

Checklist for a Healthy & Happy Cockapoo

30 practical, veterinary-guideline-informed habits for helping your Cockapoo thrive. Check each box as you make it part of your routine.

How to use: Individual needs vary by age, size, activity, health history, and lifestyle. Use this as a practical home checklist and review personalized recommendations with your veterinarian.

1. FEEDING

- Feed a complete and balanced dog food appropriate for your Cockapoo's life stage.
- Measure meals rather than estimating portions by eye.
- Adjust food amounts with your veterinarian based on weight, body condition, age, and activity.
- Keep treats, table food, and other extras to no more than about 10% of daily calories.
- Provide fresh, clean water every day and refresh the bowl regularly.
- Keep a consistent feeding routine suited to your dog's age and needs.
- Transition to a new food gradually over about a week to reduce digestive upset.
- Avoid making table scraps a routine part of your Cockapoo's diet.
- Use food puzzles or measured portions of the daily diet for enrichment when appropriate.
- Ask your veterinarian before adding supplements or using a homemade diet; homemade diets should be professionally formulated.

Feeding note: AAHA nutrition guidance emphasizes complete-and-balanced nutrition, measured intake, body-condition monitoring, and keeping treats/other extras at ≤10% of daily calories.

2. GROOMING

- Brush and comb the coat several times a week to help prevent tangles and mats.
- Schedule professional grooming about every 4–6 weeks, adjusting to coat growth and matting.
- Check the ears at least weekly for redness, odor, discharge, moisture, or discomfort.
- Dry the ears and coat thoroughly after swimming or bathing.
- Clean ears only with a veterinarian-approved product and follow your vet's instructions.
- Brush your Cockapoo's teeth daily when possible to help control plaque and tartar.
- Have nails trimmed about every 4–6 weeks, or sooner if they click on hard floors.
- Keep the hair around the eyes neat and watch for redness, cloudiness, swelling, or unusual discharge.
- Check the skin during brushing for lumps, parasites, irritation, hot spots, or persistent itching.
- Use grooming as a calm handling exercise so your Cockapoo learns to accept brushing, nail care, ear checks, and bathing.

Grooming note: Cockapoos commonly have wavy/curly coats and floppy ears, so regular coat brushing, professional grooming, ear checks, and dental care are especially useful routine habits.

3. HEALTH & FITNESS

- Schedule a veterinary wellness exam at least annually; senior dogs may need more frequent visits.
- Keep core vaccinations current and discuss lifestyle-based vaccines with your veterinarian.
- Maintain year-round parasite prevention for heartworm and appropriate flea, tick, and intestinal-parasite risks.
- Monitor weight and body condition regularly to help prevent obesity.
- Provide daily physical activity such as walks, play, retrieving, swimming, or other age-appropriate exercise.
- Add mental enrichment through training, scent games, food puzzles, and interactive play.
- Watch for changes in eyes, ears, movement, appetite, thirst, bathroom habits, sleep, or behavior.
- Ask your veterinarian about dental examinations and professional cleaning when indicated.
- Discuss breed-related and age-related screening needs, including eye, orthopedic, and other concerns.
- Make time every day for companionship, positive-reinforcement training, play, and calm rest.

Health note: Preventive care should be individualized. Annual wellness exams, vaccination and parasite prevention, weight management, dental care, exercise, and early recognition of changes are core preventive-care themes.

Veterinary Reference Notes

- **American Animal Hospital Association (AAHA) / AVMA:** Preventive healthcare guidance emphasizes routine veterinary examinations, individualized nutrition and weight management, vaccination, parasite control, dental care, behavior, and age/life-stage assessment.

- **AAHA Nutrition & Weight Management Guidelines:** Keep the primary diet complete and balanced; assess calories and body condition; keep treats and other extras at no more than about 10% of daily calories; transition diets gradually.

- **PetMD — Cockapoo health and care, reviewed by a veterinarian:** Cockapoos may be prone to obesity and certain eye/orthopedic concerns; regular brushing, professional grooming, weekly ear checks, eye monitoring, and daily dental brushing are highlighted.

- **VCA Animal Hospitals — Cockapoo:** Notes moderate exercise needs, regular brushing/combing, professional grooming about every six weeks, weekly ear checks, and attention to weight.

This checklist is educational and is not a substitute for veterinary diagnosis or individualized medical advice. Recommendations should be adjusted for your Cockapoo's age, size, health history, activity level, and lifestyle.