



The First Week With Your Puppy

A calm, practical guide to starting off right

Helping your puppy feel safe, settled, and clear about life in their new home



Welcome

Bringing home a puppy is exciting, emotional, and often a little overwhelming. This first week is not about doing everything at once. It is about helping your puppy feel safe, settled, and clear about what life looks like now.

1. Your Puppy Just Left Everything They Know

Your puppy has left their littermates, breeder, foster home, or previous environment. Even if they seem confident, this is a huge change. New people, new sounds, new routines, new rules, and new smells are a lot to take in.

Because of that, the first week should not be about constant excitement or nonstop activity. It should be about creating calm, structure, and predictability.

Your puppy does not need a big social calendar right away. They need time to exhale.

- Keep the environment calm
- Limit chaos and overstimulation
- Avoid too much freedom too soon
- Begin simple routines right away

A puppy who is allowed to settle will often adjust more smoothly than a puppy who is overwhelmed from day one.

2. Why Crate Training Should Start Immediately

One of the best things you can do in the first week is begin crate training.

The crate is not meant to be a punishment. It is meant to become your puppy's safe place—a quiet spot to rest, settle, sleep, and learn how to be alone without panicking.

Many puppies will not automatically love the crate on day one, and that is okay. Crate training is something you build. Be prepared for a couple of sleepless nights. Picking your puppy up on a Friday can help so you have the weekend to start the work.

- Place the crate in a quiet but not isolated area
- Make it comfortable
- Let the puppy go in and out
- Feed meals in or near the crate
- Offer rest periods in the crate throughout the day
- Keep early crate sessions short and manageable

Crate training also helps with housebreaking, preventing destructive behaviour, building independence, creating routine, and keeping your puppy safe when you cannot supervise.

3. Let the Puppy Settle

A common mistake is doing too much too fast.

Confidence does not come from flooding a puppy with experiences. It comes from helping them feel secure and capable. Exposure to new experiences is VERY important at this age but it should be done well.

- Keep the home environment calm
- Use short periods of activity
- Build in lots of rest
- Offer gentle exposure to normal life
- Follow a predictable routine

This does not mean hiding your puppy from the world. It means being thoughtful and giving them room to decompress.

4. Housebreaking Basics

Housebreaking begins the moment your puppy comes home.

Do not assume your puppy knows where to go. They do not. Housebreaking is not about scolding accidents after the fact. It is about supervision, timing, and consistency.

- First thing in the morning
- After eating
- After drinking
- After playing
- After waking from a nap
- Before bed
- Any time you think, "Maybe they need to go"

Choose one bathroom area and be consistent. Bring your puppy there often on leash. When they go in the right place, calmly reward them. Accidents will happen. Clean up well and move on.

5. Freedom Should Be Earned, Not Given

One of the biggest mistakes new puppy owners make is giving too much freedom too early.

A puppy with full access to the house is much more likely to have accidents, chew inappropriate things, become overstimulated, rehearse unwanted behaviour, and struggle to settle.

- Use a crate
- Use a leash indoors when needed
- Use gates
- Supervise closely
- Schedule rest

Your puppy does not need the whole house in week one. They need a small, structured world that helps them succeed.

6. Build Routine Right Away

Puppies learn quickly, and they also thrive on routine.

A simple daily rhythm helps your puppy understand what to expect. That alone reduces stress.

- Wake up
- Potty break
- Short activity or play
- Food
- Potty break
- Supervised time
- Rest in the crate
- Repeat throughout the day

It does not need to be perfect. It just needs to be consistent.

7. Keep Training Simple in the First Week

The first week(s) is not about teaching everything.

You do not need a long list of commands right away. Focus instead on simple foundations that support calmness, clarity, and relationship.

- Responding to their name
- Following you
- Coming when called in easy situations
- Being handled calmly
- Settling in the crate
- Going outside regularly
- Learning that calmness matters

You are not trying to create a perfectly trained puppy in seven days. You are starting habits that will shape the weeks and months ahead.

8. Rest Is Not Optional

Puppies need a lot more sleep than most people expect.

A puppy that seems wild, mouthy, zoomy, or unable to listen is not bad - they are overtired.

- Easier to housebreak
- Less bitey
- Calmer
- More able to learn
- More pleasant to live with

Sometimes the best thing you can do for your puppy is help them stop and rest.



9. The Goal of Week One

The goal of the first week is not perfection.

The goal is helping your puppy feel safe, starting crate training, beginning housebreaking, building routine, preventing overwhelm, and keeping life calm and clear.

That is enough. You do not need to rush. A puppy who starts with structure, rest, and consistency is already on the right path.

Final Thoughts

The first week with a puppy sets the tone for everything that follows.

Start with calm. Start with structure. Start with realistic expectations.

Your puppy is not trying to give you a hard time. They are trying to figure out a brand new world. Your job is to make that world clear, safe, and manageable.

Start crate training right away. Keep the home environment calm. Stay on top of housebreaking. Limit freedom. Protect rest.

Do those things well, and you will already be giving your puppy a strong start.

Quick First-Week Checklist

<input type="checkbox"/>	Create a calm home environment
<input type="checkbox"/>	Start crate training right away
<input type="checkbox"/>	Follow a simple potty schedule
<input type="checkbox"/>	Supervise or confine when needed
<input type="checkbox"/>	Limit freedom in the house
<input type="checkbox"/>	Build rest into the day
<input type="checkbox"/>	Keep routines predictable
<input type="checkbox"/>	Focus on calm foundations, not perfection

A calm first week builds the foundation for a lifetime together.