

When Can Puppies Go Outside? All You Need to Know

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Similarly, when you pick up your puppy from the breeder or rehoming centre, remember to ask what vaccinations they have already had (and check that their mother was also vaccinated) so your vet can continue this protocol, and let you know exactly when it is safe to really start to get your puppy out and about.

How can I toilet train my puppy if they can't go outside?

Probably the first thing you will be thinking about when wondering “when can my puppy go outside?” is [toilet training](#). Ideally you will have a [puppy proofed garden](#), although they should still be supervised outside at all times. To help reduce the risk of disease, it is best to use a space where no other dogs have access, except ones that you know the vaccination history of - such as your own or other family dogs. While this doesn't eliminate the chance of your puppy picking up an infectious illness, it does reduce the likelihood of this happening. This way, your puppy is already getting the experience of being outside in a safe environment.

How can I exercise my puppy if they can't go for walks?

Make the most of all the ‘safe outdoor spaces’ you have around the house - such as back and front gardens, patios etc. They get to walk on different surfaces, see what is going on outside the back door, hear the sounds of the world around them, and begin to get a hint of all the fascinating smells that the great outdoors has to offer.

[Play games](#) in your garden, spend time letting your puppy explore and investigate, or just hang out together in the sunshine. You can set up a [puppy pen](#) so you can both relax too. Puppies are full of energy, but they tire very easily so exploring the garden and playing with you will be more than enough exercise for them when they are very young.

How can I socialise my puppy if they can't go out?

Firstly, use any road-facing outdoor space you have (like a driveway) to let your puppy experience as much as you can - such as watching passers-by, traffic, delivery people, local wildlife such as birds, and all the things that they can experience from within a ‘dog free’ (and so as much as possible, ‘disease-free’) area. If other dogs have access to your driveway, make sure you hold your puppy in your arms while you do this and if this area is not fenced off your pup should be securely on a lead.

Don't underestimate the power of sound within your own home too – you can quietly play road traffic noises or even videos of fireworks gently in the background at first. Then, as long as your puppy is relaxed, you can increase the volume a little, taking a phased approach. Remember this should never reach excessive volumes and it is best to keep training sessions short and sweet.

While this is a good start, there is much more out there that your puppy needs to see and experience in these early 'pre-vaccination' weeks. Keep in mind that behavioural problems down the line are still a leading cause of dogs needing to be rehomed - so you need to balance safety with [socialisation](#) and if in doubt you can speak to a qualified canine behaviourist for extra advice and tips.

Carry or hold your puppy

Go on lots of outings to a variety of places where you can carry or hold your puppy so they can see, hear, smell and experience all the things their new life holds from relative safety. As they are not yet sufficiently protected against disease, they can't interact too much with other dogs or people (certain diseases may be carried by dog owners as well as well as their dogs) - or put their paws on the floor - but this early exposure to a variety of places and experiences can be invaluable in their social development. The more things a puppy encounters in a positive way in these early weeks, the better for their future development and behaviour.

These outings can be anywhere from the park to watch people and other dogs, to standing in the street and watching traffic from a distance, to going to the pub, to sitting outside coffee shops, to short trips on public transport, going to the beach or woods, or just out for a drive... Anything you can think of that is going to be part of your dog's future life - and where you can hold and carry them throughout.