

# YOUR NEW PUPPY



## Holistic Hounds

Award-Winning Dog Training & Therapy



## **CONGRATULATIONS!**

Congratulations on becoming a puppy owner! Getting a puppy can be a very exciting and overwhelming time, especially if you're a first time puppy / dog owner. So we created this guide to help set you up for success and give you the tips and tricks you need to get through puppyhood successfully.

Don't forget, the most important part of being a puppy owner is to enjoy the ride! They're only puppies once so don't forget to take it all in, take lots of photos and videos of your new family member and enjoy the process of raising your puppy.





# GETTING READY

It's always a good idea to get things ready for when your puppy first gets home so that you're prepared to get them settled in. One popular idea is having a puppy pen area prepped with their crate, bed, water bowl and some toys ready for them. This is their safe space where they'll be able to be left unsupervised safely, sleep and play in their own little room!

## What do we recommend to include in their space?

- a crate
- comfy bed
- blanket/s
- puppy pen
- water bowl
- a couple of toys outside their crate

Keep things simple and not overstimulating for them so that their space is calm and relaxing and don't feel like you need to over complicate things.



## THINGS YOU'LL NEED:

There are some basic things you will need to get you started on your journey into puppy ownership including:

- a comfy bed and blanket
- a crate for chill-out time
- a collar and ID tag with your details on it
- a short lead and a longline
- poo bags
- a food bowl and water bowl
- dog toys
- grooming equipment like a brush, nail clippers etc
- lots of treats!
- good quality food

### What needs to be on my dog's tag?

It is generally not recommended to put your dog's name on their tag or collar for safety reasons, so, we always recommend not having their name engraved just in case.

The general details you'll want to include are:

Your surname

A phone number or two

Your house number and postcode



**YOUR DOG IS LEGALLY  
REQUIRED TO WEAR A COLLAR  
WITH AN UP TO DATE ID TAG AT  
ALL TIMES WHEN IN PUBLIC**





# FOOD

Your breeder should give you a bag of the food that they have been feeding your puppy on - or at least tell you what they have been feeding them so that you continue to feed them this when they get home. It is important to continue feeding them the same food as puppies can have sensitive tummies. If you're looking to change their food, it's important to do this slowly to let their stomachs adjust properly. This will minimise any potential stomach issues and keep them feeling good!

If you're changing their food, the best thing to do is a slow changeover - increasing the new food by approximately 10% every couple of days. So, on the first day you'd do 90% old food and 10% new food, then after a couple of days do 80% old food and 20% new food, and so on. This makes sure that your puppies tummy can adjust to the new food gradually.

If you're not sure whether you need to change your dog's food or not, you can use other online resources. Check out the website 'All About Dog Food' to see how good quality your puppies food actually is.

# FOOD RECOMMENDATIONS



## **ORIJEN**

- Natural wholeprey ingredients
- Grain free
- High meat content
- Different flavour options
- Certified nutritionally complete



## **BUTTERNUT BOX**

- Completely natural
- Grain free
- High meat content
- Hypoallergenic
- Certified nutritionally complete



## **NUTRIMENT**

- Raw, least processed formula
- Natural ingredients
- Certified nutritionally complete and balanced
- High meat content
- Different protein options



## **FORTHGLADE**

- All about dog food rating: 84%
- Completely natural
- Grain free
- High meat content
- Hypoallergenic
- Certified nutritionally complete

If you need help picking a good quality food, our team offer impartial nutritional and supplement consultations so get in touch!





# TRAINING

It is never too early to start doing training - as long as you are doing basic training and taking lots of breaks whilst your puppy is still young!

Start with short sessions with lots of praise and lots of breaks so your puppy doesn't get overwhelmed, bored or overtired. Easy things you can start to teach them are things like "sit", "down" and recall training. If they do something right and that you like, make sure you reward them with food, play or praise! The more you reward something, the more your puppy will do it!

Breaking it into short sessions is essential, as an over-tired puppy is not what you want to be working with! If your puppy starts to get silly or not wanting to join in, pop them in their crate or pen for some chill time and come back later.

It's a good idea, once your puppy is wandering around a lot, to keep a lead on them when they are out loose. This will also enable you to help them out if they are doing something you don't want them to, as you can pick up their lead and give some direction to help them out.

At Holistic Hounds, we approach puppy training a little differently to most dog training companies. While other trainers tend to focus on obedience, we believe that during the earliest months of a dog's life, things such as confidence, resilience, motivation, relationship and communication. When you establish each of these things during , it can make future training much easier and far more effective, meaning you will be able to get the very best out of your dog.



## SOCIALISATION 101

One of the biggest mistakes people make is assuming that a well-socialised puppy means a puppy that says hello to everyone and everything - however, this can in fact cause behavioural issues as your puppy grows up. The best thing you can do for your puppy is to let them meet other well-socialised dogs sometimes, but teaching them to ignore the majority of other dogs whilst out on walks.

Teaching our puppies to be calm and respectful around other dogs and people is the best way to set them up for success later on in life. We can do this by rewarding them for ignoring other dogs and people, and teaching them to be calm and chilled out when they are out and about. Teaching our dogs to be neutral is such an important skill, as we can ensure they are respectful of other dogs and don't get nervous or reactive themselves by rushing over to another dog who doesn't want one in their face.

Socialisation is all about teaching our dogs what is acceptable behaviour in society, and isn't all about meeting and playing with everyone you meet. Teaching general calmness and engagement with their handler are the most important steps to beginning socialisation, and then getting your puppy to meet and socialise with other calm and well-socialised dogs will help to teach them the essential social skills that will carry them through life.

We offer social sessions for clients with some of our pack of 7 different breed dogs so that the puppies we work with can learn from a wide array of different breeds and personalities!





# DESENSITISATION

Another important training activity you can do from home is some desensitisation to handling and grooming activities. If you have a dog that will require grooming at a later age, it is so important to start early on with some brushing, feet touching and other grooming activities to get them ready for being handled later on.

It's also important to do desensitisation to other handling activities - like looking at teeth, ears and eyes, which are an important part of vet visits. You can also practice touching all over them to get them comfortable with someone handling them in any area in case they are ever injured and need a vet touching different areas.

Muzzle training could also be useful. Although most people are not a fan of muzzles, being able to put one on your dog is another important skill that you never know when you'll need. Even the most loving and kind dogs can react with a snap when they are in pain or scared and may need to be muzzled for vet treatment if they are uncomfortable. Doing training from a young age so they are comfortable reduces stress if there ever is a reason for them to need to be muzzled at a later date.

# WHAT MAKES OUR PUPPY COURSE DIFFERENT?



What makes our puppy course different from others?

## **We don't prioritise obedience**

Our puppy course has been designed to focus on building confidence, resilience, relationship, and motivation. As puppies learn so much during their earlier months of life, we believe these areas are far more important to focus on at an earlier age.

## **We train outdoors**

Most puppy courses take place in town halls, whereas ours takes place in an open space and during all weather types. This means you will be working with plenty of space as well as be able to proof behaviours around distractions.

## **We take individualism into account**

Every dog is different and that includes puppies! We take their breed, genetics, age, and personalities into account when it comes to our course and help you to work with them to achieve your goals.

## **We work on neutrality and safe socialisation**

We see a lot of puppy courses and classes where the puppies are all let off lead and have lots of chaotic interactions with each other. For us, we like to practice socialisation from a more neutral standpoint, as this is an important skill for your dog to have later on.

## **We train for real-life scenarios**

Our course content is designed so that you and your puppy can feel confident navigating different environments and scenarios. Our later weeks in the course include going into new environments such as garden centres and local walks.

## **Home visits**

Part of our course includes a free 1 hour personalised home session to work on indoor behaviour that fit the family lifestyle.

## **Lifetime support**

Once you book on and become a client, we offer a lifetime of support for you and your dog's training journey. Whether you want 1-1s or to come to our training classes to further your training and stay consistent, or complete one of our other courses such as obedience and scentwork, you always have access to our team's advice and support.



***IF YOU NEED ANY HELP WITH  
PUPPY ADVICE, FEEL FREE TO  
GET IN CONTACT WITH OUR  
TEAM!***



## **CONTACT US**

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## **OUR SERVICES**

Puppy Course

One-to-One Training

Nutritional Consultations

Osteopathy

Rescue

