



KELLYN LABRADORS
Greg and Tricia Lynch
10131 West Asbury Avenue
Lakewood, Colorado 80227
(303) 914-8687

kellynlabs@kellyn.com or kellynlabs@comcast.net

We hope that you will enjoy your new puppy and that he will soon feel at home as part of your family. Have patience, as it may take him several days to adjust to his new surroundings. We would like to offer a few suggestions that should help hasten this adjustment period.

You will read this TWICE in this document – it really is that important: please, please, please do not ever put your puppy or adult dog in his crate with a collar on – any type of collar. We have advised our puppy buyers for years on this. The saddest phone call we ever got was from an extremely distraught owner who had come home to one of our puppies that had strangled herself in her crate. Please do not let this happen to you – do this in remembrance of Piper.

Food and Nutrition

Your puppy is eating three meals a day. At each of his meals feed approximately 1-1.5 cups of **ProPlan Focus Puppy (Chicken and Rice Formula)**. This is the food we recommend going forward. This is a very high quality puppy food. We feed ProPlan Focus exclusively to all our dogs regardless of age. In the event you choose to feed another brand, we have some general guidelines. We specifically discourage any food containing soy. We have found that it contributes to poor coat quality in many Labrador bloodlines -- sometimes amounting to an almost allergic reaction. We also **strongly recommend** that whatever food you select not contain **ethoxiquin** as a preservative. The food that we have recommended does not; ethoxiquin is controversial in that it has been linked to cancer, auto-immune disorders, kidney and liver disease, and a host of other ailments. It was originally developed by Monsanto in the 1940s as a rubber preservative. Most quality

dog foods have changed their formulas over the past few years and have replaced ethoxyquin with other forms of preservatives, such as Vitamin E. Whatever brand of food you use, be sure it is formulated for puppies. Other foods, even those within the same manufacturer's line, do not provide the essential nutrients that puppies require as they grow and develop. However, we do not feed puppy food for as long as you would think (more on that below).

Cover the food with just enough warm water to moisten the it for a few minutes and slightly soften each kernel. You may choose to gradually move to dry food by reducing the amount of water over the next month as his teeth become strong enough to crunch the dry nuggets. Our own choice is to always add water to our dogs' food to reduce the risk factor of bloat, or gastric torsion.

Supplementing a high quality dog food is unnecessary. Everything he needs is in the food. The only exception is a little oil that can be added in cases of dry skin—the details of this are covered a little later.

We keep our puppies on three meals a day until they start leaving food in their bowl at the middle feeding, then reduce to twice a day. This normally happens when the puppy is 3-4 months old. We also recommend that you **discontinue the puppy food** you are feeding at about 6 months of age (usually 2 full 34 pound bags) and switch to an adult **ProPlan Focus** (we prefer the **Sensitive Skin and Stomach** formula – for no other reason than it has salmon as the main protein source, and their coats love it!). If your schedule does not permit mid-day feeding, you may feed your puppy twice a day. Just adjust the amount fed; for example, if he would be eating 1 cup three times a day adjust to 1.5 cups twice daily to equal the same daily amount. This is not a hard and fast rule, and should be varied to fit needs and size of the individual dog. However, if your puppy seems hungry do not fall into the temptation of feeding him before bedtime unless you don't mind getting up in the middle of the night to clean up 😊

The total amount of the food fed at each meal should be increased as the pup grows. It is difficult for us to tell you how much, or when to increase, as each dog should be fed according to his particular needs. This varies greatly with each dog and depends on several other factors such as exercise, size, time of year and type of food. Please do be aware that it is better to have your pup a *little* on the thin side than to allow him to become overweight. Overfeeding your pup is doing him a great disservice. As a guideline, we feed our active adult females (weighing 65-75 pounds) 1-1¼ cups twice a day, and our active adult males (weighing 85-95 pounds) 1¼ - 1¾ cups twice a day. *(NOTE: all of this feeding information is based on feeding a high quality premium food containing the following approximate amounts of protein: Adult food, 24-26%; Performance or Puppy food, 26-30%. The feeding of foods containing higher percentages of protein is not recommended, as it encourages rapid growth that can in turn contribute to joint problems like hip dysplasia, etc.).*

On the subject of weight, with rare exceptions we do not believe there is any such thing as a “fat” puppy up to about three months old. Until then, it’s normal to have “baby fat”— that cute puppy pudginess — but after that you should start using some judgment to prevent overweight. Our general rule of thumb is when you watch your dog trot across the yard from a side view, you should be able to make out the last rib (before the loin) without having to use your imagination too much! If you can see more, you probably need to add a little weight. If you see less, cut back the food! And you should always be able to feel the ribs without much effort. When viewed from above you should be able to see a little bit of a “waist”.

The Labrador might need a little oil added to his daily diet to maintain a shiny, healthy coat, and can be helpful in the event of dry skin and itching in a dry climate such as the one we have here in Colorado. If you choose to follow this regimen, at three months of age, begin to add some **safflower or fish oil** to his food. **Introduce this slowly** (an eighth of a teaspoon each feeding, working up to a teaspoon by increasing every two or three days over the next four weeks, to avoid loose stools). Continue for the life of the dog.

You may wonder about adding other things to the pup's diet. In general, a high quality food such as **ProPlan Focus** contains all of the nutrition needed. We do not recommend routine feeding of “human food” – table scraps. Only use table scraps as small treats in his food rather than routine. Suggested scraps are meat, beef and chicken fat, cereal, cooked vegetables, and cooked eggs. **DO NOT FEED:** Pork, ham, ham fat, raw eggs, corn, raw vegetables or fruit or any type of meat bones. If you feel your pup needs something to chew on we suggest **hard rubber (Kong)** from a quality pet store – avoid Nylabones as the fiberglass can enter the intestines and cause problems over the long-term. Avoid **treats** from Asia, which are constantly being recalled, and avoid rawhide from the Far East or Mexico as it is sometimes cured with arsenic. No grapes or raisins, or **any** artificial sweetener (especially Xylitol, which has been known to cause death in dogs within hours of ingestion). **AND PLEASE BE AWARE THAT CHOCOLATE IS HIGHLY TOXIC TO DOGS.**

Until your puppy becomes adjusted to his new surroundings he should be fed in a quiet and rather secluded place where he can be alone. After he has become adjusted to his new home and is eating all of his meals well, he can be fed in the kitchen or outside. Give the puppy 20 minutes to eat his food and then pick up the dish. Food should not be offered again until his next feeding time. Do not leave uneaten food in the dish after the 20 minutes are up. Fresh, clean water should, of course, be available at all times.

Exercise Considerations

Labradors can have joint (e.g., hip and elbow) problems as they are fast maturing, heavy-bodied dogs. These joint problems can be significantly influenced by the puppy’s environment. Earlier we cautioned against overfeeding your puppy. The more weight they are forced to carry at a young age the more stress is placed over the hindquarters, and thus the joints are strained. Also, try not to let your pup run around on linoleum or slippery

floors. If you watch your pup on a slippery floor, you will see that his hind legs will slide out from under him and he ends up with all four legs going in different directions. This again puts too much stress on those hip joints. Likewise, too much exercise for a pup is bad. He can play in the back yard with you and the kids all he wants, but running after a bicycle or following a jogger for miles, especially on pavement, should really be saved until he is close to 2 years old and fully mature. A dog has all his bones and muscles formed by the end of his first 14 months or so...but it takes a few more months for him to fully mature. Many a pup has been structurally damaged by owners who insist on jogging with their dog or working strenuously in the field before the puppy is mature enough to handle this kind of orthopedic stress.

Grooming

We do not bathe our Labs regularly. Bathe only when necessary. Brushing is necessary only to remove burrs and to hasten shedding (two or three times a year). Use a metal-toothed comb and a "pin" brush, only – **Furminators will destroy a good coat!** A good Labrador coat will stay healthy and shiny with a balanced diet including additional fat. The dog's nails should be kept trimmed. Purchase a pair of nail trimmers from the pet supply store and cut the tips off each week. Your pup's ears should be checked for cleanliness about once a week or so, more often if he has been in water. If cleaning is necessary use a Q-tip or a cotton ball dipped in baby oil to clean the ears but **do not go down into the ear canal**. A small amount of ear powder puffed into each ear is a good preventative measure for ear problems. If he has been swimming or playing in water, check to be sure the ears are dry...if needed, dab out extra moisture with a cotton ball. Never let water remain in the ear canal as it will invariably set up ear infections just like in human babies.

Playing and Discipline

DO NOT PLAY ROUGH WITH YOUR PUPPY. Don't let the puppy develop bad habits such as jumping on you or the children, biting clothing, etc. You must remember that your little puppy will weigh 65-95 pounds when grown. Some of the bad habits that developed as a small pup will not be as cute or desirable when he is fully-grown. DON'T LET HIM DO ANYTHING AS A PUPPY THAT YOU WON'T WANT HIM TO DO AS AN ADULT, WHEN HE IS LARGER....

As for discipline, we recommend the use of the word "NO" in a loud and stern voice. A good verbal reprimand will usually be enough. If not, a shake by the scruff of the neck should be used. You must remember, however, that just as soon as your pup has stopped doing what he wasn't supposed to do, he should be petted and praised. Tell him what a good dog he is. NEVER call your dog to you and then reprimand him, as he will associate coming when called with a punishment. Go to him when he is doing something wrong, and don't forget the praise when he does something right.

Housebreaking and Crate Training

Most people want to know about housebreaking. A whole book could be written on the subject, but a few suggestions that we might make are: Take

the pup out first thing in the morning, after each meal, after each nap, after each play session when he stops and starts to sniff around, and the last thing each night. Pick him up and carry him to the door and put him on the spot where you would like him to go. This will eliminate the possibility of an accident on the way. Praise him highly when he goes outside and scold him when he has an accident in the house, putting him outside immediately. After he has gone outside let him have some freedom of the areas of the house he will be allowed in. It never does any good to rub a dog's nose in his "stuff" or to spank him because his attention span is so short that he cannot associate the punishment with the act.

We STRONGLY recommend a medium-sized breed dog crate for confinement at night or when you are away. The approximate size is 24"wide by 36" long by 27" tall but can vary a little depending on manufacturer. It will also be very handy when you are too busy to watch him. The pup will usually be clean and will avoid soiling his "den" at all costs. Bear in mind that no puppy will be able to hold it more than about 4-6 hours until he is about 3 months old. Be patient--it will come. If you can concentrate on housebreaking for the first two weeks or so you will not encounter any problems thereafter. Your puppy has been trained to grass, pavement, and other outdoor surfaces so getting him to go outside should not be a problem.

For the second time, on the subject of crates: please, please, please do not ever put your puppy or adult dog in his crate with a collar on. We have advised our puppy buyers for years on this. The saddest phone call we ever got was from an extremely distraught owner who had come home to one of our puppies that had strangled itself in her crate. Please do not let this happen to you.

Vaccinations

Contact your veterinarian for vaccinations that your pup will need. To be fully protected your puppy needs another set of shots at 10 and 14 weeks (we have already given the first set at seven weeks) as well as a booster about once a year. A rabies shot should be given at approximately 18 weeks of age. **As vaccinations protocols differ from one part of the country to the next, this should be carefully discussed with your vet.**

Please feel free to call on us if we can be helpful in any way. We hope that you and your new puppy will have many happy and healthy years together.

All breeding stock has been certified clear of hip and elbow dysplasia by the Orthopedic Foundation for Animals (OFA). Eyes are cleared annually for genetic anomalies through examination by a member of the American College of Veterinary Ophthalmology (ACVO). Parents have been genetically screened for Progressive Retinal Atrophy (PRA) and Exercised Induced Collapse (EIC) and neither PRA nor EIC can be produced at Kellyn Labradors.