



## BASIC REQUIREMENTS, NUTRITION, & SUPPLIES

### NUTRITION

**A puppy should always go home on the same food it is on at Paradise.** This will reduce the puppy's stress which will already be high from changing environments, having new surroundings and new people.

It is normal for the first few days for a puppy to have soft stool even diarrhea, but this should go away on its own. A change of diet during this time could lead to serious health issues. Paradise needs to be made aware of any digestive upset. One thing that usually helps is feeding the puppy cooked white rice with its food.

If constipation is an issue feeding pure pumpkin will relieve the stomach and act as a laxative.

The food can be changed after the puppy is settled into its new home, generally 2-3 weeks. The change must be gradual and the puppy's health closely monitored during this time.

### WHAT TO LOOK FOR IN DOG FOOD

There are three important factors to look at when it comes to food quality: protein, carbohydrates, and fat. The amount and source of each are important.

Something else that is important to consider is how the food is cooked, flavored, and preserved. Foods that are naturally flavored and preserved are much better. Artificial ingredients can be damaging to a dog's health and will make them picky eaters. Foods cooked at low temperatures retain much more nutrition than foods cooked at high temperatures. The least amount of times a food is cooked the better. Some foods will pre-cook the meat and then cook it again in kibble form; this is not ideal and should be avoided.

Paradise only carries premium quality foods, these are the foods that have the best ingredients and are optimal for the health of dogs.

### PROTEIN

Dogs are **carnivores** so protein is an important part of their diet, but the source of the protein is just as important as the quantity. Some vets say high protein diets are bad for dogs, however if it is a good, digestible protein having a high amount (30-40%) is not bad at all. Dogs will also get much of their energy needs from protein; good protein is more easily digestible than

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carbohydrates. A dog food high in good protein should be lower in carbohydrates otherwise it can cause the dog to become overweight since it is getting more energy than it can use.

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#### MEAT MEALS (GOOD)

A good quality animal meal such as chicken meal or lamb meal is one of the best sources of protein. A 'meal' is meat with the moisture extracted. What this means is 1 lb of meal will contain more protein than 1 lb of meat since it is less moisture and more meat.

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#### FRESH MEAT (GOOD)

Fresh meat is also a great source of protein, it's very digestible and nutritious. When the ingredient says "Chicken" it means fresh, human grade chicken.

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#### BY-PRODUCTS (BAD)

By-products are non-human grade meat. They contain things like beaks, bones, and entrails. They are not very digestible and as a result your dog will poop more. They are something to watch out for and are usually found in lower quality foods.

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#### GLUTEN (BAD)

Glutens are plant proteins which are not very digestible for a dog and not beneficial to a dog's health. Again this is common in lower quality dog foods promoting "high protein" which is technically true but not the protein that is useful to dogs.

#### CARBOHYDRATES

Carbs are an energy source. They are an important part of a dog's diet but a high percentage of carbs in food is not always a good thing. In lower energy dogs it can lead to making them overweight. In higher energy dogs they will use up the energy quickly and always be hungry, if their energy is not used up it can lead to destructive behavior. It also leads to more defecating.

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#### BREWERS RICE OR BROWN RICE (GOOD)

One of the best sources for carbs, it is highly digestible and helps settle the digestive tract making stool a good consistency. Good for dogs with sensitive stomachs.

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#### OATS (GOOD)

Also a very good source of carbs, they are full of Omega fatty acids which are optimal for healthy skin, coat, and brain. They help settle upset stomachs. Oats also help prevent heart disease and are high in anti-oxidants (oxidation is a normal process in the body where cells get damaged).

Note: soothes the skin when used topically like in a shampoo.

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#### DEHULLED CORN (GOOD)

This is corn with the outer shell removed making it highly digestible and a great source of carbs.

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#### GROUND WHOLE CORN (BAD)

This is corn in a form that is very hard to digest, it is the whole corn ground up. The outer shell of the corn is not digestible by dogs. This is not a good choice for carbs and is usually found in lower quality foods.

#### FATS

Not all fats are bad; food containing good types of fats in the correct quantities will help prevent certain health problems.

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#### FISH OIL (GOOD)

Fish oil is full of nutrients and Omega fatty acids. It is an excellent choice especially for animals with skin problems.

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#### CHICKEN FAT (GOOD)

It is also an excellent source of good fats and nutrients. It is a good choice for any dog.

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#### CANOLA OR FLAX SEED OIL (GOOD)

Plant based products which are an excellent source of nutrition and a good choice.

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#### POULTRY FAT (BAD)

This is a mixture of chicken and turkey fat. It is still a good choice but because the quality is inconsistent is not the best.

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## PORK FAT (BAD)

Very low in nutrients and not a very good choice.

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## ANIMAL FAT (BAD)

This can come from any type of animal, making the quality very inconsistent and not a good choice in a good dog food.

## SUPPLIES

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### DISHES

There are 3 types of materials; plastic, porcelain/stoneware, and stainless steel.

Plastic: cheaper, light, fairly tough, however it is porous and must be cleaned often to avoid health issues. Some dogs can develop allergies, rashes, or acne when using plastic.

Porcelain/stoneware: cleaner material, but heavy and fragile.

Stainless Steel: Best choice, it is easy to clean and sterilize, and last a long time.

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### KENNEL

Dogs are naturally den animals, they will feel safe and secure in a kennel. There are 2 main choices for kennels; **wire cage** or **plastic crate**. In either case there should be enough room for the dog to **stand up, lie down, and turn around** without much trouble. Most customers will size a kennel for the adult size of the dog. This is fine but for a puppy you want just enough room so they don't have space to go to the bathroom. Pet Cargo and wire crates are a good option because you can get optional divider so you can limit the kennel space and create extra space by moving the divider as the puppy grows. The general rule for how long a puppy can stay in a cage is its age in months equal to hours of kennel time. For example if a puppy is 3 months old it can stay in the kennel for 3 hours. A dog should never be kept in a kennel for a long period, 8-9 hours maximum. Make sure to exercise the dog before putting it in a kennel, this will help prevent destructive behavior. Having a well socialized dog will help prevent anxiety when put in a kennel.

Wire Cage: Easy to clean, collapsible, better ventilation, more exposed.



Plastic Crate: Required for airline travel, gives the dog a better sense of security especially in high traffic households (it replicates more of a natural den).



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## CHEW TOYS

Puppies will go through a teething phase where they will want to chew on anything they can. That is why it's important to get the right chew toys. You should offer your puppy something to chew on that is a different texture to what is in your house. Safe chew toys for puppies include Kong, cotton ropes, stuffies, and fetch balls. Chew toys should not be too hard for the softer puppy teeth to avoid breaking teeth or digestive problems if pieces are swallowed.

Avoid regular tennis balls, the material wears down tooth enamel and the gas inside can go into the dog's mouth if punctured. Tennis balls from Paradise are good because they are made of different material and contain regular air.

Rawhide should be avoided until the puppy is about 6 months old. The only exceptions are beef tendons and smoked bones, just ensure the size of the chew is appropriate and not a choking hazard. They should only be offered for small amounts of time, 20-30 minutes is average.

Cotton ropes can be wetted and frozen and used as a teething toy. The cold is soothing for the gums.

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Designating a chew area in your house is also a good idea; the puppy will learn that items in this area are safe to chew. Associate a key word with this area and give praise when the puppy chews something here.

There are deterrent sprays that will help prevent chewing in certain areas or objects such as bitter apple spray. It tastes bad to a dog and will prevent chewing.

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#### COLLAR, LEASH, & ID TAG

A collar is important so a puppy can get used to it around its neck, this will help for walks and training in the future. When putting on a collar try and distract the puppy by playing with other toys so it doesn't focus on the collar. An adjustable nylon collar is recommended so the puppy doesn't grow out of it right away. A collar should fit snugly; you should be able to fit 2 fingers flat between the collar and the neck.

Leather leashes are recommended since they will last longer, are softer, and will have more give in them when a correction is made.

An ID tag is important in case the dog ever gets lost you can be reached. It also helps by making a little bit of noise so you know where the dog is in the house.

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#### GROOMING SUPPLIES

The sooner you start grooming a puppy the better. They will get used to it and much more comfortable with it as they grow up. Even if you aren't planning on doing the grooming it is still important to handle the puppy like it is being groomed, handle the paws, and touch around the mouth, eyes, and ears. This will reduce stress when it goes to the groomers.

Puppies should be bathed with a puppy tearless shampoo. Conditioners are recommended for medium/long hair breeds to help prevent tangling and keep the coat in good condition.

Tooth and gum care is also very important, 1 out of 3 vet visits is tooth and gum related and usually quite expensive. Using chew toys and enzyme based cookies to remove plaque is a good preventative measure. Brushing the teeth once a week is also good to prevent any problems.

Some dogs (mostly smaller breeds) will have tear stains around the eyes. There are products to help prevent this but they must be used on a regular basis to work.

The amount of nail trimming required will depend on the dog and where it gets its exercise. If a dog gets walks on pavement fairly often this will help keep the nails shorter. On average a dog needs its nails trimmed every 3-4 weeks. Blood stoppers are available in case of bleeding.

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## BRUSHES & COMBS

Brushing is important to control shedding and help prevent mats. Short hair breeds can be brushed once a week and medium/long hair breeds should be brushed 3-4 times a week. Using the right kind of tool for the right coat is important because it will be more comfortable for the dog and make it easier to do the grooming.

Combs vary from flea, fine, medium, to coarse (this is a measure of the diameter of the individual hair). The difference is the amount of teeth and how close together they are. Combs are used for detangling, they will remove some loose coat but that is not their primary purpose. Flea combs are the finest and physically remove the fleas from the fur, the fur should be detangled before using a flea comb otherwise it will just pull the fur and make the tangles tighter and harder to get out.

Rakes are like combs but have the handle at a 90 degree angle (they look like the letter T). This gives a little better control; you want to pull in the direction of the fur.



There are 3 kinds of brushes, mink, pinned, and slicker. Brushes are mainly used for removing loose coat but will also detangle to some degree. Mink brushes are used to add volume to a coat.



Pin brushes come in 2 styles, with little balls on the end (pulls a little bit more) and without. While using either one you want to go slow through the coat so you don't pull any fur that is still attached. Pin brushes are used mostly on medium to long coats.

Slicker brushes are used to remove mats and loose hair. They are very effective for removing large amounts of loose fur and undercoat especially on longer coat dogs.



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A dematting comb effectively removes mats and tangles. The way the handle is positioned gives the groomer more control over the blades. The blades are gently serrated on one side to aid in the dematting process.

A shedding blade is generally used for shorter coats and is good for catching hairs on the verge of shedding. You have to be careful not to press too hard as it might be painful.



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#### STAIN & ODOR REMOVERS

Puppies will inevitably have an accident. **Enzyme** cleaners are the best to use since they will neutralize the smell. Regular cleaners may just mask the smell and the puppy may go to the same area again. If an enzyme cleaner is used after a detergent it will require a few applications, the enzymes need to be in physical contact to the stain in order to work.

Using deterrents to prevent them from wanting to go in certain areas and pheromones (pee pads or pee posts) to attract them to specified areas will greatly help reduce accidents.