



FREE GUIDE

First 30 days home

A week-by-week settling-in guide from Frolicy

Introduction

Whether you've brought home a puppy, a kitten, or an adult rescue, the first month is rarely smooth in the way the internet makes it look. This guide walks through what's normal week by week, so you can tell the difference between ordinary adjustment and something that needs more attention.

Week 1 — safety and space

The first week is about decompression, not bonding milestones. Keep the world small: one or two rooms, a predictable feeding schedule, and as few new introductions (people, other pets, car rides) as you can manage. It's completely normal for a new pet to eat less, sleep more or less than usual, or seem "flat" for the first several days. They're processing an enormous amount of new information.

Weeks 2 to 3 — building a routine

Once the initial adjustment settles, this is when a consistent daily rhythm starts to matter most: same wake-up time, same feeding windows, same walk or play schedule. Pets build a sense of safety through predictability, not affection alone. You can also start layering in slightly more novelty — a new room, a short car ride, a calm visitor — one new thing at a time.

Week 4 — settling in

By the fourth week, most pets are showing you their real personality for the first time — for better and for worse. This is often when small behavior quirks surface that weren't visible while they were still shut down from the transition. That's not a setback; it's a sign they're comfortable enough to stop holding back, and it's a good time to start addressing habits you'd like to shape going forward.

Common first-month setbacks, explained

A regression around week two or three — more hiding, a housetraining accident, sudden pickiness with food — is extremely common and usually not a sign anything is wrong. It often lines up with the point where the initial adrenaline of the move wears off and the reality of the new environment fully sinks in. Stay boring and consistent, and most of these resolve within a few more days on their own.

First 30 days checklist

- ☐ A dedicated quiet space they can retreat to at any time
- ☐ A consistent feeding and bathroom schedule from day one
- ☐ One new introduction at a time, never stacked on the same day

- ☐ A first vet visit scheduled within the first week or two
- ☐ No punishment for accidents or fear-based behavior during adjustment
- ☐ A simple daily log of eating, sleeping, and mood, to spot patterns early

Summary

The first 30 days are about safety and predictability, not perfection. Most pets need the full window (and sometimes longer) to feel settled — a slower start almost always leads to a more confident, secure pet down the line.

This guide is for general education only and is not a substitute for advice from a certified trainer, veterinarian, or veterinary behaviorist. If you're seeing signs of distress, aggression, or a sudden change in behavior, please consult a professional who can assess your pet directly.