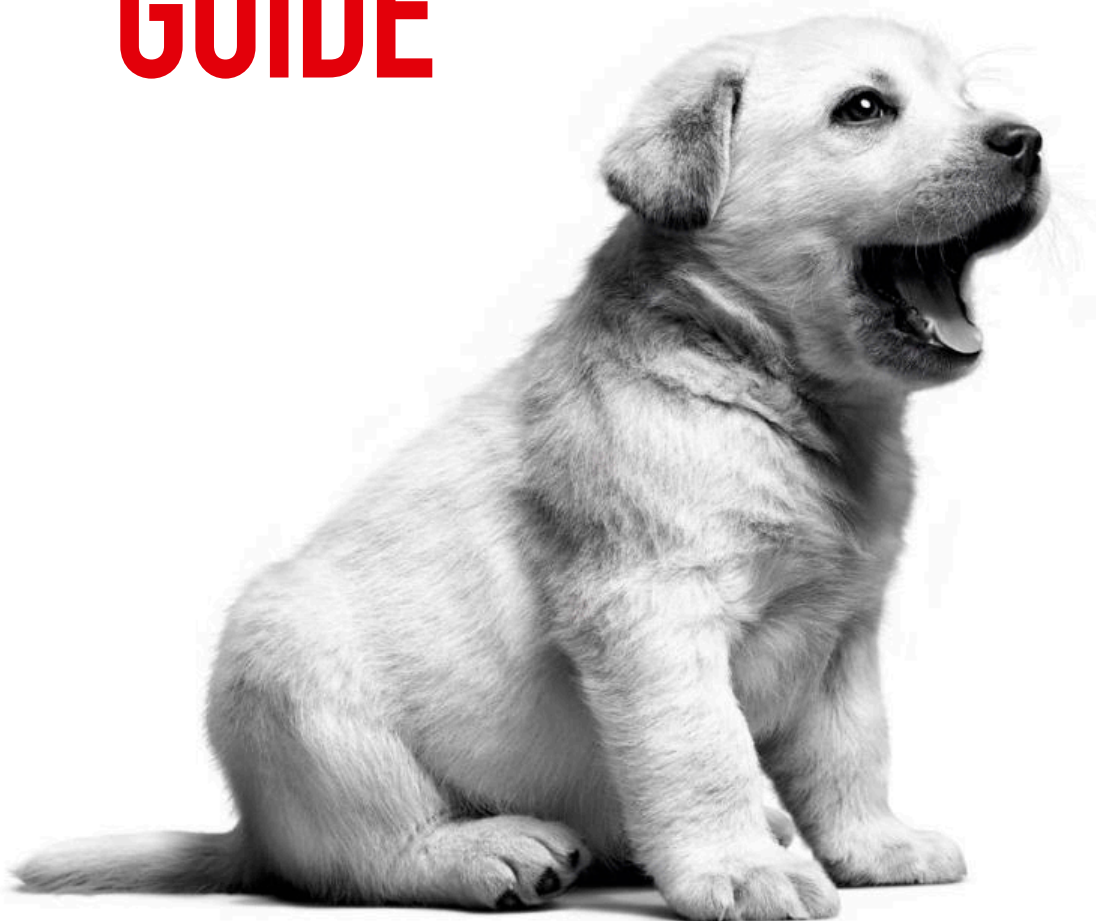


# THE PUPPY GUIDE

life



  
**ROYAL CANIN**  
EDITIONS

**Please note**

*This book has been written solely for the information of readers  
and is not for use as a veterinary medical manual  
in place of veterinary consultations and treatments.  
It is recommended that puppies receive regular veterinary health checks.*

# THE PUPPY GUIDE

Published by Royal Canin SAS  
[www.royalcanin.com](http://www.royalcanin.com)

Artistic direction & editorial coordination: **okó**  
Printing: Imp'act Imprimerie

The reproduction in any form of any part of this book without written permission from the publisher, the author or any rights holders is a breach of prevailing national and international intellectual property laws and may give rise to criminal proceedings. Copies and reproductions strictly for private use of the copier and not intended for collective use are permitted, as are analyses and short quotations justified by the critical, educational or informative nature of the work in which they are used, provided the stipulations relating to copying of prevailing national and international intellectual property laws are not breached.



Throughout their lives, dogs are great companions for the families that care for them. Our philosophy, founded on four simple fundamentals for responsible owners, will help build the solid foundations of a long-lasting and unique relationship with your pet, which develops each and every day.

## **RESPECT**

Understanding and respecting your dog for the unique animal he or she is, and being aware that domesticating dogs has rendered mankind responsible for their well-being. Respecting your dog includes catering for their basic requirements, including safety, health and diet, all the while, ensuring their social integration.

## **CARE**

Spending time with them, providing them with the necessary care, playing with them and taking them outside regularly. Taking care of your dog means monitoring his or her health and well-being, throughout their life.

## **KNOWLEDGE**

Showing curiosity for the canine species, accepting that a dog is not a human, learning more about what makes your dog different from other dogs. Getting to know your dog means understanding what makes them unique and adapting to their needs.

## **EDUCATION**

Integrate your dog into their living environment, teach them what they can and cannot do, and always behave in a coherent manner so that they understand their place within the family. Educating your dog means ensuring their social well-being.

# 1/ ARRIVAL

## IN THEIR NEW HOME P.08

Providing all necessary equipment P. 12

Organising the new home P. 14

Accompanying their first steps P. 18



# 2/ HEALTH

## P.22

Choosing tailored health-nutrition P. 26

Ensuring a full health follow-up  
with your vet P. 40

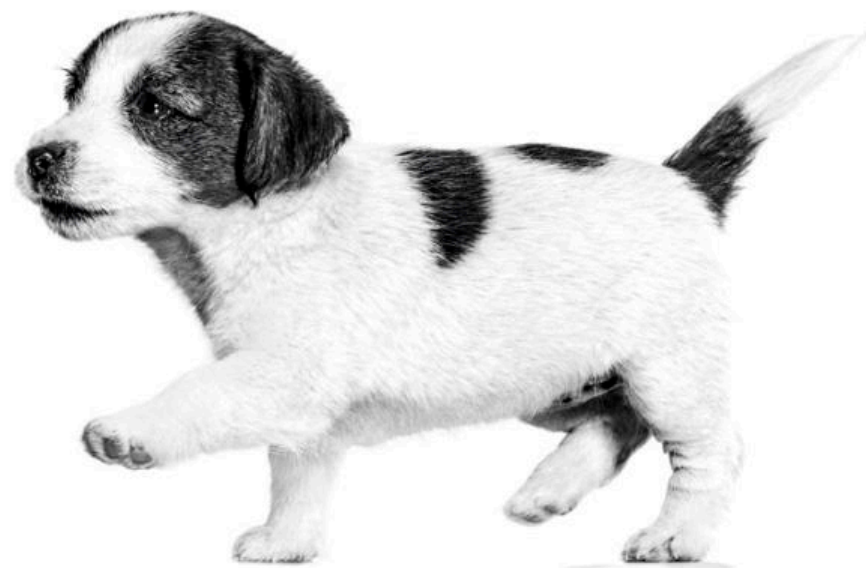
# 3/ WELL-BEING

## P.48

Educating your puppy P. 52

Monitoring your puppy's fitness and well-being P. 58

Maintaining your puppy's hygiene P. 60





# ARRIVAL IN THEIR NEW HOME

- Providing all necessary equipment
- Organising the new home
- Accompanying their first steps

**THE FIRST FEW  
EXPERIENCES IN A NEW  
HOME, WILL IMPACT  
A PUPPY THROUGHOUT  
THEIR LIFE**

**PUPPIES ARE FRAGILE  
AT THIS CRUCIAL TIME,  
THEY NEED REASSURANCE  
AND TO FEEL PROTECTED**

**PUPPIES REQUIRE  
A SAFE HOME IN WHICH  
THEY CAN EXPLORE  
WITH CONFIDENCE**

Welcome to the family!

The arrival of a new puppy is an important event: for your puppy, but also for you and your family.

How can you make your puppies arrival in to their new home as successful as possible?

---

**The big moment is here,  
you have just collected your  
new puppy!**

Whether he or she comes from a breeder, a shelter, a pet store or a friend, first impressions are vital, and will influence your mutual relationship in the long term. Plan to collect your puppy at a moment when you can spend time looking after them: at the weekend or on your day off for example.

**This is a magical moment for  
you, but it can be a stressful  
time of change for your puppy.**

Your puppy has left the security of his or her mother and litter-mates, and is experiencing a multitude of new sights, sounds and smells. Try to control your own emotion and excitement during this time.





# PROVIDING

## ALL NECESSARY EQUIPMENT

The essential tools for your new puppy, should ideally include two bowls, a collar or harness, a leash, a bed, a brush, toys and, of course, your puppy's first diet!

### Why two bowls?

- One for water and the other for food. Preferably stainless steel bowls as they are more solid and hygienic than plastic bowls. Easy to clean, durable, stainless steel bowls do not rust, break or chip. Moreover, some dogs can have allergies to plastic.

### When should we use the collar and leash?

- Even if your puppy stays in the garden at first, we recommend that you get your puppy used to wearing a collar and walking on a leash as early as possible. Ensure that the collar is comfortable and will not slip over your puppy's head. If you have a small-breed puppy, or if your puppy is particularly sensitive to the collar, then use a harness instead. Your local vet will have more helpful advice on this.

### How should we prepare his or her bed?

- Provide a cushion, blanket, basket, kennel or crate, depending on where your puppy will sleep. Bedding must be comfortable and adapted to your puppy's future size when adult. Keep your puppy's bed clean and dry.

### Should we provide a travel carrier?

- A travel carrier or crate is vital for travel, and can be an excellent way to protect an adventurous young puppy against danger in the home. Your puppy will feel safe in their crate if they learn to use it from an early age.

### Why is grooming so important?

- Regular brushing will get your puppy used to handling. Grooming also allows you to check they have no hidden wounds or parasites, all the while allowing the two of you to build a trusted bond together. Check that the grooming kit is adapted to your puppy's coat type.

### The secrets of toys?

- Toys are vital for puppies' education. Rubber toys are almost indestructible, and may last for years. Choose small toys for young puppies who still have milk teeth. However, always choose toys which are twice as large as your puppy's mouth, to prevent risk of choking, and always check that toys are in good condition.

### Advice for first meals?

- If your puppy comes directly from a breeder, follow the breeder's recommendations. On the other hand, if there are no special recommendations, choose a specific health-nutrition puppy growth diet, adapted to your puppy's age, breed and size (see pages 34-35).



# ORGANISING THEIR NEW HOME

Giving your puppy a dedicated area will help them to quickly adapt to their new home, and allow them to feel safe and secure, ready to sleep.

## Where should your puppy eat?

- Choose a dedicated spot for your puppy's mealtimes. Feed your puppy at fixed times, in a different part of the house than that used for family mealtimes, and at different times compared to the family meals.

It is also recommended that your puppy be left alone to eat.

**A 3 MONTH-OLD PUPPY  
REQUIRES A LOT OF SLEEP.  
TRY NOT TO WAKE  
OR DISTURB YOUR PUPPY  
DURING THESE PRECIOUS  
MOMENTS OF REST.**

## Where should your puppy sleep?

- Your puppy needs his or her own dedicated area. This is where your puppy will go if they need to rest. Ideally, your puppy's bed should not be located in the bedroom, but in a calm spot, where your puppy feels safe, away from windows and doors, so that he or she doesn't get the impression that they are there to control the comings and goings of the household. Once decided upon, do not change this spot because dogs require stability and routine.

There are many dangers for a puppy in your home.

**Take time to make your puppy's living environment as safe as possible.**



## INSIDE

Ensure that all the rooms used by your puppy are made safe. A puppy will tend to chew on anything they find, so check all visible electrical cables and ensure they can't be accessed. Could your puppy get trapped or fall anywhere? Check windows, balconies and staircases. Cleaning products or some household plants can cause intoxication. Be very careful not to leave out medicine or certain foodstuffs which can be dangerous or toxic for your puppy, such as chocolate, onions or salt.



## OUTSIDE

Will your puppy be left outside without surveillance? Check the garden for holes or gaps in the fence, from which your puppy could escape. Also, watch out for toxic plants, herbicides, insecticides or chemical fertilisers. Certain stinging insects (e.g., the army worm) are extremely dangerous for puppies.





# 3 BASIC RULES

ELEMENTARY RULES TO SET  
FROM THE START OF THE RELATIONSHIP  
WITH YOUR PUPPY.

It is important to meet your  
puppy's needs, but also to fix  
the rules from the start.



DO NOT LET YOUR PUPPY  
DO WHATEVER THEY WANT  
UNDER THE PRETEXT  
THEY ARE YOUNG. PUPPIES  
ARE QUICKLY ABLE TO  
DIFFERENTIATE BETWEEN  
WHAT IS ALLOWED AND  
WHAT IS NOT.



FIX THE BOUNDARIES,  
BY NOT ALLOWING YOUR  
PUPPY TO CLIMB ON BEDS  
AND BY PROVIDING THEM  
WITH THEIR OWN TOYS.  
IF YOU ALLOW YOUR PUPPY  
ONTO THE BED OR SOFA,  
THEN IT WILL BE DIFFICULT  
TO CHANGE THIS HABIT  
LATER ON.



DO NOT FEED YOUR  
PUPPY LEFTOVERS,  
AND DO NOT FEED HIM  
OR HER AT TABLE.  
THIS TYPE OF BEHAVIOUR  
WILL ENCOURAGE YOUR  
PUPPY TO BEG AND COULD  
CAUSE WEIGHT GAIN AND  
DIGESTIVE PROBLEMS.

# ACCOMPANYING

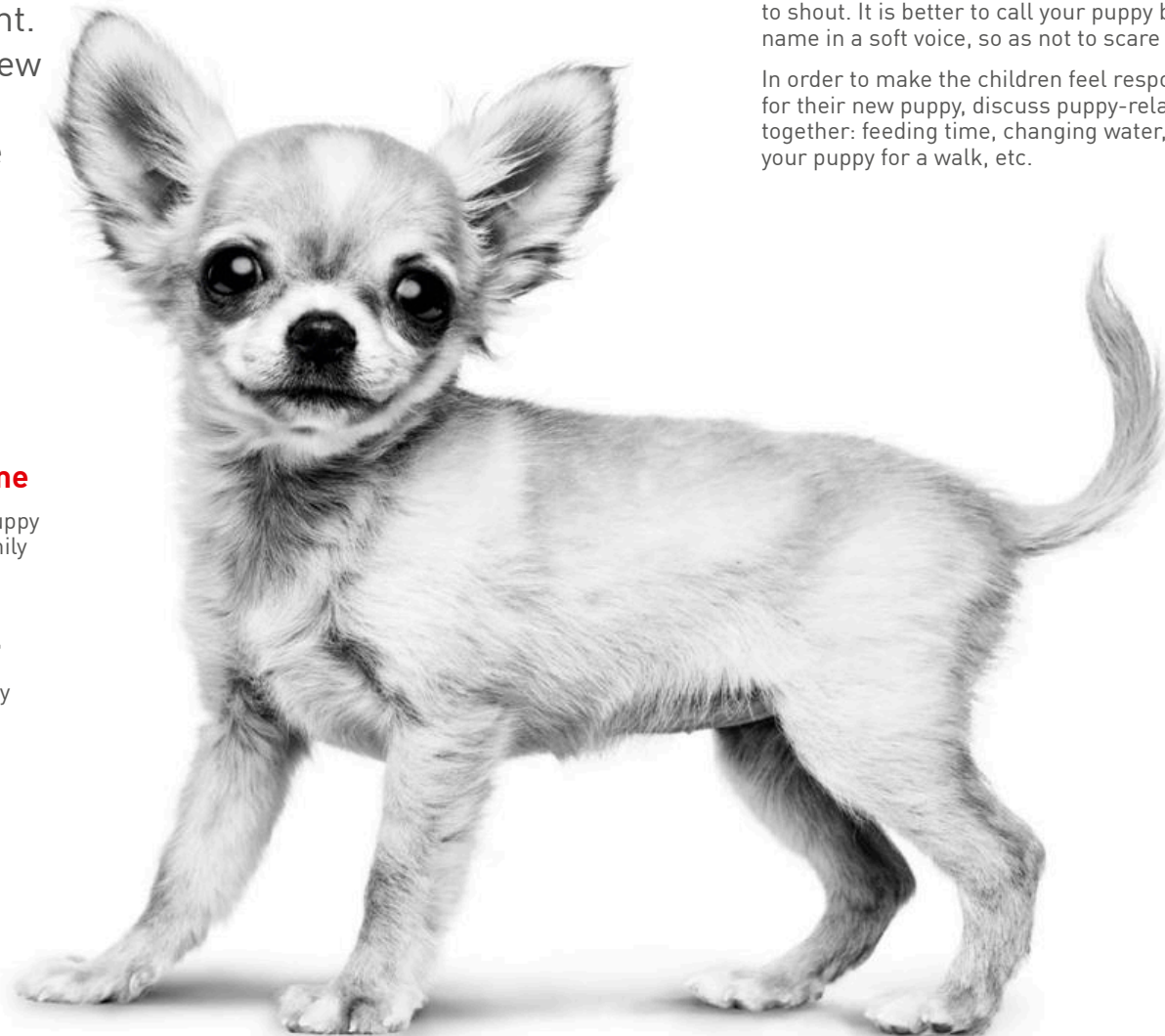
## THEIR FIRST STEPS

The arrival of a new puppy in the home is a big event. Your puppy will need a few days to settle in and get to know their new home and family.

### Helping your puppy to discover their new home

- On the first day, prevent your puppy accessing rooms where the family spends most of their time.

Let your puppy explore and get to know their new environment, but under your surveillance. Generally, it will take your puppy one or two days to adapt. Your puppy will quickly choose the places he or she prefers.



### How best to prepare your puppy's first encounter with the children?

- Children can be careless and make sudden movements or squeeze too tightly, which can scare your puppy. Be careful, and do not leave them unattended. When your puppy first arrives, ask the children to sit down and let him or her come to them.

Explain to the children that your puppy has excellent hearing, and that it is not necessary to shout. It is better to call your puppy by their name in a soft voice, so as not to scare them.

In order to make the children feel responsible for their new puppy, discuss puppy-related tasks together: feeding time, changing water, taking your puppy for a walk, etc.

---

Researchers have studied the impact of the presence of a dog on the mental and physical development of young children and teenagers.

Recent results are unanimous:

**100 % positive!**

Whether it be someone to confide in and have a cuddle with, or an ever eager playmate, dogs will always be a child's best friend.

---

## What if you already have pets?

**The golden rule: the current residents are masters in the home, so do not upset their habits. Do not show preference for the new arrival to the detriment of other pets who could feel abandoned.**

**Overall, keep a watchful eye, and be patient in order to prevent conflict between pets who must get to know each other and learn to live together.**



Communal living is a bit complicated. If one of the two is still very young, it is less problematic (either they will hit it off, or will keep themselves to themselves). Otherwise, the famous expression “to get on like cats and dogs” will become very obvious.

Most of the time though, each one will find their own territory and avoid contact with the other. At first, cats tend to be mistrustful. The cat will probably hide on top of a cupboard, or somewhere where they feel safe, and wait until they are sure that your puppy is not a source of danger. There is no point in rushing things. Once the cat comes out of his or her hiding place, the two are sure to live together peacefully. Each resident must have their own dedicated area where they feel comfortable. Cats favour peaceful resting places, up and out of the way, well out of the reach of dogs, so ensure there is a ‘safe place’ for your cat to escape to well before the new puppy arrives.

**CHECK THAT EACH PET HAS THEIR OWN BELONGINGS AND THEIR OWN SPECIFIC DIET.**



It does not take dogs long to learn to live together and become firm play mates.

Dogs of all sizes and breeds generally get on well together very quickly, provided that the house is big enough for them. If you have an older dog who has been living with you for a long time, they may have some difficulty in sharing the living environment with a new puppy... especially if both dogs are males.

Introduce the dogs to each other in a neutral place (outside of the house) to ensure that the first dog does not feel territorial. Ensure that both dogs are held on leash, and are under control. Allow the dogs to sniff one another, in order to make acquaintance.

Bringing a puppy into the life of an older dog is often beneficial for both. It brings a new lease of life to the older dog who, in turn, will spontaneously teach the puppy good manners.





# HEALTH

- Choosing tailored health-nutrition
- Ensuring a full health follow-up with your vet

**DIET  
PLAYS A KEY ROLE  
IN YOUR  
DOG'S HEALTH**

**A GROWING  
PUPPY  
REQUIRES  
A SPECIFIC, TAILORED DIET**

**IT IS VITAL TO SEE  
THE VET REGULARLY  
AFTER YOUR PUPPY'S  
ARRIVAL**

The puppy-owner's main responsibility is to monitor their puppy's health, but also to continually monitor them ongoing into adulthood.

What are the best ways to do this?



---

Understanding your puppy is vital to their growth and well-being in a new living environment.

**Ensure tailored health-nutrition, with careful observation and regular monitoring** by your local vet in order to prevent health problems in the first months of your puppy's life, right through to adulthood and beyond. An adult dog's health is truly reliant on problem-free growth period!



# CHOOSING

## TAILORED HEALTH-NUTRITION

The role of a puppy diet is to provide vital nutrients for healthy growth. Rigorously selected and measured, nutrients contribute to optimal digestion and health.

### Why can't we feed a dog in the same way as a human?

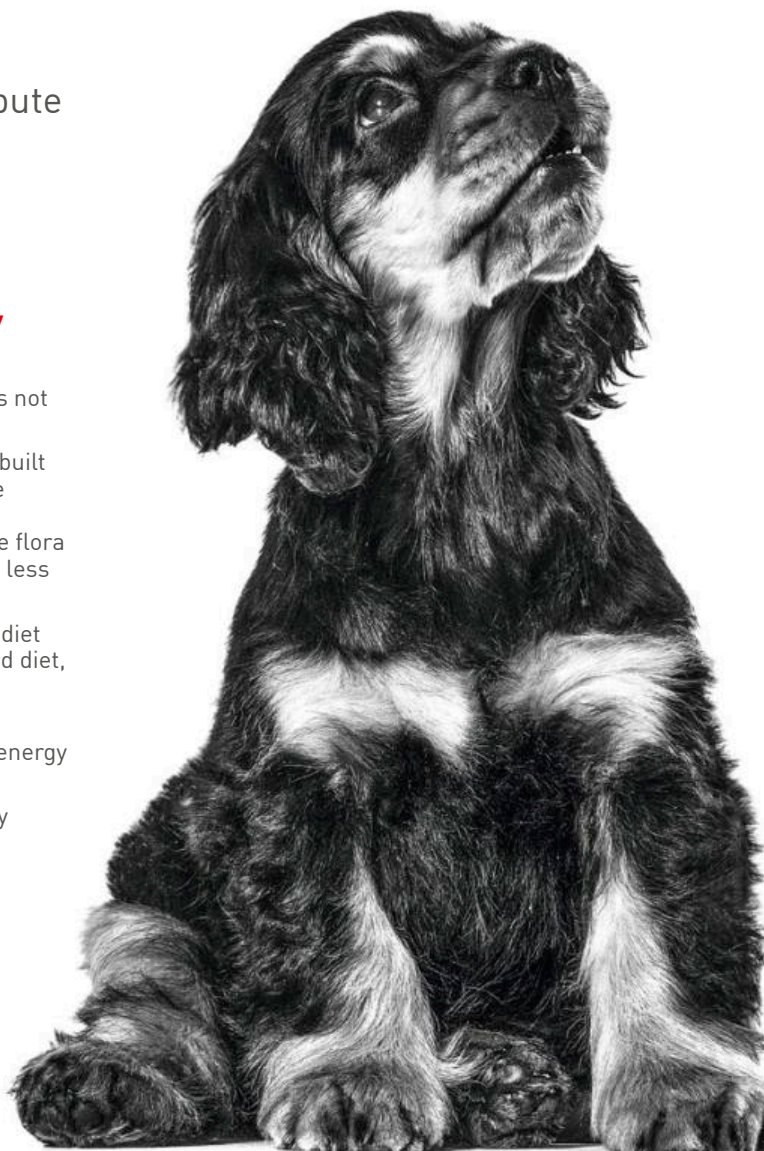
..... Humans are omnivores, and can eat anything. This is not the case for dogs.

Let us compare canine and human physiology: jaws built for cutting rather than chewing, absence of digestive enzymes in saliva, resulting in the need for a strong stomach, and short intestines with targeted digestive flora (diversity and quantity of canine digestive bacteria is less than for humans).

These characteristics mean that sudden changes in diet can lead to digestive disorders in dogs. Thus, a varied diet, as favoured by humans, is far from ideal for dogs.

Moreover, a dog's daily needs in protein and fats are greater than those of humans, who prefer to obtain energy from carbohydrates.

Tailored nutritional precision and dietary consistency are vital keys to healthy canine feeding.



### Why is it wrong to feed puppies on an adult diet?

..... Is a human baby fed like an adult? Obviously not: babies have fragile digestive systems, small jaws and no teeth, and are thus, unable to bite into an apple, for example.

Comparing the specificities of the two species makes it easier to understand why puppies also require a different diet to adult dogs.

Growth is a key period, during which a puppy's different physiological functions develop, and in particular, the digestive and immune defence systems.

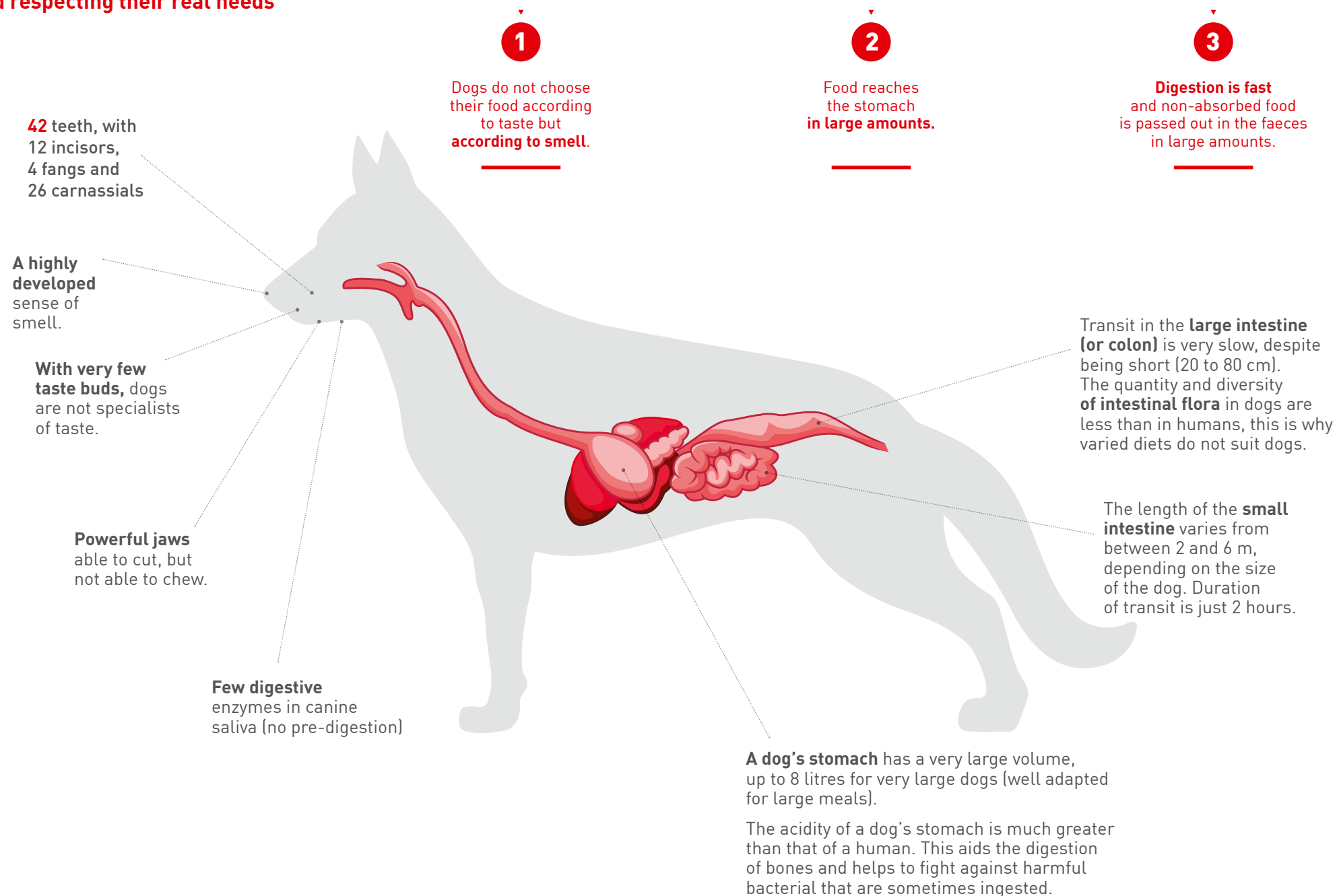
This period is marked by very high energy requirements and is composed of two phases: up to 8 months, an extremely rapid exponential growth phase, during which most of the skeleton develops, followed by a slower growth phase, during which the muscles develop.

Diet during the growth period plays a key role in a puppy's future morphology and health status.

..... **A PUPPY IS A GROWING DOG: THE COMPOSITION, TEXTURE AND SIZE OF THEIR FOOD, MUST THEREFORE BE ADAPTED TO THE PUPPY'S AGE.**



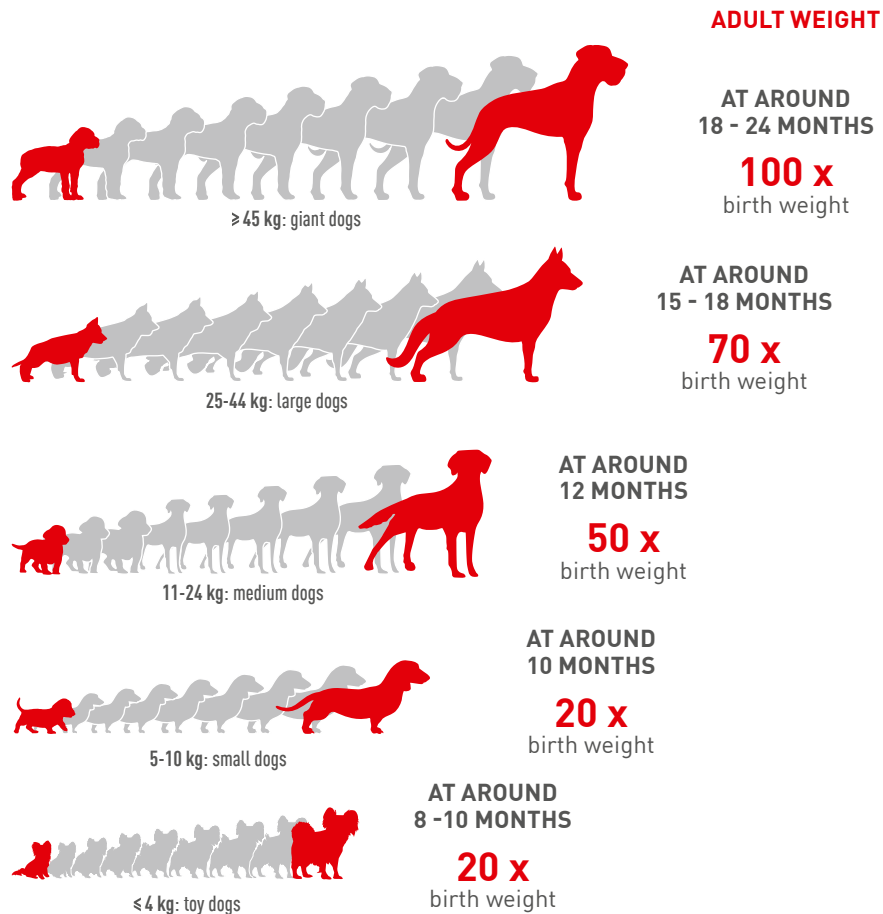
## Getting to know your dog, and respecting their real needs



## Why should the dog's size at adult age be taken into account?

The growth process is very different depending on a puppy's size at adult age, which will be determined by breed or cross-breeding. **Thus, the length and intensity of growth is determined genetically. There are 5 different size groups for dogs: toy, small, medium, large and giant.** With this in mind, we need to consider puppies of different breeds.

A Chihuahua (toy breed) reaches adult weight at around 8 months, at which point their birth weight has multiplied by twenty fold! Saint-Bernard (giant breed), however, will continue to grow for around 2 years, until their birth weight has increased one hundred-fold!



At 3 months, a small breed puppy weighs an average of 2 to 3 kg and a giant breed puppy, 18 to 20 kg, obviously jaw size is also very different!

A medium breed sized kibble can generate chewing issue for small breed dogs and waste issues for giant breed dogs.

As such, it is better to provide a kibble size which is adapted to small, medium or large puppies.

Small breed puppies grow faster and in a different way to large breed puppies.

**During the first months of life, the impact of nutrition is crucial.**



### LARGE BREED PUPPIES

Large breed puppies can be prone to nutritional issues during their important growth phase. Growth is very long (from 18 months to 2 years, for the largest breeds) and is marked by two distinct phases: first, the dog grows, then it develops muscles (a little like teenage children!).

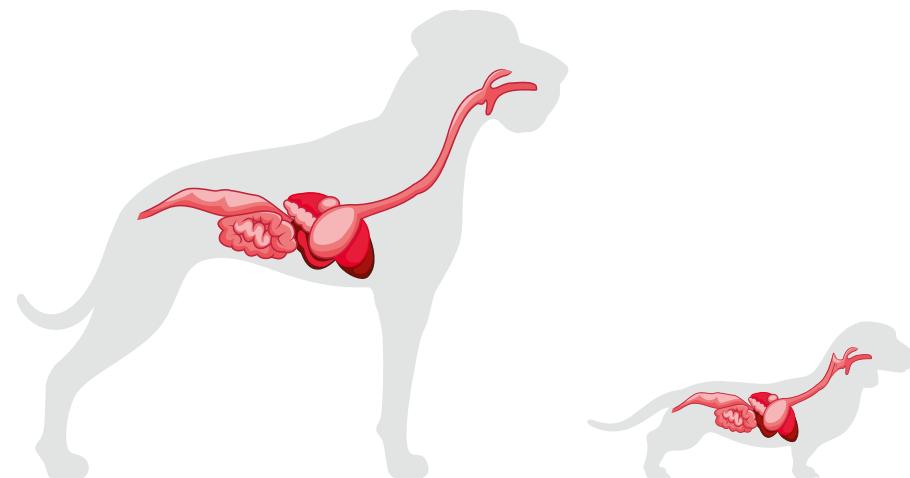
- > Due to rapid bone growth, a large breed puppy is more demanding than a small breed puppy in terms of their calcium and phosphorous requirements.
- > If the puppy puts on weight too fast, the load on their developing skeleton can have harmful consequences on their future health as an adult. Thus, overfeeding accelerates weight gain in large breed puppies and can lead to osteo-articular disorders.
- > A large breed's digestive system is weaker than smaller breeds, because their digestive tract is lighter as a proportion of their total bodyweight.



### SMALL BREED PUPPIES

In small breed puppies, the development of body fat begins just after weaning and excess food during growth can favour the multiplication of fat storage cells. Overfeeding, and in particular giving treats, predisposes the puppy to obesity in later years. This risk is increased with small dogs who lead a sedentary lifestyle. The prevalence of obesity is indeed higher in dogs who live indoors, compared to dogs who live outdoors.

**THE HIGH LEVEL OF DIGESTIVE SENSITIVITY IN LARGE DOGS IS DUE TO THEIR PROPORTIONALLY SMALLER DIGESTIVE TRACTS.**



**2.7%**  
OF TOTAL BODYWEIGHT

**7%**  
OF TOTAL BODYWEIGHT

Puppies are greedy by nature.  
Although they require **a lot of energy to grow**,  
we must not be tempted to overfeed them!



#### DURING THE FIRST MONTHS OF LIFE: ENERGY... BUT NOT TOO MUCH!

During the first growth phase, between weaning (at around 2 months) and the arrival of the first permanent teeth before 7 months, the puppy's bone structure will develop in a spectacular way. Puppies put on weight every day. To compensate for this intense metabolic activity, **a puppy requires 2X more energy than an adult dog of the same weight, as well as an adapted amount of phosphorous and calcium.** A puppy's diet must meet their nutritional requirements but also prevent accelerated weight gain. This explains why it is so important to provide a quality diet, in the right quantity and frequency. Skeletal overload during development can lead to osteo-articular disorders, and overfeeding can cause digestive disorders.

The second phase of puppy growth is a consolidation phase. The puppy continues to grow, but growth slows down. While they finish building and solidifying their bone structure, their muscles start to develop. Puppies require a little less energy at this time, although their requirements remain higher than an adult of the same weight. **This is a sensitive period for puppies, and their weight should be regularly monitored.** Excess weight could have serious consequences.

**DO NOT GIVE YOUR  
PUPPY LEFTOVERS  
OR TREATS,  
BUT CAREFULLY  
MEASURED FOOD  
RATIONS!**



#### DIGESTION: A SENSITIVE SUBJECT DURING THE FIRST MONTHS OF LIFE

At time of weaning, a puppy's digestive capacity is not yet fully developed because enzymatic secretion is limited. Maturing will take place progressively during growth.

If a puppy cannot digest properly, then he or she will not benefit from dietary nutrients, and may get tired quickly and not grow normally. Quality nutrition provides selected nutrients which are both essential for harmonious growth and highly digestible, meaning that they are better absorbed by the puppy and are also much more efficient.



#### THE "IMMUNITY GAP" IS A VITAL PHASE AT THE START OF LIFE

Before whelping, a puppy is safe and warm in their mother's womb. At birth, the puppy's immune system is still very immature and they rely on their mother's antibodies that they receive via colostrum (the first lot of maternal milk). The quantity of maternal antibodies drops during the first 12 weeks of the puppy's life.

At the same time, a puppy begins to explore and discover during the first few weeks of life, while progressively (up to 6-18 months) developing their own defence system against different 'antigens', including germs encountered, or vaccinations as examples.

The period during which maternal protection has become insufficient and the puppy's own defence mechanism is still underdeveloped, is a sensitive period for risk of infection, and is known as the "immunity gap".

Diet at this time must include specific antioxidants and prebiotics to help a puppy through this sensitive period, while reinforcing their natural defences.



## What should I feed my puppy when he or she first arrives home?

In order not to upset their already very fragile digestive system, stick to what your puppy was fed before arrival. If you wish to change their diet, do it little by little, and preferably after the age of 3 months. Make sure you gradually mix the food over a seven day period, increasing the amount of the new food added each day so that 100% of the new food will be provided by day seven. This will help avoid any digestive stress and diarrhoea. It is important to remember that food transitioning should be done with any and all diet changes your puppy or dog goes through at any stage in their life.

### DIETARY TRANSITION PREVENTS DIGESTIVE TROUBLES. THE TRANSITION CAN BE DONE SUCCESSFULLY IN ONE WEEK

DAYS  
**1&2**



- 75% of current diet
- +25% of new diet

DAYS  
**3&4**



- 50% of current diet
- +50% of new diet

DAYS  
**5&6**



- 25% of current diet
- +75% of new diet

DAYS  
**7 and after**



- 100% of new diet

## What food should I choose?

Ensure top quality food products from specialist stores, or your local veterinarian, as they guarantee that your puppy will enjoy a balanced diet, containing all of the nutrients required for healthy growth. If your puppy is fed home-made meals, it is then difficult to assess whether or not they are getting all of the nutrients necessary for a healthy, balanced diet. Another advantage is the wide product range adapted to a dog's individual characteristics: age, size, breed, sensitivity. This is known as tailored health-nutrition. Choose kibbles or wet food (pâté, mousse, etc.), depending on your puppy's preferences.



### What are the visible effects of a healthy diet on a puppy?

- > Vitality
- > Healthy appetite
- > Well formed stools, no digestive disorders
- > Harmonious body development
- > Glossy coat

### What are the invisible effects?

Invisible to the naked eye, the role of nutrition is essential in reinforcing the body's natural defences! Severe vitamin and trace-element deficiencies can interfere with the sound development of a puppy's protective immune response, and could cause them to become ill more frequently.



## Where, when and how to feed my puppy?

..... The dietary behaviour of a domestic dog requires routine, as is the case with most mammals. Ensure that your puppy's meals are given regularly.

- > Feed your puppy in the same place every day, ensure it is a calm environment and feed them at fixed times in order to prevent mealtime anxiety.
- > If possible, avoid any type of exercise just after mealtimes, especially with large breed puppies, in order to prevent risk of stomach bloating/torsion, which they can be prone to. If your puppy wants to play with you, just ignore them for a while.
- > Make sure that your puppy always has fresh water available and that bowls are always clean. Do not give your puppy milk, which is very difficult for them to digest.
- > Ideally, provide 3 meals per day until the age of 6 months, and then two meals until the end of the growth period.
- > Food must not be freely available, and no extra food should be given outside of fixed mealtimes, in order to prevent excessive weight gain.
- > Leave your puppy alone with his or her food bowl for 10 minutes, without disturbing them. If he or she hasn't finished eating after this time, then take the bowl away and wait until the next mealtime.



## May I reward my puppy by giving him or her food?

..... In order to keep your puppy at his or her ideal weight, only give treats on the rare occasion, as they can lead to excessive weight gain. It is always better to reward your puppy by petting them and using encouraging words and voice tone. You may, however, use low-calorie kibbles as a reward during puppy training sessions. Be careful, sugar and chocolate are very bad for dogs, and depending on the type and amount, chocolate can be extremely toxic for them.

## My puppy is refusing to eat, what should I do?

..... Your puppy is probably upset by all of the changes and needs time to adapt before he or she begins eating normally again. Keep an eye on your puppy. If there are no other symptoms, then just wait for the next meal, otherwise contact your local vet.



# ENSURING

## A FULL HEALTH FOLLOW UP WITH YOUR VET

Ongoing medical monitoring of a puppy is a combination of expert advice (the vet) with regular observation (the owner).

### How to monitor growth?

- ..... To ensure that your puppy is growing well, we recommend that you weigh them regularly in order to check their weight gain since the last time they were weighed. To do this, use the family scales (subtract your own weight if you go on the scales together). For giant breed puppies, this will quickly become impossible. In this case, your vet will have appropriate scales available. A puppy who does not put on weight, or who loses weight, must be taken to the vet. We also recommend that you avoid allowing your puppy to put weight on too quickly.

..... **AT THE AGE OF 3 MONTHS FOR SMALL BREED PUPPIES, OR 5 TO 6 MONTHS FOR LARGE BREED PUPPIES, PUPPIES MUST NOT REACH OVER 50% OF THEIR ESTIMATED ADULT AGE BODYWEIGHT.**



### How to choose a vet?

- ..... Save time by choosing a vet before your puppy arrives at their new home. If you have not yet chosen a vet, why not ask family or friends with pets for their recommendation! Developing a trusting bond with a specialist is vital to your puppy's health monitoring.

---

### How can I be sure that my puppy is in good health?

Check these indicators of your puppy's health status: bright eyes, glossy coat, healthy skin, ribs that are easy to feel. Your puppy should be alert and playful. His or her nose should be cold and damp.

---

### How often should my puppy visit the vet?

- ..... Your puppy should visit the vet periodically for a health check. Even if your puppy is in good health, we strongly recommend that you take them to the vet regularly for basic care, weight monitoring, vaccination coverage and an adapted worming programme.

From the very beginning, your puppy requires **4 types of care.**

## IDENTIFICATION

In some countries, identification is compulsory for any puppy sold or adopted out, either by tattoo or microchip, and generally performed by the vet.

Identification is essential; in cases of loss or theft, the ID number will provide owner identification and contact details.

**THE VET IS THE ONLY PERSON ABLE TO HELP YOU TO CHOOSE A VACCINATION PROGRAMME ADAPTED TO YOUR PUPPY, TAKING INTO ACCOUNT ENVIRONMENTAL RISK EXPOSURE.**

## VACCINATIONS

Vaccines reinforce the dog's natural defences and prevent contagious, sometimes fatal, diseases. Some vaccines are compulsory, others are recommended. Generally, the first vaccines are given from the age of 6-8 weeks, when a puppy is no longer protected by maternal antibodies and is particularly vulnerable to disease. The first injections will be followed by regular boosters, some of which are yearly. Boosters are compulsory for optimal protection.

## WORMING AGAINST INTERNAL PARASITES

Puppies often have worms, and are generally wormed monthly until 6 months of age, and then every 3 - 6 months from then on (depending on the product). Internal parasites are transmitted to a puppy via their mother at the time of whelping, and are located in the digestive tract. They can provoke weight loss, arrested growth or digestive disorders (bloating, diarrhoea or constipation). Later, contamination comes from other dogs and the outside world. These parasites are often microscopic and invisible to the naked eye in puppy's stools. The vet will recommend a regular worming programme, adapted to your puppy's lifestyle.

## TREATMENT AGAINST EXTERNAL PARASITES

Your puppy is an easy target for fleas and ticks. These parasites are detrimental to a puppy's skin and coat, and can even provoke serious, infectious diseases. Always check your puppy's coat thoroughly, especially after country walks. Treat your puppy, and their bedding, for fleas (basket, blanket, etc.). Ticks can be extracted with special pincers, but be sure to ask your vet for further advice here.



# PREPARING

FOR YOUR PUPPY'S FIRST VISIT  
TO THE VET

**Vets do not depend solely on clinical examination for information. The success of your puppy's health care will also depend on the information you provide regarding their diet and lifestyle.**



AS SUCH, BEFORE THE APPOINTMENT, BE SURE TO TAKE NOTES ON YOUR PUPPY'S DIET (BRANDS, QUANTITIES, ETC.). ALSO, RECORD ANYTHING UNUSUAL THAT YOU MAY HAVE NOTICED (APPETITE, BOWEL MOVEMENTS, BEHAVIOUR, ETC.).



WE RECOMMEND THAT YOU TRANSPORT YOUR PUPPY IN A SPECIALLY DESIGNED, PRE-PREPARED PET CARRIER, SO THAT THEY FEEL SAFE AND SECURE. DON'T FORGET THAT TRAVELLING IS ALREADY A STRESSFUL EXPERIENCE FOR YOUR PUPPY, AND THAT HE OR SHE WILL PICK UP YOUR OWN ANXIETY TOO.



WHILE IN THE WAITING ROOM, KEEP YOUR PUPPY ON A LEASH. IF OVER-EXCITED, THEN LEAVE HIM OR HER IN THE PET CARRIER.



IF YOUR PUPPY IS SCARED OR AFRAID WHILE ON THE EXAMINING TABLE, HE OR SHE MAY BECOME AGGRESSIVE OR URINATE. GENTLY PET AND CALM THEM WHEN THEY RELAX. YOU CAN TRUST YOUR VET IN THESE SITUATIONS AS THEY ARE MORE THAN USED TO THIS BEHAVIOUR.

**CLOSELY MONITOR YOUR PUPPY'S GROWTH BY RECORDING THEIR WEIGHT WEEK BY WEEK. THIS INFORMATION WILL HELP THE VET TO DETECT POTENTIAL EXCESS WEIGHT GAIN.**



### **How can I prevent my puppy from getting fat?**

An overweight puppy is twice as likely to become obese when they are an adult. To avoid dietary excess, simply respect the frequency and volume of their meals, and choose a diet adapted to your puppy's age and size. The vet is the best person to give advice on your puppy's appropriate weight gain, depending on their breed, gender and predicted ideal adult body weight. A diet based on optimal energy levels and amounts, following the vet's recommendations, will help to prevent the risk of excessive weight gain.

If you do not want your dog to reproduce or mate, then you need to consider neutering them. Neutering is a surgical operation, carried out under general anaesthetic.

**The benefits of neutering are many-fold for a dog's health.**



#### **FEMALE DOGS**

Neutering before the first heats will reduce risk of developing uterine infection or mammary tumours. A neutered bitch will no longer have "heats".



#### **MALE DOGS**

Neutered male dogs are generally less aggressive, run away less frequently and show reduced territorial marking (urine spraying). Once the dog's testicles are removed, he will not be able to suffer from testicular disorders.

Neutering prevents excessive prostate growth, a condition which strikes almost all non-neutered male dogs after the age of ten.

It is preferable to neuter a bitch relatively early, during the onset of puberty. As puberty is very variable and will depend on the dog's adult size, the vet will recommend the ideal moment for the operation. The vet will also give pre and post-op recommendations. As a general guideline, puberty in small dogs starts at 6 to 8 months, in medium dogs, at 6 to 12 months and in large dogs, at 15 to 24 months.

**Most dogs tend to put on weight after neutering, since it can provoke a drop in energy needs and increase appetite.** To prevent excess weight gain, the vet can recommend a special diet for neutered dogs, with one main formulation objective: to limit the amount of calories consumed.

Monitor the change in of your puppy's body shape and weight after the operation, so that he or she maintains their ideal weight.



# WELL-BEING



- Educating your puppy
- Monitoring your puppy's fitness and well-being
- Maintaining your puppy's hygiene

**POSITIVE REINFORCEMENT  
IS THE KEY TO  
SUCCESSFUL EDUCATION**

**EXERCISES AND GAMES  
ARE VITAL  
TO WELL-BEING**

**A PUPPY'S COAT  
IS A MIRROR  
TO THEIR HEALTH**

Alongside the love we give to our puppy,  
he or she also needs structure.

What rules are necessary? What educational  
principles need to be applied?

---

Your puppy shared his or her first  
activities with their litter-mates.  
This was their first community,  
in which they had to find their place  
and bide by the rules.

**Your puppy will discover a brand  
new world in their new home,  
and will have to adapt to different  
environments.**

Introduce your puppy to a wide variety  
of situations from as early as possible  
(family outings, trips into town, in the car,  
meeting other animals, etc.).  
This will help them to blend easily into  
their new environment and will reduce  
fear, and resulting aggressiveness.

To make your puppy sociable, teach  
them the rules of living in society,  
so that they can adopt the right behaviour  
in the right situations, and will respond  
to basic orders.

**Puppies are excellent learners.**





# EDUCATING YOUR PUPPY

Dogs are very receptive to orders. Your puppy will be all the more obedient if you share a trusting relationship. A master must show leadership and be precise and clear.

## What are the basic rules for puppy training?

..... Puppy training begins upon arrival at home.

- > Do not let your puppy get into bad habits and do things that are forbidden later on.
- > Modulate the intensity and tone of voice. Your puppy has very sharp hearing and is just as sensitive to the tone of your voice as to the words you use. He or she can distinguish easily between calm, happy or angry intonation tones, there is no need to raise your voice to get the message across. Just speak firmly and concisely. They understand clear words more than long phrases.
- > To give your puppy an order, always use the same words in a determined voice, with the same gestures. Use simple words to give orders and repeat the exercise several times until your puppy really understands.
- > Congratulate your puppy whenever they do well, by petting them and using a warm, friendly tone of voice. Treats may be used at the beginning of puppy-training sessions, but should only be given exceptionally later on, in order to keep your puppy in optimal condition (a kibble may be used instead of a treat). Remember that sugar and chocolate are strictly forbidden!

## Should my puppy be punished if he or she misbehaves?

..... Punishment generates stress and anxiety in puppies, and it is preferable to use the positive reinforcement and reward method. However, it is very useful that your puppy learns the meaning of the word "NO" from a very early age.

Puppies understand dog language: your puppy's mother would pick him or her up by the scruff of the neck if they misbehaved. Instead, just try repeating the word "NO!" firmly and gently push them away from the object they are focused on. As he or she grows up, your puppy will associate the word "NO!" with "leave".

For example, if he or she bites, however gently, when playing, then stop the game immediately with a firm "NO". This will prevent more serious biting in later life.

---

Puppies tire quickly. Organise short but frequent training sessions, for example, 3x5-minute sessions per day. Extend the sessions gradually, as your puppy grows up. If the sessions last too long, your puppy may think that it is a punishment.

---



## How to toilet-train my puppy?

..... A new puppy is generally not toilet-trained.

- > Take your puppy outside frequently, after meals and naps, before bedtime, and as soon as you wake up in the morning. To start with, always take your puppy to the same place so that he or she recognises their own smell. They will return spontaneously to this place as they grow older.
- > Reward your puppy when they go to the toilet at this place.
- > If you catch your puppy urinating where he or she shouldn't, say a clear "NO" in a firm voice and take your puppy outside to the chosen toilet spot, then congratulate and warmly encourage him or her when they relieve themselves in the right place.
- > Reprimanding your puppy if you don't catch them in the act is pointless, as they won't make the connection or understand why they are being told off. This could, on the contrary, generate anxiety.



A well trained dog will come to you when called and will respond to such orders as "sit", "down" or "still", and will not pull on the leash.

**If you feel out of your depth (some puppies or breeds are more difficult than others!), do not hesitate to contact a puppy-training professional. Your vet or breeder will help you to find a suitable club nearby.**



This is a very important order, since it will attract your puppy's attention and will control them in difficult situations (for example, over-excitement during playtime). To help your puppy to understand the order, push down gently on their hindquarters while holding their head up with the other hand. When your puppy sits, congratulate him or her, using their name and petting them enthusiastically. Repeat the exercise several times over, gradually increasing the distance between yourself and your puppy. The end goal is that your pet sits whenever requested to do so, even at a distance.



Can be taught in the same way as "sit", but while pulling your puppy's paws downwards to demonstrate the desired position. When your puppy lies down spontaneously, congratulate them by saying "down, good dog" using their name and rewarding them.



This is the most difficult order to teach a puppy. It requires greater attention. Wait until your puppy is older before teaching them this order. To start with, order your puppy to "sit", and leave an object (for example, their collar) on his or her head or muzzle. Say "still", and when your puppy moves and the object falls, express dissatisfaction. If, however, they hold still for a few seconds, then congratulate them. Progressively extend the period of immobility. Finally, ask them not to move as you carefully and slowly walk away from them, and then to come to heel when called.

### What is the best way to get my puppy used to wearing a collar?

- Adapting to wearing a collar will, of course, take a little time.

Select a collar which is well-adapted to your puppy's size, and put it on when he or she is calm or tired (for example, just after playtime).

Put the collar gently around their neck without the lead, and congratulate them.

Leave the collar on for 10 to 15 minutes, and then take it off again. Repeat this exercise several times per day for a week.

If you choose to use a harness instead, the procedure is exactly the same.

### What is the best way to get my puppy used to a leash?

- Even when they are young, a puppy will tend to follow their master. Use every opportunity you have to call your puppy to heel, and once they are used to wearing a collar then add on the leash as well.

> Do not try to "lead" your puppy right away: choose a long leash and leave it to hang down on the ground, so that your puppy gets used to the sensation.

> Gradually shorten the leash, and without pulling, encourage your puppy to follow you, or follow them as they move.

> If your puppy pulls on the leash, stop and tug firmly and sharply back on the leash several times. Your puppy will then feel unbalanced, and after a few tumbles will stop pulling. Once this phase is under control, then begin to train your puppy to walk off leash.

Once your puppy is walking obediently by your side, you can then consider that the training period has been successfully completed. Never hit your puppy with the leash. A leash must remain synonymous with walk time pleasure, and should never be used as a tool for punishment.



### What is the best way to train my puppy to stay at home alone?

- Dogs need company, and can feel anxious and stressed when left alone. If your lifestyle imposes long periods of absence, gradually get your puppy used to staying alone. Ignore them for 30 minutes before leaving home. If they are over-excited when you come back, ignore them until they calm down, then reward them with petting.

If you cannot reduce your puppy's stress, consult a canine behavioural specialist.

### How to prevent my puppy from misbehaving?

- When you come home, keep calm and try not to show that you are happy to see them. This type of behaviour will predispose your puppy to separation stress, which they will compensate for by misbehaving. Your puppy may get excited around the time of your return home, and may cause some damage to the immediate living environment.

### My puppy growls when I touch their bowl, what can I do about it?

- A well-trained dog should accept that their bowl is touched without growling. For this, from the beginning, pick up your puppy's bowl during their meal from time to time, order them to sit down, and then give them their bowl back again. Your puppy is only allowed to go to their bowl when you allow them to do so.



# MONITORING

## YOUR PUPPY'S FITNESS AND WELL-BEING

During the first months of life, your puppy will sleep a lot. Avoid disturbing them while they sleep. Don't forget they are still very young. However, when awake, your puppy needs exercise. Exercises and games are vital to puppy's well-being and will help to keep them in shape.

### GAMES

Play comes naturally to dogs and contributes to their physical and cognitive development. Playtime will build a bond between owner and puppy and the exercise will keep their weight, maintain their vitality and reinforce their cardiovascular and immune health. Furthermore, everything a puppy learns through play is memorised!

Provide well-adapted toys for your puppy to chew on, and renew them regularly. During playtime, your puppy must learn the limits. If they get overexcited, nip fingers or grab on to clothing, then stop the game immediately, and move away from them.

### OUTINGS

It is very important to take your puppy out every day, not just so they can relieve themselves, but also to train them to behave in society, while exercising them.

**DEPENDING ON A PUPPY'S BREED, HE OR SHE MAY REQUIRE MORE OR LESS PHYSICAL ACTIVITY. YOUR VET OR BREEDER WILL PROVIDE INFORMATION ON THE EXERCISE REQUIREMENTS FOR EACH BREED.**

### WALKS

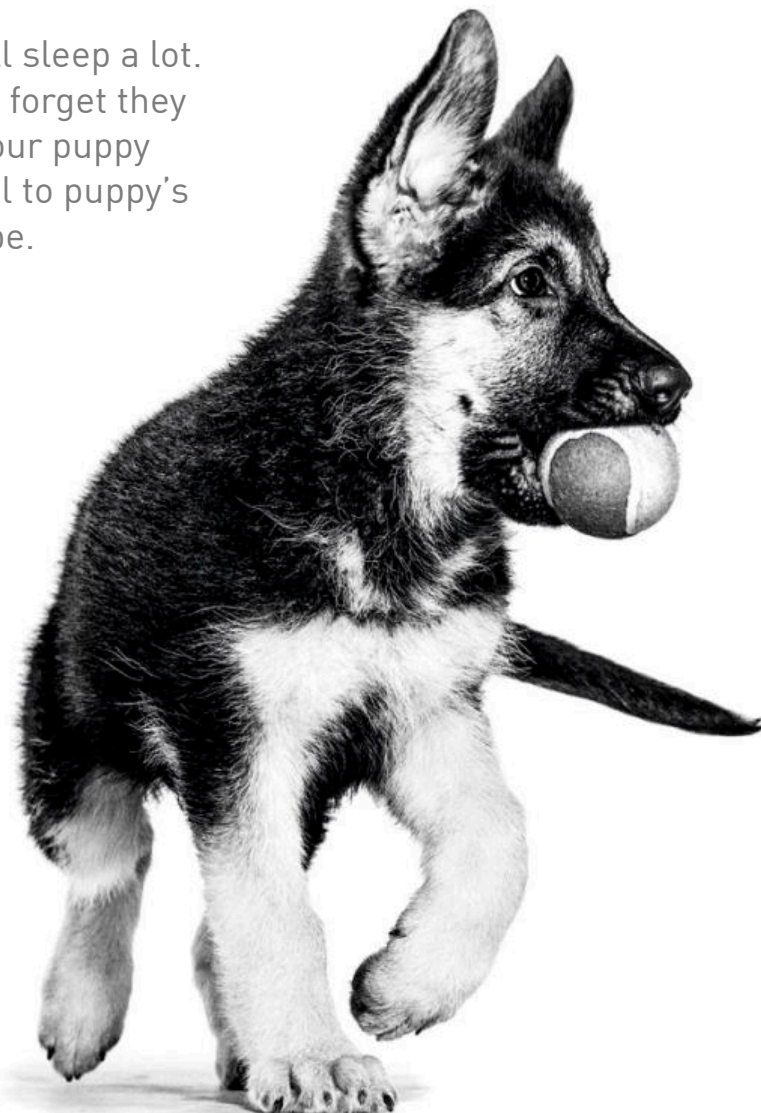
Walks are important for a puppy's mental well-being. Choose walks which are risk-free (off roads) and keep your puppy on a leash so that they gradually get used to the environment, and to ensure they don't run away. Let your puppy off the lead when allowed to do so (parks, countryside). In the summertime, be careful of the heat, especially if your puppy is a brachycephalic breed (with short muzzles, such as Bulldogs, Carlins, Shar-Peis, etc.). Hot asphalt and snow can damage a puppy's paws. When you bring your puppy back from a country walk, check them for parasites and thorns, which may be lodged in their coat, ears or even paw pads.

### SWIMMING

All dogs know how to swim by instinct, but this does not mean that all dogs like water. In any case, always be careful: a swimming pool with children playing in it can be very tempting for a small puppy, but if he or she was to fall in, they wouldn't be able to climb out again! If your puppy swims in the sea, it is preferable to rinse them off when they come out, to get rid of the sea salt from their skin and coat.

### PRACTICING SPORT WITH YOUR DOG

There are many sports which can be enjoyed with your dog, once he or she is fully grown and puppy-training has been completed. Before starting any physical activity with a dog, check with the vet that his or her age, breed and physical condition are compatible.



# MAINTAINING

## YOUR PUPPY'S HYGIENE

### What is the right way to clean my puppy's eyes?

- From a young age, learn to take care of your puppy's eyes, using an adequate eye solution, as recommended by your local vet with instructions for use.

### What is the right way to clean my puppy's ears?

- Check your puppy's ear canal: it should be clear and dry, particularly for dogs with floppy ears, so as to prevent ear infection. Clean your dog's ears regularly with an appropriate lotion, by inserting the nozzle into the ear canal and carefully squirting the product; massage the base of the ear for 30 seconds before withdrawing the nozzle. If necessary, ask your local vet for further advice.



---

At 2 months, a puppy has 28 milk teeth. They will fall out at around three months of age. You will probably find them around your puppy's food bowl, if he or she hasn't already swallowed them! At around 7 months, your puppy will have a full set of teeth, 42 in all.

---

### What is the best way to look after my puppy's oral health?

- Regular tooth-brushing is the best way to prevent the build up of dental plaque.

As well as causing bad breath, dental plaque also provokes the build up of tartar, which can cause painful gum inflammation, and lead to tooth loosening.

Small dogs are often more sensitive to oral health disorders, since proportionally, their teeth are bigger than their jaws. In small breeds, dental plaque builds up more quickly than in large breeds, and can cause tartar formation.

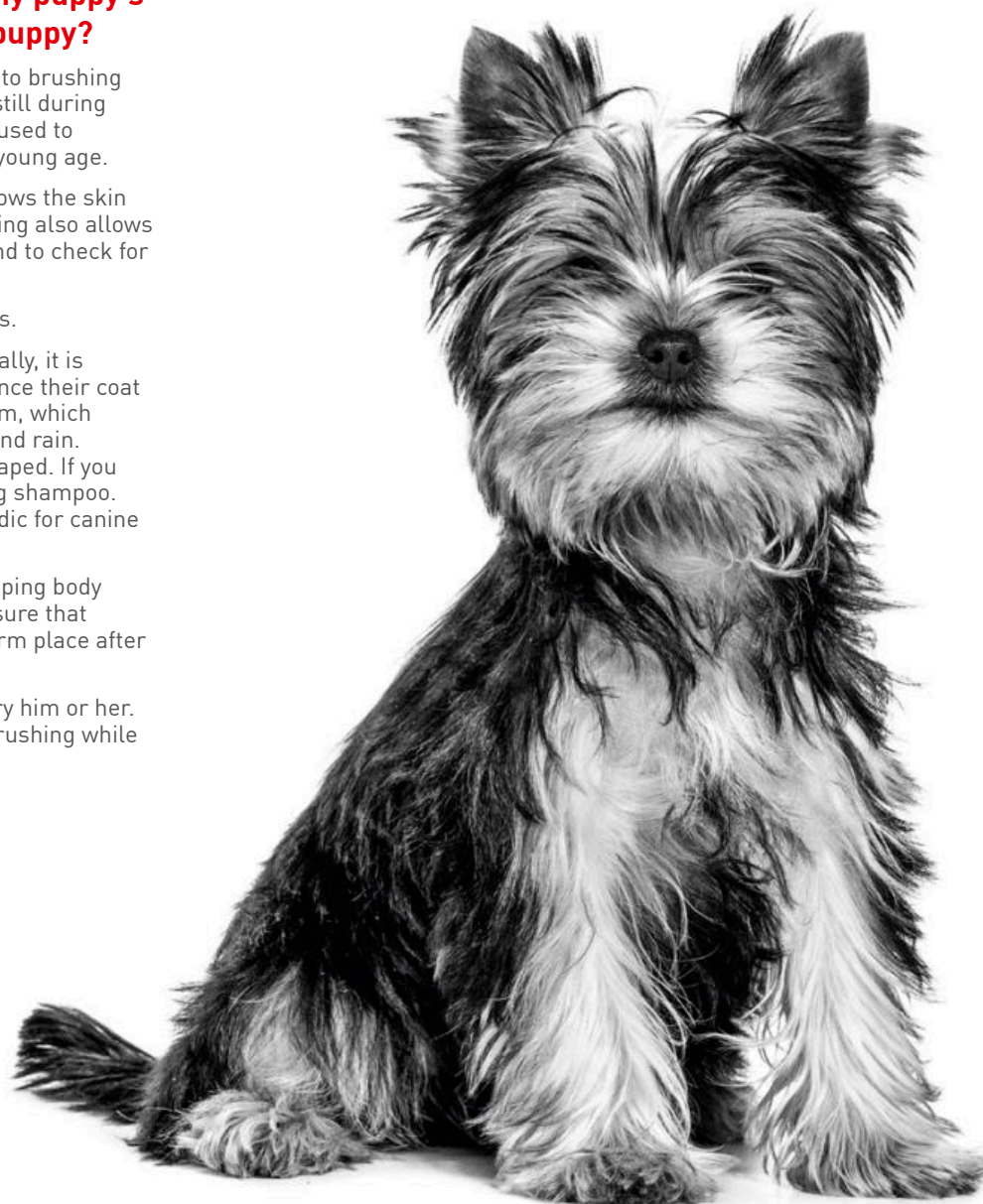
Once there is tartar, then the only solution is to take the dog to your local vet for dental scaling.

Getting your puppy used to tooth-brushing from a very early age will contribute to good oral health in the future.

## What is the best way to look after my puppy's coat? How often should I wash my puppy?

- ..... Your puppy's coat should be glossy. Get used to brushing your puppy regularly. An adult dog will keep still during grooming, if he or she has been made to get used to grooming, brushing and bathing from a very young age.
- > Frequent brushing gets rid of dead hair, allows the skin to breathe and promotes healthy skin. Brushing also allows you to detect early signs of skin sensitivity, and to check for external parasites such as fleas.
- > Brush coat before bathing to get rid of knots.
- > Bath frequency depends on lifestyle. Generally, it is recommended not to bathe dogs too often, since their coat is covered with an oily substance called sebum, which protects the dog against cold temperatures and rain. This substance will disappear if the dog is soaped. If you really need to bathe your dog, use special dog shampoo. Never use human shampoo, the pH is too acidic for canine skin.
- > Your puppy's thermoregulation system, keeping body temperature constant, is still quite weak. Ensure that your puppy is properly dried and kept in a warm place after their bath.
- > If your puppy allows it, use a hairdryer to dry him or her. Be careful not to burn him or her and keep brushing while drying.

.....  
**DO NOT BATHE  
YOUR PUPPY BEFORE  
3 MONTHS OF AGE.**



---

If your puppy comes from a breed which requires professional grooming, it is always better to look around before choosing a grooming facility. In order to make grooming a pleasant experience for your puppy, choose a salon with the highest possible standards of hygiene and animal well-being.

---

## Should I cut my puppy's nails?

- ..... Puppies generally do not need to have their nails cut, but do cut them if you can hear them tapping on the ground. Use special clippers designed for claws. Hold the dog's foot and push gently on the base of each claw with your thumb. Ask the vet to give you a demonstration; there are blood vessels in the claws, and the dog could be injured if you cut too short.

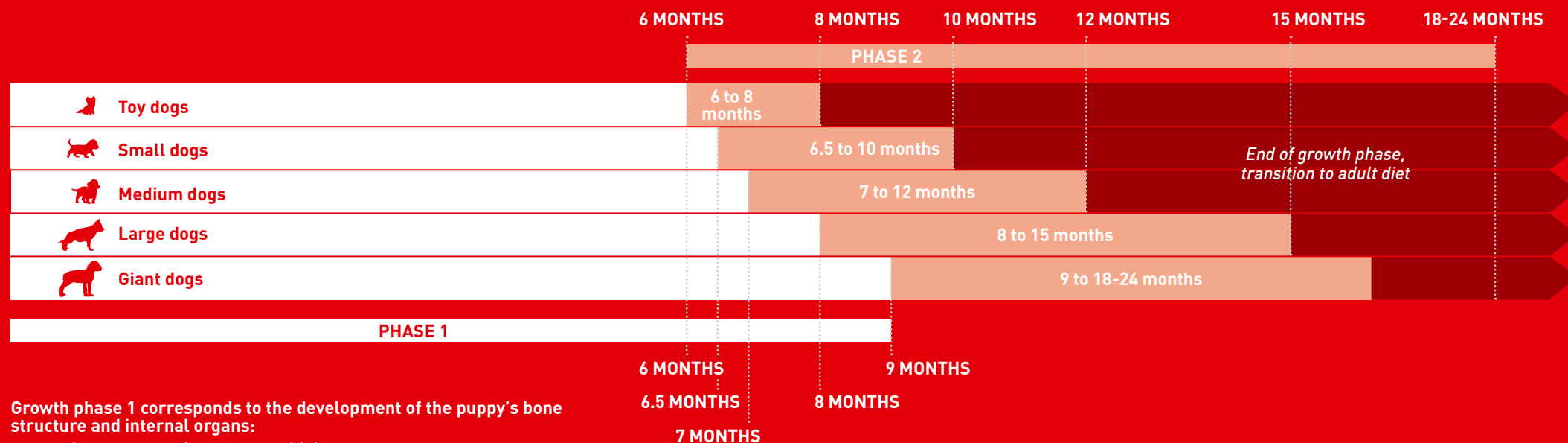
.....  
**DESPITE SOUND  
HYGIENE, IT IS STILL  
NECESSARY TO SEE THE  
VET REGULARLY FOR  
HEALTH CHECK-UPS.**



# WHEN A PUPPY BECOMES A DOG

Growth phase 2 begins when the puppy weighs 80% of his or her total adult weight:

- muscles develop
- energy requirements drop
- the digestive system is more mature, and can bear a greater food load - now, go from 3 to 2 meals per day
- an appropriate time for neutering



## FIND OUT MORE ABOUT YOUR PUPPY

[royalcanin.com](https://royalcanin.com)

Our website is packed with advice and tips for optimal feeding of your canine companion throughout his or her life.



Follow the latest Royal Canin news on your favourite networks.

## FOR PETS EVERYWHERE, ROYAL CANIN IS COMMITTED TO MAKING A BETTER, MORE SUSTAINABLE WORLD.

Every day, our pets enhance our lives. This is why we are committed to giving them the very best in every area, by going well beyond the quality of our nutritional solutions and services. A better world means a healthy planet, where the living conditions of both pets and owners are respected. In this way, we support breeders who commit to select and reproduce animals in a sustainable way, while providing for their health and well-being.





ISBN: 978-2-914193-96-2



©Royal Canin SAS - 05/2018



\$12 / 12€