

# Evidence-based pet care advice for every pet lover



Home

Dog Owners

Cat Owners

Bird Owners

FAQs

Search...



Pets are nature's gift to humanity. It has been scientifically proven that opening our homes and hearts to a pet increases our longevity and improves our overall quality of life as well as the lives of our pets. At Pet Paradigm Professionals, our mission is to offer resources to help you care for your furry, scaly, feathery, and slimy loved ones. Our pet experts—or “Pexperts”—have been working with pet owners and professionals alike for the past twelve years. They offer one-on-one consultations with current and prospective pet owners as well as group presentations designed for veterinary, pet shelter, and pet breeding professionals.

Looking for basic pet care advice for the most common type of pets? Need additional help determining which type of pet is right for you and your family? We will work with you and provide tailored evidence-based pet care to ensure lifelong health and wellness of your new companion.

Looking for your new best friend? The following organizations can help you find and adopt the perfect companion:

- General Adoption Resources: <https://theshelterpetproject.org/>
- ASPCA: <https://www.asPCA.org/>
- Fish Rescue: <https://www.sterlingshelter.org/humane-society/koi-fish-rescue/>
- Snake Rescue: <https://savethesnakes.org/snakerescuecall/>
- Bird Rescue: <https://ftlob.rescuegroups.org/>

We are also happy to help you navigate the adoption process! We will guide you through each step in the process from determining which type of pet is best suited for your family and home environment, to completing the necessary paperwork, to bringing your new loved one home. Please fill out our [contact](#) form to request a consultation. We will contact you within 48 hours to schedule a consultation. All fields are required.



About Us



Contact Us



# Evidence-based pet care advice for every pet lover



 Home

 Dog Owners

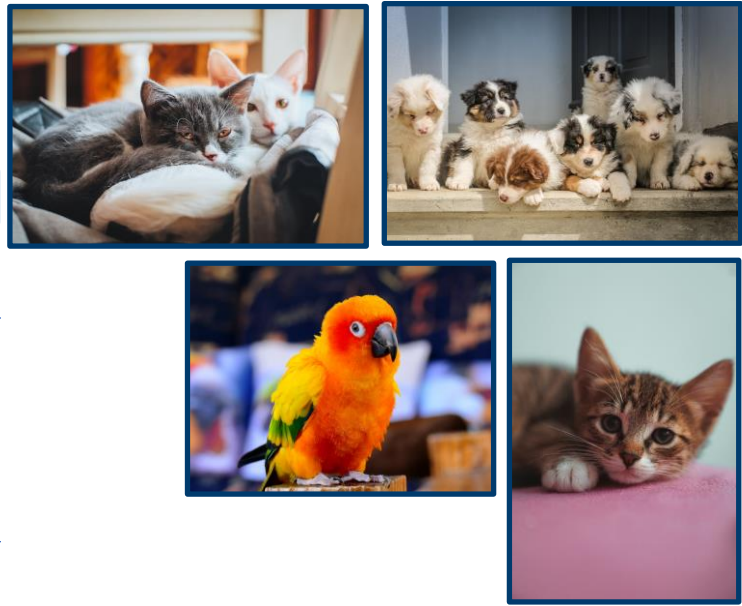
 Cat Owners

 Bird Owners

 FAQs

 About Us

 Contact Us



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# Evidence-based pet care advice for every pet lover



The domestic dog is an extremely social animal and offers a diverse variety of choices as there are well over 300 breeds recognized by the World Canine Organization. Adopting a dog offers mutual benefits between the dog and the owner. Many studies cite the social benefits of having a companion and the reduced feelings of loneliness from adopting a dog. Studies show medical indicators such as [reduced blood pressure and improved lipid profiles](#). If you have a dog, it is essential to ensure that you care for it; be mindful of what you feed your dog, and provide enough opportunities for exercise. On this page, you will find more information about how to care for your pets throughout their lives.

**Diet & Exercise**

Throughout dogs’ lifespans, they should generally be fed fewer meals as they mature. Puppies should be nursed for the first two months, then introduced to three meals per day when they are about three to six months old. Their food intake should be reduced to two meals per day when they are six months to one year old and finally reduced to one meal after they reach one year old. And a dog’s typical body mass is composed of somewhere between 60 and 70 percent water. The [ASPCA](#) says just a 10 percent decrease in body water can cause illness, and a 15 percent loss can cause death, so ensure you keep your pooch hydrated!









Like humans, dogs need a healthy level of activity to keep their organs healthy, as well as sun and fresh air. The minimum recommended time for exercise varies greatly with breed and size differences, but generally, 30–120 minutes of exercise is recommended daily! Can you imagine exercising two hours per day? OK, I know that wouldn't bother some of you reading this. But the thought of it to me makes me cringe! And by the way, exercising your dog does not mean you are being challenged to a push-up contest. Brisk walks are OK too! You can also choose from various toys to encourage physical activity; be sure they are age appropriate and do not pose a choking hazard. Pay careful attention to toys that require supervision.

**Grooming & Handling**

Keeping your furry family member clean is important to its health. So be sure to brush frequently to reduce the amount of shedding and prevent matted and tangled fur that can be extremely difficult to remove. Check for insects such as ticks and fleas, especially after visiting heavily wooded areas. Bathing is not only important to your dog’s health but can be an exercise depending on how strong-willed the dog is. Rinse **all** the soap out, as any residual soap can result in a rash. Be sure the soap is formulated for your puppy or dog since harsh soaps can cause allergic reactions. And as always, be careful how you handle your loved one. No matter the size of your dog, you need to be cautious as you carry your canine. If you have a small dog, cradle the pup with one hand under the chest and the forearm supporting the back half. If it is a large dog, reach under the belly with both your arms perpendicular to the dog, and use each arm to support the chest and rear as you lift.

**Vaccinations & Medications**

You should **always** consult your veterinarian, but a core set of vaccines is typically recommended. Vaccines reduce exposure to things such as hepatitis, rabies, and parvovirus. Your vet may determine others depending on the dog’s environment. Some of these include [Bordetella bronchiseptica](#), [Borrelia burgdorferi](#), and [Leptospira bacteria](#).

 Home Dog Owners Cat Owners Bird Owners FAQs About Us Contact Us

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When it comes to feeding, dogs should generally be fed fewer meals as they mature. Puppies should be nursed for the first two months, then introduced to three meals per day when they are about three to six months old. Their diet should be reduced to two meals per day when they are six months to one year old and finally reduced to one meal after they reach one year old. And a dog's typical body mass is composed of somewhere between 60 and 70% water. The [ASPCA](#) says just a 10 percent decrease in body water can cause illness, and a 15 percent loss can cause death, so ensure you keep your pooch hydrated!

Dogs need a healthy level of activity to keep their organs healthy, as well as sun and fresh air. The minimum recommended time for exercise varies greatly with breed and size differences, but generally, 30–120 minutes of exercise is recommended daily! Can you imagine exercising two hours per day? OK, I know that wouldn't bother some of you reading this. But the thought of it to me makes me cringe! And by the way, exercising your dog is not just about being challenged to a push-up contest. Brisk walks are OK too! You can also choose from various toys to encourage physical activity; be sure they are age appropriate and do not pose a choking hazard. Always supervise toys that require supervision.

Regular grooming and keeping your dog's fur clean is important to its health. So be sure to brush frequently to reduce the amount of shedding and prevent matted and tangled fur that can be extremely difficult to remove. Check for insects and parasites, especially after visiting heavily wooded areas. Bathing is not only important to your dog's health but can be an exercise depending on how strong-willed the dog is. Rinse **all** the soap out, as any residual soap left on the dog's fur can irritate the skin. Be sure the soap is formulated for your puppy or dog since harsh soaps can cause allergic reactions. And as always, be careful how you handle your loved one. No matter the size of your dog, you need to be gentle and supportive. When lifting your canine, if you have a small dog, cradle the pup with one hand under the chest and the forearm supporting the back half. If it is a large dog, reach under the belly with both your arms perpendicular to the ground to support the chest and rear as you lift.

**Vaccinations & Medications**

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# Evidence-based pet care advice for every pet lover



Home

Dog Owners

Cat Owners

Bird Owners

FAQs

Search...



Cats were first domesticated around 7500 BCE in the western Asia region and are currently the second most popular domestic pet in the United States. While there are over 60 unique documented cat breeds, care and diet can differ between breeds. However, some diets and practices are generally recommended for the well-being of your fluffy family member regardless of breed.

## Zero to Four Weeks

It is essential that the queen (a term commonly used for a female cat that is either pregnant or nursing) directly nurse her young if possible. Monitor your kitten's growth closely to ensure its growth rate is progressing steadily. If any kitten is not growing sufficiently, a caretaker might need to feed the kitten directly, either with a bottle or a feeding tube. Some reasons why kittens might not gain weight appropriately include the following:

- Too many other siblings are competing for mom's milk
- Gastrointestinal disease
- Environmental conditions such as extreme heat or cold or unsanitary conditions

## Four Weeks to One Year

Kittens can start being introduced to soft wet kitten food, typically around three to four weeks after birth. According to the [ASPCA](#), kittens at this age should eat half to one cup of dry kitten food or six to nine ounces of wet kitten food per day. If your kitten has difficulties eating hard food, a small amount of water can be added to soften the food. Cat food that is optimized for kittens provides the additional nutrients that are needed for growth, energy, and wellness. Depending on the breed, your cat may have different dietary requirements. You should always consult with your veterinarian for recommendations.

## One Year to Seven Years

This age is when kittens reach the cat stage and do not need as many nutrients. At this age, their level of activity decreases, and so does their metabolism. It is **not** recommended to leave food out for the cats all day. Instead, provide food a couple of times a day, so they eat meals rather than snacking throughout the day. This practice reduces the risk of obesity and other weight-related feline ailments.

## Seven Years and More

Like many living organisms, the body begins to deteriorate and experience many changes. Cats should eat fewer fats and calories and more quality proteins at this age. This means that when you are purchasing packaged foods for your cat, look for food that states a particular protein (such as "salmon") and **not** just a category (such as fish). This usually means they are byproducts, or combinations, of lesser quality proteins.











About Us



Contact Us





 Home Dog Owners Cat Owners Bird Owners FAQs About Us Contact Us

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**Four to Six Weeks of Age**

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**Seven Months to One Year of Age**

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# Evidence-based pet care advice for every pet lover



Home

Dog Owners

Cat Owners

Bird Owners

FAQs

Search...



Birds are very intriguing creatures as they can range from birds as small as a Cuban bee hummingbird (about two inches long and a little over 1/20 of an ounce) to as large as an ostrich. While most birds fly, some don't. Birds are amazing, and each breed is unique in its way, particularly regarding their relational needs and well-being. Unfortunately, birds can experience sadness and depression just like humans. Several root causes may be responsible for your bird's depression, such as an illness (either physical or mental), losing its companion, or increasingly becoming bored. Some signs to help identify if your bird is experiencing depression may include the following:

- reduced appetite
- becoming increasingly irritable
- aggressive behavior
- songs have a different, more solemn tone


Be sure to tell your veterinarian if you see signs of any of these symptoms. Just like many illnesses, identifying and treating the symptoms earlier may drastically increase the lifespan of your birdie.











About Us



Contact Us



 Home Dog Owners Cat Owners Bird Owners FAQs About Us Contact Us



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# Evidence-based pet care advice for every pet lover



Home

Dog Owners

Cat Owners

Bird Owners

FAQs

Search...



**Our “Pexperts” typically encounter the following questions when consulting with prospective “pet parents”:**

**Question: What is the best way to rid my dog or cat of fleas?**

Sometimes our furry friends pick up hitchhikers that make them very itchy and uncomfortable. If gone unchecked, fleas can infest your home, making it even more difficult to rid them from your loved one’s coat. To eliminate fleas, choose a shampoo specially formulated to kill fleas and be sure to read and follow all instructions on the label. Repeat treatment as necessary until your pet is free of fleas; if you see skin irritation, stop use immediately and contact your local vet.

**Question: How long can I expect my pet bird to live?**

The answer can vary widely depending on the type of bird, the size, the environment, and of course, mother nature. Assuming all is well in the external factors that are out of the owner's control, cockatiels and budgies live up to 20 years old on average. However, many parrot variations are known to live nearly an astounding 100 years! As with many living organisms, longevity can be increased by keeping annual veterinarian visits, maintaining a healthy diet, and keeping your feathery friend's environment sanitary.

**Question: How often should I feed my pet snake?**

Most snakes eat one to two times per week, depending on their age, size, and activity level. Female snakes often increase their food intake as breeding season gets underway. Some snakes can go as long as two weeks before needing their next meal; this is normal. However, if your snake has not eaten in two or three weeks and seems lethargic, reach out to your local vet to determine if your snake might be ill or injured.



About Us



Contact Us

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# Evidence-based pet care advice for every pet lover



Home

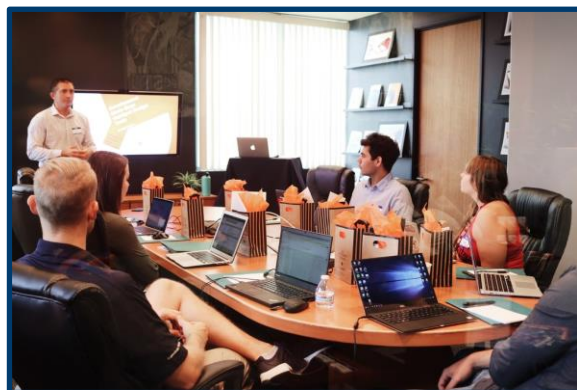
Dog Owners

Cat Owners

Bird Owners

FAQs

Search...



## About us:

Paradigm Pet Professionals has 12 years of experience working with pet owners, certifications in pet health and nutrition, and customer recognition for outstanding support.

## Our Services:

Virtual consultations and presentations, one-on-one consultations concerning individual pets, and group presentations regarding general pet care (can be tailored to the needs of the group).

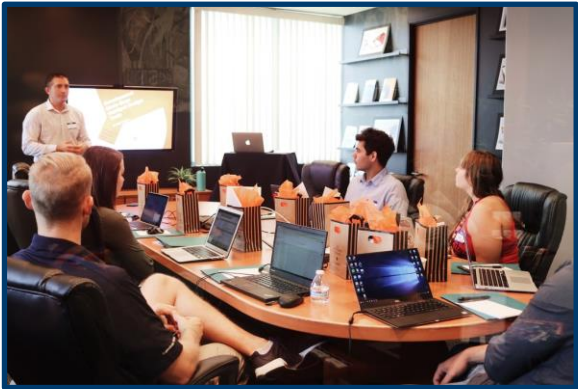


About Us

Contact Us



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Please reply with the following:  
your name, phone number, email address, time zone, and your pet’s name, type, and age.

Your information	Pet’s information
Name *	Pet’s Name *
<input type="text"/>	<input type="text"/>
Email address *	Pet’s Type *
<input type="text"/>	<input type="text"/>
Phone number *	Pet’s Age *
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# Evidence-based pet care advice for every pet lover



- Home
- Dog Owners
- Cat Owners
- Bird Owners
- FAQs
- Search...

- Home
- Dog Owners
- Cat Owners
- Bird Owners
- FAQs
- About Us
- Contact Us



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<div>Reset Submit</div>	

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