











Destructive Chewing Prevention & Training Guide

For Puppies and Adult Dogs



DAILY CHECKLIST

Task	Completed?
 1. Morning walk or exercise (15–30 min)	<input type="checkbox"/>
 2. Mental stimulation (training, puzzle toys)	<input type="checkbox"/>
 3. Provide 2–3 chew-safe toys	<input type="checkbox"/>
 4. Remove tempting items (shoes, cords, trash)	<input type="checkbox"/>
 5. Use crate/pen if dog is unsupervised	<input type="checkbox"/>
 6. Rotate toys for novelty	<input type="checkbox"/>
 7. Redirect and reward proper chewing	<input type="checkbox"/>
 8. Apply deterrent spray to problem areas	<input type="checkbox"/>



TRAINING TIPS

1. Puppy Teething Tips

- Offer frozen carrots, wet rags, or teething rings.
- Avoid hard chews that can damage growing teeth.




2. Redirection Method

- Say "No" calmly when you catch them chewing something off-limits.
- Immediately give a toy and praise when they chew it.
- Consistency is key!

3. Toy Tips

- Use durable toys: KONGs, rope toys.
- Fill hollow toys with peanut butter or treats to extend playtime.

WHAT TO AVOID

-  Yelling or punishment after chewing is discovered.
-  Allowing access to the whole house unsupervised.
-  Giving old shoes or clothes as toys (this confuses dogs).

SIGNS YOUR DOG NEEDS MORE STIMULATION

Behavior	Possible Cause
Chewing furniture, walls	Boredom or anxiety
Whining when alone	Separation anxiety
Destroying toys quickly	Under-stimulated or aggressive chewer