FIRST30PAWS

Puppy Training for Beginners

Your First 30 Days Together

A practical guide with daily routines and progress trackers

30 DAY WORKBOOK

Preparing your home and building everyday skills

By First30Paws



START HERE

A good beginning is repeatable

Start with a safer home and a workable care plan. Then use the daily lessons to build everyday skills through short, reward-based practice. The worksheets help you record what your puppy needs and plan your next steps.

You will find short lessons, decisions to make with your household and printable pages for recording what your puppy actually needs.

You may arrive home with a puppy, a bag of supplies and a hundred questions. You do not have to answer all of them on the first afternoon. Begin by arranging care, reducing hazards and learning your puppy's patterns.

The thirty days in this book organize your practice. They are not a deadline for reliable toileting, sleeping alone or responding to every cue. Repeat a day whenever it is useful. Progress can look like one easier toilet trip or a calmer moment beside you.

How to use this workbook

- Before arrival: complete the home check and care plan on pages 3 and 4.
- Day one: use the arrival sequence on page 5 and the night plan on page 6.
- Days two and three: follow pages 7 and 8, repeating what is already comfortable.
- Use the records on pages 9 and 10 and the contacts on page 11. Days 4 to 30 begin on page 12; reusable planning sheets follow on pages 39 and 40.

The teaching approach

Use rewards and arrange the environment so your puppy can succeed. Avoid intimidation, physical punishment and equipment intended to cause pain. Reward-based methods are recommended by the American Veterinary Society of Animal Behavior. [1]

A useful observation is specific: “She sniffed near the door after waking.” “She is stubborn” gives you much less to work with. Describe what happened, then make the next attempt easier.

Use this guide alongside professional care

This is general education, not individualized veterinary or behavioral treatment. First30Paws does not claim veterinary or trainer credentials. Ask your veterinarian about feeding, health, vaccines and local infection risks. Get qualified help for fear, distress or behavior that makes anyone unsafe. Sources appear at the end of the book.

DAY ONE

Make arrival quiet and simple

Your goal today is to learn where your puppy feels comfortable and meet immediate needs. Keep introductions small and postpone visitors. Give the puppy limited, supervised access to the home. [5]

Use this arrival sequence

- Offer a toilet opportunity in your chosen safe location. Ask your veterinarian which areas are appropriate for your puppy's health and vaccination status.
- Bring the puppy to the prepared home base. Stay available while they explore.
- Show the water and resting area. Keep meals consistent with the agreed care plan.
- Introduce household members calmly, one at a time. Let the puppy move away.
- Offer rest when the puppy is ready. The first day does not need a formal lesson.

Notice a moment you can reward

If your puppy chooses to approach or settle near you, respond gently. Use a small suitable food reward if the puppy is comfortable eating, or quiet attention if they seek it. Notice what the puppy actually enjoys. Do not lure them into something frightening and then prevent them from leaving. [1]

If there is an accident

Clean calmly. Do not scold, rub the puppy's nose in it or punish after finding a puddle. Offer more timely toilet opportunities and closer supervision. Reward toileting in the chosen place promptly after the puppy finishes. [6]

One thing that helped my puppy feel comfortable today

_____

_____

One change I will make before the next toilet trip

_____

Sources for this page: [1,5,6].

PRINTABLE RECORD

Daily care and toilet log

Date _____ Puppy age _____ Caregiver _____

Write observations, including unsuccessful toilet trips. Patterns matter more than a perfect page. Reprint for each day.

Time	What happened before	Toilet result and location	Rest or other notes

The clearest pattern I noticed

_____

_____

The next caregiver needs to know

_____

_____

Use this record to support conversations with your veterinarian or trainer. It does not diagnose health or behavior conditions.

DAY 4

Make rewards easy to understand

Today is about your timing, not a new trick. Choose a quiet moment when your puppy is awake, comfortable and ready to interact. Have a few tiny, suitable food rewards ready; count them within the daily feeding plan.

Try it today

1. Choose one short marker word, such as Yes. Everyone in the household should use it consistently.

2. When your puppy offers an easy behavior you like, such as looking toward you, say the marker as it happens. Follow promptly with the reward.

3. Practice only a few repetitions, then put the food away and offer a normal rest or care opportunity. The marker predicts a reward; it is not a command. [12]

Make it easier

If food preparation causes frantic jumping, prepare rewards before inviting the puppy over. If the puppy will not eat, check comfort and immediate needs rather than choosing a harder exercise.

Your observations

The moment I marked most accurately was

_____

_____

_____

Next time I will prepare the rewards by

_____

_____

_____