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Your Toller's First 30 Days

Chapters Seven through Nine are the full curriculum. This appendix is the flight plan — the same material compressed into a day-by-day sequence you can actually follow while sleep-deprived, with a land shark auditing your shoelaces. Check things off. Nothing here requires more than minutes at a time, and the order matters more than the pace: if a week runs long, let it. The dog isn't reading the schedule.

One rule governs all thirty days: **everything is a paid, pleasant game.** If a step turns into a struggle, stop, shrink it, pay more. You're not behind; you're building a toller.

Before day one: the setup

Done	Task
☐	Gear in the house (the full list is in Appendix B) — crate, gates, mats at every door, towels staged
☐	Puppy zone chosen and proofed: cords up, shoes away, gates placed
☐	Potty spot chosen; the breeder's cue word learned ("Hurry Hurry" in this house)
☐	Breeder interview done: food, feeding times, wake schedule, crate exposure, litter's cue words
☐	Vet chosen; first appointment booked for week one; breed one-pager printed (Appendix A)
☐	Household cue sheet (Appendix B) filled in and on the fridge — one word, one signal, everyone
☐	Family briefing held: who does nights, who does mornings, what nobody feeds the puppy

Day 1 — arrival

- Carrier belted in the car; calm co-pilot beside it; stops planned. Protest crying is answered with presence, not freedom.
- First stop at home is the **potty spot** — cue word ready, quiet party when it works.
- One room, not a house tour. Water down, meal on the breeder's schedule, sniffing allowed, visitors not.
- Resident dog? First meeting on neutral ground before you cross the threshold (Chapter Seven has the choreography).
- Crate or pen **near your bed** tonight. Late potty run planned. Expect noise; answer need, outlast protest.
- Take one photo. You'll want Day One later, and today will otherwise be a blur.

Days 2–3 — boring is beautiful

- Rhythm installed: out at waking, after meals, after play, before bed — cue word as it happens, payday after.
- Meals in the crate, door open. The crate only ever produces good news.
- Handling begins, seconds at a time, always paid: touch paws, ears, mouth. This is Chapter Ten's cooperative care at age nine weeks.
- Name game begins: say the name once, pay the look. The name means *good things incoming* — forever.
- No visitors yet. The world can wait three days; the settling can't.

Days 4–7 — week one

Done	This week's installs
☐	Potty rhythm holding (accidents are data, not crimes — tighten supervision, not the leash)
☐	Crate naps with the door closed, minutes at a time, while you're visible
☐	First vet visit: exam, records from the binder handed over, breed one-pager delivered
☐	TRADE introduced the moment the first sock is stolen — swap up, pay, never chase
☐	Daily handling now includes a toothbrush TOUCH (not brushing yet — just good news near the mouth)
☐	Alone-time reps: seconds of you out of sight, back before worry starts, no ceremony either way
☐	Frozen-chew inventory stocked; baseboards' odds improving

Days 8–14 — week two

- **Socialization is this month's real job** (the window is open NOW — Chapter Seven): carried outings, new surfaces, sounds, kinds of people — each at a distance the puppy can succeed at, each paid. Loose and curious means proceed; tucked means add distance.
- Puppy class booked (vaccine-checked, positive-methods — audit it first if you can).
- Hand-first cues begin: **sit** (point down) and the **come party** (both hands to chest, backing up, huge payday). Signal first, word later, per Chapter Nine.
- Tooth brushing proper begins: a few seconds, daily, minty and paid. In this house it's still a scheduled treat delivery six years on.
- First grooming ritual: three brush strokes, paid, done. The kit means good news.

Days 15–21 — week three

- **Threshold protocol v1** (Chapter Nine): human first through doors, release on calm + eye contact. Every door, every time, boring as arithmetic — this is the habit that holds at gates for life.
- Cues grow: **down** joins sit and come; name response proofed in every room.
- Car practice: harness on, engine on, go nowhere, pay, done. Then a five-minute trip that ends somewhere fun.
- Alone-time stretches to real minutes; departures and returns stay ceremony-free.
- Socialization continues daily — variety beats volume; one calm new thing a day is plenty.

Days 22–30 — week four

Done	This week's installs
☐	Long line introduced in the yard: freedom with a safety net, recalls paid like jackpots
☐	"Where Duck?" v1: one toy, one easy hide, nose-touch scores (Chapter Eight — the game that saves winters)
☐	Safety Drills seeded: name → come → payday, announced like a game. STOP comes months later; the habit of drilling starts now
☐	Wait at the food bowl: seconds only — mealtime's two free training reps begin
☐	Puppy class started (or scheduled); homework is minutes, not marathons
☐	Second vet visit / next vaccines per your vet's schedule

The 30-day checkpoint

Score honestly — "mostly" counts as yes at this age:

Done	Checkpoint
☐	The puppy potties on cue at the spot, most of the time
☐	The crate is a good place: meals eaten in it, naps taken in it, door closed without drama
☐	The name earns an instant head-turn in the kitchen
☐	Sit on a hand signal; come, at least indoors, like it's a party
☐	Paws, ears, and mouth can be handled; the toothbrush is familiar

Done	Checkpoint
☐	TRADE works on low-value contraband
☐	The puppy has calmly met a dozen kinds of people, surfaces, and sounds
☐	Everyone in the house uses the same words and signals

Six or more: you're ahead of most dog owners on earth — keep going into Chapters Eight and Nine. Fewer: reread the relevant chapter, shrink the steps, pay more, and give it another week. Nothing on this list is a deadline; every one of them is a foundation.

What NOT to worry about yet

Leash manners on real walks (the world is still too exciting). Adolescence (it's coming; Chapter Nine is ready). The scream or its absence (either is normal — Chapter Four). Off-leash anything (that's the long line's job for months yet). Whether you got "the smart one" (you did; it's a toller; that's the whole problem and the whole point).

Thirty days from now you won't have a trained dog. You'll have something better: a puppy who believes people are fair, games pay, the crate is safe, hands are good news, and its name is the best word in the language. Everything else in this book builds on exactly that.

From **The Complete Toller** *by Michael Petitpas · nsducktoller.com · Personal use: print as many copies as your household needs.*

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Quick-Reference Charts

The book, compressed to the pages you'll photograph and stick to the fridge.

The toller at a glance

Fact	Value
Height	Males ~18–21 in · Females ~17–20 in
Weight	~35–50 lb, females typically lighter
Coat	Red (any shade), water-repellent double coat; white on tail tip, feet, chest, or blaze common
Lifespan	Commonly 12–14 years
Energy	High — two tanks, daily (Ch. 8)
Vocals	Breed-typical scream possible, not universal (Ch. 4)
With family	Devoted, playful, velcro
With strangers	Polite reserve — not shyness (Ch. 3–4)
Status	CKC 1945 · Provincial dog of Nova Scotia 1995 · AKC 2003

The new-owner shopping list

Transport & safety: crate/carrier (belted), car harness with seatbelt threading, dog stairs or ramp for the vehicle, long line (30 ft+), flat collar + ID, leash ×2.

Home: baby gates, mats inside AND outside each door, towel supply (be generous), furniture covers, orthopedic-grade bed, chew toys, frozen-chew supplies (rubber rings; blueberries and ice cubes are free).

Feeding: raised feeding station, slow-feeder bowls, stainless-steel water bowls, treat pouch, food per Chapter Eleven.

Grooming: slicker or pin brush, undercoat rake, metal comb, nail clippers or grinder, dog toothbrush + dog toothpaste (daily — yes, daily), ear wipes.

Play & training: Chuck It–style launcher and balls, frisbee, floating bumpers, puzzle feeders, one rubber duck destined for fame, whistle (optional but ages well).

The daily rhythm (adult toller)

When	What	Chapter
Morning	Body-tank session — yard games, fetch, walk/run	8
With meals	Slow-feeder or puzzle; 2 free training reps	11
Midday	Brain work — training minutes, Where Duck?, puzzle	8–9
A few times/week	Safety Drills (announced, paid, short)	9
Evening	Second outing or calm chew/settle work	8
Daily, 2 min	Teeth + quick hands-on check (ears, paws, coat)	10, 12
Weekly	Rib check; thorough brush-down	10–11
After water	Rinse if salt, towel, DRY THE EARS	10

The health watch-list (phone-call triggers)

Notice	Think	Move
Vague off-days, waxing-waning appetite/energy, worse after stress	Addison's pattern	Vet soon — say the word
Collapse, profound weakness	Crisis	**Emergency now**
Young dog: neck pain, hunched, fever, cries when moved	SRMA picture	**Same day**
Shifting lameness, puffy warm joints	Immune-mediated joints	Vet soon
Weight up, coat thinning, energy dulled	Thyroid	Routine visit, ask for test
Night-vision hesitance; any cloudy/red/squinting eye	Eye disease	Soon / **same day** if painful
Ear odour, head-shaking	Swimmer's ear	Vet soon
Drinking/peeing up; appetite gone 24 h+	Many causes	Call and describe
New lump; limp that lasts	Log size + date	Vet soon

(Full context: Chapter Twelve. This page diagnoses nothing; it dials phones.)

The never-feed list

Chocolate · grapes & raisins · onions, garlic, chives · **xylitol/birch sugar** (check peanut-butter labels) · alcohol & raw dough · macadamia nuts · cooked bones & corn cobs. *Any exposure: call your vet or poison line immediately, label in hand.*

The household cue sheet (fill in yours)

Behaviour	ONE word	ONE hand signal	House rule
Name = look at me	_____	(eye contact)	Never said in anger
Sit	_____	_____	Ask once, wait
Down	_____	_____	Only means lie down
Come	_____	_____	Always paid, never punished
Wait (thresholds)	_____	_____	Human first, one dog at a time
Stay (drills)	_____	_____	Hold until released
Trade	_____	_____	Always swap up, never chase
STOP (emergency)	_____	Arm overhead, flat hand	Stop AND sit. Drilled weekly. Always paid