

# CANINE PREGNANCY

*A Natural Guide for Everyday Dog Owners*



## UNDERSTANDING CANINE PREGNANCY

Pregnancy in dogs is a beautiful and delicate time that requires attentive care, balanced nutrition, and a calm environment. A healthy bitch not only nurtures her growing puppies but also prepares her own body for birth and lactation. From conception to birth, a naturopathic approach focuses on supporting the bitches natural physiology and emotional wellbeing.

## GESTATION

The average gestation for dogs is approximately **64 days (about 9 weeks)**, however, it can range from 58 to 68 days depending on the breed and litter size. Smaller breeds often carry longer, while large breeds may whelp earlier.

It's important to remember that each dog is individual, a variation of a couple of days on either side of this timeframe is considered normal.

Just like humans, a bitch's pregnancy is divided into three trimesters, each marking a key stage of puppy development and maternal change:

**First Trimester (Weeks 1-3):** Early development and implantation.

**Second Trimester (Weeks 4-6):** Steady growth and increasing nutritional needs.

**Third Trimester (Weeks 7-9):** Rapid puppy growth and preparation for birth.

Understanding these stages helps you tailor the bitch's nutrition, environment, and care to best support both her health and the developing puppies throughout the entire pregnancy.

## ENVIRONMENTAL MANAGEMENT

Creating a calm and safe environment for your bitch is fundamental for ensuring a problem-free pregnancy.

- Maintain a peaceful emotional atmosphere - dogs are highly sensitive to household energy.
- Keep her daily routine calm and consistent (same walking times and feeding schedule).
- Ensure she has a quiet resting space away from high traffic areas or children.
- Feed a high-quality, whole-food diet rich in lean protein, healthy fats and essential vitamins and minerals.

# UNDERSTANDING CANINE PREGNANCY

A pregnant dog's body is working continually to support developing puppies, so diet quality is vital. Focus on fresh, unprocessed, whole-foods to provide the natural nutrients needed for growth and lactation.

- Feed high quality lean meats (such as turkey, lamb, beef, venison fish) to support foetal development.
- Essential fatty acids 3 & 6 (can be derived from fish oil, flaxseed and hemp oil) are essential in brain and eye development for the puppies.
- Lightly steamed greens (kale, spinach and broccoli) are excellent sources of fibre and vitamins.

## EARLY TO MID PREGNANCY (WEEKS 1-6)

Continue a balanced, whole-food diet rich in lean protein, quality fats and fibre. Avoid sudden dietary changes and excess calories. Feed amount can be increased by 10-15% between weeks 4 and 6, offering smaller, more frequent meals if she seems hungrier.

Utilise sources of omega 3 & 6, offering more leafy greens and root vegetables for folate, antioxidants and gentle fibre. Throughout this time, embryos begin developing organs and bones, nervous systems forming.

## LATE PREGNANCY (WEEKS 7-9)

This time encompasses rapid foetal development, hormonal changes and preparation for birth. During this period, the bitch's body switches its focus toward whelping and milk production as the puppies are fully formed. Avoid feeding heavy or fatty meals that may cause discomfort.

Aim to support comfort, energy balance and calcium. Consider the supplementation of bone broths, kelp, sardines and goats milk.

## GREENPET PRODUCT RECOMMENDATIONS

### **HEMP, FLAXSEED & FISH OIL**

To reduce inflammation and support foetal brain and eye development.

### **SEAWEED MEAL**

To support bone and teeth development in pups, along with muscle function during labour.

### **BONE BROTH**

Rich in trace minerals and a natural source of collagen and gelatin.

### **GOATS MILK**

Packed with vitamins, minerals and enzymes to support both mum and pups.

### **PROBIOTIC**

Strengthen immunity and support a healthy gut microbiome.

**RASPBERRY LEAF** is a herb that can be beneficial in late pregnancy. Herbal extract drops or tea can be added to food. Contact us for details.



## USE OF HERBS IN PREGNANT DOGS

Using herbs to support your bitch throughout her pregnancy can be incredibly beneficial when done with care, however, it is important to remember that her body becomes more sensitive during pregnancy. Safely using herbal support throughout her pregnancy means choosing pregnancy safe herbs, avoiding use of anything detoxifying or stimulating and using small, well considered amounts.

When in doubt, seek advice from a natural pet health care professional.

## SAFE HERBS FOR PREGNANT DOGS

- **Slippery Elm** - soothes the digestive tract and eases stomach upset.
- **Marshmallow Root** - calming herb and eases gut irritation.
- **Chamomile** - gently calming and offers digestive support.
- **Dandelion Leaf** - supports liver and fluid balance.
- **Nettle Leaf** - mineral-rich, nutritive herb.
- **Kelp** *in minimal amount* - source of trace minerals.
- **Raspberry Leaf** - tones uterus - only use in late stage of pregnancy

## GENERAL GUIDANCE AROUND HERBS FOR PREGNANT DOGS

Only mild, nutritive and pregnancy safe herbs should be considered during your dogs pregnancy, used in small amounts.

When introducing herbs to your pregnant bitch, introduce slowly and monitor closely.

Never combine multiple new herbs at once unless under guidance.

The information in this guide is intended for general educational purposes and reflects our experience supporting animal health using natural diet, lifestyle, and holistic care principles. It is not a substitute for professional veterinary advice, diagnosis, or treatment.

This guide is designed to support overall wellbeing during pregnancy and is not intended to treat, cure, or prevent any disease or medical condition. Every animal is an individual, and pregnancy can present unique health considerations. Always seek veterinary guidance if you have concerns about your animal's health, fertility, or pregnancy progression.

Do not discontinue any prescribed medications without veterinary supervision, as some medications may require gradual adjustment. For any complications or emergencies during pregnancy, please contact your veterinarian promptly.