

# *Congrats on your new Arrowhead Australian Labradoodle Puppy!!*

## **Taking your new Puppy Home...**

Your new puppy might become car sick during their first few car rides. We recommend taking another person along to hold your new puppy or use a dog carrier. Keep the window open about 3" to 4" from the top. Have your passenger frequently, but slowly, rub the underneath of the puppy's neck and talk to him in a soft voice. This proves to be effective most of the time in relaxing your new puppy. Most puppies will just sit there if they're being held. Take a towel along just in case your puppy does get sick. They will start to gag and that's your cue to grab your towel. Bring a plastic bag to put the towel or paper towels in. It's so important that everyone stay calm during this first car ride home, the first day in general. Just be prepared that they most likely will get motion-sick. and if they do...calmly clean it up and just carry on.

## **What to bring:**

1. Towel(s)
2. Paper towels
3. Lysol wipes in case there is a mess in the vehicle
4. Ziploc/plastic bag
5. Bottle of water and a water dish
6. Potty pads (I put them under the towel just in case of an accident)
7. Chew toy
8. Puppy bed (cheap kind from Walmart to train how to ride in bed in vehicle)

## **Home at Last!**

Give your puppy about 45 minutes to an hour to settle down once you get home. Some suggest taking them out and letting them walk around on your front lawn for a while, but I only recommend this if your front lawn is far away from a public sidewalk where people may have walked their dogs. Parvo can last up to 6 months in soil and grass. Be careful where you allow your new puppy to go for the first 16 weeks.

I recommend taking them to your side or back yard first. You want to see if they have to go potty but you're also introducing them to their new environment.

## **Keep it Calm...Calm, Calm the first few hours home**

Leaving everything your puppy has known in life so far will probably bring about some anxiety for anyone but its definitely difficult for pack animals like dogs and puppies. However difficult, this can be greatly diminished if you plan your schedules so that you will be home with the puppy the first 3 to 4 days at least. Make sure if you have young children that you've discussed with them before you pick up your puppy that it is necessary as hard as it's going to be... to remain calm around the puppy at first. It won't be long before they can run and jump with their new puppy but the first few hours and days home should be pretty calm... just pay attention to your puppy's body language if they seem OK with what's going on than carry on but if they seem nervous or sad... then try to lower the excitement level a few notches and take things a little slower. These puppies are not overly delicate, but they are extremely intelligent and sensitive, and this will become obvious the more you get to know them and how they react to new experiences and environments and you'll also learn how much is too much too soon for your individual puppy. Each puppy is unique, just like our own human children.

Try to teach your young children how to properly carry and hold their new puppy but also remind them that puppies don't usually like to be carried around so they should sit and hold them in their lap instead or get down on the carpet with them and play with a toy. Puppies love to engage with you but sometimes need to be enticed into actual play at first. They're definitely more used to their furry playmates, while we did play with them while they were growing up here the majority of the time, they were wrestling their littermates, so everything is going to be new for them. Get down to eye level and take at least 20-30 mins a day to engage and bond with your puppy in play.

## **PUPPY MOUTHING**

Puppies explore the world with their mouths and are can be very mouthy at this age. They'll need to be taught not to use their teeth on skin or at least to be gentler than was acceptable with their littermates.

Never allow them to play bite on your hands or clothes even if it doesn't hurt you... it may hurt a younger child and if you let them do it then they'll think its acceptable behavior with everyone. Redirect your puppies playful mouthing with a toy or stuffed animal.

When your puppy tries to nibble on your feet or hands, let out a high pitch **"YELP or OUCH"** like they REALLY hurt you. This will startle them, and they'll quickly learn humans must be "very sensitive" and not to nibble on you anymore. This is how littermates actually teach each other "bite inhibition" and how hard is too hard during play and lucky for us it works just as well for their human playmates.

## **CHEW TOYS AND CHEW STICKS**

I can not express enough how helpful a good chew toy or chew stick is at redirecting your puppy from mouthing, introducing them to the crate and giving them a positive association with the crate or car and occupying their mind, teething and just all around keeping them too busy to be sad or concerned. They're just all around helpful. I recommend the Beef Gullet sticks. They're gentler on their teeth than bully sticks and they don't smell as bad. You can order these for half the price on Chewy.com or Amazon. Don't buy from PetSmart or Petco, they charge you an arm and a leg.

## **EATING SCHEDULE**

Puppies eat 2-3 small meals a day. You only need to feed them 1 cup total per day - split up into 2-3 feedings, this is roughly about  $\frac{1}{3}$  -  $\frac{1}{2}$  a cup per feeding. By the time they are 12 weeks old you can split into 2 meals per day.

You will get to know what the appropriate amount is fairly quickly just by how much they'll eat in one sitting, remember the first few days home they might have a smaller appetite due to the transition and basic stress, don't panic unless they won't eat or drink at all and it lasts for more than 48 hours. Make sure they're at least drinking. They won't starve themselves, promise. All food and water should be pulled up after 15 mins and 3-4 hours before you put them in their crate or enclosure for the night. The goal is getting them to sleep on an empty bladder and bowel and to help them sleep longer through the night with limited potty breaks. Most 8-week-old puppies can go longer at night about 4-6 hours and 12-week-old can go about 6-8 hours. We pick up all food and water by 4-6pm for our puppies and by 6pm for our adult dogs. They are put in their crates for bedtime by 8-9pm.

Your main goal the first week home is to get them on a strict eating/sleeping/ eliminating schedule and their schedule should fit into your family's schedule so when you wake-up, have your breakfast, lunch and dinner and your bedtime – this will make it much easier for everyone to follow. Currently, your puppy is being free fed throughout the day so

they're not on any set schedule at the moment, so, now is the time to get that started. Once you have them on a set schedule - you'll know much better when they'll need to go potty and also have more control over when that happens as well.

Puppies need to go potty immediately after sleeping and usually about 30-60 minutes after eating, this is not a guarantee, just an estimate. If you put your puppy on a set eating schedule, it's 100% easier to figure out. You can always set an alarm on your phone to make sticking to a schedule easier. Writing down how long it takes for them to go potty after they eat, and drink also helps. This amount of time will change as they get older and can hold it longer. At the moment they don't even know they're supposed to "hold it" so writing it down will also show you their training progress which is always rewarding. An 8-wk. old puppy can't physically control their bladder for very long, but the amount of time they can will get longer very quickly by 12 wks they should be able to manage 2-3 hours in a crate before they need to go outside.

### **Puppy's Not Eating Much – Transition Stress and its effects**

Not eating much for the first day or two can happen. Things are different for every puppy and how they react to stress. Do not take it personal or panic - as long as they're drinking, they'll settle in and they won't starve themselves. The adjustment period should only last 1-3 days. They may have looser bowels, pant for no obvious reason, sleep more than normal or just seem a little sad or out of sorts... these are all normal reactions to stress and not every puppy will react the same or have all these symptoms. Some puppies will show no signs of stress. I am just letting you know about the things that could happen. These things will also pass and unless severe should not be too concerning. Just give them a place to call their own where they can feel safe and give them lots of chew toys, stuffed animals and love and affection but don't forget to give them some space too.

These puppies love to explore outside so if they seem a little down take them outside and play with them in the grass, if you have a safe place for them to run and play outside. Let them do that for awhile too! Training them some commands is a great way to bond so work on teaching them some of the basics. Doodle Puppies are very smart and easy to train at this age and are like little sponges and you will be surprised how fast they can learn new commands. I recommend teaching them "watch me", "leave it", "sit" and maybe a fun one like "catch" first. There are lots of tutorials on how to train these commands on my website and YouTube as well.

**Starting the crate training process during the day is going to be much easier than trying to introduce them for the first time to a crate at night... when you're trying to sleep! Might be a long night.**

**Stay consistent.** Remember, you're not being mean. **Babies sleep in cribs and puppies sleep in crates.**

### **FEEDING TIME IN THE CRATE:**

When your puppy comes back into the house, it is feeding time. Feed your puppy in the crate so they get a positive feeling about being in their crate. Food should only be put down for 15 minutes whatever they don't eat in 15-20 mins you need to pick up until their next scheduled meal.

About 15 to 30 minutes after eating, they will need to go outside. This is not the case with every puppy. Some take more or less time. The sooner you can figure out their unique elimination schedule the faster you will have a potty-trained puppy.

Make sure you watch to see if your puppy actually went or you may find that you take them outside to go potty and they come in and go in the house. Very common and there are a few possibilities that may cause this... they're not spending enough time outside; you're not taking them outside at the right time or their getting distracted from emptying their bladder fully. So, make sure they've completed the task before praising them or rewarding them with a treat because they might start rushing to get it. If this becomes the case, try using just verbal and physical praise instead of a food reward. The thought of an eventual treat might just be too distracting for them to focus on the task at hand. Sometimes we praise with a high-pitched voice saying "good potty" and we ask for "five". Our youngest is now so excited to potty and run to us to give five! He does it on his own without being asked.

**Gotta Go Time!!** Puppies will need to go potty after the following: (MAKE SURE TO USE THEIR NOSE OR PAW TO TAP THE POTTY BELLS EVERY SINGLE TIME YOU TAKE YOUR PUPPY TO POTTY! It is so important to train this step early on so it will be a normal part of life as they grow. Then your puppy will have a way to signal you that he/she needs to potty)

- first thing in the morning, rush them directly outside or they will go the minute you let them out of their crate (carry your puppy for the first week or two so they don't have an accident on the way outside)
- after eating – some take 30-60 min after eating to go potty, every puppy is different, write down how long it takes your puppy to go poop after eating and this will help you to figure out when you'll most likely need to let them out after eating
- waking up from a nap, same as in the morning, get them outside asap
- playing excessively
- any time after coming out of the crate

**The signs of having to go potty are sniffing and circling around. During the potty-training phase when you CANNOT be with your puppy, then they need to be in the crate or enclosure.**

### **Teaching them to Go Potty On Command**

- ❖ Your puppy wakes up between 6:30 and 7:30 AM but you can start to put them on **your schedule** once they're home.
- ❖ In the morning, take them out of their crate, ring the potty bells and take directly out to the spot you would like them to go potty (preferably on leash).
- ❖ Put them on grass area and say "go potty"... continue to say this until they go. What this does is helps them to learn to go potty on command. Pretty soon all you have to do is say "Go Potty" and they understand exactly what you're asking of them. Great for those cold winter nights when you just want them to hurry up and go!
- ❖ Once they're finished going potty not during, say "Good potty outside "puppies name"!"
- ❖ Then let them run around for a little while off leash.

## **BEDTIME IN THE CRATE:**

All food and drink should be brought up after 4-5pm. Bedtime for puppy is 8-9 PM. Again, they **must go potty** outside before going into their enclosure for the night. When you put them back into their enclosure for the night say "Crate/kennel" and place them in and close the door. Do not make a huge fuss over them and get them all excited. Just calmly place them in their crate. If they cry, you just tell them in a low and (serious) voice "No, Quiet!" or whatever it is you want to say just make sure to say the same phrase every time so they learn that it means to be quiet and go to sleep. If puppy still cries in the crate, then you can tap the top of the crate and again in a low voice say "NO-QUIET!". Do not repeat this step over and over. Just do it a couple times and then let them cry. As long as they're fed, have had water, gone to potty and are not in pain, then they should be perfectly fine to go to sleep in their crate. Put the crate in another room if you have to get some sleep or it is too hard for you to listen too. It might be a hard first couple nights, but it will pass and then you will have a dog that is crate trained.

**Crate Duration:** 2-4 hours max for an 8-16 wk. old puppy – basically about 1 hour per month of age – the majority can go 6-8 hours at night (once they're on a proper schedule). Crates are not intended to be used as a punishment or all day. Crates are training tools, safety enclosures and of course there's some pretty logical time limits for how long a dog they should be left in a crate.

**Never let your puppy get frantic in the crate, if they're REALLY screaming and scratching at the door then you may need to START OVER and introduce the crate slower.** Wait for a period of time when they have stopped crying and then you open the crate. You never want them to believe that you let them out because they were crying. Then they will continue to try this tactic.

Some whining and crying is normal at first and believe me your puppy is not going to die of loneliness and they will eventually learn to love their crate and even use their crate as a special place they can go to get away. Dogs are den animals. They're just not used to being without their littermates. Do not beat yourself up because you are crate training them. Believe me it is going to be worth it in the long run.

**IF YOU HAVE ANY QUESTIONS, PROBLEMS, CONCERNS OR JUST NEED ADVICE, CALL OR TEXT ME ANYTIME! I AM HERE FOR LIFETIME SUPPORT FOR YOUR NEW PUPPY. MY CELL IS 318-348-5272. IF YOU HAVE ANY FRIENDS OR FAMILY LOOKING TO ADD ONE OF THESE PRECIOUS ANGELS TO THEIR FAMILY, PLEASE KINDLY REFER THEM TO US! WE WOULD LOVE TO HELP!**