

Bonding & Training Rituals: First 30-Day Guide for American Bully Puppies

Introduction

This guide gives you the core early training rituals and timeline to build a lifelong bond with your American Bully puppy. Focus on consistent short sessions, positive reinforcement, and predictable routines.

Core Rituals

1. Name Game: Say your puppy's name and immediately reward to build voluntary attention. 2. Touch-and-Treat Handling: Daily gentle handling of paws, ears, mouth paired with treats. 3. Crate Comfort: Make crate a safe space with voluntary entries and short closed-door periods. 4. Short Positive Sessions: Multiple 5-10 minute training bursts focusing on basic cues. 5. Social Exposure: One new positive experience per outing: people, surfaces, sounds.

Trust Builders

1. Routine: Consistent daily schedule for feeding, play, training, quiet time. 2. Reward First: Redirect and reward rather than punish. 3. Connection Walks: Short leash walks emphasizing engagement, not distance. 4. Check-In Pause: Daily five-second calm sit and eye contact. 5. Calm Transitions: Soft arrivals and departures to avoid anxiety.

Breed Notes

American Bullies benefit from exposure to how people react to their appearance and gradual novelty to prevent over-alertness. Keep introductions measured.

First Two Weeks Plan

Days 1-3: - Name game multiple times daily - Handling drill - Crate exploration - Establish routine Days 4-7: - Short leash walks - One new texture daily - Meet one new person calmly - Begin simple cues (sit, look) - Reinforce calm transitions Week 2: - Simulate grooming - Introduce one new sound per day - Lengthen crate comfort - Skill check: name response and recall

Tips & Tools

- Keep a daily journal or short video log to track progress. - Rotate rewards to maintain motivation. - Align family members on cue language with weekly briefings. - Celebrate small wins to reinforce positive behavior.

Quick Checklist

Daily: - Name game (check) - Handling drill (check) - Short training session (check) - Calm check-in (check) - One new positive exposure (check) Weekly: - Review basic cues - New environment outing - Family alignment session