

HAPPY TAILS pamper & nurture

A GUIDE TO CARING FOR
YOUR DOG'S WELLBEING:
TIPS FOR NOURISHING MIND,
BODY & SPIRIT



From our family

At Coats and Paws, we love dogs and have been taking care of them for generations.

With decades of experience and knowledge, we understand everything about keeping dogs healthy, happy, and connected. This guide is a reflection of our family's dedication to making our furry friends' lives better.

Come along with us as we explore the amazing world of dogs and find ways to strengthen the bond with your own furry companions.

**Warm regards,
Your Coats and Paws Family**

Introduction

Treat your dog like a beloved family member who depends on your careful attention for a happy life. Just like your closest companions, your pup needs your devoted care to thrive. Think of this wellness guide as a reliable handbook for taking the best care of your furry family.



Crafting the perfect diet

Give your pup the best by feeding them nutritious foods. Choose a diet with high-quality ingredients like ethically raised meats, whole grains, and fresh fruits and veggies to keep them healthy. Avoid overly processed kibble without proper nutrients.

Talk to your vet to find the right diet for your puppy's specific health requirements.

Whether you opt for homemade meals or kibble for your pet, incorporating toppers is an excellent way to enhance their diet with additional nutrition. Here are some of our top picks:



TURMERIC

A natural anti-inflammatory and ideal for dogs with arthritis.



BLUEBERRIES

The antioxidants aid in enhancing brain function and memory.



EGGS

Eggs are a source of Vitamin B2, B12, and water-soluble Vitamin A, which are great for your pup's coat.



PUMPKIN PUREE

The antioxidants aid in enhancing brain function and memory.





A Tail-Wagging Routine!

Create a great routine for your pup with healthy meals, fun playtime, training sessions, and regular care. Keep their coat shiny with good grooming habits. Take some time to relax and connect with your pup by giving them lots of belly scratches, hugs, and kisses.

Guide to Proper Dog Grooming

Regular grooming is important for your dog's health and also gives you quality bonding time together.

-  Designate 1-3 sessions per week based on their hair type and shedding levels.
-  Draw a relaxing bath every 4-8 weeks using vet-approved shampoo and tepid water; rinse and dry thoroughly.

Tailoring Exercise to Your Pup's Needs

Making exercise a daily priority helps dogs channel pent-up energy into productive outlets, preventing anxious or destructive behaviors.



-  Plan 30-60 minutes of heart-pumping movement based on age, from active games for young pups to mild stretches and walking for seniors.
-  Incorporate games, agility equipment, and trips to exciting locations to stimulate your dog's mind through their ever-curious senses.
-  As pack animals, dogs yearn for inclusion - invite them along for activities with you or the family.
-  Consistent daily stimulation leads to a gracious and enthusiastic companion at home, overflowing with love to share.

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Housetraining

Establishing a predictable bathroom routine is essential for housetraining.

Puppies need to relieve themselves roughly every 30-60 minutes as well as shortly after naps, playtime, meals or drinking.









Quick tips:

-  Set a calendar reminder to take your puppy outside to their designated potty spot at consistent intervals throughout the day.
-  Offer hearty praise and their favorite small treat as soon as they finish to positively reinforce the behavior.

Accidents will happen, but remain patient and committed to a schedule. Your diligent efforts during the housetraining process will pay off tremendously with a happily house-trained companion.



Our Favourite hacks:

-  Brush teeth weekly with dog-safe toothpaste to prevent disease
-  Prepare calming anti-anxiety treats for high-stress situations
-  Apply soothing balm to paws before outdoor activities
-  Invest in puzzle toys to stimulate their mind between walks
-  Learn therapeutic massage techniques to ease sore muscles
-  Brew hydrating bone broths to promote gut and joint health

Necessary To-Do:



Sniff Safari

Let your dog lead the way on walks sometimes. Sniffing around is like reading the news for them.



Ear Checks

Keep an eye on your dog's ear canals; a quick check can save a lot of ear-aches later.



Homemade Treats

Give your pup a mini spa day with a simple paw rub – it's like a health check and relaxation all in one.



Paw Massage

Give your pup a mini spa day with a simple paw rub – it's like a health check and relaxation all in one.



Important Healthcare Tips

- 🐾 Regular Vet Check-ups: Annual visits to the veterinarian catch health issues early.
- 🐾 Balanced Diet: Feed them appropriate food for their age and size.
- 🐾 Parasite Prevention: Protect against fleas, ticks, and heartworms.

Behavioral Insights



Wagging Tails

Indicates happiness or excitement; watch for rapid or slow wags.



Eye Contact

A sign of trust or challenge; depends on familiarity and context.



Paw Lifting

Shows uncertainty or submission; often in new or unsure situations.



Sniffing

Essential exploration; dogs gather information about their surroundings this way.



Thanks From Our Furry Family To Yours!

We hope you picked up some useful tips to build an even better life with your furry BFF. Your support keeps us doing what we love - learning new ways to keep pups healthy and happy. And remembering that a wet nose kiss fixes most bad days.

Please come wag with us
again soon!

Tail thumps and nose boops,

The Coats and Paws Crew



Visit our website:

www.coatsandpaws.com



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