



## THE ADOLESCENT DOG SURVIVAL GUIDE

# A Thoughtful Guide To Understanding, Supporting & Surviving Your Teenage Dog

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# W e l c o m e T o A d o l e s c e n c e

Just when you think you've cracked puppy training...

Your dog suddenly forgets everything they've ever learned.

Recall disappears.

Lead pulling returns.

Listening becomes optional.

And you start wondering if your puppy has been replaced overnight.

The good news?

This is completely normal.

Adolescence is one of the most challenging stages of development, but it is also an important part of growing up.

This guide will help you understand what is happening, why it happens and how you can support your dog through this phase with confidence, patience and realistic expectations.

♥ Helena

IMDT Puppy Instructor

Loving Tails Pet Care

*Helena*



# What is Adolescence?

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Adolescence is the period between puppyhood and adulthood.

Most dogs enter adolescence between:

🐾 6–18 months

Although timing varies depending on breed and individual development.

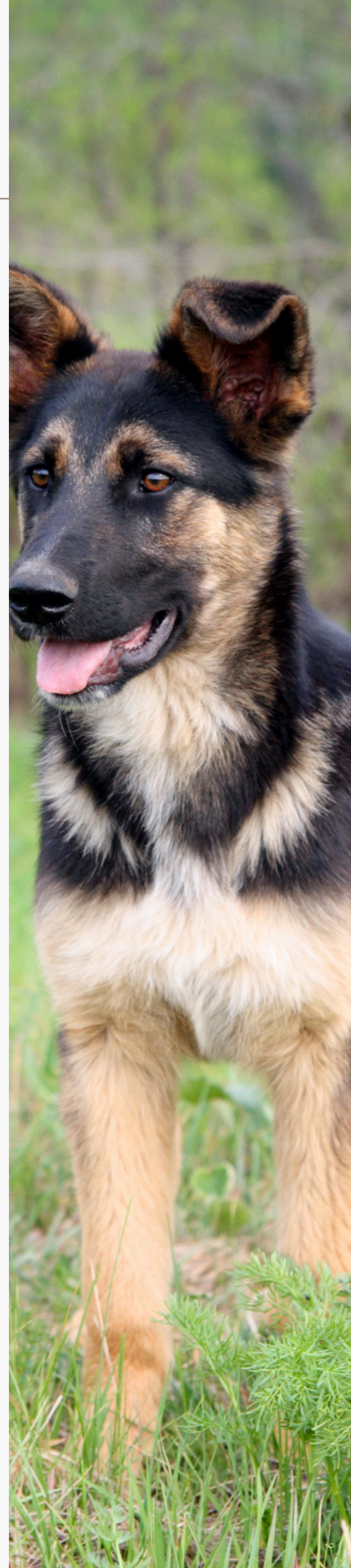
## During This Stage

- 🐾 Hormones begin changing
- 🐾 Confidence develops
- 🐾 Independence increases
- 🐾 Social behaviour evolves
- 🐾 Brain development continues

REMEMBER...

Your dog isn't being difficult.

They're growing up.



# Why Has Recall Disappeared?



*Many owners feel frustrated when a previously reliable recall suddenly falls apart.*

*This is extremely common.*

## Why It Happens

- 🐾 The world becomes more interesting
- 🐾 Environmental distractions increase
- 🐾 Independence develops
- 🐾 Hormonal changes affect behaviour
- 🐾 Impulse control is still developing

## Loving Tails Tip

*Don't view this as failure.*

*View it as a training opportunity.*

*Go back to basics and continue reinforcing success.*



## Why Has My Dog Stopped Listening?

You may notice:

- 🐾 Slower responses
- 🐾 Ignoring cues
- 🐾 Increased distractions
- 🐾 Selective hearing
- 🐾 Testing familiar routines

The Reality

Your dog hasn't forgotten everything.

Their brain is simply developing and learning to navigate an increasingly complex world.

**Remember...**

**Consistency remains key.**

**Keep practising the skills you want to see.**



# Hormones & Behaviour

Hormonal changes can influence:

- 🐾 Confidence
- 🐾 Social interactions
- 🐾 Focus
- 🐾 Emotional responses
- 🐾 Risk-taking behaviours

You May Notice

- ✓ Increased curiosity
- ✓ More independence
- ✓ Greater awareness of surroundings
- ✓ Changes in behaviour around other dogs

Loving Tails Tip

Hormones explain behaviour.

They don't excuse it.

Continue providing guidance and support.



# Confidence Dips



Some adolescent dogs experience periods of uncertainty.

You may notice:

- 🐾 Hesitation around familiar things
- 🐾 Increased sensitivity
- 🐾 New fears
- 🐾 Changes in confidence

Support Your Dog By

- ✓ Remaining calm
- ✓ Allowing choice
- ✓ Avoiding pressure
- ✓ Rewarding bravery
- ✓ Building positive experiences

Remember...

Confidence often develops in waves rather than a straight line.





## Lead Pulling & Frustration

Many adolescent dogs become stronger, more confident and more enthusiastic about exploring.

This can lead to:

- 🐾 Increased pulling
- 🐾 Frustration
- 🐾 Reduced focus
- 🐾 Excitement around distractions



### *What Helps?*

- ✓ *Rewarding engagement*
- ✓ *Allowing opportunities to sniff*
- ✓ *Managing distractions*
- ✓ *Practising in easier environments*
- ✓ *Remaining consistent*



## Managing Expectations

Instead of expecting perfection, focus on:

- Progress over perfection
- Small wins
- Consistency
- Confidence building
- Realistic goals
- Positive reinforcement
- Patience
- Trust

Remember...

Adolescence is temporary.

The skills you build now will benefit your dog throughout their life.



# What Is Normal & When To Seek Help

## Common Adolescent Behaviours

- ✓ Increased distraction
- ✓ Reduced focus
- ✓ Temporary setbacks
- ✓ Changes in confidence
- ✓ Increased excitement

## Seek Professional Support If You Notice

- ⚠ Significant fear
- ⚠ Aggression
- ⚠ Severe anxiety
- ⚠ Extreme frustration
- ⚠ Behaviour affecting daily life

*Remember...*

*Seeking support early is never a failure.  
It's often the kindest thing you can do for your dog.*

# Questions?

NEED A LITTLE MORE SUPPORT?

Loving Tails Puppy & Adolescent Support



Growing up can be challenging for both dogs and their owners. If you'd like personalised guidance, Loving Tails offers support tailored to your dog's individual needs and stage of development.

- 🐾 Recall Support
- 🐾 Lead Walking Foundations
- 🐾 Confidence Building
- 🐾 Adolescent Guidance
- 🐾 One-to-One Puppy Support

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*Thank you!*

♥ THOUGHTFUL CARE FOR  
EVERY TAIL

