

Pregnancy

At first, once on raw, no changes are needed however some breeders use a **little more heart content** for extra folic acid.

Be sure to booster the paleo ridge with the following:

- Raw eggs 2-3 times a week
- Kelp Seaweed daily
- Cooked, frozen mussels 2-3 times a week
- Small oily fish like [sprats](#) 2-3 times a week
- Some antioxidants like blueberries, a few a days a week

Week 5 of pregnancy:

Mum-to-be should be hungrier now, so you will need to begin increasing food slightly. The general rule is:

Week 5 - increase of 5-10%

Week 6 - increase of 5-10%

Week 7 - increased by another 5-10%

Week 8 - increased by a further 5-10%

Week 6-7 of pregnancy:

As her pups grow, mum's stomach capacity will shrink so we recommend:

- Increase meal frequency to up to 6 times a day so that she has smaller meals at a time.
- Increase fat content by selecting higher fat proteins such as duck, pork and beef.
- Adding some fatty beef mince (that has been frozen first of course) can give vital energy & helps decrease bone content so see below for calcium advise.

Week 8-9 of pregnancy:

By week 8, your pregnant dog should now be eating up to 50% more food than pre-pregnancy. Bone content should be fairly low or even none by now.

In the final week, she **may** begin to eat less, so you can gradually reduce food.

A day or 2 before the birth many bitches stop eating altogether but do not worry, she has plenty of reserves built up by now.

Just before the birthing, give some cooked vegetables. This has a laxative effect allowing your dog to empty her bowels and make more room for pups during the birthing process.

Lactating

Once mum has given birth she should begin to eat again.

You now need to give her raw meaty bones again as she needs them for feeding the litter, the bigger the litter the more calcium she will need. This is crucial to avoid eclampsia.

[Chicken backs, necks, carcass and wings](#) are great, or a premade raw with 10% bone, plus provide plenty of fresh drinking water.

Some dogs eat the placenta and that is fine, but it can have a laxative effect, and if any birth complications happened or it smells off, do not feed it.

Weaning

Aged 3-4 weeks old, the pups can begin their raw journey. To do this we recommend:

- *As this is the peak lactation stage for mum, feed her 25% more food than pre-pregnancy, for each pup she is feeding.*
- Mix a weaning paste with full fat goat milk into a yoghurt type consistency and serve at room temperature.
- After a few days, start to reduce the amount of added goat milk slowly.
- Start slowly, with just 1 meal and gradually build up more and more over weeks 3 to 6.

As pups are weaned, slowly reduce mum's food back to her pre-pregnancy amount by end of week 8.