

# Week 1 Puppy Settle-In Checklist

Calm-Companions • A practical, force-free plan for calmer days and better nights

## 1) First 30 Minutes Home

- **Safety sweep:** remove cables, shoes, choking hazards; block stairs/unsafe rooms.
- **Set up a calm zone:** bed/crate + water + one safe chew + one comfort item.
- **Small space, small choices:** use pen/baby gates; no full-house freedom yet.
- **Toilet immediately:** take to the spot right away; quiet praise + reward when they go.

## 2) “Tonight We Sleep” Setup (before 6pm)

- **Night station near you:** crate/bed beside your bed (not isolated).
- **Night kit:** lead + treats by the door, torch, wipes/kitchen roll, spare bedding.
- **20-minute bedtime routine:** toilet → calm cuddle → into bed/crate with chew → lights down.
- **If puppy cries:** choose one plan and stay consistent (brief reassurance OR quick toilet check—no play).

## 3) Day 1–3 Routine (tiny + consistent)

- Repeat the rhythm: **toilet** → **tiny enrichment** → **rest**.
- Overtired puppies get chaotic. Aim for **45–90 minutes sleep** after **10–20 minutes** awake.
- Make meals calming: scatter feed / snuffle / towel roll; hand-feed some for “name game”.
- Visitor rule: keep introductions calm, short, and optional in week 1.

## 4) “Stop Biting / Zoomies” Quick Fix (week-1 version)

- When teeth touch skin: **freeze** (no yelp) → **redirect** to chew → if repeated, **10–30 sec calm break** behind gate/pen.
- Biting usually = **overtired** / **needs toilet** / **needs chew**.
- Emergency calm-down: 2 minutes of **lick** (lick mat) or **sniff** game.

## 5) Toilet Training: “Accident-Proof” basics

- Take out: after waking, after eating/drinking, after play, every 30–60 minutes initially.
- Reward within **2 seconds** of finishing (mark the win).
- Accidents: no telling off; clean with enzyme cleaner; review supervision/timing.

## 6) Socialisation Without Overwhelm (safe week-1 plan)

- Aim for **safe exposure**, not meeting everyone: sounds/objects at distance, different surfaces.
- **One new thing per day** (max). End while puppy is still calm.
- If puppy pulls away, freezes, yawns, lip-licks: lower intensity next time.

## 7) Health + Safety (peace of mind)

- Confirm vet check + vaccination plan + flea/worm plan.
- Track daily: eating/drinking, poo, energy, comfort.
- Call vet if: repeated vomiting, diarrhoea + lethargy, not eating a full day (esp. small pups), straining to pee or pain.

## 8) Daily Scorecard (tick each evening)

■ 3–5 good naps
■ 3 short enrichment moments (sniff/lick/chew)
■ Toilet wins (even if accidents happened)
■ One calm training moment (name/touch/sit)
■ Consistent bedtime plan

## 9) Week-1 Essentials (quick list)

**Must-have:** crate/pen or baby gates • enzyme cleaner • safe chew • lick/snuffle mat • training treats • harness + lead • ID tag (microchip check)

**Nice-to-have calming boosters:** white noise • calming music • snuggle toy (heartbeat/warmth) • calming spray (optional)

## 10) 5 Panic Moments → What To Do

- **Won't settle** → toilet + chew + reduce space + lights down.
- **Crate protests** → feed in crate, door open, 30-second reps.
- **Biting nonstop** → nap + chew + short calm break.
- **Accidents** → supervise + schedule + enzyme clean.
- **You feel overwhelmed** → reset to: **toilet** → **sniff** → **sleep**.

*If you tick 3 out of 5 on the scorecard, you're winning week 1.*