CHECKLIST AND PLAN

New Puppy Checklist and First 30 Days Plan

Everything to buy and do before and after your puppy comes home, with a simple week-by-week plan for training, health and socialisation.

By Dr. Vaishnavi Karmawat, B.V.Sc. & A.H., Veterinary Officer · vetvaishnavi.com

Shopping list

- [ ] Puppy food (complete, for puppies)
- [ ] Food and water bowls (steel)
- [ ] Collar or harness with ID tag
- [ ] Lead (leash)
- [ ] Bed or crate with soft blanket
- [ ] Chew toys (2 to 3 safe ones)
- [ ] Puppy pads or a tray for flats
- [ ] Enzyme cleaner for accidents
- [ ] Soft brush and puppy shampoo
- [ ] Tick and flea product advised by vet
- [ ] Small training treats
- [ ] Poop bags

Puppy-proof your home

- [ ] Hide electric wires and chargers
- [ ] Net balconies and block stairs
- [ ] Keep shoes, socks and slippers away
- [ ] Lock away medicines and cleaners
- [ ] Remove rat poison and insecticides
- [ ] Keep chocolate, grapes, onion and garlic out of reach
- [ ] Close dustbins with lids
- [ ] Move toxic plants out of reach

First vet visit (first week)

- [ ] General health check
- [ ] Start or continue vaccinations
- [ ] Deworming plan
- [ ] Tick and flea plan
- [ ] Ask about food and amounts
- [ ] Ask about spay or neuter timing

Daily routine for a young puppy

Time	What to do
Wake up	Straight to the toilet spot; praise and reward
Breakfast	Meal 1, then toilet within 5 to 15 minutes
Morning	Short play and training (5 minutes); nap in bed or crate

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Midday	Meal 2, toilet, quiet time
Afternoon	Gentle play, chew toy, socialising at home
Evening	Meal 3, toilet, short training session
Before bed	Last toilet trip; calm settle in bed
Every 1 to 2 hours	Toilet trip, and always after naps and play

Your first 30 days

Week	Focus	Tick when done
Week 1	Settle in, fixed toilet spot, first vet visit, name recognition	☐ Done
Week 2	Potty routine, crate or bed time, gentle handling of paws, ears and mouth	☐ Done
Week 3	Sit, come and settle; meet calm vaccinated dogs; new sounds at home	☐ Done
Week 4	Short alone-time practice; lead walking indoors; review vaccine dates	☐ Done

Potty training tips

- A puppy can hold its bladder for about 1 hour per month of age.
- Reward within 2 seconds of the puppy going in the right spot.
- Never scold accidents; clean them with an enzyme cleaner, not phenyl.
- Limit freedom to one or two rooms until the puppy is reliable.

See a vet the same day for vomiting with diarrhoea, blood in stool, refusing food, weakness or pale gums.

For a full 30-day training plan, see the book **Puppy Training for Beginners** by Dr. Vaishnavi Karmawat on Amazon.

This guide is general information for animal owners and farmers and does not replace an examination by a veterinarian. Vaccine schedules and scheme rules can differ by region and change over time; confirm with your vet, local veterinary hospital or official sources. Questions? Visit vetvaishnavi.com/ask-the-vet or email care@vetvaishnavi.com.

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