



# MY DOG DOG PETTING GUIDE:

Exclusively brings to you  
the most unique and handy



The Dog People



# THE DOG BIBLE

Our Dog Bible is the most unique and a one of its kind complete comprehensive guide for all the dog parents as its covers the most pressing and also all the teeny - weeny doubts regarding our fur ballsat usually keeps us wondering. This Dog Bible is a handy pocket guide that is extremely beneficial for both first time dog parents and also for experienced dog owners.

So do give it a thorough read before interacting with your new fur baby.

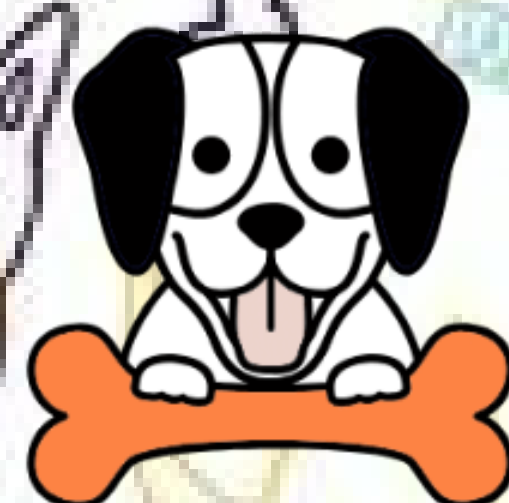


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# HOW TO PET A NEW DOG

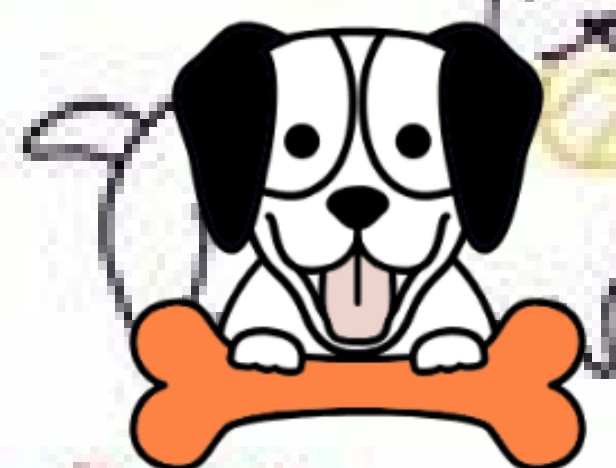
The way you pet a dog can make you his favourite hooman, and we at THE DOG PEOPLE would teach you how to attain that desirable position.

- The very fundamental rule of petting is to refrain from petting a dog who doesn't initiate contact. This rule is especially applicable for innocent children who inadvertently hover and jump around a new dog, thereby acting as a threat for the new fur baby who might feel intimidated.
- The right way here is to invite the dog instead, and allow him to approach you first.
- Sit or squat down on the floor so that you are sufficiently closer to his level, but if the dog still feels hesitant, please consider bending your body to the side, or resting on your elbow so that your new munchkin perceives you as less threatening.
- Let your new fur baby come and sniff you as herein he is trying to catch your unique scent, and familiarize himself with his new hooman.
- At this point, you may call him to come and sit on your lap, however don't do so forcibly as it might just scare your new fur baby.





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- A confident and a friendly pupper would himself approach you with his ears held slightly backwards and his tail positioned straight upwards or even with a wide sweeping wag, that is symbolic of a dog's gregarious and lovable nature.
  - If your puppet demonstrates a wiggly, loose body posture with relaxed eyes and mouth when he moves toward you or in case he initiates short eye contact, then he is certainly indicating friendliness and a keen desire for hooman interaction.
  - Once the initial approach has been successfully made, make sure to slowly pet the fur baby only on areas where he feels comfortable being touched. A doggo who likes being petted would lean towards his hooman and would demand attention in case his hooman stop petting him. However please refrain yourself from petting a dog in case he tends to move away or demonstrates any signs of discomfort.



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# DOG PETTING ZONES:

## WHERE TO PET A DOG:

Petting a new furry friend is extremely relaxing and therapeutic for both the doggo and his hooman companion.

- Always make sure to pet a doggo with utmost love and affection and in a calm, slow and gentle way.
- Also most dogs enjoy being petted on the chest, the shoulders and the chin, however each furball has his own sweet spot wherein he loves being gently caressed. Mentioned below are five such sweet spots that make most dogs wallow in delight.



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### **1. Chest**

Chest is one of the sweet spots that a doggo likes being petted at. You may gently caress your fur baby's chest, and this is one spot that you can pet without making your new furry friend feel intimidated.

### **2. Under The Chin**

This is undoubtedly one of the most favourite sweet spots of any canine, be it a friendly one or even a timid skittish doggo, they all enjoy gentle petting under their chins. People usually pet a dog's head, but many furries might perceive that as a threat, however sweet and soft strokes under the chin is thoroughly irresistible for any dog.

### **3. Shoulders**

Gently petting a dog's shoulder is another great way to bond with your new furry friend. A dog likes being petted on his shoulder as this is one of the body parts, petting which makes the dog feel least vulnerable.



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#### 4. Base of the tail

Any and every dog loves being scratched on his lower back, and petting a dog's rears is one of the sweetest soft spots for a dog, the reason being simple because it's quite hard for a dog to access his rear himself, and if his hooman would do that for him, it would instantly make the new fur baby fall in love with his hooman parent.

#### 5. Under the collar

Under the collar that is below and on the back of the neck region, wherein a collar rests, is another spot that a dog can't access by himself, and hence if you gently pet your fur baby here, your pooch would undoubtedly enjoy that.

- However make sure to slowly pet your new dog, give him a gentle massage or maybe some light scratching as this would not only help you bond with the dog but would also calm your new furry friend.

- Softly place your hand on any of the above areas wherein you feel that the dog enjoys being touched without feeling intimidated, and gently run your fingers in the same direction of your pooch's fur, thereby softly caressing him.



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# AREAS TO AVOID

Most dogs don't like being touched on the below mentioned body parts.

## 1. Face

Always refrain from touching the face of your new furry friend as your pooch abhors being petted on his face. While your loving family dog might endure you poking his face, a new pooch would however react much differently and might even snap at you as it's a personal space for dogs, that they don't like their new hoomans to invade.

## 2. Head

Head is another body part that must be avoided, at least initially. Humans mistakenly think that dogs enjoy being petted on the head, but however that is not the case, and if you really want to pet your dog, then pet his rear end instead of banging on his head.



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### 3. Paws

While a majority of dogs like it when their owners play with their feet and legs during the play sessions, petting paws should however be avoided as it might not be a delightful experience for your furry friend.

### 4. Tail

The tail of a new doggo must not be touched or roughly played with, and should be off limits in order to avoid any ugly confrontations.





# SOME AMAZING DOGGO FACTS

- Your fur baby can smell and sense your feelings. In fact the sense of smell in a dog is 1,00,000 times better than a human and hence a dog can smell and fathom bizarre things and feelings such as an emotion of love or fear. In case a dog's hooman companion fears something, the doggo too can sense that, and is easily able to pick up on this change in his hooman's demeanour.
- Petting a dog undoubtedly reaps great benefits and improves one's physical and mental health. There have been scientific studies that have proven that petting a dog barely for 15 minutes can lower one's blood pressure by 10%, and can also help diminish or even eliminate feelings of stress, anxiety, depression and thereby fight loneliness.
- Canines are smart animals who can be easily trained to detect cancer and other deadly diseases in humans. It is interesting to note that cancerous cells release different kind of metabolic waste products as compared to healthy cells in our human body, and our furry friends can sniff out such dreadful cancer cells simply by way of smelling our breath.
- A dog might be extremely picky when choosing the ideal place to do his business, but that is solely because our furry friends choose to poop in close alignment and in sync with the Earth's magnetic field.
- A dog's nose is usually wet as it helps absorb several different scent chemicals.



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- It is interesting to note that puppies have 28 teeth whereas an adult dogs has 42.
- The most ideal age to bring a puppy home is when the puppy is around 8 to 12 weeks old.
- All puppies are born deaf, however as they grow older, they can hear 4 times better than their hooman companions.
- A dog doesn't sweat, he instead pants in order to cool himself down.
- Just like human fingerprints, a dog's nose print too is absolutely unique and hence no two dogs share the same nose print.
- Our furry baby can learn and pick up on more than 1000 words.
- Lovingly stroking dogs and gazing right into their sweet eyes is responsible for releasing oxytocin, that is the feel good hormone for both humans and their furry munchkins.
- A dog can see most clearly at around the time of dawn and dusk.



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- Our furry friends don't have receptors for red, albeit they are not colour blind. Dogs see in shades of black and white and also in blue and yellow shades. Furthermore dogs have better low light vision as compared to humans as they possess a unique light reflecting layer behind the retinas of their eyes.
- In case you are somebody who wants your dog to not shed at all, then Maltese is your go to pup as Maltese dogs don't shed at all, and are ideal companions for people with allergies.

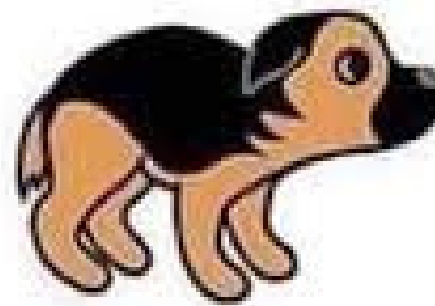


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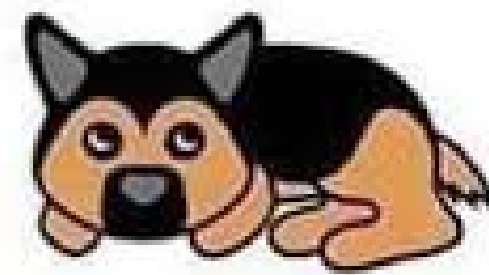
# DOG'S BODY LANGUAGE



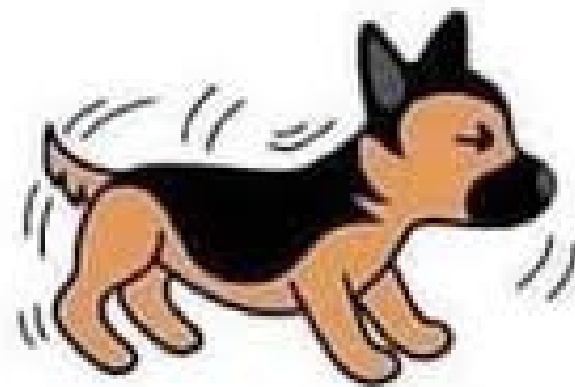
**INTERESTED**  
alert eyes



**ANXIOUS**  
tail between legs



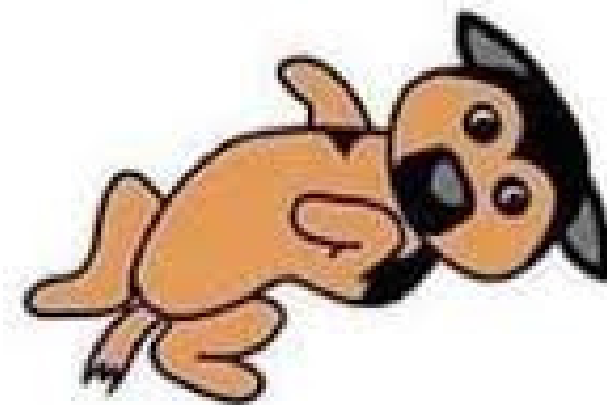
**NEEDS SPACE**  
whale eye



**STRESS RELEASE**  
the shake off



**"PRETTY PLEASE"**  
puppy face



**RELAXED**  
belly-rub pose



**"HELLO, I LOVE YOU"**  
greeting stretch



#PETSPLANETINDIA



**FRIENDLY**  
play bow

Source-petsplanetIndia



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# How Old is My Dog in Human Years?

## SIZE OF DOG



**SMALL**  
20lbs or less



**MEDIUM**  
21lbs - 50lbs



**LARGE**  
50lbs+

## DOG'S AGE

## AGE IN HUMAN YEARS

1	15	15	15
2	24	24	24
3	28	28	28
4	32	32	32
5	36	36	36
6	40	42	45
7	44	47	50
8	48	51	55
9	52	56	61
10	56	60	66
11	60	65	72
12	64	69	77
13	68	74	82
14	72	78	88
15	76	83	93
16	80	87	120



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# THE DO'S AND DON'T



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# DO'S

## THE ESSENTIAL DO's

- Make sure to bathe your furball atleast once a month, but please note that different dog breeds have different bathing requirements, and hence make sure to bathe your munchkin accordingly.
- Short haired dogs such as Dachshunds, German Shorthaired Pointers and the breeds alike can remain without baths for quite a long time. The coats of these particular dog breeds naturally shed off the excess dirt and oil, and tereby keeping the dog clean.  
However on stark contrast are oilier breeds such as the basset hounds who may require a bath atleast once a week, but their natural skin oils protects their skin from over drying.
- Golden Retrievers, Newfoundland, Airedale, Labrador Retriever and Irish Water Spaniel and other dogs with water-resistant coats should be gently brushed clean, and over bathing them must be avoided at all costs in order to maintain and preserve the natural oils in their costs.



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- Similarly breeds with double coats such as the supremely adorable Chow Chow, Akita, Alaskan Husky, Shiba Inu, Australian Shepherd and the Siberian Husky should be regularly brushed for maintaining a healthy skin and for equal distribution of their natural skin oils.
- Please do not over bathe your fur baby as all dogs need a certain amount of oil to maintain a healthy looking skin and coat and over bathing can lead to dry skin which can be quite uncomfortable for your doggo.
- Long haired dogs such as the Bearded Collie, Lhasa Apso, Shih Tzu, Afghan Hound and Yorkshire Terrier etc. need to be gently groomed on an everyday basis and all of their unsolicited entwined knots must be detangled using a metallic comb.
- The nails of your fur baby must be trimmed from time to time depending on how quickly the nails grow back. However most dogs abhor getting their nails cut, so make sure to lure your baby with yummy treats during and post the trimming session, along with a big warm hug, and also make sure to shower praises upon your little good boy. Also it's advisable, especially for new parents to get their fur baby's nails trimmed only from a professional as only the tiny tip needs to be cut and not the entire nail and the nail bed.
- The ears of your little munchkin needs to be cleaned occasionally using some epiotic solution on a cotton swab or a soft tissue.





- It is also mandatory to feed small frequent meals to tiny puppies as they get severe hunger pangs every now and then. Puppies can be fed Cerelac or Royal Canin Puppy Food. Other good food brands are Hills Puppy Food, Fidèle, Pedigree PRO, Farmina N&D and Origen.
- Please make sure to feed not only dry food to your adorable fur baby but also wet gravy food as a balanced diet with sufficient water content is a must for the proper growth of your little munchkin. Hence a tiny pup or even an adult dog may eat up to two to three gravy food pouches in a day.
- The preferred dog gravy food brands are Royal Canin, Pedigree, Farmina N&D, Hills and Little Big Paws. However it is highly advisable to not give these above mentioned packet and gravy food to puppies and dogs as their taste is highly addictive, albeit these aren't as nutritious as fresh home made food, that is ideally the best for our little fur baby, and we have also mentioned some quick DIY food recipes below.
- The easiest and most delicious, snout licking nutritious food for your dog is boneless diced chicken with its soup or else boneless, steamed/ boiled fish along with some liquid soup, or even plain cottage cheese. You may hand feed your furball occasionally, but however don't make it a regular habit and let your pooch eat on his own, thereby enjoying his sweet private time.
- A fresh water bowl with clean RO water must always be available for your loving doggo. Also please give your dog his very own food bowls for both food and water and don't forget to wash his bowls regularly. Just like humans, a dog loves his sweet abode, that his home is, but in case you are planning to shift house, please do carry all of your doggo's old toys and bedding etc. Your dog might take some extra time to acclimatize in a new environment, but with your attention and TLC, things should pretty much go well.



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**Teething Phase in Puppies –** Teething is another pressing topic that usually bothers all the new and even the experienced doggo parents as your pup would literally chew not only your slippers but also your phone charger, and all what he would find. Puppies go through the teething process just like a human baby. A puppy fundamentally has a set of teeth known as primary or deciduous and these fall out, but these teeth are however quite pointed and sharp, and are hence referred to as needle teeth.


When a puppy is around 3 to 4 months old, his puppy teeth begin to fall out, thereby making room for 42 adult and permanent teeth, albeit this process can be supremely painful for your little fur baby as he might have sore gums. Below mentioned are some quick tips that you can follow during the teething phase of your furry munchkin.

- Make sure to reduce and relieve teething pain and redirect the puppy's chewing by offering him some safe puppy chew toys.
- Offer foods such as cold carrots, frozen strawberries and bananas as these cold frozen fruits might help diminish discomfort.
- Wet a towel or a dishrag, thereafter twist it into a rope-like shape and freeze. The cold towel would greatly reduce any oral discomfort, and also its chewiness would encourage proper biting behaviour.
- Keep an eagle's eye on your little fur baby and please ensure that he doesn't go around on a biting spree as it can also be fatal and dangerous for him.



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Toilet Training for Young Puppies – Most young puppies poop atleast 1 to 5 times a day. Tiny pups usually poop around half an hour post their meal. So please make sure to take your pup out after each of his meals. Watch out and notice his body language as his conduct might indicate that he has an urge to pee or poo. Also start training your little fur ball from the very start, but however refrain from taking your tiny munchkin out in case he isn't vaccinated as puppies are extremely vulnerable to several deadly viruses such as the parvo virus or distemper, and they should hence only be taken out at least two weeks post their first round of vaccination and the booster shots gets completed. In the meanwhile, you can however spread newspapers or an old rug in your washroom/ balcony or any secluded spot and repeatedly show it to your pup, placing him on it every time he needs to pee or poo. Your smart pup would easily take to it and would learn to do his business at that very spot.

**Deworming in Dogs** – Deworming is supposed to be done every once in three months. Also while puppies should ideally be dewormed using a syrup - CanWorm, adult dogs need to be given a tablet such as Drontal, SkyWorm or Kiwof with one tablet per 10 kilos of body weight. Hence if your fur baby weighs 20 kilos, you need to give him two tablets of the deworming medicine, or an additional half a tablet in case he weighs 25 kilos.

- Also make sure to schedule regular check-ups with a trusted vet for your beloved canine friend.

- **Spaying & Neutering in Dogs** - It is highly recommended and is ideal to get your little munchkin spayed or neutered before the first heat cycle as this greatly prevents several deadly diseases, and not only does this increase the life expectancy of your canine friend, it also helps calm down the temperament of your munchkin who would otherwise behave much differently, in case not operated.

- While female dogs get more anxious and display greater affection, whilst bleeding during their month long estrus cycle, an unfixed male dog on the contrary would try to escape and might even stop eating food, exuding a completely aloof and love sick demeanour in case he doesn't get to do his business. Also it would be extremely difficult for a doggo parent to walk with his sweet girl during her estrus as the other streeties would surely try to sniff and mate, and hence the best solution to keep all such troubles at bay and to prevent unwanted litters is to get your fur baby spayed and neutered in time.



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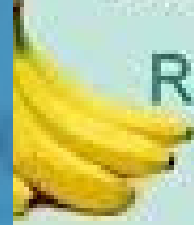


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# Can my dog eat this?

## YES

### BANANAS



Rich in potassium and vitamin C

### BLUEBERRIES



High in antioxidants

### KIWIS



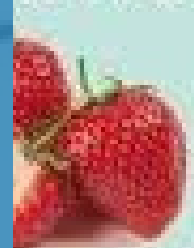
Good source of vitamin C and potassium

### PINEAPPLE



Try frozen for a cool treat!

### STRAWBERRIES



High in fiber and antioxidants

## YES, BUT . . .

### APPLES



. . . don't let him eat the seeds!

### LEMONS



. . . he may not like the bitter taste.

### ORANGES



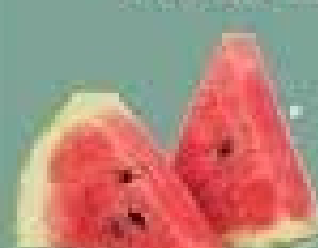
. . . they're high in natural sugar; give in moderation.

### PEACHES



. . . remove the pit; it can cause intestinal blockage.

### WATERMELON



. . . remove the rind first!

## NO

### AVOCADOS



Can cause vomiting

### CHERRIES



Can cause cyanide poisoning in large quantities

### GRAPES



Can cause kidney failure

### RAISINS



Can cause kidney failure



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## Below are some quick DIY homemade dog food recipes for your beloved dog -

### 1. Pumpkin and Chicken/ Fish

Take some boneless chicken/fish along with some pumpkin. Boil it in a pressure cooker, giving it a quick whistle, and voila! Your dog would drool over its strong embalming smell. Also pumpkin is highly beneficial for your sweet pupper as it is not only extremely high on fibre that helps with digestion, but it also has some great nutritional properties.

### 2. Oats with finely chopped Spinach/ Gourd and Carrots, Peas, Broccoli, Chicken/ Fish/ Quail/ Mutton/ Beef/ Eggs/ Cottage Cheese ( can mix and match multiple ingredients at once)

Mix all of these veggies with the meat/ cottage cheese and some water. You may use one or two, or maybe all of the aforementioned meat choices, along with cottage cheese and bring it all to a boil. Some dogs like big pieces of veggies, however there are others who like their veggies finely chopped, but none of the doggie can ignore their all time favourite succulent and juicy meat and would surely gulp down any and every veggie mixed in with tender chicken or even cottage cheese.



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### 3. Eggs and Chicken/ Cottage Cheese

Eggs are undoubtedly highly nutritious not only for us hoomans, but also for our doggo companions, so go and try some quick egg recipes for your precious little munchkin. You may throw in some peas, finely chopped and boiled carrots, and top it with some fresh boneless chicken or even a packet of gravy food. Your furry friend would surely die for it, and all you'll get is an absolutely clean and empty food bowl.

- Another quick tip is to add a spoonful of dried egg shell powder in your doggo's meal as egg shell is supremely rich in calcium and is undoubtedly great for your dog.

### 4. Yoghurt is a good probiotic for your doggo, and it can be given occasionally, however refrain from feeding milk to a puppy or a dog as most canines are lactose intolerant and also milk doesn't have any additional health benefits for your fur baby.

- Do play with your pupper every day and make sure to take him for regular walks atleast twice or thrice a day so that he can relieve himself and can also play around, thereby exhausting himself.

- Regularly check your canine friend for any fleas or ticks, and in case you do find any nasty flea, immediately remove it and use an anti-flea, tick powder or a spray for your doggo. Anti-flea powder is however preferable only for young puppies as the spray might be a little strong



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- It is also extremely imperative for a canine or an existing pet parent to introduce a new pupper to their older pet dog or cat extremely carefully. Your doggo might not immediately accept a new pup in the house, but as a responsible pet parent, you must go very slow with their initial interaction process and invest loads of time to ensure that the two animals are able to develop a congenial bond, and coexist together, but make sure to avoid the smallest of ugly confrontations between the two, especially since the new puppy would already be a little scared in her new home, that would be a complete virgin territory for her. Therefore as prudent pet parents, we must show great perseverance and go really slow.
- Mandatory Yearly Vaccination for Dogs - 9 in 1, Kennel Cough along with mandatory 9 in 1 booster post one month of the initial vaccination to build immunity in the first year accompanied with Antirabies and Antirabies booster, and thereafter only 1shot each of these two vaccinations i.e. - 9 in 1 and Antirabies from the second year onwards.



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# DONT'S

- Don't ever neglect your fur baby and don't abstain yourself from spending quality time with your doggo. Dogs usually get separation anxiety and as responsible parents, we must spend quality time with our furry babies.
- Don't make the pupper work for your attention and for your highly coveted petting, something that your baby yearns for once you get back in the morning or even when you come back from your office.
- Never give milk to your canine companion as just like cats, most of the dogs too are lactose intolerant, and also milk isn't a great food for your doggo's health.
- Don't pet the dog while he is eating or drinking. Please give him his me time, and some personal space.
- Don't forcefully coerce your dog to do something that he doesn't want to.  
For example - Forcing your munchkin to greet a friend's dog, albeit he may not be interested to do so.





- NEVER hit your furry munchkin. We can't emphasize how important it is to not hit your sweet little baby as it would not only stress him out but would also reduce the quality of his life, and lead to adverse temperament issues.

- Also don't pet your furry munchkin if he's in a deep slumber or if he's not in a mood for snuggling.

- Don't feed a lot of treats to your fur baby because as the name suggests, these are treats and treats are not proper meals. Dog treats should be hence fed only occasionally.

- Don't ever give any human food snacks or treats to your pooch as these are often too fattening for them and can make your fur baby put on weight, but also on a much dangerous note, our human food snacks and drinks can cause a havoc for your innocent fur baby who might even suffer from kidney or liver ailments in the long run.

- Don't give onion, garlic and spices to your pooch. There's a long list of foods that can be extremely fatal for dogs, and that chart too has been attached herewith this guide on Pg. No 10 (tentatively). Please do refer to it when picking up the right food for your furry baby.

- Don't ever give your beloved furry friend any human medicine. NEVER self medicate your pet and always make sure to consult a vet.

- Don't overfill your doggo's bowl if it looks like a small portion size. Always make sure to follow the feeding guide as dog food is quite high on calories, and our pooches like their food fresh instead of something that is left open for hours.



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- Don't ever let your doggo baby chew on string, polythene or any bizarre, weird object specially if you are not watching. This encourages an unpleasant habit of pica, and just in case if your sweet pupper swallows a part of the string or the polythene, it would indeed cause a great havoc and lead to an intestinal blockage that actually calls for a medical emergency.
- Don't ever chain or tie your dog, until absolutely necessary, that too only for a short period of time as no matter how mischievous your fur baby is, chaining him would make your pooch thoroughly territorial and aggressive. Dogs are territorial animals per se, and if confined to a small space, their instinct to defend that space and themselves gets greatly augmented. When their hooman or any other person approaches them, they react aggressively and would bark incessantly. They might also bite and snap to demonstrate their territorial defense behaviour that is extremely intense to handle.



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