French Bulldog Puppy Checklist

Your first weeks with a short-nosed city companion

Shopping list | Airway-aware harness and heat-safety gear
First-night plan | Daily routine | Vet worksheet
Skin folds, eyes, spine-friendly habits | Weight control
Toxic foods | Emergency numbers | Socialization tracker

Free from Frenchie Daily. General education only; it does not replace advice from your veterinarian.

Some guides on our site may contain affiliate links; this checklist has none.

1. Shopping list

Must-haves before pickup. Nice-to-haves can wait.

Must-have before pickup

- [ ] Crate or pen sized for a compact adult, with a divider
- [ ] Washable bedding (nothing your puppy can shred and swallow)
- [ ] Puppy food: keep the same food the breeder or rescue used at first
- [ ] Food and water bowls (a slow-feeder bowl can reduce gulping; ask your vet)
- [ ] Step-in or Y-shaped chest harness that fits, plus ID tag and phone number
- [ ] Standard 4 to 6 foot leash and poop bags (avoid tight neck collars for walks unless your vet advises otherwise)
- [ ] Enzymatic cleaner for accidents
- [ ] Soft chew toys; avoid very hard chews that can crack teeth
- [ ] Unscented, dog-safe wrinkle/fold wipes or soft cloths
- [ ] Puppy-safe nail clippers or grinder
- [ ] Pet stairs or a low ramp for sofa and bed
- [ ] Training treats: small, soft, pea-sized
- [ ] Dog-safe shampoo and a soft toothbrush with dog toothpaste
- [ ] Cooling mat or elevated cot for warm days (still supervise)

Nice to have, can wait

- [ ] Portable fan for crate airflow on warm days
- [ ] Indoor potty pads for days that are too hot for long outdoor trips
- [ ] Saline eye flush recommended by your vet
- [ ] Car restraint (crash-tested harness or secured crate)
- [ ] Puppy class signup (ask your vet when it is safe to start)

Breed tip: French Bulldogs are a brachycephalic (short-nosed) breed. Plan for heat, breathing comfort and fold care early. This is general education, not a diagnosis—ask your veterinarian about your own puppy.

2. First-night plan

Calm and predictable beats exciting.

Before bedtime

- [ ] Last meal a couple of hours before bed (follow your vet's plan)
- [ ] Last potty break right before bed, quietly, with a treat
- [ ] Crate or pen near you so your puppy can hear you
- [ ] Soft bedding and one safe chew; no loose swallowable items
- [ ] Quiet, dim room at a comfortable temperature
- [ ] Water available as your vet advises

During the night

- [ ] Plan one or two overnight potty trips at first
- [ ] Keep night trips boring: no play, straight back to bed
- [ ] Check whether whining is a potty need, then settle calmly
- [ ] Do not leave a truly distressed puppy to cry for long periods
- [ ] Note times in the potty log later in this booklet

Morning

- [ ] Straight outside for a potty break, with a treat
- [ ] Breakfast, then another potty break
- [ ] Short play and training, then a nap

Reminder: Puppies sleep a lot. Call your vet if your puppy seems lethargic, refuses food, or has vomiting or diarrhea.

3. A sample daily routine

Adjust to your household and your vet's feeding advice.

Time of day	What happens
Wake	Straight outside to potty, treat
Breakfast	Meal, then potty break
Play + training	A few short, reward-based sessions
Nap	Crate or pen
Wake + potty	Out immediately after waking
Midday meal	If your vet advises 3 or more meals
Play + nap	Repeat the cycle
Dinner	Last meal a couple of hours before bed
Evening	Calm social time and chewing
Last potty	Right before bed
Bedtime	Crate near you

Rule of thumb: Potty after waking, after eating, after play, and about every hour or two when awake and young. Reward in the potty spot. Every puppy is different.

4. Puppy-proofing

Get down to puppy height.

Living areas

- [ ] Electrical cords tucked or covered
- [ ] Houseplants moved or checked for toxicity
- [ ] Small objects, socks, remote controls out of reach
- [ ] Trash cans secured
- [ ] Gates up for stairs and off-limit rooms
- [ ] Plan furniture access with a ramp, pet stairs or lifting—ask your vet what fits this breed

Kitchen, bath, yard

- [ ] Cleaners and medicine secured
- [ ] Chocolate, grapes, xylitol gum and human food stored away
- [ ] Fence gaps checked; pools and ponds secured
- [ ] Toxic plants, antifreeze and pest poisons locked away
- [ ] Vet and emergency clinic numbers saved in your phone

Talk to your vet: French Bulldogs are a brachycephalic (short-nosed) breed. Plan for heat, breathing comfort and fold care early. This is general education, not a diagnosis—ask your veterinarian about your own puppy.

5. Vet visit worksheet

Book a first visit within the first few days, or as your health guarantee requires.

Bring

- [ ] Health records, vaccine and deworming history
- [ ] A stool sample if asked
- [ ] Food name and feeding amounts
- [ ] Your list of questions

Questions to ask

- [ ] Which vaccines does my puppy need, and when?
- [ ] Which parasite preventives (fleas, ticks, heartworm) should we use?
- [ ] How much and how often should I feed, and how do we track body condition?
- [ ] When do you recommend spay or neuter, and why?
- [ ] What signs mean I should call you right away?
- [ ] What is your emergency policy? Which 24-hour clinic do you recommend?
- [ ] What socialization is safe before vaccines are finished?
- [ ] How should we watch breathing effort, snoring and heat tolerance?
- [ ] What fold, ear or eye care do you recommend for this puppy?
- [ ] Any screening you recommend as a French Bulldog grows (including airway or spine concerns)?

Notes:

6. Vaccine and preventive tracker

Your vet sets the schedule. Fill in dates.

Date	Vaccine / preventive	Vet initials	Next due

Typical items to track: core vaccines (your vet will list them), rabies as required locally, heartworm prevention, flea and tick prevention, deworming and microchip details.

7. Fold care, heat safety and weight

Short noses and skin folds need a plan. Extra weight is hard on a compact back.

Skin folds and eyes

- [ ] Gently clean facial folds as your vet or groomer shows you
- [ ] Dry folds after cleaning; damp folds can invite irritation
- [ ] Watch for redness, odor or rubbing at eyes—call your vet if worried
- [ ] Introduce calm handling of ears, paws and mouth in short sessions

Heat and breathing

- [ ] Keep walks short in warm or humid weather; prefer early morning or evening
- [ ] Never leave a French Bulldog in a parked car
- [ ] Learn your puppy's normal breathing at rest; ask your vet what is not normal
- [ ] Offer shade, water and cool indoor rest after activity

Weight and spine-friendly habits

- [ ] Ask your vet how to score body condition
- [ ] Measure food; count treats in the daily picture
- [ ] Use ramps or lift for furniture; discourage repeated jumping
- [ ] Ask before long walks, jogging or repetitive high-impact play

Talk to your veterinarian before changing diet, exercise or home care routines. Individual puppies vary.

8. Toxic foods and plants

Not a complete list. If your puppy eats something risky, call right away.

Foods and household items to keep away

- [ ] Chocolate and cocoa
- [ ] Grapes and raisins
- [ ] Xylitol (sugar-free gum, some peanut butters, candy)
- [ ] Onions, garlic, chives
- [ ] Macadamia nuts
- [ ] Alcohol and raw yeast dough
- [ ] Caffeine
- [ ] Cooked bones and corn cobs
- [ ] Human medications
- [ ] Cleaning products, antifreeze, rodent poison

Plants often listed as toxic to dogs

- [ ] Sago palm
- [ ] Azalea and rhododendron
- [ ] Oleander
- [ ] Tulip and daffodil bulbs
- [ ] Autumn crocus
- [ ] Check the ASPCA toxic plant list for your garden

Categories drawn from ASPCA Animal Poison Control and common veterinary guidance. Absence from a list does not mean safe. Always call.

9. Emergency numbers

Fill this in today. Stick a copy on the fridge.

My vet _____

My vet's after-hours number _____

Nearest 24-hour emergency vet _____

Emergency vet address _____

Breeder or rescue _____

Pet insurance policy and claim number _____

Microchip number and registry _____

Trusted neighbor or sitter _____

Poison hotlines (a consultation fee may apply)

ASPCA Animal Poison Control Center: (888) 426-4435
Pet Poison Helpline: (855) 764-7661

Call your vet or emergency clinic right away for

- [ ] Trouble breathing, collapse or seizure
- [ ] Repeated vomiting or diarrhea, or blood
- [ ] Eating something toxic or a foreign object
- [ ] Heavy panting, drooling or weakness in the heat
- [ ] Pale gums, extreme lethargy or refusing food and water
- [ ] Labored breathing, blue-tinged gums, collapse or overheating
- [ ] Sudden back pain, reluctance to jump, or dragging feet (ask your vet what to watch for)

10. Socialization and training tracker

Keep experiences positive and short. Ask your vet what is safe before vaccines are complete.

Experience	Date	Reaction (calm / unsure)
New people (different ages, hats, uniforms)		
Children (calm, supervised)		
Other vaccinated, friendly dogs		
Car rides		
Different floor surfaces		
Grooming: brush, paws, ears, nails		
Handling: mouth, paws, collar		
Vacuum, doorbell, household sounds		
Crate and being alone briefly		
Wearing a collar and harness		
Leash walking at home		
Calm greetings		

Skills to teach

- [ ] Name
- [ ] Sit
- [ ] Down
- [ ] Come (recall)
- [ ] Leave it
- [ ] Drop it
- [ ] Crate settle
- [ ] Loose-leash walking
- [ ] Wait at doors and stairs

11. Weight log

Weigh at vet visits or on a home scale. Share the trend with your vet.

Date	Age (weeks)	Weight

Do not chase an exact number. Growth varies. Ask your vet whether weight and body condition are on track for your puppy.

12. Potty log

Mark O = outside, A = accident.

Date / time	Pee or poop	O or A	Notes