

Your First 30 Days With a New Puppy

A calm, week-by-week plan. Check things off as you go.

Before they come home

- Pick the crate spot (near where you sleep for the first weeks).
- Puppy-proof: cords, shoes, plants, trash cans, low cabinets.
- Buy the essentials from the checklist and set up the gate.
- Book a vet visit for the first week.
- Decide family rules: who feeds, where the dog sleeps, what words you'll use for commands.

Days 1-3: Settle in

- Go straight to the potty spot when you get home.
- Keep it quiet: no big visitors or outings yet.
- Start a simple routine: potty, eat, play, potty, nap.
- Take them out after waking, eating, playing, and every 1-2 hours.
- Expect some crying at night; take them out once, calmly, then back to the crate.

Days 4-7: Build the routine

- First vet visit: bring records, ask about vaccines, deworming and food amounts.
- Short crate sessions during the day with a stuffed chew toy.
- Start name recognition and 'sit' with tiny treats.
- Handle paws, ears and mouth gently every day.

Week 2: Gentle exploring

- Introduce new sounds, surfaces and people at home.
- Practice short alone time (5-15 minutes) so being alone is normal.
- Start wearing the collar and harness indoors.
- Keep cleaning accidents with enzyme spray, never scold after the fact.

Week 3: Learn & socialize

- Ask your vet when it's safe to visit public places.
- Look into puppy classes.
- Practice 'come,' 'down,' and loose-leash walking in the yard.
- Try a lick mat or snuffle mat for calm time.

Week 4: Check in

- Look at your potty log: are accidents going down?
- Slowly stretch time between potty breaks.
- Book next vaccines if needed.
- Celebrate! The first month is the hardest.

Potty log

Day	Time out	Pee	Poop	Accident?

Need the shopping list? Get the free New Puppy Essentials Checklist at www.gooddogdepot.com. General information only, not veterinary advice. Product links are affiliate links: we may earn a commission at no extra cost to you.