

# Puppy Fundamentals



## Feeding Your Puppy: A First-Year Timeline

All puppies are different, so if you have any concerns or questions about your puppy's food, feeding schedule, or nutritional health, always consult your veterinarian—or feel free to contact us at [goldendoodleaz@gmail.com](mailto:goldendoodleaz@gmail.com)

Many puppy owners wonder, "How long should I feed puppy food?" Here is a general timeline for what your puppy needs at each stage of his first year of life.

---

- **6–12 weeks:** Growing pups should be fed puppy food, a diet specially formulated to meet the nutritional needs for normal development. Feeding adult food will rob your puppy of important nutrients. Three to four feedings a day are usually adequate to meet nutritional demands. ***If you must change your puppies dog food from what was given to you at time you picked up the puppy, try and mix the new food with the old food so their tummy will slowly get used to the change. If you change their food without gradually introducing to the new food your puppy may have an upset tummy and diarrhea.***

- **3–6 months:** Sometime during this period, decrease feedings from four to three a day. A pup should be losing their potbelly and pudginess by 12 weeks. If they are still roly-poly at this age, continue to feed puppy-size portions until body type matures.
- **6–12 months:** Begin feeding twice daily. Spaying or neutering lowers energy requirements slightly; after the procedure, switch from nutrient-rich puppy food to adult maintenance food. Small breeds can make the switch at 7 to 9 months; bigger breeds at 12, 13, even 14 months. Err on the side of caution: Better to be on puppy food a little too long than not long enough.
- **After age 1:** Most owners feed adult dogs two half-portions a day.

There's a saying in dog feeding: "Watch the dog, not the dish". Body condition, not the amount eaten or left in the bowl, should determine portion sizes. Portion sizes depend on individual metabolism and body type, and nutritional requirements vary from dog to dog. If your puppy occasionally skips a meal or picks at food, don't worry. It could mean she is ready to eliminate a feeding or that you have given her too much, in which case simply reduce the quantity served.

Also, if you are doing treat based training with your pup, be careful not to give too many treats, adjust the amount you feed at mealtime accordingly. Whenever training with treats, keep the treat as small as possible.

## How often should I feed my puppy?

---

Like human babies, puppies start out needing many small meals a day, of a food formulated for their special nutritional requirements. Most, but not all, dogs finish meals quickly. To discourage picky habits, feed at regular times in regular amounts and don't leave food down for more than 10 to 20 minutes. (Or you will be cleaning up accidents all day)

## Is it worth it to buy the more expensive stuff?

---

**YES YES YES!!!! They are worth it!** Premium food has higher nutritional density, so you can feed your dog less to achieve the same results. Also, premium foods have stable ingredient profiles; the composition of bargain brands can vary from batch to batch.

The major dog-food companies invest heavily in product development and research, constantly upgrading formulas to keep up with their competitors. This means that feeding premium food puts you on the cutting edge of canine nutrition. It also means brighter eyes, smoother coats and less pooh! If you feed your puppy the supermarket dog food you will be cleaning up double the doo-doo because of all of the filler.

## Dry Food, Wet Food, or Both?

---

Many pet-food companies have worked with canine-nutrition scientists to develop special formulas for both Large-and small- breed puppies.

- **Canned food** is the most expensive to feed, and dogs often find it most palatable. Be careful of “all-meat” claims, though. Your dog should have a complete, balanced diet to fulfill nutritional requirements. Meat alone may not do it. (I would avoid canned food, it has been known to rot dogs teeth because it can get stuck to their teeth and they can’t brush it out) I only use canned mix with dry for special treats, for mom when nursing or for very small pups when first weaning.
- **Semi-moist food** is available in one-serving packets. It is usually made to look like hamburger. (usually this kind is not as nutritional and full of fillers)
- **Kibble** is the most economical, and the major makers offer a complete and balanced diet for dogs of all sizes and ages. Dry food can be fed exactly as it comes from the bag. This is the best choice- just read labels to ensure is not full of corn fillers and unnatural ingredients.

There is an oral-hygiene advantage in hard kibble because the friction produced helps to keep the gums and teeth healthy. Kibble can be moistened, either with water or canned food. Although unnecessary, that addition may make food tastier.

## Give a dog a bone? Careful!

---

**Our best advice here is caution!** Poultry and pork bones, or cooked bones of any kind, are strictly forbidden. They splinter into shards that can cause choking and serious damage to the dog's mouth, throat, or intestines. Any bone, in fact, once chewed into small pieces, can block the intestines and lead to a stomach problems, constipation, can cause lacerations of the mouth and internal organs, or can lodge in the throat with fatal results. It is important to note that bones have little if any nutritional value. There are other ways to satisfy a dog's craving to chew. Chew toys and simulated bones are best and made for dogs of all sizes.

### “Ok to Chew” Toys

---

These toys should be safe for your puppy. But make sure to always keep an eye on your dog, just in case.

- Artificial bones made of hard nylon. Many of these are designed to help with teething.
- Balls and chew toys made of hard rubber. Many of these are designed to hide bits of kibble in and can entertain your pup for extended periods.
- Knots of thick rope
- Artificial bones made of rawhide particles pressed together, or of other material designed to be safely swallowed.

#### My Picks

 <p>Hartz Dental Dog Toy Chew N' Clean, Small Bone, Bacon...</p> <p>\$11.78 <del>\$44.41</del> ✓Prime ★★★★☆ (37)</p>	 <p>KONG Ball Dog Toy, Medium/Large, Red</p> <p>\$5.18 ★★★★☆ (951)</p>	 <p>KONG Classic Dog Toy, Large, Red</p> <p>\$7.00 ★★★★☆ (3785)</p>	 <p>KONG Squeakair Tennis Ball with Rope Dog Toy, Medi...</p> <p>\$6.59 <del>\$20.00</del> ✓Prime ★★★★☆ (1074)</p>
 <p>Assorted 12 Inch Knotted Rope Dog Toy (1)</p> <p>\$6.95 ✓Prime ★★★★☆ (7)</p>	 <p>JW Pet Company Chomper Middleweight Dog Toy (Co...</p> <p>\$7.45 <del>\$9.99</del> ✓Prime ★★★★☆ (643)</p>	 <p>Pet Zone IQ Treat Ball, 3-Inch</p> <p>\$8.25 <del>\$9.99</del> ✓Prime ★★★★☆ (215)</p>	 <p>Toy Ball for Dogs (Dental Treat) [Bite Resistant] Jaiigak Durable Non-Toxic Strong Tooth ...</p> <p>★★★★☆ (177)</p>

# Daytime Sleep Tips for Your Puppy

---

## **How Much Do Puppies Sleep?**

Although puppies may seem like little bundles of energy, in fact, they sleep 15-20 hours a day. One minute your puppy may be a miniature tornado, and the next he's fallen soundly asleep, almost mid-activity. Sleep is essential to healthy growth: during sleep his central nervous system, brain, immune system, and muscles are developing. All of that sleep also helps him rest up during growth spurts. Because the world is such an exciting, stimulating place for a puppy, he won't always pay attention to his "internal clock" telling him it's time to rest. You can help by following a few simple guidelines for both daytime naps and bedtime. **They eat, sleep, pooh and play continuously throughout the day.**

**Leave your puppy undisturbed.** He's going to nap several times during the day, and although he may fall asleep in place, encourage him to nap in his safe place: crate, dog bed in your bedroom, or a quiet place in the house where he can nap undisturbed.

**Follow a schedule.** Plan his day so that active time is followed by quiet time for sleep. He'll most likely be ready for a nap after playtime or a walk, sleep for a while and then wake up ready for anything. Your puppy may nap every hour or so, sleeping from 30 minutes to as long as two hours. All of this sleep is perfectly normal.

**Show your puppy where to sleep.** If he seems drowsy and ready for a nap, guide him to his crate, bed, or wherever you've made his sleeping space. It may take some time for him to get the idea, but over time, he'll recognize that spot as the place for sleep. It might be hard to resist cuddling him and letting him fall asleep in your lap, but that's setting up some bad habits: you don't want him to be dependent on you to fall asleep.

**Establish a bedtime routine.** Just like human babies, puppies rarely sleep through the night. He may even need a potty break during the night at this young age. In fact, he might not sleep through the night until he's about 16 weeks old. But you should be establishing a good bedtime routine early. Make sure you've created a sleeping place for him. Many owners place the puppy's crate in their bedroom, so he can feel that his family is close by. Make it an inviting place, with a blanket or soft towels and maybe a soft toy.

**Keep his sleep area quiet and dim.** If you watch TV in bed, keep the volume down and the light low. You may even want to use blackout shades if the room gets early morning light. The quiet and dark will be his cue that it's time for sleep. Be prepared for some whining, barking, or howling before he settles in for the night. By giving him a routine, you'll teach him that nighttime is for sleeping, and you both will get a better night's sleep. I usually give my dogs a nighttime treat to eat in their beds like a natural peanut butter cookie from Costco.

## Puppy's Sleep Schedule.

---

Puppies thrive on routine and structure. Along with a feeding routine and house training routine, a sleep schedule will help both you and your puppy adjust to living together. This sample schedule should help you on your way to establishing a good routine, for canine and human family members. When the puppy wakes up, take him out for a "bathroom" trip immediately.

- Breakfast.
- Puppies usually need to relieve themselves after eating, so another potty break.
- 30-60 minutes of playtime, social time, or walks.
- Nap time. If your puppy just drops in his tracks off to sleep, leave him undisturbed. It would be better, however, if you can encourage him to nap in his special sleeping place. He may sleep up to two hours or as little as half an hour.
- Potty break.
- Lunchtime.
- Potty break - He may need another bathroom break or just be ready to play and explore. An hour is probably his limit before he's ready to sleep again.
- It's nap time again.
- Take him outside for a bathroom break when he wakes up.
- And then it's playtime again, especially if he can play with you. No matter how much fun you're having, don't let him get overtired. If you've ever been with a baby or toddler when it's past his nap time, you know that over-stimulation and exhaustion can lead to unfortunate behavior. Guide him to his crate or sleeping place and encourage him to wind down. Chances are pretty good he'll settle in for a nap.
- Potty break.

- The evening hours should follow a regular routine. Dinner, a walk (remember to not take them outside - other than your own backyard, where they can be exposed to Parvo until pup has received all their shots), time playing and interacting with family members, a quick bathroom trip before bed, and then settling down for nighttime sleep. As he begins to think of his crate (or whatever sleeping space you've arranged) as *his* place, it'll get easier for him to settle down and go to sleep.

## Training Tips for Goldendoodles

---

First and foremost, always Remember, your Goldendoodle...as a dog.... is a social animal. Long periods of confinement or being left alone can lead to hyperactivity, excessive barking, and destructive behavior. With commitment to training, lots of effort and patience on YOUR part, your Goldendoodle can learn to become a delightful, loyal companion as well as an asset to your family, instead of a nuisance or a frustrating animal. Too many times, the doodles' owner is the reason he or she does not have a successful, permanent, loving home. For some reason, some people just are not willing to incorporate obedience training or even take the time to teach their Goldendoodle how to become a respectable part of their family. Whether its a Goldendoodle or a different breed of dog, every one of them need to have a positive, loving home if they are going to become a lasting part of your family. Goldendoodles are very loyal to their family members. Loyalty back from its owner is much appreciated by your doodle.

### **Genetic Makeup**

The genetic makeup of your dog plays a key role in your doodles' level of intelligence! The fact of the matter is, genetics is everything! Like wolves and most dogs, Goldendoodles are hierarchy conscious. They instinctively gravitate toward living in a pack under a leader, or alpha dog. A doodle owner needs to know that **THEY** and their family is your doodle's pack, and the doodle owner needs to understand that they, not the doodle, are the leader. Many people make the mistake of acting unsure of themselves....nervous....or timid around their doodle. It's very easy for a Goldendoodle to run the household if the leader of the pack isn't! Goldendoodles, like Golden Retrievers and Poodles, are extremely smart! Take charge of your doodle by acting like a leader!

In a wolf pack, the leader chooses the warmest, most elevated spot to sleep. The leader also eats before the others. So if your Goldendoodle is allowed to sleep on your bed, get on the furniture, or is allowed to run amuck, your doodle may conclude that he or she is the leader. The same will happen if your Goldendoodle is fed scraps from the table during your mealtime. Your behavior affects how YOUR Goldendoodle behaves. Your actions teaches your Goldendoodle how and when to respond whether your actions are positive or negative. Goldendoodles are very sensitive dogs and respond best to positive training and positive reinforcement. Not by yelling, screaming and scolding or hitting.

Even as a puppy, your Goldendoodle can learn that it is subordinate to you...the doodle owner. How is this? Try holding your doodle's gaze with your eyes until he or she looks away. Also, a lot of belly rubbing while your doodle is on his or her back is a good exercise, as this puts your doodle in a submissive position. If your Goldendoodle is being a nuisance and does not stop when you say "No," try ignore your Goldendoodle or leave the room. Giving in to bad behavior only reinforces bad behavior to continue.

When your Goldendoodle responds to your commands, he or she is acknowledging that you, the pack leader, are in charge. If you as the Goldendoodle owner do not establish your position of leadership, your doodle dog may conclude that he or she is equal or superior to you, and this might affect your doodles' behavior. Believe it or not, children do the same thing when they are young! Children learn how to manipulate their parents to get what they want, when they want it. You have to think of your doodle as a small, young child who is learning.

### **How to Teach Simple Commands**

In order to teach your Goldendoodle basic commands, you will need several things.... a collar, a leash, time and plenty of patience. So many people assume that training a Goldendoodle...or any dog for that matter, is simple and requires just one or two lessons! No! That is a very wrong assumption! One canine training manual recommends the following: (1) Use simple, one-word commands, Do NOT use long drawn out sentences or talk to your dog as though it has the human capacity to understand everything you say. (2) demonstrate to your Goldendoodle the desired action, and (3) immediately give praise to your Goldendoodle when he or she has performed the action. Your tone of voice is more important than the words you use when training your doodle. A command should always be given in an affirmative tone, and praise should always be given in a happy, affectionate tone with a touch of excitement on YOUR part. This gives

your doodle encouragement to do better. Becoming frustrated or showing signs of frustration only causes your doodle to perform poorly or not at all. When children are learning in school...they are taught that good grades will get them much further as they continue through school! For your Goldendoodle, plenty of pats on the head reinforces that he or she will have more coming!

**NEVER USE PHYSICAL PUNISHMENT** to train your Goldendoodle! Physical punishment, such as hitting or kicking, is not necessary nor will it get your doodle to perform the actions that you desire him or her to learn. Simply say 'No' in a sharp tone, prolonging the vowel, so that the doodle will know that you are displeased with their performance. A dog is intelligent enough to know when you are rewarding and when you are reprimanding it. There is no need to hit your doodle. Physical punishment actually reinforces the Goldendoodles' fear of being reprimanded and will cause your doodle to become a very timid dog or could also cause your doodle to even lash out through biting if he or she feels they are in danger or being injured. Goldendoodles are very gentle, loving, non aggressive dogs but all dogs who fear they are in danger use the only mechanism they know and that is to bite their aggressor....which would be YOU.

If anything more drastic is needed, you might grasp the Goldendoodle by the scruff of his or her neck and give a little shake while at the same time lightly saying "No." I don't actually recommend this because again, you are encouraging your doodle to become fearful...but some professional dog trainers say this is a method that can be used. Reprimands should be given during or immediately following the undesirable behavior and never hours later! Remember, a dog cannot discern why they are being scolded if the scolding occurs minutes or hours after the act. Neither does your Goldendoodle understand why a certain action is acceptable on one occasion but objectionable on another. So be consistent in everything you do when it comes to training your doodle. It is also very helpful to place your Goldendoodle on a consistent schedule.

The foundation for all canine obedience is the command "Sit!". If your Goldendoodle knows this command, you can control your doodle when he or she becomes overly active. For example, you can tell your Goldendoodle to sit when he or she begins to jump on visitors who come to your home. Or if you have your doodle out in public and people desire to pet your doodle. To teach your Goldendoodle to sit, put the leash on your doodle's collar, and give the command "SIT" while pushing down on your doodles' hindquarters. Gently pull your doodles' head up with the leash at the same time. Always give praise immediately to your Goldendoodle so that you can reinforce the good behavior.

Repeat these steps until your Goldendoodle obeys the command on his or her own. Don't expect your doodle to learn this right away. Continued training will allow your doodle to learn each command.

In order to teach your Goldendoodle to remain in the sitting position, use the command "Stay!" while standing in front of him or her. Put your hand out with the palm facing flat toward your doodle. If your Goldendoodle moves, say "No" and then place him or her back into the "SIT" position. Repeat the command. Make sure to always praise your Goldendoodle when he or she stays in the sitting position even if just for a short period. Gradually increase the time that your doodle stays in the "SIT" position and then gradually make the distance further between you and your doodle as he or she responds to the command.

The best way to teach your Goldendoodle to come to you is to use a nice long leash and give a gentle tug off and on while calling your doodle's name and giving the command "Come!". Always Back up as your doodle moves toward you. Continue giving your doodle praise even if your doodle is only showing a little progress. Encouragement to do better is always key! Soon, your Goldendoodle will respond to your call without being prompted by the leash. If your doodle gets loose and will not respond to the command "Come!" call it and run in the opposite direction. Often, a dog will instinctively give chase because they want to play. Most Goldendoodles enjoy being right next to you at all times, so unless your doodle has found something interesting to distract its attention away from you, they usually won't run away. The best environment to train your doodle is in a secure area. Doodles off of a leash could accidentally run out into the road and become hit by a car. If you do not have a fenced in area to train your doodle, it is best to always keep your Goldendoodle on a very long leash when outdoors.

A word of caution: Never use the word "come" if you are calling your doodle to reprimand him or her! Using this command to reprimand your doodle will cause your doodle NOT to obey this command because he or she will be in fear that they have done something wrong. Your Goldendoodle must learn that responding to the command "Come" will bring pleasurable results whether it is for praise or for a food treat. If you become frustrated or if lose your patience while attempting to teach your Goldendoodle commands, your Goldendoodle will only learn that the commands are unpleasant and that they are to be avoided. You must not begin obedience training expecting immediate gratification! Think of obedience training as training for both YOU and YOUR doodle! Think of obedience training as a gradual, training process that is pleasurable for both you and your dog.

You can also teach your Goldendoodle to walk by your side without pushing ahead or lagging behind. In order to do this, use a link-chain training collar and a short leash. With your Goldendoodle always on your left side, give the command "Heel!" then step out with the left foot. If your doodle attempts to push ahead or lag back, give a quick, sharp jerk on the leash and repeat the command. Remember to always give praise even if your Goldendoodle is only showing small signs of learning. PRAISE! PRAISE! PRAISE!

How can you keep your Goldendoodle from jumping up on you or others? One method is to back away while using the command "Off!" followed by "Sit!" Another is to catch a forepaw in each hand and step toward the doodle, repeating the "Off!" command. Always Give praise when your Goldendoodle obeys. Some trainers use the command "Down". Some trainers use the command "off". Professional dog trainers can vary in their methods of training. With guard dogs, some trainers rely on commands spoken in various languages other than English. Some trainers teach their dogs to obey hand commands and never verbal commands. You will have to use a professional dog trainer that suits what is best for you and your Goldendoodle or enroll your doodle into basic obedience classes that you feel will benefit both you and your dog. Many dog trainers are using the "clicker" method and some of our past doodle customers have told us they are using a "bell" to hang on their door to teach their doodle to let them know by ringing the bell on the door (by jingling it) if they want to go outside. You may want to try different training methods to find out which one suits you and your dog best.

## **A Loyal Companion**

First and foremost, always Remember, your Goldendoodle...as a dog.... is a social animal. Long periods of confinement or being left alone can lead to hyperactivity, excessive barking, and destructive behavior. With commitment to training, lots of effort and patience on YOUR part, your Goldendoodle can learn to become a delightful, loyal companion as well as an asset to your family, instead of a nuisance or a frustrating animal. Too many times, the doodles' owner is the reason he or she does not have a successful, permanent, loving home. For some reason, some people just are not willing to incorporate obedience training or even take the time to teach their Goldendoodle how to become a respectable part of their family. Whether its a Goldendoodle or a different breed of dog, every one of them need to have a positive, loving home if they are going to become a lasting part of your family. Goldendoodles are very loyal to their family members. Loyalty back from its owner is much appreciated by your doodle.

## Helpful Steps for Training Goldendoodles

---

1. Be consistent in your use of words for commands.
2. Goldendoodles like to hear their name, and this usually gets their attention. Use your Goldendoodle's name along with every command. ("Doodle, sit!") Never use your doodle's name in conjunction with a reprimand, such as "No!" Your Goldendoodle must learn that responding to its name brings positive - not negative - results.
3. Use liberal praise as a reward. Many dogs will do more for affection than for food. Give lots of body rubs or gentle pats on the head while saying "Good Boy! Good Girl!"
4. Keep training sessions short and pleasurable. If you don't have the time to train your Goldendoodle yourself, you may want to hire a professional dog trainer. If you feel you are becoming frustrated, stop the training and wait until later.
5. Do not inadvertently reinforce negative behavior by giving your dog a lot of attention when it misbehaves. This will only reinforce the undesired behavior.

### **Housebreaking Your Puppy**

We always start our puppies on puppy pads as soon as their eyes open and they have learned how to walk. Constant repetition and placing the pups on the puppy pads teaches them to use the bathroom on the pads. Once you have purchased your Goldendoodle, it is not that difficult to teach your puppy how to use the bathroom outside rather than on the puppy pads. According to Dog Training Basics, the keys to successful housebreaking are confinement, training, timing, and praise. Most doodles do not like to soil their sleeping area. Therefore, keep your puppy confined when unsupervised. However, it is important to know that you should NOT leave your doodle confined for hours! A young puppy feels like it has to urinate and defecate much more often than when they are older. Place your Goldendoodle on a consistent schedule. Teach your doodle that it has a designated toilet area...YOUR YARD. Take your outside (on a leash) to the

designated area immediately after he or she wakes up, after a meal, after a play session, or before bedtime. Give loads of Praise after he or she eliminates. You may want to teach your doodle a trigger word such as "Outside??" When your puppy is not confined, be alert to signs that your doodle needs to relieve itself, such as an abrupt stop of play, circling and sniffing, and running out of the room. If you catch your puppy in the act of eliminating in the house, scold your doodle, and then take him or her outside immediately. Always keep your doodle on a leash if you do not have a fenced in yard. I always recommend using a retractable leash or a very long leash. Again, no good will come of your training efforts if you give correction long after the act. Clean up any accidents with vinegar water to remove the scent; otherwise, your doodle will continue to use that place to eliminate.

Urination during an excited greeting is an involuntary, natural behavior in most dogs. Sometimes called submissive urination, it can mean that the dog recognizes that you are the leader, or in the alpha position. This commonly occurs when dogs are greeting or meeting each other for the first time. It lets the other dog know that the one urinating is submissive to the other. Reprimanding your doodle, should this occur, may only worsen the problem, as this may cause your doodle to urinate more in order to show further that it views you as the one in charge. Usually, this behavior stops by the time a dog reaches two years of age. Always remember that training must be in small baby steps. Dogs all learn differently...some quicker than others. Some slower than others. Staying calm; staying focused; Not becoming frustrated will help your doodle learn all that he or she needs to learn.

Don't let the idea of a schedule overwhelm you. It may seem like a lot of work, but you'll be rewarded with a happy, well-adjusted dog, and you may even come to enjoy the routine, too. This is a wonderful time for developing the bonding and love that will last a lifetime.

## Helpful Vaccination Schedule Guidelines (first shots were performed by Vet)



VACCINE	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	REVACCINATION INTERVAL
DHLPPC (DISTEMPER, HEPATITIS, LEPTOSPIROSIS, PARAINFLUENZA, PARVOVIRUS, AND CORONAVIRUS)	6-8 weeks	9-11 weeks	12-14 weeks	16-17 weeks	12 months
BORDETELLA	14 weeks	X	X	X	6 months
GIARDIA	14 weeks	17 weeks	X	X	12 months
LYME	14 weeks	17 weeks	X	X	12 months
RABIES	16 weeks*	X	X	X	12-36 months*

\*SPEAK WITH YOUR VETERINARIAN ABOUT THE RABIES SHOT REQUIREMENTS IN YOUR STATE

Best of Luck with your new FOREVER FRIEND! Please keep in touch with us we would love to hear from you. We encourage you to send us a testimonial so we can add to our website with updated puppy pics. [goldendoodleaz@gmail.com](mailto:goldendoodleaz@gmail.com)

Thank you,

– Goldendoodle AZ Team