

Gochee Labs

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The following helpful hints have been accumulated from years of extensive research and first-hand experiences.
We are sharing it to assist you in providing the best care for the long-term health of your lab.

We are very protective of our puppies...they are all raised in our home, are well cared for and socialized during their time with us. Each puppy receives love, play time and attention. Even with all the attention, puppies are not a trained, well-mannered finished product...they are still puppies! They will have accidents and get in to mischief, all part of being a puppy. We expect new owners to finish the job we have started and help their puppy become a mature, well-mannered lab by being responsible for the further development of the puppy's personality through structured discipline, training, guidance and most of all, love. We strongly encourage you to apply the Puppy Culture training methods. They use positive reinforcement methods which allow you to build a bond based on trust and respect vs fear. The puppies first 8 weeks have included this training style.

Vaccinations (Time interval between vaccinations vary according to vet preference.)

Dog Vaccinations aid in the reduction of viral and bacterial diseases		
Age	Vaccination	Administered
5 weeks	Parvovirus: for puppies at high risk of exposure to parvovirus. (labs are)	DE 1 tbsp daily mixed with cottage cheese or tuna
7 weeks	Combination vaccine – 5 way (*without leptospirosis.) aids in the reduction of diseases caused by canine distemper, canine adenovirus types 1 and 2, Para influenza, and parvovirus.	
9 weeks	Combination vaccine – 5 way (*without leptospirosis.)	
12 weeks or older	Rabies: Given by your local veterinarian (age at vaccination may vary according to local law).	
12 & 15 weeks**	Combination vaccine Leptospirosis: include leptospirosis in the combination vaccine where it's a concern Lyme: where Lyme disease is a concern or if traveling to an area where it occurs.	
Adult (boosters)§	Combination vaccine Leptospirosis: include leptospirosis in the combination vaccine where it's a concern. Lyme: where Lyme disease is a concern. Rabies: Given by your local veterinarian	

1. Worming Program

Internal use: We recommend Food Grade Diatomaceous Earth (DE) daily as a natural wormer. 1T daily for dogs is effective. DE works in a purely physical/mechanical manner, not “chemical” and has no chemical toxicity. That means a wormer rotation program isn't necessary as parasites can't build up a tolerance or immunity to it. So, how does it work? When DE comes in contact with the insects, the sharp edges lacerate the bug's exoskeleton, causing dehydration. Feeding DE will eliminate roundworms, whipworms, pinworms, hookworms, and more, but it does not kill eggs. A daily feeding schedule is recommended due to the lifecycle of hatching eggs and outdoor exposure. You can also use it externally by rubbing it into fur to dehydrate fleas, lice, mites, ticks and reduce fly bites.

2. Hips

To protect the health of your puppies' hips, do not overfeed. You should be able to see the dog's last rib. Too much exercise is not good for a developing puppy as the bones are not stabilized. Rough playing, high jumping, stair climbing and excessive running prior to 1 year old could cause hip injury. 10-minute walks several times a day is better than 2 hours all at once. While it is a challenge to limit your puppy, you will be thankful and they will be happier in adulthood. Spaying/Neutering before 2 years old greatly increases your risk of hip dysplasia.

3. Spaying/Neutering

You will likely be encouraged to spay or neuter your puppy at an early age by a veterinarian. Research strongly discourages the practice of **early** spay/neuter. Under 2 years is considered early. Ultimately, the decision is yours, so educate yourself on the **early** spay/neuter risks first.

Reasons indicated in research

The sexual hormones are needed to tell the dog's body when to close the growth plates. Without those hormones, growth plates will keep growing longer than they are supposed to. Dogs that have been spayed or neutered at an early age will be taller than normal, have lighter bones, narrow skulls and their chests can be narrow. **They don't have normal bone density, are more prone to cranial cruciate, ligament ruptures and are more likely to develop hip dysplasia.** They are more prone to UTI infections, kidney stones, hemangiosarcoma (blood vessel cancer), bone cancer and hypothyroidism. Spaying or neutering your dog too young exposes your dog to serious health risks later in life. This doesn't mean you shouldn't spay/neuter. It means you should wait until the hormones have done their work and helped your puppy physically mature into an adult dog. When she/he is around 2 and starts to physically look mature, the growth plates have closed and she/he should have the proper bone density. By waiting, you will avoid most health problems associated with early spaying.

4. Feeding Guide - Your puppy is eating [Life's Abundance All Stage Dog Food](#). ½C am & ½C pm *Little food or water after 6pm while potty training.

Why we recommend Life's Abundance Pet products

- Made in USA
- High quality organic all-natural USA ingredients
- Not sold in retail stores, shipped directly to customer
- Made fresh
- 1-year shelf life
- Never had a product recall
- Contains Omega 3's & 6's
- Contains prebiotics, probiotics and antioxidants
- No fillers, artificial flavors or colors



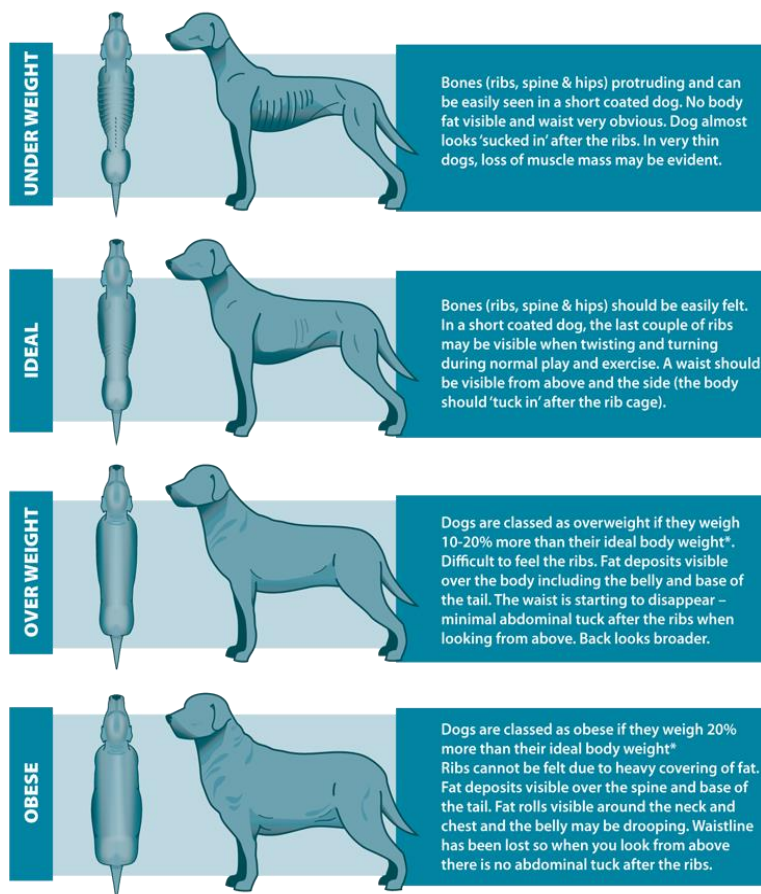
Most pet food companies use fillers and non-nutritious empty calories as main ingredients because they are a cheap way to fill up a bag and still meet the basic requirements. We encourage you to avoid the following fillers and empty calories:

- *Any type of by-product, *cornmeal or *brewers rice as one of the first 3 ingredients,
- *Corn, soy, wheat, wheat gluten, gluten, rice flour, wheat flour,
- *Artificial colorings/dyes. FD&C Blue No. 1, Red No. 40, Yellow No. 5 are common,
- *Preservatives. BHA, BHT, sodium nitrite and nitrate are examples,
- *Food additives and preservatives. Corn syrup, molasses, propylene glycol and MSG are examples.

NOTE: A pet food company that uses high quality ingredients does not need to enhance and hide the flavor of the food with additives. Feeding quality food, based on quality ingredients means your dog will require less food to meet his nutritional needs and less messes around the yard.

Do NOT let your Labrador puppy become fat. Labs like to eat, and they won't stop eating until whatever they are given is gone. The amount of dog food depends on the dog's activity level. However, labs often have to eat MUCH less than other breeds because they have a slower metabolism. The guidelines on dog food packaging usually mean you'd be giving too much food for a Lab. *Do your research to decide what is best for your dog.*

Research high quality dog food at: www.dogfoodadvisor.com



4. Mental and Physical Exercise

Dogs are not lawn ornaments. They need mental and physical stimulation as part of a daily routine. Short teaching sessions are great for exercising your dog's mind. Scatter feeding and scent games are wonderful methods to burn energy. Children should play fetch or spend time teaching dogs too. Everyone should avoid wrestling with young dogs. Wrestling with pups increases the pups' urges to play bite and teaches them that biting humans is ok. Many people with dogs that nip at their hands and clothes at every opportunity or play bite excessively have taught their dogs these behaviors by playing rough with the dog. Playing in the back yard for 10 to 15 minutes once a day is not enough exercise for many young dogs. Dog's do NOT run or exercise themselves. That is a responsibility you are taking on.

If any of the following statements describe your dog, it is likely he/she is not getting enough exercise or attention.

Paces from room to room, rarely lies down, even when others are relaxed, barks for attention, constantly steals objects, whines for attention, never stops jumping when people are visiting, digs, chews and destroys everything in sight, races along the fence barking at every other dog or person that passes by, runs away every chance he gets, digs under the fence, escapes and roams the neighborhood.

5. Potty Training - Your puppy's night routine is out at 10pm, 2am & 6am. Allow flexibility as your puppy adjusts to your environment and routine. If puppy wants out, they need to potty or the environment is too stimulating for them to sleep.

Starting at 8 weeks you can begin potty training. Crate training is an effective method. Use a crate big enough to grow, but not so big there is room to potty. Mom teaches them not to potty where they sleep. The crate is too big if they can be relieved and still move away from it. A lab should be taken out an hour for each month old. A 2-month old should be taken out every 2 hours, a 3-month old, every 3 hours, etc. An alarm clock is a great tool for this. If the puppy is whining in the crate, let that also be a signal it's time to take him outside. Grab some treats and take your puppy to the same area. They will soon learn what to do and get used to a certain spot. Reward your puppy for going outside and in the same area. Labs thrive on verbal, excited praise too. On average, it takes about two months to fully house train.

Patience and love are the best puppy training tools