

OUCH! MY PUPPY IS BITING!

A SURVIVAL GUIDE

WHY DO PUPPIES BITE SO MUCH?

- **TEETHING** - Teething is a developmental period experienced when puppies have their first set of teeth. This period will end when your puppy has their permanent teeth at 7-8 months.
- **EXPLORATION** - Just like human babies, puppies are curious creatures! They use primarily their nose and mouth to explore their environment.
- **EXPRESSING A NEED** - When puppies need something, they tend to get more toothy. Common needs that cause biting could be hunger, tiredness, or needing to potty.
- **EXPRESSING AN EMOTION** - When puppies feel a lot of an emotion, like frustration for example, it tends to be expressed physically.
- **SEEKING ENGAGEMENT** - Puppies like to be with you and interact with you. Often times, they know that biting will get your attention when they want to interact with you more.

WHAT YOU'LL NEED TO BE SUCCESSFUL:

- **PLAY PENNED / SAFE CONFINEMENT** - Setting up a puppy safe playpen and crate will be incredibly useful for when your puppy needs a nap or break. Keep it in a lived-in part of the house; Puppies don't want to be alone!
- **TOYS OF ALL TYPES** - Toys will help your puppy learn to keep their mouth on toys and not you. Good options are fleece ropes, crinkle toys, squeakies, etc. Whatever your puppy likes best! I like to rotate through toys to keep them new and interesting.
- **VARIETY OF NATURAL CHEWS** - These will give your puppy something satisfying and long-lasting to get their teeth into. Some good options are bully sticks, collagen chews, beef cheek, cod skins, trachea, dried sweet potato chews, etc.
- **FILLED AND FROZEN ENRICHMENT TOYS** - Kongs, Toppls, Lickmats, and other fillable/food dispensing toys are great to use for a variety of things teething related. Fill them with safe food like pureed pumpkin, plain yogurt, unsweetened peanut butter, meat baby food, or canned dog food. Put them in your freezer to save for later, the coolness feels good on puppy gums.

WHAT DO I DO?

MY PUPPY JUST WOKE UP



- Play with your puppy with a toy
- Go for a walk or adventure
- Work on a few training skills

MY PUPPY NEEDS HELP NAPPING



- Provide an enrichment toy that encourages licking
- Calmly encourage puppy into their pen or safe confinement
- Speak softly and put on white noise while puppy licks their Kong in their pen

MY PUPPY IS BITING OBJECTS



- Provide a new and tasty chewy (like a bully stick) for puppy to use their teeth on

MY PUPPY IS FRUSTRATED



- Remove puppy from the current activity and provide an easier one in a less stimulating environment
- Practice very easy skills like voluntary check ins for treats

NOTHING IS WORKING!



- Scatter treats on the floor to divert your puppy's attention momentarily
- Provide your puppy an enrichment toy and/or chewy in their pen
- Give yourself a 15 minute break away from puppy