

# 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 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 puppy hood 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 lot's of photo's 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 when they first get home. One popular idea is having a puppy pen area prepped with their crate, bed, water bowl and some toys ready for them to get home. This is their safe space where they'll be able to be left unsupervised safely, sleep and play in their own little room!

So what do they need 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:

To get you started, 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 name tag with your details on it
- a lead and a longline for recall training
- poo bags
- a food bowl and water bowl
- dog toys
- grooming equipment like a brush, nail clippers ect
- lots of treats!
- good quality food

What needs to be on my dogs tag?

It is generally not recommended to put your dogs 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 number or two

Your house number and postcode



**YOUR DOG IS LEGALLY  
REQUIRED TO HAVE AN UP  
TO DATE TAG ON 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 when they get home as puppies can have sensitive tummies at a young age. 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!

So if you're changing their food, the best thing to do is do a slow change over where you do 10% of the new food 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 ect.. This makes sure that your puppies tummy can adjust to the new food.

If you're not sure whether you need to change your dogs food or not, you can use some of other online resources or check out the website 'All about dog food' to see how good quality your puppies food actually is.

# FOOD RECOMMENDATIONS



## Canagan

£19.99 for 2kg

- All about dog food rating: 74%
- Completely natural
- Grain free
- High meat content
- Hypoallergenic
- Certified nutritionally complete



## Butternut Box

£2.36 for £400g

- All about dog food rating: 87%
- Completely natural
- Grain free
- High meat content
- Hypoallergenic
- Certified nutritionally complete



## Carnilove

£11.95 for 1.5kg

- All about dog food rating: 77%
- Completely natural
- Grain free
- High meat content
- Hypoallergenic
- Certified nutritionally complete



## Forthglade

£22.25 for 12 trays.

- 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 the basics like sit, down, sitting on their bed, following you. Start with short sessions with lots of praise and lots of breaks so your puppy doesn't get overwhelmed and overtired. You can also start lead training and recall training in the house too which can really kick start you on your training journey. Make sure to take lots of breaks in between sessions as an over tired puppy is not what you want to be working with so if your puppy starts to get silly or not wanting to join in, pop them in their crate for some chill time and come back later.

Use lots of treats so you can snap shot the things you want to be teaching your puppy and redirect them to something else if they do something you don't want them to do to help them learn. It's a good idea once your puppy is wandering around a lot to keep a lead on them when they are out loose so you can pick up their lead and help them out if they are doing something you don't want them to do too.



## 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 behavioral issues as your puppy grows up. The best thing you can do for your puppy is letting 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 so that 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 behavior in society and isn't all about meeting and playing with everyone you meet. Teaching general calmness and engagement with their handler is 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 grooming 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 all over in case they are ever injured and need a vet touching different areas.

You could also do muzzle training which although most people are not a fan of, 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.

***IF YOU NEED ANY HELP WITH  
PUPPY TRAINING, 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

