



SAVVY DOG MOM ♡ THE FIRST 30 DAYS WITH YOUR PUPPY

A LOVING START TO A LIFELONG BOND



THE GOAL:

Help your puppy feel safe, loved & secure while building good habits from day one. ♡



SAFETY



TRUST



TRAINING



ENRICHMENT



LOVE

1. PREPARE BEFORE PUPPY COMES HOME

- PUPPY-PROOF YOUR HOME (WIRES, TOXINS, TRASH)
- SET UP A COMFY CRATE & SAFE SPACE
- GATHER SUPPLIES (FOOD, BOWLS, CRATE, BED, TOYS, LEASH, TREATS, CLEANING SUPPLIES)
- FIND A VET & SCHEDULE FIRST VISIT
- PLAN POTTY SPOT (INDOORS & OUTDOORS)
- EVERYONE ON THE SAME PAGE (RULES & ROUTINE)
- STOCK UP ON PATIENCE & GRACE



☆ TIP: A CONSISTENT ENVIRONMENT = A CONFIDENT PUPPY.

2. DAY 1: WELCOME HOME

- KEEP IT CALM & QUIET
- SHOW THEM THEIR POTTY SPOT RIGHT AWAY
- HELP THEM EXPLORE ONE ROOM AT A TIME
- SET UP THE CRATE AS A POSITIVE, SAFE PLACE
- OFFER WATER, THEN LET THEM SETTLE
- SHORT, POSITIVE INTERACTIONS ONLY



☆ TIP: START SMALL. YOUR PUPPY IS ADJUSTING TO A BIG WORLD CHANGE.

3. DAILY ESSENTIALS (DAYS 1-30)

- FEED A HIGH-QUALITY PUPPY FOOD
- FRESH WATER ALWAYS
- POTTY BREAKS: AFTER WAKING, EATING, DRINKING, PLAYING, AND NAPS
- 14-20 HOURS OF SLEEP (THEY'RE LITTLE!)
- SHORT PLAY SESSIONS (5-10 MINUTES)
- GENTLE HANDLING & POSITIVE EXPERIENCES
- KEEP NAILS TRIMMED
- BRUSH TEETH A FEW TIMES A WEEK



Routine, patience & consistency are your superpowers. ♡

4. FOUNDATIONS TO TEACH EARLY

- NAME RECOGNITION (SAY THEIR NAME + TREAT)
- SIT
- COME
- LEAVE IT
- DROP IT
- GO TO YOUR BED / CRATE
- LOOSE LEASH WALKING (INTRO)

KEEP IT POSITIVE & FUN!



PUPPY TRAINING TIPS

- KEEP SESSIONS SHORT (3-5 MINUTES)
- END ON A WIN
- USE TREATS, PRAISE & PLAY AS REWARDS
- BE PATIENT & CONSISTENT
- PUPPIES DON'T LEARN THROUGH PUNISHMENT—THEY LEARN THROUGH KINDNESS ♡

REMEMBER: YOUR PUPPY ISN'T GIVING YOU A HARD TIME—THEY'RE HAVING A HARD TIME. ♡

5. THE 4-4-4 GUIDE TO ADJUSTMENT

Every puppy adjusts in their own time. Here's a helpful guideline:

- ♡ 4 DAYS TO DECOMPRESS: They may feel scared, overwhelmed or unsure. Give them space.
- ♡ 4 WEEKS TO LEARN ROUTINES: They start to understand where they are & how things work.
- ♡ 4 MONTHS TO FEEL AT HOME: They start to relax, show their true personality & build real trust.

SOME PUPPIES TAKE LONGER—AND THAT'S OKAY. LOVE, PATIENCE & CONSISTENCY ARE KEY. ♡

6. SOCIALIZATION (START SLOW & SMART)

Expose your puppy to new things in a positive way. Focus on:

- PEOPLE (OF ALL AGES & APPEARANCES)
- OTHER VACCINATED DOGS
- SOUNDS (DOORBELL, VACUUM, TRAFFIC)
- SURFACES (GRASS, TILE, WOOD, GRAVEL)
- HANDLING (PAWS, EARS, MOUTH)
- CAR RIDES

☆ TIP: QUALITY OVER QUANTITY. KEEP EXPERIENCES POSITIVE! ♡

7. ENRICHMENT & PLAY

- INTERACTIVE TOYS & PUZZLES
- CHEW TOYS (APPROPRIATE FOR AGE)
- SNIFF GAMES & FOOD PUZZLES
- TRAINING IS MENTAL ENRICHMENT
- ROTATE TOYS TO KEEP THINGS INTERESTING

☆ TIRED PUP = GOOD PUP. MENTALLY TIRED IS JUST AS IMPORTANT AS PHYSICALLY TIRED. ♡

8. POTTY TRAINING BASICS

- TAKE THEM OUT OFTEN
- USE THE SAME SPOT & COMMAND
- PRAISE & TREAT IMMEDIATELY
- WATCH FOR SIGNS: SNIFFING, CIRCLES, WANDERING, WHINING
- ACCIDENTS HAPPEN—CLEAN & MOVE ON

☆ TIP: FREQUENCY + CONSISTENCY = SUCCESS. ♡

9. HEALTH CARE CHECKLIST

- FIRST VET VISIT & VACCINATION PLAN
- DEWORMING (AS RECOMMENDED)
- FLEA, TICK & HEARTWORM PREVENTION
- MICROCHIP REGISTRATION
- PET INSURANCE (CONSIDER EARLY)
- HEALTH CHECKS: EYES, EARS, COAT, TEETH, STOOL



10. COMMON CHALLENGES (AND HOW TO HANDLE THEM)

BITING & CHEWING
• Totally normal! Redirect to toys.
• Don't use your hands as toys.

WHINING / CRYING
• They miss their litter & feel alone.
• Comfort calmly, don't reinforce attention-seeking.

JUMPING
• Ignore & turn away.
• Reward all four paws on the floor.

ACCIDENTS IN THE HOUSE
• Clean without scolding.
• Go back to basics.

OVERTIRED PUPPY
• Look for signs of tiredness.
• Enforce naps in the crate. ♡



11. TAKE CARE OF YOU, TOO!

- IT'S OKAY TO FEEL OVERWHELMED
- ASK FOR HELP
- TAKE BREATHERS WHEN YOU NEED THEM
- CELEBRATE THE SMALL WINS
- YOU'RE DOING A GREAT JOB ♡

A HAPPY DOG MOM = A HAPPY PUPPY ♡

YOU DON'T HAVE TO BE PERFECT.
YOU JUST HAVE TO SHOW UP WITH LOVE. ♡

ENJOY THE PUPPY SNUGGLES, THE SILLINESS & THE JOURNEY.

You've got this, Mama! ♡

BY DAY 30, YOU'LL HAVE:

- BUILT TRUST
- STARTED GOOD HABITS
- CREATED A ROUTINE
- LAID THE FOUNDATION FOR A HAPPY LIFE TOGETHER ♡

