



THE PUPPY HANDBOOK

BY KNOSE PET INSURANCE | VOLUME 1

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About this guide

This Puppy Handbook has been developed by Knose in collaboration with our veterinarians, dog trainers and breeder partners. Knose recognises the importance of providing new puppy owners with comprehensive and accurate information to ensure a smooth transition into pet ownership.

With input from expert veterinarians, the guidebook covers all aspects of puppy care, including nutrition, exercise, training, and behaviour. The contribution of our breeder partners ensures that the guidebook includes the latest information on breeding, genetics, and puppy development.

This comprehensive guidebook has been designed to be an invaluable resource for new puppy owners, providing them with the knowledge and confidence to provide their furry friends with the best possible care.





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Puppy proofing your home

By following these steps, you can help ensure that your home is a safe and comfortable environment for your new puppy.

Remove hazardous items

Remove or secure any items that could be harmful to your puppy, such as electrical cords, small items that could be choking hazards, and toxic plants.

Block off access to dangerous areas

Block off access to areas of your home that could be hazardous to your puppy, such as staircases, pools, and other bodies of water.

Secure loose items

Make sure that loose items, such as books and shoes, are stored out of reach to prevent your puppy from chewing on them.

Cover sharp edges

Cover sharp edges on furniture and other items with soft padding to prevent injury.

Install baby gates

Install baby gates in doorways to limit your puppy's access to certain areas of your home.

Set up a designated sleeping area

Choose a quiet, cozy spot for your puppy to sleep, such as a crate or a dog bed. Place a soft blanket or a pillow in the area to make it comfortable.

Provide plenty of toys

Provide plenty of toys for your puppy to play with, as chewing can help prevent boredom and destructive behaviour.

Store household chemicals safely

Store household chemicals, such as cleaning products, out of reach to prevent your puppy from ingesting them.



Preparing for your new puppy's arrival

These items can help make the transition into pet ownership smoother for both you and your new puppy.

Food and water bowls

Choose sturdy, non-tipping bowls for food and water.

Leash and collar

A flat collar with a tag that includes your name and phone number is essential for your puppy's safety. A leash is also necessary for walks and training.

Crate or dog bed

A crate or dog bed can serve as a safe and cosy sleeping area for your puppy.

Toys

Provide plenty of toys for your puppy to play with to help prevent boredom and destructive behaviour.

Food

Choose a high-quality puppy food that meets your puppy's nutritional needs. Note that a change in diet to what their breeder may have been feeding them can lead to an upset tummy. When electing to change a puppy's diet talk to your breeder and/or vet about the best way to transition.

Grooming supplies

Consider purchasing a brush, shampoo, and nail clippers for grooming.

Waste bags

Stock up on waste bags for picking up after your puppy.

Cleaning supplies

Cleaning supplies, such as enzymatic cleaners, can help remove any accidents your puppy may have indoors.

Training pads

Training pads can be useful for housebreaking your puppy.

First-aid kit

Consider purchasing a first-aid kit for your puppy in case of emergencies.



Puppy's First Night Guide

By following these tips, you can help make your puppy's first night in their new home a comfortable and stress-free experience.

Prepare the environment

Set up a safe, secure and comfortable sleeping area for your puppy, such as a crate or a cosy bed. Make sure the area is in a quiet, low-traffic part of your home, away from any potential hazards.

Establish a routine

Consistency is key when it comes to puppy training. Start by establishing a routine for meals, potty breaks, and sleep.

Provide comfort

Provide your puppy with a blanket or toy that has a familiar scent to help them feel comfortable in their new environment.

Be patient

Remember that your puppy is in a new and unfamiliar environment, so they may be scared, anxious, or have trouble adjusting to the new surroundings. Be patient, calm, and reassuring. Up until now they have had their litter mates to play and sleep next to so it can take a little time to adjust.

Supervision

Keep an eye on your puppy at all times and make sure they are not getting into any trouble or putting themselves in harm's way.

Limit stimulation

Try to keep the first night low-key and avoid over-stimulating your puppy. Avoid playing too much or giving them too much attention, as this can make it difficult for them to settle down and sleep.



Puppy Health Essentials

By taking care of your puppy's health, you can help ensure that it grows into a happy and healthy adult.

Provide proper nutrition

Feed your puppy a well-balanced and high-quality diet to ensure it gets the nutrients it needs for growth and development.

Keep your puppy up-to-date on vaccinations

Vaccinations are an important part of preventative health care for your puppy. Make sure to follow the recommended vaccination schedule.

Practice good hygiene

Keep your puppy clean and well-groomed, and make sure to clean up after it promptly.

Regular veterinary check-ups

Take your puppy to the vet regularly for check-ups and to catch any health problems early on.

Exercise and mental stimulation

Make sure your puppy gets enough exercise and mental stimulation, as this is important for its physical and mental health.

Prevent parasites

Prevent fleas, ticks, and other parasites by using preventative measures, such as flea and tick medication.

Socialisation

Socialise your puppy with other dogs and people to help it develop into a well-adjusted and confident adult.

Keep your puppy safe

Puppies are curious and love to explore, but they can also be vulnerable to hazards such as toxic substances, sharp objects, and certain human foods. Make sure to keep your puppy safe by supervising it and securing its environment.

Would you like to take the stress out of wondering if your pups up to date with it's flea, tick and worming treatment?

knose can provide you with flea, tick and worming treatment, delivered to your door at just the right time. Your furry friend gets the protection they need and you get peace of mind.

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Harmful Plants

Australia is home to a variety of plants that can be potentially harmful or toxic to dogs if ingested. Here is a list of some plants found in Australia that you should be cautious of if you have a dog.

Sago Palm (*Cycas revoluta*)

All parts of this plant, especially the seeds, contain toxins that can cause severe liver damage in dogs.



Oleander (*Nerium oleander*)

This plant is highly toxic and can cause heart problems, vomiting, diarrhea, and even death if ingested by dogs.



Castor Bean Plant (*Ricinus communis*)

The seeds of the castor bean plant contain ricin, a toxic substance that can be fatal to dogs if ingested.



Foxglove (*Digitalis purpurea*)

Ingesting any part of this plant can lead to heart problems and even death in dogs.



Lily of the Valley (*Convallaria majalis*)

This plant can cause vomiting, diarrhea, decreased heart rate, and potentially be fatal to dogs.



Australian Flame Tree (*Brachychiton acerifolius*)

The seeds of this tree can be toxic to dogs if ingested.



Please note that this list is not exhaustive, and it's important to consult with a veterinarian if you suspect your dog has ingested any potentially toxic plants.

Transitioning your puppy to a new food

Remember, every pup is different and some may have more sensitive digestive systems than others, so it's important to pay attention to their individual needs and adjust the transition process accordingly.

Gradual transition

Gradually introduce the new food over a period of 7-10 days by mixing it with the previous food and gradually increasing the amount of new food while decreasing the old. This will help your pup's digestive system adjust to the new food.

Watch for signs of digestive upset

Keep an eye out for any signs of digestive upset, such as diarrhoea, vomiting, loss of appetite, or abdominal discomfort. If you notice any of these symptoms, slow down the transition and consult with your veterinarian.

Don't make sudden changes

Sudden changes in diet can be hard on your pup's digestive system, so avoid making sudden switches to a new type of food.

Consider the reason for the change

If you're changing your pup's food because of a health concern or a dietary restriction, be sure to consult with your veterinarian before making any changes.

Monitor weight

Regularly monitor your pup's weight and adjust portions as necessary to ensure they are receiving the appropriate amount of food for their needs.



Kids and the puppy

By following these tips, you can teach your children to introduce their new puppy and encourage good puppy behaviour.

Start slow

It's important to introduce the puppy to children slowly. Start by sitting quietly next to your puppy while he explores the room. Once the puppy is comfortable, allow children to pet it gently under supervision.

Teach your children to play Gently

Puppies are fragile and easily injured by rough handling. Teach your children to be gentle with puppies and not to pull on their tails, ears or fur.

Set boundaries

Help children understand that puppies need space and time to rest. Create a designated area where your puppy can retreat when he wants to be left alone.

Encourage positive reinforcement

Encourage children to praise the puppy when he exhibits good behaviour, such as cheering. B. Sit or come when called. This helps puppies associate good behaviour with positive outcomes.

Supervision of play

Always supervise children and puppies during playtime. If your puppy becomes overexcited or rude, gently turn his attention to a toy or treat.

Teach basic commands

Teach children basic commands such as "sit," "stay," and "come," and encourage them to practice with your pup. This helps reinforce good behaviour and build a bond between puppies and children.

Reward good behaviour

Praise your puppy for good behaviour and reward him with a treat or toy. This helps reinforce positive behaviour and encourages your puppy to continue to behave well.



Puppy socialisation

Socialisation is crucial for puppies as it helps them learn to interact with other dogs, people, and new environments.

Proper socialisation helps puppies develop good behaviour, social skills, and confidence, which will benefit them throughout their lives. Puppies that are not socialised may develop fear, anxiety, or aggression towards new situations, which can lead to behavioural issues. Early socialisation can help prevent these issues and create a happy, well-adjusted adult dog. It is important to socialise puppies from a young age, ideally starting as early as 3 weeks old, to ensure that they develop into friendly and confident adult dogs.

To ensure the health and safety of puppies, it's crucial not to let them into public areas before they receive all of their vaccinations.

Puppies are vulnerable to various diseases and infections that they can contract from other animals or contaminated surfaces. Waiting until they are fully vaccinated and their immune systems are developed reduces the risk of them contracting or spreading disease. It may be tempting to take puppies out to socialise or exercise, but it's important to prioritize their health over convenience.

Remember, these activities are meant to be positive experiences for your puppy.

Always prioritize their well-being and comfort. Not all puppies will progress at the same rate, so be patient and adjust the activities based on your puppy's individual temperament and needs. If you encounter challenges or concerns, seek guidance from a professional dog trainer or behaviorist to ensure your puppy's socialisation is successful and enjoyable.



Socialisation activities checklist

Stage 1: Early Socialisation (8–16 Weeks)

- ☐ Introduce puppy to at least 10 new people of various ages and appearances.
- ☐ Expose puppy to different flooring surfaces (carpet, tile, hardwood, grass).
- ☐ Play household sounds (doorbell, vacuum, phone) at a low volume and gradually increase.
- ☐ Arrange controlled playdates with at least 5 well-mannered, vaccinated dogs.
- ☐ Arrange positive interactions with 3 other types of animals (cats, birds, small mammals).

Stage 2: Adolescent Socialisation (4–6 Months)

- ☐ Enroll in a puppy training class and attend at least 6 sessions.
- ☐ Continue meeting new people and practicing greetings in various settings.
- ☐ Take puppy on car rides of increasing duration.
- ☐ Visit 5 different pet-friendly stores, cafes, or parks.
- ☐ Organize controlled playdates with at least 3 other puppies or dogs.

Stage 3: Juvenile Socialisation (7–12 Months)

- ☐ Attend an advanced obedience or trick training class.
- ☐ Visit a dog-friendly event or expo.
- ☐ Introduce puppy to a new type of environment (beach, forest, city) every month.
- ☐ Practice obedience commands in at least 3 different distracting settings.
- ☐ Explore 3 new surfaces or obstacles (e.g., agility equipment, water play).

Stage 4: Young Adult Socialisation (1–2 Years)

- ☐ Participate in a dog sport or activity (agility, flyball, etc.).
- ☐ Attend a dog-friendly social event or outing at least once a month.
- ☐ Continue to expose puppy to new environments and experiences.
- ☐ Practice good manners and obedience commands in high-distraction scenarios.
- ☐ Engage in at least one new type of activity (hiking, swimming, etc.).

Training your puppy

Training a new puppy can be a fun and rewarding experience for both you and your furry friend. Here are some tips to help you get started.

Start with basic obedience training

Teach your puppy basic commands like sit, stay, come, and leave it. Use positive reinforcement techniques such as treats and praise to encourage good behaviour.

Socialise your puppy

Expose your puppy to different people, animals, and environments to help them become well-adjusted and confident.

Establish a routine

Set a schedule for feeding, potty breaks, exercise, and training sessions. This will help your puppy learn what is expected of them and reduce the likelihood of accidents and misbehaviour.

Be patient and consistent

Remember that puppies have short attention spans and may take time to learn new things. Consistency is key to helping your puppy understand what behaviours are acceptable.

Enroll in puppy school

Puppy school can be a great way to socialise your puppy with other dogs and learn new training techniques from a professional trainer. Puppy school can also help address specific behaviour issues and provide a structured learning environment.



Puppy School

The importance of puppy school cannot be overstated. Here are some reasons why.

Socialisation

Puppy school is a great way to expose your puppy to other dogs and people in a controlled and safe environment. This can help prevent behaviour issues later in life.

Professional guidance

A professional trainer can provide guidance and support as you navigate the ups and downs of puppyhood. They can also help you address specific behaviour issues and teach you new training techniques.

Structured learning

Puppy school provides a structured learning environment where your puppy can learn new things and practice good behaviour. This can be especially helpful for puppies who are easily distracted or have a lot of energy.

Fun for your puppy

Puppy school can be a fun and enriching experience for your puppy. They get to interact with other dogs and learn new things, which can help keep them mentally and physically stimulated.

Overall, training a new puppy takes time, patience, and consistency. Enrolling in puppy school can be a great way to help your puppy become a well-behaved and socialised member of your family.





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