

10 Step Puppy Handling Exercise

This approach is performed to improve your pup's ability to handle different types of touch, handling, and sensation. It also releases a hormone in the puppy that helps them effectively handle stressful situations. It will build confidence in your pup and give them the tools they need to live a full life.

Do not put the puppy down if they are agitated or upset. If they are displaying resistance, stop until the puppy calms and then resume. The objective is for the puppy to yield to you and be calm during this daily routine.

Reward with positive verbal praise and snuggles when done!

1	Rub and gently tug on their ears.
2	Cover their eyes for 3-5 seconds.
3	Open their mouth, inspect their teeth and place your finger inside of their mouth. You can rub their tongue and gums. Also, look at their teeth to ensure they are coming in correctly. Every once in a while, issues with tooth erosion do occur.
4	Hold your puppy upside down like a baby and gently rub their belly and chest in wide circular motion.
5	Run your hand UP their back (from tail to head) a few times to tuffle their fur. Also, practice "heavy petting" - patting your pup's back like you are burping a baby.
6	Gently tug and twist on their tail.
7	Rub your fingers in between all pads of their paws. Tap on the tip of their nails.
8	Hold head down for ONLY 2-3 seconds
9	Put your hand on their collar and apply a slight tug or pressure.
10	Allow hind legs to hang loose while holding them under the front legs.

(These ideas were adapted from the Badass Breeding Program we model raising our puppies after. We fully agree with and highly recommend them to every new puppy owner).