

# The New Dog Parent Starter Guide

The first 30 days, done right

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The first month sets the tone for your dog's whole life. This guide covers what actually matters early: routine, house-training, and not accidentally rewarding chaos.

## Week one: build the routine

- Same feeding, walk, and sleep times daily — dogs run on predictability.
- Crate = safe den, never punishment. Feed meals in it to build positive association.
- Keep the world small at first; slowly add new people, places, surfaces.

## House-training that works

- Take them out after waking, eating, playing, and every 1-2 hrs for puppies.
- Reward the instant they finish outside — timing is everything.
- Accidents = clean with enzyme cleaner (kills the scent marker), never scold after the fact.

## Health basics

- Book a vet visit in week one; confirm vaccine + deworming schedule.
- Learn your breed's exercise needs — under-exercised dogs invent their own jobs (chewing).
- Keep toxic foods out of reach: chocolate, grapes/raisins, xylitol, onions.

## Insider glossary

**Crate training** — Teaching the crate as a calm safe space.

**Socialization window** — ~3-14 weeks; key period for positive exposure.

**Enrichment** — Mental work (puzzles, sniffing) that tires a dog more than walks alone.

## Starter checklist

- Crate + bed
- Enzyme cleaner
- ID tag + microchip
- Vet appointment
- Puzzle feeder

□ Training treats

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