

Week 2: Building Trust

The second week focuses on strengthening the bond between you and your new pet through trust-building activities, positive reinforcement, and starting basic training.

- **Bonding Activities:** Spend quality time with your pet to create a deeper connection. Play games that engage your pet's mind and body, such as fetch for dogs or interactive toys for cats. Grooming sessions, like brushing their fur or clipping nails, also create a trusting and relaxing environment.
- **Positive Reinforcement:** Use rewards like treats, praise, or toys to encourage good behavior. Positive reinforcement helps your pet understand what behaviors are desired and motivates them to repeat those actions. Be consistent with your rewards to avoid confusion.
- **Basic Training:** Start teaching simple commands such as "sit," "stay," "come," and "down." Use treats and verbal praise as rewards when your pet performs the desired behavior. Keep training sessions short (5–10 minutes) and fun to prevent frustration for both you and your pet. Start with one command at a time and gradually move to more complex ones as your pet masters the basics.
- **Socialization:** Introduce your pet to new people, pets, and environments in a calm and controlled manner. This helps build confidence and reduces fear-based behavior. For dogs, consider taking short, supervised walks around the

neighborhood. For cats, allow them to explore new areas of the house slowly.

- **Maintain Consistency:** Consistency is crucial in this stage to ensure your pet understands your expectations. Stick to the same routines for feeding, playtime, and potty breaks. This structure reinforces trust and helps them feel secure in their new environment.

Conclusion of Week 2:

By the end of Week 2, you should notice an increased level of comfort between you and your pet. Continue bonding through positive experiences and begin laying the foundation for more advanced training as you move forward in the first month.