

OWNER RESOURCE 05 / 05

Your Puppy's First Week at Home

A flexible starting plan for safety, rest and learning together

ABOUT CANINE UK

Canine UK starts with audit before assumptions. We look at the individual dog, their health, behaviour, environment and everyday life, alongside the needs and capabilities of their owner. Our approach puts safety, welfare, practical progress and owner understanding first.

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Make home manageable. Protect rest. Learn together.



AI generated puppy image. Cover image is illustrative, not a behaviour diagnosis or technique demonstration.

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Your puppy is developing physically, socially and emotionally. Start with routines your household can deliver calmly. Use this first week to understand your puppy, without expecting adult reliability or a fixed pace of progress.

Make home manageable

Use supervision, gates or a suitable pen to control access to chewing hazards, stairs, doors, food, children and other animals. Management should allow safe exploration while preventing repeated problems. Expand freedom when behaviour supports it.

Protect sleep and support toileting

Provide a protected place to sleep. Reduce interaction when your puppy becomes tired or frantic. Offer predictable toileting opportunities, supervise and calmly reward success. Choose a routine the household can repeat consistently.

Keep learning short and simple

Choose one achievable learning step, such as rewarding a voluntary return to you. Use a clear signal and a predictable, suitable reward so success is easy to recognise. Finish before frustration or fatigue takes over. A brief successful practice is enough.

Explore and return

Allow suitable sniffing, watching and movement in a safe setting. Stay available and make returning worthwhile through food, play or calm interaction. Constant attention is not the goal. Give distance and recovery time if something feels too much.

Review the individual puppy

Consider vaccination guidance, growth, digestion, sleep, pain and physical limits when choosing activities. Notice confidence and recovery without fixed labels. Change one part of the plan at a time and record what helps your puppy and household.

Safety and support

Pause and review if your puppy freezes, panics, bites defensively, seems uncomfortable or becomes more distressed with repetition. Do not force handling or treat distress as defiance. Keep everyone safe and seek individual guidance. Possible pain or illness needs veterinary input.

Build the plan around your puppy

A flexible needs map, not a timetable or a first week achievement ladder.



Consider health limits and household routines. Change one part of the plan at a time.

Pause and review

Pause for freezing, panic, defensive biting, discomfort or increasing distress. Do not force handling or treat distress as defiance. Possible pain or illness needs veterinary input. See page 2 for the full guidance.



Our first week plan

Choose a small, realistic plan. Return to these notes as you learn what your puppy needs.

My puppy's current needs and health limits

One home management priority

Rest and toileting arrangements

One short learning activity

Safe exploration and return plan

What helped recovery and what I will adjust

Need help with your own dog?

This resource is a starting point, not a substitute for an individual assessment.

A Canine UK audit helps us understand your dog, your concerns and your circumstances before recommending an appropriate pathway.

Request an audit

ask@canineuk.com

canineuk.com/contact-us/