Puppy Raising Guide

Timber and Co



Weekly Focus

This week is all about establishing a normal routine for your new puppy, The goal is to make them feel comfortable.

PRO TIPS

This is around the age that many new puppy owners bring home their new puppy. During this phase of your pup's life, they should be learning the basics such as their name, good manners at home, introducing some commands, and some early socialization.

Use a long thin lease (e.g a nylon"house line") to help manage your puppy. This enables some freedom, but allows you to prevent problems before they occur.

Many prefer to cut the hand loop to prevent it from getting caught.

Don't use a food bowl; instead hand feed their meals during training.

TRAINING

Name - Say their name, and feed them a treat right away. This adds value to their name!

At this point, only use your puppy's first name. Avoid nick names (you can use them later. We don't want to confuse them.

Lure Positions – Using a treat, lead your puppy into a sit, down or come position. Don't use the command word just yet. That will come in time. For now, just introduce them to the positions you will ask for later.

Potty training – Your puppy should start as soon as your puppy comes home! The best way to start potty training your pup is by incorporating a potty schedule to teach your pup where to go on the right spot, and how to hold it! If you are trying to determine your potty training schedule, as a general guideline, take your puppy's age in months and then divide it in half to determine how long they can go in between potty breaks.

SOCIALIZATION & EXPERIENCES

Start socialization with your family and close friends first. Since your pup will encounter new people throughout their life, early exposure helps them form positive associations with these interactions.

Bathroom – Familiarize your puppy with the area where they'll eventually take baths. Begin by introducing them to the empty tub with the water turned off. Use treats to create positive associations with this space, gradually progressing to standing in the tub with the water running. Be sure to take it one step at a time, and if your dog displays any signs of nervousness or anxiety, slow down the process. These introductions should occur over several days, not all in one go.

Name recognition is super important at this stage. Throughout the day, engage with your puppy by using their name. Capture their attention and, when they respond by looking at you or coming to you, reward them with enthusiasm and treats! To foster better eye contact, hold a piece of their food up to your eyes and reward them when they make eye contact. Looking for an enjoyable way to teach your puppy their name? Try out the Name Game!

The Name Game – Wait until your dog isn't looking at you, and then say your dog's name in a happy tone. As soon as your puppy turns to look at you, mark this with a word to let the dog know this is good, like "good" or "yes," and then immediately give your dog a treat.

HEALTH

Your puppy will likely sleep approximately 20 hours a day. This is normal and enables them to build strong bodies and grow. It also helps them store and process memories,

10 minutes is a good exercise goal at this stage. Exercise can be running around the yard or chasing a ball.



Weekly Focus

This week is all about bonding with your puppy. You want to build a relationship and show them they can expect reliable and consistent feedback from you.

PRO TIPS

This is typically the age when many new puppy owners welcome their furry friends into their homes. During this phase of your pup's development, they should focus on mastering fundamental skills like learning their name, practicing good manners at home, introducing basic commands, and beginning the process of socialization.

Get your puppy used to a daily routine that includes their feeding and water times, play and training times, potty breaks, and nap times.

Take pictures of your pup. You will be glad you have these when they get older.

TRAINING

Crate training is a pivotal tool for both puppy training and their parents! It plays a significant role in expediting the housebreaking process, fostering independence in your puppy, and minimizing separation anxiety. Initiate crate training by encouraging your puppy to pause calmly before eagerly exiting the crate as soon as the door opens. This initial step helps instill impulse control, establish boundaries, and set expectations for navigating other thresholds as your puppy matures.

Introduce basic obedience commands At this stage, focus on teaching your puppy the essential commands of 'Sit' and 'Come.' These commands will become invaluable tools in your daily interactions with your pup throughout their life. We recommend introducing these commands during mealtime. Begin by holding some of your puppy's food in your hand, allowing them to sniff it, and then take a few steps backward while extending your hand out and saying 'Come' to entice them toward you. When they come to you, reward them with a cheerful 'Good!' and the food treat.

Next, you can teach them to 'Sit' by raising your hand, with the food in it, above their nose and past the top of their head as you say 'Sit.' When their rear end touches the ground, once again, offer praise with a 'Good!' and give them the food treat.

Incorporate the word 'Come' when your puppy follows you to their food and water bowls. This straightforward 'Come' and 'Sit' exercise using food treats is not only an effective routine but also an excellent way to strengthen your daily bond with your puppy!

SOCIALIZATION & EXPERIENCES

Start socialization with your family and close friends first. Throughout your dog's life, they will encounter new people so getting them used to it early on will help them positively associate those interactions.

Name recognition is crucial this stage! Engage with your pup by using their name regularly throughout the day, capturing their attention. Each time they respond by looking at you or coming to you, celebrate with enthusiasm and a treat reward! To promote better eye contact, hold a piece of their food near your eyes and reward them when they make eye contact. Looking for a playful way to teach your puppy their name? Try out the 'Name Game!'

HEALTH

Begin redirecting chewing and mouthing behaviors in real-time by introducing a chew toy! As your puppy explores their surroundings with their nose and mouth, it's important to teach them to distinguish between your hands, feet, and shoes and their designated chew toys.



Weekly Focus

Bond with your puppy this week, build a relationship and show them they can expect reliable, consistent feedback from you.

PRO TIPS

Think about delaying your puppy's morning meal until after you've been up for a while. Feeding them right upon waking could reinforce early wake-up habits.

At this stage, you'll begin to expand your pup's commands, socialization, and impulse control.

Introduce more basic obedience commands such as Down, Place and Heel inside the home, while still using food rewards.

TRAINING

Marker - You can use a cue word like 'yes' or a clicker to signal when your dog has performed the desired behavior correctly. Immediately use your chosen marker, word, or sound to communicate to your pup that they've done something correctly. This is particularly helpful during the initial training stages.

Introduce the leash and harness to your puppy If you haven't already done so by 8-10 weeks, it's time to introduce 2 essential tools that your puppy will rely on when you're out and about together. Help your puppy become accustomed to their harness and leash by allowing them to wear it indoors while you closely supervise them.

Practice impulse control by having your puppy wait for their food and water. Before placing their food bowls down, request that your puppy sits. Only put the bowls down when they are in a calm state, and release them from the sitting position using a cue word like 'Break' or 'Okay'!"

Initiate threshold training, a practice where you instruct your puppy to sit at doorways, open doors, and crosswalks, among other places, before proceeding calmly. This training is designed to discourage your puppy from leaping forward or tugging when they encounter an open doorway, which often signals a new area to explore. It contributes to more composed and peaceful walks."

SOCIALIZATION & EXPERIENCES

Continue your puppy's socialization by introducing them to new people and allowing them to interact with calm, vaccinated dogs. A safe approach is to place your puppy in a playpen near the other dog, providing an opportunity for observation and interaction with a barrier in between. Furthermore, begin acclimating them to typical everyday sounds like construction, traffic, and garbage trucks by playing audio recordings available on YouTube.

New experiences -Keep your puppy's exposure sessions brief and enjoyable. Avoid pushing them to the point of frustration, boredom, discomfort, or overwhelm. When they are having a good time, start to conclude the activity. Aim to always end on a positive note, so your puppy looks forward to future experiences! One strategy is to bring some food in a portable bowl and find a pleasant bench on a sidewalk. While your puppy enjoys their meal (creating positive associations), they can observe pedestrians passing by.

HEALTH

At this stage, your puppy can typically hold it for 4-6 hours between potty breaks. However, it's important to stay vigilant for any signs like sniffing the carpet or floor, and continue practicing outdoor bathroom breaks!

It may be time for your puppy's regular medications. Please consult your vet to determine the necessary vaccines for this stage.

Be sure not to avoid placing your puppy on the ground in unfamiliar environments if they haven't received their full vaccinations. If you find it challenging to lift them, consider investing in a harness or a puppy backpack!



Weekly Focus

According to the 'rule of 3,' once your pup has been at home for 3 weeks, they typically begin to establish a more permanent sense of comfort and stability.

PRO TIPS

The 'Puppy Blues' often surface during this phase, marked by occasional potty accidents, early morning wake-up calls, and your puppy's boundless energy. It's a period when owners can feel inundated, and that's perfectly okay—it's a normal part of the journey. Seek coping strategies, such as chatting with a friend who has a dog, participating in online forums, or exploring safe ways to venture outdoors with your puppy.

Don't forget to snap some photos! As your puppy grows, aim to capture their expressions, behaviors, and physical development as they learn and mature.

Be patient. Practice makes perfect.

TRAINING

Single commands – With practice, your puppy will respond to individual commands like "down," "come," or "stay." Additionally, it's helpful to incorporate sitting at door thresholds as part of their training, which helps instill patience and impulse control.

Loose leash - Begin practicing heel walking by using a treat as a lure, gradually transitioning to a loose leash walk. When your puppy looks up and makes eye contact, reward them for checking in. During these initial stages, encourage them to follow your lead and seek guidance from you.

Tug-O-War - Tug and release offers a fun twist on the traditional game. To play, engage with your puppy in a friendly tug-of-war with a towel or rope. When you wish for your puppy to let go of the item, become still and show disinterest. They will naturally release the object, allowing you to resume the game. As you progress, you can associate the act of dropping with a command like 'out' or 'drop it. Later, you can pair the dropping with a command such as "out" or "drop it".

Sit - Introduce this skill through various methods. Encourage sitting when greeting people. Require a sit before heading outdoors. Practice sequences like sit, come, sit, come. Establishing a solid foundation now will prove invaluable in the future!"

SOCIALIZATION & EXPERIENCES

People - f your puppy has adapted well to your household members, think about introducing them to a broader social circle. You can invite friends to join you for a walk or arrange meetups in a park with some family members. Dogs can sometimes be more cautious and protective when meeting new people inside their homes, so choosing a 'neutral ground' for introductions is usually ideal for both dogs and people.

New experiences – Keep your sessions short and sweet. Avoid pushing your puppy to the point of frustration, boredom, discomfort, or overwhelm. When they're enjoying themselves, begin to conclude the activity, aiming to always leave them on a positive note so they look forward to more. One option is to bring a portable food bowl and find a comfortable bench on a sidewalk. While your puppy enjoys their meal (creating positive associations), they can observe pedestrians passing by."

HEALTH

At this point, your puppy can most likely wait 4-6 hours between potty breaks now. Still monitor your puppy's behavior for sniffing the carpet or floor and keep practicing going outside!

It may be time for your puppy's routine medications. Consult your vet regarding their vaccination schedule.

Avoid putting your puppy down on the ground In a new place if they aren't fully vaccinated.



MONTHS 3-4

Monthly Focus

This month marks significant strides in both potty training and sleep training for your puppy! Consistency is key, so be sure to adhere to a regular schedule and remove water 90 minutes before bedtime..

PRO TIPS

Your puppy is growing up quickly, allowing you to introduce more advanced training routines using the commands they've already mastered!"

Address any behavioral issues promptly. Avoid allowing undesirable behaviors to take root during this stage, as they can persist into adulthood if left uncorrected.

Mental and physical stimulation can effectively alleviate boredom in spirited puppies. Consider trying out puzzle mats, snuffle mats, or even agility courses to keep them engaged and active.

TRAINING

Introduce Stay and Leave-It commands to your puppy!

Begin command combinations and practice indoors. Encourage your puppy to work on their command durations by holding positions for longer periods, such as a prolonged Sit and Stay. Additionally, experiment with linking multiple commands together! Here's an enjoyable combination to attempt: Sit > Down > Stay > Come > Place. Feel free to explore various combinations to keep your puppy engaged and mentally active!

Introduce structured play sessions – if you haven't yet, try fetch and tug, which impove their ability to respond to commands like Drop-it, Come, and Stay!"

SOCIALIZATION & EXPERIENCES

Begin to socialize your puppy with other new pups once they've completed all their vaccinations. Keep in mind that the quality, not quantity, of these interactions is crucial.

Ensure you're pairing your pup with others whose personalities complement theirs. Avoid pressuring your pup into interactions with dogs or people they're uncomfortable with, and refrain from letting puppies 'figure it out' on their own. Monitor your puppy's playtime and step in to intervene as needed while they're still learning.

HEALTH

Practice Heel outdoors in your driveway or the sidewalk in front of your house. This will help your puppy acclimate to some of the outdoor distractions. If their regular food treats aren't keeping their attention, you might want to consider using higher-value treats to enhance their focus.

As your puppy approaches their adult height, you can begin to switch them from a puppy diet to adult dog food. Typically, toy and small breeds achieve their adult height by the age of 10–12 months. Medium breed dogs usually reach 75% of their adult height by around 6–7 months, while large breeds typically attain their final height by approximately 18 months of age.



MONTHS 4-6 a

Monthly Focus

Get ready for your puppy's journey into adolescence as they grow. Strengthen your connection and focus on reinforcing general obedience skills.

PRO TIPS

At this stage, it's time for your puppy to practice their commands outside your home and in public areas, all while continuing their socialization!

Enrolling in group puppy training classes can serve as an excellent resource for training in a distracting environment.

TRAINING

Teeth - Maintain your puppy's dental hygiene by using either a finger brush or a puppy toothbrush. Even if you intend to provide dental treats like Greenies, it's essential to familiarize your dog with having their mouth handled by people. This preparation will prove crucial in case they ever ingest something harmful.

Progress your puppy's commands by conducting training sessions outside your home, whether in the front or backyard. Gradually introduce them to new environments, like the park, and continue practicing their commands, including combinations. As your pup improves, begin incorporating the 3Ds: distance, duration, and distractions into their training exercises!

Extend your walks with your puppy, moving beyond just the immediate block and into longer walks. Use this opportunity to improve your puppy's leash training and reinforce their Heel command

Start to wean your puppy off of food reward. at this point while they are training by asking for several commands first before giving a food reward, or by using praise or affection when they respond with the correct behavior instead!

SOCIALIZATION & EXPERIENCES

Begin to socialize with other new pups with other new pups once they've completed all their vaccinations. Keep in mind that the quality, not quantity, of these interactions is crucial.

Ensure you're pairing your pup with others whose personalities complement theirs. Avoid pressuring your pup into interactions with dogs or people they're uncomfortable with, and refrain from letting puppies 'figure it out' on their own. Monitor your puppy's playtime and intervene as necessary while they're still learning."

HEALTH

to your driveway or the sidewalk in front of your house. This will help your puppy become accustomed to external distractions. If their regular food treats aren't sufficient to maintain their focus, you might want to consider using higher-value treats to enhance their attention.

As your puppy nears their adult height, it's a good time to transition them from a puppy diet to adult dog food. Typically, toy and small breeds reach their adult height by the age of 10-12 months. Medium-sized breed dogs typically reach about 75% of their adult height by 6-7 months, while large breeds usually attain their final height around 18 months of age.



MONTHS 6-12

Monthly Focus

Continue to solidify your puppy's foundational training and explore exciting new experiences and locations together with your canine companion.

PRO TIPS

Test your dog's recall by tossing their favorite toy or treat and instructing them to 'come' before they reach it. If they abandon their favorite item and return to you, be sure to offer praise and reward to acknowledge their excellent decision!

Address behavioral issues promptly. Avoid allowing negative behaviors to establish themselves during this stage, as they may persist into adulthood if left uncorrected.

Both mental and physical stimulation are effective in preventing boredom in lively puppies. Consider exploring options such as puzzle mats, snuffle mats, or even agility courses to keep them engaged and wear them out.

TRAINING

Boundaries- Dogs aged 6 months to 1 year undergo a boundary-testing phase, similar to teenagers. Throughout this period, maintain consistency and clarity in your expectations. Prevent the formation of undesirable habits and discourage behaviors that you wouldn't want in a fully grown dog.

Touch – Position an open hand holding a treat between your fingers. Encourage your puppy to take the treat gently from your flat, open hand. Pair this action with the command 'touch' and gradually reduce the reliance on treats. This technique can be valuable for grabbing your dog's attention and bringing them closer to you.

Advanced skills - Roll over, catch, and crawl are enjoyable, movement-based skills you can teach your puppy. Additionally, consider useful positioning commands like 'under' (for going beneath a bench)..

SOCIALIZATION & EXPERIENCES

Fear period #2 - AAt around 6 months to a year of age, your puppy may go through their second fear period. During this phase, puppies often appear to regress and forget what they've learned about interacting with people and other animals. It's essential to maintain your positive efforts by encouraging them to explore new places, meet new people and animals in a low-stress manner. Allow your puppy the space they need if something disturbs them, and when they check in with you, reward that behavior. You can also use a toy to help defuse the situation.

Other dogs - Consider a visit to the parking lot near the entrance of a hiking trail. You'll encounter numerous other dogs, providing you and your puppy with the opportunity to observe them from a distance. Try engaging in a game while other people and dogs move around. Keep a casual attitude toward the other dogs; they are simply part of the background and nothing to be concerned about (which is what we aim to teach our pup).

Unneutered male dogs often mark their territory by urinating on objects. Unspayed female puppies may enter their first heat cycle at approximately 6 to 8 months of age. During this time, they can become pregnant if left alone with a male dog and may even attempt to escape to seek a mate. It's crucial to closely monitor her and avoid letting her roam unsupervised outside the house..

HEALTH

You can gradually start taking your dog on longer walks or even short jogs. Typically, at 6 months, your puppy can comfortably handle around 30 minutes of exercise, and by 12 months, they can manage about 60 minutes. If you plan a long hike, it's a good idea to bring a backpack to carry your puppy after a while. They'll appreciate the rest and enjoy riding along, exploring the scents and sights from the comfort of your (unzipped) bag. However, it's important not to overexercise your pup, as this can lead to future joint problems like hip dysplasia, especially in larger dog breeds.s.

As your puppy nears their adult height, you can gradually transition them from a puppy diet to an adult dog food. Typically, toy and small breeds achieve their adult height by the age of 10–12 months. Medium-sized breeds usually reach about 75% of their adult height by around 6–7 months, while large breeds typically attain their final height around 18 months of age.



YEAR 1

Yearly Focus

Building upon the foundation of your established bond, take your dog's training to the next level by focusing on obedience and skill development.

PRO TIPS

Continue with crate training! It doesn't have to be for extended periods or just overnight, but ensure that vet visits aren't the only times your dog encounters the crate."

Your puppy should be well-versed in all their fundamental commands and have a strong foundation in potty training, crate training, and socialization. Moving forward, your ongoing work with your puppy will be focused on reinforcing what they have already learned!

TRAINING

Advanced Classes -With puppy classes in the past, you can now consider enrolling in more advanced behavioral classes. A noteworthy accomplishment for a well-behaved dog is achieving the AKC Canine Good Citizen Award. In these classes, your pup will refine their good manners.

Continue to reinforce all the commands your puppy has mastered and begin incorporating the 3Ds: Distance, Duration, and Distractions. Gradually increase the distance between you and your pup when practicing commands, extend the duration they hold commands, and introduce more distractions for them to navigate. Utilize a long-line for outdoor training to ensure safety, and don't overlook practicing Recall to have your pup come to you from greater distances. Challenge your pup by exposing them to busier environments with various distractions, helping them enhance their skills.

SOCIALIZATION & EXPERIENCES

Seek Professional Guidance –If you have any concerns about your dog's behavior at this stage, don't hesitate to take action. Consider enrolling in additional classes, signing up for a board and train program, or arranging regular appointments with a dog behaviorist who can work with you in your home. Your dog is nearing full maturity and approaching their peak physical strength. If you suspect your dog is feeling nervous, protective, or fearful of anything, seek assistance promptly! Addressing issues like growling around children or anxiety around bicycles sooner rather than later makes it easier for your dog to learn new, positive behaviors. Provide them with the support, guidance, and education they need to be their happiest, healthiest selves, both mentally and physically.

Show Your Dog The World- Once your dog is fully trained, take them along with you wherever you can! Show them the beauty of the mountains, the vastness of open fields, the serenity of a low tide at the beach, and everything in between. Include them in your adventures, while always respecting store policies. While it's not appropriate to bring a non-service dog into a food store, you can certainly take them on your next visit to a hardware store! Sharing your life with your dog can be an exciting experience for them and enriching for you. Dogs have a unique way of seeing the world, and by including them, you expand their exposure and enhance your own enjoyment with their companionship.

HEALTH

Continue to maintain structure at home! Your puppy is in their adolescent phase, and they may exhibit undesirable behaviors if they are left without guidance. It's not unusual for pups to engage in chewing, nipping, or having potty accidents if the training and structure at home become less consistent. Temporary training regressions are not uncommon during this phase. Sticking to your established schedule and daily training sessions can help your puppy overcome this phase more quickly!

Your dog may be due for their annual rabies vaccine, so consultant with your Vet.



YEAR 2

Yearly Focus

Embrace the joys of sharing life with your dog, and always keep in mind that learning is an ongoing journey for both dogs and their companions.

PRO TIPS

A puppy reaching 2 years old is similar to a teenager turning 18 years old! It's a significant milestone as they transition from puppyhood to young adulthood. Take this moment to celebrate and reward yourselves for all the hard work you've both invested over the past 2 years.

Take pictures of your dog and compare them to your puppy pictures. This will showcase the remarkable journey they've made and bring back fond memories of their puppy days!

TRAINING

Maintaining - By the age of 2, your dog has emotionally matured and will no longer exhibit the behaviors typical of puppyhood. Chewing your shoes or having accidents indoors will become rare occurrences. Your dog will be less rambunctious and more focused on training. Enjoy your time with your dog; this is a delightful stage!

Games – Even though your dog is more mature, it doesn't mean they don't enjoy having fun like a puppy. You can introduce some enjoyable games to keep them entertained. Here are a few examples:

Find the Treats - Scatter some treats in the grass and let your dog enjoy a treasure buntl

The Cups Game – Arrange three cups upside–down, hide some treats under one of them, and shuffle the cups around. Encourage your puppy to guess which cup conceals the treats. If they choose correctly, reward them by revealing and giving them the treats from under the cup.

Clean up - Train your dog to tidy up their toys. This is not only helpful for you but also provides mental stimulation for your dog. Scatter the toys around and teach them how to place them in a basket on your command.

SOCIALIZATION & EXPERIENCES

Seek Professional Guidance – If you have any concerns about your dog's behavior at this stage, don't hesitate to take action. Consider enrolling in more classes, signing up for a board and train program, or scheduling regular appointments with a professional dog behaviorist to work with you in your home. Your dog is nearly fully grown and approaching their peak physical strength. If you suspect your dog is anxious, protective, or fearful in any way, seek assistance promptly! The longer you delay addressing issues like growling around children or anxiety around bicycles, the more challenging it can be for your dog to learn new behaviors. Provide them with the support, guidance, and education they need to be their happiest and healthiest selves, both mentally and physically.

Show Your Dog The World - Once your dog is fully trained, take them with you wherever you can! Explore the mountains, vast open fields, the serene low tide at the beach, and all the places in between. Include them in your adventures, always respecting store policies. While it's not appropriate to bring a non-service dog into a food store, you can certainly take them on your next trip to a hardware store! Sharing your life with your dog can be an exciting experience for them and enriching for you. Dogs offer a fresh perspective on situations and places, and leaving them at home limits both their exposure and your enjoyment with them.

HEALTH

Large-sized dogs generally attain their final height around 18 months of age. As your puppy approaches their estimated adult height, you can start transitioning them from a puppy diet to adult dog food.

Once 2 years old, your dog's growth plates have reached their final position and will no longer grow. This results in the hardening of the calcium and minerals surrounding their bones, making them better equipped to handle strenuous exercise without risking leg injuries. This is the age when you can consider expanding their activities, such as including them in longer hikes, intensifying their agility training, or running longer distances with them. include them on long hikes, increase their agility training or run further with them.

Your dog may be due for their annual rabies vaccine; consult with your vet regarding your puppy's vaccination schedule.





11 PUPPY PROOFING TASKS

1. Tidy Up

Bring puppy home to a clean and fresh place. Be sure to pick up all items on the floor and vacuum.

2. Secure belongings & eliminate chewing temptations

Remove any tempting items that doggies may chew for fun or that may create a choking hazard. Close closet doors to protect shoes (and shoe laces).

3. Lock away medications & harmful substances

Avoid anything that could be toxic to your puppy such as prescriptions, batteries, etc.

4. Close toilet lids

So puppy won't drink from toilet nor fall in.

5. Set up a quiet space for your pup

Dogs are den animals. Allow them to have a safe and secure place to rest. Make it comfy and enjoyable. Crates should be treated like havens, not punishment areas.

6. Remove poisonous plants

Some plants are poisonous to dogs (and cats). Avoid azaleas, rhododendrons, tulips, daffodils, sago palms (or at least keep them out of reach). Do your research.

7. Hide exposed wires

Hide cords, use cord covers and/or get taste deterrents.

8. Put padding on sharp edges

If you have sharp edges on coffee tables or other objects cover them with rubber cover guards if they are in puppy play areas.

9. Protect your pet from pools and heat sources

While many dogs are good swimmers, it's best to have a fence around any pools so pets don't go unattended there. Also, be careful to guard heat sources to avoid accidents.

10. Secure trash cans

These can present choking hazards or toxic items, not to mention overeating and messes on the floor.

11. Remove all sharp objects

Keep sharp objects out of reach (e.g. knives, razors, scissors).

DATE	TIME	FOOD	WATER	#1	#2	ACCIDENT?	NOTES

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