PUPPY EDITION

The First 100 Days at a Glance

One page to pin somewhere visible: the first weeks with your new puppy, compressed into a single timeline.



Before pickup day

- [ ] Crate sized for their adult dimensions, with a divider panel
- [ ] First vet appointment booked within the week
- [ ] ID tag ordered and microchip registration started
- [ ] A “safe zone” of the house chosen for day one, not the whole house at once
- [ ] House rules agreed with everyone at home (who feeds, who’s on the furniture, where they sleep)

A realistic first day

Arrival	Straight to the toilet spot outside before anything else
First hour	One quiet room only. Water available. No visitors, no other pets yet
Afternoon	Short, calm exploring of one or two more rooms, at their pace
Evening	First meal (the same food as before), quiet play, another toilet trip
Bedtime	Crate in the bedroom, scented blanket inside, a small treat for going in willingly

The first 100 days

Weeks 1–2	Settling in, crate association, first vet visit
Weeks 2–4	Socialisation begins in controlled settings; name and sit basics
Weeks 4–6	House-training routine solidifying; down, stay and come introduced
Weeks 6–9	Loose-lead walking; keep adding new, positive experiences
Weeks 9–14	Socialisation window closing, so keep exposures going; talk to your vet about neutering
Week 14 on	Reinforcement: practise cues around distractions and keep the routine you built

Professor Mochi's tip: A boring first evening is a successful first evening. Save the party for week two.

Vaccines and parasite control: ask your vet for the schedule that suits your puppy.

Then keep it going in PetKeep (free app)

Add your puppy, set a reminder for the first vet visit and log the first weight. Everything stays on your phone, no account needed.

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Pawfessors: illustrated guides for new cat and dog owners. Free to print and share with adopters.
Based on guidance from the AKC, ASPCA, AVMA, AAHA and AVSAB (full citations in the DOG 101 guide). Not veterinary advice: ask your vet about your own animal.

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