








The Golden Mom Welcome Kit

Welcome to the Pack!

You're now part of a community of dog-loving, big-hearted, golden retriever moms! Being a Golden Mom isn't just a title — it's a lifestyle. Whether you're a new dog mama or a seasoned golden retriever lover, this kit is designed to help you build a deeper bond, stay organized, and celebrate the joy your golden brings to your life every day.

Golden Mom Essentials Checklist

-  Cozy dog bed for good joint health
-  High-quality food & feeding schedule
-  Weekly grooming routine (don't skip ear checks!)
-  Durable leash & harness
-  Enrichment toys to fight boredom
-  Lint rollers in every room 😊
-  Family photo days with your pup!













Puppy Training Tips & Tutorials

- Name Recognition First: Teach your pup their name before any command. Say his/her name with love often.
- Teach "Leave It" Early: It can prevent your dog from grabbing dangerous things on walks.
- Create a "Safe Space": Use a crate or a cozy corner for quiet time — goldens love having their own spot.
- Use Hand Signals: Pair simple gestures with words. Treats and praise work wonders as well.
- Start with the "Big 3": Sit, Stay, Come. Train in short bursts (5–10 minutes) daily
- Avoid Repeating Commands: Say it once, then wait. Repeating can dilute the effectiveness of the cue.
- DIY frozen treats: Blend banana + peanut butter + plain yogurt, freeze in molds for a healthy snack.
- Use a treat pouch on walks — keeps you hands-free and training-ready anytime.
- Celebrate milestones: First bark, first fetch, even first vet bravery!

Want more tutorials? Check out goldenmomlife.com/blog



Pawesome Moments Tracker

| Moment | Date | Photo? |
|---------------------------------------|------|---|
| First swim! | |  |
| Mastered "roll over" | |  |
| Birthday party! | |  |
| First vet visit | |  |
| Met a new dog friend | |  |
| First car ride | |  |
| Caught napping in a funny pose | |  |
| Learned "stay" or "sit" | |  |
| First hike or trail walk | |  |
| Wore a costume | |  |
| Got a new toy | |  |
| First snow day or beach day | |  |
| Helped mom feel better | |  |
| Snuggled through a movie night | |  |
| First grooming session | |  |
| Visited grandma/ grandpa | |  |
| Got featured on Instagram | |  |
| Received a compliment from a stranger | |  |
| Golden Mom T-shirt debut moment | |  |
| Favorite snack discovered | |  |

Grooming & Vet Visit Checklist

-  Brushed 2–3x/week
-  Nails trimmed monthly
-  Teeth brushed weekly
-  Ears cleaned weekly
-  Vet check every 6 months
-  Flea, tick & heartworm meds

Keep your golden clean, healthy, and happy. You can Print this page and check them off each month!

 From One Golden Mom to Another...

Every golden day is made up of the little things — a wagging tail, a shared cuddle, a quiet moment in the sun. This welcome kit is more than a to-do list; it's a celebration of the bond you share with your golden. So whether you're checking off your pup's daily wins, or planning your next golden adventure, remember this: You're not just raising a dog. You're raising joy, loyalty, and unconditional love. Here's to the belly rubs, muddy paws, endless fetch sessions, and those soft golden eyes that speak right to your soul.

Watch your inbox for more Golden Mom tips, exclusive downloads, and dog-approved treats.

Would you like a consolidated store of all essentials for your loved golden?

Check out : www.goldenmomlife.com/store