

# Newfie News



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## Adolescence In Dogs

We've all been through it. Those awkward teenage years. Whether you've experienced yourself or are/have been a parent to a teen you likely remember the limit testing and questioning everything. And while your Newf may not be literally questioning everything you say, they are certainly behaving in what may seem like a defiant manner, giving new meaning to the term "terrible twos." Rest assured, the behavior is perfectly normal, albeit aggravating.

### What happens during dog adolescence?

Just like humans, dogs experience hormonal and neurochemical changes during adolescence. And it looks similar in both species. There is a natural tendency to be independent and explore, leaving the comfortable tight circle you may have created. Teenage humans and dogs are more confident and want to push the boundaries you have set.

Despite feeling more confident, your Newf may also be more suspicious. Strange - and sometimes familiar - dogs and people may cause your canine to be nervous. Or, the opposite may occur, and their enthusiasm and excitement may now be through the roof. Adolescence can look a little different in every dog, and, if you are lucky, you may not notice much of a change in behavior at all. But of course, all dogs will experience physical changes, even if their brain is caught between being a puppy and an adult.

### What Age is Adolescence in Dogs?

The first sign of adolescence is sexual maturation, when your dog is able to reproduce, which happens between the age of 6 to 12 months, depending on the breed. Social maturation, where all the crazy behaviors can happen, generally occurs between 12 to 36 months and usually lasts a couple of years. Smaller dogs tend to "grow out" of the adolescent stage by age 2, while large dogs like Newfs can still be behaving like teens until they are 3 years old. Large breeds usually reach adolescence later than small breeds and often remain in adolescence longer.

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## Recently Adopted

Two-year-old Yuma (now Emma) was adopted by Mary, Ernie, Michael and TNP alumni Gordon Gurrieri of Connecticut. Watch future newsletters and the TNP Facebook page for updates.



### Interested in adopting from TNP?

All dogs are placed only in APPROVED homes. Email Nancy for an application: [nancy@thatnewfoundlandplace.org](mailto:nancy@thatnewfoundlandplace.org). Home checks are also required (virtual or in person).

Keep in mind that TNP places dogs in homes that are in the best interest of the dog, but welcomes applicants to express interest in dogs through TNP Facebook posts.

### First Open House of 2025 is April 13

Don't miss the first Open House at That Newfoundland Place! Mark your calendars for other Open House dates:

**May 18**  
**June 22**  
**July 20**  
**August 24**

Open Houses are an opportunity for prospective adopters to meet TNP alumni, both dogs and people, and the TNP rescue staff.

Applications for adoption, information on the breed, and pizza and soft drinks will be available. Dogs waiting for adoption may be on site as well.

All well behaved, leashed dogs are welcome to attend events. Please be mindful of extreme heat when bringing your dog.

*Dogs are not adopted during an Open House; they are meet and greet events only.*

**All Open Houses are held  
Noon to 3pm  
554 Pucker St, Coventry, CT  
Events are held rain or shine and  
are free to attend.**

### Celebrate Your Newf On National Newfoundland Day on March 25

Although every day is a perfect day to celebrate Newfoundland dogs, the owner of LoveNewfoundlands.com founded National Newfoundland Dog Day in 2021 on her Newf's birthday to honor everything we love about the breed: intelligent, sweet, patient, noble, loving, and loyal. They are true gentle giants of the dog world.

Spend time with your Newf on March 25 to recognize all that he or she gives to you. You know best what brings to your Newf, but some ideas include::

- Fetch or favorite game
- A grooming session (if your Newf likes to be brushed)
- A walk in their favorite park or trail

No matter what you choose to do, no doubt your Newf will enjoy spending some quality time with you, as close to you as possible.

More information:

<https://www.hepper.com/when-is-newfoundland-dog-day/>

## Expert Excerpts

### Thyroid Disease in Dogs

Last month we learned that the thyroid, a gland in the neck on either side of the windpipe, regulates internal systems by sending hormones to different parts of the body. It makes a hormone called thyroxine that controls the body's metabolism. When too much thyroxine is created, it results in hyperthyroidism.

Hyperthyroidism is fairly rare in dogs. In these cases, the metabolic rate increases to dangerous levels. It is a much more serious condition than hypothyroidism and the prognosis is often grave. Symptoms vary but often include increased heart rate, increased appetite and thirst, and shortness of breath.

The primary cause of hyperthyroidism is thyroid carcinoma, a type of cancer. Treatment options depend on the stage of the cancer, the size of the tumor, and the extent of nearby tissue involvement. Recommendations may include surgery, chemotherapy, or radiation treatments. There are medications that counteract the excess hormone levels, however, they are not long-term solutions but can keep your dog comfortable.

An enlarged thyroid or swelling in the neck, sometimes referred to as a goiter, may also be the result of a dietary imbalance or birth or congenital defect. Too much or too little iodine in the diet or consuming foods that affect thyroid function, like lima beans and sweet potato, can cause a goiter, although this is rare in dogs that are fed a commercial diet. Goiters can also develop as a side effect of trimethoprim-sulfa, an antibiotic used to treat a variety of infections in dogs. Goiters are not cancerous but may need to be surgically removed if they are too large and affect your dog's breathing.

If you notice any swelling in your dog's neck contact your veterinarian as soon as possible.

Sources/More Information:

<https://www.akc.org/expert-advice/health/thyroid-disease-in-dogs/>

<https://www.akc.org/expert-advice/health/hypothyroidism-in-dogs/>

<https://www.webmd.com/pets/dogs/hypothyroidism-in-dogs>

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### Physical Changes during Adolescence

You will notice many changes in your dog during the adolescent period.

**Growth Speed** – Your Newf has reached half of his adult weight by five months, so you will see growth starting to slow once he reaches 6 months old, although he still has some growing to do. You will notice your dog's head broaden, and physical strength increasing as muscles and bones come to full maturity. Large dogs may go through an awkward stage as they reach their adult height but the rest of the body has not quite filled out yet. If your dog experiences a sudden growth, they may indeed develop growing pains, which can be mild or severe pain. If you suspect this is the case, see your veterinarian for treatment options.

**Predispositions to Medical Issues** - Many predisposed medical issues may become evident between six months and 3 years old. It's important to know which conditions your dogs may be at risk of. Newfs can develop hip dysplasia, elbow dysplasia, allergies, or heart disease, especially Subaortic Stenosis (SAS). Recognize early signs of these conditions and have your veterinarian perform regular evaluations to improve the long-term outcome.

**Adult teeth** – your dog's permanent teeth come in, along with a renewed interest in chewing. But the chewing will likely be more destructive with stronger teeth and much more painful if you did not "break" your Newf of play biting when she was younger.

**Adult coat** – your dog will lose the cottony puppy coat during

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adolescence. And it's the beginning of the bi-annual coat blow out during which the summer and winter coats come in and the shedding results in large piles of fur all over the house (any you). You will need to spend more time brushing, grooming, and bathing your Newf's adult coat.

**Reproductive age** - Female dogs will go through their first heat (estrus) in adolescence and males will be attracted to the pheromones released by the ladies, potentially leading to dangerous activity in pursuing a female in heat.

### **Brain Development During Adolescence**

Your Newf may begin to look like an adult dog but his brain is still developing, including the prefrontal cortex, which controls cognitive functions like decision-making, self-control, and emotional regulation. He's also experiencing a lot of big feelings - happy, sad, fear, excitement, and more - yet isn't quite sure what to do with these emotions. This lack of control coupled with all those emotions results in impulsive behavior, which can be annoying and exasperating to humans.

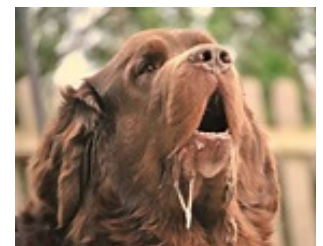
Boundary testing is probably the most classic sign of adolescence in both humans and dogs. It may seem as though your Newf is defying you at every turn, refusing to listen to commands he had down pat just a few weeks ago. Or she may try new behaviors like counter surfing. She is definitely testing your limits to see what she can get away with without repercussions. Your Newf may actually respond better to someone other than you or a household member during training sessions or with basic commands. Although frustrating, this is normal behavior. You may also notice your dog showing disrespect in the form of growling, nipping, or being territorial, which is also part of testing limits.

Adolescent Newfs are vulnerable to stress and anxiety, particularly separation anxiety. Their mix of curiosity and fear of the outside world and their place in it will have them confused and nervous. They may cry or whine or chew to appease their anxiety and be frightened of things that did not bother them previously. They may suddenly become afraid of objects or situations they were once comfortable with.

You will likely notice that your dog is more vocal than they were as a puppy with more barking, growling, and crying. Get ready for your Newf to find his booming voice.

Excess energy is also a hallmark of the adolescent stage. You may witness the "zoomies" where your dog runs around like crazy, or the increased energy can take the form of increased chewing, digging, barking, pulling on the leash, and other "new" behaviors. Extra exercise during this phase may be in order to combat some of the unwanted behaviors.

Hormonal changes in dogs can increase sexual behaviors in both males and females such as jumping, mounting, humping, scent marking, and roaming to seek the opposite sex. Your dog may be more playful with other dogs, or conversely, potentially show aggression when she did not before adolescence. Male dogs have surges of testosterone which can cause them to feel overconfident (not to be confused with dominance). He is taking the play fighting a bit too seriously, which can quickly get out of hand. Females will have surges in estrogen and progesterone, which causes irritability (just like in humans). The resulting behavior is guarding and taking offense with other dogs in the home, especially other females. This is when fights



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ensue. Spaying or neutering your Newf (at the appropriate time) will help mitigate these behaviors.

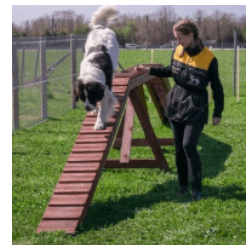
You may notice that your adolescent dog is easier to overstimulate than puppies or adult dogs and it may be more difficult for him to settle. This may also result in roaming to find more excitement.

### **What you can Do**

While you can't alter the time your Newf is in his adolescent period, there are some things you can do to make it more bearable for you and him. First, be patient! Try to think of your own adolescence and all the changes you went through. It's a tough time. But both of you will get through it.

**Try to stay calm.** Don't be overly reactive to your adolescent dog's frustrating behaviors (this can take practice!), rather calmly redirect the behavior. If your Newf doesn't get the attention she is seeking – positive or negative – she will eventually find another way to get your attention. Put all your energy into the desirable behaviors your dog is showing you.

**Keep training.** Despite your commands falling on deaf ears, continue to train with your dog. Use shorter training times to combat the distracted state your Newf is in. Consider an obedience class or basic training, even if your dog graduated from previous classes. Agility and trick training may be a welcome change for both of you if you have gone to numerous classes. If you really feel stuck, a personal dog trainer or behaviorist to help your dog through this time.



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**Socialize.** Your dog may suddenly act like a bit of a ding-a-ling or anxious on walks and around other dogs but that doesn't mean you can shutter him inside for the next two years. Socialization is still an important aspect of his development and training. Choose safe environments that you can control as much as possible. Maintain safe distances from other people and dogs and reward all positive and calm behavior. Stay at a distance where your Newf can continue to focus on you and your command. Listen to your dog's vocalizations and body language and act accordingly. For safety, keep your Newf on a leash when outside your home. Set up walking dates with calm, mature dogs. Your Newf will learn positive behaviors from the other dog while also having some fun.



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**Reward the positive.** Always have treats handy to reward your Newf when she is behaving calm and displaying behavior you deem acceptable. Don't forget to give positive praise too. Ignore undesirable behaviors as best you can.

**Exercise the body and mind.** Providing your Newf with enough physical and mental exercise will combat destructive behaviors like chewing and digging. You may need to up the amount of walks or other exercise to release all that teenage energy. Be sure to allow lots of sniffing along the way to avoid overstimulation from exercise. Playtime and games in the yard will exercise both the body and mind. Provide activities where your Newf can lick, chew, and sniff (such as a Kong toy stuffed with a yummy treat, which will achieve all three). These repetitive activities are naturally calming. Puzzle feeders at mealtime will help with cognitive exercise. Rotate chew toys, interactive toys, and brain games for your dog to keep him interested.

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**Check their diet.** Food impacts your Newf's mood and energy levels, just as it does yours. If you've tried everything and still having a difficult time with your adolescent Newf, make sure his diet contains balance nutrients. Talk to your veterinarian for suggestions.

**Set your Newf up for success.** Don't put your dog in situations where she is bound to fail. Your dog needs your guidance during this period more than ever, even if it she does not respond to it right away. Know your dog's responses to triggers. If you know other dogs or people are a big trigger and cause jumping don't take her to a crowded dog park. Or try to walk her during off hours when all the neighbors and their dogs are inside. If your Newf gets overexcited with visitors, don't let him greet them at the door. Set up a gate or keep him on a leash, or, if necessary, keep him busy in another room (keeping your dog confined with a gate while you are not home can confine chewing or other destructive behavior too). Avoid situations that may be overstimulating in general.

**Know your dog's needs.** Engaging in breed-appropriate activities, like water work for Newfs, is physically and mentally stimulating and naturally satisfying for your dog.

**Persevere.** This IS a tough time – for you and your Newf. Continued calm, firm, consistent reinforcement will benefit both of you. Just recognize that it does take time.

**Breathe.** Don't let your Newf's behavior consume you during this time. Be sure to take some time for yourself and your own needs. You will survive this time and be able to really enjoy spending time with your Newf again.

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## **Newfoundland National to Honor Cathy Derench on May 2**

The 2025 Newfoundland Club of America will host the National Specialty in Warwick, Rhode Island from April 28 to May 3 (visit the website for more info). This year's show will be co-dedicated to Cathy Derench. TNP is hosting the Rescue Parade on May 2 at 4 pm to honor Cathy, celebrate all of our rescue Newfoundlands, and the dedication of so many who make rescue possible. Your name will be called to take a celebration lap around the ring and receive a medallion in honor of your rescue Newfoundland. After you receive your medallion, pose outside the ring for photos with your Newf!



Please RSVP online to fill out your information by April 1:

[https://store.ncanationalspecialty.org/shop/rescue?fbclid=IwY2xjawIstB9leHRuA2FlbQIxMQABHZ0K4VVGJF14xuvTgDdNbH4ZNVhmu8-Td5v1JaA\\_zrAaKck1LGqR9mhzaQ\\_aem\\_OfA51jhKlwWlnVBQI2hjpQ](https://store.ncanationalspecialty.org/shop/rescue?fbclid=IwY2xjawIstB9leHRuA2FlbQIxMQABHZ0K4VVGJF14xuvTgDdNbH4ZNVhmu8-Td5v1JaA_zrAaKck1LGqR9mhzaQ_aem_OfA51jhKlwWlnVBQI2hjpQ)

## Don't Miss Out On A Cathy's Crew Hoodie



Cathy's Crew is a special project within TNP that ensures elderly or hard to home animals have a beautiful farm in Connecticut with space, resources, and love to safely live out their lives forever. The farm is the life work of animal rescue legend Cathy Derench who was the divine intervention to thousands of animals that found a new beginning because

they crossed Cathy's path. All animals that have been rescued, crossed paths, or helped in any way by Cathy are part of Cathy's Crew. Hoodies available in black, pink, and orange.

**Visit the TNP Facebook page or website for order information.**

### Thinking of leaving a bequest to TNP?

Donations should be made payable to:  
That Newfoundland Place, Inc.  
EIN (Tax ID): 27-2176439

Payment Address:  
554 Pucker Street  
Coventry, CT 06238

Thank you for your consideration!

To continue to support Cathy's work & her foundation please see below.  
Thank you for all the generous support.

**THAT NEWFOUNDLAND PLACE DONATIONS**

VENMO  PAYPAL 

 That Newfoundland Place  
*Rescue With A Heart*

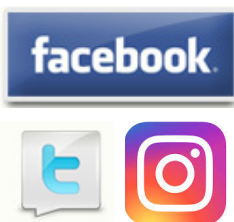
 CATHY'S CREW



### Support TNP through Amex Round-up

<https://www.americanexpress.com/en-us/banking/round-up/frequently-asked-questions/>

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That Newfoundland Place Inc. is a nonprofit corporation organized and operated exclusively for charitable purposes. Specifically, this organization has been formed to prevent cruelty to animals. Our mission is to offer quality of life to senior dogs of various breeds, to assist in rescue, rehabilitation, and re-homing of dogs in need, with a focus on Newfoundland dogs, and to provide humane education as related to care and life quality. of animals. Ed Derench, President *Newsletter editor and publisher Joanna Dumas: joanna.l.dumas@gmail.com*