



HEADS UP FOR TAILS
FOR FAMILY

PUPPY GUIDE

BY HEADS UP FOR TAILS

Everything you need to be
the ultimate puppy parent.



INTRODUCTION

Puppies are Big Love in small, waggy packages. They are warm, fuzzy and irresistible, and caring for them is one of the most rewarding experiences that you can have.

We believe that these bundles deserve nothing but the best care and have put together this Puppy Handbook based on our experiences as pet parents. With this, we hope to prepare first-time pet parents for their fuzzy bundles of joy.

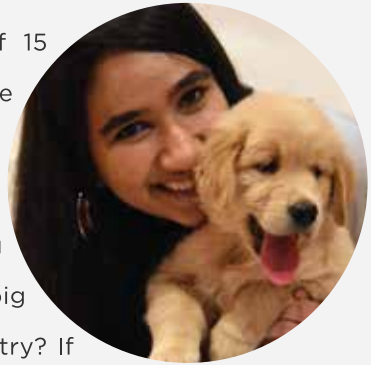
In the chapters of this book, you will learn of the lifestyle changes that you should be prepared for when bring your dog home, basic safety measures you can take to keep them secure in the initial puppy years. You will be introduced to the dos and don'ts of puppy diets and we've also outlined a basic grooming routine and training guide to keep your pet well-behaved and tidy.

Besides training sessions, the best way to bond with your pet is to play with them! This is an important part of parenting a dog and so we have included a chapter on how to stock up their toy box for unparalleled playtimes!

Please Note: Every dog is different, so when it comes to nutrition, vaccination and other health-related issues we have only given you basic guidelines, please consult a trusted vet before you implement.

Are You Ready to Be a Pet Parent?

Most dogs have an average lifespan of 15 years, so you need to be prepared to care for him or her for at least that long. Before you bring home a puppy, you should also consider any life-altering decisions you may need to take in the future – would big promotions take you away from the country? If



so, are you prepared to take your pet along? If any upcoming changes in your life would make it difficult for you to keep your pet any longer, then we suggest that you think again about adopting one.

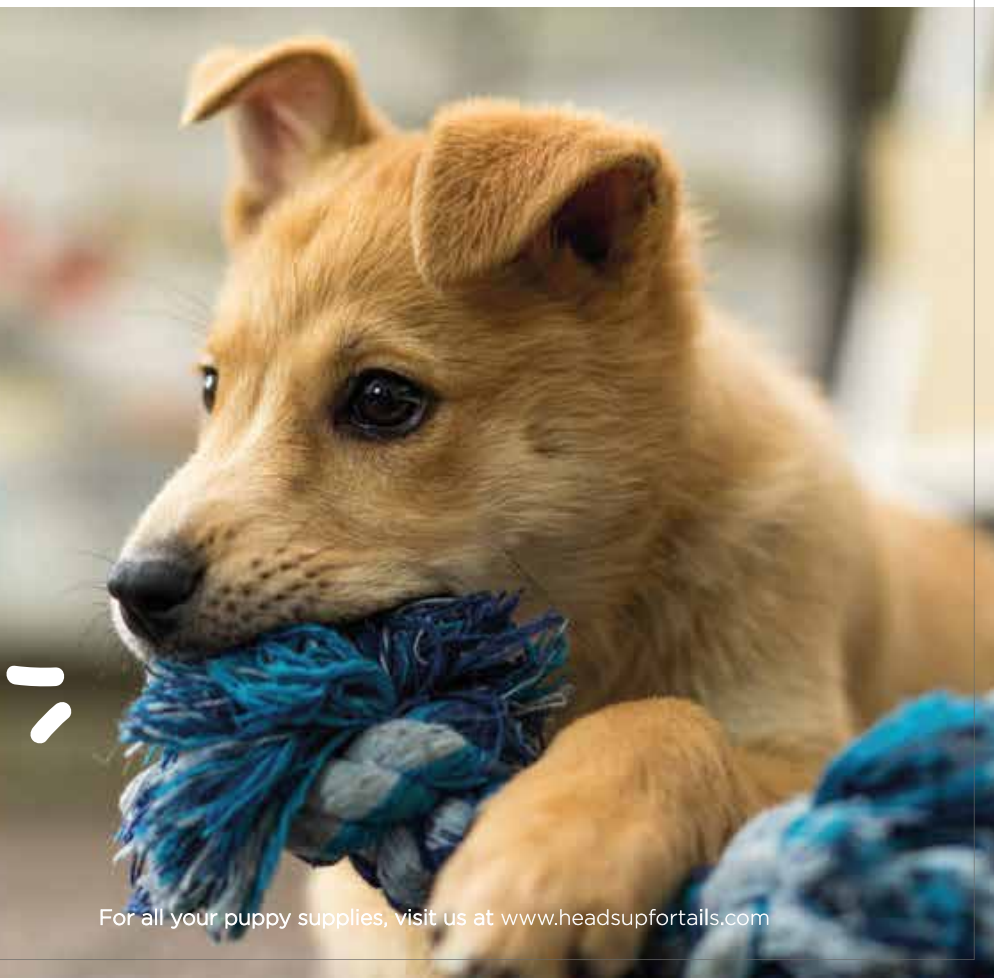
Before you bring a pet home, read up thoroughly on the breed that you have decided on. At different stages of their lives, each breed will have different needs. Senior pets need a little more care and attention than dogs in their adult years. Speak to pet parents / vets who are raising the same breeds to understand what you need to be prepared for.

Anyone who has played with a puppy knows that it doesn't take long for one to fall in love with you. Having to give them up for adoption at a later date is not only painful but also thoroughly confusing for your pet. There is no way of explaining to them why they can no longer be with you. In many cases this totally breaks their spirit, some even stop eating.

So please, before you bring home a pet, any pet, think carefully to see if you can truly care for them from the beginning to the end of their lives.

Puppy Proofing your Home

Puppies can chew up anything and since they are brand new to the world, they are fearless and have no idea that some things can hurt them. They think it's perfectly fine to chew up your rubber slippers, furniture and may even have a go at any wires they come across! So, before you bring a puppy home (once they arrive, you won't have the time!), here's how you can puppy-proof your home:



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Get a Closed Dustbin – Curious and greedy, pups (and some adult dogs as well), love digging their noses into the dustbin. To avoid this, restrict access to the area with the dustbin and get closed dustbins.

Keep Wires Away – You may have forgotten the mess of wires behind your computer table but your pupper will be sure to discover them soon! This is super dangerous so before your little one comes home, be sure to securely cover them up or tie them out of reach.

Put mats and rugs into hibernation – These are pee-magnets to your puppy, so until he or she is fully potty trained, we strongly recommend that you put away mats and rugs.

Keep Hazards Away – Our homes are full of small decorative pieces that your pet can pick up off the coffee table, a low window-sill or a shelf. Playing with them or chewing on them may cause injuries. We suggest that you search your house for these and put them away. This also applies to any human or dog medication and certain human foods as well.

Keep cleaning supplies, shoes and anything else that is dangerous for your pets in cabinets that are locked with child-proof latches so there is no way your pet can get to them. To prevent your pet's from chewing on the legs of your furniture or on door posts, you could spray a Chew Stopper which discourages them from this.

Set Boundaries with Pet Gates - If you want your dog to have boundaries, set them early. In some homes, pets are not allowed in the kitchen or the dining room. In others, they are forbidden from the bedroom. If you want your pet to have these kind of boundaries, a good way to enforce them is have pet gates installed. This way they understand which parts of home are off limits from the very beginning.

Get them what they Need – Give your pet a space of his or her own with a bed or a pet crate. It makes them feel safer to have a space to retreat to for a nap or a good chew. Want to distract your pet from your rubber slippers? Make sure that he or she has plenty of puppy-friendly toys to play with instead!

Please Note - Pups have a knack for getting into trouble and it is recommended that you never leave your puppy unattended until they are old enough. Be sure to keep open flames, stoves, gas cylinders etc. far from them. .

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Your Teething Puppy

Between the ages of 4 and 7 months, your puppy will go through what's called the 'teething phase'. During this time, his or her puppy teeth will be shed and new, adult teeth will take their place. The entire process makes your pup's gums **sore**. The process involves discomfort and to ease this, your pup will look for anything (and we really mean anything) to chew on.

Why Do they Chew?

Chewing massages the gums and gives your pup relief from the soreness. This is why they tend to chew anything they can get their little teeth on. And especially for this stage, it is important to puppy-proof your home.



How do you deal with it?

First time pet parents often mistake this type of chewing for aggression. Because occasionally they could even turn their little puppy teeth on your fingers. In reality, your pup is merely trying to ease the discomfort.

When this happens, just offer them an appropriate toy to chew on instead. They would prefer to chew on something that is tougher that can massage their gums. **We have a variety of puppy teething toys that you can stock up on.** Have some of these available for your pup at all times. Yelling at your pup will only confuse and scare him. It won't necessarily solve the problem.

Keep Precious Household Items Away

Pups don't really know that chewing on electrical wires is dangerous, nor do they understand that it would upset you if they chewed up your favourite shoes. So it is best to keep this out of reach until this phase over. You can use pet gates and barriers to keep your pup away from certain areas of the house like the kitchen or the computer room.

Puppy Essentials

Before your pupper comes home, there are a few things that you need to stock up on so you are well-prepared to receive the newest member of your family.

Food and water bowls - Make sure these are wide, shallow and low.

Those with heavier bottoms will make it harder for excited pups to tip over. At this stage, your pet has not yet learnt to eat tidily, so avoid those bowls that have water and food dishes in a single unit. Your pet is likely to accidentally push some food into his or her water bowl.

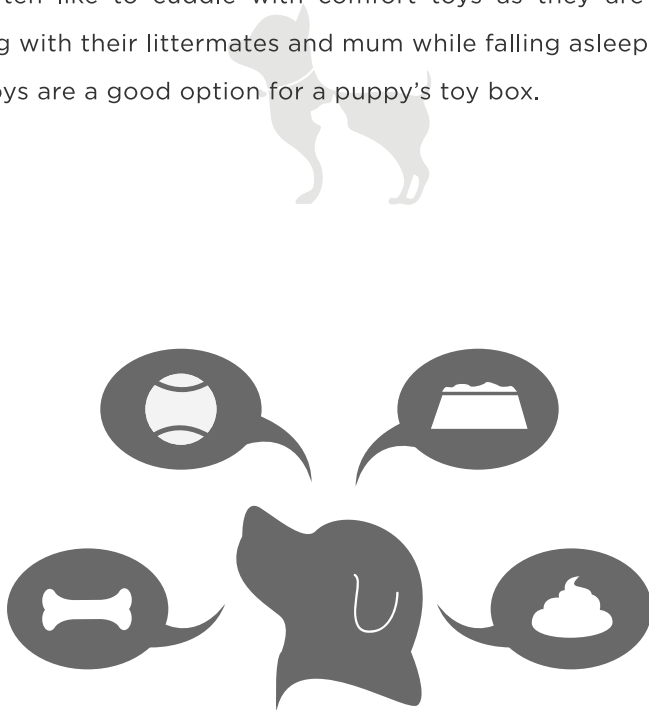
Puppy Training Pads - These are an easy way to kick-start the potty training. All you have to do is lay the training mat out so it is easily accessible. These are convenient as they are disposable.

Collars and Leashes - Choose lightweight walk accessories so you don't weigh your puppy down. While fitting your pets with a collar, make sure that you can slip two fingers between the collar and the neck (so you can be sure that it is not on too tight). Remember to upgrade the collar to a larger size as your pet grows.

Chews and Comfort Toys - Get those that are puppy appropriate. They should suit your pup's jaws in terms of size and shouldn't have any toxic chemicals. Some toys have small accessories attached like plastic eyes, or beads that your pup can easily pull off. These are choking hazards and you should avoid these toys.

Chews are extremely useful for teething pups. Even as they get older, dogs need to chew as this exercises their jaws and aids in reliving anxiety/stress. Remember to let your pet play with toys and chews under supervision so you can replace the toys if they look like they are falling apart.

Pups often like to cuddle with comfort toys as they are used to cuddling with their littermates and mum while falling asleep. So, soft plush toys are a good option for a puppy's toy box.



PUPPY ESSENTIALS

CHECKLIST

- | | | |
|--|---|--|
| <input type="checkbox"/> BOWLS <ul style="list-style-type: none">• One for food and one for water | <input type="checkbox"/> FOOD <ul style="list-style-type: none">• Puppy specific food | <input type="checkbox"/> TREATS <ul style="list-style-type: none">• To reward good behaviour |
| <input type="checkbox"/> PLUSH TOY <ul style="list-style-type: none">• For cuddling with | <input type="checkbox"/> INTERACTIVE/PUZZLE TOY <ul style="list-style-type: none">• For alone time | <input type="checkbox"/> FETCH TOY <ul style="list-style-type: none">• For pet-parent playtime• Learn basic commands |
| <input type="checkbox"/> COLLAR & LEASH <ul style="list-style-type: none">• For those nice long walks | <input type="checkbox"/> ID TAGS <ul style="list-style-type: none">• Identification & safety | <input type="checkbox"/> POOP BAGS/SCOOPER <ul style="list-style-type: none">• To keep your neighbourhood clean |
| <input type="checkbox"/> BED <ul style="list-style-type: none">• A cosy and warm place to call their own | <input type="checkbox"/> CRATE/KENNEL <ul style="list-style-type: none">• Crate training• A safe & secure enclosure | <input type="checkbox"/> MAT <ul style="list-style-type: none">• To line pet crates/carriers• To make drives in the car more comfortable |
| <input type="checkbox"/> SHAMPOO <ul style="list-style-type: none">• Keeps coats clean• Furry coats are always fun to cuddle with | <input type="checkbox"/> CONDITIONER <ul style="list-style-type: none">• For a soft coat• A must for long haired dogs | <input type="checkbox"/> MICROFIBRE TOWEL <ul style="list-style-type: none">• To quicken drying time |
| <input type="checkbox"/> TEETH GEL <ul style="list-style-type: none">• For sweet smelling breath | <input type="checkbox"/> BRUSH/COMB <ul style="list-style-type: none">• Choose according to your pup's coat• Reduces shedding and helps detangle hair | <input type="checkbox"/> WIPES <ul style="list-style-type: none">• To freshen your pup's coat between baths |
| <input type="checkbox"/> PADS/HOLDER <ul style="list-style-type: none">• A designated pee and poo area for your puppy | <input type="checkbox"/> TRAINING AID <ul style="list-style-type: none">• To speed up potty training | <input type="checkbox"/> STAIN/ODOUR REMOVER <ul style="list-style-type: none">• For easy clean up |
| <input type="checkbox"/> CHEW STOPPER <ul style="list-style-type: none">• To keep their teeth off your wires and shoes | | |
| <input type="checkbox"/> GATES/BARRIERS <ul style="list-style-type: none">• Can be used to block doorways and rooms you'd like to keep off limits | | |



Planning Ahead

Boarding Kennels: It would be great if your pet could accompany you every time you travel. But sometimes this is not possible and you have to leave your pet at a trusted boarding kennel or with a responsible pet sitter. Getting recommendations from trusted friends and family is useful. Start getting your pet used to the place at a young age with day boarding and play sessions. This way he or she won't mind you dropping him or her off suddenly in an emergency.

Vets: It is a good idea to identify reliable vets in the area, it is always better if you find one closer to your home.

A vet is going to be a big part of your pet's life and this is possibly one of the most important decisions you will



make with regard to your pet. Make sure that you take your time to do your research. Again, getting recommendations from trusted pet parents is helpful.



Trainer: Even if you don't want your pet to learn any fancy tricks, basic obedience training is still a good idea. This will teach your pet to walk calmly on a leash, be comfortable in a crate, not jump on people etc. There are several different training approaches so look them up to understand the pros and cons of each.

Groomer: Ideally, a professional groomer who can clean your pet up without making him uncomfortable should do the first bath and groom. Groomers who are trained to identify stress signals and can read your pet's body language are your best bet. If the experience is not stressful for your pet, future baths and grooms will be easier. Not only will they spiff up your pooch, but they will also be able to give you a grooming routine to follow at home and give you timely advice on your pet's skin and coat.



DIET

Puppy Bowls

You need to have at least two bowls for your pet – one for water and one for food. We recommend that you do not get two that are fixed side by side because puppies are messy and tend to dirty their water bowl with bits of food.

Get separate, wide and shallow bowls, preferably made from stainless steel as they are very durable and simple to maintain.

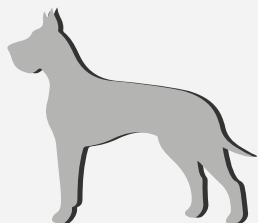
Plastic bowls are not recommended for teething pups as they could be tempted to chew on their bowls. Pups are not very well coordinated and it may take some time for them to figure out the right way to eat from a bowl. You could also consider elevated bowls that are set in a stand. These can be raised to higher levels as your puppy grows.



Mealtime Schedule

At the beginning, you should stick to the schedule that your pup is used to. Feed them in a specific place and at specific times. Pups need to be fed more often than adult dogs. Up to the age of 12 weeks, your pup needs to be fed specific quantities (check with a vet) of food four times a day. Do not feed them very late at night. After this, small and medium sized breeds can be fed thrice a day until the age of 6 months. But large breed dogs are susceptible to bloat so until 12 or 18 months, you should continue to feed them many small meals a day rather than two big ones. The quantities and the type of food that suits your dog may not suit another. Always remember to have fresh and clean water available for your pup at all times.

Feeding Schedule

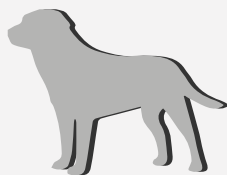


Large Breed

8 – 12 weeks 4 meals/day
7 am - 11 am 3 pm & 7 pm

Post 12 weeks 3 meals/day
7 am - 11 am & 7 pm

12- 18 months
3 meals/day
7 am 11 am & 7 pm



Medium Breed

8 – 12 weeks 4 meals/day
7 am - 11 am 3 pm & 7 pm

Post 12 weeks 3 meals/day
7 am - 11 am & 7 pm

6 months onwards
2 meals/day
7 am & 7 pm



Small Breed

8 – 12 weeks 4 meals/day
7 am - 11 am 3 pm & 7 pm

Post 12 weeks 3 meals/day
7 am - 11 am & 7 pm

6 months onwards
2 meals/day
7 am & 7 pm

Please have your vet sign off on your feeding schedule as this may need alteration depending on the specific needs of your pet.

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What should I feed my pet?

There is no single, magic bag of kibble that works for all dogs. Even during the course of their lifetime, your pet needs to be fed a variety of foods to get the right nutrition. For the first few days keep your pet on the food that he or she has been eating at their mum's house. After that, speak to a professional about recommending a good brand of premium dog food. There are several options to choose from, for puppies and even breed specific diets. When you buy any dog food, please be very careful to check the ingredient label to ensure that you understand exactly what

your pet is eating. If you are switching your pet's diet, remember to do it very gradually. Add a little bit of the new food to their usual food and increase the proportion of new food gradually. Making the switch gradually will help your pup's tummy get used to the food and reduce the risk of a tummy upset. For pups you could make the food a little softer by soaking the kibble in warm water beforehand.

Treats

Treats are great for training and as rewards for when your pup has been a good boy. However, make sure that you and everyone at

home understands that treats should not be overused. When treats become easily available, they lose their power to be rewards. Eating too many can also lead to a gain in weight. You need to balance the number of treats with the amount of food that you give your pet.

Supplements

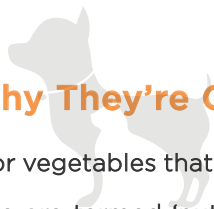
Supplements always need to be prescribed by a vet. This is because too much of a nutrient can be damaging to your pet's health as well. Also, the dosage and frequency of pet supplements changes from one pet to another.



Watch Your Pet's Weight

It is common for pet parents to overfeed their dogs as a way of showing them love. But this can lead to obesity which (as does with people) leads to a host of additional health problems.

For dogs, it results in decreased stamina, breathing difficulties and hip dysplasia. As they get older, pets are also at risk of diabetes and osteoarthritis. These are just a few possible outcomes of obesity in dogs. According to your dog's breed and height, he or she will have an ideal weight. Speak to your vet about it and make sure that your pet gets enough exercise to stick to his or her ideal weight bracket.



Superfoods and Why They're Good for Your Pet

Superfoods are those fruit or vegetables that are able to provide more nutrients than others. These are termed 'nutritionally dense' and are often ingredients that we use in our everyday cooking. Despite their incredible nutritional benefits, when you feed your pet these superfoods, you should do so in moderation.

Too much of a good thing can be just as dangerous as too little. So, please check with your vet on the dosage and quantities that are permitted for your pet.

Some Superfoods & Their Benefits

Apples without seeds - fibrous, cleans the teeth and aids fresher breath

Pumpkin - fibrous, plenty of vitamins, carotenoids and minerals. Supports the immune system, contributes to healthy skin.

Eggs - Contains amino acids + vitamins and minerals that help the eyes, heart and the brain. Easily digested source of protein

Bananas - contains amino acids, electrolytes, vitamin C and potassium.

Carrots - low in calorie count, high in beta-carotene (avoid baby carrots as they can be choking hazards).

Sweet potatoes - contains antioxidants that help prevent cancer and fight the effects of aging. It is a good source of dietary fibre.

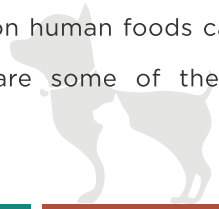
Sardine Oil - is an excellent supplement to improve the skin and coat. Its Omega 3 fatty acids aid in healthy heart function and helps to build immunity among other benefits.

Golden paste - a mixture of turmeric and coconut oil, this is a great way to boost your pet's immunity and overall well-being. Both turmeric and coconut oil have a host of health benefits.

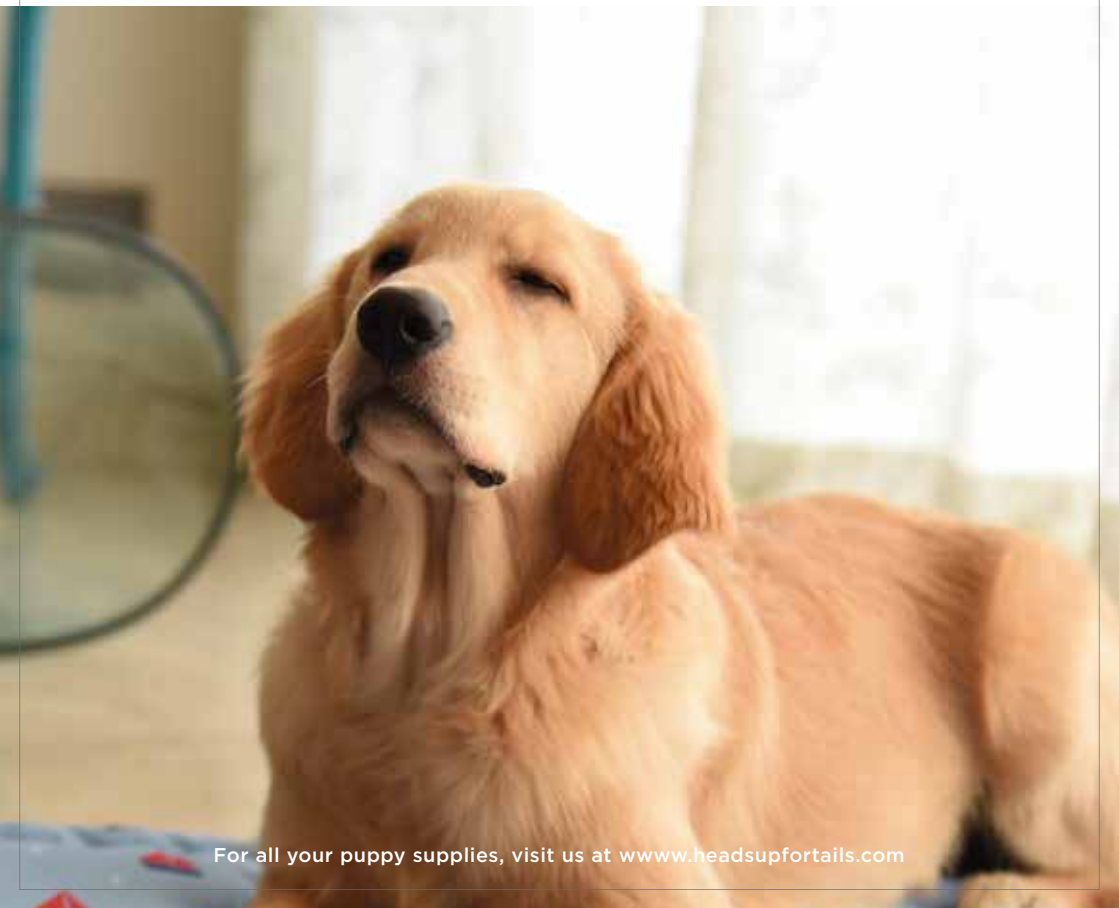


Can My Pet Eat the Food That I Eat?

Most often, the answer is no. Some very common human foods can cause bad reactions in your pooch. Below are some of these dangerous foods:



Alcohol	Yeast Dough	Grapes	Milk
Spoiled Food	Chocolate	Artificial sweetener	Salt
Fat Trimmings	Macadamia Nuts	Onions, Leeks, Chives	Chewing gum candy
Coffee	Cat food	Toothpaste	



HEALTH

Breeds and Aging

There are over 300 recognised dog breeds in the world and different breeds mature into adulthood at different ages. Smaller breeds become adults much faster than larger breeds.

Mini breeds like Shih Tzus and Pugs turn adults at approximately 10 months

Medium breeds like Cocker Spaniels, Indies and Beagles take about 12 months

Maxi breeds like Labrador Retrievers, Golden Retrievers and German Shepherds turn adults at about 15 months

Giant breeds like St. Bernards and Great Danes take until 18- 24 months



While the nutrition and levels of activity required may differ from one breed to another, they all need plenty of love, care and patience.

Milestone Chart

Birth and Neo-Natal Period – 0 to 2 weeks

Mothers take care of everything their pups require in this period.

Transitional Period – 2 to 4 weeks

Pups start to wag their tails, tiny teeth start to come in and they start barking small puppy barks

Socialisation Period - 4 to 12 weeks

- It is important that your pup has positive interactions with people in this phase (especially between 5 to 7 weeks)

- Leaving puppies with their mother and littermates at least until the age of 8 weeks teaches them doggy social cues and even inhibited play biting

Ranking Period - 3 to 6 months

Puppies are influenced by other dogs and playmates during this phase. This is when they learn dominance and submissiveness

Adolescence - 6 to 18 months

Your pet starts to lose his or her puppy coat and grows an adult one. Your pupper should have all his/her adult teeth by now but will still want to chew on toys



Vets and Vaccination

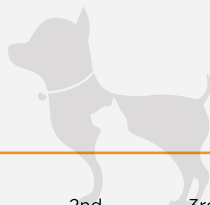
The first thing you do when you bring a puppy home is to take him to the vet. The vet will examine your pet and make sure he or she is not exhibiting any signs of common illnesses that puppies are prone to. Your vet will also give your pet preliminary vaccinations and then give you a vaccination schedule that you should follow diligently.

Make sure that you do not walk your puppy to the vet but carry them or take them in a safe vehicle. Meeting other dogs at this stage is risky as your pup has not been immunized against anything. Your pet could pass on disease to the other dog or vice versa. You should keep your pet away from other animals until all their vaccinations are complete.

Puppyhood requires a pet parent's watchful eye. They have immune systems that are not yet as strong as those of adult dogs.

This is why they are susceptible to a number of diseases including lethal ones like distemper and parvo virus. It is for this reason that we do not recommend that you take your puppy out on the street for walks until they have been given all their vaccinations. Even at home, do not let them put their heads in the dustbin or eat anything that they shouldn't. Given a chance, your puppy is likely to eat anything. So, be extra watchful to make sure they are not gobbling down things that may get stuck in their throats or cause internal blocks. They could also pick up extremely dangerous diseases like parvo virus from the garbage.

Keep a close eye on your puppy, if he or she is refusing to eat, shivering or seems lethargic, rush them to the vet right away.



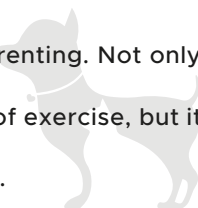
	1st vaccine	2nd vaccine	3rd vaccine	4th vaccine	Further vaccination
Canine Distemper Canine Parvo	5 Wks	7-9 Wks	10-11 Wks	14 Wks	Annually
Canine Hepatitis Para Influenza	7-9 Wks	10-11 Wks	14 Wks		Annually
Leptospirosis	7-9 Wks	10-11 Wks	14 Wks		6 Months
Kennel Cough	14 Wks				Annually
Anti-rabies	3 Months	4 Months			Annually

Note- This is just a guide, please follow the advice of a licenced veterinarian.



PLAY

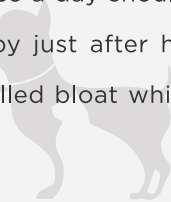
Play is an extremely important aspect of pet parenting. Not only is it essential that all puppies have some amount of exercise, but it is during play that your pet really bonds with you.



Physical Exercise

All pups and dogs need ample physical exercise to stay healthy. Until they are fully grown they need to be exercised at least twice a day for short periods of time. Remember to keep the playtime short and let them get plenty of sleep. On average, an adult dog needs about 12-14 hours of sleep per day and puppies need much more. Too much exercise will overtire your pet and could damage their bones and muscles. This could even lead to early arthritis.

A good rule of thumb is to ensure that your pet receives 5 minutes of play for every month he or she is. For example, if he is 3 months old, 15 minutes of play (twice a day) and if he or she is 4 months old, at least 20 minutes of play twice a day should do the trick. Remember to never exercise your puppy just after he or she has eaten. This could lead to a condition called bloat which is very painful and can even be fatal.



Mental Stimulation

Historically, most dog breeds were bred to suit a specific purpose – sheepdogs were bred to help sheep farmers herd their flock, Labradors helped fishermen pull in nets from the sea or to ‘retrieve’ and terriers helped fetch shot game. While you may not be putting your pup to work, they have the same drive and instincts to carry out the work they were bred for. Dogs love to put their intelligent minds to use. This is why, after a long day of lying around at home, they eagerly wait for you to give them something to do!

Mental stimulation is very important to keep your pet even-tempered and it helps them unwind. Some ways in which you can give your pet some mental stimulation are:

Let them Sniff: Whether on their walks or even at home, let them sniff as it's a form of exploration and sensory enrichment.

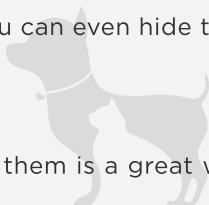
Teach them tricks: Learning new commands will definitely get your pup's grey cells working. This can also help shy dogs by giving them confidence and helps them improve their focus.

Let them use their noses: You can hide puppy treats in your fist or other spots in the room/house. This will be a treasure hunt that your pupper can't get enough of! A variant of this type of stimulation is to play the Shell Game with your pet.

Hide a treat under one of two or three cups and have them pick which the right one is. You can even hide treats in one of your fists.

Toys

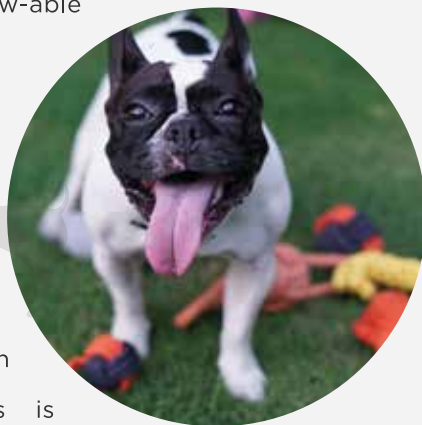
Pups love toys and using them is a great way to make playtime fun. However, you should be careful to buy only puppy-friendly toys for your pet. For teething pups, be sure to get special teething toys. Rope toys, indestructible rubber toys, nylon toys and treat toys are great for teething puppies. Speak to a trainer or the manager at the pet store for specific recommendations based on your pet's breed.



A few things to keep in mind while choosing toys for puppies

Choose appropriate sizes and levels of durability – there may be breed specific sizes as well

- If the toy has anything small that can be pulled off and swallowed, choose something else
- Toys with anything sharp like pins that could potentially injure your pet
- Plastic film or any sort of swallow-able plastic is dangerous for your pet
- Chewys that are made of rawhide are dangerous as they can cause obstructions internally
- Toys with foam stuffing and squeakers are termed dangerous for pups as they can rip the toy open and ingest the squeakers. This is extremely dangerous for your pet.
- You should also avoid giving them cooked bones as they can splinter into smaller pieces and damage the intestinal tract over time . Check with your nutritionist/vet about which bones are safe for a pup.
- When in doubt, put it back on the shelf



Supervision: At any age, supervision is important for your pet's play-time. It can be very dangerous if your pet ingests any bits of the toys. If this happens, please take them to a vet immediately.

Walks

Begin your pet's walks only after all their vaccinations are complete. Until then, your pup is extremely susceptible to passing on and picking up infections/ bugs or diseases.



Get them used to the sensation of the collar and the leash before the first walk. Opt for lightweight collars and leashes (flat collars are ideal). Your pup should not get worried or anxious about the collar so slip it on him when his attention is elsewhere. Once it is on, distract him from the collar by involving him in a game or giving him a treat. Eventually he will get used to the feeling of wearing it. Initially, you can leave it on for short periods of time and remember to reward your pet after. Teach your pet to associate leashes with playtime, opt for a lightweight leash.

While on a walk, you don't have to get them to heel in the very beginning. Let them get used to the idea of being walked on a leash and figure out what a leash does. Speak to a trainer on the exact steps you can take to instil walk manners in your pet.

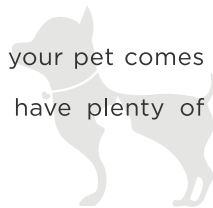
The entire process requires patience and you should never yank on your pet's leash.

There are several walk training aids that help with this process but you should always consult a trainer before you use them as he or she will be able to tell you how to use them most effectively.

TRAINING AND SOCIALISING

Potty Training your Pet

The potty training process should begin as soon as your pet comes home. As with all types of training, you need to have plenty of patience to carry this out successfully.



How to Potty Train your Pet

The process is pretty straightforward, first you pick an area where it is acceptable for your pet to pee and poo. If you live in an apartment, it could be indoors or if you have a garden, choose an area there. Dogs and puppies like to return to the same spot to do their business. It almost as if they make it a habit. This is why you should be careful about where you let your pet 'go'. You don't want it to become a habit for them to do their business on the carpet, do you?

Timing is Everything: The good news is that you can anticipate when your pupper is about to wee-wee. Your puppy is likely to need to go potty or pee (or both) at least once every two hours. Generally, they also need to go immediately after they wake up and soon after they've eaten. So, be prepared and at these times to pick them up and place them in the designated pee area. Even if it means waiting for a few minutes, keep them in the area until they have done their business. When you do this consistently for a few days, your pup will understand that that is their potty spot and aim to go there themselves.

Accidents Happen: In the course of this training process, your pup is bound to have a few accidents. But you should never yell at pets for peeing in the wrong spot. This won't teach them to pee in the right spot, it will just confuse them and make them frightened of being around you. Even if you catch your puppy in the middle of a pee, pick them up and put them in the right spot (this is slightly messy but it helps cement the message).

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Dish out the Praise: Puppies and dogs just want to make you happy. So when they do the right thing and pee on the paper, pad or outside, celebrate it. Pet them, praise them or give them a little treat, when your pet gets a positive reaction, he or she will prefer to go outdoors. You should be consistent in your praise as your pupper is likely to be waiting for it.

Clean Up Accidents: When your pet's pee dries up, miniscule particles of urea are left behind that your pet can smell (their sense of smell is waay superior to ours) and this can prompt them to pee in the same spot again. Use an odour and stain remover that is specifically formulated for puppy or doggy pee to make sure the smell has gone.

Don't Make Them Hold It In: Young pups cannot control their bladder for very long. And it is not recommended that you make your pups or dogs hold it in. Even if you are at work, you should make sure that someone is around to let your pupper out to pee every couple of hours. Not only does this maintain the 'pee-outside' routine but you also won't come home to puddles of pee in your living room. Even after your pup is successfully peeing outdoors, remember that it is an ongoing process.

Socialisation and Obedience Training: This is an introduction to Socialising and Obedience Training, not a step-by-step guide. It is a good idea to consult a professional trainer for hands-on help.

Why do I need a Trainer? Can't I do it myself?

Pet parents can often understand when their dogs are sleepy, hungry, excited, what they need or want at different times of the day. However, a dog's body language and communication skills are quite complex and nuanced, this is something that a trainer will be able to help you decode.

Socialisation

Generally, between the ages of 8 and 12 weeks, your pup will go through a 'fear imprinting phase'. Things that frighten him now are likely to frighten him/her during adulthood as well. At this stage, you should make sure that your pup is introduced to a range of different stimuli. The experiences should be positive. These positive experiences will teach your pet to react without fear or aggression to new experiences, other pets and to new people.

Often unprovoked aggression from dogs is due to improper socialisation. This is the best phase for your pup to learn new things. While your pup can definitely learn later as well, it may be harder for them later.

In short, socialisation is introducing and making your dog familiar with new experiences. This includes new sounds, places, people, pets and even objects. If the experiences are positive, your pet will learn to respond appropriately to these encounters later in life as well. Aggression comes from a place of fear, so teaching your pet that there is no reason to be afraid will help your pet react calmly to most situations he or she encounters.

Things to Remember While Socializing your Pet

Protect Your Pet: Even the most harmless things can frighten your pet. It could even be another pet or person or child coming too close or being too excited. In such cases, you should tell the person or child to step back. This will show your pup that you are capable of protecting 'the pack' (i.e. him) and that there is no need not worry when he is with you. When your pet shows fear, coddling him will not abate their fear. Instead, you should take charge of the situation and send the source of their fear away.

Go for Walks Around the Neighbourhood: Walking your pet on a leash is a great way to socialise them as it exposes them to a variety of stimuli. Be careful to avoid aggressive, unfriendly dogs and people. Remember some dogs who are extremely friendly with people may not be as friendly with other dogs

Reward: When your pet responds positively, you should reward him or her with praise or small treats.

Meeting other Pets: Take your pet to meet a large group of dogs (like in the dog park for instance) only after he or she is comfortable and happy with smaller groups of one or two dogs.

Basic Obedience Training

Obedience training is teaching your pet how to respond to basic commands. These commands make it easier for you to manage your pet when he or she gets older. It is adorable when puppies jump on you with excitement but it is not as cute when they grow into adults and are much heavier. So start training them when they are young.

Having a pet who jumps, uncontrolled on senior citizens or small children may injure either. But if you teach your pet basic commands like sit, stay and heel, many difficult situations can be avoided.

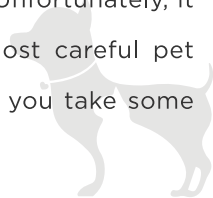
The key to training is consistency and patience. We recommend that you consult a professional trainer during the training period. Shouting at, beating or smacking your pet during the training process is detrimental to your pet's temperament and to his training. Positive reinforcement has proved to be a far more effective method of training. Teaching your pet to walk calmly beside you on walks will make these events enjoyable. Pets can also be trained to walk off leash. In high traffic areas (of both pets and people), we do not recommend this.

Some common commands under basic training are:

Come | Leave it | Walk with me | Drop it |
Sit | Lie down | Stay | Wait

PUPPY SAFETY

We hope that the horrible, heart-thumping moment when you look around and can't find your pet NEVER happens to you. Unfortunately, it happens more often than we imagine, even to the most careful pet parents. This is why we very strongly recommend that you take some basic safety measures to keep your pooch safe.

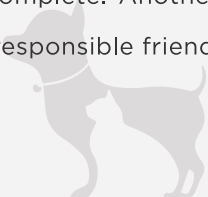


Be Prepared

Remember that loud noises, loud music and large crowds tend to make most house pets frightened and uncomfortable. Some especially nervous ones often panic and try their best to get away from the source of the sound. It is in this panicked state that they often run away without realising where they are going.

So, if you are planning a special celebration in your home or there is an event happening nearby, be sure to keep a secure and relatively quiet place for your pet. It is during these events that gates and doors are often left open and you may be too busy to notice that your pooch has slipped out. Try and have someone they trust sitting with them until the event is complete. Another option is to arrange for them spend the day at a responsible friend's place.

Safety Measures



ID Tags: This is one of the easiest methods of ensuring the safety of your pet. These are available at any pet store and have your pet's name and your contact details engraved on it. If your pet does get away from you, anyone who finds your pet will be able to contact you immediately. Make sure that the information you put on the tag is up to date and if your pet is constantly losing them, keep spares at home.

Licenses: A license will be issued to you by your local government veterinary hospital. A nominal fee is collected for it and you will need to produce an up to date vaccination record book to show that your pet has got all the necessary vaccinations.

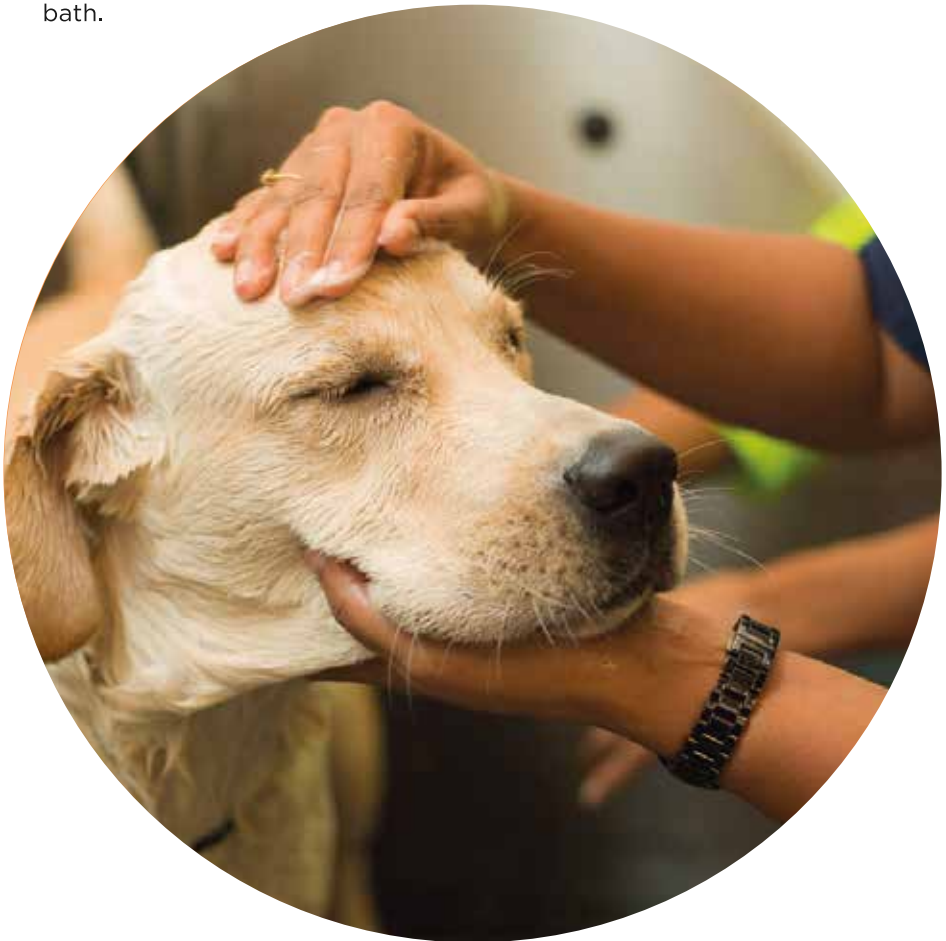
Microchips: Getting your pet microchipped does not hurt him or her any more than a vaccination would. The procedure is done by a vet - the chip is loaded in a sterile applicator and is implanted under the loose skin, between your pet's shoulder blades. This contains a unique identification number. If your pet is scanned at the vet or local government office, this number shows up. With this number, your pet's rescuer will be able to locate your details that are on file and connect pet to parent. So don't forget that you also need to register the microchip number with a microchip recovery service.



GROOMING

Baths And Drying

It is not recommended that you give pups that are younger than 3 months old a bath. However, to keep your pup clean, you can use pet wipes. You can even use these every day as pups often get food all over themselves or step in puddles of pee! Under normal circumstances, the pup will be with the mother who licks them to keep them neat and tidy. If they are not with the mother, we recommend that you take the advice of a professional or groomer on how to go about giving your pup a bath.



The First Bath: For your pup's first bath, we recommend that you go to a professional. Not only will they know how to keep your pet comfortable during the groom but they will also be able to tell you how to maintain that coat and keep up with basic grooming at home. Learning the right techniques will make the process easier on your pet.

Frequency: Giving a dog a bath too often will result in the natural oils being stripped away from your pet's skin. These are very important for the health of your pet's skin and coat. Frequent baths and drying tend to dry out your pet's coat and skin. We recommend that you give your pet a groom once in 15 days to not only remove mud and dust but also soot and pollution that may settle on the coat. This happens very often in busy cities like Delhi and Bangalore.

Before the Bath: Understanding what stresses your pet and what they are comfortable with will significantly improve the relationship you have with your pet. Consult a pet professional to learn how to identify stress signals and the correct techniques to employ while grooming your pet. The process does not have to be a wrestling match, of keeping your pet in that space and hurrying through it. This is neither effective nor is it pleasant for either of you.



Shampoos and Conditioners

Make sure the products you buy have been formulated especially for puppies. These will have gentler ingredients to suit their sensitive skin. Human shampoos are not recommended for dogs because their skin has a different pH balance to ours.

- **Gentle shampoos:** Tearless shampoos are ideal for pets.
- **Quantities/Dilution:** Some shampoos are in a concentrated form. These need to be diluted before you can use them. Check the ratios in which they need to be diluted.
- **Conditioners:** Conditioners are used to moisturise the coat and keep it well hydrated. This makes the coat soft, fluffy and tangle-free. Choose a conditioner based on the type of coat your pup has.



Dry Shampoos and Wipes:

Between baths and for pups below the recommended age for baths, you can use dry shampoos. These just need to be sprayed on to the coat and brushed through. Use wipes to clean them up as required.

Warm water & Gentle lathering:

If you are giving your bath at home, remember to use warm water (not hot or cold) and to use soft and fluffy towels. Do this in a warm room and do not allow them to catch a chill. If your puppy has a fluffy coat, then brush them before the bath to remove tangles. Water tends to tighten knots.

Make sure you wet the coat slowly from the back so they get used to the water. Do not let shampoo get into their eyes or their ears. To avoid getting any water or shampoo into your pet's eyes, use a washcloth or take small quantities

of water in your hand to wash the face area. Alternatively, place a little cotton ball in the ears to prevent water from getting in, remember to remove after the bath.

Drying:

You need to use very soft and fluffy towels to dry your puppy. If you are using a dryer, make sure it is on a 'warm' setting rather than hot. This is useful to remember even for adult dogs. The strength of the dryer shouldn't be too high as this can frighten your pet and make him averse to dryers. Do not let them go outside even when they are damp, make sure they are completely dry. If you want to distract your pet during this process, hand them a chew and talk to them calmly, assuring them that everything is alright.



Towel Drying:

Rather than rubbing the towel through their fur, use the 'squeegee' method. Pressing and squeezing the towel against the wet coat so that it soaks up all the water. If your towel is soaked, then use another one. There are special microfibre towels that absorb a lot of moisture and can be squeezed dry quickly.

If you are doing the above at home, it is important that you are calm and relaxed through the process. Dogs can sense anxiety and if you are anxious, it rubs off on them. Make sure you are also comfortable throughout the groom, it will make the process easier.



ORAL CARE



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Oral care can begin as soon as your pet has all of his teeth. This is at about 8 weeks of age. Even though these are his milk teeth and they look pearly white, (he won't be keeping them for long either) it is important to get him used to the feeling of getting his teeth brushed. If you do this now, then it becomes much easier to keep his teeth clean when he is older.

You can use teeth wipes to start. Just wrap a wipe around your finger and gently rub it on your puppy's teeth.

Remember not to frighten your dog when you do this, do it gently so that it is not uncomfortable and your pet will not be averse to the idea of having their teeth cleaned.

What you need:

Dog Toothpaste - Human toothpaste is not to be used for pets. Human toothpaste contains xylitol, which is poisonous for pets, and some may even have fluoride, another ingredient to avoid. There are special toothpastes that are made especially for dogs which also come in different flavours to make it appealing for dogs.



Dog Toothbrushes - Toothbrushes for pets are made suit your pet's pointed canine teeth. These brushes clean the teeth and gums taking the correct angles into account. They are also soft on the gums. When you feel like the bristles are getting hard, remember to get a new brush.

Teeth Wipes for Dogs - These are hygienic and disposable, making them convenient to use. You just need to wrap one around your index finger and use it as a brush.

Additives - Certain liquid additives can be included in your pet's water bowl (in the quantities specified). These aid in an oral care routine but cannot replace it completely.

Chews - Dental chews are highly recommended to help your pet's breath smell better. Chewing on them aids in scraping of plaque and tartar. This is an aid as well, and cannot alone maintain good oral hygiene. Check to see if your pet is of the right age to be given these treats.

What can ignoring good oral hygiene lead to?

Plaque is a colourless film that coats the teeth, these contain bacteria that can cause cavities. When this calcifies, it turns into tartar. This lines the teeth just along the gum line. This can cause periodontal disease and even tooth loss. Plaque can turn into tartar in as quickly as 36 hours. So daily brushing is as important for them as it is for us.

OTHER GROOMING TASKS

Brushing the Coat:

Brush your pet every day with a brush that suits his coat. Brushing your pet has a number of benefits:

- It stimulates the oil glands in the skin and prompts the release of natural oils that keep the skin soft and give the coat a shine
- Brushing encourages blood circulation as well, this promotes a healthy coat
- It brushes off dead hair, loose and shed hair. This can aid in reducing the amount of shed fur around your house.



Points to Remember

- Keep grooming sessions short, your pup will lose patience if you take too long
- Make sure you use the right brush for the coat
- If your puppy has mats, speak to a groomer on the best way to get rid of them
- Do not attempt any new technique on your own, get a professional to teach it to you first and perform it under supervision until you are absolutely sure you can do it safely
- Keep an eye out for any cuts/ rashes that may have developed. The sooner you treat these, the better.

Paw Care

It is very important to check your pet's paws regularly. Being the most exposed to unusual terrain and foreign objects on the street, they are very susceptible to injuries. Besides checking for injuries and cracked paw pads, you should also trim your pet's nails when they grow too long.



Trimming

For the first trim, go to a professional. The nails need to just about reach the floor. So if your pet is getting his or her nails caught in anything, then it's probably time for a trim.

Seasonal Care

Check between the paws as this is where ticks love to hide. Especially in the rainy season when your pet may have walked through wet grass.

Cracked paws are a common problem in the summer and in the winter. There are paw balms that you can use to moisturise the paws.

Keeping the Ears, Eyes and Face Clean

- Ear care includes cleaning your pet's ears as and when required. We do not recommend that you use an eardrop as they may damage the inner ear. Use ear wipes or clean cotton balls to clean out the wax from your pet's ears. Ask a groomer to teach you the right technique to do it so you do not accidentally hurt your pet.
- For breeds with long fur, tear stains are common even for puppies. You need to use face wipes to clean around their eyes to prevent these stains. Tushie wipes are perfect to clean up sensitive areas.
- For breeds like Pugs and Boxers who have folds on their face, the folds need to be cleaned frequently to prevent infection and irritation between them. Wipe the folds with moist face wipes (made especially for dogs). These wipes are hygienic and sanitized. Once you are done wipe away the moisture left behind on by the wipe with a soft, dry and clean cloth. If you do this from a young age, your pup will get used to it and make matters much easier when they grow up.

GOOD LUCK!

We're so glad that you have decided to bring home a little floof! Pet parenting is an incredibly rewarding experience and you will be at the receiving end of years of unconditional love! They truly see only the best in people and often prompt you to be the best version of yourself.

We have just given you a brief introduction to puppyhood. And this is just the beginning. Over their short lifespan, dogs fit in endless love, joy and energy. Each dog has a different personality and you'll see them develop specific likes, dislikes and mannerisms.

Consulting a professional positive reinforcement trainer will help you understand and communicate with your dog better. This way you will be able to better convey what you expect from your dog, and understand what he wants as well.

As they grow, many dogs turn from excitable, distracted pups to mature, calm adults (some take longer than others to get to this stage). When they get to their senior years, they become gentler and enjoy indoor games and puzzles more.

Just as people change, your dog also has different needs at different stages. If there comes a time when you are facing a problem, don't give up. Reach out to pet professionals and the parenting community in person or online. There are always solutions.

We wish you and your puppy the very best in life and hope that you enjoy this journey as much as we have!



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