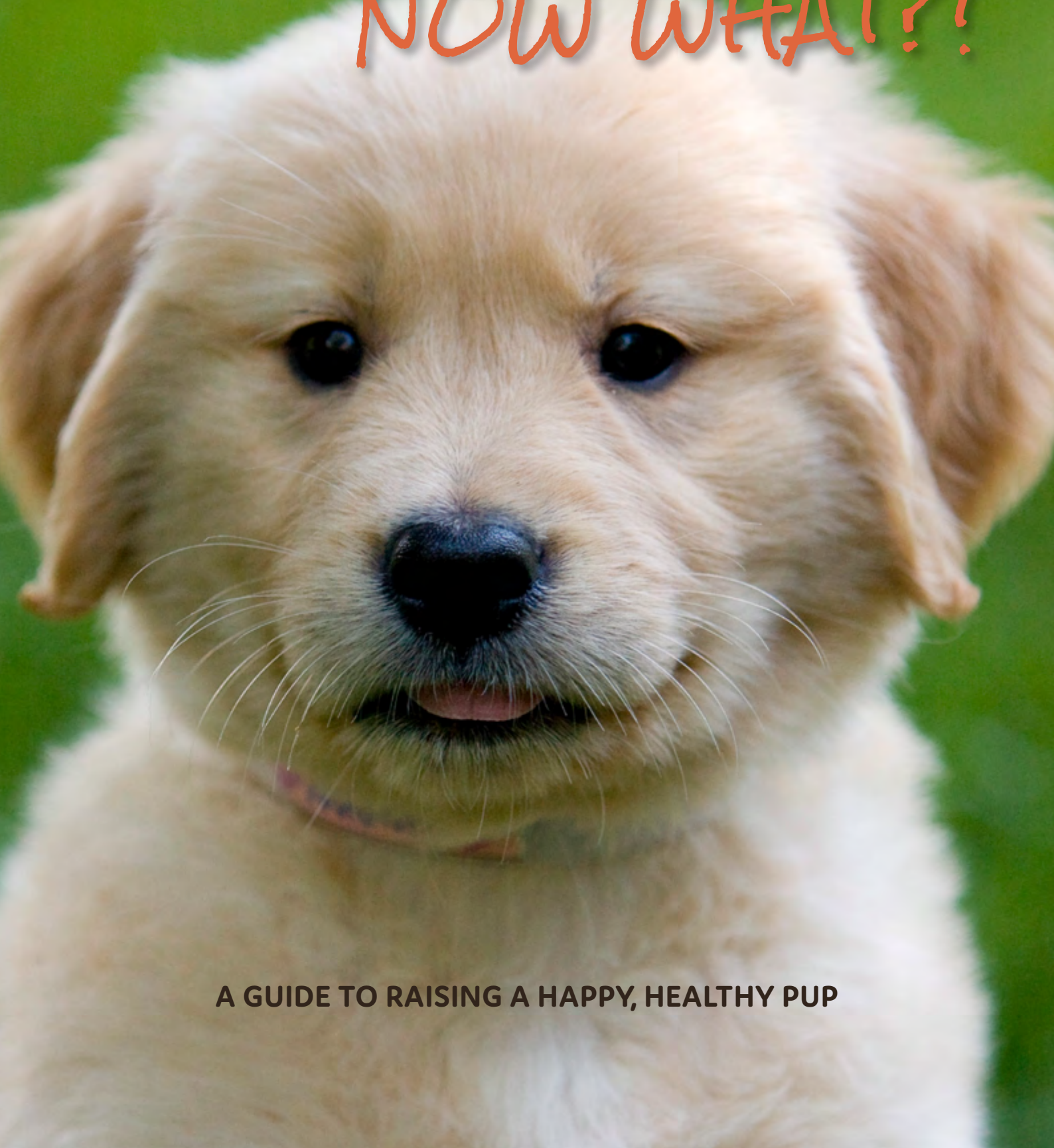




YAY, A PUPPY!

NOW WHAT?!



A GUIDE TO RAISING A HAPPY, HEALTHY PUP



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Congratulations, Puppy Owner!

You did it! You're the proud owner of a sweet puppy.

As adorable as they are, it can sometimes be overwhelming to welcome a puppy into your life. And if your new pup has already made a meal of your favorite shoes, you may be second-guessing the wisdom of this whole puppy idea.

Getting a puppy can be an exciting and adventurous experience. However, as with any adventure, you should be prepared. This guide is designed to **help you prepare for and adjust to life with your new puppy**. Share it with anyone who can use an extra hand with a furry new family member.

What Makes Us Such Experts? Thousands of Puppies.

For more than seven decades, The Seeing Eye has raised and trained puppies to become guide dogs for men and women who are blind or visually-impaired. In that time, we've learned a thing or two about raising a happy, healthy, well-mannered dog and we want to share what we've learned with you!



Be Thoughtful About Your Pup's Arrival

Try to arrange the arrival of your new puppy for a weekend or when you can be home for a few days. Give yourself time and space to get to know each other and spend some quality time together.

Although it's tempting to introduce your pup to everyone you know, hold off on inviting visitors over.

For now, let your pup settle in with just your household.



New Puppy Checklist

Before a pup ever arrives in your home, get the gear ready. You may be tempted to buy an avalanche of doggie products and accessories. **Resist that temptation.** Puppies don't really need a lot of stuff. **Here are some basics you should have on hand before bringing your pooch home:**

Crate

A crate helps in potty training, and can also be used to keep your puppy out of harm's way when you can't watch them. Puppies that roam the house alone and unsupervised are prone to potty accidents and inappropriate chewing. Crates are also a sanctuary for dogs where they can retreat to feel protected and safe.

Bed

Buy a bed that can fit inside the crate. This will create a cozy place to help your dog feel more secure. Having a familiar place your dog can return to each night is important. Until you know chewing habits, it's best to start out with a mat-like bed and avoid the feathers or stuffing getting swallowed or strewn about.


Food Bowl/Water Bowl

Get weighted bowls that are hard for a puppy to knock over. If you buy ceramic bowls, be sure they don't have lead in them.

High-Quality Puppy Food

Puppies typically eat super-nutritious puppy food until they are 6 months to a year old. Talk to your veterinarian for food recommendations. Know what your puppy has been eating before you get him/her and bring a little home to slowly transition gradually to a new food, if you will be changing the diet.

Leash

A leash is an extremely important tool in your puppy toolbox. Use a standard web or leather leash and work on having your puppy walking beside you...rather than pulling several feet in front of you on a retractable leash. If your puppy likes to chew the leash, work to break this habit and be sure to inspect it for weak spots. Finally, if you like to walk in the early morning or evening hours, consider [a leash with reflective material like the Go Dog Glo™ leashes from Stunt Puppy](#) . At checkout - use coupon code **SEEINGEYE2020** and you'll receive a 20% discount PLUS Stunt Puppy will donate an additional 20% to The Seeing Eye.

□ Identification

Placing identification on your pup is a no-brainer for any responsible pet owner. We recommend placing the identification tags on the collar your dog wears every day. [This collar tag from Stunt Puppy](#) fits securely on the collar fabric – no ring involved! Ask your veterinarian about microchipping your puppy. This is a good back-up in case your puppy is ever lost without his or her collar and ID tags.

□ Collar

While there are many types of collars for different training styles, for a puppy, you should be able to start out with a standard “everyday” flat buckle collar. Puppies grow quickly, so check the collar’s fit frequently during your dog’s first year of life and periodically after that. You should be able to slip two fingers comfortably underneath the collar. [Stunt Puppy brand collars offer a 1-year warranty so you can replace a buckle if your puppy chews on it.](#)

□ Poop Bags

If they poop, you must scoop. Pick up the feces when you walk your pup. Don’t be THAT person. This is not only considerate, it’s a public health issue. Puppy and adult dog stool can sometimes carry intestinal parasites or disease. It’s also the law in many communities with a stiff fine for failing to scoop.

□ Chews

Dogs have a natural urge to chew throughout their entire life, but puppies have super sharp teeth and a knack for chewing on anything and everything. Chew toys and teething products are great for redirecting their attention to appropriate chew-things. Hard rubber toys are great products to consider. Avoid hooves and antler treats because they can crack and break your puppy’s teeth.



□ Toys

It’s easy to go overboard. Keep it simple. Dogs need activities to keep them entertained and their minds stimulated. Great toys include balls to play fetch, tug of war toys, plush toys with squeakers, and puzzle or activity toys. Make sure any toys or toy parts aren’t too small, or they could become a choking hazard. Always supervise your puppy’s play time and check toys often during play for leaking stuffing, missing or dangling pieces that can become a choking hazard or cause obstruction.

□ Shampoo

We all have the best intentions when it comes to grooming our dogs. Human shampoos are too drying and irritate a dog’s skin and even some dog shampoos can be harmful. Use a mild emollient shampoo designed for use on dogs.

□ Baby Gates

It helps to contain puppies in one portion of the house while they’re learning the rules of your home.





Don't Despair When You Hit 72 Hours

Something happens to people when they hit the 3-day mark with a puppy. For many it's a breaking point. It's most often the moment people wake up and think. "What was I thinking getting a puppy? Was I crazy? I can't take this anymore!"

This reaction is ***PERFECTLY NORMAL***. Brace yourself for it. Even if you grew up with dogs or have been around dogs your entire life. It can be overwhelming to raise a puppy. But it does get better.

Puppies eventually stop trying to bite everything that moves. They ultimately develop the bladder control to "hold it" for more than five minutes at a time. In time, they grow up and no longer need 24/7 care.

It DOES get easier. Don't give up.



From Mickey

Hi humans! I'm Mickey. I'm a Seeing Eye dog and your trusty yellow Lab journalist. I report now and again from The Seeing Eye pawffices. I love fetching toys, scratches behind the ear, and brisk walks! We Labs have lots of energy and I'll be using some of mine to bring you up to speed on raising pups!

Have you ever heard of baby-proofing a house? Well, the people who volunteer to raise Seeing Eye puppies PUPPY-PROOF their home, and so should you! Some get right down on the floor to see hazards from pup-level. To protect their pups (and their possessions) the puppy raisers:

- cover electrical outlets
- remove breakable items
- put up baby gates
- keep garbage cans out of reach
- ensure laundry makes it to the hamper
- clear all kitchen surfaces
- hide wires and chemicals
- block small spaces where a curious pup could get stuck
- keep toys on hand to keep the pup busy
- put away yummy, chew-tempting shoes

PHEW! Does that sound like a lot of work? It is! But as a Seeing Eye puppy raiser named Shevi told me: "It's a great experience, but not an easy one. However, it is the most rewarding thing I've ever done in my life. Amasa makes me so proud and I know that he will change somebody else's life."

<<sniff>> Stupid dust in my eye.
Happy puppy-proofing!

Your four-footed pal,

MICKEY



Puppy Proofing Your Home

What To Keep In Mind When Puppy-Proofing

Puppies have an incredible amount of energy and a natural curiosity. They love to explore the world around them. Making your home safe for a puppy is comparable to making it safe for a toddler.

The following guidelines are intended to help you keep your puppy safe. Many of these apply to adult dogs as well. There are many hazards for a precocious pup. The key element is to supervise your pup at all times, or crate the pup when you can't.

Keeping Your Puppy Safe Inside

- ✓ Cords: Electrical cords (computer, phone, lamps) can cause burns or electrical shock. Cords for drapery and blinds can cause strangulation. Small objects, including string, could be swallowed and cause an obstruction or choking.
- ✓ Clothing should always go in the hamper. Items such as socks, nylons, underwear, shoes, hats, gloves, and dirty or clean laundry can be swallowed and cause a blockage.
- ✓ Use childproof latches on cabinets and drawers to protect your puppy from the pantry, hazardous chemicals and cleaning products, medications, vitamins and other pills.
- ✓ Make sure the kitchen and bathroom trash are out of reach or secured inside a cabinet with a childproof latch.
- ✓ Don't allow the puppy access to the garage where hazardous objects and chemicals are often stored.
- ✓ Misc. Items to look out for: Firewood or debris from fireplaces, pillows, fabric arm covers, afghans or throws, throw rugs, bathmats, candles, potpourri (liquid or solid), and air fresheners are items puppies love to find.
- ✓ Ant, mouse and rat bait can smell appealing and attract your puppy. It should never be placed within your puppy's reach.
- ✓ Know which plants are toxic (check online)
- ✓ Know which food.s are toxic. ([See "Toxic Food Guide" on page 17](#)).

Q: Why do puppies chew on everything?

A: It's normal for puppies and dogs to chew on objects as they explore the world. Chewing accomplishes a number of things for a dog. For young dogs, it's a way to relieve pain that might be caused by incoming teeth. For older dogs, it's nature's way of keeping jaws strong and teeth clean. It's important to encourage chewing on appropriate objects and make sure those toys and treats are always readily available to help your puppy make the right choice when looking for something to chew.



Keeping Your Puppy Safe Outside

- ✓ Never leave your puppy outside unsupervised. Even if the pup is on a tie-down outside, he can still reach objects he should not have or become tangled in the leash and injured or strangled.
- ✓ Gasoline, oil paint, lawn fertilizer, insecticides and pesticides, and auto supplies should be in a safe and secure out-of-reach place.
- ✓ Hot tubs, ponds, and pools should be covered or fenced off. Drainpipes can also be problematic.
- ✓ Keep poisons out of reach: wild mushrooms, anti-freeze, ant stakes, slug and snail bait, fly bait, rodent poisons (rat and mouse bait), mothballs, flea and tick products, home insect products.
- ✓ Fire rings, barbecues, and other heat or fire sources can cause burns.
- ✓ Move objects such as lawn furniture and decorations, wood piles, and tree stumps away from the fence line so your dog cannot stand on them and climb or hop over the fence.
- ✓ Some breeds of dogs can jump 6 feet straight into the air from a standstill, making a quick hop over a 4 foot fence a breeze. Know what your breed is capable of when selecting or reinforcing a fence.
- ✓ Come up with a plan to prevent the gate from being left open. Some owners hang signs, place locks on the latch or purchase a gate that automatically closes behind a person.

The First Vet Visit

WHAT TO EXPECT



From Gabby

Hello, darlings! Gabby the golden here with all the goods and gab from inside The Seeing Eye. I am all about first impressions, loveys. When you visit the vet for the first time, be sure to stay calm. Channel your inner Coco Chanel as I do. Remember, when you have a positive and confident approach with your vet, your pup will too.

Besides your many questions and concerns, you'll need to bring two things with you to the first vet visit:

- ✓ Whatever health information the seller or shelter provided to you, such as records of vaccinations and wormings.
- ✓ A fresh stool, which is examined for the presence of parasites.

What to expect during your puppy's first exam:

The veterinarian will perform a complete physical examination, palpating the abdomen, and lymph nodes, listening to the heart and lungs, examining the mouth, eyes and ears. Your veterinarian will discuss a preventive health plan for your pup, which will include vaccinations, flea, tick, heartworm and intestinal parasite prevention.

Enjoy your new pup, loveys!

Gabs

Toxic Food Guide

You'd never knowingly feed your pup something that would hurt her. But what if you just didn't know? Don't take a chance. Don't feed your puppy anything but puppy food and appropriate dog treats, and keep them far away from the following common food items.

ITEMS TO AVOID	REASONS TO AVOID
Alcoholic beverages	Can cause intoxication, coma, and death.
Avocado	The leaves, seeds, fruit, and bark contain persin, which can cause vomiting and diarrhea.
Bones from fish, poultry, or other meat sources	Can cause obstruction or laceration of the digestive system.
Cat food	Generally too high in protein and fats.
Chocolate, coffee, tea, and other caffeine	Contain caffeine, theobromine, or theophylline, which can cause vomiting and diarrhea and be toxic to the heart and nervous systems.
Citrus oil extracts	Can cause vomiting.
Fat trimmings	Can cause pancreatitis.
Fish (raw, canned or cooked)	If fed exclusively or in high amounts can result in a thiamine (a B vitamin) deficiency leading to loss of appetite, seizures, and in severe cases, death.
Grapes, raisins and currants	Contain an unknown toxin which can damage the kidneys. There have been no problems associated with grape seed extract.
Hops	Unknown compound causes panting, increased heart rate, elevated temperature, seizures, and death.
Human vitamin supplements containing iron	Can damage the lining of the digestive system and be toxic to the other organs including the liver and kidneys.
Macadamia nuts	Contain an unknown toxin which can affect the digestive and nervous systems and muscle.
Marijuana	Can depress the nervous system, cause vomiting, and changes in the heart rate.
Milk and other dairy products	Some adult dogs may develop diarrhea if given large amounts of dairy products.

Toxic Food Guide (Cont.)

ITEMS TO AVOID	REASONS TO AVOID
Moldy or spoiled food, garbage	Can contain multiple toxins causing vomiting and diarrhea, pancreatitis and can also affect other organs.
Mushrooms	Can contain toxins, which may affect multiple systems in the body, cause shock, and result in death.
Onions and garlic (raw, cooked, or powder)	Contain sulfoxides and disulfides, which can damage red blood cells and cause anemia. Cats are more susceptible than dogs.
Persimmons	Seeds can cause intestinal obstruction and enteritis.
Pits from peaches and plums	Can cause obstruction of the digestive tract.
Raw eggs	Contain an enzyme called avidin, which decreases the absorption of biotin (a B vitamin). This can lead to skin and hair coat problems. Raw eggs may also contain Salmonella.
Raw meat	May contain bacteria such as Salmonella and E. coli, which can cause severe vomiting and diarrhea.
Rhubarb leaves	Contain oxalates, which can affect the digestive, nervous and urinary systems.
Salt	If eaten in large quantities it may lead to electrolyte imbalances.
Sugary foods	Can lead to obesity, dental problems, and possibly diabetes mellitus.
Table scraps (in large amounts)	Table scraps are not nutritionally balanced. They should never be more than 10% of the diet. Fat should be trimmed from meat; bones should not be fed.
Tobacco	Contains nicotine, which affects the digestive and nervous systems. Can result in rapid heartbeat, collapse, coma, and death.
Yeast dough	Can expand and produce gas in the digestive system, causing pain and possible rupture of the stomach or intestines.
Xylitol (artificial sweetener)	Found in some peanut butter and many other sugar free products. Can cause very low blood sugar (hypoglycemia), which can result in vomiting, weakness and collapse. In high doses can cause liver failure.

WHO TO CALL IF YOU'RE WORRIED

Animal Poison Control Center 888.426.4435

Call if you think your puppy may have ingested a potentially poisonous substance.
A consultation fee may be applied to your credit card.



They Ate What?!!

ACTUAL ITEMS PUPPIES HAVE EATEN

- balls
- batteries
- bedding
- books
- cash
- clothing
- coins
- corks and bottle stoppers
- corn cobs
- Easter grass and tinsel
- electric cords
- fish hooks and lures
- hearing aids
- hermit crab shells
- jewelry
- light bulbs
- peach pits
- razor blades
- remote controls
- retainer
- rocks and marbles
- sewing needles and pins
- socks
- sponges
- strings and ribbons
- stuffed animals
- walnuts
- towels
- toys
- underwear
- whole avocado (with pit)
- wire
- wood chips





Pet Insurance

With all the things puppies get into, you can understand why pet insurance has become more popular. Keep in mind that pet insurance is for accident, injury and disease, not routine healthcare. You may be given pet insurance information from your vet or breeder, so it's good to know your options. While insurance is not an absolute "must," if you do plan to get pet insurance, here are some good things to look for in a plan:

- ✓ **Coverage for hereditary diseases.** Not all plans cover hereditary diseases but all dogs, even mixed breed dogs, can be prone to developing hereditary conditions.
- ✓ **Various coverage options.** Maybe you are willing to pay a higher monthly rate for 90% coverage of your dog's bills, or maybe you want a lower monthly premium to make the plan more affordable. It's good to have options.
- ✓ **Coverage for physical rehabilitation and alternative care.** This is sometimes offered as a separate rider so read the fine print. More vets are recognizing the benefits of physical rehabilitation as an alternative to, or recovery from, surgical procedures and it's not cheap!

Managing Puppy Behavior

A MESSAGE FROM SARGE



From Sarge

Good day, recruits.

At ease. My name is Sergeant the shepherd. I am a retired Seeing Eye dog.

For 9 years, I served a former military man with distinction. Each day, I helped him lead his life in an orderly fashion.

These days, I help train new puppy recruits. Such a shocking lack of discipline in these puppies. I was much more serious.

Here are a few tips to help keep your puppy's behavior ship-shape. Remember, consistency is key.

Sarge

Establish Rules in Advance

Will your pup be allowed on the couch? Where will she rest at night? Are there any rooms in the house that are off-limits? Who will walk the pup first thing in the morning? Who will feed her at night?

Pulling

If your pup won't stop pulling during walks, break the dog's momentum by stopping and asking her to sit. Do this every step if necessary, until the dog adjusts to the pace you want. When your puppy is walking appropriately, offer lots of praise. Consistency is key, recruits.

Come When Called

For dogs, learning to come when called is not only a behavior issue, it can also be a safety issue that protects your pup. To teach the command, call your puppy by name, using an enthusiastic voice and playful gestures, followed by the word "come." Reinforce your puppy's response to the command with plenty of praise.

Nipping

To correct nipping, gently pull or push the puppy away and verbally scold while making eye contact. Release the puppy and offer an appropriate toy as a substitute. If the puppy starts nipping again, repeat the correction. Praise the puppy when he stops.

Did you know?

Seeing Eye puppies are actually taught to pull because their future job will require them to pull in a harness when they guide their future owners. Furniture is off-limits to Seeing Eye puppies, so it is possible to train a dog to stay off the couch!

Take a Deep Breath and Remember

Don't punish your dog for being a dog. Chewing, digging, barking and chasing are all natural behaviors for a pup. Rather than punishing these behaviors, give your puppy a proper outlet for these instincts.

Go To Your Place

Train your dog to go to a place, lie down, and stay until released, making sure she has gotten plenty of rewards in that position. Give your dog the command "go to your place," and then use a treat to lure her onto the spot. As soon as all four feet are on the mat, praise your dog or give a treat. Repeat this several times. Start next to the bed and gradually increase the distance. Most dogs will go to their bed or a mat on command after a few short training sessions.

Counter-Surfing

As your puppy gets a little bigger and can reach, they may try to swipe food from the counter. So many dogs steal food from kitchen counters or even the dinner table, that a new term has been coined to describe it: counter-surfing. To stop the behavior, use a heavily-reinforced "go to your place" behavior. Then, if you see your dog think about surfing, you can send them to their place. Or better yet, train your dog that it must go to his or her place whenever you are eating.



Housebreaking Your Pup

Potty Schedule

Dogs are creatures of habit and routine gives them security. If you do the same things in the same way and in the same order, your pup will settle in more quickly and learn what is expected of them and when. Try and have a daily routine for feeding, exercising, and going potty.

Keeping track of your pup's feeding schedule and elimination can make housebreaking and indoor potty training easier. Generally speaking, a puppy can control their bladder one hour for every month of age. So if your puppy is two months old, they can hold it for about two hours.

Take a Deep Breath and Remember

The only time to correct a dog for naughty behavior is when you catch them in the act. Your window of opportunity to conduct a teachable moment is SECONDS. When you scold a dog for something they did while you were away, they don't understand why you are mad at them. They may act ashamed because they know you are upset but don't understand why.

Potty Schedule

Date ___/___/___

TIME	ACTIVITY	#1	#2	NOTES
6am	Outside	X		On favorite tree



Don't Forget to Make Time to Play

Pups need an active life, and play is essential to their well-being. Be sure to include plenty of exercise and game time for your pet. Run with your dog. Play Frisbee. Throw a ball or a stick, or just go for a long walk together. Having fun together is a great way to bond.

Ask your vet about appropriate exercises for your pup's breed, age and size to make sure you're not overdoing it with your puppy.



Be Patient and Enjoy Your Pup

As much as you're adjusting to a new life, so is your pup. Be reasonable in your expectations. Everyone needs time to adjust. Soon you'll realize you've made a best friend. No one will ever be as happy to see you or show you such unconditional love and loyalty. Yes, it's challenging. But hang in there, be patient and you will be richly rewarded.

Take a Deep Breath and Remember

Dogs never do things out of spite. Their brains just don't work that way. If you think your dog is behaving badly out of revenge or malice, rethink the situation. Her bad behavior may be the result of anxiety, stress or boredom. But never spite.

More for Your Puppy

CHECK OUT THESE FEATURED PRODUCTS FROM
OUR PARTNER, STUNT PUPPY.

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At checkout - use coupon code **SEEINGEYE2020** and you'll receive a 20% discount PLUS Stunt Puppy will donate an additional 20% to The Seeing Eye.

Come. Sit. Stay.

10 steps to training the Seeing Eye® dog way

Why train your dog The Seeing Eye way?



As the oldest guide dog school in the world, The Seeing Eye has been a pioneer in the guide dog movement. The Seeing Eye® dogs trained at our facility in Morristown, New Jersey, have an incredibly important task ahead of them: to create living partnerships with men and women who are blind and seeking increased mobility and independence.

We are the experts in training guide dogs that are among the best in the world. Our training instructors are seasoned professionals who must first complete a 3-year apprenticeship. The fundamentals of our training rest on the time-tested techniques first implemented by our founders.

For more than 75 years, our puppy raisers have used these simple tips to successfully raise Seeing Eye puppies to have good manners and obedience. We have adjusted them slightly to suit the pet owner. The keys to success remain the same as all training: reward and repetition. If you practice these steps with your dog and maintain patience and consistency, you will see the results in your dog's behavior.

Good luck!



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[www.SeeingEye.org](http://www SeeingEye.org)

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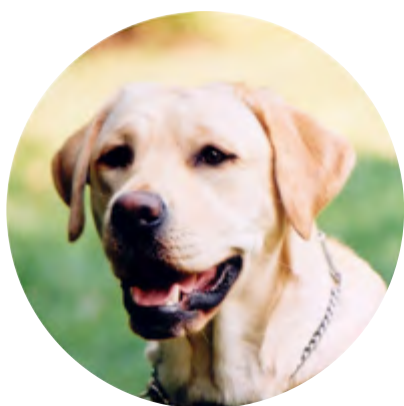
Or visit bit.ly/TSE10Tips

Meet our Correspondents



Sarge

Sarge is an upstanding, no-nonsense retired German shepherd Seeing Eye dog. For many years, he served with distinction to a former military man and helped him follow a routine. In his spare time, he enjoys high standards and imposing order.



Mickey

Mickey is a spunky, high-energy yellow Lab Seeing Eye dog. Like a canine Will Rogers, he's never met a person he didn't like. In his off hours, he enjoys romping in the yard, playing with Seeing Eye puppies, and marathon fetch sessions.



Gabby

Gabby is a highly fashionable, highly social golden retriever/butterfly. She knows all the chicest places to go and people to see. In her spare time, she enjoys yoga, art galleries, and doggie massage.



The Seeing Eye's mission is to enhance the independence, dignity and self-confidence of people who are blind through the use of specially trained Seeing Eye® dogs.

We've been making miracles happen for more than 85 years. We breed, raise, and train Seeing Eye dogs for people who come from across the United States and Canada to our New Jersey campus for our expert instruction in caring for and handling these amazing dogs. We also offer follow-up support for the lifetime of each partnership.

The Seeing Eye is supported by contributions from individuals, foundations, corporations, bequests and other planned gifts.

[seeingeye.org](https://www.seeingeye.org)