

# Puppy Biting Checklist

...What a...  
**Great Dog!**  
TRAINING CENTER

Excessive puppy biting is typically a result of other problems. Puppy biting is normal, and they grow out of it as they mature. You can minimize their biting by meeting their needs, and by using smart management to build desired habits. Follow the check list to maximize your pup's chance of success.

## Physical Exercise:

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



## Mental Exercise:

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



## Hungry or Teething:

Many young, bitey dogs 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.



## Over-Tired:

If your dog crashes and sleeps after a biting fit, it's likely they were over-tired, and lacked the ability to play nicely. Make sure to give young dogs chances to nap, often away from the family.



## Over-Aroused:

When play goes too long or exciting things happen, 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.



If you've checked all the boxes and your pup is still biting, use smart management spaces where they can't practice those unwanted behaviors. Crates, tethers, and play pens are good options until you can get help from your trainer.

## Defensive Biting:

Missing or ignoring body language that says, "Don't do that," leads to dogs taking further action to stop the unpleasant event. This can be during petting, play, or around food and toys. Seek help from your trainer.