

Preview: The New Puppy Survival Kit

Selected pages from the collection

ABOUT THIS GUIDE

A sample of pages from four of the ten guides, so you can see the layout and writing before you buy. The full guides are included in the bundle.

Part of The New Puppy Survival Kit.



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WELCOME

Welcome to puppy ownership

Bringing home a puppy is exciting, a little nerve-racking, and often more tiring than people expect. That is normal.

Most first-time owners remember the first few weeks as a mix of small joys and small surprises: the 3 a.m. toilet trip, the sock that went missing, the puppy who suddenly refuses to settle in the crate. This handbook is here to help you understand what is happening and what to do about it.

It follows the first year in a practical order. You will find chapters on getting ready, the first days at home, daily routines, reading your puppy, reward-based learning, house training, rest and play, grooming and handling, socialization, safety, common mistakes, and when to get professional help. Each chapter ends with a short summary, and the final pages give you quick-reference cards you can keep near the door.

The other workbooks in the Pawprint Academy collection go deeper on specific jobs, such as the Daily Planner, the Potty Training Tracker, and the Training Workbook. You do not need them to use this handbook, but they make record keeping easier.

WHAT THIS HANDBOOK IS NOT

This is educational material for everyday puppy care. It is not veterinary advice and cannot diagnose or treat a health problem. Your veterinarian knows your puppy's history and should guide vaccinations, parasite prevention, feeding, and any medicines. A qualified, reward-based trainer can help with behavior concerns.

01

PART ONE

Getting ready

Good preparation is mostly about the parts of puppy life that are easy to underestimate: time, sleep, patience, and the small details that keep a curious puppy safe.

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- Setting realistic expectations
 - Choosing supplies that fit your puppy
 - Preparing the home before arrival



CHAPTER 1

What puppy ownership asks of you

A puppy changes the rhythm of a household. The changes are manageable when you see them coming, so it helps to think them through before the puppy arrives.

Area	What it usually looks like	How to prepare
Time	Several short toilet trips a day, play, training, rest, and supervision. The early weeks take the most attention.	Look at your week and decide who is available for mornings, evenings, and any time you are out.
Sleep	Broken nights are common, especially if a young puppy needs a toilet trip overnight.	Agree on who handles night duty. Keep the sleeping area close to where you rest, if practical.
Money	Food, bedding, vet visits, training classes, and replacing chewed items all add up.	Use the budget worksheet in The New Puppy Shopping Checklist.
Patience	Chewing, mouthing, and house training accidents are part of learning, not defiance.	Plan calm responses in advance so you are not making decisions when you are tired.

QUESTIONS TO SETTLE BEFORE ARRIVAL

- ☐ Who does the morning and late-night toilet trips?
- ☐ Where will the puppy sleep, and who checks on it during the night?
- ☐ Which rooms or furniture are off limits, and does everyone agree?
- ☐ Who books and attends vet visits, and who keeps the records?
- ☐ If there are children, how will you supervise every interaction?
- ☐ If you have other pets, how will introductions happen, and who supervises them?
- ☐ What will you do if you have to work long hours or travel?

A REALISTIC EXPECTATION

Expect the first two weeks to be the hardest. Routines settle, the puppy learns the house, and you learn to read your puppy. Things usually get easier as both of you find a rhythm.

CHAPTER 1, CONTINUED

Your support team

You will be making decisions about health, food, behavior, and training. Most go better when you know who to ask and when.

Who	What they help with	When to contact them
Veterinarian	Health checks, vaccination and parasite plans, feeding advice, medicines, and any concern about illness.	Early and often. Contact them promptly about anything that worries you.
Breeder or rescue	The puppy’s background, early care, and the food and routine the puppy is used to.	Before you change food or routine, and to ask about the puppy’s history.
Reward-based trainer	Puppy classes and help with behavior, such as jumping, biting, fear, or reactivity.	When a behavior is repeated, escalating, or causing distress for the puppy or family.
Groomer	Bathing, brushing, and coat and nail care, once you know what your puppy needs.	When you are unsure about coat type or the grooming routine for your puppy.

CHOOSE A VET BEFORE YOU NEED ONE

Find a veterinary clinic and an emergency veterinary service before your puppy arrives. Save both phone numbers and addresses in your phone and on the fridge. In an emergency, you should not be searching for a clinic.

TRAINER TIP

Look for a trainer who uses reward-based methods and explains what they are doing. Be cautious of anyone who recommends physical punishment, shock devices, alpha rolls, or intimidation.

START HERE

Training that works with your puppy

Puppies learn quickly, but they learn what we reward, not what we intend. This workbook teaches the basics with positive reinforcement: rewarding the behavior you want, and using management and patience for the rest.

Each lesson has a goal, preparation, numbered steps, common mistakes, easier and harder versions, and a tracker. Do one or two lessons at a time. Puppies develop at different rates, so the pace is yours to set, and some skills will take weeks.

WHAT REWARD-BASED TRAINING MEANS

It means your puppy is rewarded for behaviors you like, such as sitting, coming, or walking calmly. Unwanted behavior is managed (for example, with a gate or a toy) rather than punished. Rewards can include food, praise, play, and access to something your puppy enjoys.

PLEASE AVOID

Physical punishment, shouting, shock tools, prong or choke collars used to correct behavior, and intimidation. These approaches can increase fear and stress, and they often make a puppy less willing to offer the behavior you want.

THE SCIENCE, SIMPLY

How rewards shape behavior

A reward makes a behavior more likely to happen again. The sequence below is the core of every lesson in this workbook.



The reward cycle. Clear timing makes it easier for your puppy to connect the behavior with the reward.

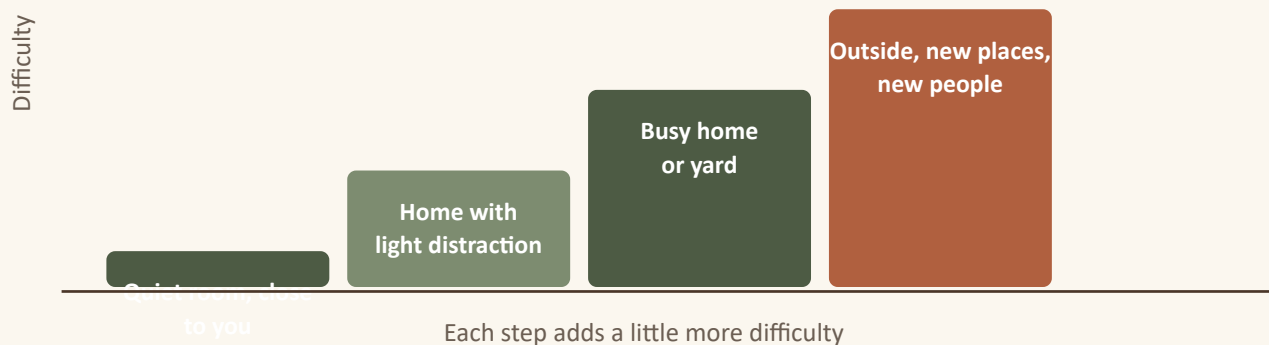
THREE THINGS THAT MAKE IT WORK

- ☐ **Clear marking.** A marker word or click tells the puppy the moment they got it right.
- ☐ **Quick rewards.** Aim to reward within a second or two of the behavior.
- ☐ **Consistent cues.** Use the same word and hand signal each time, and avoid repeating them.

PROGRESS

Training progression

Skills should move from easy settings to harder ones, one step at a time. Most puppies learn best when each new step is only a small increase in difficulty.



A training progression. Move up only when the skill is reliable at the current step.

SIGNS YOUR PUPPY IS READY FOR THE NEXT STEP

- ☐ Your puppy responds at least eight out of ten times at this step
- ☐ Your puppy stays relaxed, with loose body language
- ☐ You can reward quickly and consistently
- ☐ Your puppy is not showing stress, like panting, lip licking, or hiding

IF YOU NEED TO STEP BACK

Moving back a step is not a failure. It gives your puppy another chance to be successful, which builds confidence.

BODY LANGUAGE

Reading your puppy's body language

Your puppy will show how they feel before they make a sound. Learn these signs, and act on them early.

Relaxed	Curious	Unsure	Stressed
Loose, wiggly body	Ears forward	Lip licking	Freezing, crouching
Soft eyes and mouth	Slow approach	Yawning, turning away	Tail tucked
Play bow or sniffing	Sniffing, tail up	Weight shifted back	Hiding or growling

Signs vary between dogs. Look at the whole picture, not one signal alone.

Signs from relaxed to stressed. When you see unsure or stressed signs, make the experience easier or end it.

ACT ON EARLY SIGNS

Moving away at the first sign of unease is more helpful than waiting until your puppy growls or hides. Growling is communication, and it should be respected, not punished.

SAFETY

Vaccination and safety precautions

Young puppies need socialization, and they are also still building protection against infectious disease. Your veterinarian can help you balance the two.

- ☐ Ask your vet for locally appropriate precautions, based on your puppy's vaccination stage and local disease risk.
- ☐ Ask your vet which places, dogs, and activities are lower risk for your puppy right now.
- ☐ Keep your puppy away from places where unvaccinated dogs gather, and from areas where dog waste is common, until your vet says it is appropriate.
- ☐ Choose safe, low-risk experiences, such as your home, the car, visits from healthy vaccinated dogs known to your household, and carrying your puppy through busy places.
- ☐ Wash your hands after handling your puppy and after outings, and ask others to do the same before touching your puppy.

ASK YOUR VET, NOT THE INTERNET

Vaccination schedules and disease risks vary by country and region. Ask your veterinarian to advise on the precautions that suit your location and your puppy.

PROGRESS

Socialization progress tracker

Mark each category when you have started it, when your puppy has had at least three positive experiences, and when your puppy seems confident. Progress often moves in a zigzag, so do not worry if a category moves back.

Category	Started (date)	3 or more positive experiences	Confident
1. Household sounds		☐	☐
2. Different safe surfaces		☐	☐
3. Everyday objects		☐	☐
4. People at a distance		☐	☐
5. Calm observation of the outside world		☐	☐
6. Vehicles and travel		☐	☐
7. Gentle handling		☐	☐
8. Safe encounters with other dogs		☐	☐
9. Environmental enrichment		☐	☐
10. Positive experiences in new settings		☐	☐

PLANNER

Weekly adventure planner

Choose one or two experiences each week. Keep the plan flexible, and let your puppy’s response guide the next step.

Day	Planned experience	Category	Prep done	How it went

WEEK REVIEW

[START HERE](#)

Your puppy's memory journal

The first year goes quickly. Small moments that feel ordinary today, like a first sleepy yawn or a favorite squeaky toy, often become the ones you remember most.

Fill in what you can, and leave the rest for later. Some pages are for facts, like dates and milestones. Others are for stories, reflections, and the letter to your puppy at the end. Use a pencil if you want to revise, or a pen if you prefer the look of finished ink.

KEEP IT PERSONAL

There is no right way to fill this journal. A few honest sentences on a busy day are worth more than a perfect page you never start.

PROFILE

Puppy profile

The basics, in one place.

Name _____

Colors and markings _____

Nicknames _____

Eye color _____

Birthday (or estimated date) _____

Coat type _____

Breed or mix (in my words) _____

Favorite word or sound _____

Sex _____

Weight when we met _____



Photo: your puppy at about eight weeks, or your first photo together

Keep microchip and registration details in your Health and Vet Visit Organizer, not here.

STORY

How we found each other

Write the story of how your puppy came to you, in your own words. Include where you found them, who you met, and what you were hoping for.

Date we met _____

Where we met (breeder, rescue, shelter, or other) _____

THE STORY