

Feeding Puppies

What Should I Feed My Puppy?

Before you welcome your new puppy home, it's a good idea to chat with the breeder or rescue centre about what food they've been feeding your pup. By the time they're about eight weeks old, puppies should be weaned from their mothers and munching on solid food. A responsible breeder or rescue will typically send you home with a few days' worth of that food. If the puppy isn't weaned onto solid food yet, it's a red flag—better to look elsewhere!

Once your pup is settled in, you have the option to keep them on the same food or switch to a different brand. If you do decide to change their diet, be sure to do it gradually over the course of a week or ten days. Start by mixing a little bit of the new food with their current one. As the days go by, slowly increase the new food while decreasing the old. And if you're switching from wet to dry food, remember that your puppy will likely drink more water!



Navigating the pet food aisle can feel overwhelming with all the options out there. The key is to look for a commercial puppy food that's labeled as "complete" and suitable for your puppy's age and size. This means it's nutritionally balanced, and you won't need to mix it with anything else. Plus, always make sure your puppy has access to fresh water throughout the day!

When and How Often Should I Feed My Puppy?

From the moment your puppy arrives home at eight weeks, it's best to feed them four times a day. Once they hit four months, you can reduce it to three meals, and by six months, it's time to scale back to two meals a day—one in the morning and one in the evening. Choosing consistent mealtimes helps your pup settle into a routine, which makes life easier for both of you.

Avoid feeding your puppy right before or after strenuous playtime. This helps prevent any stomach issues, like vomiting or bloating.



You might have heard the old saying that humans should eat before their pets to assert dominance. This idea is outdated and not necessary at all! What truly matters for your puppy is routine and consistency. Feeding them at the same time each day helps them learn what to expect and fosters a sense of trust. Plus, making sure everyone in the family sticks to the same rules (like no sneaking food from the table!) will help your pup learn faster.

Where Should I Feed My Puppy?

Find a quiet spot in your home where your puppy can enjoy their meals without interruptions from kids, other pets, or noisy distractions. It's especially a good idea to feed your new puppy away from other animals until they've all settled in together, reducing the temptation for them to steal each other's food!

Does My Puppy Need 'Puppy' Food?

Absolutely! Puppies are growing, active little beings, so they have different nutritional needs than adult dogs. It's best to stick with puppy-specific food until they're around a year old, or as advised by your vet. For larger breeds, your vet may suggest keeping them on puppy food for a bit longer to support their growth.



Help! My Puppy is a Quick Eater

Some pups just can't get enough of their food and will gobble it down in a flash. If yours is a speedy eater, consider investing in tools to slow them down. You could stuff their meals into a Kong or use a puzzle bowl that makes it more challenging for them to access their food.

Certain breeds, especially large or giant ones, are more prone to a serious condition called bloat, which can occur when their stomach fills with gas and twists. This is a medical emergency! To help prevent bloat, especially in these breeds, slow feeders are a great option.

Activity Feeding

To make mealtime more engaging and help your puppy think a bit, consider using an activity feeder. These not only slow down fast eaters but also redirect their chewing instincts away from your furniture. Plus, they can motivate picky eaters and keep your puppy entertained when you need some quiet time.

Just make sure you pick an activity feeder that's suitable for your puppy's skill level. Some toys are trickier than others, and you don't want your pup to get frustrated if they can't figure it out. Start with something easy, like a Kong or a slow feed bowl, and once they've got the hang of it, you can introduce more complex options.



How to Know if Your Puppy is Fat

Pet obesity is a significant issue in the UK, with studies showing that about 56% of dogs are overweight or obese. Extra weight can lead to serious health problems like diabetes, heart disease, and arthritis, which not only affect your dog's quality of life but can also lead to costly vet bills.

To check if your puppy is at a healthy weight, take a look from above. Your pup should have a bit of a waist, giving them an hourglass shape. If they look more oval, it's time to reassess their food intake. Run your hands along their sides—if you can feel their ribs under a thin layer of fat, they're likely at a healthy weight. But if their ribs are visible or hard to feel, you may need to adjust their diet accordingly.

By keeping a close eye on their diet and exercise, you can help ensure your puppy grows up healthy and happy!