

JANUARY 2025

# THE PAW



## OUR MISSION

WOUNDED PAW PROJECT® IS A 501(C)(3) THAT FOCUSES ON THE PREVENTION OF ANIMAL ABUSE AND THE REHABILITATION OF ABUSED AND RESCUED DOGS.

Welcome to The Paw, Wounded Paw Project's® monthly newsletter that keeps you up to date on how you and Wounded Paw Project® are making a difference for abused and rescued dogs. Each month, you'll get tips that you can use for your own pet and since Wounded Paw Project® was founded by a Purple Heart recipient, we'll also provide veterans with information they may not know.

In this issue, we're helping all those new puppy parents out there who just increased their family by four paws. We have tips you can use to help get your puppy on a schedule that will make life more enjoyable for not only you but your pet as well!

We hope you enjoy this month's newsletter and don't forget to follow us throughout the month on our social media platforms.

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*And they call it  
Puppy Love....*



You've seen the commercials. You've heard the stories...you know the ones. The ones where humans are overjoyed because they just had one of their holiday wishes come true by getting their very own puppy! I mean c'mon.

Who can resist puppy kisses? I know I can't. But what happens when reality hits? What happens when the new puppy parent realizes that a puppy isn't an animated toy you can put away on a shelf until you feel like playing. That's where Wounded Paw Project® wants to help!! Over the next several months, we'll be giving PAW support in adjusting to your new "fur-ever" family member. It's all part of our effort to make sure these puppies don't end up in a shelter (or worse yet! EUTHANIZED!) because the new pet owner realizes that they are now responsible for the well-being of a living, breathing creature.

So let's start with the basics so you can get through the first month of being a new "parent".

You're going to need a routine! Puppies love consistency and routines. There are four basic areas for which your pet will need a routine. Sleep. Eat. Poop. Play.



Just like baby humans, puppies need a lot of sleep! They typically sleep 18-20 hours a day and when they are awake, they typically are awake for only about an hour at a time. The more consistent a puppy's sleep schedule is, the healthier your puppy will be!



Puppies that are 4 to 6 months old need to eat three meals a day. Feed your puppy at the same times every day and always provide access to fresh water with their meals. Ensure the last meal of the day is at least 4 to 5 hours before bedtime.

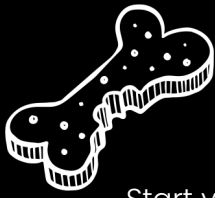


Plan on taking your puppy outside ALOT. Take them out right after they wake up. Puppies will typically need to go to potty about 5 to 30 minutes after they finish eating. Puppies will need to go potty after playtime and of course, take your puppy outside before they go to bed. Again CONSISTENCY of potty breaks at the same time every day will set you and your puppy up for success.



Ensure your puppy gets exercise and playtime! It is the foundation for basic dog obedience training and their overall development.

Be sure to read The Paw next month for more helpful tips!



## BACON CHEDDAR WOOFLES

Start your doggie's day off right with Bacon Cheddar Woofles! We found this recipe on [shootandtoebeans.com](http://shootandtoebeans.com). Enjoy!

### Ingredients

- 1 egg
- ⅓ cup water
- ½ cup unsweetened applesauce
- 1 cup oat flour
- ½ cup shredded mild cheddar cheese
- 3 slices cooked bacon (or ⅓ cup bacon pieces)

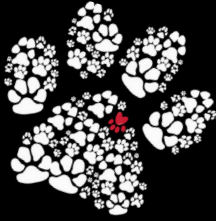
1. Heat a waffle maker according to your brand's instructions.
2. In a medium bowl, beat an egg with a fork. Then, add the water and unsweetened applesauce and blend together. Add the oat flour to the egg, water, and unsweetened applesauce mixture. Blend with a spoon until well combined. The consistency will be a cake-like batter and a little lumpy.
3. Cook bacon in a frying pan, microwave, or in the oven.
4. Blend in the cheese and bacon using a spoon.
5. Scoop about a tablespoon of batter three to four different times, placing separately on the metal plates of the waffle maker. Repeat this process until you run out of batter. Cook until golden brown.
6. Remove the waffles from the heat and allow to cool thoroughly. Store in a zip-lock baggie in the refrigerator for up to a week or freeze for up to two to three weeks.



MEET SADIE THE MO'PITTIE...THE MORKIE WHO THINKS SHE'S A PITBULL. EACH MONTH, SADIE WILL GIVE YOU TIPS TO HELP YOU HAVE A SAFE AND HEALTHY PET. THIS MONTH, SADIE WANTS TO REMIND YOU THAT PETS ARE NOT ACCESSORIES! THEY WANT TO ENJOY LIFE AS MUCH AS YOU. IT'S UP TO YOU TO GIVE YOUR PET A HEALTHY LIFESTYLE.



# DID YOU KNOW?



**JANUARY 24TH IS NATIONAL  
CHANGE A PET'S LIFE DAY!  
HELP US UNLEASH THE POWER  
OF THE PAW AND RAISE  
AWARENESS OF PETS IN NEED!**

## HELP US

### GET INVOLVED

Report animal abuse

Adopt / Foster a shelter dog

Volunteer at Wounded Paw Project® or your local animal shelter

Sign our advocacy petition

Help someone who needs help with a pet

### DONATE

Make a cash donation at [WPP.dog](http://WPP.dog)

Donate your car, truck, or boat through our CARS program

Bequeath money or real estate to Wounded Paw Project®

### SPREAD THE WORD

Wear our T-shirts

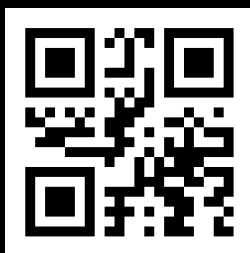
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## BE THE VOICE FOR THE VOICELESS®

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# VET-2 - VET

Each month The Paw provides valuable information to our Nation's veterans on services and opportunities that may not be common knowledge to Vets.

**VA WELCOME KIT** The VA Welcome Kit can help guide you to benefits and services you've earned but may not know about. This guide can help provide you with information about education benefits, VA home loans, and health care just to name a few. It can even point you in the right direction for veterans benefits you are eligible for at the State level.

Visit <https://www.va.gov/welcome-kit> to download your free guide!



## COMMONLY USED VA PHONE NUMBERS

VA MAIN INFORMATION LINE  
1-800-698-2411

VA BENEFITS HOTLINE  
1-800-827-1000

VA HEALTH BENEFITS HOTLINE  
1-877-222-8387

WOMEN VETERANS HOTLINE  
1-855-829-6636

CAREGIVER SUPPORT LINE  
1-855-260-3274

eBENEFITS TECHNICAL SUPPORT  
1-800-983-0937

**ARE YOU A VET  
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## WORK WITH US

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(1-844-728-2729)**

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