The Well-Mannered Puppy Manual: The First 90 Days

How to Handle Biting, Potty Accidents, Nighttime Crying, and Help Your Puppy Adjust to Family Life



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CAPÍTULO 01

Chapter 1: The Reality of the First Night



The Reality of the First Night

You imagined bringing home a puppy. A cozy little bed, new toys, happy children, and a tiny dog following everyone around the house. Then the first night arrives. Your puppy cries. The next morning, there is pee on the rug. A few hours later,

your puppy is biting someone's hands and acting as if they have enough energy to stay awake for 24 hours.

> **⚠ Important Perspective**
> Your puppy is not intentionally trying to break your rules. They simply do not have a frame of reference for how your household functions yet. Patience is your best training tool.

At some point, someone in the family may think: “Is my puppy always going to be like this?” Take a breath. Your puppy probably isn't being “bad.” Your puppy is learning. There is a big difference between a puppy who hasn't learned how to behave in a home yet and a dog that has been intentionally taught bad habits.

Key Takeaways

01 **It is a transition**
The first few days are a massive adjustment for the puppy.

02 **Learning process**
Behavioral issues are usually signs of a need for training, not bad character.

03 **Family effort**
The whole family must be aligned on how to raise the puppy.

The first 90 days are an important opportunity to teach your new family member how to live safely in the home, understand boundaries, and develop healthy habits. But there is one important thing to remember: Your puppy isn't the only one who needs to learn. The whole family needs to learn how to teach the puppy.

CAPÍTULO 02

Chapter 2: Preparing Your Home Environment



Preparing Your Home Environment

One of the most common mistakes new puppy parents make is bringing the puppy home and only then figuring out what they need. Prepare the environment first. Create a safe area where your puppy can rest and stay when direct supervision isn't possible.

Puppy-Proofing Checklist

Hazard Removal

Remove electrical cords and small items.

Toxic Check

Check for plants that are harmful to pets.

Safe Zones

Use gates to block off restricted areas.

Supervision

Ensure a crate or pen is available for rest.

Clear Paths

Keep walkways free of tripping hazards.

Enrichment

Provide safe toys to prevent destructive chewing.

Some useful supplies include: a comfortable bed, food and water bowls, appropriate toys, safe chew toys, puppy pads, pet-safe cleaning products, a crate, gates, and identification. Also, walk through your home from your puppy's point of view. Electrical cords, cleaning products, medications, small objects, potentially toxic plants, and unsafe foods should never be within your puppy's reach.

> 💡 **Pro Tip**
>
> Before bringing the puppy home, spend 15 minutes crawling on the floor. You will see hidden dangers like loose nails, small parts under cabinets, or low-hanging wires that you would otherwise miss.

If something can be chewed, pulled, knocked over, or swallowed, assume your puppy may try it. Preventing a problem is much easier than correcting one later. Think like a puppy to ensure your home is a sanctuary, not a series of traps.

CAPÍTULO 03

Chapter 3: The First Seven Days of Routine



The First Seven Days of Routine

It's tempting to introduce your new puppy to every family member, neighbor, friend, and pet immediately. But your puppy needs time to understand this new environment. During the first few days, keep the routine simple. Establish approximate times for meals, naps, play, potty breaks, and family interaction.

1. **Establish meal times**
   Set specific windows for food to help digestion.
2. **Schedule naps**
   Puppies need significant rest to process new information.
3. **Define potty zones**
   Use the same spot outside every single time.
4. **Plan quiet play**
   End play sessions before the puppy gets overly tired.

Everything doesn't have to happen at exactly the same time every day. What matters most is predictability. As your puppy begins to understand what happens next, adjusting to the new home can become easier. A consistent schedule is the foundation of a well-mannered dog.

The Power of Predictability

01 **Reduces Anxiety**
Puppies feel safer when they know the daily rhythm.

02 **Builds Confidence**
Predictability allows the puppy to focus on learning rather than worrying.

03 **Improves Cooperation**
A consistent schedule makes training sessions more effective.

This early stage is about building trust. When a puppy knows when their next meal is coming or when they will be let out, their anxiety decreases significantly. This leads to fewer behavioral outbursts and a much happier, more relaxed pet.

CAPÍTULO 04

Chapter 4: Handling Biting and Mouthing



Handling Biting and Mouthing

Mouthing and biting are normal parts of puppy development. Puppies explore their environment with their mouths. They play, investigate textures, and gradually learn how to control the intensity of their bites. That doesn't mean people should allow a puppy to bite them.

Biting Management

✓ Redirect

Immediately offer a chew toy when the puppy tries to mouth your hands.

✗ Engage

Avoid wrestling or yelling, which makes the puppy more excited to bite.

If your puppy bites your hand during play, calmly stop the interaction. Avoid turning the moment into a game. Offer an appropriate chew toy, resume interaction when your puppy is calmer, and reward appropriate behavior. Yelling or pushing can increase your puppy's excitement and encourage more biting.

- ✓ Stop all movement when biting starts
- ✓ Remove hands calmly from reach
- ✓ Redirect to a soft chew toy
- ✓ Reward when the puppy settles
- ✓ Teach children to stand still like a tree
- ✓ Supervise all puppy-child play sessions

Children should not be responsible for correcting the puppy. An adult should always supervise interactions. Teach children not to pull ears, put their faces too close, or chase the puppy. If a child recognizes when a puppy is uncomfortable, they can prevent a bite before it even happens.

CAPÍTULO 05

Chapter 5: Potty Training Success



Potty Training Success

Potty accidents are part of the learning process. A young puppy is still developing bladder control and needs to learn where you want them to go. Simply expecting a puppy to “figure it out” usually doesn't work. The better strategy is to anticipate when they are likely to need a potty break.

4x

daily triggers

The most successful potty training follows these four critical moments.

The Potty Trigger Strategy

Always take your puppy to the designated spot after these four events to ensure success.

- After sleeping/waking
- Immediately after meals
- Following intense play
- Before or after rest periods

Take your puppy out after waking up, eating, playing, or napping. When your puppy gets it right, reward them immediately. Your puppy needs to make the connection that going in the right spot makes good things happen. Never rub your puppy's nose in an accident, as this does not teach the correct location.

> 💡 **Pro Tip**
>
> Use a specific cue word like 'Go Potty' while the puppy is in the act. Over time, this word will trigger the behavior on command.

If an area isn't cleaned properly with an enzymatic cleaner, the lingering odor will encourage your puppy to return to the same spot. Prevention is key. By managing their access to the house and being proactive about timing, you can minimize accidents significantly.

CAPÍTULO 06

Chapter 6: Nighttime Crying and Sleep



Nighttime Crying and Sleep

Your puppy may have just left their mother and littermates and is now sleeping in an unfamiliar environment. Crying is often a sign of insecurity. First, check whether your puppy has a genuine need, such as needing to potty, being uncomfortable, or feeling frightened.

3 Steps for Better Nights

01 **Limit evening stimulation**

Stop intense play and training at least one hour before bedtime.

02 **Consistent potty breaks**

Ensure the puppy has emptied their bladder before entering the crate.

03 **Calm, consistent response**

Check for physical needs, but avoid turning the night into a social session.

Before bedtime, establish a calm routine. Give your puppy a final opportunity to potty, avoid stimulating play, and keep the environment secure. Respond to your puppy calmly and consistently. If crying is persistent, intense, or accompanied by signs of pain, contact your veterinarian.

Summary

01 **Safety**
Is the crate comfortable and secure?

02 **Needs**
Did the puppy have a chance to potty?

03 **Consistency**
Are you responding the same way every night?

Remember that the first few nights are just as hard on the puppy as they are on you. By keeping the response consistent and the environment safe, you will help the puppy transition to sleeping through the night much faster.

CAPÍTULO 07

Chapter 7: Family Rules and Consistency



Family Rules and Consistency

Imagine Mom says the puppy isn't allowed on the couch, but the child puts them there and Dad laughs. The puppy is learning that rules change depending on who is around. This confusion is why the family must agree on basic rules before training begins.

Family Agreement Checklist

Define Zones

Agree on which furniture is off-limits.

Command Uniformity

Use the same words for all family members.

Child Safety

Establish rules for gentle puppy handling.

Routine Duties

Assign clear roles for daily puppy care.

Decide together: where the puppy is allowed to go, where they will sleep, where they should potty, which behaviors are forbidden, and who is responsible for different tasks. Consistency is one of your greatest training tools. When everyone responds to the same behavior in the same way, the puppy understands faster.

> **⚠ The Consistency Trap**
> The puppy learns the rules by the reaction they get. If one person allows a behavior and another doesn't, the puppy will continue to test the boundaries indefinitely.

Create a list of rules for children as well: don't disturb the puppy while sleeping or eating, never pull ears or tails, and let the puppy walk away if they want to. These rules help build a relationship based on respect and safety for everyone in the home.

CAPÍTULO 08

Chapter 8: The 90-Day Roadmap



The 90-Day Roadmap

Turn everything into a simple plan. Days 1-30 are for adjustment, focusing on safety, routine, and bonding. Days 31-60 are for education, working on basic commands like sit, come, and wait. Days 61-90 are for consolidation, practicing those commands in more challenging environments with distractions.

30

Days of Adjustment

Focus on safety and routine building.

30

Days of Education

Start teaching basic household commands.

30

Days of Consolidation

Practice in varied, real-world situations.

The goal isn't to have a “perfect” dog at 90 days. The goal is to have a puppy who understands their home, their people, and the basic expectations. Every time you reward a good choice, you are building the foundation for a lifetime of companionship.

Final Thought

01 **Patience**
The first 90 days go by quickly.

02 **Consistency**
Small daily habits create the well-mannered dog.

03 **Relationship**
You are building a bond that will last for years.

You won't prevent every accident or mistake. What matters is your perspective. Instead of asking how to stop the puppy from being a puppy, ask how to teach the behavior you want to see. This approach transforms the training process from a chore into a rewarding relationship-building journey.