SYSTEM FIRST. PUPPY SECOND. FAMILY ALWAYS.

THE FIRST WEEKS

After You Say Yes to the Dog

Real-Life Family Manuals: Puppy Routines, Potty Training and the Hard Weeks

21 MANUALS

ONE PER SITUATION

Because once the puppy comes home,
love is not enough.

Mohamed Abu Khadra

MANUAL 1

1

House Setup Before Puppy Arrives

The Puppy Needs a Map Before He Needs Freedom.

The puppy should not walk into a blank space and invent his own rules. Decide the map before he arrives — where he sleeps, where he settles, where he toilets, which rooms stay his and which stay the family's. Build the house first; bring the puppy into it second.

Chapter 2 · Before You Say Yes to the Dog

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READ THE DOG — first time in a new zone Soft body, sniffing, settling = comfortable; let him explore calmly. Stiff, frozen, won't take a treat = too much; smaller space, less at once.

THE MAIN RULE

If every place is play, the puppy will play everywhere. Decide the zones before arrival.

USE THIS MANUAL WHEN

- Before buying supplies.
- Before choosing where the puppy sleeps.
- Before the kids start planning games.
- Before the first garden setup.
- Before Mum is asked to accept the puppy in the home.
- Before collection day or delivery day.

Do not use this manual to select the puppy. Puppy selection has its own checklist in Manual 3.

1.1 Dad Setup Decisions

Dad does not need to do every task alone. But Dad must make sure the system exists before the puppy enters.

DAD MUST DECIDE	WRITE THE DECISION
Sleep / BOX location	
POTTY corner	
PLACE location	
Food / water area	
Puppy-free rooms	
Garden play zone	
Garden calm zone	
No-play / no-access zones	
Gate and door rules	
Mum SAFE plan	
Vet / trainer / emergency plan	

No decision means the puppy will create his own rule.

1.2 The House Zone Map

The puppy needs a map before he needs freedom. Use clear zones from Day 0.

ZONE	PURPOSE	SETUP STANDARD
BOX zone	Sleep, rest, safe containment.	Safe, quiet, clean, easy to access, away from teasing and heavy traffic.
POTTY zone	Same toilet place and routine.	One consistent corner. Easy to reach and clean. Not the main play zone.
Food / water zone	Eating and drinking.	Stable bowls, easy cleaning, no guest feeding, no kids teasing.
PLACE zone	Calm spot near family.	Mat, bed, towel, or raised bed near people but not in chaos.
Supervised family area	Limited safe area for controlled time.	Only when watched. Barriers ready. Unsafe items removed.
Puppy-free spaces	Rooms or areas protected for Mum and family.	Doors, gates, or clear rules. No “quick visits.”

Do not give the puppy the whole house. A young puppy with too much space will make his own rules.

1.3 BOX Setup

BOX means safe rest or containment. It can be a crate, pen, carrier, or safe sleep space.

It is safety, not rejection.

BOX MUST BE	BOX MUST NOT BE
Safe and stable	A punishment place
Clean and dry	In the middle of chaos
Easy for Dad to access	A place kids disturb constantly
Away from teasing	Used only after problems
Prepared before arrival	Moved every few hours

USE BOX FOR

USE	WHY
Sleep	Protects rest and night rhythm.
Overexcitement	Prevents chaos before it grows.
Unwatched moments	Prevents chewing, accidents, and unsafe habits.
SAFE	Makes Mum's movement predictable.
First week routine	Keeps the world small while puppy learns.

1.4 PLACE Setup

PLACE means the puppy's calm spot near the family. It teaches: be with us calmly.

PLACE SETUP	RULE
Mat, bed, towel, or raised bed.	Simple and washable.
Near the family but not in the middle of movement.	Close enough to belong, far enough to calm.
Away from gates, food, and running kids.	Do not put calm next to triggers.
Easy to reward.	Treat pouch should be nearby.
Used after play and outdoor time.	The activity ends with calm.

PLACE is not long obedience on Day 0. It starts as a short calm target.

1.5 POTTY Corner Setup

The whole garden should not become the toilet. Choose one consistent POTTY corner before the puppy arrives.

POTTY SETUP QUESTION	ANSWER
Which corner is easy to reach on leash?	_____
Which corner is easy to clean?	_____
Is it away from the main play zone?	☐ Yes / ☐ No
Can kids reach it safely with Dad's approval?	☐ Yes / ☐ No
Where will poop bags and cleaner stay?	_____
Who tracks accidents in Week 1?	_____

Same place. Same word. Fast reward.

1.6 Garden Zones

Outdoor space needs rules. If the garden has no zones, fence barking, wild running, accidents, and stress for Mum become easier.

GARDEN ZONE	ALLOWED	NOT ALLOWED
Play zone	Short toy play, GO PLAY, supervised movement.	Fence chasing, high jumps, slippery sprinting.
Calm zone	PLACE, water, chew, sitting near family.	Kids running around puppy.
POTTY zone	POTTY only, short leash trips, reward.	Play or sniff adventure.

GARDEN ZONE	ALLOWED	NOT ALLOWED
No-play zone	Passing through only if controlled.	Games, chasing, fence patrol.
Protected path	Clear protected movement.	Loose puppy, toys, gates opening, surprise contact.

The fence is not entertainment. The gate is not a training experiment. Both are risk areas.

1.7 Mum's Path and Puppy-Free Spaces

Mum should not have to fight for space after the puppy arrives. The space should already be protected.

MUM'S COMFORT SETUP	DECISION
Rooms that stay puppy-free	_____
Which areas must stay clean?	_____
What smell, hair, or dirt issues matter most?	_____
Garden door / seating route protected?	☐ Yes / ☐ No
Laundry / storage / plant route protected?	☐ Yes / ☐ No
Kitchen during cooking protected?	☐ Yes / ☐ No
Narrow passages controlled?	☐ Yes / ☐ No

MUM'S COMFORT SETUP	DECISION
BOX NOW phrase confirmed?	☐ Yes / ☐ No
Kids know: Mum appears = puppy secured first?	☐ Yes / ☐ No

A puppy-free space is not anti-dog. It is how the house stays livable.

1.8 Gate and Door Rules

Gates and doors are serious. No gate or door opens while the puppy is loose.

SITUATION	RULE
Main gate opens	Puppy is in BOX, behind barrier, leashed, or controlled by Dad.
Garden door opens	Navigator checks puppy position first.
Delivery arrives	Puppy controlled away. No greeting.
Kids' friends arrive	Puppy secured until Dad decides.
Mum enters	BOX / SAFE first. No debate.
Two triggers at once	BOX first. Safety beats pride.

Door mistake rule: If in doubt, BOX first.

1.9 Supplies Before Day 0

Buy tools that help control, calmness, cleaning, and safety. Not random toys.

ITEM	READY?	PURPOSE
BOX / crate / pen / safe sleep space		Rest, containment, SAFE, night.
Washable liner / bedding		Clean rest area.
Harness + leash		Controlled movement from Day 0.
Bowls		Food and water routine.
Small training treats + pouch		Fast GOOD BOY rewards.
Safe chews — 3 to rotate		Save hands, furniture, and sanity.
Enzyme cleaner		Accident cleanup without smell memory.
Poop bags / wipes		POTTY routine and cleaning.
PLACE mat / towel / cot		Calm spot near family.
Towels		Paws, rain, bath, emergency.
Simple brush		Early handling and hygiene.

ITEM	READY?	PURPOSE
Toy basket with approved toys only	_____	No random kids' toys.
Puppy food + measuring cup	_____	Food / water
Collar	_____	Walking / control
Carrier	_____	Sleep / containment
Gloves	_____	Potty / cleaning
Dog-safe shampoo later	_____	Grooming
Paw wipe towel	_____	Grooming
Folder for vet, vaccine, deworming, breeder records	_____	Records

1.10 Hazard Removal Checklist

If the puppy chewed it, he had access to it. Fix the setup before blaming behaviour.

REMOVE / BLOCK	DONE
Shoes, socks, laundry, towels on floor	_____
Children toys, balls, small plastic pieces	_____
Wires, chargers, plugs, loose cables	_____
Plants, soil, garden tools, fertilizers	_____

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REMOVE / BLOCK	DONE
Food wrappers, trash bags, table leftovers	
Cleaning products, chemicals, medicine	
Sharp objects, nails, screws, tools	
Unsafe furniture corners or chewing access	
Slippery sprinting surfaces blocked for play	
Fence gaps, gate gaps, escape points checked	

Prevention beats training when the puppy has not learned the house yet.

1.11 Kids Setup Jobs

Kids can help prepare the system. Kids do not decide the system.

GOOD KID JOB	NOT A KID DECISION
Help prepare toy basket.	Choosing unsafe toys.
Learn family words.	Inventing commands.
Prepare water area.	Changing food/water location.
Learn gate rules.	Opening gates with puppy loose.
Organize grooming supplies.	Handling medicine or chemicals.
Prepare POTTY tracker.	Punishing accidents.

GOOD KID JOB	NOT A KID DECISION
Remove unsafe items from puppy areas.	Moving barriers without Dad.
Practise the SAFE script.	Arguing with SAFE rules.

Practise SAFE script. Arguing with Mum's safety.

Kids should understand this before arrival: a puppy is not only fun. A puppy is daily work.

1.12 Setup Rehearsal Before Arrival

Do the rehearsal without the puppy. The family should know the movement before the puppy creates emotion.

REHEARSAL	PASS STANDARD
Arrival route to POTTY	Family can walk from entry to POTTY corner without confusion.
BOX location	Everyone knows where puppy rests and who can open it.
PLACE location	Kids can point to it and explain: calm near family.
Mum appears drill	Kids say ALL DONE, puppy would go BOX, family says SAFE.
Gate drill	Nobody opens gate until puppy is secured or controlled.

REHEARSAL	PASS STANDARD
Accident drill	Cleaner location known; no blame; report to Dad.
Emergency contact	Dad, vet, backup adult details are ready.

Do not wait for Day 0 to discover nobody knows where anything is.

1.13 Day 0 Readiness Gate

Do not collect or receive the puppy until this page is true enough.

BOX is built, clean, and placed.

PLACE is ready and visible.

POTTY corner is chosen and reachable.

Food / water area is ready.

Mum's path and puppy-free spaces are protected.

Gates and doors have clear rules.

Unsafe items are removed from puppy areas.

Supplies are bought and accessible.

Kids know their setup jobs and limits.

Mum SAFE and BOX NOW are understood.

Emergency phone tree is filled.

Dad has the first 48 hours plan ready.

If three or more boxes are not ready, delay the puppy or delay collection.

1.14 Printable House Setup Sheet

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AREA	LOCATION / DECISION	OWNER
BOX		Dad /
PLACE		Dad /
POTTY corner		Dad /
Food / water		Dad /
Play zone		Dad /
Calm zone		Dad /
No-play zone		Dad /
Mum path		Dad /
Puppy-free rooms		Dad /
Cleaner / poop bags		Kid /
Emergency contacts		Dad /

Setup note:

1.15 House Setup Quick Card

MANUAL 1 QUICK CARD

PRINTABLE · MOHAMEDABUKHADRA.COM/AFTER

Main rule: If every place is play, the puppy will play everywhere.

SETUP AREA	REMEMBER
BOX	Safe rest. Never punishment. Use before chaos.
PLACE	Calm near family. Short success first.
POTTY	One corner. Same word. Fast GOOD BOY.
Garden	Play zone, calm zone, no-play zones.
Mum's path	Protected before puppy arrives.
Gates / doors	No opening while puppy is loose.
Supplies	Control, calmness, cleaning, safety - not random toys.
Kids	Help prepare. Do not decide rules.

If unsure: BOX first. Safety beats pride.

1.16 Before Arrival Setup Checklist

System first. Puppy second.

ZONES AND SETUP

- ☐ BOX / sleep area
- ☐ Food and water area
- ☐ Potty area
- ☐ First 48 hours plan
- ☐ Puppy-free rooms
- ☐ Kids know roles
- ☐ Gates / barriers
- ☐ Mum SAFE response
- ☐ Cleaning supplies
- ☐ Vet contact
- ☐ No visitors planned

FIRST-WEEK COVERAGE

The first week needs adult control. Before he arrives, decide:

- ☐ Who is home during arrival?
- ☐ Who handles the first potty trip?
- ☐ Who controls the children's excitement?
- ☐ Who manages the first night?
- ☐ Who handles cleaning accidents?
- ☐ Who checks Mum's comfort?

- ☐ Who is the backup adult if Dad is busy?
- ☐ Which days are high-risk or busy?

Do not assume someone will “just handle it.” Write it down.

FAMILY READINESS NOTES

FIELD	WRITE IT HERE
Dad owner	
Backup adult	
Main risk to fix	
Mum’s comfort rule	

If the house is not ready, the puppy is not ready to enter.

BEFORE-ARRIVAL SETUP CHECKLIST

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System first. Puppy second. If the house is not ready, the puppy is not ready to enter.

Zones and setup: BOX / sleep area, potty area, puppy-free rooms, gates and barriers, food and water area, cleaning supplies.

First 48 hours plan ready. Kids know their roles. SAFE response agreed. Vet contact saved. No visitors planned.

Family notes: Dad owner, backup adult, the main risk to fix, Mum’s comfort rule.

1

MANUAL RULE · 1.17

Build the map before the puppy enters the house.

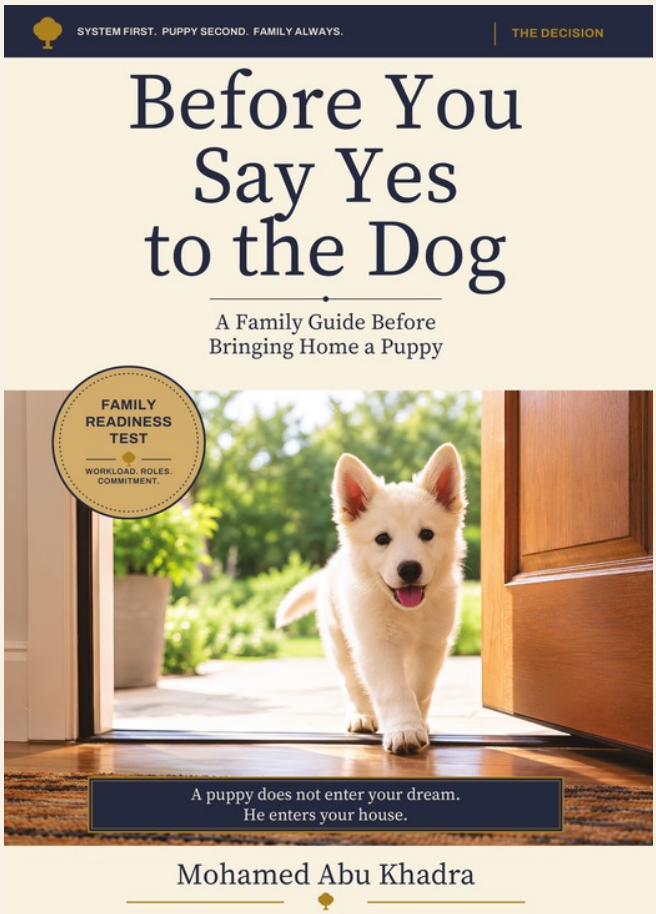
WHY IT MATTERS

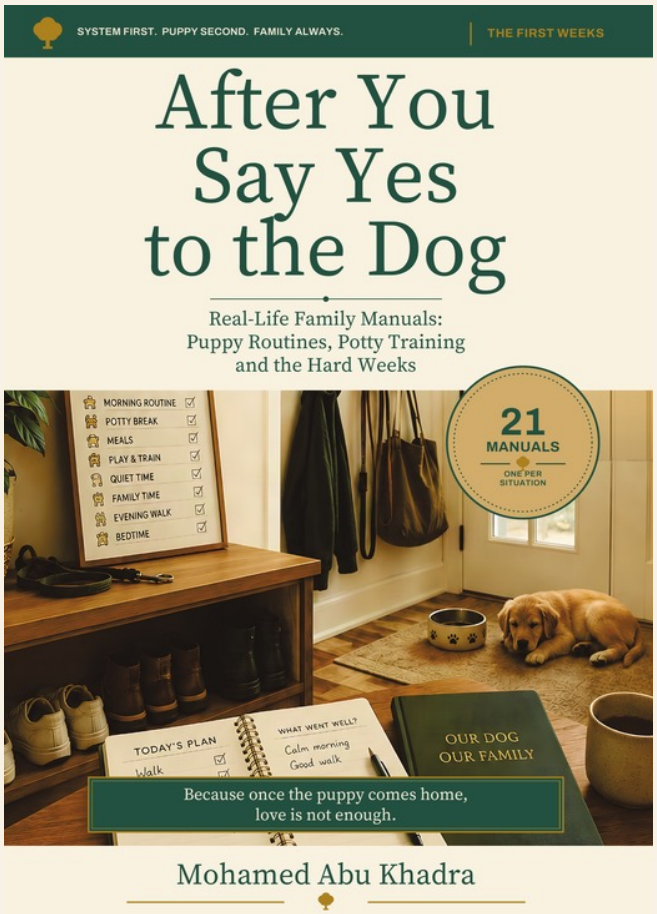
A puppy starts learning immediately. If the house is unclear, the puppy learns unclear rules. If the family prepares the map first, the puppy can learn the house instead of inventing it.

WHAT TO DO NOW

- Print the House Setup Sheet.
- Choose BOX, PLACE, POTTY, food/water, play, calm, no-play, and puppy-free zones.
- Walk the family through the gate and SAFE rehearsal.
- Buy only the supplies needed for control, calmness, cleaning, and safety.
- Do the Day 0 readiness gate before collection day.
- Do not bring the puppy home into an unfinished system.

The two books





Before You Say Yes to the Dog

A Family Guide Before Bringing Home a Puppy

The decision before the decision. The real workload before it lands on one person. Who actually does what, including the children. A real say for whoever feels least ready. It ends at a test with three answers — Let's get the puppy, Maybe later, Not for us — and each one, given honestly, is a good answer.

21 chapters. One readiness test.

After You Say Yes to the Dog

Real-Life Family Manuals: Puppy Routines, Potty Training and the Hard Weeks

One manual per pressure moment: the first forty-eight hours, potty, socialisation, night barking, visitors, outdoor freedom, grooming, emergencies, and the reset. Printable routines you use on the day, not read about.

21 manuals. One per situation.

Read to know. Use to do.

Paperback and Kindle. **mohamedabukhadra.com**

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