



WELCOME TO PUPPYHOOD

A Thoughtful Guide To Raising
A Happy, Confident Puppy

by Helena,
♥ Loving Tails Pet Care



www.lovingtailspetcare.com

Welcome To Puppyhood

Bringing home a puppy is one of life's most exciting adventures.

Alongside the cuddles, zoomies, puppy breath and endless photographs can come a few challenges too.

One day your puppy seems to understand everything.

The next, they appear to have forgotten it all.

The good news?

That's completely normal.

This guide has been thoughtfully created to help you navigate those early weeks with confidence, kindness and realistic expectations.

Inside you'll find practical tips, training foundations and simple ways to help your puppy thrive.

Most importantly, remember:

Progress is not perfection.

Be patient.

Be consistent.

Celebrate the small wins.

And enjoy every moment of the journey.

♥ Helena

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Loving Tails Pet Care

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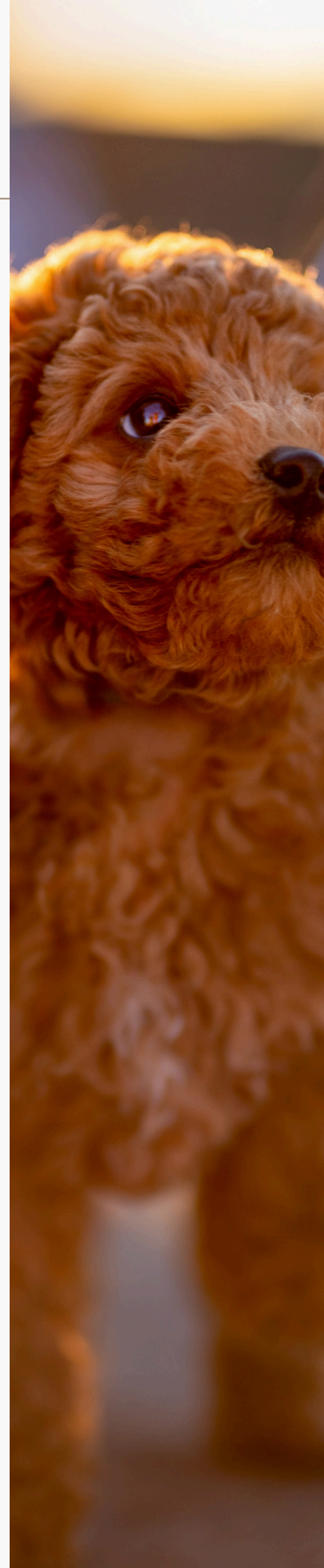
PREPARING YOUR HOME

PUPPY ESSENTIALS CHECKLIST

- Food & water bowls
- Collar & ID tag
- Harness & lead
- Comfortable bed
- Crate or safe sleeping area
- Puppy-safe toys
- Training treats
- Cleaning supplies
- Veterinary registration
- Emergency contact information

PUPPY-PROOFING TIPS

- 🐾 Remove hazards and loose cables
- 🐾 Store medications safely
- 🐾 Remove toxic plants
- 🐾 Create a quiet rest area
- 🐾 Secure bins and household chemicals
- 🐾 Keep valuable items out of reach





YOUR FIRST WEEK TOGETHER

Focus on:

- 🐾 Building trust
- 🐾 Establishing routines
- 🐾 Toilet training
- 🐾 Rest and sleep
- 🐾 Gentle exploration
- 🐾 Positive experiences

Avoid:

- × Too many visitors
- × Busy environments
- × Long adventures
- × Overwhelming socialisation
- × Unrealistic expectations

Remember...

Your puppy has just left everything they've ever known.
The first week is about helping them feel safe, secure and supported.



TOILET TRAINING BASICS

Most puppies need to toilet:

- ✓ After waking up
- ✓ After eating
- ✓ After drinking
- ✓ After playing
- ✓ Before bedtime

Success Tips

- 🐾 Take your puppy out regularly
- 🐾 Reward outdoor toileting
- 🐾 Supervise indoors
- 🐾 Stay patient
- 🐾 Expect accidents
- 🐾 Celebrate success



Loving Tails Tip

Accidents are information, not bad behaviour.

Focus on helping your puppy succeed rather than correcting mistakes.

SLEEP & ROUTINE

Did you know?

Young puppies often need between 18–20 hours of sleep every day.
A tired puppy may appear:

- 🐾 Hyperactive
- 🐾 Bitey
- 🐾 Frustrated
- 🐾 Unable to settle
- 🐾 Easily distracted

Prioritise

- ✓ Rest
- ✓ Routine
- ✓ Predictability
- ✓ Calm downtime
- ✓ Opportunities to relax

Remember...

Many behaviour challenges improve when puppies are getting enough sleep.



SOCIALISATION & CONFIDENCE

Socialisation isn't about meeting as many dogs as possible. It's about helping your puppy feel safe and confident experiencing the world around them.

Positive Experiences Include:

- 🐾 New environments
- 🐾 Different surfaces
- 🐾 Household sounds
- 🐾 Friendly people
- 🐾 Calm dogs
- 🐾 New sights and smells





Loving Tails Tip

Focus on quality experiences, not quantity.



ENRICHMENT IDEAS

Puppies love opportunities to:

-  Sniff
-  Lick
-  Chew
-  Problem solve

Try:

-  Scatter feeding
-  Sniffari walks
-  Stuffed Kongs
-  Lick mats
-  Natural chews
-  Simple scent games
-  Food puzzles

Remember...

Mental enrichment can be just as valuable as physical exercise.





COMMON PUPPY MISTAKES

Try not to:

Expect too much too soon
Punish mistakes
Skip naps
Over-socialise
Compare your puppy to others

Instead:

✓ Build confidence
✓ Focus on progress
✓ Keep training positive
✓ Celebrate small wins
✓ Enjoy the journey



THE TEENAGE PHASE IS COMING...

Between approximately 6–18 months, many puppies enter adolescence.

This can include:

- 🐾 Selective hearing
- 🐾 Increased distractions
- 🐾 Reduced focus
- 🐾 Testing boundaries
- 🐾 Changes in confidence

The good news?

This stage is temporary.

With patience, consistency and support, your puppy can continue growing into a wonderful adult dog.

Remember...

Adolescence is a *phase*, not a personality.

Questions?

NEED MORE INSIGHT & SUPPORT?



Every puppy is unique.

If you'd like personalised guidance, Loving Tails Puppy Support offers one-to-one support tailored to your puppy's individual needs.

- 🐾 Puppy Foundations
- 🐾 Toilet Training Support
- 🐾 Confidence Building
- 🐾 Socialisation Guidance
- 🐾 Adolescent Support
- 🐾 Ongoing Advice

CONTACT LOVING TAILS


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Thank you!

♥ THOUGHTFUL CARE FOR
EVERY TAIL