EXAMPLE DAILY ROUTINE FOR YOUR PUPPY

(Refer to document + exposure tick off sheet)

This schedule is an example of how your puppy's needs can be met throughout the day. Adjust the times, activities and order to suit your household, your puppy's age and their individual needs.

Focus on one time block at a time rather than the entire day.
During each awake period, aim to include:

- A short training game
- Play or movement
- Exploration or exposure
- Quiet time near you
- Independent time
- Enrichment or an appropriate teething opportunity
- Regular toileting opportunities
- Restorative sleep

Choose one or two training games during each awake period and rotate them throughout the week.

Your puppy does not need to practise every game every day. Keep all sessions short, positive and enjoyable.

The detailed daily schedule appears on the following page. →



EXAMPLE DAILY ROUTINE FOR YOUR PUPPY

7:00 am–10:00 am

1. Wake and go directly outside to toilet
2. Breakfast in the crate with the door open
3. Toilet again after breakfast
4. Practise the Taking Treats Nicely Game
5. Play the Get It Game
6. **Offer active enrichment or an appropriate teething opportunity**
7. Practise Cause-and-Effect Training through simple exploration
8. Introduce gentle Exposure Training to a new object, movement or noise
9. Toilet after activity
10. Offer a chew while practising the In and Out Game
11. Quiet time near you, then a short period of independent time
12. Final toilet opportunity
13. Sleep in the crate

10:00 am–1:00 pm

1. Wake and toilet
2. Scatter treats throughout the grass
3. Practise OOO... What's This?
4. Take a short sniff walk and explore a new surface or object
5. **Offer a frozen Kong or appropriate chew**
6. Include a brief session of Play or Tug
7. Practise the Crazy to Calm Game after play
8. Toilet after activity
9. Practise Cause-and-Effect Training or the Head in Cup Game
10. **Offer calming enrichment or a teething activity**
11. Quiet independent time while you remain nearby
12. Final toilet opportunity
13. Sleep in the crate

1:00 pm–4:00 pm

1. Wake and toilet
2. **Offer lunch in a stuffed food toy if your puppy is still eating three meals each day**
3. Toilet after eating
4. Practise the Don't Steal Objects Game
5. Complete a short Handling session
6. Play a brief game of tug, chase or puppy ping-pong
7. Practise walking and sitting on different surfaces
8. Introduce a new sight, sound, object or movement through Exposure Training
9. Toilet after play or training
10. Allow quiet independent time in a safe area while you remain nearby
11. Practise Cause-and-Effect Training or the Get It Game
12. **Offer calming enrichment or a teething opportunity**
13. Practise the In and Out Game
14. Final toilet opportunity
15. Sleep in the crate

4:00 pm–6:00 pm

1. Wake and toilet
2. Practise the In and Out Game
3. **Offer an appropriate chew or active enrichment outside**
4. Take a short sniff walk and explore a new surface or object
5. Play OOO... What's This?
6. Practise Cause-and-Effect Training through simple problem-solving
7. Practise Tether Training for a short period
8. Play the Taking Treats Nicely Game
9. Practise a short Handling or Head in Cup session
10. Play a brief game of tug or chase
11. Toilet after activity
12. Finish with the Crazy to Calm Game
13. **Offer calming enrichment with a chew during quiet independent time near you**

EXAMPLE NIGHTTIME ROUTINE

I find that if you follow this, you can settle a new dog into a consistent sleep routine within roughly 7 days. Expect some disrupted nights while your puppy adjusts. Remaining consistent will help them learn that nighttime is for resting. I encourage that you have your puppy sleep in your room or near you.

6:00 pm–8:00 pm

1. Play the Get It Game closer to the beginning of quiet time
2. Give your puppy dinner in their crate
3. Take them outside to toilet after eating
4. Allow some playtime and calm interaction
5. Practise one short training game
6. Offer another toileting opportunity after play

8:00 pm–10:00 pm

1. Place your puppy in their pen with a Lickimat or calming enrichment
2. Allow them to finish, then take them outside to toilet
3. Sit beside them without immediately touching them and allow them to settle
4. Once they appear relaxed, offer a few slow, gentle pats and pause
5. Continue only if they remain calm and comfortable with the touch

☆ *This quiet period can also include gentle Handling or calm Tether Training*

10:20 pm

Take your puppy outside for a gentle walk on the grass and a final toileting opportunity.

10:30 pm

Place your puppy in their crate near where you sleep, positioned so they can see or hear you. Sleeping nearby can help them feel safe while they adjust to their new home.

10:30 pm–1:30 am

1. If your puppy whines, barks or cries during this period, offer quiet reassurance. You may speak softly or place your fingers through the crate to let them know they are not alone.
2. As a general guide, a puppy may be able to hold their bladder overnight for approximately one hour per month of age, plus one additional hour. This is only a guide, and every puppy is different.
3. If your puppy has recently toileted and becomes unsettled before their expected toilet break, first give them an opportunity to resettle.

After 1:30 am

1. Whining, barking or unsettled behaviour may indicate that your puppy needs to toilet.
2. Calmly carry or walk them outside and give them approximately five minutes. If they toilet, quietly mark and reward them, but keep praise calm. Do not play or excite them. Return them directly to their crate.
3. If they do not toilet, return them to bed and try again in approximately one hour if they remain unsettled.

Three Hours After the Last Toilet Break

If your puppy begins whining, barking or moving restlessly around their crate, take them outside for another calm toileting opportunity.

Anytime After 6:30 am

1. Begin the morning whith a calm toileting opportunity. Try to keep your puppy settled until approximately 7:00 am:

   ✗ No food ✗ No toys ✗ No training ✗ No exciting play or adventures

2. Offer a brief pat and a calm "good morning," then take them outside. Follow your usual toileting reward process, but leave out the playtime.
3. Where possible, wait at least 15 minutes after waking before offering breakfast or beginning exciting activities. This helps your puppy learn that waking up does not mean the fun begins immediately.
4. Try varying the exact time your puppy is let out of their crate each morning. This can help prevent their body clock from becoming fixed on an increasingly early wake-up time.

Anytime After 7:00 am

The daytime routine begins.