

# Establish a Routine for a New Dog/Puppy

Like humans, dogs find comfort in routine. Predictability creates confidence, so have a regular daily schedule. Introduce friends and family slowly—have them toss treats to the dog to build pleasant associations. Treat or play around new objects like household items and in new environments. And have fun! Playing, feeding, walking and interacting with your new dog builds a lasting bond.



Establish a routine. Stick to the same time for play, walks, meals, departures and arrivals.

Begin positive reinforcement training in your home. Say “yes” to your dog with small food rewards when he does things you like.



Create a place for your dog. Dogs need time to themselves, too. Provide a comfy spot with a bed, toys and water.

Shift calories out of the food bowl and use them for minute-long training sessions or teaching polite walking skills. The harder a behavior is for a dog, the tastier the food should be.



Keep your dog’s world small for the first few months. Provide short, positive, controlled introductions to new people, places and things.

Allow your dog to decide whether to solicit petting from someone—never force an interaction. Many dogs don’t like to be touched by unknown people.

Doggy introductions can be stressful. Many dogs are dog selective. After all, do you like everyone you meet? Leash greetings can be uncomfortable. Avoid these meetings until you learn more about your dog’s stress signals.

Always focus on reinforcing behaviors you like. Punishment may suppress behaviors, but it is not fixing the underlying cause, and has many risks.

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