CALM PUPPY START

The 2am Crying Checklist: 5 Things to Check Before You Panic

Five quick checks to run on your phone, half asleep, before you scroll another group.

by **Stuart Ross** · Calm Puppy Start

INTRODUCTION

Intro

It's 2am, he's crying, and every cry feels like a verdict on you. It isn't. Run these five checks first.

Tonight's time: _____ (note when the crying started)

Tick each box as you go. One line tells you what to do, one tells you what to look for. Most night cries are one of the first three.

The five checks

Tick each box as you go. Most night cries are one of the first three.

☐ 1. Toilet

Do: Take him out on a lead to his spot. Keep the light low, say nothing, and don't play.
Look for: Does he go? If he does, calmly pop him straight back in his bed. If he doesn't go after a couple of minutes, take him back in anyway. This is a toilet trip, not a game.

☐ 2. Comfort and temperature

Do: Feel his bed and the air around him. Check for draughts, and for a spot that's too hot, such as next to a radiator. **Look for:** Is he shivering, panting, or pressed against the crate door looking for cooler air? Adjust one thing only: a blanket on, a blanket off, or a door closed.

☐ 3. Hunger and water

Do: Check he has fresh water within reach, and think back to when he last ate. **Look for:** An empty bowl, or an early last meal. Offer a small sip of water. Don't turn this into a snack unless he's very young and your vet has told you to feed overnight.

☐ 4. Settling set-up

Do: Check three things: where the crate is (is it close enough that he can hear you?), where you are (can he see or smell you?), and what's in there (a worn t-shirt, a safe chew, nothing he can swallow). **Look for:** A set-up that leaves him feeling alone. For the first few nights, crate next to your bed is fine and can stop the crying before it escalates.

☐ 5. What to leave alone

Do: Once checks 1 to 4 are done, stop adding things. No new toys, no food, no moving the crate to a new room, no switching plans halfway through the night. **Look for:** The urge to try something different every five minutes. Picking one calm approach and sticking with it works better than swapping between comfort and ignoring.

CONCLUSION

Your next step

You've just run the 2am checks. That's step one of a full night's sleep.

Tick the boxes, note the time, and give your puppy a few minutes to settle. If the crying carries on, you now know you haven't missed the basics, and you can stop scrolling for answers.

The 2am Puppy Cry Guide takes you the rest of the way. It gives you one clear night routine, with how long to wait at each point, and a "normal or call the vet" page you can open mid-cry. It's built from six years on a vet practice front desk, and from settling three puppies of my own and about a dozen fosters.

Founding places are open now at $17 (it goes to $27 after the first 10).

This isn't medical advice. If something looks new, severe or is getting worse, call your vet.

Stuart

YOUR NEXT STEP

The 2am Puppy Cry Guide

Know exactly what to do when your puppy cries at 2am, with one clear night routine and a 'normal or call the vet' page you can open mid-cry.

Take the next step →

calmpuppystart.com/2am-puppy-cry-guide