



30-DAY NEW PUPPY TRAINING GUIDE

A gentle, realistic start for your new English Setter puppy

The first 30 days are not about perfection. They are about building trust, routine, confidence, and a happy relationship.

Welcome Home!

Your puppy has just left their mother, littermates, breeder, and everything familiar. That is a BIG change. Keep expectations simple and celebrate small wins. During this first month, focus on six priorities:

BOND	ROUTINE	POTTY
CRATE	RECALL	CONFIDENCE

DAYS 1-3 | Welcome Home

- ☐ Establish a frequent potty routine
- ☐ Introduce the crate positively
- ☐ Help puppy learn food and water locations
- ☐ Begin using puppy's name
- ☐ Keep introductions calm and simple
- ☐ Provide lots of sleep and quiet time
- ☐ Gently handle feet, ears, and mouth
- ☐ PLAY and enjoy your puppy

DAYS 4-7 | Learning Our Routine

- ☐ Continue potty and crate routines
- ☐ Practice name recognition
- ☐ Introduce COME from only a few feet away
- ☐ Introduce collar and lightweight leash
- ☐ Redirect puppy biting to toys
- ☐ Reward calm behavior
- ☐ Keep handling gentle and positive
- ☐ Continue lots of play and sleep

WEEK 2 | Building Trust & Communication

Now we gently introduce one or two skills - while keeping everything short, easy, and positive.

KEEP PRACTICING

- ☐ Potty routine
- ☐ Crate comfort
- ☐ Name recognition
- ☐ Come
- ☐ Gentle body handling
- ☐ Appropriate chewing
- ☐ Short periods of independence

INTRODUCE: SIT

- ☐ Use a treat to lure naturally
- ☐ Reward the instant the bottom touches the floor
- ☐ Add the word SIT only after puppy understands
- ☐ A one-second sit absolutely counts

Keep sessions to about 1-3 minutes. Stop while your puppy is still having fun.

Training tip: Several tiny sessions throughout the day are better than one long session.

WEEK 3 | Exploring the World

Your puppy may now be more energetic, curious, mouthy, independent, or suddenly "unable to hear you." That is normal puppy development - not failure.

CONTINUE PRACTICING

- ☐ Name
- ☐ Come
- ☐ Sit
- ☐ Potty routine
- ☐ Crate routine
- ☐ Leash introduction
- ☐ Calm handling

SAFE SOCIALIZATION

- ☐ Different people
- ☐ Household sounds
- ☐ Short car rides
- ☐ Grass, pavement, and new surfaces
- ☐ Hats, coats, umbrellas
- ☐ Appropriate calm dogs
- ☐ New environments
- ☐ Grooming and handling

Socialization does NOT mean greeting everyone.
A confident puppy also learns to calmly observe people, dogs, sounds, and activity without needing to interact.

WEEK 4 | Build on What Your Puppy Already Knows

By now, your puppy has been home for almost a month. Instead of adding a long list of commands, strengthen the skills you have already started.

NAME Looks toward you when they hear it.	COME Happily moves toward you in easy situations.	SIT Beginning to understand the cue.
CRATE Becoming more comfortable with appropriate crate time.	POTTY Beginning to understand where to go. Accidents may still happen!	CONFIDENCE Exploring the world with growing trust in you.

English Setter Special: Recall, Recall, Recall!

English Setters were bred to hunt. The puppy who follows you everywhere today may eventually discover birds, squirrels, butterflies, and deer - and suddenly you may not be the most interesting thing in the world!

COME -> PRAISE -> TREAT -> CELEBRATE!
Never punish your puppy after they come to you. Keep recall one of the happiest words they know.

Do Not Rush the Leash

Your young puppy does not need long, perfectly mannered walks. Let them learn what the leash feels like, reward a few steps near you, allow safe sniffing, and keep it fun. Formal loose-leash walking can come later.

Puppy reality check: Biting is normal - redirect to a toy. Wild, mouthy, unfocused behavior often means your puppy needs a nap.

Your Puppy Is Not Behind

Social media can make it look like every 10-week-old puppy knows 15 commands. That is not the goal. At the end of 30 days, we would much rather see a puppy who:

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|---|---|
| ☐ Trusts their family | ☐ Knows their name |
| ☐ Is comfortable in their new home | ☐ Happily comes in easy situations |
| ☐ Is developing a predictable routine | ☐ Is beginning to understand Sit |
| ☐ Is making progress with potty training | ☐ Enjoys learning |
| ☐ Is becoming comfortable with the crate | ☐ Feels safe exploring the world |

PATIENCE • CONSISTENCY • PRAISE

The goal of the first 30 days is not a perfectly trained puppy. It is a puppy who trusts you, wants to learn from you, and loves being part of your family.

You are building a relationship that will last a lifetime. Enjoy the puppy stage - it goes by fast!