

Week 4: Establishing Normalcy

In Week 4, it's time to solidify the routines you've established, address any remaining issues, and start planning for your pet's long-term care and ongoing training.

- **Reinforce Routines:** By now, your pet should be settling into a predictable daily rhythm. Continue following consistent routines for feeding, playtime, potty breaks, and bedtime. A structured routine helps reduce anxiety and reinforces trust in their environment.
- **Address Remaining Issues:** Take note of any lingering issues or behaviors that haven't been fully addressed. If your pet is still struggling with certain behaviors (such as excessive barking, chewing, or litter box issues), now is the time to tackle these with more focused training. Reinforce positive behaviors and gently redirect negative ones.
- **Health and Wellness Check:** Schedule a follow-up vet appointment for a check-up or to discuss any health concerns. If necessary, discuss vaccination boosters, dietary adjustments, or preventative care plans (e.g., flea and tick treatments). This ensures that your pet's physical health is on track.
- **Continue Basic and Advanced Training:** Keep reinforcing the commands your pet has already learned, like "sit," "stay," "come," and "down." Gradually introduce more advanced training as your pet's confidence grows. For dogs, consider introducing new commands or tasks, such as "leave it" or "heel," and for cats, try teaching simple tricks or reinforcing litter box habits.

- **Socialization:** Continue to expose your pet to new people, pets, and environments in a positive, controlled manner. By now, they should be more comfortable in social situations. Monitor their reactions and provide rewards for calm behavior.
- **Provide Mental and Physical Stimulation:** Keep your pet's mind and body active through enrichment activities. For dogs, this could include puzzle toys, scent work, or more complex games. For cats, offer interactive toys, climbing structures, and window perches. Physical activity is also important, so regular walks or play sessions should remain a part of their routine.
- **Create Long-Term Care Plans:** Now that your pet has adjusted to their new environment, think about their long-term care. Ensure you have a plan for ongoing training, regular vet checkups, and any other specific needs related to their age, breed, or health conditions. Consider enrolling in obedience classes or scheduling grooming sessions if needed.

Conclusion of Week 4:

By the end of Week 4, you should have a well-adjusted, happy pet who has bonded with you and is comfortable in their new home. With consistent routines, continued socialization, and attention to their needs, you're setting the stage for a long and rewarding relationship.