



Your new puppy

Collecting the puppy or dog from the breeder

Fit a DAP® Collar to the puppy or dog on collection to prevent travel phobias that can result from just one bad experience.

Bonding & Exploring

Natural [appeasing pheromones](#) are released by the mother to support bonding and comfort and reassure her puppies. This 'support' gives puppies enough confidence to explore and learn about the world around them.

Settling your puppy in its new home

Settling into a new home is a stressful and disorientating process for a puppy. It is usually the first time a puppy has spent any time alone, separated from its siblings and its usual source of comfort and reassurance, the dam. Many puppies will cry for the first few nights but owners may not want to encourage the puppy to rely on them for emotional support as this may predispose a puppy to separation problems later in life.

During the days following adoption, disturbance and vocalisation can be a common problem for a puppy and its owner. It is important that steps are taken to help a puppy cope with its new environment, without becoming unduly stressed.

A puppy adopted prior to 12 weeks of age is at its most sensitive and its perception of the world can easily and permanently be influenced by new experiences and encounters.

Instead, installing a DAP® Diffuser or fitting a DAP® Collar can help the puppy cope better with the change and reduce the chance it will adopt attention seeking behaviour when left alone.

Your puppies first nights in their new home

- At least 24 hours before the new puppy / dog arrives plug in a DAP® Diffuser at floor level in the room where the dog will sleep and spend the most time.
- The diffuser should be switched on continuously for at least 4 weeks and the refill replaced as required.

Socialisation Period (6-16 weeks)

Puppies from 6-16 weeks of age are at their most sensitive and their perception of the world can be easily and permanently influenced by experiences had at this time. Puppies that become highly stressed may never enjoy new experiences

and encounters at this time. It is therefore very important that these experiences are positive. If a puppy becomes scared or stressed at this time it is more likely to develop anxiety-related behaviour disorders in later life (noise phobia, separation anxiety, fear aggression etc.)

Using DAP® during puppy socialisation

- It is strongly advised that puppies wear a DAP® Collar throughout the socialisation period (from 6-16 weeks) to prevent fear and stress which may lead to anxiety-related behavioural problems later in life. Fitting a DAP® Collar at this stage has been shown to dramatically influence a puppy's development and help it grow into a well-behaved and confident adult dog.
- The collar only releases the pheromone when it is warmed by the dog's body heat. Therefore, it should be checked daily to ensure it has not become loose.
- It is also advisable to check that the collar has not become too tight as the puppy grows.
- Remove the collar before bathing or shampooing and replace it after the dog's coat is dry.

Staying Home Alone

Spending time alone can be challenging for a puppy unused to solitude. Excessive vocalization and attention seeking behaviours are common.

Using DAP® to reduce early signs of separation problems or to help young dogs cope with staying home alone

- A DAP® Diffuser should be plugged in, preferably at floor level next to where the dog is going to sleep and spend time while alone.
- The diffuser should be switched on continuously for at least 4 weeks.

If a dog is showing signs of a stress-related problem, the dog should be referred to a qualified behavioural therapist. Puppies are unlikely to grow out of a behaviour problem.

Puppy Parties & Classes

These can be very helpful but steps should be taken to ensure these early experiences are 'positive' and that the dog copes appropriately with each new stimuli. If a puppy becomes fearful at this stage they may be predisposed to anxiety as an adult dog.

Training classes are recommended to ensure a dog develops into a well-balanced adult dog, but owners should be aware that at 18 months the dog enters the adolescent stage and may require support to cope appropriately with new stimuli.



Adolescent Period (18 months)

At 18 months of age dogs enter the adolescent stage. During this they may appear more nervous and reserved and may require support to cope appropriately when meeting new people or visiting new places. This is also the most common age for a dog to be re-homed. Dramatic changes in routine can be unsettling for your dogs, such as Christmas; especially their first Christmas. Some may find it hard to cope with all the new stimuli.

First Christmas

- At least 24 hours before you expect new people, pets or other stimuli plug in a DAP® Diffuser at floor level in the room where the dog will sleep and spend the most time.
- Make a den for your dog in the room with the DAP® diffuser, somewhere they go and relax that is familiar to them.
- The diffuser should be switched on continuously for at least 4 weeks during the festive period and the refill replaced as required.
- The DAP® Diffuser can be used alongside the DAP® Collar if desired.

Rescue Dog

The most common time for a dog to be re-homed is during its adolescent age. Rescue kennels can be very stressful for dogs and most require support while they adapt to kennel life. Not only does stress compromise the dog's welfare, it can also exacerbate existing problems and contribute to the occurrence of new stress-related behaviour problems. In most cases this behaviour is temporary, but can become a habit, which is notoriously difficult to treat.

- Fit a DAP® Collar to the puppy or dog on collection (if one has not been fitted already)
- DAP® Spray can also be used to give added reassurance during the first car journey to the new home. DAP® Spray should be applied to a box or crate in the back of the car 15 minutes before introducing the dog. On long journeys this may need to be re-applied every 2-3 hours. After spraying, owners should wait 15 minutes for the alcohol to evaporate before re-introducing the dog to the area.



Adulthood

Once your dog reaches adulthood there are still unpredictable and novel situations that can make them become anxious or nervous.

Boarding kennels

The kennel environment can be stressful for many dogs and most require some support while they settle in. Some may show stress-related behaviour such as excessive locomotion (pacing around) or barking. Others may go off their food or develop diarrhoea.

Using DAP® when you dog goes to a boarding kennel

Owners or kennel staff worried about how a dog will cope in kennels may wish to consider fitting a DAP® Collar. Doing so before the dog enters the kennel has been shown to reduce barking and help dogs adjust more quickly to kennel life. However, DAP® does not sedate the dog and will allow normal reactions to activity around them.

Once the dog is settled in the environment (a process that usually takes about 1 month) the support can be removed. However, after adapting to kennel life the dog may require an additional DAP® Collar to help it settle in the new home.

Car travel

There are two aspects to travel problems with dogs; motion sickness and travel fear. However, the symptoms of each are very similar and many dogs are believed to suffer from both.

In most cases it is sensible to reduce the stress associated with travelling using DAP® Collar. A DAP® Collar should be fitted 24 hours before the journey. However, in some instances it may also be necessary to treat the motion sickness with medication.

- Ideally, the dog should have eaten nothing for at least 6 hours prior to travel to avoid nausea and vomiting.

N.B. DAP® has also been reported to aid dogs traveling by air. In such cases it is important to check with the airline if the dog will be allowed to wear a DAP® Collar during the flight.

Firework Fears

Recent research revealed that 80% of pets are afraid of fireworks with 50% of dogs shaking during exposure to fireworks. In most cases dogs showing noise fears can usually be helped by providing DAP® support and following a few simple steps.

A Guide to the Management of firework fears

- Prepare a den for the dog at least 2 weeks before the expected event. Research shows that animals tend not to run towards safety rather than away

from danger. By giving the dog meals, treats, chews and toys in the den over the period running up to firework night, the den will become a safe, relaxing place that the dog chooses to go to when feeling afraid. This sense of security can be further enhanced by moving the dog's bed inside the den and installing a DAP® diffuser nearby. Then den must be available to the dog at all times, especially when it is alone.

- The longer the dog is exposed to the pheromone prior to the fireworks or thunderstorms, the better prepared he will be to cope with the challenge.
- Owners should ensure that pets are safely inside and that doors, windows and dog flaps are secured. It is advisable to microchip pets, as if they do escape, confused or distracted animals can easily get lost.
- Dogs should be taken for walks when exposure to fireworks is less likely, such as before nightfall.
- Owners should close windows, draw curtains, play music and/or have the TV on to help mask the noise.
- Fearful behaviours should be ignored. Trying to sooth a fearful dog not only rewards the behaviour, but also gives the impression that the person is also worried about the fireworks. Seeing the owner act in this way further undermines the dog's confidence. Never punish or get cross with a fearful dog, because this will simply make the dog more afraid.

For more information on how to prepare your dog for fireworks season visit www.petfireworkfear.co.uk . However, dogs developing or in the grip of a severe phobia will require a training programme of desensitisation and counter conditioning alongside DAP®. For more information visit www.soundsscary.com .