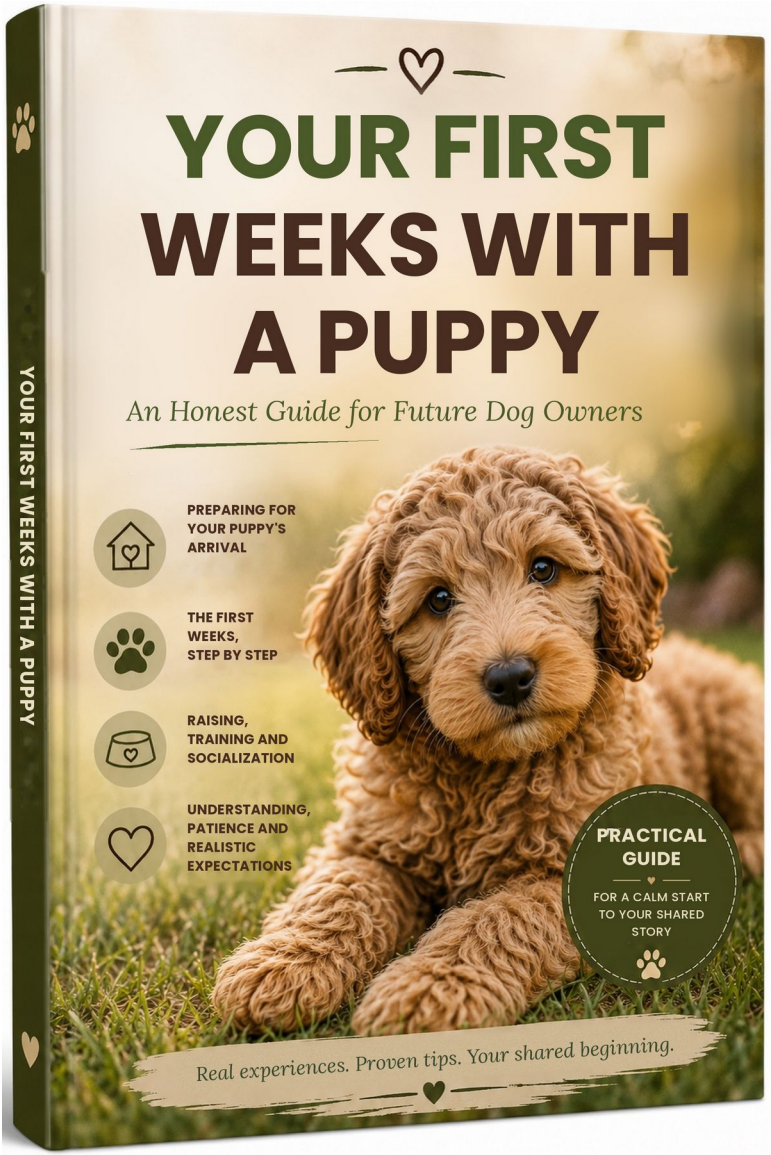


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First edition, 2026

Free sample: the Introduction and two chapters from the full e-book.

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Introduction

If you are holding this book in your hands right now, chances are that you are looking forward to your puppy's arrival, but you also have plenty of questions. Maybe you are wondering whether you will manage everything correctly, whether you will mess something up, or whether you will be the best person for your new buddy.

I would like to reassure you right from the start. This book is not a manual for a perfect dog or a perfect owner. Its goal is to help you find your way through the decision to get a dog and through the first weeks and months of life together. You will find answers to the questions that new owners ask most often, and also to some you may not yet know you will have to deal with.

You will find recommendations based on my experience as a breeder, but no book can ever tell you everything. Every dog is different. Each has a different personality, a different pace of learning, different needs and a different way of showing how they feel.

So don't be afraid to trust yourself. Watch your dog, listen to them, and follow your own instincts too. Very soon you will know what they like, what makes them feel good, what motivates them and what doesn't suit them. No handbook can teach you that. Your own dog will.

Don't sweat every little detail. The first weeks are not a race to see how many commands your puppy learns or how quickly they can do everything. It is much more important that they feel safe with you, begin to trust you, and associate life together with calm and joy.

In time you will find that you do many things quite naturally. You will work out for yourself which leash suits you, which bowl or bed your

dog likes best, which treats they enjoy and which daily routine works best for both of you.

When the time comes for training or for dealing with more difficult situations, don't hesitate to turn to an experienced professional you trust. But remember that even a trainer's advice always needs to be adapted to your particular dog and to the breed you have chosen.

I hope this book gives you peace of mind and confidence, and helps you enjoy one of the most beautiful times of all: the first months with your puppy. Because that is when the relationship is formed that will stay with you for many years to come.

> **THE BOOK'S MAIN IDEA**
>
> *There is no single set of instructions that is right for every dog. There is only an attentive person who is learning to understand their dog.*

PART I

The Decision: A Dog and Your Life

1

Are You Really Ready for a Dog?

Getting a dog is not just a decision about which breed you like. It is a decision to change your everyday life for many years. A dog needs time, care, routine, money and, above all, the presence of a person who will take responsibility for them even at moments when it is inconvenient.

Time and Daily Routine

Try to imagine, honestly, an ordinary workday, not an ideal weekend. Who will take the dog out in the morning? How long will they be alone? Who will spend time with them in the evening when you are tired? At first, a puppy needs frequent trips outside, several meals a day, supervision and a great deal of sleep. An adult dog is usually

more independent, but still needs company, exercise and a meaningful life.

Questions to Ask Yourself in Advance

- How many hours a day are you normally at home?
- How much time can you give your dog every day, even when it is raining or you are tired?
- Are you an active person, or are you looking for more of a calm companion?
- Will the dog regularly be home alone for several hours?
- Do you have small children or another pet?
- Do you mind dog hair, mud, barking or damaged belongings?
- Are you ready for regular care of the coat, teeth, nails and ears?
- How often do you travel, and who will look after the dog during vacations, illness or an unexpected situation?
- Do you have a financial cushion for veterinary care?

How Much Does a Dog Cost Over a Lifetime?

The purchase price of a puppy is only the beginning. Over a dog's life you need to budget for food, basic equipment, veterinary care, preventive checkups, vaccinations, deworming or stool testing, training, grooming, travel, and possibly treatment for an injury or illness. In old age, costs can rise significantly.

The aim is not to put future owners off. The point is that a dog shouldn't come into a family as an impulsive joy that later turns into a problem. A well-thought-out decision is the first sign of responsibility toward the dog.

THINK ABOUT IT

Don’t ask yourself only: “Do I want a dog?” Also ask: “Will I be able to take care of them not only now, but also in five, ten or fifteen years?”

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Puppy Sleep: When Your Puppy Acts Up, They May Just Need Sleep

One of the most important things every new puppy owner should know is that puppies need a truly large amount of sleep. Roughly 16–20 hours out of every 24 is often cited, but every puppy is different, and the need for rest changes with age too.

Now imagine a small child who is tired but doesn't want to go to sleep. They are grumpy, throw tantrums, run around, nothing pleases them, and the more tired they get, the harder it is to calm them down. It can be exactly the same with a puppy. Perhaps you imagined that a tired puppy would simply lie down and fall asleep. But it may not work that way at all.

Instead, they start running around like crazy, biting your hands, pulling at your clothes, jumping, barking or sinking their teeth into anything that gets in front of their nose. You get the feeling they still have plenty of energy, so you tell yourself you need to tire them out even more. You take them on another walk, throw toys, try to entertain them. And it gets worse and worse. Because the problem may not be that the puppy is getting too little exercise. The problem may be that they have been overtired for a long time already.

How to Tell If Your Puppy Is Overtired

An overtired puppy may:

- race frantically around the apartment and be unable to stop,
- bite much harder than usual,

- tug at pant legs, hands or hair,
- bark, whine or be irritable,
- jump from one activity to another,
- seem as if they simply can't switch off,
- be more sensitive to sounds, touch and everyday situations.

Of course, not every behavior like this means tiredness. Puppies play, explore the world and sometimes simply go wild. But if it happens mainly after a longer activity or in the evening, first try thinking about how much sleep the puppy has actually had.

Why Won't a Puppy Sleep Even When They're Tired?

Because there is always something interesting going on around them. A new home, new people, children, TV, visitors, toys, sounds, smells. A puppy wants to be part of everything. And above all, they don't want to miss anything. In the first days after joining a new family this can be even more pronounced. The puppy is in unfamiliar surroundings, watching everything, and may not yet feel safe enough to fall properly asleep. So instead of sleeping, they keep running around and playing, and gradually reach a state where they can no longer calm down easily by themselves.

How to Help Your Puppy Fall Asleep

Above all, create conditions in which they can rest. You don't need to shut them anywhere or force them to lie in one spot. Try to calm the household, stop wild games, reduce the bustle and give them peace. Make sure children and visitors don't disturb them while they are asleep.

For some puppies, a bed next to you is enough. Others like to crawl under a table or into an open soft crate. And others fall asleep best when you lie down next to them on the couch. Yes, feel free to let

them fall asleep next to you if that suits you. Don’t worry that you will spoil them. A small puppy is only just learning to rest in a new environment, and your closeness can help.

And above all, when you see that your puppy is overtired, don’t try to tire them out even more. More activity isn’t necessarily the solution. Sometimes they need exactly the opposite.

FROM MY EXPERIENCE AS A BREEDER

One thing I keep repeating to new owners is that a puppy doesn’t have to be kept busy all the time. You don’t have to invent a program for the whole day. You don’t have to constantly teach commands, go for walks or play with them every time they open their eyes. A puppy needs to discover the world, but just as much they need time to process all the new experiences.

And when someone describes to me that their puppy goes completely wild in the evening, bites, flies around the apartment and can’t be stopped, one of the first things I would focus on is rest. Because sometimes you don’t need to raise your puppy more, train more or tire them out more. Sometimes you simply need to let them catch up on sleep.

Want to Keep Reading?

You have just read the Introduction and two of the 23 chapters. The full guide takes you from deciding whether a dog is right for you, through the first weeks at home, all the way to the teenage months.

What you will find in the full guide

- How to choose a dog that fits your life and a breeder you can trust, with questions to ask and warning signs
- The first four weeks, day by day and week by week, with a sample daily rhythm
- Crate, soft crate or dog bed: how to decide, without cry-it-out methods
- Housetraining and biting, without punishment
- What your dog's body language and growling are really telling you
- Socialization, fear periods and teaching your puppy to stay alone
- Health basics: vaccination, deworming, diarrhea, vomiting and when to call the vet
- Traveling, doggy daycare, pet sitting, insurance and what to expect in adolescence

THE FULL E-BOOK

*Get the full e-book, Your First Weeks with a Puppy, at **www.queen-gigi.cz**. 23 chapters of calm, honest, practical advice for the first weeks and months with your puppy.*