



**ARLGP FOSTER PROGRAM RESOURCES:** [Sample Puppy Daily Schedule From a Long-Term Puppy Foster](#)

<i>7:00 am</i>	<i>Wake up and outside to potty</i>
<i>7:30 am</i>	<i>Breakfast</i>
<i>7:35-8:00 am</i>	<i>Play and zoomies</i>
<i>8:00-9:00 am</i>	<i>Nap</i>
<i>9:00 am</i>	<i>Wake up &amp; outside immediately to potty</i>

*Throughout the morning: Alternating play and nap (potty after waking up)*

Young pups have spurts of play and napping with outside business immediately after waking. They usually sleep about an hour, sometimes longer. In the middle of the day they may sleep 3 hrs after lots of play.

<i>12:00 pm</i>	<i>Lunch</i>
<i>12:35-1:00 pm</i>	<i>Play</i>
<i>1:00-2:00 pm</i>	<i>Nap</i>
<i>2:00 pm</i>	<i>Wake up and &amp; outside immediately to potty</i>

*Throughout the afternoon: Alternating play and nap (potty after waking up)*

Young pups have spurts of play and napping with outside business immediately after waking. They usually sleep about an hour, sometimes longer. In the middle of the day they may sleep 3 hrs after lots of play.

<i>5:00pm</i>	<i>Dinner</i>
<i>5:35-6:00</i>	<i>Play</i>
<i>6:00 – 7:00 pm</i>	<i>Nap</i>
<i>7:00pm</i>	<i>Wake up and &amp; outside immediately to potty</i>
	<i>Zooooooooomies!!!</i>
<i>9:00pm</i>	<i>Tiiiiiiired. One more outside last pee/poop</i>

10:00 crate for the night.

Throughout the day I need to do lots of keeping my eye on the puppy to look for the need to get outside to pee and poop as they usually have to go out and pee about every half hour. They often know how to use pee pads and will run for it in the middle of play.

If I have to go out, I put the pup in the crate for no more than 2hrs at a time. I have a pup camera so that I can see how long it takes for them to settle down. Usually about 15min of fighting it. If more then I try to see if a neighbor can check in.

I keep the pup in a puppy proof area (my kitchen) gated with no rugs. They have a bed, toys, open crate, water and pee pads. It's an area that I can easily clean if they miss the pads.

The pups sleep in a crate with a cloth cover next to my bed so I can stick my hand in to soothe them if they are crying a little bit on the first night or two. (A "snuggle puppy" helps too). They can hear me in the room but can't see me so it's comforting without really keeping them awake. (Sometimes you can sneak a shower or coffee in the am before they know you're awake if they can't see you)!

This is a sample schedule, but it really has really been the case with most of the puppies. Some may wake up a little later but usually not earlier. MOST have slept through the night (the last pee helps even if they have fallen asleep on your lap before bed). Some wake up to pee every 3 hours. Some wake up once through the night or very early in the morning. I have started to use pee pads in my bathroom for those times instead of carrying them outside in the middle of the night especially in the winter. They get a praise like, "good business" and that is it and they go back in the crate with the cover over and they go right back to sleep.

Sleep deprivation isn't ever fun, but they are so darn cute that it's worth every minute!

## Sample Puppy Safe Spaces











