

As part of your purchase comes THIS education package that consists information you need gathered here in one place. It's very important that you go through all info so that you are prepared and that you've done the educational element we require.

We require you come for an education visit (which can be done at pick up) so we can be sure you have done the proper education and reading to be equipped to care for your puppy. At visit and pick up appts any questions can be answered.

We reserve the right to refuse selling a puppy if we feel the education has not been done.

It's very important to do your research and understand the commitment and the work involved and how to raise your puppy properly and train it.

IT IS REQUIRED TO DO THE EDUCATION AND READY NECESSARY TO BE SUCCESSFUL IN BEING A DOG OWNER.

Here is a video of interest: <https://youtu.be/g1ZAKvaUcrU>

YOUR APPOINTMENTS:

*** PAYMENT IS DUE AT THE TIME OF COMMITMENT TO THE PUPPY**** We are accepting C A S H O N L Y - no cards.

On arrival- pull into parking lot. Approach the office- ring bell to notify that you have arrived. Please be on time and respect everyone's allotted appointment.

When visiting- please stay after and play with your puppy by the pond for as long as you like.

The information shown here are the main points..

there are two main sections of the website that contain detailed articles on each topic- links are shown below. I recommend reading all articles.

1 Caring for your puppy

PLEASE READ THIS SECTION ON THE WEBSITE <https://lakewoodranchdoodles.com/caring-for-your-dog>

2 TRAINING YOUR DOG:

READ THIS SECTION OF WEBSITE: <https://lakewoodranchdoodles.com/training-your-puppy>

TAKING PUPPY HOME SAFELY:

You are required use a HARNESS & SEATBELT LEASH IN CAR

The seatbelt leash & harness can be purchased and fitted in our boutique when pup goes home.

DO NOT USE A CRATE IN THE CAR. There is a high crush factor in an accident with a folding crate. Dogs often get lost during a car accident by leaping out the window and can get hit by oncoming traffic if not tethered to the car.

Puppy Comes with:

A great socialized personality, 2 Yr Congenital Health Guarantee, First vaccine shots, Vet inspection for Health, Vet record of health, Parasite prevention, Dewormer Medication, Starter Probiotic, Education Package, Education Meeting, Lifetime Breeder Support, \$5.00 off link for the dog food, 30 days free pet insurance

Go Home Puppy Kit:

Collar, Leash, Toy, Doggie cloth, Puppy Care info, Tlc pup food info, Puppy paw wiper, Food measuring tool, Poop bag dispenser, Puppy pee pad for car ride home, Emergency window cling, Wallet card for emergency, Next of kin health info card.

When you get a new puppy, it's only natural to want to simply hang out with them and play and cuddle all day. Unfortunately, there are a number of things that you need to do in those first few days and weeks — both to make sure that your new pup stays healthy and to establish good behavior patterns. A holistic approach will extend your dog's life and build better health.

KEEP YOUR PUPPIES IMMUNE SYSTEM STRONG

To build immunity - Avoid antibiotics. YOU NEED TO Use a probiotic and vitamins for life to help Balance the dogs GUT and prevent yeast build up in ears and feed plain yogurt daily. We offer daily vitamins and probiotic chews in our boutique - don't forget to get them when your dog goes home.

PURCHASING DOG ACCESSORIES:

We offer a first year starter package containing safe holistic products, treats and doggies accessories - we can ship or u pick up

<https://www.lakewoodpetboutique.com>

We focus on green products-eco /environmentally friendly/ all natural/recycled /North American made products. WE SHIP ANYTHING FROM THE BOUTIQUE AFTER YOUR DOG GOES HOME - ORDER ONLINE..

NUTRITION - FOOD AND FEEDING

<https://www.dogfoodadvisor.com/dog-food-reviews/tlc-whole-life-dog-food/>

DO NOT FEED WHEAT!!! OR RAW!!! Don't forget to order dog food!

We have done a ton of research on what to feed as the best nutritionally balanced food to our dogs. Golden retriever and Labrador retriever breeds DO NOT TOLERATE WHEAT, CORN, FILLERS, ARTIFICIAL FLAVOURS OR COLOURS.

Goldens can have minor to major allergic reactions to an improper diet that could cause - Poor Temperament, improper physiological development; aggression and physical growth retardation.

We have found this fantastic food that is holistic and improves health. We can feed ANY brand of food we wish- but to create healthy puppies we need healthy parents. We see very little hot spots; yeast infections; allergic reactions when feeding this food.

The other bonus is that you can order online or by phone and it is delivered to your home FREE anywhere in North America. We chose the auto-delivery option so we don't have to remember when to order. The food content is awesome!

Why TLC Whole Life as your holistic food choice...

- Meat First – Ancestral Diet
- Fresh, Whole Natural Ingredients
- Ingredients and Food Naturally Preserved
- Highest Levels of Chondroitin & Glucosamine
- Probiotics (Beneficial Bacteria) and Prebiotics
- Protection Against Diabetes & Obesity
- Healthier, Shinier Coat
- Protection Against Allergies
- No By-Products, Corn, Wheat, Fillers
- No Artificial Flavors or Colors

Why we insist on TLC?

- Healthier, shinier coat from Omega 3 & 6
- Strong muscles
- Antioxidants to protect against disease
- Optimal digestion
- Less stool volume
- Clear, bright eyes
- Happier, healthier pet
- Natural protection against allergic reactions and inflammation
- Low glycemic formula helps prevent obesity

ORDER YOUR DOG FOOD ASAP -
use the link for \$5 off

* How to order?

<https://tlcpetfood.com/nutrition/lakewoodranchdoodles/105387/>

* Phone order – 877 328-8400 – be sure to tell the agent you are buying a Lakewood Dog for your \$5.00 off and your free personalized name tag.

If you decide to change to a different food without discussing it with us..... it voids our contract; including our health guarantee as it stresses the dogs immune system when feeding an inappropriate diet.

HOW MUCH TO FEED YOUR PUPPY?

MAX 2 to 4 CUPS - MIN 1/2 CUP DAILY Don't feed food or water after 8 pm.

They should be allowed to self govern their food intake by grazing. BY 8 MONTHS YOUR PUPPY WILL SLOW DOWN FOOD INTAKE.

FEED DAILY PROBIOTIC & VITAMINS FOR LIFE

All dogs benefit from daily multivitamins which help the immune system and improve health.

CRANBERRY CHEWS can be used for UTI – bladder irritation or infection.

YEAST OVERGROWTH IN EARS ETC. – use a heaping tablespoon or two of plain yogurt daily.

STRESS STOOL WHEN GOING HOME

Loose stools result from a new environment from stress. We send home enough for a week of probiotic-

It is important you continue with a probiotic chew for life.

FEED A PUMPKIN MIXTURE to soothe the bowel.

Pumpkin is a superfood. It soothes the bowel in a stressed puppy or dog. Add Diatomaceous earth to pumpkin puree and flavour with raw meat, fish, or honey.

Freeze in ice cube trays. Give one each day to a new puppy for the first few weeks. After that once or twice a week. The DE will help with your dog parasites

NOT EATING MUCH IN THE FIRST 24-48 HOURS IS NORMAL

EATING HABITS AND TRAINING TREATS

Dogs eating habits slow down and change as they slow growing and become more mature

Your Goldendoodle should learn to be a grazer – benefits are much healthier digestion health because they're not wolfing their food down; Less food aggression and no food coveting.

They should be allowed to self govern their food intake.

Avoid too many high protein; carbohydrate or sugary treats.

Sweet or really favoured treats are like candy for your dog child. They much prefer them over a well balanced meal they get from kibble.

To avoid too much "candy" Put kibble in a bag with dehydrated liver to transfer the flavour and not use other types of treats as the dog gets past toilet training.

Use a certain treat for toilet training. Use a different treat for behaviour training.

Dogs that over eat should have a slow feed bowl to avoid eating too quickly and causing many digestive issues.

Dogs train much faster when using a food reward over praise only.

USE TWO DIFFERENT TREATS FOR TOILETING AND OBEDIANCE TRAINING.

TOILET TRAINING USING A BELL – SEE ARTICLE ON WEBSITE

Use a BELL and use your pups paw to ding it before going outside for a toilet break. Within a week they will ring the bell to go outside.

IF YOU LIVE IN A CONDO OR APARTMENT – USE A GRASS PATCH PAD (AVAILABLE IN OUR BOUTIQUE) ON YOUR BALCONY.

BUILDING A DOGGY TOILET

can be easily made to save a messy yard – a wood box – like a sandbox – with no bottom

Toileting routine: Best times to take your puppy outside is:

-When you wake up -right before bedtime.

-Immediately after your puppy eats or drinks a lot of water. -when your puppy wakes up from a nap.

-physical activity promotes bowel movements -before or after entering the crate.

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BEHAVIOUR – SEE ARTICLE ON WEBSITE - Nipping or mouthing

It's not always easy to convince a new puppy not to bite the hand that feeds them, pets them, or plays with them, for that matter.

When puppies play with each other, they use their mouths, so they may also be inclined to bite or "mouth" your hand during play or when being petted. This is rarely aggressive behavior meant to do harm, but it is a difficult habit to break unless you encourage your puppy to try an acceptable alternative behavior. The goal is to redirect your puppy's energy onto acceptable chew toys, and to teach them to be gentle when a hand is in or near their mouth.

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UNCOOKED MARROW BONES:

YOU MUST FEED BONES. Uncooked- frozen Cow bones from the butcher are part of the diet and teach self entertainment as well as reducing STRESS from the chewing action.

DOGS NEED raw bones to chew.

- Chewing on the right kind of raw bones is the equivalent of a good dental cleaning, it removes plaque buildup and prevents gum disease!
 - Raw bones provide a highly digestible source of calcium, phosphorus and other minerals,
 - Feeding bones makes the stomach muscle layers stronger, which prevents bloat.
 - Bones also have a cleansing effect as they provide roughage in the diet and bulk for healthy bowel movements.
 - Feeding raw bones also prevents anal gland problems. The bowel movements after feeding bones are harder which helps express anal glands and get rid of toxins.
 - Chewing on raw FROZEN MARROW bones keeps him occupied AND teaches self entertainment.
 - The act of chewing cannot be trained out of a dog. Chewing releases chemicals in their brain such as dopamine and serotonin important to reducing stress and promotes a feeling of wellbeing.
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CRATE TRAINING – A FULL ARTICLE IN ON THE WEBSITE ABOUT CRATE TRAINING

Getting into a routine One of the most important things you need to do for your puppy right off the bat is to establish a routine. Though it will be difficult initially for you to decide on a routine that will work for you, your family, and your puppy, don't wait too long to figure it out.

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GET A DOG WALKER IF YOU ARE AWAY ALL DAY.

The crate is the dog's DEN. Not a punishment.

The space should be reduced so the puppy does not toilet in the crate.

Just enough space to go in- turn around and come back out. About 8" to start.

Crate should be

36" deep for a moyens 30-40 lbs

42" deep for mid-size 40-50 lbs.

It's his bedroom. Place to retreat. Cover with blanket. Door uncovered.

Crate training uses a dog's natural instincts as a den animal.

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WALKING YOUR DOG FOR EXERCISE

A fenced yard with a doghouse is a bonus, especially for large and active dogs; however, dogs should never be left outside alone or for extended periods of time. Dogs need and crave companionship; they should spend most of their time with their family, not alone outside.

COLLAR vs HARNESS:

The dog's collar should not be tight; it should fit so two fingers can slip easily under his collar. Remember: HARNESS only for leash walking a puppy until at least 4 months.

HOW FAR CAN MY PUPPY WALK?

2 MONTHS – 10 MINUTES – .5 MILE 3 MONTHS – 15 MINUTES – .75 MILE

4 MONTHS – 20 MINUTES – 1 MILE 5 MONTHS – 25 MINUTES – 1.25 MILE

6 MONTHS – 30 MINUTES – 1.5 MILE 7 MONTHS – 35-40 MINUTES 1.75 MILE

Protect feet with PAW WAX – not booties

Other contaminants such as road salt can be avoided by using a NATURAL PAW WAX. It's a barrier to prevent salt being absorbed into the body. It also prevents ice balls from building. Booties can be a chock hazard for they are left on an unattended dog.

GROOMING EDUCATION:

It's very important that you read through this info so that you are prepared and that you've done the educational element we require.

Please be sure to brush your puppy 1 - 3 times weekly to prevent coat matting and trim nails regularly. To learn good grooming table behaviour your puppy needs to see your groomer within a month of going home.

PUPPY CHANGES TO EXPECT

PUPPY COAT SHEDDING-

Most puppies lose their puppy coat when they're somewhere around 3 - 7 months old, depending on size, breed and coat type. This sort of puppy hair loss can be more extreme in some breeds than others, and may look very 'patchy' for a time.

ADULT TEETH COME IN TIME-

PUPPY TEETH MILK BEGIN FALLING OUT AT 8 WEEKS - BY 12 WEEKS

ADULT TEETH BEGIN COMING IN -BY 6 MONTHS ALL 42 TEETH WILL BE PRESENT. BRUSH TEETH REGULARLY AND GIVING RAW MARROW BONES REGULARLY TO PREVENT PLAQUE BUILD UP. DENTAL KITS AVAILABLE IN OUR BOUTIQUE.

BATHING SWIMMING GROOMING

Brush your dog regularly to prevent matting. One to 3 times a week.

Professional Grooming at every 6-8 weeks; Nails should be trimmed monthly; Regular brushing of hair is a must to avoid tangles (3-4 times weekly); Bathing with water only anytime; Dog soap- no more than once per week. Teach your puppy to swim in the bathtub right away. If your dog swims in a salt water pool you must rinse the dog afterwards as salt is not good for dogs.

FLEAS & TICKS - ARTICLE ON WEBSITE

Diatomaceous Earth (DE) on the skin weekly helps keep fleas and ticks off your dog. Also use a NATURAL pest spray when going for walks. For internal parasites - DE ¼ teaspoon in a tablespoon of pumpkin weekly. YOU NEED A TICK PULLER!

HOLISTIC APPROACH

A combination of food choice, avoiding using chemicals, and over medicating our puppies with toxic flea drops. Also We DO NOT do any altering or invasive procedures such as microchipping – which is a health risk due to high rate of tumor and paralysis. We suggest a name tag instead. CALL TLC PET FOOD FOR A FREE -name tag. Read website to understand about toxins; unsafe foods and plants for your dog. <https://www.dogfoodadvisor.com/dog-food-reviews/tlc-whole-life-dog-food/>

CANCER PREVENTION: GOLDEN RETRIEVERS ARE AT RISK FOR CANCER. SUPPLEMENTS SUCH AS PROBIOTICS, PREBIOTICS AND DIGESTIVE ENZYMES are being linked to raising immunity and gut health and cancer prevention. To avoid cancer raise your puppy as "green" as possible - holistic approach will keep your dog healthier in the long run. Retrievers have known skin allergies and digestion sensitivities. Do not use food with any wheat or a raw diet. It is very important to use SAFE products on these hybrids. Do not use toxic drops for fleas and ticks. No plastic bones or raw hide.

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ILLNESS – Can dogs recover from Giardia without medication?

If a dog has no clinical signs of giardia, you don't automatically need to treat it – they may recover by themselves if they are healthy and have a strong immune system.

GIARDIA IS EVERYWHERE!

Giardia is everywhere. Your back yard, on sidewalks, on trails and forests. Animals and birds carry it – they Poop and rainwater disburse the giardia cysts. Cysts can live in cold and last for months. They are microscopic so you can't see them.

Probiotics help build a good immune system. USE THEM FOR YOUR DOGS ENTIRE LIFE. In some cases you will still treat an asymptomatic dog, such as if another dog or family member is immune compromised or ill.

If you have a dog with symptoms- than treatment can be done naturally or with vet medications. Either treatment method requires you to bathe with chlorexadine shampoo to remove the cysts from the dogs fur so he doesn't re-ingest the cysts and the cycle continues. The common giardia found in Ontario is not typically transferable to humans. Always wash your hands when cleaning up after your dog and grooming your dog.

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PET INSURANCE - ACTION REQUIRED!

Once you know your appointment date and time – SET UP PET INSURANCE – ANY COMPANY IS BETTER THAN NO INSURANCE We have had clients tell us their puppy ate pinecones, fell off the couch, found rat poison, ingested wood, ate children's toys, and many other scary accidents have happened - not to mention illnesses that can happen to a puppy with a un-developed immune system. PET INSURANCE IS A MUST IN TODAYS WORLD OF OWNING A PUPPY.

Vet costs have skyrocketed and we need to be sure that if your puppy suddenly needs care, that money is available for that care to happen.

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TRUPANION INSURANCE COMPANY offers you FREE health insurance for 30 DAYS Because you are purchasing a puppy from Lakewood Ranch.

It has to be **ACTIVIATED THE DAY or two before or one the actual day the PUPPY GOES HOME** you MUST use the code for the free 30 days – if you don't use the code there is a waiting period. If you wait and do not sign up when the dog goes home – you aren't covered!

Call 855.266.2156 | Code: BR1LRg2220 Or visit TRUPANION.COM to activate coverage

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BEWARE OF VET TRICKS!

1. DO NOT go to the vet before the dog has been home 4 weeks STRESS DROPS YOUR PUP'S IMMUNE SYSTEM.
2. NO NEED to take a POOP sample to the vet when you take your dog home. We test STOOL before pups go home. Be sure to advise your vet that your puppy has already been given preventative parasite medication THE TEST WILL NOT BE ACCURATE
3. DO NOT TAKE YOUR VETS ADVISE OF WHAT TO FEED YOUR PUPPY-

4. DO NOT BUY THE PUPPY PACKAGE FROM YOUR VET You will want to test the waters with a vet and see if you LIKE their approach before committing to a FULL YEAR PACKAGE - that offers things like flea and tick chews that we DO NOT RECOMMEND.
5. If they are too pushy - guilting you into buying things you feel you don't need - get a new vet.
6. DO NOT LET YOUR VET SPAY OR NEUTER YOUR DOG AT 6 MONTHS. WAIT UNTIL ONE YEAR SPAY OR NEUTER- ASK US FOR A LIST OF SPAY AND NEUTER CLINICS for spay or neuter at a reduced price
7. Vets are subjected to people coming in with puppies that are NOT from licensed breeders. Do not blindly do things the vet is requesting if you do not understand or feel comfortable doing them. Call us ANYTIME IF YOU HAVE QUESTIONS before proceeding with anything your vet tells you.

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WARNINGS

- DOG PARKS are breeding grounds for bacteria and illness
- DOG PARKS – be careful of other poorly trained abusive dogs and feces not scooped
- PUDDLES, STANDING WATER, FECES are main sources of illness in dogs
- SWIMMING POOLS – Chlorine and SALT are harsh on your dog's skin – rinse well.
- ANTI FREEZE for your car (**GLYCOL**) will kill your dog
- CHEWING GUM/ MINTS/PEANUT BUTTER Can Contain **XYLITOL** WILL KILL your pet.
- HOLIDAYS BRING **CHOCOLATE!** WATCH YOUR PET.
- SUMMER HEAT DEHYDRATION – GATORADE OR PEDIATRIC ELECTROLYTES
- DO NOT LEAVE YOUR DOG IN VEHICLE ALONE.
- BE KIND TO YOUR DOG - STRESS LEADS TO DEHYDRATION WHICH LEADS TO DEATH.
- INFANT PUPPIES HAVE LITTLE OR NO IMMUNITY TO DISEASES, BACTERIA OR PARASITES – KEEP THEM AWAY FROM PUBLIC PLACES & OTHER DOGS
- Be aware that cocoa, chocolate, milk products, grapes, onions, AVOCADO and other human foods are toxic.
- DOG THEFT IS ON THE RISE. DO NOT LEAVE YOUR DOG IN A SITUATION WHERE HE CAN BE STOLEN.
- **THC** (CANNABIS) POISONING IS ON THE RISE. PUBLIC PLACES MAY BE DANGEROUS IF YOUR DOG EATS A BUTT OFF THE GROUND.

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ESSENTIAL OILS AND SCENTS ARE POISON!

Some essential oils are poisonous to dogs. This includes oil of cinnamon, citrus, pennyroyal, peppermint, pine, sweet birch, tea tree (melaleuca), wintergreen, and ylang ylang. These oils are toxic whether ingested by mouth or spread on the skin. As for which scents your pets are more likely to be OK with Avoid those made from (or with) paraffin, as that can release more potential impurities and irritants that can bother both your and your pet's respiratory system.

DO NOT USE DEODORIZING SPRAYS OR AIR FRESHENER OR FEBREEZE.

THEY CAN BE TOXIC TO DOGS. SOMETIMES THEY APPEAR AS SKIN IRRITANT AND OFTEN ARE DIAGNOSED AS AN ALLERGY.

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PLAN FOR YOUR DOGS ARRIVAL

1 GETTING READY FOR YOUR PUPPY

The key to helping your new dog make a successful adjustment to your home is being prepared and being patient. It can take anywhere from two days to two months for you and your pet to adjust to each other. The following tips can help ensure a smooth transition.

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First, gather your dog's supplies

You'll need a collar and leash, toy, blanket which we provide. Next is a crate, food and water bowls, food, and, of course, some bones. And don't forget to order an identification tag right away. Everything you need is in our boutique lakewoodpetboutique.com

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Establish house rules in advance

Work out your dog-care regimen in advance among the human members

of your household. Who will walk the dog first thing in the morning? Who will feed him at night? Will Fido be allowed on the couch, or won't he? Where will he rest at night? Are there any rooms in the house that are off-limits?

Do not let your puppy roam the home unattended. It gives him the opportunity to get into trouble. A playpen is a great idea!

When your puppy is out of the playpen- he should be on a leash at all times with a person. All members of the household need to be on the same page for training and language used with the puppy.

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Plan your dog's arrival

Try to arrange the arrival of your new dog for a weekend or when you can be home for a few days. Get to know each other and spend some quality time together. Don't forget the jealousy factor—make sure you don't neglect other pets and people in your household!

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Be prepared for housetraining

Your puppy is not housetrained, and work from there. Be consistent, and maintain a routine. A little extra effort on your part to come home straight from work each day will pay off in easier, faster housetraining.

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Give your dog a SAFE DEN

A crate may look to you like the canine equivalent of a jail cell, but to your dog, who instinctively likes to den, it's a room of his own. It makes housetraining and obedience-training easier and saves your dog from the headache of being yelled at unnecessarily for problem behavior. Of course, you won't want to crate your dog all day or all night, or he will consider it a jail cell. Just a few, regular hours a day should be sufficient. Make sure your puppy gets to be alone for at least 2 hours per day to allow them to teach themselves self entertainment.

It should be roomy enough to allow your dog to stand up, turn around, and sit comfortably in normal posture.

If a crate isn't an option, consider some sort of confinement to a dog-proofed part of your home. A portion of the kitchen or family room can serve the purpose very well. (A baby gate works perfectly.)

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Use training and discipline to create a happy home

Dogs need order. Let your pet know from the start who is the boss. When you catch him doing something he shouldn't, don't lose your cool. Stay calm, and let him know immediately, in a loud and disapproving voice, that he has misbehaved. Reward him with praise when he does well, too! Sign up for a local trainer to come teach your family how to training your dog - you'll learn what a joy it is to have a well-trained dog. Use positive reinforcement.

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Let the games begin

Dogs need an active life. That means you should plan plenty of exercise and game time for your pet. Enjoy jogging or Frisbee? You can bet your dog will, too. If running around the park is too energetic for your taste, try throwing a ball or a stick, or just going for a long walk together. When you take a drive in the country or visit family and friends, bring your dog and a leash along.

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Be patient and enjoy the results

Finally, be reasonable in your expectations. Life with you is a different experience for your new companion, so give him time to adjust. You'll soon find out that you've made a friend for life. No one will ever greet you with as much enthusiasm or provide you with as much unqualified love and loyalty as your dog will. Be patient, and you will be amply rewarded.

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2 BEHAVIOURS YOUR PUPPY WILL GROW OUT OF

"Don't worry, he'll grow out of it" is something that struggling dog owners hear a lot. Especially if their dog is between six months and two years of age. Sometimes, it's true. Most dogs do eventually grow out of chewing everything in sight, for example.

But sometimes, waiting for a dog to 'grow out of it' is likely to end in disappointment. And putting bad behavior down to 'adolescence' or 'hormones' is not always such a good idea.

I thought it might be interesting to look at some of the behaviors that dogs DO grow out of, and some of the behaviors that are more likely to persist or even get worse.

Behaviors that many dogs will grow out of

- Puppy play biting Toilet training accidents
- Clumsiness Chewing

I say 'many dogs' rather than 'all dogs' because there are instances when such behavior can persist indefinitely. Or morph into something worse.

Let's look at each of those behaviors

Play biting

- All puppies bite. And puppy biting tends to peak at around 3 months old, then decline. However, a different kind of biting, an 'excitement nip', can develop and persist in dogs during the second half of the first year.
- Excitement nips can become very rough and they are usually triggered by rough, physical play. You can avoid, and cure them, by insisting that family members do not engage in physical play or 'rough housing' with your dog.

- And by switching your dog's focus from rough play to calm training, using short structured training games that can be played regularly throughout the day.

Constant puddles

- Toilet training can seem like a two steps forward and one step back journey at times, but with good supervision, most puppies improve rapidly as their bladder matures.
- Even rescue dogs with poor toilet control will respond rapidly to a structured toilet training plan.
- Exceptions can occur in dogs that have lost that all important instinct for keeping their own bed clean.
- That's why we place such emphasis during Puppy Parenting on never forcing a puppy to wet their own bed by crating them with a very full bladder for example, or leaving a puppy too long in a crate.

Clumsiness

- Clumsiness is very common in large friendly puppies. And it can be a problem in homes where a large breed puppy is sharing floor space with a toddler.
- As they mature, most puppies do learn to step around babies rather than walking straight through them, and life gets easier!
- In the meantime, baby gates and supervision are your friend.

Chewing

- The good news is that for most dogs it does end. Eventually!
- In the meantime, providing your dog a variety of chew toys, of different types, will help. And young dogs should not be left for long periods unsupervised until they have outgrown this phase.
- And I say 'most dogs' because adult dogs will sometimes chew and destroy furnishings, and even the fabric of buildings if distressed. Usually as a result of long periods of isolation.

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Okay, so those are mostly good news. Be patient, manage puppies and young dogs appropriately, and with time their behavior will settle and improve. But what about those behaviors that don't simply resolve over time?

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Dogs do not grow out of these

Here are some behaviors that don't spontaneously improve as dogs mature. In fact they are likely to get worse

- Running away
- Regularly peeing or soiling the crate
- Refusing to be caught
- Barking or whining in the crate
- Roaming
- Pulling on the leash
- Not listening

Running off during walks,

sometimes for hours at a time, is a very common problem. It starts when a young dog's growing independence is not accompanied by a growing bond with, and interest in, their owner.

When training goes right, the owner becomes the centre of the dog's world. The source of so much fun, that the dog never wants to be far from them, in case they miss the next good thing.

A good structured training system ensures that this happens.

When training goes wrong, the dog discovers they can have much more fun on their own. And the only solution is a period of restricted freedom while the dog is retrained, and the bond with the owner is rebuilt.

Peeing or soiling the crate

Occasionally I hear from a puppy parent that has got themselves into a particularly difficult situation. They have a young puppy that pees and poops in its own bed.

- This can be a difficult problem to fix but it is a very easy one to avoid.
- All puppies have a powerful instinct to keep their bed clean and from being very small will move away from the 'nest' area to empty themselves. Bed wetting in this situation is usually the result of the puppy being forced to stay in its bed, until it can no longer hold on

Refusing to be caught

- If you've ever spent an unhappy half hour trying to catch your dog at the end of a walk you'll know just how infuriating this can be!
- It happens because the dog doesn't want the walk to end. And it's usually an easy one to fix. You need to make the return to the vehicle or being leashed, a cause for celebration.

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TIP: Start at home with some very high value rewards. Warm roast chicken is usually a winner. Leash your dog, feed, and unleash your dog. Repeat many times. Progress to the garden or yard. Then to open country with the dog on a long line. Put the leash on as well as the line. Feed, and take the leash off again.

- Keep practicing and always, but always reinforce the end of a walk with some high value treats.

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Barking or whining in the crate or kennel

- Some dogs will give up making a noise in a crate or kennel if nobody ever responds to them. But not many. And those that do, may get worse before they get better.
- It's not unusual for a dog to bark throughout the working day if left alone at home.
- And the way to avoid this un-neighborly problem, is to train your dog how to relax on their own.

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Roaming

- Occasionally dog owners write to me because they are concerned that their dog is straying from their property. This is more common in rural areas where people are hoping to give their dog more freedom.
- Roaming tends to begin in the second half of the first year and although more common in intact male dogs, it does occur in neutered males, and in females too.
- It goes without saying that your dog is greatly at risk from this habit and unfortunately not only do dogs not grow out of it. It tends to get worse. And sadly, there is no foolproof solution, other than a secure fence.

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Pulling on the leash

- If your dog pulls on the leash you'll almost certainly be aware that this is a problem that is not going to go away on its own.

Not listening

- Not listening tends to precede other problems, such as running away, and needs addressing promptly. You should be able to engage your dog in the space of just a few seconds.
- By engage your dog, I mean: make sure that they are fully focused on you and trying to figure out what you want them to do next.
- Getting your dog's attention is critical.

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TIP: You can make a start today, by practicing some simple short games with your dog - rewarding them for eye contact or a nose touch for example.

- Make sure you play those games throughout the day, so that your dog starts to realise you are not just a pretty face, you are actually worth listening to!
- Have fun, and keep your dog engaged!

3. WHY DOGS NIP AND BITE. HOW TO MANAGE IT. - THERE IS A GREAT ARTICLE ON THE WEBSITE

So – why in the world do puppies do this? Puppy mouthing is that it is a completely, normal behavior NOT a “behavior problem” that needs to be trained away. All puppies do this and should. They’re supposed to do this. Its a normal part of their development.

When you play with your puppy, let him mouth on your hands. Continue play until he bites especially hard. When he does, immediately give a high-pitched yelp, as if you're hurt, and let your hand go limp.

Pups nip at people's feet or ankles. The idea is to teach your dog that good things happen when bad behavior stops.

Mouthing and nipping are natural behaviors for puppies.

For actual biting: Hold the puppy's mouth shut to stop the biting.

One way to stop a puppy from biting is to say “no” while holding his mouth/muzzle closed for a second, followed by ignoring the puppy.

Use pull or tug toys to show human play is different from playing with a puppy. Boredom busters are a great idea. We offer them in our boutique. lakewoodpetboutique.com

Aside from housetraining, I would say that puppy biting and mouthing is the single most common behavior issue.

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So be patient.

Your puppy puts her mouth on everything because this is the only way she knows how to interact and want to explore. Your puppy grabs with her mouth – she picks up objects to see what they feel like, bites down to see if they're good for chewing, explores their texture and whether they can be ripped into pieces for fun.

This is how puppies instinctively want to play – if you've ever watched a group of puppies wrestling with each other, you know that teeth are part of the game. Young pups bite and chew on their littermates constantly, as part of their normal social interaction.

A puppy who bites your hands isn't “bad” or defective in some way – she's just displaying normal species-specific behavior for a young dog. This puts the burden on you to manage your interactions with her to help avoid problems, and to have patience and empathy while she learns.

So what can we do to help keep our hands, clothing, and possessions intact with a puppy in the house?

Our goal is not to “stop” this behavior or train it away – it will resolve on its own with age. Instead, we want to find ways to make this normal developmental period as painless and stress-free as possible.

Listed below are the most important steps you can take to keep your sanity:

Manage the environment.

Being a new puppy owner is a lot like having a toddler in your home. Make some basic preparations before turning your pup loose to explore.

Shoes, books, purses, loose papers, and articles of clothing must be kept off the floor at all times. So if your pup shreds your favorite pair of sneakers, just remember that it's your fault – not hers.

To prevent table legs, baseboards, or other things being chewed use a baby gate or other barrier to block her access to areas.

Provide a variety of age-appropriate toys and treats for chewing.

Remember that puppies have a hard-wired, instinctive need to bite and chew on things – if you don't provide an appropriate outlet for this behavior, your pup will find her own!

To give you some ideas, here are a few of my favorite options for chewing:

- Bully sticks
- Cow or pig ears
- Kong toy filled with peanut butter
- Boredom Buster Treat Ball
- Lick Mats
- Boredom busters

This is by no means an exhaustive list, so feel free to comment with your own suggestions if you have a favorite that I didn't mention! If you're not sure where to get things like this for your puppy.

Use these toys to Redirect, redirect, redirect.

You need to have a variety of different toys available anytime you're playing with your pup. No teasing her with your hands or fingers, or using your shirt sleeve.

If you're playing with your puppy and she bites your hands, grab one of her toys and use that to play with her instead. I would suggest having lots of different types on hand – long floppy rope or fleece toys for tugging, plush squeaky toys for biting and carrying, and smaller toys or balls for chasing or fetching.

What about petting?

If you're trying to pet or snuggle your puppy and she bites you, calmly stop petting and ignore her until she calms down. Don't punish.

The problem with punishment in this situation is twofold. First, it does nothing to help your puppy understand what she should do with her mouth. Remember that this drive to bite and chew on things is deeply hard-wired in young puppies – she was born with an instinctive need to put her mouth on something, all the time. She cannot just "stop it", any more than she could stop eating, or breathing.

So, when does it end?

Although it might feel like forever, most puppies are biting and mouthing much less by the time they are 8-10 months old. So be patient and consistent, and remind yourself that things will get easier.

4. EIGHT COMMON MISTAKES IN PUPPY TRAINING

It's easy to make mistakes when you are learning a new skill. And avoiding them is always simpler when you know what to look out for!

Here are 8 common dog training mistakes you need to know about:

- Repeating cues • Adding duration too quickly
- Rewarding the wrong thing • Pushing or pulling your dog
- Trying to dominate your dog • Overfeeding before training
- Training too close to distractions • Choosing the wrong reward
- Let's zoom in on those now!

1 Repeating Cues

We all want our dog to come when we call. We want to be able to say "Rover Come!" and have him rush to our side.

Yet what many of us inadvertently do, is teach Rover to come to: "Rover, Rover, come, Rover come, ROVER, Rover COME, COME HERE"

That's quite a long cue and Rover mostly knows that he has plenty of time to finish up what he was doing after he hears the first tentative Rover?

Because that is what he has come to expect.

You can neatly avoid this problem by training in the right sequence. You'll find examples of this sequence in our online courses but you can achieve this at home on your own.

The trick is to add the cue after you have got the dog offering the behavior repeatedly and reliably. And not before.

2 Adding Duration too Quickly

Some of the things we ask our dogs to do have a 'duration' component. For example: when you train your dog to 'sit' you don't usually want him to sit and get up again!

The same with 'down' or with 'walking at heel' - two seconds is not going to be much use to us.

You want a dog that will walk at heel for at least five minutes, often considerably longer.

It's easy to forget that duration is an added factor of difficulty for the dog, and that we have to train for this duration, not just assume that because we say sit, the dog will sit indefinitely.

Spoiler: He won't :-)

Adding duration too quickly is a common mistake. How fast you can go will depend to an extent on your dog, but a dog that will sit for two seconds today, is not going to be able to sit for five minutes tomorrow.

It will take time to reach this level.

Foundation Skills students will be familiar with the way we start to add time in very tiny increments during the Mat Game, to begin with. But this is vital. The most important stage in this process is the very beginning.

You can use these principles yourself. Build up slowly, and increase the duration only when your dog has nailed it on the shorter time periods.

3 Rewarding the Wrong Thing

Dogs don't do things in isolation. They do one thing, then another, then another, often in rapid succession.

A dog waiting for his leash to be put on may bark, spin, pause quietly, bark, spin, sit, bark, and jump up, all in the space of five seconds. Trying to reward an appropriate behavior can be quite challenging.

The way around this is to use an event marker to identify the behavior (for example standing or sitting quietly) that triggers the reward for your dog.

Event markers are critical for success in force-free training. You can teach yourself to use a clicker, but you can also use a word such as 'Good!' or 'Yes'.

4 Pushing or Pulling your Dog

Dogs have an automatic response to being pushed. They push back.

If you press down on your dog's bottom, he'll resist and push UP against your hand. This is not because he is being difficult.

It's a healthy response to being jostled.

Pushing and pulling dogs around slows down learning.

You can avoid this by using positive reinforcement training.

5 Trying to Dominate your Dog

We now know that trying to dominate your dog can be very confusing and even stressful for him.

The good news is that most dogs have no interest in dominance, or being in control. They just behave in ways that gets them the stuff they enjoy.

Such as a nice place to sleep. Great food, other dogs to play with, etc.

Modern trainers get amazing results just by controlling access to these things.

Pack leadership and dominance were consigned to the trash can by behaviorists some time ago, but there are still a few trainers that are not yet up to date on the latest thinking.

So if you are going to take your dog to classes, pick your trainer carefully. And do consider training your dog yourself, at least to begin with.

6 Overfeeding Dogs Before Training

If you are using food in training, and most of you will be, at least in the early stages, don't give your dog a big meal right before a training session.

You want your dog to work hard and fast, some appetite will definitely help!

You don't need to starve him, but training before lunch rather than after will increase his enthusiasm for the job in hand!

7 Training Too Close To Distractions

Anything that was not in the room with him, the day you taught your dog to 'sit', is a distraction.

This includes other family members, visitors, other dogs etc.

It also includes everything in the world outside that room! That means your backyard, the dog park, the sidewalk, the fields, and beyond.

Think hard about what might distract your dog BEFORE you give him a cue. And the first time you introduce a distraction, don't get too close to it.

8 Choosing the Wrong Reward

You can't figure it out. You make such a big fuss of your dog each time he comes when you call.

You rumple his ears, rub his chest, pet him, stroke him, and tell him how clever he is. Yet still, he disobeys you 50% of the time. What's up with that?

The problem is, you are using the wrong reward. He may seem to like all that fuss, but the acid test is, does the reward increase the behavior?

The definition of reinforcement in animal behavior is something that increases behavior.

If the behavior you want is not increasing, the reward is just not cutting it. Get yourself a better reward!

Food is the most motivating thing for almost every dog. It's also quick and easy to deliver and consume.

And that's why it's the tool we use to begin our positive reinforcement training journey. We strongly recommend you do too!

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5. DOG ALLERGIES

it's important to know there's a big difference between a food intolerance and a true food allergy for dogs. A dog food intolerance is when a dog has difficulty digesting a certain ingredient, like dairy, whereas a food allergy triggers an immune response.

Some dogs are sensitive to perfumes or other similar products like household air fresheners. Using powder based cleaning products, as opposed to spray or aerosol cleaning products, can help keep chemicals out of the air and away from your pet.

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APOQUEL is a revolutionary dog allergy medicine that goes right to the source of itch and inflammation to provide relief.

APOQUEL is prescribed by your veterinarian to control itch and stop inflammation associated with allergic or atopic dermatitis in dogs

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6. EAR INFECTIONS ARE COMMON

EARS INFECTIONS:

It's important to understand **puppies commonly have yeast blooms during stressful times such going to a new home and leaving their mother and siblings.**

Far too often, when dogs are diagnosed with allergies, they are actually suffering from an overgrowth of yeast.

When your pet's body is in balance, yeast is an excellent source of beta-glucan, which is a powerful antioxidant that helps ward off skin damage, repair skin damage and protect your skin.

But, when your pet's body is out of balance, the problems begin...

YEAST VERSUS ALLERGIES

It's very easy to look at a dog and assume his symptoms are a result of allergies. Allergies seem to impact all of us these days!

But, the key difference between yeast and allergies is that an overgrowth of yeast is easily cured, while allergies are chronic and incurable.

Would you prefer your dog be diagnosed with an easy to fix condition, or a condition they will battle their entire lives?

This is just one more reason why groomers and veterinarians should spend time studying and understanding this condition.

And it's also why pet parents need to remain vigilant for signs of yeast in their four-legged friends.

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YEAST: THE GOOD

Yeast is a naturally occurring, beneficial fungus that is a very normal part of the body chemistry in both pets and people.

Yeast, in and of itself, is not a bad thing. The word "yeast" comes to us from Old English -gyst, which means "yeast" and from the Indo-European root yes-, meaning "boil, foam, or bubble".

There are many types of yeast - some is used to make bread, others are used to brew beer or even to make kombucha. In fact, the yeast of red yeast rice is used to lower cholesterol in some cultures.

Other types of yeast occur on your skin and some forms of yeast are so helpful to the body that doctors are using it to develop drugs that treat aggressive forms of cancer!

As long as the balance is maintained through a healthy immune system, all is well.

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**GOOD QUALITY PROBIOTIC DAILY and PLAIN SUGAR FREE YOGURT DAILY
plus a multivitamin is key to balancing your dogs system.**

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But there is a more sinister side of yeast...

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Some species of yeast are known as "opportunistic pathogens" which is another way of saying; you're going to have serious problems if the system becomes unbalanced.

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YEAST: THE BAD

The Candida genus of yeast contains over 200 yeast species. It's the most common type of fungal infection in people and pets with compromised immune systems. It can invade any part of the body in both animals and humans. Yeast dermatitis, also known as Malassezia dermatitis, is caused by an overgrowth of the fungus Malassezia pachydermatis. This type of yeast tends to invade ear canals as well as your pet's more "personal" areas.

Yeast does not require sunlight to grow, which is why we often see symptoms of the fungus in "hard to reach" areas, like under the belly, **in ears**, between the paw pads and nail beds, as well as other regions.

The problems with yeast occur when our pets' **natural body chemistry is disrupted and is out of balance**. This can occur when small things happen to your pet, including:

- Shaving the fur too closely
- Administering antibiotics (and other types of medications)
- Scratching (from ticks, fleas, allergens or other irritation)
- Compromised immunity due to an illness
- Black Skin in pets

We see a lot of "yeasty" dogs throughout the world, but it is especially common in hot and humid environments.

Big problems arise when the skin, our body's largest natural organ, is nicked or otherwise opened - which allows the fungi to travel inside.

YEAST: THE UGLY

Symptoms are already in place by the time yeast completely unbalances the system. Pet parents, groomers, and veterinarians should be very watchful of the following symptoms of a yeast infection (or overgrowth of yeast):

PAWS:

Chewing or licking paws, and dark rusty-red hair between the toes. If a dog or cat chews at their paws, there's usually a good reason: they may have a cut, broken toenail, or something else that's bothering him.

But if he is constantly licking or chewing his paws, it's most likely due to a yeast infection between the toes or in the nail beds.

The hair becomes red or rusty-colored because of the yeast, not because of the licking.

The "corn chip" smell that you may notice coming from your pets paws is part of their natural flora. If you notice a distinct increase in this smell, it's time to treat for yeast.

EAR INFECTIONS:

If your dog is prone to ongoing ear infections, which includes scratching the ears, shaking their head, and obvious discomfort, it's very possible your dog is suffering from yeast.

Retrievers and other floppy ear dogs may be more prone to these conditions due to the ability for yeast to hide in dark, damp places.

Of course, there are many other things that may be causing these symptoms, (including ear mites or an actual ear condition).

SOLUTIONS TO BALANCING YEAST IN THE SYSTEM:

GOOD QUALITY HIGH STRAIN PROBIOTIC DAILY

PLAIN SUGAR FREE YOGURT DAILY

A DAILY MULTI-VITAMIN is key to balancing your dogs system.

Be sure you are not introducing **SUGAR** into your dogs diet.

Do not use treats with **wheat or flour**.

While we can expect your VET to distract you from an **real solution** for yeast infections with the 'quick fix' immune suppressants or a harsh prescription anti fungal that strips away all the good GUT bacteria – putting the system out of balance. We certainly understand that you would LIKE to find a **quick-fix** for pesky yeast challenges, but you must come to understand – that the entire issue is primarily an imbalance of the GUT, which **cannot** be fixed in any 'quick manner', and certainly not by a prescription item that does nothing but shut down immune function for short periods, or stripping the system completely followed by the same repeating skin, ear and itching issues!

IF YEAST STILL PERSISTS, TRY YOUR LOCAL HEALTH FOOD STORE FOR A NATURAL YEAST SYSTEM BALANCING SUPPLEMENT.

The Importance of Giving Your Dog Probiotics

Did you know? 70% of your dog's immune system is in their gut. As a result, there are endless complications and disorders that can be triggered if your dog is suffering from poor gut health. Inflammatory bowel disease, paw biting, scratching and even tear stains can all be caused by an imbalance of bacteria in your dog.

However, poor gut health has a far more systemic reach. While poor gut health impacts things such as immune response, it can even affect your dog's behavior, with problems such as anxiety and depression.

Luckily, with the right Probiotic or Digestive Supplement product, your dog's poor gut health and symptoms can clear up in just a few weeks. Read on to discover the benefits and our top 5 expert ranked list of products.

Potential Problems of Poor Gut Health

Failure to provide the best care for your best friend's gut can result in discomfort at best and severe illness at worse. Possible complications include:

- Allergies
- Skin Irritations and Itchy Skin
- Chronic or Intermittent Diarrhea
- Paw Biting & Licking
- Gassiness, Flatulence and Bloating
- Behavioural Issues Linked To Anxiety
- Nutritional Imbalance and Deficiencies
- Yeast Infections

Benefits of Probiotics

There are endless scientific studies which highlight the benefits of probiotics for dogs. Probiotics are filled with good healthy bacteria, which when ingested, can help fight back against harmful bacteria in your dog's gut. Probiotics bring the following benefits:

High Quality Dog Probiotics Can:

- Prevent Paw Biting
- Alleviate Allergies
- Reduce Itching & Scratching
- Fix Recurring Diarrhea
- Reduce Anxiety & Boost Mood
- Prevent Excessive Shedding
- Boost Muscle Mass
- Rid of Yeast Infections

What To Look For In Dog Probiotics

Dog probiotics are NOT all the same. It is critical to ensure you choose a vetted probiotic that contains scientifically proven ingredients such as:

Lactobacillus

The most effective family of bacteria to prevent harmful bacteria growth & boost immunity. This powerful probiotic has been thoroughly researched and has proven effectiveness.

Turmeric

A powerful natural ingredient to aid digestion, reduce inflammation of the gut and is a strong antioxidant.

Yucca Schidigera

This all-important ingredient improves digestion, serves as prebiotic fiber and helps strengthen stool.

Black Pepper To maximize absorption of the Probiotic, calm the gut and produce critical stomach acid to kill bad bacteria.

Your Definitive Probiotics Checklist

It is important that you make sure to buy a Probiotic with the following, so that you do not waste money on ineffective products. Ensure your Probiotic has:

High Volumes of CFUs

CFUs are colony-forming units – the number of living microbes in the probiotics. We recommend 2+ Billion CFU..

Vital Ingredients Ensure the probiotic follows the above recommended list of ingredients, to ensure effectiveness and safety.

Additional Nutrients Opt for a probiotic that supports overall health with a balance of vitamins such as A and C, as well as minerals such as Manganese. These are important minerals that can help the overall health of your dog. Probiotics can be fragile. Look for storage instructions and check this probiotic is formulated to contain live bacteria for its full life.

7. KEEPING PUPPY BUSY WHILE YOU ARE NOT AT HOME

Most modern pet parents lead very busy lives with jobs and children, and our dogs often end up spending a good portion of the day home alone. A lonely, bored dog will find a way to occupy her time that can be destructive to your furniture and clothes and potentially harmful to herself.

Hiring a dog walker may actually save you money in the long run when you factor in damages to your home. The dog walker can exercise your dog for as long as you think necessary, and hopefully your pooch will just snooze the rest of the day, until you get home.

Here's suggestions to ease your dogs anxiety.

Let your dog watch television.

Turn on your TV to the Animal Planet™ station and up the volume. The sights and sounds of barking dogs and mewing cats helps to stimulate your dog's brain in a quiet house, keeping her from finding ways to get in trouble.

Provide ways your dog can look through a window or door.

Open the curtains or blinds to a back window in your home so that your pooch can watch whatever is going on outside your back door. If you have a small dog or a toy breed, set a cushion or chair by the window so that your pup is comfortably able to see out.

Fill a hollow toy with peanut butter

Stuff the toy with your all natural all-natural peanut butter. Most dogs love the smell and taste of peanut butter and can take hours finding every last dollop in a treat stuffable toy. To provide an extra challenge, freeze the toys after stuffing them.

Scavenger Hunt

Make your dog hunt for her meals by hiding stuffed food puzzle toys or small piles of her kibble around your house.

Scatter a couple of handfuls of kibble in the areas where your dog hangs out during the day and she'll have fun hunting her treats while you're at work. You can also hide one of her meals or puzzle toy right before you leave home so that she learns to associate your leaving for the day with a positive – as opposed to a negative – emotion.

Calm your dog!

If your dog becomes nervous, anxious, or overactive when you're not at home, you can try these ideas:

- Apply a combination of calming essential oils (lavender, peppermint, eucalyptus, wild orange, and frankincense – whichever smells best to you) on your pet's bedding.

- Give them a treat designed to promote rest and relaxation like all natural calming chews. This may keep your dog relaxed while you're gone and help alleviate any barking issues that disturb the neighbors.

- Use a dog pheromone.

If you sense that being alone causes anxiety in your dog, try a calming DOG CANDLE. We offer these in our line of Lakewood Holistics Brand in our Boutique. Lakewoodpetboutique.com

Give your dog a puzzle

There are loads of interactive dog toys on the market that will keep your dog occupied for hours. Lakewoodpetboutique.com

Get your dog a furry brother or sister.

A dog as a companion to your furry friend helps both animals. You give your existing animal someone to socialize with during the day. This is entirely a personal choice on your part, but you need to ensure that any new animal coming into your home is healthy, has been vaccinated and vetted, and gets along with your dog.

Give your dog a block of ice to play with.

Place your dog's treats or some suitable food in an ice-cream container, fill with water, and freeze. Alternatively freeze a toy like a knotted rope in some water. As the ice melts, toys and treats become available for your dog.

Schedule a Puppy Playdate!

Schedule playdates with the pets of a trusted neighbor or family member. Allow a pet parent you trust – and who owns a dog that your pet knows well – to come over and have a playdate with your pup. Make sure that both animals enjoy each other's company and play well together before trying this activity. Leave your veterinarian's name and phone number with the other pet parent just in case of an emergency.

Enroll you pooch in doggy daycare.

If your dog is well-socialized and enjoys the company of other pets, send her off to doggy daycare while you're working. Reputable pet care facilities employ staff trained in ways to keep your pup safe and active. Find one in your area that fits your schedule and schedule a tour and an interview with management and staff. Make sure you get references and recommendations from pet owners that use the facility before you leave your precious companion for the day.

Employ a dog walker to exercise your pet daily.

Many reputable pet care facilities include a dog walking service. They send a bonded, experienced person to your home to walk your pooch on regularly scheduled visits. For those pet parents whose workdays run long, a dog walker may be the only way your pooch can get some much needed exercise.

Bully sticks and dental chews

RAW MARROW BONES are the best for dental care. You can give your dog plenty of her own toys and dental chews will help prevent her from gnawing on your things. Additionally, dental chews help to keep her teeth clean and freshen her breath.

Introduce a new toy

A new toy can add some excitement during the day while your dog is home alone. A tough chew toy that can't be torn apart while you're gone is best, just in case your dog likes to gobble things up. Also rotate her toys...after a day or two, put one toy away so it's out of sight and mind, and bring out another to replace it. This will keep all of your pet's toys fresh and exciting.

TEACH SELF ENTERTAINING

Frozen uncooked cow bones- Give in while in the crate Beef Bones – Chewing reduces stress and anxiety in dogs. Look for them at our butcher or grocery store- KEEP MEAT AND MARROW

Cheaper spay & neuter clinics

<https://peterboroughhumanesociety.ca/spay-neuter-clinic/> (Peterborough)
<https://www.vet4you.ca/pricing> (Toronto) <https://www.spayneuterontario.com> (Belleville)
<http://www.spayneutertoronto.com> (Etobicoke) <https://spayneuterclinicwelland.com> (welland)
<https://613345spay.ca/> (Brockville) [https://www.kingstonnapaneespayneuterclinic.com/\(Kingston\)](https://www.kingstonnapaneespayneuterclinic.com/(Kingston))
<https://ottawa.ca/en/living-ottawa/animals-and-pets/spay-and-neuter-clinic>.
(Ottawa) <https://kwsphumane.ca/services/spay-neuter-clinic> (Stratford)
<http://www.northbayhumanesociety.ca/> (north bay) <https://tbdhs.ca/> (Thunder Bay)

To find more try:

<https://thepetucator.wordpress.com/2019/07/14/2019-ontario-low-cost-spay-neuter-vaccination-microchip-clinics/>