

# PUPPY FOUNDATION

## Checklist

### Setting up the home:

- Create a calm, low-stimulation rest space for the puppy – not in a busy area of the house
- Remove access to areas that could cause frustration or overstimulation early on
- Ensure safety around the house: cover holes or fence off areas where the puppy could hurt themselves

### First weeks:

- Establish a consistent daily routine from day one – puppies settle faster with predictability
- Let the puppy rest. A lot. New puppies need 20-22 hours of sleep/day.
- Introduce new things slowly and at the puppy's pace
- Prepare for the biting phase: provide alternatives in all materials (wood, plastic, textile) and potential inflammation soothing enrichments

### Enrichment and Fulfilments:

- Offer sniff games, lick-mats and chews daily – this is not optional, it is medicinal
- Short play sessions followed by rest – puppies need help switching off

### What not to do in the first month:

- Do not take the puppy everywhere immediately – this creates anxiety not confidence: build up socialisation slowly
- Do not free-feed – structured mealtimes support training and calm behaviour, even better via enrichment games/toys
- Do not attend puppy classes before 10-12 weeks – focus on home foundations first

