

# SMELLS LIKE TEEN PUPPY

## A Quick Guide To Dog Adolescence

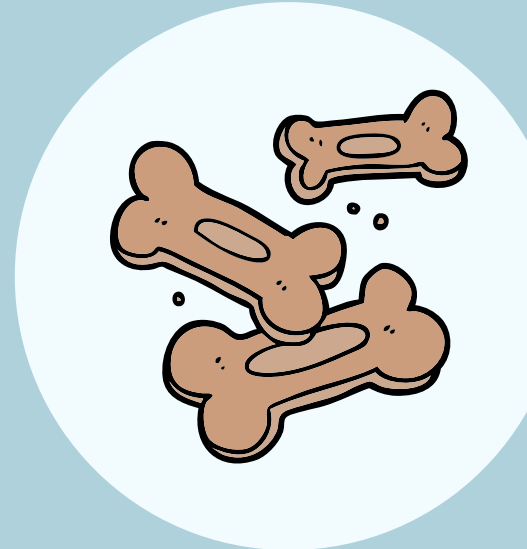


### CONSISTENCY IS KEY

Adolescent dogs are still in the process of growing. Not just physically, but mentally, too! Although it may seem like your puppy understands you one moment and forgets everything the next, your pup is storing all of that information for use when their hormones finally calm down. Keep your training, schedule, and activities consistent, so that they know they will always have that to fall back on.

### KEEP EXPERIENCES POSITIVE

Because they are still learning, it's important to create and continue positive experiences for your teenage puppy! These will help them grow into confident dogs. Pairing new experiences with treats and going at your dog's pace will help build a better relationship between your dog and the world around them.



### APPROPRIATE OUTLETS

Make sure your puppy has the appropriate outlets for activities, like chewing. No-one wants to lose their favorite pairs of shoes to a growing dog! Make sure that all of your favorite things and important things have been put out of reach. Replace them with appropriate chews for your dog's age, and toys that they can easily get their jollies out with.

### PHYSICAL EXERCISE

Exercise is important, but it's just as important to make sure our teenage puppies don't get **too much** exercise! Over-exercising your adolescent dog can be harmful to their growing bodies. 10-15 minute sessions of fetch or toy play should be enough to satiate their need for physical activity. Stick to short hikes for now, and no long runs yet!



### MENTAL EXERCISE

This is even more important than physical exercise! It will help your puppy develop coping and life skills. Five minute training sessions, decompression walks, puzzle toys, or short nose-work sessions can easily transform your "high energy" puppy into a calm and happy companion. Talk to a certified trainer about more ideas for mental exercise and how it can help your puppy.

### REST

It's very important to give your puppy the rest that they need throughout the day. Take a drive or go for a leisurely walk without your dog. Rest helps dogs process their day and lessens the chance of a "tantrum" (they are very similar to human toddlers in this way). Keep their activities and rest breaks on a schedule.

