

follow in achieving those results. There are a great many books on the subject. Local clubs, on-line mailing lists and e groups can also help you find good positive ways to help your dog learn your rules.

Activity

A minimum of 30 minutes of moderately vigorous exercise each day, plus several trips outside during the day, are adequate for some Bernese.

Other Berners may require three times that amount of exercise to remain fit and a pleasure to be around. As you would expect with their heavy coat and rugged appearance, Bernese love the cold and snow. But both their size and heavy black coats make these dogs susceptible to heat stroke



Berner Basic Supplies

- | | |
|----------------------------------|-----------------------------------|
| Crate | Bacteria remover |
| Puppy gate | Pet wipes |
| Leash | Appropriate food |
| Collar, regular and humane choke | Bowls |
| Car harness | Safe treats |
| Safe non toxic toys | Comb, pin brush and grooming rake |
| Odor remover | |

Berner on-line resources

<http://www.berner.org/>

<http://www.bmdca.org>



Bernese Mountain Dogs ("Berners") are one of the 150 or more breeds currently recognized by the American Kennel Club. Berners, named after the Swiss Canton of Bern, are working dogs originating in the farming areas of Switzerland. Historically, they were used as general-purpose farm dogs. Their large, hardy frames and calm, people oriented temperaments made them ideal for driving cattle, pulling carts to market, watching the farm and serving as the farmers' companions.

For more information,
contact your regional club

Welcome to the World
of the
Bernese Mountain Dog

Contacts

To keep your Berner healthy and happy and to avoid having your puppy turn into a 120-pound out-of-control monster, you need to be aware of some things. We'd like to help. You can always get questions answered on the Berner-L, an on-line mailing list for Berner lovers. See <http://www.berner.org/> for more details. In addition, regional Berner clubs offer opportunities to participate in a variety of educational and fun activities. Learn where you and your Berner can meet other owners and their dogs, and learn more about fun activities available to you and your dog. See the list of clubs and the events at <http://www.bmdca.org/>



Growth

To keep those elbows and hips as healthy as possible, minimize fast growth in the bones by feeding a food formulated for large breed dogs. By using a large breed chow your puppy will be getting the appropriate mix of protein, calcium, phosphorus and fat to ensure proper development. Don't supplement with calcium because bones that grow too fast put dangerous levels of stress on joints too soon! Try to minimize jumping, teach your puppy to go up and down stairs slowly and gently. Good luck!



It's not as easy as it sounds. Most puppies charge into activities full steam ahead! Some people advocate carrying a puppy up and down the stairs, but as the puppy gets bigger, this can be dangerous for both you and the puppy. A wiggling 45- pound puppy isn't easy to maneuver on a flat surface, much less on stairs! Better to teach the puppy to safely negotiate stairs on a limited basis.



Shyness

Puppies that start out shy (and some do) can benefit enormously from proper socialization while they are young and impressionable. If you have a good dog training school nearby, puppy kindergarten classes are designed to help a puppy learn to interact with other people and dogs. A shy dog will often bite out of fear, so proper socialization and consistent training at home and in public can help a puppy grow to be more confident and self-assured.



Children

A Berner typically loves children, but a puppy can be overexuberant and knock over children (or frail adults) without meaning to cause harm. It is always a good idea to supervise all play.

Children don't always understand that pulling a tail or an ear will hurt, and puppies can only bark or use their mouths to communicate.

Biting

And about those mouths! Growing puppies like to chew! Those sharp little teeth will HURT! Teach your puppy not to bite with a few simple steps. First, say "OUCH" very loudly whenever your puppy tries to bite you. Dogs respond well to this, it's very similar to the yelps of the litter-mates. Second, give them an appropriate item to chew on instead, and remember to reward the puppy when it responds correctly, use a pat or some praise! If the puppy becomes too excited, use a "time out" response. Simply walk away from the dog and refuse to play. Return only when the dog calms down.

Obedience

You've seen those lovely obedient adult dogs. That behavior didn't happen by accident! A lot of hard work went into producing it. Every bit of effort that goes into training a puppy is paid back many times over when you end up with a lovely well-mannered large dog. Patience, perseverance, and consistency are the rules to

