 25: 563-568.

³³ Jitpean, S. et al. Breed variations in the incidence of pyometra and mammary tumours in Swedish dogs. *Reprod Domest Anim*. 2012 Dec;47 Suppl 6:347-50

³⁴ Panciera DL. (1994) Hypothyroidism in dogs: 66 cases (1987–1992). *J Am Vet Med Assoc* 204 (5): 761–767.

³⁵ Knapp, D., Canine bladder cancer. Purdue University School of Veterinary Medicine website:

<https://www.vet.purdue.edu/pcop/files/docs/CanineUrinaryBladderCancer.pdf>

³⁶ De la Riva G. Neutering Dogs: Effects on Joint Disorders and Cancers in Golden Retrievers. *PLoS One* 2013; 8(2).

³⁷ Bone cancer in dogs. AKC Health Foundation website: <http://www.akcchf.org/canine-health/your-dogs-health/bone-cancer-in-dogs.html>. May 10, 2010

³⁸ Zink MC, Farhooody P, Elser SE, et al. Evaluation of the risk and age of onset of cancer and behavioral disorders in gonadectomized Vizslas. *J Am Vet Med Assoc* 2014;244(3):309-319.

³⁹ Clifford CA, Mackin AJ, and Henry CJ, (2000). Treatment of Canine Hemangiosarcoma, 2000 and Beyond. *J Vet Intern Med*, 14:479–485.

⁴⁰ Slaughterbeck JR, Pankratz K, Xu KT, et al. (2004) Canine ovariohysterectomy and orchiectomy increases the prevalence of ACL injury. *Clinical Orthopaedics and Related Research* 429: 301–305.

⁴¹ Whitehair JG, Vasseur PB, Willits NH. Epidemiology of cranial cruciate ligament rupture in dogs. *J Am Vet Med Assoc* 1993;203(7):1016-1019.

⁴² Torres de la Riva G, Hart BL, Farver TB, et al. Neutering dogs: effects on joint disorders and cancers in golden retrievers. *PLoS One* 2013;8(2):e55937.

| | | | | |
|---------------------------------------|-------|----------|-----------|---|
| | | | | relevant for pet dogs or dogs not over 75 lbs |
| Obesity ^{43 44} | High* | Moderate | Increased | *Can be mitigated by lifestyle |
| Urinary Incontinence ^{45 46} | Low | Low | Increased | Increase primarily noted for spays performed before 12 weeks of age. |
| Diabetes ⁴⁷ | High* | Low | Increased | *Tied to obesity; can be mitigated by lifestyle |
| Hypothyroidism ⁴⁸ | High* | Low | Increased | Approx a 10% prevalence in poodles and golden retrievers ⁴⁹ *More prevalent in certain breeds and lines; can be screened for in parents |
| Life expectancy ^{50 51} | High | High | Increased | Increased life expectancy for spayed females is 26.3% |

⁴³ Jeusette I, et al. Effect of ovariectomy and ad libitum feeding on body composition, thyroid status, ghrelin and leptin plasma concentrations in female dogs. *J Anim Physiol Anim Nutr (Berl)*.2006 Feb; 90(1-2):12-8

⁴⁴ McGreevy PD, Thomson PC, Pride C, Fawcett A, Grassi T, Jones B. Prevalence of obesity in dogs examined by Australian veterinary practices and the risk factors involved. *Vet Rec*. 2005 May 28; 156(22):695-702.

⁴⁵ DeBleser B, Brodbelt DC, Gregory NG, et al. (2009) The association between acquired urinary sphincter mechanism incompetence in bitches and early spaying: A case-control study. *The Vet J* 187 (1): 42–47. doi:10.1016/j.tvjl.2009.11.004.

⁴⁶ Beauvais W, Cardwell JM, Brodbelt DC. (2012) The effect of neutering on the risk of urinary incontinence in bitches - a systematic review. *J Sm Anim Pract* 53 (4): 198–204. doi:10.1111/j.1748-5827.2011.01176.x. PMID 22353203.

⁴⁷ Nelson RW. Diabetes mellitus. In: Ettinger SJ, Feldman EC, editors. *Textbook of Veterinary Internal Medicine*, 6th edn. Elsevier, St. Louis, MO; 2005. p. 1563–9

⁴⁸ Panciera DL. (1994) Hypothyroidism in dogs: 66 cases (1987–1992). *J Am Vet Med Assoc* 204 (5): 761–767.

⁴⁹ OFA Statistics by Breed website: <https://www.ofa.org/diseases/breed-statistics#detail>

⁵⁰ Bushby PA. The optimal age for spay/neuter: a critical analysis of spay neuter literature. Presented at the Southwest Veterinary Symposium; San Antonio, TX; 2018

⁵¹ Waters DJ, Kengari SS. Exploring mechanisms of sex differences in longevity: lifetime ovary exposure and exceptional longevity in dogs. *Aging Cell*. 2009;8(6):752-755.

PUPPY MEDICAL ISSUES

Despite our best efforts and care, small medical issues can arise as your puppy is maturing. This section describes some of these issues.

We have found that some vets end up inadvertently alarming families. While most vets have the best of intentions and most vets are very caring and competent, in today's litigious world, some feel a need to protect themselves. And there are always the few that will use every excuse to add fees to your bill (corporate chain practices are especially likely to do this). There are common puppy and dog conditions that may need to be followed, but that aren't usually or necessarily reason for alarm.

Obviously, your first concern is your puppy's health. Unless there's an emergency, do your own homework and remember you can always get a second opinion. While we are not veterinarians, we have extensive animal and research experience and are happy to share our thoughts and experiences with you.

Besides our interest in the health and well-being of your puppy, our contract includes that you share with us any diagnoses so we can use that information in our breeding decisions and continue to improve our program. So please call us if there's anything out of the ordinary, and please send us the records so we can have our vet evaluate the situation. We have seen instances where veterinarians have made incorrect diagnoses by not adhering to common diagnostic standards.

Puppy heart murmurs

It's not unusual for growing puppies to have low-grade (1 or 2 on a scale of 6) murmurs. Most puppy murmurs are innocent and not indicative of disease and simply resolve on their own as your puppy fully develops. Murmurs typically disappear on their own by 6 months of age.

Our vet checks for murmurs prior to your puppy going home. If a murmur was detected, we will inform you and discuss this with you.

In an unusual case, a puppy will have a murmur past 6 months of age. At this point you should have him examined by a veterinary cardiologist and have an echocardiogram. An echocardiogram is a simple, non-invasive in-office procedure and requires no overnight stay. Please consult us if your puppy's murmur doesn't go away by 6 months and we will work with you as you go through the echocardiogram and cardiology exam.

More information on puppy heart murmurs: <https://vcahospitals.com/know-your-pet/heart-murmurs-in-dogs>

Urinary tract infections

Puppies are like kids, they can get several conditions that need attention but aren't anything to panic over. One of those is UTIs.

UTIs are common in puppies. They are more common in females than males, but can affect either.

Frequent urination and incomplete bladder voiding are signs. Before you get worried, puppies pee a lot, so that alone isn't enough to be worried. But if your puppy squats three or four times for each potty break and is only urinating a little each time and is having trouble with housetraining, then that would be a good reason to go see the vet.

UTIs reduce success at housebreaking and are very uncomfortable for pups. Untreated, they can progress to bladder infections. It often takes a few rounds of antibiotics to resolve them. If your pup gets a UTI and needs antibiotics, don't wait to go back to the vet if you see any indication of a return. Ask the vet to do a culture and sensitivity test since UTIs can be resistant to some antibiotics.

Here are some things you can do if your puppy seems prone to UTIs:

1. Give about 200 mg d-mannose daily for puppies, more for adults (about 100 mg per 10 lbs). D-mannose is a non-metabolizable sugar effective for UTIs that are caused by *E. coli*. *E. coli* infection persists because the bacteria are able to adhere to the urinary tract through sticky little appendages. The d-mannose is more attractive to the bacterial appendages than the urinary tract, so when you give this supplement, the bacteria let go of the urinary tract and grab onto the d-mannose and can be easily flushed out. Ensure your puppy drinks well to help facilitate this.

We use <https://shop.pawtree.com/Cosmodogs/product/2385>; this product also contains cranberry extract for proper urine pH and soothing herbs to help with any discomfort. If this supplement doesn't help in a day or two, please see your vet and ask for a urine culture to see what bacteria is causing the infection, as it may require antibiotic treatment.

NOTE: if you see blood in your puppy's urine, please go to the vet right away and don't try any at-home treatments.

2. Trim the hair around her vulva or the end of his penis so it doesn't wick bacteria from the ground.
3. Once or twice a day, wipe her vulva or the tip of his penis after urination with an antibacterial wipe.

Umbilical hernias

An umbilical hernia is an opening in the muscle under the skin where the umbilical cord was. We breed no dogs known or suspected to have a genetic predisposition to umbilical hernias.

The presence in utero of umbilical cord itself causes the opening in the muscle, and usually the umbilical region closes on its own shortly after birth.

Umbilical hernias can also be caused by events at birth, such as a mom especially eager to separate the umbilical cord. In these cases, the mom inadvertently pulls too hard on the umbilical cord and can enlarge the opening. These tend to be slight hernias and most go away as the puppy matures. Sometimes, they need to be repaired, and this can be done at the same time your puppy is spayed or neutered. If your puppy has an umbilical hernia, it will be listed on your veterinary health certificate and we will discuss care and treatment with you.

Puppy vaginitis

Female puppies can exhibit a clear or creamy vaginal discharge or have sticky or dirty hair around their vulva. You may notice them licking excessively. This is often caused by puppy vaginitis. The prevention for puppy vaginitis is similar to prevention of UTIs: keep the hair trimmed, wash the genital area with an antibacterial wipe once or twice a day.

Puppy vaginitis usually goes away during her first heat cycle. Puppy vaginitis is usually self-limiting, but if she develops a fever or her behavior changes or it lasts beyond her first heat, you will need to see your vet who will likely prescribe antibiotics. Again, the vast majority of puppy vaginitis will go away with her first heat cycle.

Puppies with inverted vulvas are more prone to puppy vaginitis. We recommend the same approach for inverted vulvas as for puppy vaginitis: Puppy vaginitis usually goes away during her first heat cycle and we recommend waiting for the first or second heat cycle before considering surgery. In cases where your puppy has an inverted vulva and you prefer to wait for a heat cycle or two over selecting surgery, please contact us and, if appropriate, we are happy to amend your puppy agreement to allow you more time for the spay requirement for your dog.

More information: <https://www.cuteness.com/blog/content/juvenile-vaginitis-in-female-puppies>

Pyoderma

Puppies are often in contact with the ground, have sensitive skin, and don't have fully developed immune systems. For some, this can be a recipe for a puppy skin infection called a pyoderma. Pyoderma infections look like little red pimples and are similar to impetigo infections in human children. If your dog appears to have little red pimples, particularly on her belly, consult your vet. If you notice a rash or pimples on your puppy, go see your vet. Treatment is simple and effective.

For more information on pyoderma:

<https://www.petmd.com/blogs/thedailyvet/dr-coates/2014/september/what-puppy-pyoderma-31979>

Ear infections

Goldendoodles have ear flaps that cover their ear canals. This requires a little extra care to prevent ear infections.

Ear cleaning should be done weekly, twice a week if you live in a very damp environment, such as the Southeastern US in summer, or if you have a lifestyle where your dog is often in water, such as swimming or hunting). Lack of ear care can result in painful ear infections for your dog.

To clean your dog's ears:

1. *Put about a few drops of cleaner in an ear*
2. *Take a cotton ball and saturate it with the ear cleaner. Take the saturated cotton ball and squeeze the liquid into the ear, massage the ear*
3. *Using a cotton ball, gently clean the outer ear, and as far in about half an inch*
4. *Use a q-tip to clean the smaller areas, but don't insert the q-tip into the dog's ear canal*

5. Repeat for the other ear

Here's a good ear cleaning video:

<https://m.youtube.com/watch?v=mn8Dtgh2eMc>

If you clean your dog's ears but still see redness, swelling, excessive wax or debris, or notice a yeast or bad smell, it's time to go to the vet. Ear infections can be very painful and cause other problems, such as sore throats and tonsillitis in dogs.

Ear hair pulling

Ear hair pulling is pretty much what it sounds like: pulling the hair out of the outer part of the ear canal.

Some people swear by ear hair pulling, others think it's a bad idea. Our philosophy is that if it ain't broke then don't fix it. By that we mean, that if your dog doesn't have ear problems, then leave their ear hair alone. Ear hair pulling can cause redness and swelling and for some dogs make their ears worse. It is warranted in cases where your dog has chronic infections and you need to keep their ear canal as clean and dry as possible.

Many groomers and some vets will routinely pull ear hair. If your dog doesn't need their ear hair pulled, be sure to inform these caregivers ahead of time.

Dreaming puppies

I would love to know what puppies dream about! They have very active dream states and can shake and twitch and make funny noises. This is known as "activated sleep" (but we prefer to call in "puppy popcorn") and is a sign that your puppy is building muscle and forming neural connections to develop motor coordination. As breeders, it's actually something we look for to monitor puppy health and development.

If you haven't seen this before, it can be disconcerting at first. But no fear, they are simply sleeping well and dreaming of chasing rabbits or some other puppy fun.

Torsion or bloat

Bloat is an immediate medical emergency for a dog.

A dog with bloat will first show signs after eating or drinking, which will cause their stomach to swell. After the swelling, the stomach will twist, cutting off the blood supply, and quickly causing tissue death (necrosis). This is a serious and deadly condition and should not be taken lightly and should be attended to with the immediacy of a heart attack.

Bloat is more common in larger dogs; it is less of a concern if you have a medium or smaller sized dog.

We recommend speaking to your vet about a surgical procedure called "tacking" or "[gastropexy](#)" at time of neuter or spay. Tacking is a minimally invasive surgical procedure that stitches the stomach to the wall of the abdomen to help prevent twisting.

Signs and symptoms of bloat include:

- *Swollen stomach*
- *Restlessness and pacing, with the inability to sit or lay comfortably*
- *Non-productive vomiting (trying to vomit but nothing coming up)*
- *Heavy panting and breathing*
- *Roached back, with the head and tail hanging*

[Here is a video](#) that shows that bloat can look like in a dog.

Prevention of bloat

- *Do not allow your dog to exercise strenuously an hour before eating. If your dog is still panting from exertion, do not feed her until the panting has ended.*
- *Do not allow your dog to exercise strenuously for an hour after eating (two hours for larger dogs or dogs that eat more than 2-3 cups at a meal)*
- *Do not allow your dog to quickly drink copious amounts of water after exercising or being in the heat. Give small amounts of water at a time.*
- *Do not allow your dog to roll a lot. This includes teaching your dog to “roll over” It’s an adorable trick, but increases the risk of torsion, so we strongly recommend against it.*
- *Do not change your dog’s diet quickly or make other dietary changes that might create too much intestinal gas. For some dogs that includes eating gas-producing foods, such as cabbage or beans.*
- *We recommend daily use of a gastric supplement, such as [Gastro Pro Plus](#), to help improve digestion for any dog at risk for bloat or torsion.*

Adult Dog health risks

Families select us as a breeder because they know that we do everything we can to breed the healthiest dogs possible. And we take this responsibility very seriously and work very hard to achieve the best health possible in our dogs. We have a great track record, and will keep working hard at the health of our dogs and puppies.

The reality, however, is that there is no 100 percent guarantee of health and there’s no 100 percent healthy individual. At some point, your dog will have some health problems. It’s just an unhappy fact of life.

We use risk factor analysis to determine what we expect your dog to be at risk for as an adult. We consider a disease case to be confirmed when we receive a written veterinary report that uses standard acceptable methods of diagnosis.

- **No risk** means we have eliminated these diseases by DNA testing and have not bred dogs that can produce these diseases with each other. The only diseases we consider no-risk are those with simple inheritance and for which there are DNA tests.
- **Very low risk** means we don't know of any dogs in the pedigree confirmed as having a disease and the dam and sire have produced no confirmed cases of this disease that we know.
- **Low risk** means we don't know of any confirmed cases in the parents' lines, but that the dam or the sire has produced a small number of affected dogs.
- **Some risk** indicates that some dogs in the parents' lines have had confirmed cases of this disease or that the incidence of this disease is widespread enough in the breed it is impossible to breed away from it.
- **Affected** means that a puppy or dog has a confirmed case of a disease.

What we work hard to do is:

- Eliminate diseases possible to eliminate. This includes the diseases we can test for genetically. For example, we can prevent blindness from heritable progressive retinal atrophy (PRA) by testing for the genes that cause PRA and making sure we don't breed puppies that are affected. These diseases are 1) testable and 2) follow simple inheritance, so prevention is straightforward. Other testable genetic diseases are shown in the parental Health Certifications section at the beginning of this section.
 - These are heritable diseases for which your dog has **no risk**.
 - Degenerative myelopathy
 - Ichthyosis
 - Neonatal encephalopathy with seizures

- *Progressive retinal atrophy (GR-1, GR-2, PRA-PRCD, PRCD)*
- *Von Willebrand disease 1*
- *Color dilution alopecia*
- *Use our best judgement and ability to prevent diseases with complex causes to the extent possible. Some diseases, such as canine hip dysplasia, have a genetic component, but the genetic cause encompasses many genes not yet identified (and therefore aren't testable). But we can—and do—evaluate the hip and elbow joints of our breeding dogs and don't breed dogs with poor evaluations or known family histories of dysplasia. We also understand and try to communicate with families the environmental contributors to dysplasia and preventive measures that can be taken by us as breeders and by families once their puppies go home.*
 - *These are diseases for which your dog has very **low risk***
 - *These diseases include*
 - *Dilated cardiomyopathy (DCM)*
 - *Bleeding disorders*
 - *Entropion or ectropion*
 - *Epilepsy*
 - *Megasophagus or cricopharyngeal dysfunction*
 - *Bloat*
 - *Osteochondrosis dessicans*
 - *Hip and elbow dysplasia (note: environmental factors are a significant contributor to hip and elbow dysplasia, so*

you have a large input into the risk of this condition in your puppy)

- *Non-DNA testable retinal problems, cataracts, and other eye disorders as screened by a board-certified veterinary ophthalmologist*
 - *Luxating patella*
 - *Adult cardiac dysfunction*
- *Made our best efforts to prevent serious diseases common in Goldendoodles.*
 - *These are diseases for which your dog has **low risk***
 - *These diseases include*
 - *Skin and food allergies. We know of no affected dogs in your puppy's pedigree, but skin and food allergies are common in Goldendoodles, so they are always a possibility. We have designed our weaning and puppy feeding program to help reduce this risk.*
 - *Addison's disease. We have had one confirmed cases of Addison's disease in our lines, which is an exceptionally low rate (under 0.002 percent).*

Addison's disease is probably the greatest risk factor we have in our lines. There's currently no genetic test for it to weed out carriers, and researchers and veterinarians are still unsure of it's exact mode of inheritance. There's an obvious genetic component and it looks like there may be environmental factors as well, with stress being one of them. Addison's shows up in nearly 10% of Poodles, so it's fairly well entrenched in the breed. Another problem

with Addison's is that it usually doesn't show up until AFTER breeding age, which makes it even harder to weed out.

As with everything else, we take as much care as we possibly can to avoid Addison's. We do NOT breed affected dogs and review as much familial history as we can to avoid lines that appear to carry Addison's.

The unfortunate reality, however, is that because we cannot test for it, we can't ever be 100 percent sure we won't have a dog or puppy that's affected. We recommend that puppy families become aware of the possibility of Addison's as well as its symptoms. [A fact sheet is available in the Appendices of this book.](#)

If there's an "up" side to this, Addison's, assuming it's found and treated, can be readily managed with medication. Some courses of medication can be expensive, but most veterinary insurance plans cover it (another reason we recommend insuring our puppy). Most dogs with Addison's are able to live an otherwise healthy and active life. We do not take this condition lightly and will continue to take every precaution we can against it.

- Early cancer (prior to 6 years of age). Golden Retrievers are a foundation breed for Goldendoodles and have a high incidence of early cancers. One of the many reasons we breed Goldendoodles is because of the health benefits of the outcross between the Golden Retriever and the Poodle. This includes genetic diversity that has direct implications on cancer formation. So while we have had no dogs that have had early cancer, and while the

outcross provides genetic protection, we classify early cancer as a low risk because of its severity and its prevalence in one of our foundation breeds. Additionally, we have researched as much as possible to use only dogs from Golden Retriever lines know to have lower incidence of early cancers.

- *Other diseases.*
 - *Unless disclosed on your veterinary health certificate that came with your puppy, your dog is not affected with any disease or condition we know of.*

Other health problems

If your puppy experiences any health problems, please let us know. We would like to support you as much as possible as you help your dog, and we would also like to gather as much health information on our lines as possible to help prevent health problems in future litters. Please note that you agree in your puppy contract to inform us of such health events, and we genuinely hope you will reach out to us.

SECTION 2

CARE AND FEEDING

We have given your puppy the best start we know how. Now, her well-being is in your hands, but you're not alone, we are here to help as much as possible.

Care schedule

In addition to daily feedings, here's a common care schedule.

| | CARE | PURPOSE |
|-----------------|----------------|---|
| Daily to weekly | Brush and comb | Keeps your dog mat-free and increases your bond |
| Weekly | Ear cleaning | Prevents painful ear infections |

| | CARE | PURPOSE |
|---------------------------------|----------------------------|--|
| Weekly | Nail trimming | Prevents nails from overgrowing. Overgrown nails can split and get infected and also cause foot pain |
| Monthly | Heartworm preventative | Prevents deadly heartworm infection. Most heartworm preventative also prevent infestation from other parasites |
| Monthly to semi annually | Flea and tick preventative | Some heartworm preventatives contain flea and tick preventatives. Note that some flea and tick preventatives only need to be given/applied ever few months |
| As needed | Bathing | Try not to bathe more frequently than once every two weeks |
| As needed | Coat trimming | A shorter coat is less likely to mat and |

CARE

PURPOSE

Annually

Veterinary health check. Includes exam, annual heartworm check⁵², and vaccines (as needed)

easier to care for, so take that into consideration when deciding on coat length

Maintain the health of your dog

⁵² Even if your dog is on heartworm preventative, you should have a heartworm test yearly at her annual exam. Heartworms can become resistant to preventatives and heartworm is more treatable if you catch it earlier.

FEEDING

Your puppy was raised on her mother's milk, any a combination of any of the following, depending on litter needs: raw ground bison and/or turkey, goat milk, and PawTree kibble.

Unless there is a problem with the dam providing milk or nursing-related care, we fed no solid food until your puppy was at least 4 weeks old so he received the best possible nutritional foundation from his mother. In his fourth week, we added a little goat milk, and may add ground bison or turkey. Since then we have introduced him to many protein sources to help strengthen him against food allergies. His protein sources have included chicken, turkey, lamb, beef, bison, duck, salmon, rabbit, and eggs.

What to feed at home

We currently raise our puppies on PawTree food supplemented with some raw and/or dehydrated raw food as we feel appropriate for a given litter. New puppy parents should purchase a bag of PawTree food before your puppy arrives home. Please consult us prior to purchasing so we can let you know which flavor your puppy is eating.

Your puppy should have the following

- *Three times a day: [PawTree](#) food. We will let you know the flavor and amount before your puppy goes home*
- *Once daily: on top of the kibble sprinkle 1/3 of a capsule of [GastroProPlus](#)*

Optional, but recommended

- *Daily [wild salmon oil supplement](#)*
- *Daily [bladder support supplement](#) if your puppy is under 6 months to help prevent UTIs*

- *If you can, give your puppy a chicken thigh or breast (cooked or raw) or an egg. This will provide an additional protein source, which we feel is a good hedge against the cysteine/methionine/taurine deficiency that can on rare occasions contribute to nutritionally mediated dilated cardiomyopathy. If you feed chicken, chicken bones are safe only if raw. Cooked chicken bones splinter and are a choking hazard. It's important to supervise your puppy when eating regardless of what you feed. Egg yolks may be fed raw or cooked; egg whites must be cooked. Raw egg whites contain a protein called avidin that will bind to biotin and make it unavailable for your dog to use. Therefore, cooked egg whites are necessary to avoid this deficiency.*

Your puppy is transitioning to a new home and may “go off her feed” for a few days, meaning she may refuse some meals. This is ok, but if she refuses all food or if meal refusal persists for more than a few days, let us know and call your vet.

Your puppy should eat three meals a day until she is about 5 to 6 months old. At 5 to 6 months, you can go down to twice a day, and then at 8 months to a year you can go down to once a day. When your dog reaches five or six years old, you can begin adding joint supplements if you'd like.

Overfeeding your puppy can cause diarrhea and is the most common cause we see. Overfeeding can also cause myriad other health problems, so please pay attention to this important issue and contact us if you have any questions.

Dogs are like people and some do better on different diets and have different preferences. If you feel your dog isn't thriving on a particular diet, please call us, a canine nutritionist, or your vet.

We no longer recommend the website Dog Food Advisor to help select foods. Dog Food Advisor has provided high ratings for foods that have had multiple serious recalls, which we find unacceptable. Additionally, the criteria used for food evaluation have not been created by a veterinary nutritionist, and not even

by a general practice veterinarian (the site creator is a human dentist). The algorithm used for product ratings lumps together several formulas in a product line, and does not look at product quality. For these reasons we do not have confidence in their ratings.

We do NOT recommend the following dog food brands

- *Science diet*
- *Eukanuba*
- *Purina, PurinaOne, ProPlan, Beneful*
- *Alpo*
- *Old Roy*
- *Hills⁵³*
- *Iams*
- *Pedigree*
- *Nutro*

Fresh fruits and vegetables are good for dogs! The following are exceptions, and can be toxic to dogs. Do NOT feed these foods.

- *Alcohol*
- *Avocado*

⁵³ We do not find Hills to be a good food for daily use. Hills does, however, have prescription formulations that your veterinarian may prescribe for specific purposes and for limited time periods. We do not have a wholesale objection to these prescription foods when fed for a specific purpose and for a limited time period. Please note that Hills has a history of food recalls and we recommend careful consideration before feeding a food manufactured with recalls, as that can often indicate a serious problem in quality control.

- *Chocolate, coffee and caffeine*
- *Citrus*
- *Coconut, coconut water, and coconut oil*
- *Cooked bones*
- *Grapes*
- *Raisins*
- *Nuts*
- *Onions, garlic, chives*
- *Salt foods*
- *Xylitol*
- *Yeast dough*

We prefer to feed fresh, natural foods. Feel free to feed some fresh foods for two or three meals a week, or to feed some fresh, raw or cooked meat (no cooked bones) two or three times a week. Please contact us if you want to add fresh raw meat to your dog's diet and we will help you come up with a feeding regimen.

Dilated cardiomyopathy (DCM)

Your puppy has no known risk factors for dilated cardiomyopathy (DCM). Golden Retrievers are prone to DCM as a breed and some may require special diets, including avoidance of grain-free kibble. However, DCM is not prevalent in Goldendoodles and should not be a concern if you are providing quality nutrition for your puppy.

When looking at dog foods, our criteria include

- *Whole food ingredients*

- *Careful sourcing of ingredients*
- *Balanced nutrition*
- *Varied ingredients (food rotation can help with this)*

So what makes a high quality kibble?

Ingredients that are as unprocessed as possible (chicken versus chicken meal)

For taurine, fresh meats and offal (organ meats) are high in taurine.

Supplementing weekly with some chicken or egg is a great idea. If that's not workable for you, then either be sure to feed a dog food with added taurine.

We make our food recommendations with this and other important factors in mind and are happy to share our understanding and thoughts with you if you have any questions.

There have been some studies showing increased DCM in breeds prone to the condition when fed grain-free diets. While this should be investigated further, it is a loose correlation and has been blown out of proportion to the point of terrifying puppy parents that they are feeding their dogs a harmful diet. This condition has been falsely inflated by blog posts, poor research, and some major dog food companies taking advantage of the public panic.

So let's take a quick look at what the danger is.

Reports of about 300 cases of nutritionally mediated DCM (NM-DCM) have been received by FDA. This is horrible for those dogs and families affected, but it's important to look at the bigger picture as well and realize that given that there are 90 million dogs in the United States alone, this is a very, very low rate of occurrence.

Since NM-DCM is associated with grain free diets, let's factor in that as well.

Grain free diets are fed to about 37% of the dog population in the US, based on market share[1], so that would give us about 33 million dogs eating a grain-free

diet. Again, FDA has reports of 300 confirmed cases. That gives us a rate of occurrence of 0.0009 percent.

Let's take the worst-case devil's advocate approach and assume NM-DCM is vastly under-reported by a huge factor, say of 100 times. That would mean that only 1 in 100 cases has been reported for a high profile condition and would give us the assumption that there are 30,000 cases instead of the reported 300. With 33 million dogs in the population eating grain free food, that would give us a rate of occurrence of 0.09 percent. To get to a rate of 3 percent in the population, we would need to see almost a million dogs affected with NM-DCM, which is so far from what has actually been reported as to be an absurd expectation. Contrast that with rates of hip dysplasia, pancreatitis, GI issues, and other conditions that can be related to diet and have rates of occurrence of double digits in various canine populations.

Please do not make a nutritionally impactful decision about your dog's diet based on a very low probability of occurrence. Because when we do things like this, the law of unintended consequences kicks in and I'm afraid of what we might see as a result.

For those who are interested in this topic and prefer to take a deeper dive, we recommend starting with the Mansilla⁵⁴ and Freeman⁵⁵ papers. We are

⁵⁴ Wilfredo D Mansilla, Christopher P F Marinangeli, Kari J Ekenstedt, Jennifer A Larsen, Greg Aldrich, Daniel A Columbus, Lynn Weber, Sarah K Abood, Anna K Shoveller, Special topic: The association between pulse ingredients and canine dilated cardiomyopathy: addressing the knowledge gaps before establishing causation, *Journal of Animal Science*, Volume 97, Issue 3, March 2019, Pages 983–997, <https://doi.org/10.1093/jas/sky488>

⁵⁵ [Diet-associated dilated cardiomyopathy in dogs: what do we know?](#)
Lisa M. Freeman, Joshua A. Stern, Ryan Fries, Darcy B. Adin, and John E. Rush
Journal of the American Veterinary Medical Association 2018 253:11, 1390-1394
<https://avmajournals.avma.org/doi/full/10.2460/javma.253.11.1390>

excerpting what we feel to be the most important take-home message from the Freeman paper here:

- *Preliminary results of a study² performed by one of the authors (DBA) found that dogs with DCM that had been eating grain-free diets had more advanced cardiomyopathic changes than did dogs with DCM that had been eating grain-based diets. Unreported results of the study indicated that a subset of dogs clinically and echocardiographically improved after a diet change. Notably, however, some dogs improved after a diet change from one grain-free diet to another, and this finding, along with the differences identified between dogs fed various BEG diets, suggested that DCM was not necessarily tied to the grain-free status of the diet. Taurine supplementation was prescribed for many of these dogs despite the lack of apparent deficiency, and it is unclear what role taurine may have played in their recovery.*
- *Although DCM in some dogs without any apparent taurine deficiency appears to be reversible with a change in diet, with or without taurine supplementation, no cause has thus far been identified for non-aurine deficiency-associated DCM. Possible causes that are being investigated include absolute deficiencies of other nutrients, altered bioavailability of certain nutrients because of nutrient-nutrient interactions, and the inadvertent inclusion of toxic ingredients.*
- *For example, BEG diets could possibly be more likely to have deficiencies of nutrients other than taurine, such as choline, copper, l-carnitine, magnesium, thiamine, or vitamin E and selenium, that have been associated with cardiomyopathies.¹⁹ Although pet foods are required to be nutritionally complete and balanced (unless they have a label statement that they are for intermittent or supplemental use only), that does not always provide a guarantee,²⁰ and deficiencies could occur if diets do not contain appropriate amounts of all dietary nutrients. Further, a deficiency may occur even if a diet contains the required minimum amount of a nutrient because of reduced bioavailability or interaction with other ingredients in the diet. This may be a concern for diets based on exotic ingredients, whose nutritional properties may not be as well studied.*
- *Researchers are also exploring whether diet-associated DCM in dogs without taurine deficiency may be related to inclusion of a cardiotoxic ingredient in the diet. This could be an adulterated ingredient, as with ingredients containing melamine–*

cyanuric acid that affected pet foods in 2007, resulting in extensive recalls²¹; a heavy metal; a chemical sprayed on 1 of the ingredients; or even a natural chemical compound in 1 of the ingredients that has toxic effects when fed in large amounts.

- *Of course, the cause may be even more complicated, such as an interaction between gut microbiota and a dietary factor (eg, trimethylamine N-oxide).²² It is encouraging that some recovery of cardiac function has been observed in some dogs following a change in diet, with or without taurine supplementation. However, research is needed to identify the underlying cause.*

In general we do not avoid peas or other legumes as long as they are not in the top few ingredients. We prefer real meat as a first ingredient. And we recommend food rotation to provide nutritional variety.

Remember, feed the dog in front of you, not some vague notion of avoidance of an uncommon condition that likely has nothing to do with the dog you are feeding today.

Food rotation

We cycle the food of our dogs and recommend that most families do the same, providing there's no veterinary reason not to. Food rotation provides them with variety, which is important not just for appetite, but for health. Just like with humans, a varied diet is healthy for dogs. It keeps them interested in their food. It enhances the diversity of their microbiome. It reduces the risk of allergies and food intolerances, as well as helping to avoid potential issues, such as the nutritionally associated dilated cardiomyopathy that has been in pet health news recently.

Food rotation can be done on any schedule, from daily to quarterly (every few months), depending on your lifestyle. All this means is that instead of feeding a single flavor for the life of your dog, you should change flavors. You can change food flavors daily, weekly, monthly, quarterly, or on another schedule that is convenient for you.

Depending on your dog's individual digestive system and the robustness of their microbiome, the only consideration is to avoid digestive upset in food changes.

You can read more about food rotation [here](#) and [here](#).

Rotate with care

We rotate food on an almost daily basis. Because of that, our dogs have a robust digestive system and don't get tummy upsets from food changes. We recommend food rotation starting at about 16 weeks of age. When you start rotating food, you need to change over slowly: begin by changing over the course of a week. If your dog experiences gas or loose stool, you are likely changing too quickly. We recommend [Gastro Pro Plus](#) as a daily supplement when starting a food rotation program. Thereafter, it can continue to be used daily or on an as-needed basis. Gastro Pro Plus will strengthen the microbiome of your dog and help soothe any potential tummy upsets.

Not all dogs can tolerate food rotation. If you have any questions about feeding or are experiencing any challenges, please contact us for assistance.

Consultations such as this are part of your Lifetime Breeder Support, so please reach out if you need us.

Food rotation alternative

Not all dogs can tolerate food rotation and not all families want to deal with rotating food. We understand—It can be confusing and time consuming. As an alternative, you can add a variety of superfood seasoning toppers, such as [PawTree Seasonings](#).

We find these seasonings are a great substitution for food rotation. They are our first recommendation for any picky eater, and to add nutrition, boost your pet's immune system, and are suitable for both dogs and cats, so all of your furry friends can share. Like other PawTree foods, they are made in the USA.

Balancing how much to feed with your puppy's weight and body condition

As your puppy grows, you will need to increase his food. The best way to know when to increase his food is to run your hands down his ribs every day. You want to feel each individual rib, but feel a very thin layer of fat between your fingers and his ribs, if you can't feel his ribs or there is a thick layer of fat, reduce his food by about 20 percent. If you only feel skin and ribs, increase his food by about 10 percent. Keeping your puppy at a low weight until he is fully grown will help reduce the possibility of orthopedic problems. See the [body condition score chart](#) for diagrams of this technique.

Base your feeding amounts on the condition of your dog, not on what's on the dog food bag, what your other dog gets, or whether your dog begs for more food (that's a behavioral issue, not a nutritional one).

Despite old wives' tales, your dog should not be allowed to put on extra weight because it's cold out or hot out.

How to feed

It's also important to pay attention to how you feed, not just what you feed.

Your dog should be fed on the schedule outlined above, and never given constant access to food. Free feeding has been associated with obesity, orthopedic problems, and has been shown to decrease the lifespan of dogs.

Give your dog 15 minutes to eat. If she doesn't finish her food in 15 minutes pick up her dish and don't give her food until her next scheduled meal.

We have taught your dog to have impulse control and sit to wait for food. Wait for her to sit, then place the bowl down. If you place her bowl down while she's begging, hyper, jumping, barking, or anything else, then you will be specifically and strongly training her to do that very behavior. So insist on manners at each

and every meal. Your house is not a zoo. If you have problems with this, please call us, and call us sooner rather than later.

Puppy growth

You can expect your puppy to grow over the next year, with the majority of that growth occurring by 8 months. Slower growth is healthier for her bones and development, so it's critical not to overfeed during this period.

Use the [Body Condition Score](#) chart to ensure your puppy remains at a healthy weight. When in doubt, call us or seek advice from your vet.

IDENTIFICATION

Microchips

Your puppy has been microchipped. The chip is between her shoulder blades and is about as small as a grain of rice and can be read with any universal microchip reader.

When you take your puppy home the chip is initially registered to us. Per our contract, once you provide us with a record of your puppy's spay/neuter we register the microchip in your name. Because we are the breeder, even when registered in your name, our contact will remain on the microchip so we may ensure that we are notified if one of our puppies ever ends up in a shelter.

Collars

Whenever your dog is away from home, he should wear a flat (buckle or snap) collar with identification tags, and rabies tag if required by your state/county. Collars that have sewn-in tags of embroidered information are safer than collars with tags, since tags can get caught on things.

Never leave any other type of collar on your dog when she is unattended. Sadly and unfortunately, many dogs die from being left unsupervised with these types of collars on. These collars include chain slip, nylon slip, prong, or other training collars.

GROOMING

Goldendoodles have important grooming requirements, including ear care, nail care, bathing, and coat clipping.

Ear cleaning

Ear cleaning should be done weekly, twice a week if you live in a very damp environment, such as the Southeastern United States in summer, or if you have a lifestyle where your dog is often in water, such as swimming or hunting). Lack of ear care can result in painful ear infections for your dog.

To clean your dog's ears:

1. *Put about 10-15 drops of cleaner in an ear*
2. *Rub the ear gently to help the cleaner work its way in, then let your dog shake his head*
3. *Using a cotton ball, gently clean the outer ear, and as far in as about half a finger's length.*
4. *Use a q-tip to clean the smaller areas, but don't insert the q-tip into the dog's ear canal*
5. *Repeat for the other ear*

Here's a good ear cleaning video:

<https://m.youtube.com/watch?v=mn8Dtgh2eMc>

If you clean your dog's ears but still see redness, swelling, excessive wax or debris, or notice a yeast or bad smell, it's time to go to the vet. Ear infections can be very painful and cause other problems, such as sore throats and tonsillitis in dogs.

Ear hair pulling

Ear hair pulling is pretty much what it sounds like: pulling the hair out of the outer part of the ear canal.

Some people swear by ear hair pulling, others think it's a bad idea. Our philosophy is that if it ain't broke then don't fix it. By that we mean, that if your dog doesn't have ear problems, then leave their ear hair alone. Ear hair pulling can cause redness and swelling and for some dogs make their ears worse. It is warranted in cases where your dog has chronic infections and you need to keep their ear canal as clean and dry as possible.

Many groomers and some vets will routinely pull ear hair. If your dog doesn't need their ear hair pulled, be sure to inform these caregivers ahead of time.

Nail trimming

Nail trimming should be done weekly (bi-weekly if you are trying to shorten excessively long nails or if your dog is a fast nail grower or spends little active time on rough surfaces). Here's a good nail trimming video

<https://m.youtube.com/watch?v=ZTbMLOWNsGk>

Most vets provide nail trimming and ear cleaning services for their regular customers, so this is easy to have done even if you don't want to do it yourself. Costs typically range from \$10-20 per trim and \$10-15 per ear cleaning. Many groomers will also trim nails and clean ears.

Brushing and combing

Goldendoodles can mat easily if their coats are not maintained. How frequently you should brush depends on the length of your dog's coat, it's individual coat type, and your lifestyle.

Someone who keeps their dog in a very short coat and has a low-key lifestyle may brush as infrequently as every two weeks. Someone who keeps their dog in a very long coat and has a very outdoorsy, active lifestyle may need to brush every other day or daily. We recommend brushing your dog at least twice a week, and then adjust in either direction depending on your dog and your lifestyle.

Brushing MUST include combing and must be done down to the skin. Brushing only works on the superficial part of the coat and misses most of the coat closer to the skin. To properly brush, use your brush on a small segment of coat, separating it until you can see the skin. Brush that out and then move on to the next section.

After you have brushed, repeat this process with your comb. Brushing can miss many mats hidden near your dog's skin, but the comb will find those and comb through them. Again, be sure to comb to the skin.

Many people find brushing to be a lovely bonding experience with their dog, so why not try to get on a regular schedule and enjoy this time with him.

A note on matting: A Goldendoodle can look fine but have a very matted coat you may not realize until you go to a groomer and the groomer tells you the only option is to completely shave down your dog. If left long enough, a Goldendoodle coat can mat to where when it's clipped, it looks almost as if you were shearing a sheep. Regular brushing AND combing can help avoid this. Always discuss matting with your groomer PRIOR to leaving your dog at the salon to avoid any unpleasant grooming surprises.

Matting can be very painful for dogs. The larger the mat, the more it can pull on the skin, and the more likely you may be to have skin problems under the mat. Matting can hold in dirt, bacteria, funguses, and painful debris such as burrs. Even a good bath won't remove these from a matted area. Mats can even form between your dog's toes.

Mats most commonly form behind your dog's ears, behind its elbows, and in the genital region. If occasionally you don't have time to do a full brushout, at least try to brush the commonly matted areas.

This isn't the most professional video, but it's actually got very good content and shows you how simple brushing can be.

<https://www.youtube.com/watch?v=CdfeO5lc2dk> This one shows little more detail in case that fits your personality better.

<https://www.youtube.com/watch?v=f9iXELY0EJ0>

Bathing

Bathing frequency depends on your lifestyle, the length of your dog's coat, and your personal tolerance levels. We recommend no more frequently than every two weeks, and no less frequently than ever 6 weeks. However, if you bathe your dog and she comes home the next day covered in mud, then please bathe her again, but just don't bathe that often regularly.

Very important note on bathing

Because Goldendoodle coats can mat, you need to take care with bathing to avoid inadvertently creating a horrible matting situation. Bathing a dog the wrong way can literally felt it's coat, and in the worst cases you must have your dog shaved down.

Before you wash your dog, brush and comb out all the snags and mats. Even small snags can turn into mammoth mats in a bath.

When bathing, work shampoo and conditioner VERY GENTLY into your dog's coat. Strong rubbing or lathering can also have the "felting" effect and even a well-brushed and combed dog can come out of a bath with a matted coat.

Coat trimming

Length of coat is a choice of personal aesthetics coupled with lifestyle. A longer coat understandably requires more care, as does a more active lifestyle. Find your own personal style with your Goldendoodle taking your lifestyle and maintenance preferences into consideration.

We have found that Goldendoodles with longer coats can “run hot,” so consider seasonal styling differences, depending on your climate. For example, it’s common to keep Goldendoodles in a shorter length during the summer.

You can trim your dog’s hair at any age. There are some urban legends going around telling people they can’t trim their puppies until they are six months (or some other age) old. This is not true. Trimming does NOT ruin a Goldendoodle coat. Goldendoodles have hair that’s more like human hair, not true coats, and they can be trimmed at any age without damage.

FIRST AID

Minor illnesses and injuries can be cared for at home. Whenever in doubt, call your vet.

Temperature

One of the first things a vet will ask in most cases if you call with an illness is the body temperature of the dog. Your dog's temperature can be taken with a human rectal thermometer or an ear thermometer. Normal temperature for a dog is 100.5 to 102.5 degrees Fahrenheit.

Poison control

If your dog eats anything not specifically indicated for dogs, immediately call the poison control hotline. Time is often critical for poisons.

- 888-426-4435
- <http://www.petpoisonhelpline.com>

Insect stings or bites

If your dog is bitten by an insect and his face swells, immediately give her Benadryl, even if you are heading for the vet.

Suggested Benadryl dose is 1 mg per pound of body weight, so that would be 25mg (one tablet) for a 25 lb dog. When in doubt, call your vet.

Motion sickness

The inner ears of puppies aren't fully developed by the time they go home. If she starts to salivate or even vomit, place the crate as low and as much in the center of the car as possible and cover her with a sheet. Puppies can be given

Dramamine (although it makes them sleepy). In bad cases you can also get an anti-nausea drug called Cerenia and give it to your dog prior to your drive. Please contact your vet for information on Dramamine dosing or to request Cerenia.

If your puppy is restless, crying, or panting, she may need to potty. She may also be a little warm, so bring a sweater in case you need to lower the temperature in the car for her.

Addressing car sickness when it appears helps resolve it faster and easier.

Avoiding car sickness:

- Try not to drive winding or stop-and-go trips soon after meals. Better to not feed than to develop a car-sick pup.
- Take short trips to fun places. Do not make trips to the vet the only car trips your pup gets for its first few months. Go to parks, Home Depot or the bank on other days.
- Give your pup something to do in its crate to occupy its mind during trips—stuffed Kongs, marrow bones and bully sticks all work wonders.
- Keep the temperature in the car cool so the pup is not uncomfortably warm and panting.
- Cover the puppy's crate if there is any evidence of car sickness.
- If your pup gets sick on a trip, review the hints above and try these options:
 - Spray lavender in the car and crate before trip and at stops
 - Spray an appeasing pheromone, such as Adaptil, in your crate/car before trip and at stops

- Feed your dog a small piece of raw ginger 30 minutes before the trip and occasionally during the trip.
- Turn your dog's crate sideways.
- Cover the crate so the dog cannot see out.

Diarrhea

Loose stool is common in dogs who eat something they shouldn't, are sick, whose food has been changed too fast, or are under stress.

Loose stool also happens if you overfeed your dog. This is the most common reason we find for loose stool in puppies.

When your dog's stool is unformed or watery, you will need to prevent dehydration, particularly in puppies and older dogs.

If your dog has loose stool, you can fast him for 24 hours (12 hours for a puppy) to see if that helps "reset" her tummy.

Feed a small, bland plain chicken and rice meal.

If the diarrhea doesn't resolve in a few days (two days for a puppy), call your vet.

Sharp objects

If your dog eats a sharp object, like glass or metal shards, call your vet immediately. This is a medical emergency.

SECTION 3

TRAINING, BEHAVIOR, AND SOCIALIZATION

We provide your puppy with foundation training. We very enthusiastically suggest you continue that training.

We have partnered with [Baxter & Bella](#) to provide seamless, affordable training and training support once your puppy goes home. We strongly recommend this program for a seamless go-home transition. [Click here](#) for more information, and use the coupon code COSMODOGS for a 25% discount on your lifetime access.

If you need help, contact us or consult a trainer. We will often refer behavioral questions to a trainer, but you are welcome to discuss them with us first. If we can easily help you over the phone we will, otherwise we will refer you to a professional trainer.

And contact us sooner rather than later.

It's much easier to solve a problem BEFORE it actually becomes a problem.

Be proactive for your dog and contact us or a trainer when you even have the slightest inkling that a behavior may be heading in the wrong direction. We would rather have 20 "I'm wondering about this behavior" calls than a single "I have a serious problem" call.

As much as we'd like to be the source of all good things, we can't solve all problems, so we may refer you to another sort of professional. When we refer you to another professional, please take that seriously and contact one.

Whether you consult us or not, when in doubt, consult a professional. Professionals include veterinarians and trainers.

Also remember that whatever the issue, YOU are responsible for your dog's actions. By bringing your puppy into your home, you assume the role of caretaker, and with that comes the responsibility for what your dog does.

Rolled up newspaper protocol

One of the most effective means of reinforcing this concept is the use of a rolled up newspaper. Carry it with you, and when your dog does something you don't like, such as chew on your shoes or soil in the house, pull out the rolled up newspaper and bop yourself on the head three times while repeating "I forgot to watch my dog, I forgot to watch my dog, I forgot to watch my dog!"

Responsibilities

We chose you as a puppy parent because we thought you would provide a great home for our little darling, and because we thought our puppy would bring lots of love and joy into your life. We also thought you were responsible and dedicated enough to do the job right!

We're going to take the joy out of things just for a second and insert a small dose of reality. Puppies are cute. Even when they are bad they are cute. But whatever you allow your puppy to do now, it will do for the next 15 years.

So don't forget that when your puppy jumps on you and you think it's cute and just want to cuddle it. It won't be cute when your dog weighs 30 or 50 or 70 pounds, it won't be cute when she is wet and muddy and jumps all over your boss' best dress, and it won't be cute when she knocks over your elderly aunt or father.

If it won't be cute for the next 15 years when your dog is bigger and weighs a lot more, work to change your mindset to understand that you shouldn't think of it as cute now.

We like to think of our puppy parents as the "designated drivers" of our puppies (the "designees") as they go through life.

As designated drivers, you are the responsible one. You will definitely have some fun, but the puppy always seems to have more, and that's alright, it's sort of the nature of these things. You also have to deal with some unruly moments, and sometimes your designee (in this case, your puppy) may throw up on your shoes.

Designated drivers also are responsible when the designee gets unruly, pees in the wrong place, or damages something.

Analogy aside, puppy ownership is incredibly rewarding. The link between humans and dogs is over 50,000 years old and I can't imagine life as a human without dogs.

It's also a great responsibility. It's our job to guide these puppies through life, help them when they stumble, and clean up after them when they make a mess. When it comes to animals, as the species that assumes stewardship, we must take responsibility for the faults and mistakes made by our animal companions.

So when you are dealing with the little problems that arise when raising a puppy—and they will—remember you are the designated driver through life for your puppy. Hopefully, this section will make it much easier and much faster to address your challenges, so you can focus instead on all the good stuff—the walks, the laughter, the tug of war, the games, the laughter, and the companionship. Have a great time, and remember we are here those times when you may need a little help.

Emotional Responsibility and Self-fulfilling Prophecies (“Expectancy Effect”)

Anyone who has spent more than five minutes talking to us knows that we are big proponents of puppy parental responsibility—we all need to take responsibility for the actions of our dogs.

There's a part of this responsibility we don't talk enough about, and that is emotional responsibility and self-fulfilling prophecies.

We all love Goldendoodles because they are such sweet, in-tune, and sensitive dogs. That's a tremendous upside to the breed. But that also gives us a big responsibility in managing our emotions and emotional expectations around our dogs.

We sometimes worry and care so much about our dogs and that they grow up to be as great as they can that we inadvertently end up creating the very situation

we were trying to prevent. An expectation—conscious or subconscious—creates the very behavior that is expected, whether positive or negative.

This has been shown in countless behavioral experiments and is known as the “expectancy effect.” If you want to read a little more about this effect, this link describes a classic experiment with rats where one group of handlers expected their rats to be “bright” and another to be “dull.”

<http://psych.wisc.edu/braun/281/Intelligence/LabelingEffects.htm> The rats with handlers who expected them to be smart far outperformed the rats with handlers who expected them not to be smart.

As an example, I might be very concerned about properly socializing my dog and that she not be afraid of people. So every time I bring her to meet someone, I feel anxious about making sure she’s ok. She doesn’t understand that my anxiety is for her well being, and what she experiences is that whenever we meet a stranger I get anxious. So to her, that means that new people are scary. She quickly learns to be timid and anxious with new people. That’s a self-fulfilling prophecy: I was worried about her meeting new people so she became worried about meeting new people.

The upside of this is that you can use the very same principle to help your puppy socialize well. If you approach people with the confidence and expectation that your puppy will be friendly and appropriate, then she will sense that and react much more in line with your behavior and expectations. Even if your puppy has a hard time meeting new people, this behavior on your part will help her work through that as she will see that you aren’t afraid. Lead your puppy by example emotionally and through your interactions. That’s not to say that actual training isn’t important, but your attitude and expectations goes a long way in supporting the training. Expect your puppy to be good, confident, happy and that will go a long way in helping her achieve those states.

So when we are working with our puppies, it's important to remember to be strong for them and have positive expectations because they will feel our anxiety or stress. They can literally smell and see the emotional expressions on our faces and in our body language (dogs are masters of body language reading—the CIA and FBI really should have some on their interrogation staff!). It's great to have positive expectations, and important to manage negative ones.

If you feel you may be setting up a negative self-fulfilling prophecy with a particular behavior or situation, ask a dog-savvy friend to observe, call us, or contact a professional to help. Set your dog up for success and she will surprise you with what she can do!

If you want to read more about this topic, here are some places to start:

<http://inabowlwithmilk.blogspot.com/2012/09/bad-dog-self-fulfilling-prophecy.html>

<http://www.dogtalkdiva.com/2016/04/22/food-aggression-self-fulfilling-prophecy/>

<https://www.psychologytoday.com/us/blog/psychology-writers/201210/using-self-fulfilling-prophecies-your-advantage>

TRAINING AND SOCIALIZATION SCHEDULE

Here is our suggested schedule for minimum training and socialization for your puppy. If you are an overachiever, there's a whole world of things you can do with your dog, so if you are an A-type personality, use this as a stepping stone and not necessarily an end goal.

| | EVENT | PURPOSE |
|----------------|--|--|
| Daily | Require your dog to 1. Sit (or down or some other task) and 2. Wait at doors | Maintains the impulse control and house manners work we started with your puppy and makes your puppy much easier to live with. |
| Until 16 weeks | Socialize with safe people and dogs in safe and controlled environments. | Ensure your puppy has socialization during the critical socialization window. Socializing during this critical developmental period cannot be replaced by any amount of socialization at older ages. |
| 16-24 weeks | Enroll in a puppy obedience class. This can be as simple as an inexpensive | This will provide your puppy with structured socialization and will allow you to work on your own handling |

| | EVENT | PURPOSE |
|--------------------------|--|--|
| | PetSmart class. Your puppy already knows her basic obedience, understands clicker training, and has been raised to love to learn. You will be the star of the class! | skills and to introduce both you and your puppy to the joys and relationship building that comes with training. |
| 5-9 months | Kennel your dog at least once at a fun and hands-on kennel. | Gives him a positive experience with kenneling in case one of those life events arises when you have no other choice. |
| 16 weeks – 1 year | Continue socializing with humans and other dogs | Socialization is a lifelong process. |
| 9 months – 1 year | Adult beginner or intermediate obedience class | Helps your dog's training stay fresh and improve under distractions. Your dog will be much better behaved as an adult if you continue with training classes. |

We would like to remind any overachievers that while socialization and training are important, your puppy is still a baby and you should not expect too much, push your puppy, or over train. One of the most important things you can do is to let your puppy be a puppy. For an 8 to 12 week old puppy, that means

training sessions should be short. You can take a longer puppy class once or twice a week, and we encourage this, but daily training should be short and fun, usually no more than 5 minutes for a young puppy, and gradually increasing as your puppy grows.

INTRODUCING YOUR PUPPY TO OTHER ANIMALS

It seems like an easy task, but there are a few things you can do to make your pet introductions go better.

Introduction to other dogs in the house

A “neutral” area, ideally not on the property where either dog lives, is your best location. This way neither dog will view the other as a potential territorial intruder.

Have each dog handled by a different person. Try starting with a short walk around the block, a nice, normal activity where the dogs will have less reason to interact with each other. When you meet the other dog, hold your puppy in your arms and give the older dog a chance to sniff the puppy. Quietly praise both dogs.

Then put the puppy on the ground away from the older dog. Begin your walk, walking side-by-side with the other handler, but don't get close enough for the dogs to interact yet.

If you are in a space that is safe and appropriate, introduce your dogs off-leash. On-leash interactions can spark defensiveness in otherwise non-defensive dogs, so it's best to take that out of the potential equation.

Watch the dogs carefully for any body language that indicates fear or aggression, such as

- *Hackles up (hair standing up on the dog's back)*
- *Growling*
- *Teeth baring*
- *Excessive staring*

- *Stiff body posture*

If you see these behaviors, immediately pick up your puppy and have the other handler recall their dog, leash it, and speak soothingly. It's always possible that the older dog can snap at the puppy, so be sure never to get between the puppy and the muzzle of the other dog.

Most of the time, however, introductions involve an initial sniff, and then either play starts or the dogs ignore each other.

The older dog should be polite, but is never required to pay attention to the puppy.

If this initial introduction doesn't go well, call us before allowing any future interactions. An older dog can traumatize a puppy to where a puppy will forever have troubles with other dogs, so please don't push it and don't wait to call us.

If the off-site introduction goes well, take both dogs home. When you arrive at home, allow the puppy in the house alone first. Let the puppy explore the house (under your supervision) and get to know his new environment. This also distributes his scent in the house.

Put the puppy in a secure room, playpen, or crate. Then let in the older dog and allow the older dog to investigate the smell of the new puppy in the house. Be sure NOT to put your older dog in a restricted space (such as a closed room or a playpen) with the puppy, as that situation is more likely to spark conflicts.

Whenever the older dog goes near the puppy, praise the older dog and give her a treat (assuming she acts appropriately, with no growling or lunging). Repeat this whenever the puppy is around the older dog for at least a week or two, so the older dog associates the puppy with praise, attention, and treats, rather than a competitor for affection and resources.

If you have multiple other dogs in the house, repeat this introduction for each one.

If a dog is aggressive, do not allow your puppy to interact with this dog, even through a fence.

Remember that your older dog is not required to babysit or tolerate puppy behavior. If the older dog doesn't want the puppy nipping or playing, she has a right to be unhappy. Be fair to your older dog and watch for subtle behaviors that indicate unhappiness with puppy behavior. Never leave your puppy with the older dog unsupervised.

If the older dog is well-socialized, then trust her to set limits with the puppy. Limits can include growling, snarling, or a snap. Do not stop or correct the older dog, but watch carefully to ensure this doesn't escalate into a more aggressive situation for the older dog or a fearful one for the younger dog.

When in doubt, seek professional help for introductions from a local behaviorist or trainer or call us.

Introduction to cats

Your puppy was raised with cats so is familiar with them. He will still need clear instructions from you about how to behave appropriately around cats. Puppies under 3 months of age are less likely to harm an adult cat. However, puppies rarely show cats as much respect as they deserve.

Do NOT bring your puppy home and release him in the house to chase your cats. Keep him confined so your cat can get used to the puppy and can easily get away from the puppy if she wants to. Playpens and baby gates are great for this.

Next, place the puppy on a leash and allow him to interact with your cat. Moving animals cause a "prey response," meaning your puppy may instinctually want to chase the cat. Correct the puppy with a tug on the leash and use a "leave it" or

similar command. As soon as you see the cat (or the puppy) showing signs of being frightened, end the session and try again later.

Always ensure that your cat can get away from your dog, regardless of how old your dog is.

Living with cats also means you have cat food and cat poop around. These are both irresistible to puppies and dogs, so always ensure they are well out of reach of your puppy or dog. Covered or sequestered litterboxes may be needed.

Other types of pets

Whatever type of pet you are introducing your puppy to, make the interactions highly controlled.

While here, your puppy was introduced to horses and donkeys. However, they always interacted with a secure fence between them and the puppies were always given the opportunity to choose to approach the animals and were never forced to interact with them.

The prey response in puppies and dogs can cause them to chase other animals, and that can be horribly deadly for all involved. Please set up your introductions and all interactions so it provides safety for all involved. When in doubt, consult a behavioral professional.

Frightening experiences

A frightening experience with another dog can scar a puppy for life. This is not a trivial matter. For example if your neighbors have dogs that aggressively rush the fence, one event can terrify a young puppy and cause anxiety problems for life, and daily events can cause irreparable damage.

The same holds true for frightening experiences with other humans, or anything else.

Always manage the interactions your puppy has with other dogs and people, and never underestimate the damage that can be done to a young puppy by a frightening experience.

It is your responsibility to carefully manage your puppy's interactions until she has reached maturity. Signs of stress or fear in a puppy include:

- *Ears back*
- *Tail down*
- *Licking lips*
- *Shaking*
- *Whining (not the eager kind)*
- *Not accepting treats*
- *Trying to hide*

Be aware of these signs and once you see them do not wait before intervening.

KENNELING

We strongly do NOT believe in kenneling as a way of life for pet, companion, and service dogs.

Kenneling does, however, have its place.

Life happens. Accidents happen. There's a four-letter-word that happens. Kenneling may be needed during one of those happenings.

While you may never want to have your dog kenneled, we consider it a necessary life skill because of the sheer unpredictability of life.

And if your dog ever needs to be confined at the vet, isn't it better to help him have the experience and understand and be comfortable with confinement when life is good, rather than when he's stressed and uncomfortable?

So do your dog and yourself a favor and reduce the stress of unexpected life events and prepare yourself and your dog for kenneling if it's ever needed.

You will want to do this at least once, and preferably three times, between the ages of 5 and 9 months, after she has had her puppy shots but before she reaches maturity.

Find a good boarding kennel, one certified by the American Boarding Kennel Association (ABKA) and one that provides add-on services. In particular, look for one that provides extra play time and daytime doggie daycare and give your dog a vacation at a kennel. Some facilities even have puppy cams so you can watch the daily play sessions. You may be surprised at how much fun your dog will have.

HOUSETRAINING YOUR PUPPY

Housetraining allows dogs to live harmoniously with us by keeping soiling isolated to appropriate times and places. It builds on their natural instinct to keep their “den” clean. As much as it is based on instinct, however, it takes time to implement in a space any bigger than a canine den (which, by the way, for a single dog is about the same size as an appropriately sized crate).

To develop the capacity to extend their cleanliness beyond that small area takes time—most dogs aren’t reliably housetrained until they are six months to a year old. The frequency of accidents should be reducing as time goes on, but the accidents don't disappear until your dog is more mature.

The more consistent you can be with housetraining and the more you can minimize accidents, the faster your puppy will learn.

Dogs are naturally clean animals. They don’t want to soil their living areas, and we use this inherent trait while we are raising your puppy to help instill in them a desire to be clean. We teach them that there’s a place for sleeping, eating, and playing, and a separate place for soiling. When you get home, you will take this concept and extend it to your home to show your puppy where to and not to soil. You will do this through the judicious use of confinement.

Unless you have one of those one in a million puppies that seems to housetrain herself, there is only one way to housetrain your dog—use of confinement

Confinement isn’t jail, confinement isn’t punishment, and confinement isn’t mean. As parents, we confine our children to cribs and playpens when we aren’t able to give them our full attention. This is good parenting, and similarly, proper confinement of your dog is good puppy rearing.

So use confinement, and not only don’t feel bad about it, but feel GOOD about it—it means you are a great and caring puppy parent!

Puppies that come from puppy mills or even most large-scale breeding operations are raised in conditions where they are never allowed to learn their clean and dirty places. These puppies have a much harder time understanding the concept of housetraining and take longer to learn because their natural instinct to be clean was never nurtured and given opportunity to fully develop. We start teaching your puppy this skill at around 3 weeks of age, and it helps immensely.

You will develop “rooms” for your puppy during this learning period. When we have your go-home call with you, we will help you figure out where in your home these rooms will be best situated and how the rooms should be structured. Some examples of rooms for your puppy include:

- *Her crate*
- *Her playpen*
- *A kitchen or bathroom cordoned off by baby gates*
- *Ideally her room should be in a place where there’s a person close enough to notice if she asks to go relieve herself*

One of these may be sufficient, or your lifestyle may be better suited by several rooms. We will help you figure that out.

Characteristics of this room include at minimum:

- *Safe boundaries from the rest of the house (crate, baby gate, playpen panels)*
 - *In bathrooms and kitchens, ensure your puppy can’t get into cabinets and chew on containers with potentially poisonous contents*
- *Only contain items acceptable to chew*
- *Have flooring that can be easily cleaned if accidentally soiled on*

The purpose of housetraining is to teach your puppy:

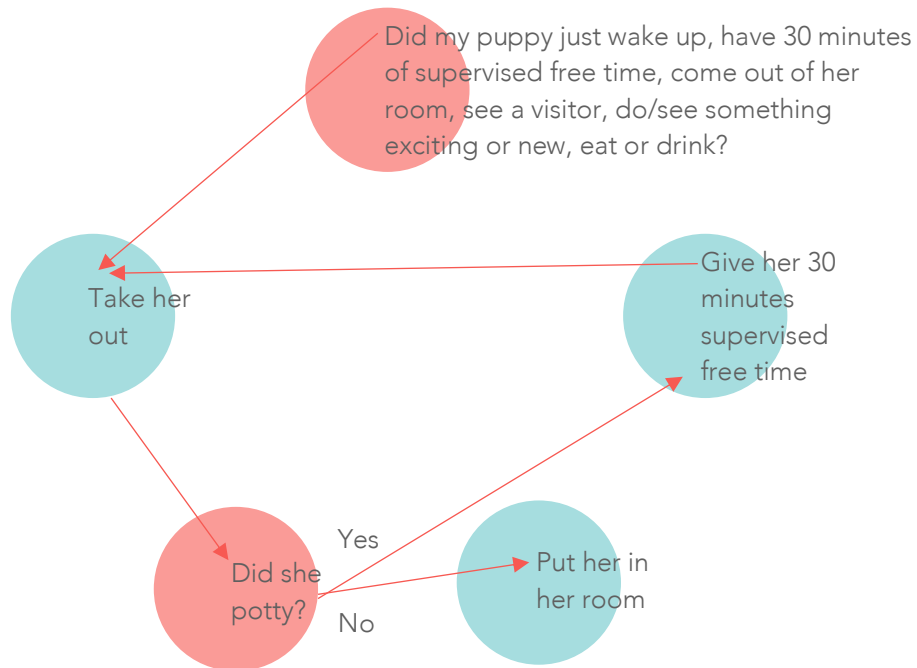
- *Where to pee and poop*
- *When to pee and poop*
- *How to ask to go outside and that someone will respond to his needs when he needs to go outside.*

Most of our puppies can go through most nights without needing to relieve themselves. Puppies, however, require many more opportunities to relieve themselves during the day. Their bladder muscles don't mature until they are much more mature, and the more activity and excitement, the sooner and more urgently he will need to go outside. In particular, your puppy should always be given an opportunity to relieve herself at these times:

- *When she wakes up*
- *Before she goes in her room*
- *When brought out of her room*
- *Before and after a play session or other activity*
- *Before and after there are visitors*
- *Before and after she goes to a new place*
- *Before and after eating or drinking*

You will need to learn your puppy's individual potty endurance level, and use that knowledge to help time breaks.

This flowchart illustrates the process for the visually inclined.



How to use confinement

Effective housetraining uses what's known as the five Cs: confinement, communication, control, command, and confinement again.

1. Confinement

When you are not directly supervising your dog, he should be confined to his room.

Period.

2. Communication

Learn to identify when your dog is telling you she needs to relieve herself. Some will get restless, some will whine, others will bark, circle, sniff, or go to the door.

Some families use the “bell” method. They teach their puppies that by ringing a bell, they will be let outside. This works, but only for a short period. Our puppies are smart, and quickly learn that they can get out of their room by ringing the bell even if they need no potty break.

We also don't recommend teaching your dog to bark to ask to go out. This can escalate and get obnoxious quickly.

Think carefully about how you teach your dog to communicate with you as it will persist for his lifetime.

3. Control

Until your puppy is fully housetrained, always take her out on a leash.

The leash serves several purposes

- *It keeps the puppy from running into the living room and piddling on your favorite rug*
- *It allows you to show the puppy where you want him to relieve himself*
- *And it helps cue him to the fact that it's time for a potty break, not to play*

4. Command

Teach your puppy a verbal cue to let her know it's time to relieve herself and that she is in an appropriate place to do so.

Find a phrase that would be natural for you to say at 2am on a rainy night while you are trying to find your slippers. Examples are “go potty,” “hurry up,” or “take a break.” While expletive-containing phrases might be natural to you we don't recommend those in case you want to let your puppy relieve herself in a more public area.

5. Confinement

If your puppy does NOT relieve herself when you take her out, immediately put him back in his room. Wait 15 minutes, then try again.

After your puppy has relieved herself (whether it's on the first or third opportunity), you can give her some free supervised time in the house. The potty endurance of each puppy varies, and your puppy's endurance will increase as he matures.

To start, we recommend 15 minutes of free time. Once you learn your puppy's endurance you can increase that time.

After the free time, he should go back in his room or be given another opportunity to relieve himself.

Start your puppy with a smaller room, and don't enlarge that space until your puppy has gone at least one week without a single accident.

If your puppy has regular accidents in her room, then the room is too big and it needs to be made smaller.

If you notice that your puppy piddles very frequently in very small amounts or dribbles frequently, this can be a sign of a urinary tract infection (UTI). [Please refer to the health section of this book for more information about UTIs.](#)

When you don't have time to take your puppy out often

The vast majority of us have busy lives and there will be times when you just won't be available to take your puppy out as frequently as is ideal. Here are options to deal with that situation:

- *Find a family member, friend, neighbor, or dog walker/sitter to let your puppy out*

- *Enroll your puppy in doggie daycare (most daycares require a puppy to have all of its vaccinations, and we agree with this, so this choice is not an option for the first month your puppy is home)*
- *Set up a room with a litterbox. You can use a large cat litterbox or a low-rimmed large plastic storage box and fill it with a thin layer of pet pellets. Recycled newspaper or pine rabbit bedding pellets work well. Be sure it's something that is non-toxic if your puppy decides to munch on a few. We do not recommend potty pads at this age since most puppies will chew and shred them rather than using them for their intended purpose.*

Housetraining mistakes

These aren't mistakes your puppy will make, these are mistakes people are likely to make. When housetraining your puppy DO NOT:

- *Scold or punish your dog, including rubbing her nose in the mess. Your puppy truly doesn't understand she's doing something wrong. Puppies just don't have that much guile. All scolding will do is teach your dog to relieve itself in the house in a location you don't see. So instead of urinating in front of the door, she will hide under your dining room table or in your closet to relive herself.*
- *Give too much freedom or space too soon. Expanding your puppy's clean area takes time. Be patient and it will happen.*
- *Leaving the scent of the accident. Clean up the accident scene thoroughly, and use a product that will remove the odor. Enzymatic cleaners such as Natures Miracle are best for this. Cleaners like bleach and ammonia cover up the smell to humans but not to dogs. You might still not smell the mess, but your dog will.*

Catching your puppy in the act

If your puppy has an accident while you are watching, do the following:

Interrupt the behavior. You can usually do this by saying his name loudly or clapping your hands. Be sure whatever you do interrupts the behavior but is NOT a reprimand. You simply want to stop the peeing or pooping, not punish it.

- Say “outside, outside, outside” and carry your puppy to an appropriate place outside to relieve himself. If he’s too large to carry, grab his collar and lead him out.
- Follow your usual procedure of taking your puppy to his potty place, giving his command, and praising him when he’s done. He may take some time to relieve himself after your interruption, so be patient with him. If needed, confine him for a few minutes then try again.
- Take the puppy in the house and confine him while you clean up the accident.
- Do NOT punish him when he returns to the house, it was not his fault. If you feel a strong need to lash out, then follow our [rolled up newspaper protocol](#) from the beginning of this section.

Bladder control

Houstraining is part behavioral and part physical. Puppies simply don’t have the same physical capacity to control their bladders that adults do. So despite the best efforts of both yourself and your dog, this will take time.

Besides controlling frequency of need, bladder control also plays into the level of excitement your puppy is experiencing. The more excited she is, the harder it will be to control her bladder muscles.

In some dogs, this leads to something called excitement urination. Excitement urination is simply a little bladder leakage when your puppy gets excited. Excitement urination goes away with maturity, sometimes at 6 months, sometimes as long as 8 or 10 months. But it does go away. The more you can teach your puppy to be calm and exhibit self control, the faster this will happen, but, regardless, it's a physical issue and will still take time. If your puppy is experiencing excitement urination, we can help you set up situations that will help reduce the excitement and hopefully reduce the frequency of excitement urination. [Dr Sophia Yin has a great article on excitement urination and how to deal with it.](#)

Submissive urination differs from excitement urination and is a behavioral issue, not a physical one. If you aren't sure of the difference, please call us or contact a trainer or behaviorist. If someone tells you there's no difference between excitement urination and submissive urination, we recommend getting a second opinion.

Achieving success with houstraining

Some breeds and some dog types, particularly toy breeds, have great difficulty being houstrained and some never develop the bladder control to be houstrained.

Goldendoodles are NOT one of those breeds, and we never breed toy Poodles into our lines, so you can sleep easy knowing that among our breeding goals we include good houstraining habits. Stick with it, and it will happen!

CHEWING

We had initially titled this section “Unwanted Chewing” but chewing is such a natural activity for a dog we didn’t want the title to color how we talk about chewing.

Chewing is very natural for a dog. It’s comforting—a dog will chew to self-soothe. It’s a way for them to explore and interact with the world. It helps keep their teeth and gums healthy and clean. It eases the discomfort of teething. It makes the time pass pleasantly. It’s fun!

So we don’t want to discourage chewing so much as we want to encourage appropriate chewing habits. We WANT our dogs to chew. We just don’t want them to chew on our Jimmy Choo shoes or our brand new couch.

Your job is to provide your dog with appropriate chews and to help her learn what is ok to chew on and what isn’t.

Dogs can destroy a chewed object more quickly than you can imagine. We’re sure you’ve seen the viral social media posts where someone comes home to what looks like a tornado through their living room, but it was only a bored dog.

While that is good for a laugh, it’s important to remember that when dogs eat inappropriate object, it can make them sick or even kill them. If a dog eats an object that can’t pass through her digestive system, it creates a blockage that may require expensive surgery if caught in time, or will kill the dog if not.

So appropriate chewing isn’t just a matter of your favorite slippers, it’s also a matter of life and death for your dog ⁵⁶

⁵⁶ This is another reason we emphasize the necessity of pet insurance—abdominal surgery to remove a blockage can easily range into the thousands of dollars

Common causes of intestinal blockages include

- *bones, rawhide, and sticks*
- *rubber balls, golf balls, marbles, and other small balls*
- *buttons and beads*
- *toys*
- *string*
- *stones and pebbles*
- *coins*
- *fruit pits*
- *cloth*
- *panty hose, socks, and underwear*
- *cat litter (if eaten in a large amount)*

Sharper objects are the most dangerous, as they can tear the lining of the intestinal tract.

Symptoms of intestinal blockage include

- *Loss of appetite*
- *Loss of thirst*
- *A painful abdomen, especially when it's touched*
- *A bloated stomach*
- *Lethargy*
- *Drooling*
- *Vomiting*

- *Unusual whining or crying*
- *Straining to defecate*
- *Diarrhea*

Possibility of an obstruction is considered a veterinary emergency. Do not wait for an appointment or for a clinic to open if it's after hours. Head immediately to your closest emergency clinic.

If you are on the fence about whether you are seeing symptoms that are worrisome, call the clinic first and ask to speak to a vet tech so you can discuss the matter.

Safe chews

So now that we know that a fun and natural desire can kill our dogs, how do we let them have fun without harming themselves?

Easy. Find suitable chews. Safe chews include

- *Kongs*
- *Nylabones*
- *Bully sticks*
- *Cow hooves*
- *Toys made from recycled fire hoses*
- *Frozen carrots are great chews for teething puppies*
- *Other frozen treats can be appropriate for teething puppies, a quick google search will turn up dozens of options. Some of our favorites are*

Kongs or hooves stuffed with peanut butter⁵⁷ and banana or spray cheese then frozen.

Raw bones are controversial. They are less likely than cooked bones to splinter and are a natural chew, but for a hard chewer can break a tooth. If you want to try raw bones, marrow and knucklebones are good, but only give them under supervision.

Cooked bones are NOT safe. They are more likely to splinter and can cause obstructions or other intestinal problems.

Unsafe chews include

- *Rawhide*
- *Cooked bones*
- *Rope toys*

Chewing rules

Place chews in your dog's room. Not only will it keep your puppy occupied, but it will help make positive associations with his room so his room becomes a happy place to be.

Have chews available anywhere you expect your dog to spend time. So if your dog spends free time in the kitchen in the morning while the family has breakfast, a chew will not only keep her occupied but will prevent her from developing bad habits around human food, such as begging or scavenging.

⁵⁷ Some peanut butter contains a sweetener called xylitol. Xylitol can cause dangerous insulin reactions in dogs and should be considered poisonous. Always read peanut butter and other human food labels before giving to dogs.

- *Do rotate your chew toys. The bad news is that dogs can become bored with their toys. The good news is that they have a short memory for toys, so you can rotate toys every few days.*
- *Do encourage appropriate chewing. When your dog grabs an appropriate chew and settles down, praise him calmly and let him know you approve.*
- *Do teach your dog a "leave it" command. The best way to do this is to exchange whatever they have for a higher value item. So if your dog is chewing on a toy, say "leave it" and immediately exchange the toy for a high value item, such as a piece of meat or a most favorite treat. As soon as you give the higher value treat, give the chew right back to the dog. This teaches her that "leave it" means a great treat plus then she gets her chew back, a win-win for any dog! After a few times, the dog will all but spit out what's in her mouth when she hears "leave it" in anticipation of the better goody.*
- *Do use deterrent sprays, such as Bitter Apple, to spray on commonly chewed inappropriate items. This can include the pants cuffs and shoe laces you are wearing if you have one that constantly nips at your shoes and clothes. Bitter apple tastes terrible and is a great deterrent.*

If you catch your dog chewing inappropriately,

- *Do use an interruption, such as "leave it" or a loud clap to interrupt the behavior*
- *Do NOT punish your dog. Instead, IMMEDIATELY provide an appropriate chew and directly place it in your dog's mouth. For a young and teething dog, it's not a bad idea to carry some bully sticks in your back pocket until they get past the worst of their teething.*

- *Recognize that if any damage is done, it's your fault for not properly supervising the dog. As much as we may want to blame the dog, their behavior is ultimately our responsibility.*

If you do not catch your dog in the act do NOT punish him. He doesn't have the reasoning power to connect the punishment with the crime and it's unfair to him.

The toy box

A good tactic for creating appropriate chewing and playing activities is to give your dog his own toy box.

The toy box is a place where he can find something to chew on an occupy his time. Dogs are territorial animals and understand the concept of "place" so use this to create a place he knows he can always seek out when he wants to chew or play.

The toy box shouldn't contain ALL of your dog's toys. Keep a box with all his toys somewhere he can't get to, and every day change out the toys. Three to five toys are all you need in his toy box. Since dogs have short memories for these kinds of things, he can see the same toy every three days and it will feel like new again.

To get the dog using his toy box, every time you start a play session, bring your dog to the toy box and encourage him to get a toy. If he doesn't you can pick one for him. After a few times, he will figure it out.

If the puppy starts to play with an inappropriate toy, bring him over to his toy box and help him select an appropriate one. When you do this, say "go get a toy" or a similar command, and soon you can redirect your dog to the toybox with a simple verbal command.

This changes the whole dynamic for your dog. Instead of having to rely on will power and an incomplete understanding of what's going on to control what are

perfectly healthy and natural urges, your dog can instead learn to be proactive and find an appropriate outlet.

Once your dog reliably knows to chew only items from the toy box, then you can start allowing periods of unsupervised time as he matures. Remember, your dog's behavior is ultimately your responsibility, so if you aren't sure he's 100 percent solid on this, don't leave him alone. Be consistent and be fair, and you will end up with a happy, well-adjusted dog with the peace of mind of knowing how to be a good member of your family.

CLICKER TRAINING

Clicker training is strongly based in behavioral science and is known as a form of “operant conditioning.” The point of this section isn’t to go into the details of operant conditioning, but to show you how to use it. If you are interested in the theory behind clicker training, we recommend [“Reaching the Animal Mind: Clicker Training and What It Teaches Us About All Animals” by Karen Pryor.](#)

Simply put, clicker training is the use of a specific sound to let a dog know the exact moment it is doing something we want.

More specifically, we “click” to “mark” the behavior.

When we ask a dog to sit, we click the moment her rear touches the ground.

As soon as possible after the click, we give the dog a treat. That’s the reward. The click isn’t the reward, it just “marks” the behavior and allows us time to “bridge” to the actual reward (that’s why it’s often called a bridging signal).

The dog knows that when she does something we want (sit), she will hear a click and get a treat. That increases her desire to perform the task (the sit) and also releases lots of happy neurochemicals to help reinforce that desire.

So sit-click-treat.

You can do it with nearly anything you want to teach your dog. Clicker training is an opportunity to get creative with your training and your dog, and your dog will love it!

We have already taught her what a clicker is and what it means, so she’s ready to learn!

The best way we have found for humans to learn good timing for the clicker is to have a friend bounce a tennis ball. Practice marking each time the ball touches

the ground. Then practice marking each time it either reaches its highest point or each time your friend catches it in her hand.

Next, practice giving her a treat after each click (you can just put it in her hand).

You are now a clicker trainer! Go have some fun with your puppy!

Conditioned emotional responses

When I was a kid, the sound of my mother's car in the driveway at the end of the day would automatically put me in a state of happiness and positive anticipation and I would run to the door to wait for her to come in. That was a conditioned emotional response (CER).

We all have them. Dogs can have them, too, and we can intentionally create them to the advantage of both us and our dogs. We do that by associating good things⁵⁸ with situations or behaviors we want to encourage.

A great example of this is the toy box. We create a positive conditioned emotional response for our dog with the toy box to encourage the use of it when she feels a need to chew or play.

Another example is crate training. We use treats and bully sticks in the crate to create a positive conditioned emotional response to being in the crate—we want the dog to associate the crate with good things and want to be in it.

You can use positive reinforcement of any type (treats, praise, toys, etc) to create a conditioned emotional response. You can use a clicker to create a CER, but it's not necessary.

Get creative, and help your dog be happy with being good!

⁵⁸ A CER can also be associated with negative emotions, but that's not something we want to instill in our dogs, so our focus in this section is only on positive CERs, and when we refer to CERs we are referring to positive CERs unless explicitly stated otherwise.

IMPULSE CONTROL

Impulse control is the ability to control thoughts and behaviors in a way that allows good decision making.

We expect this of all well-adjusted humans, and we should also expect it of well-adjusted dogs.

Puppies aren't born with impulse control. They see something they want and go after it with gusto. They see food, they eat it. A kitten runs, they chase it. A person comes in the room, they rush over and jump on her. Impulse control is the ability to control behavior and delay gratification, and it must be taught.

Some dogs give up quickly when they can't get what they want, others get more frustrated and frantic. Some bark, whine or even growl or nip.

Lack of impulse control and tolerance for frustration leads to the kinds of behavioral problems that leave dogs tied to trees, locked in garages, surrendered to shelters, or worse.

A cornerstone of our program is instilling our puppies with the foundation for proper impulse control to help avoid jumping, rushing through doors, grabbing at food, and other problems. Your puppy has learned impulse control from a very young age, and the day you take home your puppy we will show you how to continue this training at home so your Goldendoodle will be the picture of politeness and a delight to be with, and the envy of all your neighbors.

The concept of impulse control has been imprinted on your puppy, and he understands the concept well. You will need to continue to reinforce that concept and to positively reinforce your dog (think praise and clicks and treats) when he shows good impulse control.

Common daily examples of impulse control are:

- *Sitting to request attention (instead of jumping or barking)*

- *Waiting at the door (instead of bolting out)*
- *Waiting politely for food (instead of jumping, barking, or running in circles)*
- *Sitting to request a toy or playtime (instead of barking or pushing or getting frantic)*
- *Sitting or waiting quietly to come out of a crate or playpen (instead of barking or making a fuss)*
- *Walking politely on a leash (instead of pulling) and sitting or standing quietly when you stop*
- *Sitting when someone comes over to greet him, whether at home or in public (instead of jumping or pushing)*
- *Sitting to get in a vehicle (instead of jumping in any time a door is open)*
- *Sitting to wait for permission to leave a vehicle (instead of jumping out, possibly into traffic)*

If you notice, several of these are big safety issues. Impulse control makes your dog safer. Safer for your dog himself, and safer for the people around him.

MANDING

In the process of teaching impulse control to your puppy, we taught her a behavior called “manding.”

A sit is when you ask your dog to assume a specific position (the sit) and she does it. The communication for a sit goes from you to your dog.

Manding is then the puppy turns the tables and asks YOU for something. Of course, being a dog and not related to Shakespeare, she can't put that into language, but she can express a desire and show you she wants to communicate something to you. Manding gives your puppy a voice.

So when your puppy comes up to you and sits without being requested to, she's asking for something. Often it's attention, but it can be other things. Pay attention and learn her language and you will be amazed at how eloquent she can be.

Manding is a serious matter. Please take it seriously. When your dog mands, she is asking for your consideration in a polite and appropriate way. It is your responsibility to acknowledge and reward this proper request.

The best reward is to figure out what she wants and give it to her. Even if you don't figure it out, however, the fact that you tried will mean the world to her. If you don't know what she wants, you can give her attention, a treat, let her out, or play with her. If you are rushed for time, at the very least she deserves clear verbal praise.

As I'm writing this, Knox is manding next to my chair. Since I know him so well, I know he wants a hug. But I'm in the middle of a thought and want to complete it, so I take a breath and tell him how good he is so he knows I'm acknowledging his request. When I'm done with this section, I'll give him his well-deserved hug. Being a good boy, he grabs a toy and lays down to wait. No fuss, no whining, no insult taken.

Puppies are hard-wired to jump and make noise for attention. We work with them while they are very young and redirect that behavior into calmly sitting and manding so our dogs can live more harmoniously with their human family members. The concept is simple. The reality is not so simple. It's easy for us to notice bad or annoying behavior. And it's much harder for us to notice quiet, polite behavior. We notice the jumping dog more actively and more frequently than we notice the polite dog. It's human nature, especially in a culture where we have such busy lives with so many distractions.

When your dog mands, she is showing you she wants to communicate and that she can do so politely. She deserves the same response from you.

Your job is to learn to notice and recognize your dog when she is being polite. It's harder than you think. But give it a try and it will soon become second nature. The more you recognize your puppy's manding, the clearer her intention will be and you will find yourself in a deeper relationship with your puppy that you previously thought possible.

[Yes, I gave Knox his hug, and a treat, too!]

LEASH WALKING

Your puppy has been started with leash training. A few minutes (five minutes maximum) a couple of times a day and she will be trained quickly. Remember the puppy is a baby and cannot take long periods of training. As she gets older you can extend the training time appropriate to age.

Put your puppy on a leash and start walking. It seems like it would be helpful for your puppy to walk slowly, but the opposite is true. A brisk walk does a better job of getting and keeping his attention. Take a few steps, stop, and as soon as your puppy sits, click and give him a treat. Turn and walk in another direction. Walk a few strides, turn left, then stop. Repeat but turn right this time. Now mix it all up however you want.

If you lose his attention, do any or all of the following.

- *Stop and wait for him to sit*
- *Turn and go a different direction so he has to pay more attention*
- *Walk faster*
- *Change the game into a recall and excitedly call his name while backing up*
- *Consider if you've done enough for the day and maybe his little brain is getting tired.*

Only start with a few minutes at a time. Puppies have short attention spans, and you can add duration as he gets older.

RECALLS

Your puppy has also been started on a recall (coming when called). Since we have an entire litter and not all puppies have permanent names before they leave us, we start them with “pup, pup, pup!” to call them. We have classically conditioned them to recall to those words.

If you have told us your puppy’s name while we are still raising her, then we have used her name along with the “pup, pup, pup” to orient the puppy to her new name. If your puppy is very distracted by something else and doesn’t want to come to you even when you run away, clap your hands and make a little more noise to get his attention. In the unusual circumstance where that doesn’t work and the situation requires that you follow your puppy for safety, then always follow slowly and make sure the puppy doesn’t think you are chasing her, or she will move away from you faster.

It’s canine nature to run from something chasing him, or to run after something that runs away. So when trying to get your puppy to come to you, if you run after him, then he will likely run away from you. It may seem counterintuitive, but if you call the puppy (pup, pup, pup, and his name), then he will follow you and recall. As he learns, you can phase out the “pup, pup, pup” and use only his name, or add another command, such as “come” or “here.”

Many people use the word “come” but we prefer “here.” “Come” is a commonly used recall word, so if you are in an area with other dogs, someone else can inadvertently recall your dog, especially since you will have put all this work into teaching her a stellar recall. Also, “come” is a soft-sounding word and harder to say with emphasis, while “here” has the hard “h” and long “e” that you can enunciate more strongly (try it!). So, for Knox we would say “Knox, here!”

We ALWAYS use the dog’s name for a recall. In an emergency, that’s the first thing that’s natural to say, and we want the dogs turning on a dime the minute we call out danger.

Recalls are a major safety issue. If your dog is running into traffic or other high-danger situation, you NEED for your dog to listen and come back to you. Sometimes, there will be a strong stimulus involved, such as a squirrel or ball they are chasing. So recalls need to be practiced in all situations, especially ones where your dog may have a strong interest in not listening to you.

The recall game

We recommend your family play the recall game several times a week, daily if possible. It's fun, and it works. It can be played with as few as two people, or as many as you want.

To play, give everyone some of your dog's favorite training treats—the high-value treats he will do just about anything for, like some deli meat, dehydrated lunch meat, cheese, or cut up hot dogs.

Start small. Arrange everyone in somewhat of a circle, but start with being just 6-8 feet apart. As your dog gets good at the game, you can increase the distance. After a while, it's fun to see just how big your game circle can get!

Bring your dog out and have them call the dog's name first with your recall cue after. That person should immediately give the dog a treat when the dog gets to them and sits.

The next person should call the dog in the same manner, continuing with everyone in the circle.

Start small, then add distance.

Once your dog is solid with the game and can recall at some distance, add some distractions. Start small, you want your dog to succeed. For example, have two family members toss a ball while another is recalling. When your dog recalls under distraction, give him extra treats and praise, that was hard for him!

The dogs LOVE this game and become experts at recall in a short amount of time.

Puppies have a stronger instinct to follow and recall to an “adult” figure until they are 16 weeks of age, when they become more independent, so begin this training game when you get home and play as much as possible while the puppy is young. Once he gets older, you will only need to reinforce this occasionally.

If you think your dog has it and you want to change the game a bit, try playing while sitting. Dogs are contextual learners, so changing up the picture sometimes will help them generalize their knowledge.

Sometimes when the dog recalls during the game, grab his collar. Some dogs get shy around collar grabs, so use the recall game as an opportunity to piggyback collar-grabbing comfort. Recall, give a treat, grab the collar, give a treat.

Do this and all other recall training in a safe and enclosed area, just in case.

CRATE TRAINING

Dogs are den animals and innately feel secure in a den. The crate is your puppy's den. A dog that is crate trained will always have a place to go where it feels safe and secure. It is important to have any puppy or dog crate trained as you never know what will happen in the future when the puppy must be confined and this will alleviate any stress at those times.

Our puppies are in their crate at night, and for nearly all their meals. During the day they spend short periods of time in their crate. Your puppy is very young and still learning. The most reliable way to teach a dog anything is to reinforce it. So if he whines and you let him out, then you have taught him that whining makes you let him out. So, if he whines and cries do not let him out as that will teach him to cry when he doesn't want to be in the crate. It's hard to wait until he is quiet, but if you follow through with this he will learn to be quiet and enjoy crate time.

Your puppy knows this as we have done this with him for weeks. You have to allow him the opportunity to complain a little, then he should be able to self-soothe. If you don't give him the opportunity to go through this process, then you are not allowing him to learn to self-soothe and calm himself when overstimulated or he's not getting what he wants.

Using the crate as a training aid will make housebreaking easier. Place your puppy in the crate for naps, when you can't keep an eye on him, and when you will be gone for short periods of time. When he gets up, and is quiet, immediately take him outside. If he doesn't relieve himself put him back in the crate and wait 10 minutes and take him out again. He will learn the system and this will make housebreaking easier for her and you.

Put some treats in the crate. This reinforces how wonderful it is to go into a crate. Also put in a chew toy, or a Kong type toy with peanut butter, a bully stick, anything to occupy some of his time and help alleviate boredom. He might like a soft stuffed animal to sleep with since he will miss the comfort of his litter mates.

Make sure whatever you leave in the crate is safe for puppies to chew while not under supervision.

We have found that young puppies prefer wire crates, and can easily be transitioned to hard-sided plastic crates once they get a little older.

When your puppy first gets home, remember that even though you are his family, you are new to him and this is the first time he has been away from the people he is used to and his littermates and the adult dogs we raised him with.

He should sleep in a room with people for at least the first few months. The first few nights, if he cries in his crate, raise his crate on an ottoman or nightstand so he can see you. Even better is if you can get him close enough so you can put your fingers in his crate to comfort him with your physical presence.

When you first get your puppy home, he has no idea what's inside, what's outside, or where each of these start and end. Because of this, if you let him out of his crate, he may just piddle on the spot, thinking he is outside. So for the first week (or however long it takes), carry him outside until he learns where to go. Some puppies may not be able to hold it from the crate to the yard, depending on the individual puppy, the distance, and how long he was in the crate. In these instances, you may need to carry him out in the mornings for a few weeks or even a month or two.

Some puppies may cry when you put them in their crate. Some may scream like someone is sawing off their leg. If this happens, and you are sure they don't need a potty break, DO NOTHING.

An exception to the do nothing rule of crate training is to get some [Adaptil](#) or other pheromone spray. Adaptil is based on mothers' pheromones and sends "comfort messages" to your puppy. It's not going to turn your wound-up puppy into a zen master, but it usually takes the edge off. You can get Adaptil online on [Amazon](#), [Chewy](#), or other sites or at just about any pet store.

They are trying to get you to come over and let them out (obviously). If you let them out, you are reinforcing this behavior and it will NEVER go away. So if you don't want your dog screaming in a crate for the next 15 years, tough it out.

Don't talk to them don't coddle them. Get earplugs and send roses to the neighbors if you need to.

Extinction bursts

Beware the extinction burst. An extinction burst is the puppy's last ditch effort just before it gives up. So if she's been crying for five minutes (and it will seem like three hours) like someone has been sawing off her leg, then just before she stops she may sound like someone is swing off all four legs. If you give in at this point, you have not only reinforced crate crying, but you have reinforced excessively loud and panicked crate crying and that's what you will have for the next 15 years.

There's a delicate point here. At some point crying, and even a heck of an extinction burst can be on the line of separation anxiety. This can be a hard call if you don't know what separation anxiety looks like, and you don't want to trigger separation anxiety. So if you aren't sure, please call us. We can help you figure it out and help you find ways to be more sane around a puppy crying. But please don't wait more than a few days, the next morning if possible. This is a highly reinforced behavior and every single day counts.

Covering crates

Some puppies prefer their crates covered and will settle down much more quickly in a covered crate. A simple sheet or large towel works. There are also some fashionable pre-made crate covers available online (etsy, amazon, ebay), but your dog won't notice the difference. If he pulls the cover into his crate and chew on it, saturate the cover with bitter apple for a few nights to discourage the

behavior and give him something in his crate he can chew on instead, like a bully stick.

Time-out crate covering

Crate covering works well at night. When your puppy is hanging out with you during the day, you might not want to leave it covered for the parts of the day she's in there. So you can use the time-out cover method.

If your puppy doesn't settle down in her crate during the day within 15 minutes, cover the crate and give her a time-out. While you are covering it, don't talk to her, don't pet her, do nothing but cover the crate. Give her 5-15 minutes to settle down. Once she settles down, wait an additional 5 minutes past that point then flip up one side of the crate cover, leaving the rest covered. In another 5 minutes, if she's quiet, repeat with another side, and continue like that until she's uncovered. If she gets more rambunctious cover her back up and start over.

SEPARATION ANXIETY

Some dogs are genetically predisposed to separation anxiety, but it is usually a result of traumatic experience, abrupt change in routine, or even loss of another family member or pet, and can occur in any dog regardless of breeding. We specifically choose our dog parents to help avoid this.

Your puppy's crate should always be a safe place. It is never a place for punishment or isolation. It is natural for a puppy to want to be with another dog or a person, and this is to be expected. You can extend the time your puppy can tolerate isolation if you do it gradually. Use the technique above and leave your puppy alone for a few minutes. When he's calm and quiet, then you can let him out. You can extend the period he is comfortable being alone gradually.

Leaving your dog with toys, a kong filled with peanut butter, treats, and even a radio or TV playing in the background can help with the stress of being alone.

Don't make a big deal out of leaving or coming home. This will only draw attention to the change. Leave quietly, and when you come home, leave your dog alone for a few minutes before giving her attention. You don't want her to have the expectation you will lavish her with attention the minute you walk in the door, and starting her off that way when she's young will only cement that expectation in her psyche. You can also leave your puppy with a blanket, towel or, t-shirt that smells like you to comfort her while you are gone. Do this only if your puppy doesn't have problems with chewing or shredding items, as you don't want her to accidentally swallow any material. If your dog is a chewer, try leaving a basket of dirty laundry near the crate so she can smell that instead.

Punishment is never an acceptable or effective solution to separation anxiety, and will have the effect only of making it worse. If you find yourself losing your temper with your puppy for any reason, please call us or consult a qualified behaviorist immediately.

It's easiest on your puppy to sleep in a crate in the same room as another dog or human. This will make his transition to learning to be alone easier and will help avoid the possibility of separation anxiety. If you think you are having problems with separation anxiety, please consult with us or a qualified behaviorist as soon as possible—the longer you wait, the worse it can get. Crying when being left alone isn't separation anxiety. Separation anxiety is much more severe and involves panic and destructive behaviors.

TRICK TRAINING

Trick training can be fun and rewarding for both you and your dog. It uses lots of positive reinforcement and teaches problem solving to your dog.

There is one caveat: teaching a dog to roll over. Rolling can cause a condition called torsion or bloat, which is a twisting and constriction of part of the gastric system. It is an immediate veterinary emergency. Please see the section in this book on Torsion or bloat for more information.

PUPPY ZOOMIES

Puppy zoomies (as opposed to the zombies my autocorrect wanted me to write, which is pretty well the opposite of zoomies) are a period of crazy frenetic energy. Puppies sometimes just need to burn energy. All of a sudden, your puppy will get up and run around like a madman!

There's even a scientific name for them—frenetic random activity periods (FRAPS)—so I swear we aren't making this up!

For some reason, zoomies are common after baths. Perhaps they control themselves during the baths and then need to burn off energy.

Zoomies are perfectly normal. If your puppy is having them to excess, you may want to increase his exercise.

<http://www.akc.org/expert-advice/lifestyle/did-you-know/what-are-zoomies/>

PUPPY PANTING

Most puppy panting is NORMAL, particularly when they are sleeping. They are still growing and they can have some pretty active dream states. It doesn't look normal, and it can scare the pants off of you, but in most cases it's nothing, especially if there are no other symptoms, such as coughing, lethargy during the day, vomiting, or lack of appetite. Puppies pant, particularly when they sleep. Dogs don't cool themselves evaporatively through their skin like we do, they release bodily heat by panting (they do have a few sweat glands on the bottoms of their feet, but that's it).

Goldendoodles have a thick coat, so they can get hot, which contributes to panting, so if you'd like you can try reducing the temperature or placing a fan on your puppy.

There are times that panting is a sign of something serious, so if you are in doubt about your puppy panting being normal, please call your vet.

Here's an informative link about puppy panting: <http://www.dog-health-handbook.com/panting-puppy.html>

Continued Training

It's a great idea to go to a puppy training class once your puppy has had all of his shots. If your puppy hasn't had all of her shots, you can have in-home training if you need it.

Training will not cause the puppy to have too much exercise.

We start your puppies using positive reinforcement ("clicker" training) and encourage use of as much positive reinforcement training as possible. Goldendoodles are sensitive dogs, and while corrections may sometimes be necessary, they should not be a first choice for training.

Interview trainers and ask questions about what methods they use. Ask if you can observe a training session prior to enrolling. Some trainers give a free evaluation and that way you meet them and see how they act with your puppy. If at any point you feel a trainer is mishandling your puppy or dog, stop the training session immediately, remove your dog, and find a different trainer. You are the only advocate and voice your puppy has and you should absolutely stand up for her if you don't feel she is being handled properly.

BOUNDARIES AND INTERRUPTIONS

We work with our puppies using as much positive reinforcement as possible, since that builds confident, happy puppies (and who doesn't want that).

But, like toddlers, puppies also need boundaries. Crate time outs are a good example of placing good boundaries on your puppy. When she's excessively rambunctious, pick her up, put her in her crate, cover the crate, and let her have a nap. Works wonders.

We have had some families dealing with rambunctious behavior that doesn't necessarily respond as well to time-outs, like puppies getting over enthusiastic and thinking the humans are big, living tug-toys. For behaviors like that, we recommend what we call an "interruption." Puppies get excited and their little brains can just grab on to something (sometimes literally, like the leg of your pants) and not let go.

The point of an interruption is break this loop and bring them back to the present.

There are different levels of interruption. Start with and use the lowest effective level. You may need to escalate immediately, or over time, but don't escalate unless necessary.

NOTE: Interruption is NOT a punishment. It is a redirection to a more appropriate behavior. Sometimes a puppy is too excited to break from a behavior on her own even when you ask her to perform a behavior she already knows. For example, she may be latching onto your shoes and having a grand old time and your pleas of "sit" mean absolutely nothing to her at this time. So you will need to interrupt the behavior first and then redirect to a more appropriate behavior. (Sometimes the appropriate behavior is a crate time out of she needs some time to regain her wits.)

Interruption should ALWAYS be followed with something she can do successfully (whether it's sitting or just being quiet in her crate) and should ALWAYS be followed by praise. Letting go of your pants leg is a good act, something you desire and want to reinforce, so as soon as she lets go you need to praise her, even though she was initially doing something that didn't make you happy.

Ideally when you tell a puppy NOT to do something, you should immediately follow it with telling her TO do something. It's easier to reinforce a "yes" than a "no," so always try to give her a "yes"—something she can do that you can say yes to. It's not always possible, and sometimes the praise can only be for her ceasing a bad behavior, but try when you can to give her something positive to do that she is confident about and can be rewarded for. We have taught our puppies to sit as a default behavior, so sit is usually a good standby "yes" activity.

Level 1: Interrupt with a toy or chew.

Example: Your puppy is chewing on your hand, so you take a bully stick and place it in his mouth instead of your hand. The interruption is the replacing of the hand with the stick, and the stick is a reward and reinforcer in and of itself, so you can verbally praise, but it's not always necessary.

Level 2: Interrupt with a word ("no" or "leave it" are common verbal interrupters). Example, your puppy is picking up a sock to play with, and you say "no" or "leave it." As soon as she listens, you MUST praise her. If you can, give her an appropriate replacement chew or toy and praise her for playing with it. If one isn't available, ask her to sit, or just praise her for listening.

Level 3: Interrupt with a loud noise, such as a loud hand clap. Same principle as level 2, but sometimes a loud noise is a stronger interrupter for when she is really involved in whatever it is you don't want her to do.

Level 4: Physical interruption. Sometimes she just may not listen. Whatever she's doing is soooooo fun and exciting, that your voice or noises just don't matter. At

times like this, you may need to physically separate her from the stimulus. If she's jumping all over the furniture and it's driving you nuts, pick her up and put her in a crate. If she runs away from you when this happens, then you may need to leave a short leash on her in the house so you can grab that when she loses her mind (only leave a leash on under supervision—she can get seriously hurt or worse if it get caught). Praise her as soon as she stops her imitation of a Tasmanian Devil.

PUPPY "HUMPING"

The last thing you want when grandma comes over is for your puppy to wrap its front legs around hers and have a socially awkward "go" at her. While this is not fun and definitely not pleasant for those with delicate sensibilities, puppy humping is normal and not a sexual behavior.

Both male and female dogs will hump. Puppies can start puberty at about 6 to 9 months of age. That means that a young puppy is not humping as a sexual behavior. If that's the case, then what is it, why do they do it, and what can you do to keep grandma from getting offended?

Humping is a natural behavior. It's often attributed to dominance, dominance typically involves striving for priority access to resources (food, water, sex)

In puppies, humping can be "practice" for adult sexual behavior, a sign of mental or emotional overstimulation, overtiredness, stress or insecurity, or even an invitation to play.

Humping is one of what's known as "displacement" behaviors. When dogs are nervous or socially anxious, they can sniff, scratch, dig, hump, or similar behaviors. It's kind of like when humans are nervous we will play with our hair or fiddle with our phones or check our watches.

Even if grandma doesn't really mind, we want to teach our dogs to have socially acceptable behaviors, so we recommend taking steps to discourage this as an option. This includes:

- *Distracting the puppy with a toy, some food tossed on the floor, or another activity*
- *Giving the puppy a crate time out to help with the mental/emotional overstimulation or stress; chewing can be a great stress reliever for dogs, so including a stuffed kong or bully stick in the time out can help diffuse the overstimulation*

- *Don't worry too much. Help your puppy figure out more appropriate behaviors and know that puppy humping usually doesn't turn into adult humping unless encouraged or rewarded.*

If you have an adult that humps, it could be a sexual behavior (if the dog is not spayed or neutered) or have a different cause and we suggest consulting a trainer or behaviorist.

HOW TO HELP YOUR PUPPY ADJUST TO LOUD NOISES

We start your puppy with all kinds of loud and odd noises to help get them started. That provides a good foundation, but every dog goes to a different environment so you should keep in mind that your dog may need additional sound desensitization and habituation. This includes things like fireworks, gunfire, loud construction noises, amusement park sounds, big party sounds, you get the picture.

The most important thing is to start small. That means short periods of time and low volume.

For example, if you know that 4th of July is coming up and there are fireworks nearby, don't assume that you can just take your puppy to the fireworks and all will be ok. You have to help him prepare. Look on youtube and find some fireworks videos. Grab some of his favorite treats. Start at a conversational volume and turn on the recording for a few minutes. While the recording is on, give the puppy or dog lots of treats and praise. If at any point your dog appears frightened, lower the volume immediately. If your dog is scared, you have gone too far. Repeat this on a regular schedule (daily is good). Very gradually increase time and volume. Add in other things to do that your dog loves, obedience with treats, tricks with treats, tummy rubs, whatever he finds rewarding.

Again, never place your puppy in a situation that may be scary and if he's scared you are doing too much too fast. And please call us sooner rather than later if something comes up. If your dog gets scared, you want to support him but not coddle him. It's a natural response to want to pick him up and hold him if he gets scared, but with dogs that can sometimes inadvertently end up rewarding the dog for being scared which has the undesired result of teaching the dog to be frightened.

SECTION 4

DEVELOPMENTAL PERIODS

We do the best we can by carefully selecting breeding partners so we get the best genetic mix possible in the puppies. But once a dog is bred, their genes are fixed. That can't be changed. But genes can express themselves in a wide variety of ways. The same gene or set of genes that can cause desired behaviors (such as playing catch or fetching) can also cause undesired behaviors (such as chasing cats or small children). Studies have also shown that the prenatal care a dam gets can affect the health and personalities of her pups. This is true for both prenatal health support and prenatal emotional support.

Puppies have specific developmental stages, and these stages correspond to behavioral markers. A good breeder also needs to understand puppy development, be able to identify these stages, and be able to understand how to properly address these stages. What is highly beneficial in one stage, can be

severely detrimental in another, and properly identifying and handling behavioral stages is critical to producing strong, emotionally sound puppies.

We have worked with your puppy according to its individual developmental needs. We do a huge amount in the time they are with us, and we get a lot done. But that's only the beginning, and it's important for you to follow through with continuing and reinforcing that work once your puppy goes home. Maintenance of impulse control, continuation of socialization, and continuation of training are important keys for your puppy's continued success.

In this section we outline the next two major developmental periods (Nine to sixteen weeks, and sixteen weeks to nine months) for your puppy and what you should be looking for and doing in those periods.

Let's start by taking a quick look at where your puppy has already been, then move into his next stages.

NEONATAL STAGE (BIRTH TO 2 WEEKS)

Some animals, like horses, are born precocial. This means that almost immediately after being born they can walk, hear, and see. Others, like dogs, are altricial. This means they are born helpless and can't see, hear, or walk. Puppies don't gain these faculties until two to three weeks after being born. But that doesn't mean nothing is going on in the brains of the little fluffy buttercups. There's a lot going on. Instead of just leaving the puppies to develop without support during this period, we use Dr Carmen Battaglia's neurological stimulation program to help boost and stimulate their nervous systems, provide daily handling and stimulation, and introduce your puppies to new experiences before he can even see or hear.

TRANSITIONAL STAGE (2 TO 4 WEEKS)

Prevention of common dog-related problems begins at two to three weeks old.

That's not a typo. If a puppy doesn't begin its training at least at 3 weeks old, then it is immediately disadvantaged. The training it needs to receive requires a great deal of tact and finesse, as a puppy can also be irreversibly damaged emotionally at this age. Training of a 3-week-old puppy does not involve using a leash and pulling on it to get the puppy to sit or walk. It involves specific, carefully executed, scientifically sound methods of communicating proper and improper behavior to the puppy. It's at this time that puppies either are imprinted to cooperate with humans, or to be in conflict with them. We use very specific problem-prevention protocols to ensure the best possible start for our puppies.

Since a puppy starts to use its senses and move around at two to three weeks of age, it begins at that time to learn proper social cues and responses. We take advantage of this period by using our decades of training and behavioral experience and education to help the puppies learn what is and isn't appropriate behavior for living in human company.

FEAR IMPACT STAGE (WEEK 5 AND WEEKS 7 TO 9)

Dogs under about five weeks of age do not experience fear. Incredible as that sounds, it's true. Fear is of no use to a young puppy since it's altricial. It can't run away. It can't fight. It's not a useful emotion at that stage in its development. But as a puppy develops, fear becomes useful and important. Fear will keep a puppy from straying too far from its mother. It will keep a puppy from approaching a large predator. It will keep a puppy from jumping into a deep pit.

Five weeks of age is about the time a puppy goes through its first fear imprinting period. This is when a puppy learns things in its environment can be harmful and begins to experience fear when in the presence of those things.

While fear is useful and important, it can also be harmful and damaging. It is critical that a breeder understand this, recognize the onset of a fear period, and know how to properly respond and support a puppy through his fear periods. If done properly, support through a fear period can actually produce added confidence and emotional resiliency in a puppy. If done improperly, it can produce fearful, frustrated puppies and contribute to severe future behavioral problems. We have specific protocols and exercises we use with our puppies to identify and guide puppies through this critical developmental window. (An additional fear period occurs in the seven to nine week age range, which is why we typically don't allow puppies to go home before nine to ten weeks of age, sometimes longer.)

Biting, growling, jumping, resource guarding, and other behaviors are all very natural and normal dog behaviors, and puppies exhibit these behaviors as young as three to four weeks of age. There can be a surprising amount of vicious-sounding growling that comes from a puppy pen full of itty bitty three-week-old fluff dumplings! But many of these behaviors aren't appropriate for dogs who live closely with humans. Our protocols include specific science-based non-

confrontational interventions to help teach puppies what is appropriate behavior for living with humans, and what is not.

SOCIALIZATION AND IMPRINTING STAGE (3 TO 16 WEEKS)

The critical socialization period begins at three weeks and continues until the puppies are 12 to 16 weeks old. In puppies with little early enrichment, this stage ends closer to 12 weeks, but puppies that have been through enhanced programs benefit from what is known as the “enrichment effect,” which gives them greater resiliency and increases the window in which we can influence our puppies’ growing brains.

The work—or damage—that is done (or not done) to a puppy’s social and emotional development during this period determines who the puppy is as an adult and can set the puppy up for failure or success. The work done at this stage can take many, many months, or years to change, if it can be changed at all. For example, a puppy that isn’t properly socialized can easily turn into a fear biter. If you ask any qualified trainer, she will tell you that fear biting can take a very long time to merely control, and it often can’t be completely eliminated. This translates to lost quality time with your dog, increased cost of long-term interventional training and increased exposure to financial and social liability.

Socialization isn’t merely introducing puppies to people. That’s part of it, but that also has to be handled with tact. For example, I’ve seen breeders who say their puppies are raised in a day care they also run from their home. That can be a great thing, or it can be very bad for the puppies. If the child-puppy interaction is carefully timed according to developmental stage and carefully monitored the entire time the child and puppy are interacting, then it can be a great thing. If the kids and puppies are simply left together—even if the puppies are in a separated pen—it can be very detrimental. Kids can be scary to puppies. They need to be properly introduced in controlled situations. Even if a puppy interacts with a group of children just fine for a week or two, if the puppy then enters a developmental fear stage, then something it was previously fine with can turn into something emotionally scarring. We implement very specific socialization

protocols with very specific safety guidelines as we begin the socialization process with each puppy.

Socialization also includes specifically timed enrichment, problem-solving, and exposures to help introduce puppies to sights, sounds, smells, textures, and experiences. Truly good socialization requires a knowledge of puppy developmental stages, a knowledge of scientifically sound dog training methods, and a knowledge of how to tactfully present experiences to the puppies.

We take specific steps to help avoid potential future aggression in our puppies. Aggression most often stems from frustration. Have you ever noticed someone working on a car or construction project get mad and throw a tool on the ground? Barring some serious deep-seated psychological problem, that aggressive tool-tossing is almost always preceded by severe frustration. It's similar with dogs. Frustration typically precedes aggression.

So we have very specific protocols we use with our puppies to teach them frustration tolerance. This includes problem solving experiences. Many breeders put toys in the puppy pen and call it "enrichment." That's part of it. But a larger part of enrichment involves planned problem-solving experiences. Teaching solid problem-solving skills to a puppy produces an adult with a much higher frustration threshold, and therefore reduces the potential for aggression and increases the emotional resiliency of your puppy.

An added bonus to the way we socialize and train our puppies is that it provides a way for puppies and dogs to communicate with us. Obedience isn't a one-way street. Dogs are not just little robots that listen to everything we say. They are living, sentient beings. They have feelings and emotional needs. Our training methods teach our puppies not only how to listen, but also how to properly communicate with us if they need something. That's not to say your dog will approach you and say to you "dear human, I am feeling bereft of the ability to discern whether my interactions with you are true and right, or if you care not for

me and am facing wanton despair.” But she will, for example, come and sit in front of you and let you know she wants attention or affection. Or to play. Or needs water. Or lead you to the door to go outside. And while not as flowery and poetic as Shakespeare, this kind of connection with your puppy can be incredibly moving and profound.

NINE TO 16 WEEKS—THE CRITICAL SOCIALIZATION PERIOD

When your puppy goes home, he should be just past his second fear impact stage and in the middle of his socialization and imprinting stage.

Expression and recognition of a dog's emotional needs is another way we help avoid frustration and the problem behaviors associated with frustration.

It's critical to understand that your puppy needs to be socialized through his first year of life, so you should be providing regular socialization experiences for your puppy's first year. Once or twice a week is an ideal minimum. Daily is better.

Remember, this is the time in your puppy's life when small events or interactions can have huge consequences. Those consequences can be good or bad, and it's up to you to direct and control those interactions.

Positive experiences during this stage will give you a confident, outgoing dog. Negative experiences in this stage will stick with your puppy for much longer and will take longer to help your puppy overcome.

Experiences

Things you should be paying attention to or actively doing with your dog during this period include

- *As much socialization as possibly, daily is ideal.*
- *Rotate toys daily. Your puppy needs lots of stimulation during this period. Toys and games are great for that. Toys should be all different types, sizes, shapes. Some should move, some should make noise, etc.*
- *Your puppy will still be teething, so include lots of good chews*
- *Give your puppy new experiences. It can be anything. Some examples include*

- *New sights—take him places to see things*
 - *New sounds—let him hear all kinds of noises*
 - *New experiences—go to the bank drive through one day, to a home improvement store, another, carwash, hike, social gathering, you get the picture.*
 - *New textures—let him walk on as many different kinds of footing as possible, inside and outside.*
- *Daily family time. Your puppy should be exercised, played with, trained, and snuggled daily. This is prime bonding time. Don't squander it.*
 - *If you have plans for any type of training beyond basic obedience, this is the time to lay foundation. Contact the professional you will be working with and develop a puppy plan. For example, if you plan to teach your puppy to hunt (some of our parents come from solid hunting lines), this is a great time to introduce scent games. Scent games⁵⁹ are also good if you want your puppy to alert to odors, such as a potential diabetic alert dog. If you want your dog to be a therapy dog, extra socialization and impulse control is critical.*

Remember that during this stage you have to balance your need to socialize your dog with the fact that he doesn't yet have the protection of all his vaccines, so do not take him to dog parks, pet stores, etc.

Feeding

Watch your puppy's body condition for signs that it's time to increase his food.

⁵⁹ Many dogs enjoy scent games. Be aware that scent games can enhance a dog's desire to sniff and smell all the time, so unless you are prepared to add extra obedience and focus work to deal with the distraction of smells—which are everywhere all the time—then do not do scent games with your puppy.

Resource guarding

We rarely see resource guarding in our puppies. We select against it in breeding and we do exercises with them as puppies to ensure it's not something they think about.

If resource guarding shows up, you can implement simple protocols that should take care of the problem. The earlier you start, the quicker and easier it is to fix. If you wait to fix this, it can turn into a major problem that will take time and effort to fix. Do not wait. Call us.

The resource guarding protocol is an easy one. It's pretty much the same one you use to teach your dog to "leave it."

You can do this exercise even if your dog never shows a sign of resource guarding.

Your puppy knows this, we have done this with him while he was with us.

You will need two of his most favorite treats or foods. For this exercise, we will call them treat 1 and treat 2. The first one can be something he can eat or chew like a bully stick or a chicken wing, but the second has to be a treat he can eat in one bite, such as a piece of meat (treat 2). We usually start this with frozen chicken wings (treat 1) and brisket (treat 2), but you can use anything he loves.

Treat 2 should be given in a one-bite size.

1. Give your dog treat 1, let him enjoy it.
2. Take away treat 1 while simultaneously giving him treat 2.
3. Before he's even done with treat 2, give him treat 1 back.

Do this no more than 2-3 times a session.

If your dog is exhibiting serious aggression with food, do not do this unless you are under the guidance of a professional.

SIXTEEN WEEKS TO ADOLESCENCE (9 MONTHS)

Congratulations, you have survived the early puppy stage!! We hope you are strongly bonded to your puppy and well on your way to a lifetime of love and fun.

Your puppy is now entering his juvenile stage, which runs from 16 weeks until he is about 9 months old, when he enters his adolescent stage.

Independence

Your puppy may explore his independence and you may find that your little angel is now learning to say no. If you need to, you can use a stronger collar or a halti-type head halter. Please call us if your puppy is “giving you the paw” or pulling on walks and we will be happy to help you find a new harmony with him.

This is NOT the time to give in to your puppy’s little bad behaviors. They will only escalate, and he will only get bigger. We know some people have a hard time being firm with their puppies, but you need to stand up for your puppy’s future and help him learn proper boundaries and behaviors. You are doing him a huge disservice if you don’t help him develop into a well-adjusted adult, and that requires firmness and boundaries at times.

Teething

Teething kicks into full gear and will probably continue through this stage until he reaches adolescence. Keep up with the chews. Don’t get upset if you find a tooth on the floor or in his crate, his old teeth will fall out as the new ones come in. You probably won’t see any as he is most likely to have them fall out when he eats, which is also fine.

Socialization

Your puppy should have his final puppy shots at the beginning of this stage. Two weeks after that, you can worry a lot less about exposure to diseases. There's always risk, but there's a lot less now. Set up puppy play dates, introduce him to the pet store, and take a puppy obedience class!

Your puppy will want to be more social with other dogs. That's great, you should allow and encourage this. However, he is still very impressionable and should not be allowed near dogs that have any potential for aggression. All of his socializing with other dogs should be carefully controlled.

We never suggest dog parks for any dogs. There's too much of a chance for disease, too much potential for unknown dog aggression, and too many people who are just inappropriate with dogs. This holds 10 fold during this period. One bad interaction can cause serious problems for your dog's social and emotional development. Just say no to dog parks.

Puppy obedience class

This is a great time to take a class with your puppy. Between the foundation work we sent him home with and the bonding and training you have done since he came home, you will be the rock stars of the class. Go show off your hard work!

Puppy class has several benefits and we hope you will enroll in one.

- *Your puppy will get to practice his obedience under the distraction of new people and dogs*
- *Your puppy will get to socialize in a controlled environment with people and other dogs*
- *You will get a professional eye on your handling skills to help hone them and notice any areas where you may be able to improve*

- *You will get a professional eye on your dog to notice any behaviors you may not have noticed*
- *You will develop resources for additional training and help should you desire or need it.*

You don't need a fancy or expensive class. An inexpensive PetSmart or community center class will be great experiences.

This is another area where most professionals are really great but you need to remember that you are your puppy's voice and advocate. If a trainer is doing something you think is dangerous or harmful to your puppy, pick up your puppy and leave. Do not let someone harm or traumatize your puppy. Go home and call us and we can talk about what happened and your options.

Growth and feeding

This is the period where your dog will have his biggest growth spurt and most, if not all, of his height will be achieved by the time this period ends.

Be sure you are feeding him enough by feeling his ribs and using the body condition score chart, and DO NOT OVERFEED HIM during this period. Overfeeding is always dangerous, but overfeeding while his bones are in their largest growth period is just asking for horrible orthopedic problems later on. Despite our best efforts to select healthy breeding dogs, there's no breeding that can overpower an environmental insult like overfeeding.

Hormonal behaviors

Your puppy will start gradually becoming a little man or little woman during this time. Sex hormones don't just appear one day (although it may seem that way), they progressively increase over certain time periods.

Hormonal behaviors can include mounting (“humping”) in both males and females, roaming (more for males), urine marking, moodiness, clinginess, selective hearing or other change in behavior. By six months of age both females and males can be fertile, sometimes earlier for some males. You may also notice adult dogs treating your teen differently and they may act more aggressively toward your dog.

We recommend spay and neuter between 6 and 8 months, so your dog has time to benefit from some of the more positive hormonal changes but not so late as for those changes or behaviors to become problematic.

Testosterone in males starts rising at about 4 or 5 months, peaks at 10 months, and then settles to adult levels at about 18 months.

Females can experience their first estrus (heat cycle) at 5 or 6 months, with 8 or 9 being more of an average. If you don’t want to deal with a heat cycle or a fertile female, then consider spay at the earlier end of the 6-9 month window.

Shelter surrenders are most likely to happen in this time period because of the hormonal influence on behavior. So when your little darling becomes teenzilla, schedule an appointment with your vet to discuss spay/neuter.

Dr Jennifer Cattet has a great article on this stage, and rather than trying to repeat all of her good advice for surviving puppy teenhood, [here’s the link](#).

Signs of estrus (heat cycle)

First heat cycles don’t always occur by 6 months, but that’s when you should be ready for one. They will have some light bleeding and her vulva will swell. Your first sign may just be a few drops of blood on the floor. Once you realize that no one is injured, you’ll be able to realize it’s her heat cycle.

We do NOT recommend spaying during a heat cycle. A dog can be spayed during this time, but is much more prone to bleeding and complications, so

unless you have a compelling reason to spay during a heat cycle, we suggest waiting it out.

During her cycle you will want two pairs of sanitary pants. Some take panty liners, which makes it easier to keep her clean. You can get utilitarian pants almost anywhere online. Some etsy shops have cute pants that look like little dresses. Be sure she doesn't chew on her pants or panty liners, and use bitter apple if necessary. You can also use huggies pull ups and cut a hole for her tail. Again, make sure she doesn't chew them or you risk an obstruction.

Do not leave the pants on at night. She needs a chance to breathe and she's more likely to try to chew the pants at night anyway.

Some girls are very clean and she may have a heat cycle you don't even notice. First cycles tend to be light. The only sign may be a little extra licking and a little more affection. There's also something called a "silent heat," where there's no swelling or bleeding. In either case, she can still get pregnant, so between 6 months of age and her spay, it's important to be vigilant and not expose her to any intact males.

Her cycle should last about 21 days, and assume she's fertile for all 21 days and not let her anywhere near an intact male. All of her outdoor activities must be carefully supervised. Intact males are tenacious and can jump or dig into your yard before you realize. Females in season are more likely to get loose and go looking for a boyfriend, so even if she's usually 100 percent reliable off leash, keep her leashed for her entire cycle.

False pregnancies

False pregnancies occur fairly often in dogs. False pregnancies occur about two months after her heat cycle. She may act like she's having a litter, carry her toys around like puppies, and even produce milk. She thinks this is really happening, so be thoughtful and support her while she passes through her false pregnancy.

Pyometria

Pyometria is a uterine infection that can happen after an estrus cycle.

If you notice any vaginal discharge or pus after your dog's heat cycle, she may have a pyometria. Fever and increased thirst are also signs.

A pyometria is serious and life threatening and should be considered a veterinary emergency. If you suspect one, do not wait until the weekend is over or until a clinic opens in the morning. Call your veterinary emergency clinic and ask to talk to a vet tech to determine if you need to bring her in.

Pyometria happens as a result of hormonal changes and is not the fault of you, your dog, or your environment.

Unwanted breedings

If, despite your best efforts, a male manages to breed your female, do NOT try to separate them. Mating causes a physical "tie" between the male and female and separating them can cause pain and physical damage and can also cause you to be bitten by a scared dog in pain.

The tie will end itself after 15-45 minutes. Help the male lift his leg over the female so they are standing tail-to-tail (if the male hasn't already done this himself) and try to keep them still so they don't pull on each other. Ideally, you can have two people, one holding each dog.

Please see the [rolled up newspaper protocol](#) for appropriate punishment, then call us and seek your vet when you can think straight.

Puppy coat

Your puppy will usually lose his puppy coat as an adolescent, but if you suddenly notice shedding during this stage, he is probably losing his puppy coat, so

please refer to the puppy coat information in the Adolescent Stage section. It can happen any time in his first year.

JUVENILE/ADOLESCENT FEAR IMPRINTING STAGE

Your puppy will go through another fear imprinting stage sometime between 5 and 12 months.

Keep rotating toys, and pay attention as her taste in toys may change.

You may discover that your dog suddenly, is acting more apprehensive about new things or is suddenly acting shy or timid around new environments or people. This is normal.

You don't want to reprimand your dog for this, but at the same time you don't want to totally coddle him. The best way to help your puppy is to be quietly and confidently supportive. Confidence-building activities, such as clicker training, can be very helpful. During this period, do not expose your dog to overwhelming situations if possible, such as loud outdoor events, airline cargo travel, or fireworks displays.

This is a critical period, so if your dog is suddenly afraid of things or acting "squirrely," give him a break and call us if you need to.

This is the time when hormonal behaviors can really start being problematic, but your puppy should be spayed or neutered by this time, so thankfully that won't be an issue for you.

ADOLESCENCE (9-18 MONTHS)

You will start noticing some changes in your dog when adolescence starts. Some behaviors will go away, like nipping at your hands, and sleeping as much.

You will find that your puppy is still teething and she may need harder or more durable chews. While your juvenile puppy had sporadic, short periods of energy, your adolescent will have more sustained periods of energy and will need more exercise and activities. Some of these periods of energy may come in the middle of the night, and you'll have to work on sleeping habits.

Keep rotating toys, and pay attention as her taste in toys may change.

You've spent a great deal of effort socializing her. Don't stop now, keep up the good work, and help her be the social butterfly you know she is. She may want to take more walks, play more, and this is a great time to teach her new things.

Also remember that at some point she may undergo another fear period as an adolescent, so if she acts timid or afraid even at things she was previously okay with, change her interactions and experiences to much quieter and more low-key ones for a while. Things will get back to normal in a week or two. Don't push her if she's in a fear period. It doesn't help and it can definitely be harmful.

Like any teenager, she may exhibit selective hearing and test boundaries.

Provide her with the leadership she deserves and firmly insist on appropriate behavior. This is a great time for another training class, or a first training class if you haven't already taken one.

Puppy coat

At some point as a juvenile or adolescent, your dog will lose her puppy coat and grow in her adult coat. You may notice extra hair in the brush, or even a little shedding. We breed for low to non-shedding in our dogs, so while this can take a few months, it's a temporary phase.

More often than not, your puppy's adult coat will be different from her puppy coat. Her color can change now as well. Adult coats are usually not as fluffy, and wavy coats can curl more, or curly coats can relax and look more wavy than curly. You may notice some bare patches or some itching.

Brushing and bathing will help clear out the old puppy coat and keep your dog looking and feeling better as her adult coat comes in. You can expect to see more mats in her coat as her puppy coat falls out, so you may need to increase the frequency of grooming.

Your dog's adult coat can grow longer than her puppy coat, so keep that in mind when making grooming decision.

MATURITY (1.5 TO 4 YEARS AND ON)

Once a dog is socially mature, and assuming you provided a supportive home, training, and enforcement of impulse control, you can consider your dog an adult and explore the possibility of more freedom, such as time out of the crate when unsupervised. Start with short periods (fifteen minutes or so) and if successful, work up from there.

SECTION 5

APPENDICES

PREPARING FOR YOUR PUPPY

Driving home with your new puppy

Supplies to have for your trip home

A puppy-sized crate

- *Washable crate pad or blanket so your puppy doesn't slide around in the crate*
- *A bed sheet large enough to fully cover the crate*
- *Collar and leash*
- *Water and water bowl. Don't put the water in the crate, but offer it to her every couple of hours*
- *Treats*
- *Paper towels or baby wipes*
- *Chew toys, such as bully sticks, pig ears, or other chew toys. We recommend deodorized bully sticks as the regular ones can be stinky.*
- *Baggies for cleanup*

If you are staying overnight at a hotel or friend's house on your trip home, also get the following:

- *Cleaner, such as [Biobase Biodeodorizer spray](#)*
- *Potty pads*

Setting Up Your Car

If you are traveling with another person, it's fine to have the passenger hold your puppy in their lap. Some puppies might not be comfortable with being

restrained by a new person for a long time, so be prepared to put your puppy in her crate if needed. If you are traveling more than an hour, definitely set the crate up in your car.

If you are driving alone, put the crate in the front seat and secure it with the seatbelt. Arrange the crate so that the puppy can see you.

If you are traveling with other people, secure the crate in the middle of the back seat so that your passenger can reach the puppy to comfort him. This is not a good time to worry about maintaining the crate training on your puppy, you just want to focus on getting home safely, so you want to do what you can to make your puppy comfortable on the trip. This may mean having your passenger sit in the back seat with her. If your puppy can't see your passenger from his location you should have your passenger ride in the back seat with the puppy.

We very strongly do NOT recommend placing your puppy's crate in the back of the car for this first trip home. This is your puppy's first time away from her litter with new people, and she would be justified if she felt alone and abandoned on the trip. A puppy placed in that position will start barking, howling, and crying loudly. This type of noise isn't about being in the crate, but about making her "lost puppy" call so that her mom or littermates can find her. Allowing the puppy to become upset like this places excessive stress on her and can contribute to car sickness. Please set your puppy up for success insofar as possible and place her crate where she won't feel alone.

Helping Your Puppy Be Comfortable on the Trip

The inner ears of puppies aren't fully developed by the time they go home. If she starts to salivate or even vomit, you should place the crate as low and as much in the center of the car as possible and cover her with a sheet. Puppies can be given Dramamine (although it makes them sleepy). We can also get an anti-nausea drug from our vet (it's called Cerenia) and give it to your dog prior to

your drive. Please contact your vet for information on Dramamine dosing or let us know if you want your dog to have Cerenia.

If your puppy is restless, crying, or panting, she may need to potty. She may also be a little warm, so bring a sweater in case you need to lower the temperature in the car for her.

If you are traveling for more than 6 hours, your puppy may need a meal. Consult with us about meal timing for your individual trip.

Potty Breaks

Your puppy should be able to go about two hours between potty breaks. She will need a break very soon (within a few minutes) each time she wakes up, so try to be prepared for that.

If your puppy starts screaming or crying, your first response should always be to see if he needs to potty.

Try to find a spot away from traffic before you place her down. Always be sure she is on her leash, and always check to see that her collar is tight enough (you shouldn't be able to slip in more than 2-3 fingers, and it shouldn't be able to be pulled over her ears).

If possible, get off the highway before the potty break. If you stop at a rest stop or hotel, do NOT go to the dog walk areas. He hasn't been fully vaccinated and you need to protect him from whatever all of the unknown dogs have left in their wake. Find an out-of-the-way spot. If you see dog feces, then you are NOT in a good spot. Office or industrial parks are often good stopping places as they are less likely to have had other dogs. Once she has done her business, praise her quietly, give her a treat, and clean up after her.

Flying home with your new puppy

Reservations

You will need to fly with your pet as a carry-on, not cargo. We will not send home puppies flown as cargo as it's too dangerous and potentially traumatic for young puppies.

Select your flight, but do NOT book it. With the reservation page open, call the airline and confirm that there is availability on the flight to bring a carry-on pet. Then reserve either online or on the phone. You will need to make the pet reservation by phone, and not all flights have pet reservations available. Also, most flights have a limit on the number of carry-on pets, so you don't want to make your flight reservation without confirmation that there's room on board.

Check the written pet policy, then confirm details when you call.

Call the airline as soon as possible to make a reservation for you and your puppy. It is best to call the airline for this reservation so you can ensure they know about your puppy and you can get the most up-to-date information on the airlines requirements for documents, travel crates, etc. Most airlines limit the number of animals allowed on each flight to be sure to book your flight early if you have a small window of travel available.

Your puppy will be approximately 8 to 9 weeks, under 15 lbs (unless it is a larger standard), and fly with a veterinary health certificate. Some standards may be over 15 lbs. If your airline has a weight restriction and you are flying with a large standard puppy, please talk to us prior to making reservations so we can make sure your puppy will be allowed on the flight.

Most of our puppies go home at 8-8.5 weeks of age. Delta Airlines requires puppies to be 10 weeks of age on the date of flying, so we usually don't recommend Delta.

Check the airline's written policy prior to flying. Here are links to the pet policy pages for some commonly flown airlines:

- Alaska: <https://www.alaskaair.com/content/travel-info/policies/pets-traveling-with-pets>
- Allegiant: <https://www.allegiantair.com/traveling-with-pets>
- American: <https://www.aa.com/i18n/travel-info/special-assistance/pets.jsp>
- Delta: https://www.delta.com/content/www/en_US/traveling-with-us/special-travel-needs/pets.html
- Jet Blue: <https://www.jetblue.com/travel/pets/>
- Southwest: <https://www.southwest.com/pets/>
- Spirit: <https://customersupport.spirit.com/hc/en-us/articles/202096926-Does-Spirit-Airlines-allow-pets-on-board->
- United: https://www.united.com/web/en-US/content/travel/animals/in_cabin.aspx
- Virgin:
http://virginamerica.custhelp.com/app/answers/detail/a_id/88/kw/traveling+with+pets/session/L3RpbWUvMTUyNDE3NDE2OC9zaWQvZIVGempsaIJVTmZpVHJUN2dLWJiWGIGRSU3RWY1bk5KMHNgyVBaZTJVY1hMdWlqbWRwX29BNE5vbE8lN0VVER0a0d1Zzg0XzBaUFNfclM0d0pVN1hkTk1uZmRIZ2NaVFRUS3U5Yl9lcDhvRGNYWEXvdxN5eklZJTdFcUI3JTlxJTlx

Documentation

We send you home with a veterinary Health Certificate. Keep the certificate in an easily accessible place—do not pack it with your luggage because you will need to produce it at the airport.

If you are traveling Internationally, you will need additional documentation, so please inform us when you place your deposit. If you are importing your puppy to another country or crossing an international border, check with each government's agency to be sure you request the appropriate documents. (And be sure your passport is up to date if you are traveling across a border.) You also may need to show a bill of sale and pay duty, depending upon the country.

Supplies to have for your trip home

You should bring the following items with you for your flight:

Since you are flying with your pup, you need more gear than you would if you were driving.

- *Sherpa pet carrier. Get a Sherpa with the most ventilation and a two-sided bottom with both vinyl and fleece.*
- *An extra liner for your carrier. This can be a small towel or a DryFur pad.*
- *Collar and leash, be sure the collar fits the puppy snugly so you can't lose your puppy on the trip home. We will provide a starter collar and leash for your puppy.*
- *Potty Packs consisting of the following in a one-gallon Ziploc bag:*
 - *One Potty pad*
 - *Three paper towels, folded individually*
- *Small, battery-powered fan (for summertime)*
- *Treats, take a variety of healthy, tasty treats that do not need refrigeration*
- *Water container. A small, sealable container for water, such as a Tupperware or Zip-loc container. Remember, buy your bottle of water AFTER you get through Security so it won't be confiscated on the way through.*

- *Chew toys, such as bully sticks, pig ears, or other chew toys. We recommend deodorized bully sticks as the regular ones can be stinky.*
- *Cooling bags. Four to six quart-sized Ziploc bags that you can have the flight attendant fill with ice, then double bag them and put them in the Sherpa to keep the puppy cool.*
- *Meals. If you are traveling for more than six hours, have prepared meals in individual containers so you can easily feed your puppy on the trip.*
- *Baggies for potty cleanup at or on the way to/from the airport*

Sherpa Carriers

Puppies that fly as carry-on baggage must be contained in small crates, typically Sherpa bags. Sherpas are small soft-sided crates designed to fit under the seat on a plane. There are other brands of soft-sided crates that can be used, but before buying one make sure it complies with airline regulations for carry-on luggage. It is also best to purchase a simple, light-weight luggage cart that you can strap the Sherpa to for long hauls through the airport.

You will need to purchase an airline approved pet carrier. We have used this one successfully many times, but, again, confirm with your airline. Some airlines are not picky about dimensions for collapsible carriers.

https://www.amazon.com/Sherpa-Delta-Carrier-Medium-Black/dp/B000633ZOY/ref=sr_1_3?ie=UTF8&qid=1522282687&sr=8-3&keywords=Sherpa+pet+carrier&dpID=41uRJGLa4%252BL&preST= SX300 QL70 &dpSrc=srch

Using Potty Packs

Take the stress out of pottying your puppy in the airport and onboard the plane by having potty packs ready. How many you need depends upon the length of

your flight(s): for flights less than six hours, take two packs. For those over six hours, take three to four.

To use a potty pack, put the wee-wee pad on the ground in a bathroom stall. If possible, find a family bathroom and put the potty pad on the baby changing table. Keep the puppy on leash while encouraging her to potty on the pad. Wait patiently since puppies often are distracted when you first put them down in a new place.

Once the puppy potties, fold up the used wee-wee pad and put it in the Ziploc bag. Use the paper towels to clean up any mess. Toss them in the bag, seal it and dispose of everything in the bathroom trash container.

What to Expect on the Flight

Your flight shouldn't be much different than any other flight you have taken. Puppies seem to fly well in the cabin. Be sure to potty your puppy before the flight if it's been at least an hour since his last potty break.

Checking In

Check in at the regular airline counter. You may need to produce your health certificate at the counter, or they may want to weigh your puppy carry-on.

Security

Next, head for security.

Security will ask you to remove your puppy from the Sherpa bag and they will x-ray the bag, just like any other carry on. While making your way through the airport, it's best to keep your puppy in the bag, but once you are at your gate and waiting, you can take her out, just be sure she doesn't need a potty break first.

On the Flight

The inner ears of puppies aren't fully developed by the time they go home. If she starts to salivate or even vomit, those are often signs of motion sickness. It's less common on a flight than in a car, but it is possible. Puppies can be given Dramamine (although it makes them sleepy). We can also get an anti-nausea drug from our vet (it's called Cerenia) and give it to your dog prior to your drive. Please contact your vet for information on Dramamine dosing or let us know if you want your dog to have Cerenia.

Once on your flight, your puppy will need to be in his Sherpa and under the seat in front of you for take-off and landing. Some flight attendants will allow you to hold the puppy on your lap mid-flight, but most airline policies require the puppies to remain in the Sherpa and under the seat.

If your puppy gets hot during the flight, you can try to direct the air vent on her, or ask the flight attendant for some ice so you can fill some double-bagged ziplocks with the ice and place them in or around the Sherpa. Be sure the bags aren't in a place where your puppy can chew them. You can also use a battery-powered fan to circulate the air around her.

If she starts to get restless, take a potty pack to the bathroom and give her a potty break. If she potties, fold up the used pad, clean up any extra mess with the paper towels, and place the pad and towels in the ziplock before throwing it in the trash.

Getting Home from the Airport

Please see the Driving Home with Your Puppy file for information on how to get your puppy home from the airport in a car or taxi. Please note that most taxis and rideshares do not allow pets, so plan to have a ride prearranged at the airport.

Taking home an adult dog:

<https://www.facebook.com/download/preview/524142531281064>

Ebook BEFORE you get your puppy:

<https://www.facebook.com/download/preview/163747621045676>

Preparing for your puppy to come home:

<https://www.facebook.com/notes/cosmopolitan-companion-dogs-puppy-families/preparing-for-your-puppy-to-come-home/1942047576109241/>

PUPPY SUPPLY LIST

Suggested supplies for taking home your puppy.

BASIC SETUP

- 24" wire crate <https://amzn.to/2A7zi3R>
- Crate pad or 1-2 yards polar fleece, folded <https://amzn.to/2A9f5L2>
- Sheet to cover crate
- Food
<https://shop.pawtree.com/Cosmodogs/products/629>
- Bowl <https://amzn.to/2LmcAdk>
- 10 or 15 foot long line <https://amzn.to/2LxDIFH>
- Brush Good: <https://amzn.to/2uN6BnD> Best <https://amzn.to/2A63L2p>
- Comb <https://amzn.to/2LhSr8g>
- Ear cleaner
<https://shop.pawtree.com/Cosmodogs/product/2303>
- Nail trimmer <https://amzn.to/2uLhI0q>
- Shampoo <https://amzn.to/2RrGxLh>
- Kong <https://amzn.to/2LK7Om2> or <https://amzn.to/2OeAYeU>
- Toys <https://amzn.to/2LHO6HS>, <https://amzn.to/2A2MA1s>,
<https://amzn.to/2A8wofc>, <https://amzn.to/2NHDA3W>,
<https://amzn.to/2Of39um>
- Treats and Dental Chews
<https://shop.pawtree.com/Cosmodogs/products/968>
- Bully Sticks <https://amzn.to/2LKpkqo>

- Xylitol-free peanut butter or canned cheese for bathing and grooming <https://amzn.to/2LiAbMa>
- Clicker <https://amzn.to/2LL4BTi>
- "Relax My Dog" youtube channel or smartTV channel <https://www.youtube.com/channel/UC2BDs0pu-C1A4POY0g9rZxw>

DELUXE SETUP

- 24" wire crate <https://amzn.to/2A7zi3R>
- Crate pad or 1-2 yards polar fleece, folded <https://amzn.to/2A9f5L2>
- Crate cover <https://amzn.to/2mIsYGh>, <https://amzn.to/2uKZxYR>
- Playpen <https://amzn.to/2LLmW2N>, <https://amzn.to/2A6Aa8W>, <https://amzn.to/2LLMxsk>
- Puppy gate <https://amzn.to/2LObe7H>
- Food <https://shop.pawtree.com/Cosmodogs/products/983>
- Wellness Supplement https://www.nuvetlabs.com/order_new2/nuvet-plus-wafers.asp
- 10 or 15 foot long line <https://amzn.to/2LxDIFH>
- Brush Good: <https://amzn.to/2uN6BnD> Best <https://amzn.to/2A63L2p>
- Comb <https://amzn.to/2LhSr8g>
- Ear cleaner <https://shop.pawtree.com/Cosmodogs/product/2303>
- Nail trimmer <https://amzn.to/2uLhl0q>
- Shampoo <https://amzn.to/2RrGxLh>
-

- Xylitol-free peanut butter or canned cheese for bathing and grooming <https://amzn.to/2LiAbMa>
- LickIt mat or similar for bathing and grooming <https://amzn.to/2LmKMWs>, <https://amzn.to/2uKBOlc>,
- Kong <https://amzn.to/2LK7Om2> or <https://amzn.to/2OeAYeU>
- Toys <https://amzn.to/2LHO6HS>, <https://amzn.to/2A2MA1s>, <https://amzn.to/2A8wofc>, <https://amzn.to/2NHDA3W>, <https://amzn.to/2Of39um>
- Bully sticks <https://amzn.to/2LKpkqo>, <https://amzn.to/2LP4BSA>
- Toys <https://amzn.to/2LHO6HS>, <https://amzn.to/2A2MA1s>, <https://amzn.to/2A8wofc>, <https://amzn.to/2NHDA3W>, <https://amzn.to/2Of39um>
- Treats and Dental chews <https://shop.pawtree.com/Cosmodogs/products/625>
- Car harness <https://amzn.to/2LNTSrd>, <https://amzn.to/2LH5k2c>
- “Relax My Dog” youtube channel or smartTV channel <https://www.youtube.com/channel/UC2BDs0pu-C1A4POY0g9rZxw>
- Dog bed <https://amzn.to/2LgNFbj>
- Kuranda dog hammocks and orthopedic beds <https://kuranda.com/?partner=22249&>
- Treat/training bag and clicker <https://amzn.to/2A76isY>
- Snuggle Puppy <https://amzn.to/2ND6KRF>

CARING FOR YOUR PUPPY

Sample houstraining schedule

Here is a sample schedule for house training; you can change the times to better accommodate your daily schedule.

This schedule has you taking your puppy out a minimum of every hour and a half to start. This will help you figure out your puppy's personal potty schedule, start you both off with good habits, and start your housebreaking adventure off with success. As your puppy matures and he has house training success, you can extend the time between potty breaks. If there are any backslides in house training, go back to a shorter schedule.

7 am —> Wake up, immediate potty break

7:15 am —> free time in the kitchen or similar area (supervised)

7:45 am —> Breakfast, immediate potty break after breakfast

8:00 am —> Rest/quiet play/enrichment time in a crate or playpen

9:30 am —> potty break

9:45 am —> Rest/quiet play/enrichment time in a crate or playpen

11:30 am —> potty break

11:45 am —> Rest/quiet play/enrichment time in a crate or playpen

12:15 pm —> lunch, immediate potty break after lunch

12:30 pm —> (optional) short play and training session. Keep it upbeat and fun!

12:45 —> Potty break

1:00 pm —> free time in the kitchen or similar area (supervised)

1:30 pm ---> Potty break

1:45 pm ---> Rest/quiet play/enrichment time in a crate or playpen

3:15 pm ---> Potty break

3:30 pm ---> Rest/quiet play/enrichment time in a crate or playpen

5:00 pm ---> potty break

5:15 pm ---> free time in the kitchen or similar area (supervised)

5:45 pm ---> Potty break

6:00 pm ---> Rest/quiet play/enrichment time in a crate or playpen

7:30 pm ---> Potty break

7:45 pm ---> Supper, immediate potty break following supper, pick up water for the night

8:00 pm ---> free time in the kitchen or similar area (supervised)

8:30 pm ---> Potty break







8:45 pm ---> Rest/quiet play/enrichment time in a crate or playpen

9:15 pm ---> Potty break

9:30 pm ---> Bedtime

Body condition score chart

BODY CONDITION SYSTEM

| | | | |
|-----------|---|---|--|
| TOO THIN | 1 | Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass. |   1 |
| | 2 | Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass. | |
| | 3 | Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck. | |
| IDEAL | 4 | Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident. |   3 |
| | 5 | Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side. | |
| TOO HEAVY | 6 | Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent. |   5 |
| | 7 | Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present. | |
| | 8 | Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present. | |
| | 9 | Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention. | |
| | 9 | | |

The **BODY CONDITION SYSTEM** was developed at the Nestlé Purina Pet Care Center and has been validated as documented in the following publications:

Mawby D, Bartges JW, Moyers T, et. al. *Comparison of body fat estimates by dual-energy x-ray absorptiometry and deuterium oxide dilution in client owned dogs.* *Compendium* 2001; 23 (9A): 70

Laflamme DP. *Development and Validation of a Body Condition Score System for Dogs.* *Canine Practice* July/August 1997; 22:10-15

Kealy, et. al. *Effects of Diet Restriction on Life Span and Age-Related Changes in Dogs.* *JAVMA* 2002; 220:1315-1320

Call 1-800-222-VETS (8387), weekdays, 8:00 a.m. to 4:30 p.m. CT

Doodle grooming instructions for groomers

<https://www.facebook.com/download/preview/542306412785106>

Ebook AFTER you get your puppy

<https://www.facebook.com/download/preview/2110300455883378>

Things you can do with your young puppy to help it develop well

<https://www.facebook.com/download/preview/170099413779682>

American Veterinary Society position on puppy socialization

<https://www.facebook.com/download/preview/501938066867858>

Dogs and children

<https://www.facebook.com/download/preview/287716305085182>

House training your puppy

<https://www.facebook.com/download/preview/189769528240961>

Come, sit, down, stay

<https://www.facebook.com/download/preview/550508731979043>

Leaving your puppy home alone

<https://www.facebook.com/download/preview/1724975754243209>

Walking on a leash

<https://www.facebook.com/download/preview/147698792670806>

Collar grabbing

This is a good game to play with a dog if it is shy about having its collar grabbed or to help prevent a dog from not wanting to have its collar grabbed.

<https://www.facebook.com/download/preview/193830194760232>

SPECIFIC ISSUES

Puppy biting

<https://www.facebook.com/download/preview/1748024645230734>

Fighting with other dogs

<https://www.facebook.com/download/preview/140482696656531>

Excessive barking

<https://www.facebook.com/download/preview/394928570961037>

Fear of people

<https://www.facebook.com/download/preview/1993892210898139>

Digging

<https://www.facebook.com/download/preview/153882075382608>

Counter surfing

<https://www.facebook.com/download/preview/133559570655135>

Destructive chewing

<https://www.facebook.com/download/preview/256565198208947>

Hyperactive dogs

<https://www.facebook.com/download/preview/135482467135830>

Additional training and problem-solving resources

<https://www.facebook.com/notes/cosmopolitan-companion-dogs-puppy-families/more-information-about-training-and-problem-solving/1877975159183150/>

RESOURCES FOR SERVICE DOG CANDIDATES

Good places to train service dogs

<https://www.facebook.com/groups/CosmoFamilies/1877970315850301/>

Guide Dogs for the Blind puppy raising manual

<https://www.facebook.com/download/preview/1928295730753069>

Public access checklist

<https://www.facebook.com/groups/CosmoFamilies/1877970222516977/>

ADDISON'S DISEASE INFO SHEET



Page 1 of 2

Canine Addison's Disease – The Basics – Brief Summary

What is Addison's Disease?

Addison's disease is a chronic endocrine system disorder that occurs when the adrenal glands fail to produce sufficient hormones required to sustain life.

Many breeds and mixes are affected by Addison's disease, but there are several breeds that are highly represented. These include, but are not limited to, Standard Poodles, Portuguese Water Dogs, Labrador Retrievers, West Highland White Terriers, Great Danes, Saint Bernards, German Shorthaired Pointers, Bearded Collies, and Nova Scotia Duck Tolling Retrievers. We are also starting to see it in Labradoodles and Goldendoodles.

With proper medication, dogs with Addison's thrive, living long, healthy lives doing anything other dogs can do. Once they recover from the initial crisis, they can return to their favorite activities, such as participating in agility and sporting events, serving as therapy dogs, and doing all the activities they were bred to do. The only exception is that you should not breed a dog who has been diagnosed with Addison's.

Treatment is both manageable and affordable. Canine Addison's Resources & Education (CARE) is available to help you learn all you need to know.

Symptoms

The symptoms of Addison's disease are sometimes vague, look like many other diseases, and may include any of those listed below. You may not see all of these symptoms. You might get the sense that something is not right with your dog but you can't quite put your finger on it. Symptoms may wax and wane over a period of months or years. Addison's is known as "The Great Pretender," mimicking other diseases. This can delay the diagnosis or cause a misdiagnosis. If not diagnosed and treated in time, Addison's disease can be fatal.

- Lethargy
- Muscle weakness
- Lack of appetite (symptoms continued on next page)

© Canine Addison's Resources & Education (CARE)
www.CanineAddisons.org info@canineaddisons.org

We are not veterinarians. This content is provided solely for informational purposes and for discussion with your pet's veterinarian. All treatment decisions should be made in partnership with a trusted veterinarian.

- Weight loss
- Vomiting
- Diarrhea, sometimes with blood in the feces
- Exercise intolerance
- Frequent drinking or urination
- Dehydration
- Tremors or shaking
- Collapse
- Low heart rate
- Coat changes

Diagnosis and Treatment

The only definitive test for diagnosing Addison's disease is the ACTH stimulation test, which is typically accompanied by a blood profile.

A dog who is deficient in cortisol only, needs a daily glucocorticoid replacement, such as Prednisone. This kind of Addison's is often referred to as "Atypical Addison's." Some dogs will remain Atypical for life. Others may transition to "Typical Addison's," described below.

The blood profile of a dog who is deficient in both cortisol and aldosterone will show reduced sodium and increased potassium. This kind of Addison's is referred to as Typical Addison's. If the high potassium is not treated before it gets too high, it will be fatal. Fortunately, serious symptoms typically occur, alerting you to the problem before this happens. At diagnosis, IV fluids are often administered to balance these electrolytes, bringing the sodium up and the potassium down. This type of Addison's is treated with either a monthly shot of Percorten or Zycortal plus a daily glucocorticoid or with daily Florinef tablets. The availability of medications may depend on the country in which you live.

Canine Addison's Resources & Education (CARE) is available to help you understand the disease, the course of treatment suggested by your veterinarian, what to expect once your dog is diagnosed, how to reduce the cost of treatment, and any other questions you might have.

You can find us on the web at www.CanineAddisons.org or on FaceBook at <https://www.facebook.com/groups/CanineAddisonsResourcesAndEducation/>

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