

Keeping Your Shih Tzu Puppy Healthy Cheat Sheet

Food: your young Shih Tzu puppy will need at least three or four smaller meals every day until they are approximately six months old. Give them two meals of 1/8 cup of NOW Fresh kibble (or similar) and two 1/4 cup meals of NRG Raw dehydrated dinner evenly spaced throughout the day. If this is too much for them, feed less, or if they are still hungry, feed more. At 6-months, reduce their regular meal times to twice daily (morning and evening) with a lunch snack of a dental treat, and supplement their daily food intake with several healthy treats every day, perhaps after a walk or training session.



Grooming: you will need a 4-5" pair of blunt tipped scissors to keep the hair trimmed away from your Shih Tzu's eyes and to trim the hair around their paws. Trimming nails at least once a month and bathing at least once a month, and if they are kept in a short cut, a full grooming once they are 6-months old, will keep your puppy looking and feeling their best.



Teeth Care: before they have their adult set of teeth, you can brush their milk teeth with a soft, rubber finger cap brush, and then once they have their permanent adult teeth, switch them over to the electric toothbrush and hydrogen peroxide routine. Before this time, get them used to the buzzing and feel of the electric brush so they easily accept it once they have adult teeth to brush.



Daily Exercise: your Shih Tzu puppy will need to be taken outside for a short walk many more times during the day, than just their regular morning, noon and evening walks, while they are learning to be house trained. Depending on their age, they will only be able to hold it approximately one hour for every month of their age. For example, if your puppy is three months old, they will be able to hold it for approximately three hours before they need to relieve themselves.

Take them outside after they wake up from a nap, first thing in the morning, approximately 20 minutes after eating a meal or shortly after finishing a play session, and just before bedtime.

Protect your puppy's eyes with Doggles™ (size X-Small). When you first put on the Doggles™ your puppy will likely fuss to try and scratch them off, so immediately distract them by taking them outside for a walk, because if they are walking, they cannot use their paws to try to scratch the Doggles™ off. Go slowly, and only keep them on for a minute or two the first time, and build up until they no longer try to get them off. Praise them and give a treat when they do not scratch to try and remove the Doggles™. When they are full grown, Size Small.

