

# 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.

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## Weekly Activity Schedule

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

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## The "Golden Rules" for Kids

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

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## 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