

THE COCKAPOO PUPPY BITING TOOLKIT

Prevent it. Handle it. Fix it for good.

Three tools in one, for the moments biting actually happens.



WHY YOUR PUPPY IS BITING



In plain English

First: your puppy isn't naughty, and you haven't done anything wrong. Biting is one of the most normal — and most misunderstood — parts of raising a puppy.

Underneath almost every biting moment, **one of four things is usually going on**:

- **They're overtired.** When puppies run out of the ability to cope, biting is often the first sign.
- **Their world is too much, too fast.** New people, new places, no downtime — it all comes out as biting.
- **They're stuck in a big feeling.** Being handled, told no, or restrained can feel like too much before they've learned to cope with it.
- **They're just being a puppy.** Mouthing and play-biting are how they explore and communicate — and it's completely normal.

This toolkit gives you **three things to work with**:

- **Right Now** — what to do in the exact moment your puppy is biting
- **Build It Out** — simple exercises that teach a gentler mouth over time
- **Quick-Check** — a one-page checklist to come back to whenever you need it

Let's start with right now.





TOOL 1

Biting Moment Flowchart

Quickly handle a biting puppy without harsh feelings



Avoid harsh “no” or physical correction—gentle redirection only.
If overwhelmed, step away safely and reset yourself too

*Biting is normal! Progress, not perfection. Stay calm, use gentle redirection,
and focus on meeting the puppy's needs.*

TOOL 2: BUILD IT OUT



Teaching Bite Inhibition – gentle, science-based exercises for a softer mouth over time.

These four exercises won't stop biting overnight, but practised little and often, they teach your puppy what a gentle mouth feels like – for good.

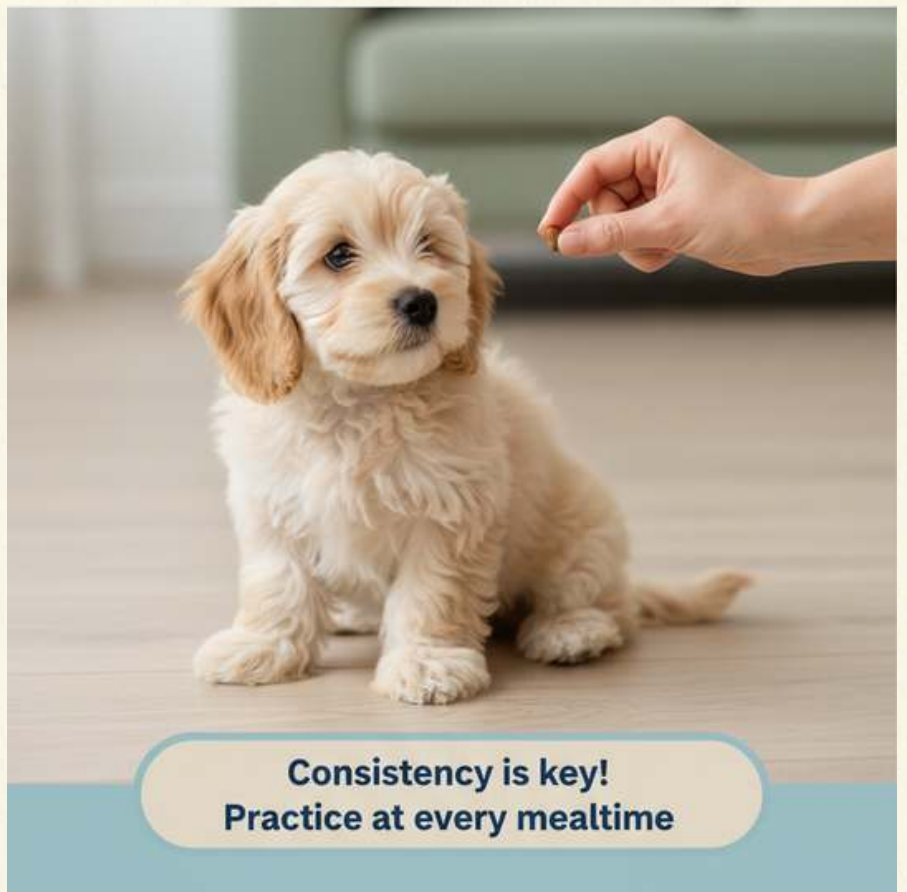
GENTLE HAND FEEDING



Teach your puppy to take food gently for better bite inhibition

- Start with 6-8 pieces of dry food or treats
- Hold one piece between your thumb and 2 forefingers
- Present to your puppys' nose
- Wait for your puppy to have a gentle mouth
- Look for licking or backing away slightly
- Let go and let your puppy take the food
- Repeat with each meal

Why this works:
your puppy
learns that
gentle gets the
reward, every
single time.



Consistency is key!
Practice at every mealtime

GENTLE RESTRAINT



Teach your puppy to relax under hands and wait patiently to be released

- Sit on the floor with your puppy next to you
- Have 6-8 pieces of dry food or treat in your hand
- With your food free hand, place your arm over your puppy and then a flat hand on their chest
- Put a treat on the floor just out of reach
- Wait for your puppy to relax slightly into your hand - do not pin them or hold tight
- Release your puppy to the food
- You can add a “get it” if you want when you let go

**Why this works:
handling stops
feeling like
something to
escape from.**



THE FIND IT GAME



Teach your puppy to search for food on cue

- Stand next to your puppy with food in your hand
- Say “find it” and drop one piece of food onto the floor
- Let your puppy eat it
- Repeat several times
- When you can see your puppy looking to the floor when you say “find it” add some slow movement
- Repeat whenever you are walking around the house with your puppy

Why this works:
gets their head
to the floor,
instead of
targeting your
feet or your
clothes.



USING A LATCH TOY



Teach your puppy to grab something legal (instead of your legs or trousers)

- Stand next to your puppy with your latch toy in your hand
- Wiggle it slightly until they grab it
- Let them tug on it but do not tug back
- Add slow movement
- Keep a toy on you or in each room so you can grab it quickly
- Use when starting lead training so your puppy doesn't grab the lead
- Do whenever you are walking around the house or garden
- Buy your latch toys [here](#) or [here](#)

Why this works:
redirects the
grabbing
instinct onto
something legal





TOOL 3: Cockapoo Puppy Biting Solutions Checklist



Prevention & Routines

- ☐ Consistent Schedule (sleep) ☐ Supervised Play

Enrichment and Chews

- ☐ Safe chews ☐ Puzzle feeders
☐ Interactive toys

Calm Responses

- ☐ Keep still ☐ Remove yourself briefly
☐ Avoid punishment ☐ Redirect to moving toy

Training

- ☐ Hand feeding ☐ Teach bite inhibition
☐ Train the humans ☐ Alone time training

Ticked every box and still struggling? That's exactly what a 1:1 session is for – book yours here. If something feels physically off, check in with your vet first.

WHAT NEXT?



This toolkit gives you the tools for right now. If biting is still the loudest thing in your house, **here's where to go next:**

Haven't taken the Biting Quiz yet?

Take it here [→](#)

to find out exactly what's driving it.

Ready for hands-on help?

Book a 1:1 session with Clair here [→](#)

Want the full foundations?

Puppy Thrive

walks you through sleep, rest, routine and trust — the three things that make biting (and almost everything else) ease off for good.