

YOUR PUPPY'S FIRST WEEK CHECKLIST

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Daily To Do's

Focus on house-training every day

- a. Confine your pup 24/7 unless you are directly engaging with and supervising them
- b. Respond immediately to your pup's indications that he needs to go out Always use the leash and treats when taking your pup out
- c. Always use a leash and treats when taking your pup out Return your pup to confinement if they do not potty
- d. Reward your pup with a little free time when he potties
- e. Return him to confinement if he does not potty

Do "food bowl" and "opportunity" cues every day

Call your puppy to you at every meal and any time you see your pup choosing to come to you on his own during the first week. Reinforce the behavior by saying "Puppy's name, come!" and then "yes" + a treat when your pup gets to you

Work on your pup's biting every day

When your pup bites you, your leg, your shoes, etc., apply light, upward pressure on the tagline at arm's length so the pup can't keep biting you. Wait until your pup relaxes and stops trying to bite you before you loosen the pressure on the tagline, but hang on to it. Repeat this sequence with light, steady pressure any time your pup bites this week

More Things to Do This Week

Take your pup to the veterinarian

Take your pup to see your veterinarian to confirm he is healthy

- a. Take a stool sample to be checked for worms
- b. Have your vet check and record your pup's microchip number (or microchip your pup)
- c. Discuss options for flea, tick, and heartworm prevention
- d. Discuss vaccinations or blood tests if your breeder did not make a recommendation

Begin crate training

Teach your pup to be comfortable in his crate first with the door open, and build up to several calm, quiet moments with the door closed

Begin handling training

Gently hold your pup close to you and if he is calm, release him after 10-15 seconds. If he struggles, hold him until he stops struggling and then calmly release

Do at least one "adventure walk"

An "adventure walk" is a chance to explore safely with your pup. Take him to a safe, relatively dog-free area and walk around for 15-30 minutes, ideally off-leash (though if you're worried, let him drag a tagline you can easily grab hold of). Let him sniff and look around. Be quiet most of the time, and look for opportunities to hide from your pup if he gets distracted by you

Do Five 5-10 Minute Training Sessions This Week

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Teach “yes/treat”

Say “yes” and give your pup a treat. Remember, your pup does not need to sit or look at you to get this treat. Repeat this 15 times in 3 sessions over a day or two. Now you can use the “yes/treat” cue in other training sessions

Teach your pup his name

Say “Puppy’s name!” and give your pup a treat. Repeat 15 times in 3 short sessions.

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Teach your pup “okay”

Say “okay” and move away from the puppy to encourage him to follow you. When he does, give him a small treat. Do this 10 times in 3 to 4 sessions over a day or two

Teach your pup to follow a lure

With a treat right in front of your pup’s nose, move the treat slowly to the left. When your pup moves his head to follow the treat, say “yes/treat.” Have your pup follow the lure to the right, left, up, and down

Teach your pup to “silent sit”

Once you’ve taught “yes” and “okay,” then lure your pup into a “sit” without using a word or verbal cue. Then say “yes,” give your pup a treat, and release with “okay.” Do this even if your pup already knows the “sit” cue. This will become a hand signal eventually

Notes and Comments