NEW PUPPY CHECKLIST - PART 1

- Puppy proofing your home - How to puppy-proof your house
  - Prevent electrical shock: outlet plug covers
  - Prevent falls/slip through: banister shield and bamboo gate / steel safety gate
  - Protect from sharp edges: impact absorbing foam corner guards
  - Prevent chewing on wires/get entangled/strangled: wire hiders, cord mates

- Prepare a place to rest and sleep
  - Prepare resting places in every room where with you: comfortable resting place / pet bed / blanket
  - Prepare place to sleep: don’t get those metal cage crates; see Building a Den for your Dog

- Prepare a place to eat and drink
  - Use sensible drinking bowl for home and travel: spill-proof drinking bowl
  - Use sensible food bowl: eat-slow bowl / cheaper alternative / metal eat-slow bowl

- Prepare first-aid kit
  - Commercial kits are no more than basic: good commercial first aid kit
  - Add all these: Vetericyn Wound and Infection Spray, Vetericyn Eye Gel, Zymox Otic Ear Treatment-Without(!) Hydrocortisone, Paw Protection Cream, Flexible hard bandage, Liquid (soft) bandage, Styptic powder, Canine pain relief

- Get safekeeping equipment
  - Put on high-vis collar and leave on all the time: reflective safety dog collar
  - Attach non-come-off ID tag: flat-attaching ID tag
  - Get best short lead: Sarah Hodgson Teaching lead
  - Get best long line: Sarah Hodgson Long Line

- Get grooming tools, and consider regular grooming sessions as 'together-time'
  - Use adequate comb, and ban fleas, every other day: small comb, large comb, flea comb
  - Tackle shedding weekly (when needed): furminator
  - Use right brush for washing/massaging: pin-headed rubber brush
  - Wash with right stuff (bath only quarterly, but shower when dirty): antibacterial and antifungal pet rinse
  - Wash in your bath tub or in this bath tub: bath tub suitable for puppies
  - Get used to toothbrushing exercise every other day: dental care kit
  - Simulate nail trimming exercise bi-weekly: best dog nail trimmer

See http://mygermanshepherd.org/periodical/new-puppy-checklist
NEW PUPPY CHECKLIST - PART 2

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Vet visit and vaccination
- Aim to identify a local holistic vet (ask local dog owner friends/local breed club; google "holistic vet [your town]"
- Visit vet straight away when you get your puppy; next visits: after 3m, 3m, then every 6 to 12m (max!)
- Do NOT accept any vet’s blanket prescription of antibiotics, corticosteroids, glucocorticoids, etc! - See here why
- Always aim for the most appropriate, effective, natural remedy
- Vaccinations must always be done by a professional vet, not OTC
- Do not vaccinate against unlikely diseases; only get vaccinations sensible in your geography (local vet knows)
- Don’t forget regular boosters - make calendar entries!

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Regular DIY health checks
- Check eyes, ears, mouth, paws, and coat once a day (or every other day) - make it a routine during brushing
- Never apply any ointment, lotion, powder, spray, etc close to the eyes, never in the ears, and never in the mouth or nose - unless it is specifically and clearly meant for this body opening!
- Consciously observe significant changes in behavior - more often than not, the reason are underlying health issues!

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Dietary Planning
- Decide on your preferred diet, and stick to it for at least 8 weeks before you draw conclusions
- Do not make abrupt changes to diet - Introduce new foods progressively/mix under
- Identify low-price quality sources for food (local/rural butcher etc; careful with internet suppliers!)
- Do feed veg and fruits as well! And always (always!) ensure there's a bowl accessible filled with fresh water!
- Encourage your puppy to drink a lot - never mind the peeing, rather prevent chronic bladder infections!

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Get a variety of quality toys - they also prevent behavior problems; boredom is poison for puppy
- Get some Puzzle toys like Hide-a-squirrel® or Egg babies® to spend quality time together
- Get some Activity toys like Chuckit!® and Soft Floppy disc® to enjoy outdoors together (garden, safe park)
- Get several Chew toys, like Westpaw's Hurley® - or your shoes and everything else will suffice 😊
- Don’t ‘treat-train’ your puppy, but Treat toys like Westpaw’s Tux® stimulate your pup’s problem solving skills
- A bit of tugging is okay but then use sensible Tug toys, like Fresh-N-Floss®, for a short tug
- Finally Squeaky toys - they can be annoying, anyway do not leave your pup with any toy alone!

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NEW PUPPY CHECKLIST - PART 3

Caring for your puppy

- Depending on where you live, beware of dog thieves and animal cruelty
- Consider micro-chipping your puppy
- Do get your pup prof. spayed/neutered - only exception: prof. breeding, based on health and temperament!
- Don’t let your puppy jump into unknown waters (infested/treacherous) - flowing stream safer than standing water
- Be mindful of where your puppy is/walks/lingers/plays - eg: heat (stroke), hot/sharp/icy/chemical surfaces (paws)
- Travel with your puppy - but beware of all these factors, in particular watch the video and pass it on

Relationship building or Bonding with your puppy

- Just observe a few simple principles:
  - Before you engage with your pup, always make sure to be calm yourself. Take deep breaths and count to 10 😊
  - Because your energy level transmits to your puppy and will have a lasting impact on your pup
  - Never shout at your puppy, scold with your puppy, or hit your puppy - be calm before you engage with your pup...
  - Puppies and adult dogs alike are forgivable but not forgetful
  - The only ‘punishment’ you will ever need are the Collar Freeze and Isolation (see below)
  - Every puppy(1), and every dog(1), can be successfully trained with these two enforcements alone (oh yes!)
  - Always aim to learn more how to have the best relationship - like you would do in a human partnership too
  - Be patient, don’t give up on your puppy (or old dog!) - there is a solution; send an email if you need help

Puppy Training

- Building the right relationship with your puppy is far more important than individual aspects of puppy training
- All puppy training should be FUN, both for you and for your pup
- Primarily use dog language, ie body language, not your voice
- The less commands you give, the more impact they will have
- Training commands must always be clear, concise, and consistent
- Act like a Pack leader for your puppy, not like a commander

- Before your puppy gets any meal, always do Gesture-Eating for 2 to 3 minutes (will decrease with age)
- Whenever your pup walks away from any food, immediately pick it up, take it away, and cancel this meal
- Immediately stop all training when you get stressed, or your pup appears confused, or your pup loses attention
- Upon serious misconduct (nipping/biting) or persistent lighter misconduct (scratching/chewing/...), isolate your pup
- Gently lead your pup by the collar, without looking or speaking, into a small safe room for 5-20 min/until calm
- In all other situations, calmly walk to your pup and hold it still on the outer underside of the collar until totally calm
- No speaking, no looking, no touching! - All this only in desirable moments - Positive Reinforcement

Make a vow

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