

Puppy's First Week: Enrichment & Training

Daily "Core Four" (The Essentials)

- Hand Feeding:** Kids (supervised) give puppy their meal one kibble at a time to build trust.
- Sleep Schedule:** 1 hour of play followed by **2 hours of nap time** in a crate or pen.
- Potty Parade:** Go outside immediately after eating, sleeping, or playing.
- Gentle Handling:** Briefly touch a paw or ear, then give a treat.

Weekly Activity Schedule

| Day | Family Activity | Goal | Done? |
|-------|--|------------------|-------|
| Day 1 | The Name Game: Sit in a circle; say their name; treat when they look. | Focus & Identity | [] |
| Day 2 | Muffin Tin Puzzle: Hide treats under tennis balls in a muffin tin. | Scent Work | [] |
| Day 3 | Texture Walk: Let puppy walk over a towel, a yoga mat, and foil. | Confidence | [] |
| Day 4 | The Rolled Towel: Hide treats in a towel and roll it up for them. | Brain Power | [] |
| Day 5 | Hide & Seek: Kids hide in easy spots; call puppy to find them! | Bonding | [] |
| Day 6 | Box Party: Put treats inside a cardboard box with crumpled paper. | Safe Shredding | [] |
| Day 7 | Car Picnic: Sit in a parked car and watch people walk by. | Socialization | [] |

The "Golden Rules" for Kids

- Let Sleeping Dogs Lie:** Never touch a puppy while they are sleeping or in their crate.
- Four on the Floor:** Only pet the puppy when all four paws are on the ground (no jumping!).
- Be a Tree:** If the puppy gets "nippy" or too excited, stand still, fold your arms, and look at the sky.
- Trade-Up:** Never grab something from a puppy's mouth. Always "trade" them for a yummy treat.

Socialization Checklist

Check off when the puppy hears or sees these for the first time:

- Vacuum Cleaner (turned off first!)
- The Doorbell
- Someone wearing a hat or umbrella
- Crinkly plastic bottles
- Bubbles