



New Puppy Survival Guide

WELCOMING YOUR NEW PUPPY INTO YOUR HOME

BY DR BELINDA PARSONS BVSC

Rouse Hill
Family Vets



New Puppy Survival Guide

CONGRATULATIONS ON THE NEW ADDITION!



Top 10 Tips to help welcome your new puppy into your home

BY DR BELINDA PARSONS BVSC

Congratulations on the arrival of your gorgeous little bundle of fur that is full of energy, sharp teeth and an endless supply of urine.

It may take a day or two for them to come out of their shell but in no time at all they rule the house and have you all bowing to their every want and need.

As time goes on you have more and more questions about them. What if they don't sleep through the night? What if they bring fleas into the home? What if they don't grow and put on weight like you would expect? What if they have diarrhoea? Will the toilet training ever end? Where do you get the right information from? Can you take your puppy for a walk yet?

Our experienced veterinarians and veterinary nurses are asked these questions everyday and over the years we have found the tried and true ways to not only survive the first week with your new puppy but thrive with them as they grow.

Getting your puppy off to the best start is our passion and so we have created the our New Puppy Survival Guide which walks you through:

- Puppy Proofing the Environment
- Puppy crate & bedding
- Finding your Veterinary Team
- Microchipping
- Puppy Appropriate Diets
- Puppy Toys
- Toilet Training
- Puppy preschool and socialisation plan
- Pheromones - adaptil collars
- Pet Insurance

We look forward to meeting your little bundle of joy and answering any other questions you have about new family member.

Rouse Hill
Family Vets



Puppy Proofing the Environment

By limiting access to a smaller area in the house you will be setting your puppy up to succeed. If they have too much space to roam around in initially it can be daunting, overwhelming and dangerous.

- Puppy proof the main room they will be staying in, remember puppies will put anything and everything in their mouths so be sure to have cords and cables out of reach and ensure chemicals and medicines are safely out of reach.
- Provide access to bed, toys and consider a puppy pad or indoor grass such as a Fresh Patch Too much free range will also make it harder to toilet train with your puppy being more likely to have accidents when they need to go to the toilet.
- Ensure you have checked your garden fences so that your new puppy cannot escape, keep fertiliser, herbicides, insecticides and poisonous plants locked away from where your puppy can access them.



Puppy Crate and Bedding

A crate is a small den-like area that will help your puppy to sleep through the night sooner, grasp toilet training quicker and will become their safe space to take themselves when they are feeling worried.

There are a few rules around the crate they are:

- Crate is a happy place only
- Do not use the crate for punishment
- Lure in and out with food, never force either way using treats to reward movement in and out of the crate as requested
- Do not allow family or strangers to approach the crate and taunt your puppy

Feed your puppy in their crate to further make the crate a good place to be.

For more information on crate training click [HERE](#)

Microchipping

By law in NSW your puppy should be microchipped before they join your family. The breeder is responsible for changing the microchip into your name.

Ensure that you have claimed your pet's microchip through the [NSW Pet Registry](#).



Finding your Veterinary Team

To ensure your puppy is protected against deadly diseases and parasites it is vital that you have a veterinary team that is looking out for your new puppy's wellbeing.

We recommend an initial health check within 72 hours of your new puppy joining your family. This will allow your puppy to have a full health check, discuss how your puppy settling into your home and for your veterinary team to check that your puppy is receiving the right preventative care.

A thorough preventative care plan includes vaccinations, worming, flea and heartworm prevention dates. By the time you pick up your puppy they should have been wormed regularly and received at least one vaccination.

Puppies require a total of three vaccinations with their final puppy vaccination being at 16 weeks of age or older.

It is important that your puppy and your family are protected against heartworm, fleas, paralysis ticks and intestinal worms. Some intestinal worms have zoonotic potential (this means they can be passed onto us) and so preventative care for your puppy helps to keep your whole family safe.

For more information about vaccines



Puppy Appropriate Diet

Growing puppies require a nutritionally balanced diet to ensure they grow to become healthy happy dogs. Home prepared meals can be difficult to balance appropriately but can be done with consultation with a veterinary nutritionist.

We recommend feeding a high quality puppy kibble specific to your puppies individual needs.

What NOT to feed your puppy

- ✗ Raw meat/bones - your puppies gastrointestinal tract is immature which makes them more susceptible to raw meat borne infections such as salmonella and campylobacter
- ✗ Chicken necks
- ✗ Chocolate, onions, garlic, grapes, sultanas, macadamia nuts
- ✗ Pork - this tends to be too rich on puppy tummies and will often cause diarrhoea

What you CAN feed your puppy as treats

- ✓ Boiled chicken
- ✓ Dehydrated meats
- ✓ Raw carrots
- ✓ Puppy Whimzees
- ✓ Liver treats
- ✓ Duck sticks

Puppy Toys

Puppies love to explore the world with their mouths so you are going to be fishing an endless number of items out of their mouths in the coming weeks to months. Chewing is a normal behaviour so ensuring that you have plenty of toys on offer to chew instead of shoes is vital.

The types of toys we recommend for puppies include:

- Puppy kongs
- Bob-a-lots
- Everlasting treat balls
- Snuffle mats
- Rope toys



Toilet Training Plan

Toilet training is often one of the most common causes of stress in families with new puppies. Utilising positive reinforcement, crate training and timing will help toilet training to come together for your puppy.

We recommend that you follow these steps to success:

- Bribery - always take treats out with you when you are taking your puppy out to the toilet. Reward your puppy immediately when they toilet in the designated area.
- Never punish your puppy for having an accident
- Utilise crate training to help teach your puppy to hold on through the night
- The most likely times your puppy will need to go to the toilet will be after they wake up from a nap, after they eat or drink or after they have been running around. So be prepared to take them to their designated toileting area

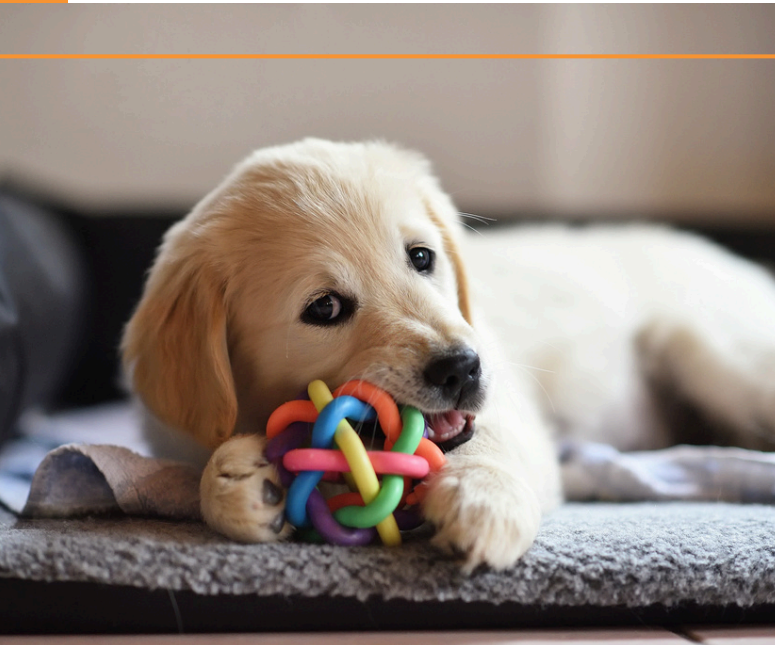
Puppy Preschool & Socialisation

Your puppy will generally arrive into your home during their socialisation period. It is during their socialisation period that they are most accepting to new and different situations. The socialisation period is from 8 until 16 weeks of age.

For this reason it is vital that they experience a positive puppy preschool class where puppies are not forced beyond their limits, that they learn about having good interactions with other puppies and that they are exposed to different sights and sounds before they are fully vaccinated.

Book Puppy Preschool

We run puppy preschool classes Monday through Thursday evenings and you can book your place online



Pheromones - Adaptil Collars

Adaptil is a synthetic dog appeasing pheromone. It is the same pheromone the mother dog releases after she has given birth which helps new puppies to feel relaxed and comfortable.

We recommend using adaptil collars in puppies as soon as they come into the new home - it will help them to settle into the new environment faster, sleep through the night sooner and be more responsive to training.

We use adaptil in the veterinary hospital, every puppy receives an adaptil sprayed bandana on arrival to our clinic and we have an adaptil plugin in each of our consults rooms to help make vet visits less stressful for all of our canine patients.

Save \$20 on Adaptil Junior collars in clinic



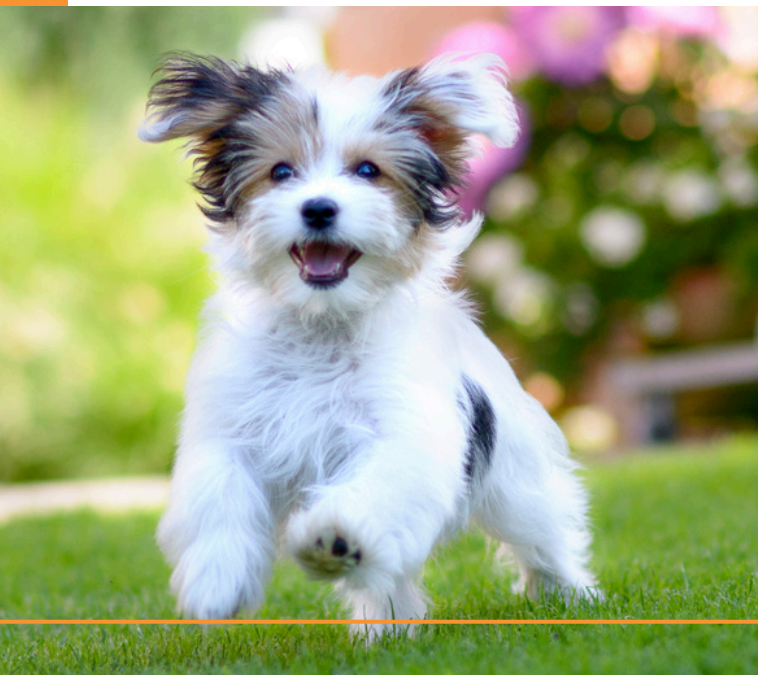
Pet Insurance

You never know what mischief your puppy might find themselves in and so having pet insurance is a good way to have that extra piece of mind that if something happens you are covered.

Most pet insurance companies in Australia are underwritten by two main players. When selecting pet insurance we recommend that you:

- Consider the level of cover appropriate for your family
- Read the fine print - some will have limits on the number of times you can claim for consults per year or sub limits on how much they will pay out per condition
- Most do not cover dentistry - so if you want dentistry covered you'll have to make sure that's in your policy
- Behavioural problems are also unlikely to be covered
- Find out if your company offers GapOnly payment and if your veterinary clinic will process GapOnly claims. We provide GapOnly for any large surgical or hospital bills.
- Ask about the claims process - can it be performed online or do you need you to post them forms everytime you want to claim?
- Sometimes you add it on to your own personal insurance or home insurance

We do not recommend one company over another but instead suggest you look into the above points when considering insurance and then make the decision based on your family's needs.



Book Online



Friendly Visits

Our fabulous team of nurses offer 3 complementary Happy Visits where your puppy is able to come into the clinic, have nothing bad happen, enjoy some treats, have their weight checked and head home happy.

We find happy visits help to reduce fear around vet visits for many of our young patients. We know that unless we are proactive about making vet visits low stress our patients will go on to fear vet visits which has a negative impact on our ability to continue to care for them.



What makes Rouse Hill Family Vets different from traditional veterinary hospitals

We are committed to giving your pet the most "Fear Free" experience as possible. Almost all of our staff now are officially Fear Free certified, which is the course we base our business model on (Fear Free Pets).

So how are we different to most clinics?

- All of our consultations are half an hour (or longer), to give your pet enough time to feel comfortable, and ensure your visit isn't rushed.
- We do our best to get you straight into a consult room too, to help avoid waiting room run-ins with pets that may be anxious around other animals.
- All dogs are given an Adaptil© sprayed bandana, and our cat-only consult room is sprayed with Feliway© on arrival to utilise comforting pheromones during your pet's visit. We also have spray diffusers around the clinic to keep that pheromone-game strong!
- Unless when absolutely necessary (like in an emergency), we do not use forceful handling techniques on any animal. Cuddles and bribery with lots and lots of snacks is how we roll! We would rather re-schedule an appointment to when your pet is more comfortable, than force them into a situation that may make them become afraid of the vet!
- We will never "take your animal out the back" for treatments. All needles, blood draws, nail clips, ear cleans and other small procedures are done with the owner present, to minimise the anxiety caused by removing the animal from their person.
- For the bigger procedures, dentals and surgeries, there's no "morning drop-off" - we ask you to stick around with your pet while they get nice and sleepy, before taking them away for their operation. They will also never wake up alone in a cage - we find they come around much smoother waking up in a nurse's arms.
- We will not use medication as a "last resort" when treating an anxious pet. Drugs such as Gabapentin are happily prescribed as a pre-med before your consultation, to put your pet in a relaxed mindset when visiting the clinic.
- We are big advocates for "friendly visits" (coming in, for free, and being showered with love and nothing pointy), and desensitisation techniques - introducing our nervous patients slowly to scary things like blood tests!
- Even our scales are covered in fake grass to make them a little less scary

Book Online



Meet The Vets

Rouse Hill Family Vets



Dr Belinda

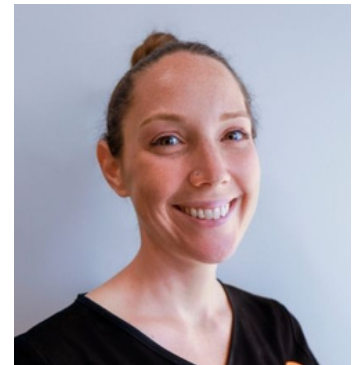
Dr. Belinda Parsons is a veterinarian and certified veterinary acupuncturist. She is the owner of Rouse Hill Family Vets as well as on the Board of Directors of the Australia College of Veterinary Acupuncture. She has been a small animal veterinarian for over 19 years and has always been a passionate advocate for senior pet health care

She is an avid campaigner for Fear Free Veterinary Visits and is a Level 3 Certified Fear Free Practitioner. She understands that the emotional wellbeing of a patient is just as important as their physical wellbeing and proactively takes steps to reduce fear, anxiety, and stress in her patients.

Dr Nicole

Nicole graduated from Michigan State University in 2010. She has worked in the veterinary industry for over 20 years and began her career as a mixed (large and small) animal vet in the United States, then in Sydney for a short time, before switching to small animal practice. Most recently, before joining Rouse Hill Family Vets in 2021, she practiced as a locum around NSW.

Nicole enjoys all aspects of small animal general practice but is particularly passionate about dental health, fear-free visits, and aged pet well-being.



Dr Jade

Jade grew up in Western Sydney and is a proud graduate of Charles Sturt University, Wagga Wagga. Jade graduated in 2016 with a dual degree in veterinary biology/veterinary science.

Jade joined us in July 2022 and has embraced fear-free principles to provide a warm, positive, and happy experience for both pets and their parents. She loves helping anxious pets and parents feel more comfortable going to the has Although Jade enjoys all aspects of vetting, her primary area of interest includes all things cats, geriatric medicine/surgery, and dermatology.



Dr Tina

Tina was born and raised in Sydney, Tina graduated from the University of Sydney in 2017 and has been working in small animal practice ever since.

Since joining the team in April 2023, Tina has loved being able to help clients and their pets in a fear free setting. Her veterinary interests include animal behaviour, soft tissue surgery, and strengthening the bond between people and their pets



About Rouse Hill Family Vets

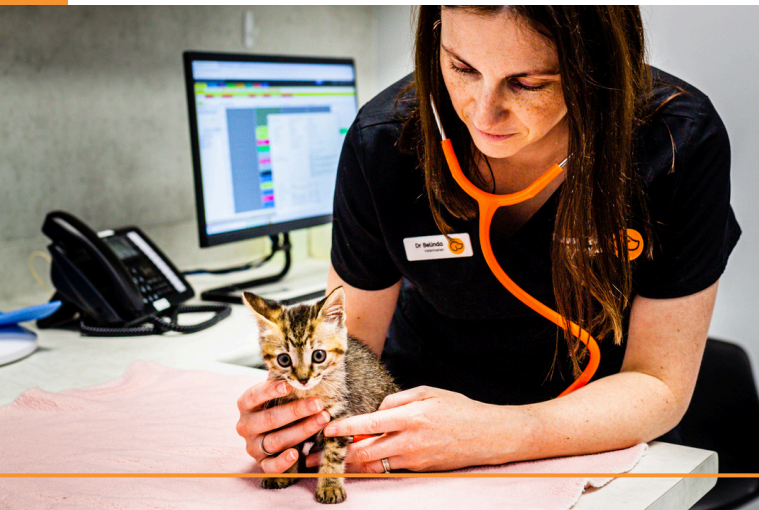
Circle of Life Petcare

Our driving force has always been to make a difference when it matters the most. Those moments include starting your puppy or kitten off on the right paw, providing preventative care treatments to avoid disease, helping you face a health crisis in your pet or providing a peaceful goodbye for your fur family at home surrounded by those who love them the most. From the beginning to the end of their life, we are with you every step of the way



Services

- Vaccinations
- Wellness visits
- Dentistry
- Desexing procedures
- Routine and more complex surgical procedures
- In house diagnostics including blood, urine and faecal tests, radiographs, blood pressure, endoscopy and ultrasound.
- Acupuncture
- Laser Therapy
- Behavioural Consultations
- Dermatology/Allergy Care
- Senior Wellness Care
- Palliative Care
- End of Life Care
- In Home Euthanasia
- Nurse consultations



Clinic Hours

Monday: 9am - 6pm
Tuesday: 9am - 6pm
Wednesday: 9am - 6pm
Thursday: 9am - 6pm
Friday: 9am - 5pm
Saturday: 9am - 1pm

By Appointment

[Book Online](#)

