Daily Puppy Routine

A consistent routine helps your puppy feel safe, confident, and ready to learn!

Early morning

Start the day gently with a potty break as soon as your puppy wakes up. Fresh air and a quiet moment help set the tone. After that, serve breakfast and fresh water. A short walk or a little movement after eating helps wake up their body and mind.

Mid-morning

This is a great time for a light training session. Keep it playful—try practicing simple commands like "sit" or name recall with treats and praise. If your puppy eats three meals a day, this is also a good window for a light lunch.

Early afternoon

After lunch and a potty break, puppies often enjoy some gentle play. You can offer soft toys, a tug session, or food puzzles to keep them mentally engaged. Don't forget to let them nap when they seem tired—they need lots of rest to grow.
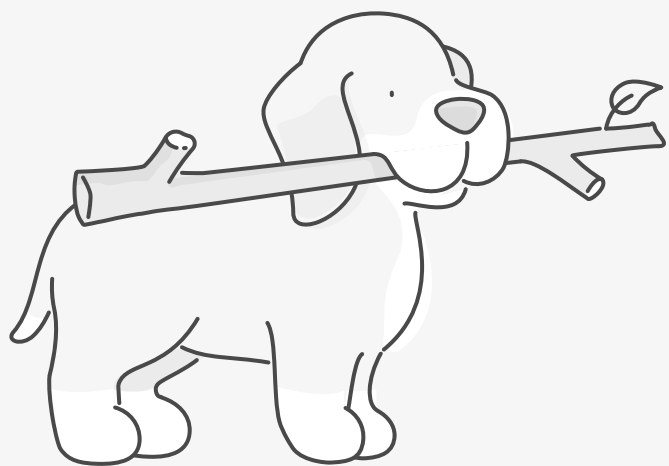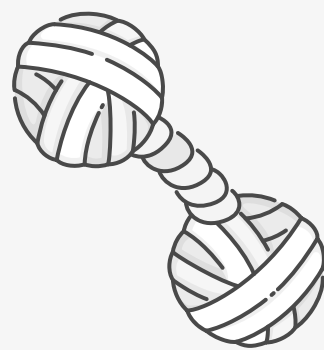
Late afternoon

Wake-up time means another potty break and a chance to stretch, sniff, and explore. Follow with light training or play before offering dinner and fresh water.

Evening wind-down

After dinner, go for a calm walk and another potty break. This is a good time for low-key bonding—cuddles, play, or just relaxing together. Remove food and water 2-3 hours before bedtime.

Bedtime

Finish the day with a final potty break and guide your puppy into their crate or sleep space. Make it cozy and peaceful. Puppies need at least a 90-minute wind-down period before sleep, so ensure play and high-energy activities are wrapped up well in advance. A calm bedtime routine helps them feel safe, relaxed, and ready to rest.

Every puppy is different, and this routine is just a helpful starting point—not a strict schedule. Feel free to adjust based on your pup's age, energy level, and personality. The key is consistency – keeping mealtimes, potty breaks, naps, and playing roughly the same each day helps your puppy feel secure and learn good habits faster.