

7-Day Puppy Prep Plan

For fireworks, thunder, and other loud noises

Use this simple checklist to help your puppy build confidence before storms or fireworks. Practice once or twice a day for just a few minutes. Keep the volume low, end on a positive note, and move at your puppy's pace.

Done	Day	Focus	What to do
<input type="checkbox"/>	Day 1	Create a calm safe spot	Set up a crate, playpen, or quiet corner with a cozy bed, water nearby, and a favorite chew or toy. Let your puppy explore it when the house is calm.
<input type="checkbox"/>	Day 2	Introduce soft background sounds	Play fireworks, thunder, or rain sounds at very low volume for 2-3 minutes while your puppy eats treats, plays, or rests.
<input type="checkbox"/>	Day 3	Build a calming routine	Choose a calm phrase such as "Let's settle." Guide your puppy to the safe spot, offer a treat or chew, and sit nearby quietly.
<input type="checkbox"/>	Day 4	Increase sounds slightly	If your puppy stayed relaxed, raise the volume just a little. Keep it comfortable enough that your puppy can still eat, play, and settle.
<input type="checkbox"/>	Day 5	Practice during daily life	Play soft sounds while you fold laundry, make dinner, or move around normally. Help your puppy learn that noises can happen while life stays calm.
<input type="checkbox"/>	Day 6	Prepare for the real event	Before storms or fireworks, potty early, close windows and curtains, turn on white noise or soft music, and have treats, chews, and water ready.
<input type="checkbox"/>	Day 7	Use your calm routine	During real noises, bring your puppy inside, guide them to the safe spot, offer comfort calmly, and avoid forcing them to face scary sounds.

Helpful Reminders

- Keep sessions short - about 3-5 minutes.
- Start with very low volume.
- Pair sounds with treats, toys, or calm praise.
- Stop if your puppy seems overwhelmed.
- Practice before the loud event, not during panic.

Event-Day Setup

- Potty your puppy before fireworks or storms begin.
- Bring your puppy indoors and secure doors and gates.
- Close curtains and windows.
- Turn on a fan, soft music, or white noise.
- Keep water, treats, and a safe chew nearby.

Need help preparing for pickup day or puppy routines?

Visit Red Barn Doodles & More or use the Contact page to ask questions about our program, available puppies, and family support.

Tip: Keep sessions short, positive, and calm. If your puppy seems very fearful, ask your veterinarian or a qualified trainer for guidance.