



Adaptil® Client Information Series

## Helping Your Puppy 'ADAPT' to its New Home

### Welcome Home

The first few months of your puppy's life are crucial in terms of its long term social development. Investing some extra time with your puppy during this stage of development will help set him up to be a successful and well socialized adult. Dogs that aren't well socialized may struggle to cope with normal day to day situations such as being left at home alone or meeting new people or dogs, and are more likely to have behavior problems that make them unsuitable pets.

### Those First Few Nights:

The first few nights away from its mother and siblings can be distressing for a puppy and he may cry or howl if expected to sleep alone. A stuffed animal, plenty of bedding and a heat source, such as a soda bottle filled with warm water, can all be placed in the crate to help provide comfort to the puppy.

Your puppy needs to learn to be confined for its safety and needs to learn to spend time alone when you are out.

- Crating your puppy at night is important for house training success.
- Immediately before putting your puppy in the crate, be sure to take him outside to relieve himself.
- The confined puppy is unlikely to eliminate in its sleeping quarters so long as you ensure that you do not leave him in the crate for longer than he is capable of not eliminating. On average, a puppy should be able to wait the number of hours equal to his age in months plus 2, between eliminations. For example, a 2 month old puppy should be taken out every 4 hours.
- Make the crate a safe and happy place to be. Give him a small treat everytime he goes into the crate.
- Never punish the puppy by placing him in the crate!
- Try not to make too much fuss before leaving your puppy alone. Being overly playful can lead to increased separation distress for your puppy. Leave a food puzzle, stuffed food toy or other long lasting food item appropriate to your puppy's age and size, and calmly say "good bye."



✓ Place an Adaptil® diffuser near where your puppy sleeps and leave it plugged in 24/7. The calming pheromones offer comfort to your new puppy like a "mother's hug" and are proven to help your puppy adjust more quickly to his new home.<sup>1</sup>

Adaptil® puppies stopped crying at night 66% faster and had an average of only 3 night disturbances, compared to 9 night disturbances in puppies without Adaptil®.<sup>1</sup>

### Socializing Your Puppy

The world can be a big, scary place to puppies. Meeting new people, other animals and being in a new environment are all brand new experiences for puppies. It is important to expose your puppy to a variety of situations in a positive, calm way that doesn't overwhelm him.

Understand your puppy's personality and temperament and keep experiences at a level that does not frighten, stress, or scare your puppy. This may mean just letting your puppy hang back a bit as he watches before he engages with new things.

Make new experiences fun and positive by feeding treats and giving praise in new situations. Never force your puppy to do anything he doesn't want to do. Never punish your puppy if he shies away. Offer support and give him encouragement and time. If he hangs back, go further away until he calms and reward him with food. Don't make him interact if he isn't comfortable. Fit an Adaptil® Collar on your puppy as soon as you get him and use a collar for at least four months. Adaptil is clinically proven to help reduce stress-related behaviors in puppies, helping them acclimate to new situations faster and become more well-socialized adult dogs.<sup>2</sup>

VETERINARIAN USED  
#1

CLINICALLY PROVEN

BRAND  
AND RECOMMENDED

 **ADAPTIL**

Adaptil® spray can help make traveling and veterinary visits easier for your puppy. Adaptil has been proven to reduce travel stress within five minutes.<sup>3</sup>

Adaptil® has also been proven to significantly reduce signs of stress in the waiting room and during the first few minutes of the veterinary exam.<sup>4</sup>

For travel or veterinary visits, spray 8-10 pumps of Adaptil® on a bandana. Wait 15 minutes (for the alcohol to dissipate) and place it around your dog's neck. Effects last 4-5 hours, re-apply as needed.



Use an Adaptil® collar to help socialize puppies. Puppies with Adaptil collars were less fearful in puppy class compared to their peers. They also had significantly less barking frequency and were better socialized after 1 month of training. *These results lasted a year after training.*<sup>2</sup>

### Traveling

You will need to help your puppy adjust to traveling. Make this a pleasant experience by introducing your puppy to the car while the engine is turned off. Play with him and reward him with small treats. When he's ready, go on short journeys and make sure your puppy is secure in the car. It's a good idea to buy a special harness made for the car if you will travel with your dog frequently. If your puppy salivates, vomits or acts distressed about car travel, speak to your veterinarian about possibly using anti-nausea medication and using Adaptil® during the travel. Adaptil® is clinically proven to help reduce signs of stress related to travel.<sup>3</sup>

### Veterinary Visits

Your veterinarian is your best partner in helping ensure that your puppy lives a long, healthy life. It's critical to help your puppy learn to enjoy visits to the veterinarian.

- Ask your veterinarian if you and your puppy can make "Happy Visits". These are practice visits where your puppy gets treats and praise at the hospital and associates good things with visiting the vet. Give a treat to your puppy when you get to the clinic and have the hospital staff give your puppy treats. Help him learn how to step on the scale (using treats and positive reinforcement).
- When you go for exams, it's best to take him when he is a little hungry, so he will readily accept treats during the exam. This is a great way to distract him from something that may be unpleasant, such as a vaccination.
- When you are home, "practice" handling your puppy in ways that he may be handled for veterinary exams; gently handle his ears and lightly place your finger in the ear, then give him treats; handle his paws and toes, then give him treats, etc. He should find this type of handling fun!

### Doing More Now for a Happier Dog Later

The American Veterinary Society of Animal Behavior recommends that puppies be exposed to a large variety of new animals, new stimuli and new environments while young. Exposure to a variety of situations (such as those listed below) help him become a well-adjusted adult (If your puppy appears fearful or over-stimulated, reduce the stimuli). A properly managed puppy class is usually the best way to successfully socialize him.

- Car rides • Visitors to your home • Babies & Kids • Delivery People • Trains
- Friendly, vaccinated dogs, cats or other household pets • Being left alone
- Walking on a leash and using a collar or harness • Grooming, bathing and nail trims
- Veterinary Visits • Handling his paws, feet, ears, etc. • Watching passing traffic
- Bicycles, skateboards, motorcycles • Crowds • Swimming
- Loud Noises (Vacuum cleaner, fireworks, traffic, etc)

Best behavior starts with  **ADAPTIL**

Adaptil.com • Facebook: Adaptil US



<sup>1</sup>Taylor K., Mills DS, A placebo-controlled study to investigate the effect of Dog Appeasing Pheromone and other environmental and management factors on the reports of disturbance and house soiling during the night in recently adopted puppies. *Applied Animal Behavior Science* 104 (2007) pp 358-368.

<sup>2</sup>Denenberg S, Landsberg GM, Effect of dog-appeasing pheromones on anxiety and fear in puppies during training and its effects on long term socialization. *J Am Vet Med Assoc* 2008; 233, 1874-1882.3.

<sup>3</sup>Gaultier E, Pageat P. Effects of a synthetic dog appeasing pheromone on behavior problems during transport. In Proc 4th Int'l Behavior Meeting Caloundra Australia, Post Graduate Foundation in Veterinary Science, 2003; 33-35.

<sup>4</sup>Mills DS, Ramos D, et al. A triple blind placebo-controlled investigation into the assessment of the effect of Dog Appeasing Pheromone on anxiety related behavior of problem dogs in the veterinary clinic. *Appl Anim Behav Sci*, 2006; 98, 114-126.