



# New Puppy Routine Guidelines

## Key points

- **Sleep:** 18-20 hours a day
- **Mealtimes:** 4-6 small meals throughout the day
- **Toileting:** approx. every 30mins, plus immediately after waking up, meals, and activity/play
- **Exercise:** approx. 5 mins per month of age (e.g. 8 weeks old = 10 mins). Remember to factor in high-energy playtime such as running around the garden—puppies' joints and bones aren't fully developed so need to be protected with limited exercise and physical exertion
- **During the night:** create a structure of taking your puppy outside to toilet throughout the night, and gradually decrease frequency as your puppy develops

## Example Routine

6-8am wake up, mealtime 1 @ 6:30, play, rest/sleep (30 min)

8-9am rest/sleep (1hr)

9-10am free time, mealtime 2 @ 10

10-12pm rest/sleep (2 hrs)

12-1pm activity, rest/sleep (30 min), mealtime 3 @ 1

1-2pm rest/sleep (1hr)

2-4pm play, rest/sleep (30 min), mealtime 4 @ 4, free time

4-6pm rest/sleep (2hrs)

6-7pm activity

7-9 pm mealtime 5 @ 8, rest/sleep (2hrs)

9-10pm play, free time, rest/sleep (30 min)

10pm bedtime—sleep (8 hrs)

