



Frenchie Care Checklist

Daily, weekly, monthly & yearly care for flat-faced dogs

Maggie the Merle
maggiethemerle.com

How to use this: stick it on the fridge and tick things off. It's a general routine built from veterinary sources. Where your own vet's advice is different, follow your vet.

Every day DAILY

- ☐ Fresh water available all day
- ☐ Measured meals; treats count (keep them to 10% or less of the diet)
- ☐ Walks on a **harness, not a collar**, at the coolest times of day
- ☐ Listen to breathing: note any new or louder snoring, snorting or wheezing
- ☐ Face wrinkles & tail pocket clean and dry
- ☐ Pick up dropped food and small objects from the floor
- ☐ Play in short bursts with rest breaks

Every week WEEKLY

- ☐ Check ears: redness, smell or discharge means a vet visit
- ☐ Brush the coat and look at the skin and between the toes
- ☐ Weigh on the same scale and write it down
- ☐ Brush teeth with a *dog* toothpaste (ask your vet how often)
- ☐ Inspect toys; throw out anything torn or broken
- ☐ Wash bedding (more often if your dog is itchy)

Every month MONTHLY

- ☐ Flea, tick & heartworm prevention as your vet prescribed
- ☐ Body-condition check: ribs easy to feel, a waist from above, a tummy tuck
- ☐ Nails: trim or book a trim if they click on the floor
- ☐ Harness fit: two fingers under the straps, nothing rubbing (recheck often for puppies)
- ☐ Restock food, wipes and poop bags

Every year YEARLY

- ☐ Wellness exam and the vaccines your vet recommends
- ☐ Ask your vet to assess breathing (BOAS) and body condition
- ☐ Dental check; ask whether a cleaning is needed
- ☐ Review your pet insurance before renewal
- ☐ Update microchip contact details if anything changed
- ☐ Merle dog? Ask about hearing and eye checks

My Frenchie's weight log

Date / weight

Date / weight

Date / weight

Date / weight

Date / weight

Date / weight

Date / weight

Date / weight



Heat Safety & Vet Visits

The two things that matter most for a flat-faced dog

Maggie the Merle
maggiethermerle.com

Heat safety

- ☐ Walk early or late; keep walks short in warm weather
- ☐ Skip exercise in heat waves, direct sun, or warm and humid weather
- ☐ Always bring shade and water
- ☐ **Never** leave your dog in a car, even with windows open
- ☐ Harness, not collar
- ☐ Keep your Frenchie lean; extra weight makes panting less effective
- ☐ Cooling mats & vests add comfort but don't make hot walks safe

Flat-faced breeds can overheat at temperatures as low as about 70°F (21°C), per the UK Brachycephalic Working Group.

Emergency: act now

Overheating signs: heavy panting, drooling, vomiting, weakness, confusion, collapse.

- ☐ Stop all activity; get into shade or AC
- ☐ Wet your dog with **cool tap water** with air moving over them
- ☐ Call a vet now and keep cooling on the way

Breathing emergency: blue, purple or gray gums or tongue, collapse, or struggling to breathe. Go to the nearest emergency vet.

Vet-visit prep

- ☐ Your weight log (page 1)
- ☐ Phone videos of breathing: at rest, after play, and asleep
- ☐ Food brand, daily amount, and treats/chews
- ☐ All medications and preventatives, with doses
- ☐ Photos of any skin or ear problem on a bad day
- ☐ Insurance details or claim form
- ☐ Before any anesthesia: remind the team about the flat-faced airway

Questions to ask

1. Does my dog's breathing look and sound OK for them?
2. What's their body condition score, and what weight should we aim for?
3. Which vaccines and preventatives do they need this year?
4. Anything to watch in the ears, skin or folds?
5. Is there anything I should change about walks in summer?

My other questions:

Keep these handy

My vet's phone

Nearest 24-hour emergency vet

Microchip company & number

Insurance company & policy #

ASPCA Animal Poison Control Center: (888) 426-4435, 24/7 (a consultation fee may apply)