

Wilmette Pet Center

"the place for people who love pets"

In our series on new puppies, we've invited a guest columnist, Marlene Kavin, to give us her thoughts. Marlene has given lectures here at Wilmette Pet in the past, and has been involved in dog obedience as an instructor and AKC Obedience Trial Competitor for more than 35 years. She has trained and shown multi-titled breeds, is a class instructor for all breeds, and has been a columnist for the national dog training publication [Front & Finish](#) and writes for the Chicago Tribune.

Paws to Consider:

"Walking the dog: Piece of cake! Attach leash to dog. Stroll out the door and commence walking. Dog gets exercise, you get exercise, everyone's happy.

Well, not so much. Pounding the pavement for long periods of time is neither good for man nor beast-especially puppies. The puppy's growth plates don't mature until he is approximately a year old. The wrong kind of exercise could impact a healthy development.

The accepted suggestion for walking a youngster is five minutes of walking for every month of the dog's age. Ideally, walking on a grassy surface or a woodland trail is far preferable to the concrete sidewalks.

Short bursts of energy such as chasing a toy, running in the yard, playing with same age and size buddies, will offer the youngster exercise and stimulation. This is especially significant for large breed puppies. Their size doesn't make them immune to problems.



*Go slow with me,
'm still growing."*



To those of you who believe that jogging, running a dog with a bike, skate board, or buggy - again, on a hard surface - is something the dog enjoys-please rethink it. It gives the dog no choice but to keep the pace regardless of his physical limits.

So, easy does it. Enjoy the walks, enjoy the dog, and if he could, he would thank you."

*"I'm not
built to do a
lot of
running."*