

VALOR GOLDEN RETRIEVERS

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What is Your Golden to You?

A Golden Retriever can be a fluffy wind-up Teddy Bear with shoe button eyes and your best towel clutched in his teeth; nobility reclining on a grassy bank; a white-faced old sportsman still keen for the whistle of wings. In spring a Golden will put mud on the carpets, fur all over your best navy blue, and the flowering bloom of joy in your heart. A Golden is a flame of color against dark summer covert, the spray of surf sent flying, peace sprawled against cool earth. He is competence wearing a guiding harness, pride with a bird in its mouth, dignity wanting its tummy rubbed, and elegance working in the swampland. A Golden has the understanding of a saint, the patience of a Buddha, the eagerness of a kid at the circus, and a tail that challenges perpetual motion. Having a Golden Retriever is never knowing where all your shoes are at any given moment; hearing the neighbors call up because he's sleeping out in the snow instead of in his kennel house; keeping cups off the Coffee table because of the wild tails, and being not quite sure if your paragon would decimate a burglar or fix him a cup of tea, and show him where the silver is. When you have a Golden you get up earlier, spend more time, drive farther, bring home less that's taxable and have a hundred times the enjoyment of your neighbors who do their gambling at the more common places. Somebody else with a Golden is an instant acquaintanceship, your veterinarian wishes all his patients were Goldens and you just wish that you were as great as your Golden thinks you are

Marcia Schelehr Reprinted from the Golden Retriever News Oct Nov 1967

Puppy Instructions-The first night home.

The first few days can be a very stressful time for your puppy. Be prepared for it to cry, whine, or howl when it is left alone. Let the puppy be with you, it misses its littermates and you are its only comfort. If you are going to crate train your puppy (which I suggest you do, see crate section) place the crate next to your bed for the next several weeks, later you can move the crate to the room or area you want your puppy to sleep. The puppy will settle down much faster in your room than it will in the opposite end of the house. Take the puppy outside on a leash to go potty and poo right before you put him in his crate for the

night (more in depth potty training section later). When your puppy begins to cry, drop your arm down and stick your fingers inside the crate door's wire mesh wiggling them so pup knows you're there. Your puppy will snuggle up against your fingers and eventually fall asleep.

When your puppy wakes up in the middle of the night and begins to cry, it needs either 1.) Reassurance that it is not alone or 2.) It needs to go to the bathroom. Try once again to put your fingers in the door of the crate to get the pups attention and settle him back to sleep. If this fails and the puppy continues to whine or bark, then it needs to go to the bathroom. Take it outside on a leash (be sure to carry the pup so there isn't an accident on the way) and make sure it goes potty (verbally praising when it goes potty) before putting it back in the crate.

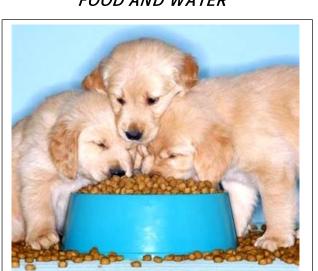
Try to always take the puppy to the same area to go to the bathroom. Having it on a leash will cut down on puppy play, and ensure the pup gets right down to the business at hand. Put a word (always use same word) to going potty, like "Potty" ② Always state the command "go potty!!" and praise saying "good potty!!" Eventually the pup will go on command.

Once back in the crate, the pup may begin to fuss again. However, just go through the same routine listed above (fingers in door for comfort) and the puppy will go back to sleep. You will find that by 10-11 weeks of age your puppy should sleep through most nights (6-7 hours).

One common mistake many people do is every time the puppy fusses in the crate at night they tend to quickly take the puppy outside for a potty break. If you are not careful you could be doing this several times a night for several months. Be careful that you do not teach your puppy that every time it cries it gets to go outside. Personally I treasure a good night's sleep and don't like to stand outside in the cold night air while my puppy is having a grand time playing.

There is a link to potty training instructions I made, on the "Links" page, where you found this packet. Please read and reread a number of times so you'll know exactly what to do when the time comes. It's much more in depth

Check back often and visit my "links" page for other new information tidbits, or maybe you just a refresher on an article you've already sent. I'm adding information all the time and will continue to do so. You'll find it useful.



FOOD AND WATER

<u>DO NOT</u> follow the feeding instructions on the back of the bag!! If you do, your dog will be fat and this will be the beginning of all sorts of health problems including possibly hip dysplasia.

I will/am feeding the Pups: You choose any Large Puppy Breed Dog Food from The "Whole Dog Journals" list of approved foods (I will provide)

You can rotate 4-5 appropriate Large Breed Puppy Foods. This is outlined in a separate food article you'll be reading on the "Links" page. Always making sure the calcium/phosphorus ratio are between 1:1 - 1.3:1. Never over until done growing. Keep them on a <u>Large Breed</u> Puppy Food until they are done growing also. Usually between 12-15 months. Then switch to a premium food on the **Whole Dog Journals** approved foods list. The foods list is on the "links" page also. Continue the rotation diet. You'll be reading about the rotation diet shortly.

In a nutshell if you feed the same Dog Food Brand and recipe for your puppy's lifetime, they most certainly will become deficient in something. It just isn't healthy. Instead pick 4-5 favorites from the Whole Dog Journals recommended foods and rotate them. Change recipes every bag or two. They can be the same brand only different recipes or completely different brands. I prefer different brands, but either way is okay.

A premium food will appear to cost more, but in the long run you will save money. You'll save on Vet bills, because your pup will be healthier. Also, you won't have to feed as much with a premium food. There aren't any fillers. Just good nutrition. You'll have less stools and harder stools, which makes the icky job of poop scooping better. You won't find a premium food at the Grocery Store, Wal-Mart or Target. You'll have to find it at a pet supply store or even online and have it shipped.

When your pup goes home, he/she will be eating ½-3/4 cups of **Wellness Large Breed Puppy Food**, 3 times a day. Cover with warm tap water and let soak for a bit. This softens the food and releases more of the flavor. Give the puppy 10-20 minutes to eat. If they do not eat, or only eat a portion, pick up the food and throw it away (don't save it for the next meal). This will teach your puppy good eating habits and most important aids in housebreaking!

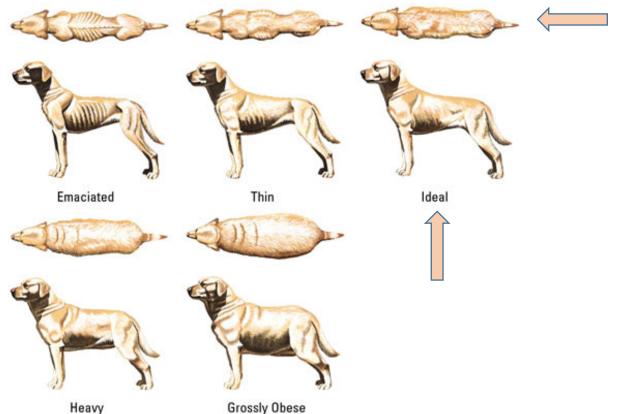
Your puppy may not eat well the first few days because it will not have the competition of its littermates to remind him that it's time to eat. Don't worry. Your puppy won't starve and will begin eating full meals in a few days.

Never, never allow your puppy (or as he/she becomes an adult dog) to free feed. Always measure portions. "Any excess food is first used for growth. That is, even if he is getting too much food, the pup will not get fat -- he will simply grow faster. By the time a pup actually looks or feels fat, he is already at an extreme, and growing far too rapidly". (Excerpt from Rhonda Hovan's slow growth plan article)

Golden Retrievers always think they are starving, and will gorge all the time if they are left with a choice. That's why there are so many overweight Goldens. Even <u>as adults</u>, my Females only need 1 ½-2 cups of premium food <u>twice</u> a day, and my Males get 2-2 ½ cups <u>twice</u> a day. That is plenty, and they are very happy and healthy. Don't forget to add <u>water to completely cover</u> the food. Start this in a couple of months when the adult teeth come in. You don't have to let the food soak at that point. <u>Cover</u> with water

and feed. Water is the mainstay to our survival. Dogs need to eat foods that are 60% water in order to keep the kidneys flushing and to maintain good health. Besides ALWAYS letting your dog have access to fresh water, and very simple and efficient way to make sure your dog is getting enough water is to completely cover the food with water. It doesn't need to soak. Just cover with water and feed,

The best way to monitor weight is by touch. When standing over your dog, lightly, but firmly run your fingers down his/her rib cage. You should be able to feel the ribs, but not see them. The spine shouldn't be protruding without a bit of fat around it. When looking at you dog, he/she should have a nice waist line. There should be a definite indent (curve) when looking down at his/her waist



As your puppy grows older remember to increase his/her food. When your puppy finishes their meal quickly and is looking for more, add another ¼ cup to each meal. If feeding three times a day does not fit into your schedule, you can go to twice a day any time after 10 weeks.

It is critical that your puppy be <u>more thin than overweight</u>. Added weight only opens the door for problems with growing bones, including hip dysplasia, osteochondritis of the shoulder, and a host of other orthopedic problems. Your puppy should remain thin for the first two years of its life. They will add bulk and width with age, not with help of more food. Then in his/her adult years should still be on the leaner side as opposed to carrying excess weight.

Just like humans that are fit and lean, your dog will feel better, look better and be healthier. An adult Golden female should weigh between 55-65 pounds. An adult male should weigh between 70-80 pounds.

Controlling weight is a very important thing as excess weight leads to Hip and Joint problems.

Water should <u>always be available</u>, except if you are still house breaking, then follow the rules in the house breaking section. Goldens love to play in their water bowls and buckets (they like to stick their feet

in it and dig in the water). Indoor bowls should be placed where it would be easy to clean up if spilled. Outdoor buckets should be attached to something like snapped to fencing, to keep it from getting knocked over. This is especially important during the hot summer months when dogs need lots of water.

I'm not a fan of plastic food or water dishes. Many dogs react to the plastic and get rashes around their mouths. Also, with a plastic dish, a Golden will 1.) First eat the meal, then 2.) Carry off the dish and eat it too. Plastic isn't good for digestion© I like a Stainless Steel Food and Water dishes. No chance of dishes being eaten. And they clean up easy.





Flat sided S/S bucket for the outside.

A S/S dish with a rim around the bottom is stable for food and water.



Clips that have multiple uses for dogs. I use these to attach outside water buckets to fencing.

Keep food bowl on the floor, not in a raised food dish. If you have a dog that eats way too fast, you'll need to get one of those dishes that slows him down. Bloat is a very real "Clear and Present Danger". A silent and swift killer. Always, always be watching for it for the life of your dog. You'll be reading an article and watching a short video of an Akita that is actually bloating. Not pleasant to watch, but the Akita survives. If you don't watch and therefore don't know what to be watching for, your puppy/dog may not be as lucky.

TOYS AND BONES

Provide your puppy with plenty of appropriate items to play with. All toys should be large enough that they cannot be easily swallowed. Do not give them anything that resembles something that you wouldn't want them to chew on later. For instance a dog cannot determine the difference between the old torn up tennis shoes that you gave him to chew and your new pair of Nikes. If you value your expensive items, I truly suggest you have a toy box with an assortment of chew toys for your puppy readily available. If you don't provide something they desire, they will find something on their own. And trust me, it's usually something expensive.



I personally am not a fan of Tennis Balls unless you supervise. They are just small enough to get lodged in your dog's throat, and will over time wear down your dog's teeth. My dogs LOVE "Cuz" balls, size Large. They are an oversized hard, rubber ball that comes with or without feet and has a squeaker. It's my guess within 5 minutes the feet and squeaker will be gone. After that, these balls last a very, very long time and the dogs love them. I must have 10 lying around. They can be purchased most anywhere. King Wholesale is an inexpensive online source for toys www.kingwholesale.com. For those that live in the Phoenix area we have Ryan's Pet Supply located at 1805 East McDowell Road.

Supervised tennis balls with the tool called a "Chuck-it" are fun, and fine. A Chuck-it is a throwing stick that allows you to throw the tennis ball quite far, with ease. When finished though, take the tennis ball away until next time. All of these toys shown would fine.



All dogs like to chew and it helps to keep their teeth and gums healthy. Cooked bones are extremely dangerous (cooked Chicken, Pork or Beef). Rawhide and greenies are dangerous as well. Here's what I recommend <u>NOT</u> using for your puppy

Do Not Feed These Please. They are so dangerous.

- 1. They cause intestinal obstructions.
- 2. They can cause asphyxsiation if they get stuck in airway.
- 3. They can have samonella or ecoli bacteria which can cause serious illness.
- 4. Most are outsourced from China where there is no control on quality or what animal your actually getting. (seriously)

Please use my healthier alternatives for chew toys. If in doubt ASK ME... That's what I'm here for.











No Greenies

No Bully Sticks

No Pig Ears

No No Rawhide Rawhide

NO Dental Chews



No Rope Toys



All these have potential health dangers!



No Rawhide



No Fleece Chews

I do however give my dogs RAW X- large marrow or RAW X- large knuckle bones to chew on about once a week. This is an excellent way to keep the teeth clean and satisfy their need to chew. I always supervise my dogs when they are chewing on the bones and take away before they become too small. Generally 45 minutes to an hour is a good length of time.







Pearly with teeth with bones for chew toys

Feeding no raw bones =

Dirty Teeth with Tartar build up



You can also give them XX Large Hard Sterilized Beef Bones. Buy the XL-XXL in all chew toys and bones (see picture above). The pups grow fast. In no time the larger sizes will be just fine. The Nyla bone Souper is good too. These last for a long time. I would suggest having a number of chew toys in the house, and a number outside, and maybe in the crate.

Stuffed animals are fun, but don't be heart broken when they are chewed up quickly. Dogs wouldn't know the difference if you bought a bunch of used stuffed animals at a garage sale or second hand store. I buy mine at Savers or Goodwill. I can get larger ones very cheap. Like \$1.00. Then I just throw in the wash before I give to my dogs. Just make sure the ones you buy have cloth eyes. I also don't like the toys that are made into ropes using strings, and hardened (see picture up above). Those can be dangerous. Just use common sense with toys and you'll be fine.

I actually have a toy box in the house, where I keep everything that is "okay" for them to chew on. You have to have a number of things to keep them from getting bored. It doesn't even have to be different things; even just 4 or 5 of the same nylabones or sterilized bones are exciting to them. When they are done chewing put them back in the toy box. The pup will eventually understand that he can take toys from the box and chew as he/she pleases. If the pup starts to chew on something not acceptable, take it away telling him/her "Leave It" and replace it with a correct chew toy. Then praise.



CHEWING

All puppies chew. They need to know what is appropriate for them to chew on. If your puppy starts chewing on things like the leg of the chair or the molding around the door, you can spray it with a product



Called Bitter Apple. This spray tastes terrible to a dog. I have used it on all sorts of things and it has never stained anything. I've used it on electrical cords, shoes, furniture, the pant leg of jeans (while wearing them) etc. The only time you can scold your puppy for chewing is when you catch him in the act of chewing. Puppies do not have the reasoning power to associate they are being disciplined for something they chewed up 10 minutes ago.

A puppy starts teething at about 4 months, and it lasts a month or so. This is a **very painful and stressful** time for them. Please be patient. They will start chewing 10 fold when the adult teeth start coming in. You could even try getting a wash cloth wet and freezing it. Let the puppy chew on it, supervised to see if it helps with the pain.

CRATES

I highly recommend crate training your dog. If you travel with your dog, it will be accepted at more hotels, and as a guest at friends and relatives homes, you have the option of putting your dog in a crate. When your dog goes to the groomer or to the Vet, and has to stay for any length of time, they will be crated. Better to teach them to be comfortable in a crate now, then when they are already under stress.

Buy the size crate that your dog will need when it's an adult. While it's a puppy you can block off the back with a box or laundry basket, or they make crates now with a divider in them. This way he/she won't be able to pee in the back of the crate and sleep in the front of the crate.

Either a plastic crate or wire metal crate is good. It's your personal preference. You can buy the metal crates that fold together like a suitcase. They are easy to transport and store. I find that these crates have

more flow in the warmer times of the year. However if your dog has an accident in this crate, it is possible that things could leak out the side of the wire crate and you would be cleaning up the floor. To make it more den like, you could put a sheet over the top, for house use. The plastic crates are collapsible too but are very bulky to store and handle. However if you dog has an accident in a fiberglass crate, it doesn't leak out and they are very easy to clean. Dog hair stays in the fiberglass crate and not in the metal crates. It's a personal preference. I have and regularly use both types. I have a wire crate I leave in the car, and I have the Fiberglass that's used in the house.



When crate-training puppies I have special chew toys for the crate only. Maybe a Chicken flavor Nylabone, or a Sterilized Beef bone. I put peanut butter in the bone, so they are entertained in the crate. I also toss a small cookie in the crate at bedtime to tempt the puppy in on its own, and then also reward again with a cookie when the doors closed. And don't forget to Praise, Praise, and Praise!!! Keep the crate a very positive place to be. Never use a crate as punishment.

On the "links" page there's a great short video on crate training, and sooooo entertaining and fun to watch!





If you are going to have your puppy sleep in a crate at night, then don't crate him/her while you are at work. Make some other arrangement. When just a young pup have a safe pen set up, see below. Invest

in a large outdoor kennel (At least 8'x14') with a cover (I use a heavy duty tarp) and a well-insulated dog house as an adult dog (although by then they should be house trained). Your puppy will be much happier in an outdoor enclosure during the day, than in a crate and will also be safe. It's not fair to expect a puppy or adult dog to be in the crate all night, and all day too. It's one or the other. And then as soon as you get home make sure your spending quality time with the pup/adult dog and where you go the dog goes.

FLEAS / HEARTWORMS / WORMS

The best products on the market for heartworm prevention contain Ivermectin. Sentinel is a good product. Stay clear of Trifexis. It has proven to be dangerous even deadly to some dogs. Many wormers, vaccines etc. are mixed with another med to kill 2 birds with one stone (so to speak). I would always suggest not to medicate this way. Only one drug at a time. If you were to ever have a reaction when using a dual med, you wouldn't know which med was causing the problem.

HOUSE BREAKING

Essentially for the first few months you are taking the responsibility for your dog's housebreaking. Dogs are creatures of habit and they do best if they are put on a very regular schedule. They like to be fed at the same time, got to bed at the same time and have potty breaks at the same time. Once you put your puppy on a schedule you will find that soon they know when it's time to eat, go out and potty, and time for bed. Putting your dog on a regular schedule, especially with feeding. That's will be a big help with house breaking. Your puppy will tend to go to the bathroom about the same time every day. General rule of thumb, what goes in must come out!! Whenever your puppy drinks water, he/she will have to urinate. Whenever you feed our puppy, he/she will immediately have to poop. Whenever your puppy has been playing and stops, they will have to either urinate or poop or both. When they just wake up from a nap they will urinate. Puppies poop and pee all the time.

Until the Puppy is 100% housebroken I suggest the puppy does not have the entire run of the house. Confine then to only a small portion of the house where you will be. Use a pen when you can't watch your puppy. Make it where you spend most of your time. Also the puppy should never be left unattended roaming the house. It is only by watching your pup's behavior that you will be able to notice when they need to go out. If you can learn to recognize the behavior signs early, your tasks will be easier. If you are unable to watch your puppy they should be in a Puppy Playpen, Dog Run or Crate.



One of the good signs that your puppy needs to go to the bathroom is when he/she takes off to a corner area and starts smelling the ground. Usually when they start circling and smelling the ground, it is a good indication that they need to go outside.

To keep your puppy from urinating in its crate at night or having to go several times throughout the night, I normally do not allow any water or food after 6 or 7 p.m. This also depends on your schedule and how late you go to bed. If the puppy is really thirsty from playing hard at nighttime, I let him have just enough to quench their thirst, but don't let them tank up on the water.

To facilitate teaching them to go to the door when they have to go out, always open the door whenever the puppy goes near it. Soon they will learn that when you go near the door, it opens and then they can go out. I'd even suggest a bell on the door. Ring the bell when you open the door. Eventually with training the pup will ring the bell when they need to go out.

When the puppy goes out, you need to go out with them. I always will take them potty on a leash, and always go to about the same spot. Keeping the puppy on a leash will cut down on playtime, and get down to the business at hand. Don't forget to ask the Puppy to "Go Potty" and praise like crazy when he/she does "Good Potty"!! I'll even reach in my pocket and give them a treat for going potty. Keep everything fun, and they will learn fast.

VACCINATIONS

It is imperative and required that you keep your puppies inoculations current up through the first year. That means a 2nd vaccination at 12 weeks and a 3rd at 16 weeks. I **STRONGLY** suggest you have a titer test run at 18 weeks to make sure your puppy is immunized. We just can never be sure when Mom's antibodies stop trumping the vaccine. It's a small price to pay for the assurance your puppy is covered. Then vaccinate at a year. After that run a "titers" test to check for antibodies, rather than just vaccinating unnecessarily. This will tell you the levels of antibodies still in your puppies system, thus letting you know if they need to be vaccinated or not. It may be your dog doesn't ever need another vaccine! Titers tell what's needed. No guess work here.

You need to vaccinate your puppy against Rabies, Parvovirus and Distemper. The rabies vaccination is required by law in all states, as well as Canada. If you want to take your dog across the border you are required to have in your possession a copy of the certificate.

Parvovirus and Distemper can be fatal diseases for puppies. We now know "less is best". Pups don't need yearly vaccinations necessarily. Instead have a titers test done after the first yearly Booster.

The latest literature from Colorado State University Veterinary School indicates that vaccinating for Corona, Bordetella and Lepto are optional. Once again I reiterate there are several ideas on when, what and how often to vaccinate your puppy. I think that it is important to research the newest data on canine vaccines. The leading expert in the country Dr. Ronald Shultz has said for 20+ years we are over vaccinating our dogs. Well, we are starting to listen. Over vaccinating is directly responsible for compromised immune systems in our dogs and a contributor for such a high incidence of cancer and other diseases in Golden Retrievers.

EXERCISE

Goldens are a very athletic dog. They thrive on exercise. It's important they get daily exercise, whether it is long walks or bicycles rides, throwing the ball (I highly recommend a toy called "Chuck-it", it's a tool that allows even myself the ability to throw the ball 150ft, (easily) walking or running on the treadmill (start them early), etc. If your puppy or adult dog is exuberant, and is becoming a monster, it isn't getting enough exercise. Remember, a tired dog is a good dog".

Use good judgment and common sense when exercising a puppy. They should not be put through the rigorous exercise an adult dog could do. Puppies need five minutes of exercise per month of age up to twice a day, according to the U.K. Kennel Club. In other words, a 3-month-old puppy will need 15 minutes of exercise while a 4-month-old will need 20 minutes. This may take the form of low-impact activities like swimming or playing with small dog exercise balls. You can also take your puppy out for short walks on a leash. However, if he starts to sit down, give him time to rest. If he does not start walking again, you may have to carry him home.

Short walks, a few throws of the ball etc. Start with ¼ mile on your walks. Then slowly increase your distance as the puppy indicates he/she is ready. If the puppy is tired, then stop. Their growth plates don't seal until about one year or more. Until that time, joints and tendons can be damaged easily. As the pup reaches the year mark, you can start running him short distances if you wish, gradually increasing the distance over the next year. By two years of age, your dog should be good to go.

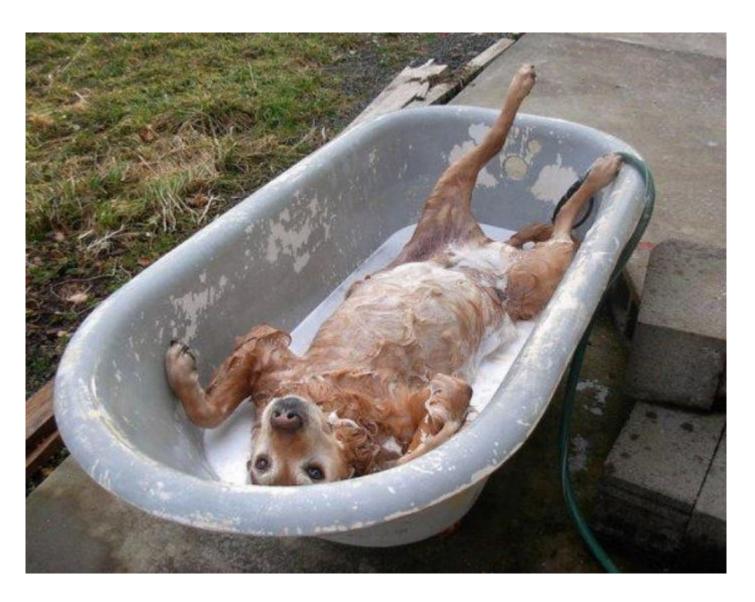
Most adult dogs should participate in some form of physical activity for at least 30 minutes and up to two hours every day.

GROOMING

Goldens are not Wash and Wear Dogs. They require weekly brushing and nail trimming. They have a thick, long coat that will become matted if not kept up. It's important to keep their nails short and the hair on the pads and between the toes trimmed. If you don't they're feet can become splayed.

They also need the hair around and under the ears kept short to avoid ear infections. By keeping the hair short in this area, it allows the air to circulate. One of the most common reasons for ear infections is Yeast. This can be caused by excess moisture in the ear. Letting the air to the inside of the ear will keep it dry. Goldens ears also need to be cleaned once a month. They get wax and muck build up. Honestly, the easiest thing to do would be to take your puppy to the groomers every 4-6 weeks. This way your puppy is kept clean, the ears are kept clean, and the nails are kept short. The Groomer should notice any fleas, irritations on the skin, or anything out of the ordinary. Start them early so they become used to it.

On the" links" page at the bottom, are some videos on Do-it- yourself grooming.



COLLARS AND LEASHES

Please buy the appropriate size collar and leash. A small ½" collar when they are babies and a ¾" collar is good for an adult. It drives me crazy to see little puppies with large collars, and buckles so huge they weigh the head down. A buckle collar is fine for a small puppy. As they get older, I like a martingale or "no slip" collar. This collar is designed so the dog can't back slide out of it. As for a leash, I like a 1/2", 6 foot leather lead.

I like a 1/2 inch, 6 foot leather leash. I'm not a fan of flexi leads. They can be dangerous if not used correctly. I have known owners to drop the heavy handle with dogs on the end of the leash. The end retracts so fast and makes so much noise it startles the dog. The dog takes off running dragging the leash handle. You can only imagine the dog thinks something scary is chasing it. Many dogs run off and get lost or worse yet run into traffic and get hit by a car, running blindly.

A flexi-leash should not ever be used. They are very dangerous.



You'll be watching and reading many separate articles on important issues. Issues like: NO early spay or neuter, more on vaccines, etc. I put this all together for you for a reason. Knowledge is power. When we know better we do better in all areas of our life. These pages will all show you how to raise a wonderful companion.

This is packet is a great start. All the other articles are icing on the cake.

Welcome to Valor Golden Retrievers. My job doesn't end at 8 weeks. I'm here for the lifetime of your puppy.

If you have any questions or problems, please don't hesitate to call me. 425 870 8735 or email valorgoldens@aol.com