

Health & Nutritional Care for Your Puppy

Caring for a new puppy's health and nutrition is essential for laying a strong foundation for their lifelong well-being. Start with a complete veterinary check-up within the first few days of bringing your puppy home, including vaccinations, deworming, and a discussion about spaying or neutering. For nutrition, choose a high-quality, age-appropriate puppy formula—typically labeled for "growth" or "puppy"—that is rich in protein, healthy fats, calcium, and essential nutrients to support rapid bone and muscle development. Feed small, frequent meals (usually 3–4 times daily for puppies under six months) according to the package guidelines, adjusting portions based on your puppy's breed, size, activity level, and weight to prevent overeating or obesity. Always provide fresh, clean water, and avoid giving table scraps, bones, chocolate, grapes, onions, or other toxic foods. Monitor for signs of digestive upset, allergies, or inadequate nutrition, such as loose stools, excessive itching, or poor coat quality, and consult your vet promptly if concerns arise. Regular preventive care, including flea/tick/heartworm protection and dental hygiene, combined with proper socialization and exercise, will help your puppy grow into a happy, healthy adult dog.