

Puppy's Daily Routine!

"PAWS-IBILITIES!"
WITH DOGS!



Puppies thrive in predictable routines, which can include training housetraining, permission cues around food, release cues for crate & house doors, enrichment and play, along with 'down time, naps & 'being alone'.

Routines that are consistent and include appropriate ways to both drain physical & mental energy, and which meet the dog's innate or genetic needs can often move housetraining along more quickly, prevent puppy biting and many other mischievous behaviors. Having a well established routine can help while raising puppy, and provide structure throughout the challenges presented in adolescence, as well. Routines can reduce anxiety, build confidence & resilience, improve training, and reduce frustration for both puppy & guardians. An early routine, can help your puppy to build resilience that makes changes in the routine later, much more easy to move through.

NOTE: The same concept around routines applies when you may have an older or rescue dog, and now find yourself working to build new behaviors and prevent some of those unwanted behaviors. Routine can provide a framework for training and/or changing behavior.

Sample of Puppy's Routine:

Good Morning, Puppy!

Mix it up! Don't always get your puppy up in the exact same pattern. Puppies are brilliant at learning patterns and before you know it, he's whining to get started. Sometimes, get puppy right away, other times wait until you make your coffee or have your shower. This can help puppy to learn patience and that just because you are moving, doesn't mean he's gotta be involved! You'll appreciate that when you wanna sleep in someday.

Out to pee/poop!

Always on leash, use a cue to build elimination on cue. Reinforce where they eliminate (not when they come back in).

Breakfast Time!

Always with a game of 'Choice & Permissions' training, 5-6 pieces hand-fed, before giving a permission cue.

Mix it up! Work up to having the dog wait for breakfast until after you make your coffee or have your shower!

Always building patience and 'emotional regulation'.

Sniff Walk!

Practice calm with leash. Teach & practice 'Door Manners'. 10-15 minutes, in a harness, on along line, sniffing where HE wants to sniff. Reinforce any and all 'Unprompted Attention' to build connection & teach a loose leash walk!

Puppy Playtime/Training Time!

5-10 minutes only of easy, gentle play, with 'rules' around biting or 'permissions'. Work in training 'games, with the play. This routine can help build your puppy's 'off switch' and reduce puppy biting, etc. Train before 'downtime' and naps, as there is evidence that learning & memories are formed in sleep!

Enrichment! (can be given in the crate or expen, include 'Choice & Permissions' training, of course!)

Give your puppy a 'brain drain'. You can use a small portion of breakfast or other healthy food supplements (carrots, blueberries, egg, apples, broccoli, etc.), given in a dispensing toy, snuffle mat, in the grass, or a frozen Kong/Toppl.

Downtime!

After a short pee/poop break, in the crate or expen for downtime, naps and/or 'being alone'!

Puppies often need 16-20 hours of sleep a day. Overtired puppies can become frustrated, overstimulated and mischievous. Plus, your puppy needs to learn to self-soothe, and be without you. You can put puppy in with his 'enrichment' toy, a bully stick or frozen kong to help puppy soothe and prevent any whining. Or, you can give a different chew toy, exclusive for downtime. Before long, you'll find he is asleep!

NOTE: reinforce quietly & calmly for quiet, calm behavior while confined. Include training to wait for a release cue.

The rest of the day looks very much the same, except for adding in 'intentional training sessions':

Afternoon:

Pee/Poop after morning rest, with 5-10 minutes to sniff
Meal (if feeding 3X per day) with 'Choice & Permissions'
Puppy Playtime with 'rules'
Sniff Walk
Intentional Training Session ('Puppy Basics Education')
Enrichment
Pee/Poop after enrichment & before downtime
Downtime (crate, expen or 'place')
Pee/Poop after rest

Evening:

Pee/Poop after rest, with 5-10 minutes to sniff
Meal with 'Choice & Permissions'
Puppy Playtime with 'rules'
Sniff Walk
Intentional Training Session ('Puppy Basics Education')
Enrichment
Pee/Poop after enrichment & before downtime
Downtime (crate, expen or 'place')
Pee/Poop before bedtime, with a few minutes to sniff