



Rovers Return Dog Rescue

Feed Fix Network

Preventing Destructive Chewing

KEY ACTIONS

- Redirect, do not punish.
- Supervise until trustworthy.
- Give both physical exercise and mental work every day.

CORE RULES

Provide appropriate chew options such as Kongs, Nylabones, and rope toys. Rotate toys to prevent boredom. For teething puppies, freeze a wet washcloth or puppy-safe teething toy.

Prevent access to the wrong things. Puppy-proof shoes, cords, and remote controls. Use baby gates or crates when you cannot supervise. Use bitter apple spray or deterrents when needed.

Redirect the behavior. If you catch your dog chewing the wrong thing, interrupt calmly and immediately hand them an approved toy. Praise heavily when they chew the correct item.

Tire out the brain and body. Daily walks, play sessions, and puzzle feeders reduce unwanted chewing.

Be patient and consistent. Never punish after the fact because dogs do not connect past chewing with punishment. Everyone in the household must follow the same rules.

With time, supervision, and redirection, most young dogs grow out of destructive chewing.

DAILY TRAINING PLAN

Morning: potty break and 15 to 20 minutes of exercise. A tired puppy is less likely to look for trouble.

Breakfast: feed in a Kong, snuffle mat, or puzzle toy instead of a bowl.

Supervised play: offer 2 to 3 textures such as rubber, rope, and nylon. Praise warmly for the right chew.

Short training: work on leave it and drop it for 5 minutes with treats and toys.

Midday: use a crate, puppy pen, or gated area with safe toys when you cannot supervise. Include a stuffed Kong or long-lasting chew.

Afternoon or evening: use a walk, fetch, or tug for 20 to 30 minutes, then offer a frozen stuffed Kong or teething toy during calm time.

Before bed: take a last potty break, refresh leave it training, pick up tempting items, and provide a safe chew in the crate or safe area.

DAILY CHEW TRAINING CHECKLIST

Potty break and exercise.

Breakfast in a puzzle feeder.

Chew toy session with 2 to 3 textures.

Calm redirection if chewing the wrong item.

Five minutes of leave it and drop it practice.

Safe confinement with toys when busy.

Stuffed Kong or long-lasting chew.

Second exercise session.

Chew and calm time.

Last potty break and quick leave it refresh.

Remove shoes, cords, remotes, and other tempting items.

Safe chew in crate or pen overnight.

GOLDEN RULES

Redirect, do not punish. Show them what to chew, not just what not to chew.

Consistency equals success. Everyone follows the same rules.

Supervise until trustworthy, then gradually increase freedom.

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