



Puppy biting is normal. Pups naturally grow out of it as they mature. Excessive puppy biting is typically caused by unmet needs. Minimize their biting by meeting their needs, and using smart management to build desired habits. Follow the checklist to maximize your pup's chance of success.

✓ **PHYSICAL EXERCISE**

Dogs need a mix of low stimulation exercise (sniff walks, hikes, and swimming) and high stimulation exercise (play, chase, and fetch in small amounts). Ask your vet what's safe for their age.



✓ **MENTAL EXERCISE**

Enrichment makes up for the lack of what dogs would choose to do in the wild. It helps dogs relax, feel fulfilled and behave better. Examples: Training, sniffing, chewing, shredding, and searching for treats.



✓ **OVERLY TIRED**

If your pup crashes and sleeps after a biting fit, it's likely they were overly tired, and lacked the ability to play nicely. Give young dogs chances to nap away from family activity.



✓ **HUNGRY OR TEETHING**

Young pups need three meals a day until puppy biting subsides. And teething makes lots of pups grumpy. Have plenty of yummy or cold chewing options available to them.



✓ **OVERLY AROUSED**

When play goes too long or gets too exciting, dogs can become adrenalized to the point where it's hard for them to not use their mouths. Use enrichment and management to give them a break.



✓ **DEFENSIVE BITING**

When we miss body language which says, "Don't do that," dogs may bite to stop the unpleasant event. This can happen during petting, play, or around food and toys. Seek help from your trainer.



If you've checked all the boxes and your pup is still biting, use smart management spaces to prevent practicing those unwanted behaviors. Crates, tethers, and play pens are good options when pups or their people need a break.