



THE MUST HAVE ITEMS
FOR YOUR FRENCHIE..
ONLY THE ESSENTIALS

PUPPY PROOF YOUR
HOME.

5 OF THE MOST
IMPORTANT THINGS TO
DO BEFORE ARRIVAL.

PREP FOR YOUR
FRENCHIE



the
ULTIMATE
Product Checklist
**WHEN ADOPTING
YOUR FRENCHIE**

BY DR. AMANDA WILLIAMS

FRENCHIES NATURALLY



HELLO FRENCHIE LOVER!

Thanks for downloading the guide. My hope for you is that you will have a happy experience adding your little Frenchie furball to your family. I know it's an exciting time bringing your little French fry to your home but can feel overwhelming when you think of prepping for your bundles arrival.

I was born into the breeding world, and found Frenchies in 2002 when I instantly fell in love as it looks like you have as well. I've placed hundreds of Frenchies in loving homes across the United States. With the experience, I have created a checklist of must have items for your little one. I've also added a few tips on puppy proofing. If you'd like to go deeper on prepping for their arrival so you understand how to best care for their health and wellness then you may want to proceed with the Prep for Your French Bulldog course. Congratulations on your little one. We always love seeing pics of your babies so tag us on instagram or email them over.

~Amanda

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YOUR ULTIMATE PRODUCT CHECKLIST WHEN ADOPTING A FRENCHIE

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THE PRODUCT CHECKLIST

THE ESSENTIALS



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I am going to be honest with you. Your Frenchie doesn't need much. For those of you who are parents of multiple kiddos. The first one you were nervous and wanted to make sure you had everything on hand. What you found is that you didn't even use much of it. In fact, some things your kiddo just absolutely refused to use. For the second one you were wiser, you realized all they needed was some onesies, some form of diapers and wipes, a swaddle, somewhere safe to sleep, and bottle just in case. It's the same with puppies. They really don't need much. Here's the basic necessities.

#1 Dogfood

It is best to keep your pup on the same food your breeder fed for at least one month. Why you ask? When a puppy comes into your home it is a stressor even though it's getting all of the love and attention it could possibly ask for. When you change the food it is an additional stressor. Make sure to order dog food or pick it up ahead of time. Buy the size that will only last about 2 weeks. The reason for this is when it's exposed to air it oxidizes the oils which is not good for your pup. You will notice the smell and look of dog food changes once it's opened. I would highly recommend transitioning your pup to a balanced cooked or raw diet a month or two after arrival.

#2 Food & Water Bowls

Your little one needs something to eat and drink out of. Stay away from plastic as I can have toxic chemicals that will leach into their food and water. Use stainless steel, glass, or ceramic. I personally use the glass pyrex bowls as they don't topple over and they come with a lid so if all of the food isn't eaten it can easily be placed in the fridge with a lid on.

#3 Crate

An appropriately sized crate is a must for potty training and safety of your Frenchie. A good starter crate is the 24 or 30 in metal ones with a divider like this one on Amazon (affiliate link). For potty training you only want to give enough space for them to get up and turn around comfortably. You adjust the divider as they grow.

#4 Playpen

I used to put a playpen as an optional item. I have decided that is not the case. You need this for your Frenchies safety and it helps in the potty training process. You never want to let your pup roam around without being watched as they are like toddlers and place everything in their mouth. This can be a choking hazard and can cost thousands of dollars to remove. Your pup could also eat something that is poisonous for them like xylitol in chewing gum or plants. As you're potty training and they prove themselves trustworthy in the playpen you can expand their space until you can give them complete access to the house.

#5 Towels

Notice I did not place a dog bed as a necessity. I recommend you use older, intact towels you have around your home. Make sure they are not torn as a pup could choke on it. I know you want to provide your pup with all of the finer things in life but chances are they will just pee and poo on it in the beginning. Wait until they are potty trained to provide them with the nice stuff. Place a folded towel in the crate.

#6 First Aid Kit

Most new owners never even consider a Frenchie first aid kit. I will tell you it has been a lifesaver for me. At some point in time, you will need eye drops, skincare, and ear drops solution. There's nothing worse than not having something on hand and you have to run to the store or wait for it's arrival. For the complete Frenchie first aid kit recommendations you will want to purchase The Prep for Your Frenchie course. Get the kit!

#8 Grooming Supplies

A French Bulldog's skin is 3 times thinner than yours. This means it absorbs more through his skin than you do and then the body has to process it into a form that can be eliminated from the body. Overtaxing the detox system leads to symptoms like itchiness. We recommend this botanical line of grooming products that we sell in our store. It's what we use on our own Frenchies and we do not have any itchy Frenchies. :) Get the kit!

#9 Safe Cleaning Supplies & Laundry soap

For the above reason, we want to keep toxins from entering your pup's system. I find a lot of people have resistance to this but please change to safe cleaning supplies & laundry soap for your Frenchie as they are on the floor all of the time and absorb these toxins more than you or I would. I like Biokleen. You can order here.

PUPPY PROOF YOUR HOME

5 THINGS TO DO BEFORE ARRIVAL



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Puppy proofing your home is the most important thing you can do for your little bundles safety. I've had more puppies than the average person over my lifetime and unfortunately I can tell you that there were times I learned the hard way. I don't want that for you. This is not an exclusive list but something to get your juices flowing on making your home Frenchie afe.

#1 Check out the backyard for exit points and places they can fall.

Check your fencing to make sure they cannot escape such as holes in the ground, wider slates in your fencing they can squeeze through. I have black iron rod feccing and had to zip tie gardening fence to it so my Frenchies couldn't squeeze through. There are spots along our fence that the water washes away the dirt. I regularly check it and place more large rocks ther to prevent escapees. Also, if your deck is on the second story make sure there isn't a space they can squeeze through and fall off. I had one do this that was an older pup and she broke her elbow. I now have stapled gardening fence to the bottom space of the deck railing. Place a lock on any gates. It's only a matter of time before someone leaves it open and the Frenchies are wondering through the neighborhood. Also, cover window wells. When Maddie was a young pup she ran full force and fell into one of our window wells. It was night time and I was just sure she be hurt or worse. Thankfully she was totally fine. Maybe a little shocked. We covered the window wells right after that.

#2 Get rid of poisonous plants

Check all plants in your home and backyard to make sure they are not poisonous. Remove them from your home or place them high enough your Frenchie can't reach them. Remember during the holiday season that poinsettias are poisonous.

#3 Remove essenital oils that are poisonous for dogs

Many esssential oils are good for dogs but there are some common ones that are toxic even when diffused in the air. Here's a few common one but. not a complete list: eucalyptus, tea tree oil, pine oil, wintergreen oil, cinnamon oil, citrus oil, peppermint oil, sweet birch oil. Make sure you pet can easily leave the area when diffusing safe essential oils as well as they have sensitive noses.

#4 Keep poisonous to Frenchies food items up high where they can't reach them.

Everyone's home is different. We have an open pantry. When we moved here I quickly realized the Frenchies would sneak in and help themselves to stuff on the bottom shelf. I was thankful they didn't eat the yeast. Here's a few of the most toxic foods for Frenchies that you will want to make sure are out of reach: raisins/grapes, xylitol, chocolate, caffeine, yeast and yeast dough, macadamia nuts, fruit pits & sids, alcohol, onions. Xylitol is found in lots of items like gum, protein powders, peanut butters, toothpaste, and many many more.

#5 Put away all cords

IPuppies can get tangled up in cords and I have received the sad call that this happened to one of our puppy parents dogs. Take a glance around and make sure they are out of reach of your fur babies.

PREP FOR YOUR FRENCHIE

WHAT SHOULD I DO?



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Bringing a Frenchie in your home will be one of the funnest experiences of your life. They are full of love, silliness, and committed to their families. They rely purely on you to be their provider for their health and wellness. It's important you prep appropriately and educate yourself on what's best for them. You are their advocate. We've created the Prep for Your French Bulldog course. Here's what's include:

- **Creating your Frenchies wellness plan**
 - Understand core and non-core vaccinations
 - Understand the various diets pros & cons
 - Kibble, cooked, & raw.
 - What treats to provide.
 - Understand how to create a chemcially safe home for your Frenchie with cleaning product recommendations & recipes.
 - Understand when it's safe to take your dog to the doggy park.
 - Order a genetic health test panel.
- **Basics of training your Frenchie**
 - Crate training.
 - Potty training.
 - Basic behavioral training like:
 - Preventing biting of hands & feet
 - How to leash train your pup.
 - Teach your Frenchie to come when called
 - My boys created a training for kids on how to care for their Frenchie.
- **Understand what your pup comes with before he arrives**
 - Health guarantee
 - Genetic testing
 - Shot and deworming record
 - Microchip-know where to register it
 - AKC papers-limited vs full registration
- **Additional home safety prep**
- **Understand what you need in your Frenchies 1st Aid Kit**
- **Additional items you may want for your Frenchie.**
- **And more!**

[Get the course](#)

A LITTLE ABOUT FRENCHIES NATURALLY



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Hi! I'm Dr. Amanda Williams. Pharmacist by trade. Frenchie lover by heart. I believe the world is better because Frenchies are in it. I was born into the breeding world. My grandma, mom, and aunt all raised a variety of different breeds over 40 plus years. At this writing I am 39 years old and would say I have 39 years of doggie experience. Growing up I always loved little dogs that looked and sounded like piglets such as Shar-peis and English Bulldogs. When I was introduced to Frenchies in 2002 it was easy to fall in love and add my first girls Zoe, Darcy, and Paris. I raised beautiful pups from these girl as I got my my bachelors in cell and molecular biology. I went to pharmacy school and took a break from the breeding world. Before kiddos everyone knew them as my girls.

I have seen over the decades how our view of our pets has changed to make them a real part of our families. We have been concerned with our health and wellness as humans and have the same requirements for our four legged family members as well. My approach to Frenchie health and wellness is an integrative approach meaning I use the best practices of preventative care, holistic, and traditional medications when needed. I am not afraid of anything that will increase the longevity of my Frenchie babies.

I will do anything for my Frenchies and I know you would do the same for yours as well. That's why I have created courses and a membership group to give you the information I have so you can make the best decision for your little one. Throughout the years, I have found products & supplements that our Frenchies and other Frenchie families can feel good about using as well. I want Frenchies Naturally to be the one source where Frenchie owners are educated to find all their sustainable, functional, and clean nutritional items. Feel free to contact me anytime. I want you to feel at ease with optimizing your Frenchies health and wellness.

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