

FREE BONUS GUIDE

The Doodle Jumping & Biting Reset

Four paws on the floor, and a gentle mouth.

Bonus guide for The Complete Doodledoodle Guide

Before We Begin

Your Doodledoodle is friendly, clever and full of love. But right now, that love might come with muddy paws on your clothes, scratches on your arms, holes in your sleeves and visitors backing away from the door.

Jumping and mouthing are the two most common complaints from Doodle owners. They usually go together: an excited Doodle jumps up, grabs a hand or a sleeve, and the more you push them away, the more exciting it gets.

This reset tackles both. It takes about three weeks of consistency, and it works for puppies, teenagers and adults.



Why Doodles Jump & Bite

Jumping

Puppies greet by reaching up to lick faces. People's faces are high, so Doodles jump. When we look, talk, laugh or push them away, that's attention, and jumping works.

Mouthing

Bernedoodle puppies use their mouths a lot. Poodles were bred as water retrievers, and Bernese puppies are big, bouncy and mouthy. Mouthing comes from:

- **Play:** Doodles wrestle with their mouths.
- **Teething:** between about 3 and 7 months.
- **Greetings:** grabbing hands is a way of saying hello.
- **Over-excitement and over-tiredness.**

Why they go together

Excitement drives both. A Doodle at level 4 or 5 on the excitement scale (Part 9) jumps, spins and grabs. Bring the excitement down, and both behaviours improve.

Your Toolkit

- **A baby gate** across the hallway or kitchen doorway.
- **A lead and harness** for practice greetings.
- **A mat or bed** for your Doodle to settle on.
- **Tasty treats** in pots near the front door.
- **A toy basket** by the front door.
- **Long-lasting chews** for when guests visit.
- **A note for visitors** explaining the rules.



Four Paws at Home

We start with family members, because they're the people your Doodle greets most.

Step 1: Treats Low and Early

Keep a pot of treats by the front door. As you come in, drop treats on the floor between your Doodle's front paws, one after another. Their head goes down instead of up. Say hello quietly while they eat.

Step 2: The Turn Away

If your Doodle jumps, fold your arms, turn your back and look at the ceiling. Say nothing. When all four paws are on the floor, turn back and reward low.

Step 3: Practice Greetings

Five times a day, a family member goes out of the front door and comes straight back in, following the same rules. Short, frequent practice is the fastest way to change the habit.

Step 4: Sit to Say Hi

Once your Doodle is keeping four paws on the floor, ask for a sit as you arrive. Give attention only while they're sitting.

Step 5: The Welcome Gift

Hand your Doodle a toy from the basket as you come in. Many Doodles love to carry a "gift," and a full mouth makes jumping and grabbing less likely. Over time, many Doodles learn to grab a toy whenever someone arrives.

Calm hellos

Keep your own greetings calm. Come in, put your bags down, and say hello quietly once your Doodle is calm. The bigger your greeting, the bigger theirs.



The Doorbell Routine

The doorbell or a knock is the signal that starts the chaos. We're going to change what it means.

Step 1: Record the Doorbell

Record your doorbell or a knock on your phone.

Step 2: Doorbell Means Mat

Play the sound very quietly. Straight away, toss a treat onto your Doodle's mat. Repeat 10 times a session, twice a day.

Step 3: Turn It Up

Over several days, slowly increase the volume.

Step 4: Real Knocks

Ask a family member to knock on the real front door. Reward your Doodle on the mat.

Step 5: Add the Gate

When the real doorbell rings, your Doodle goes to their mat behind the gate, with a chew. Answer the door. Come back and reward.

Guests in the House

Step 1: Before Guests Arrive

Walk your Doodle and give a brain game, so they're calmer. Set them up behind a gate or on a lead.

Step 2: Share the Rules

Send guests a message before they arrive:

- Ignore the dog until they're calm.
- Turn away if they jump.
- Say hello only when all four paws are on the floor.
- Keep greetings short and calm.

Step 3: Let Guests Settle

Let guests come in and sit down. Keep your Doodle behind the gate with a chew for 5–10 minutes.

Step 4: Calm Introduction

Bring your Doodle in on a lead. Let them say hello only when calm. Reward four paws on the floor. If they jump, calmly lead them back a few steps and try again.

Step 5: Settle on the Mat

Ask your Doodle to lie on their mat with a chew while guests chat. Reward calm.

Guests in the House

Children visiting

Excited children can over-excite your Doodle. Use the gate more, supervise every interaction, and teach children to stand still and fold their arms if your dog jumps.



The Calm Rule

The heart of this plan is one simple rule: **teeth on skin means the fun stops.** Not yelling, not pushing, not punishing. Just a calm pause.

Step 1: Go Still

If teeth touch skin or clothes, go still and quiet. Moving hands and squealing make mouthing more exciting.

Step 2: Offer a Toy

Offer a toy. If your Doodle takes the toy, praise and play.

Step 3: Calm Time-Out

If teeth come back, say "oops" in a calm voice and step behind a baby gate or out of the room for 20–30 seconds.

Step 4: Come Back Calmly

Return quietly and offer a toy. If teeth come back, repeat.

Step 5: Be Consistent

Every person in the house must follow the same rule, every time. Mixed messages slow everything down.

The Calm Rule

Why not yelp?

Some people suggest yelping like a puppy when bitten. For some dogs this works; for many Doodles, it makes them more excited. The calm pause works for nearly all dogs.

Why not punish?

Tapping the nose, holding the mouth shut or pushing your dog away can make some Doodles worried or defensive, and others more excited. It also damages trust. We want your Doodle to learn what *to* do with their mouth.



Chews, Teething & Sleep

The Chew Menu

Offer a variety of safe chews and rotate them so they stay interesting:

- rubber toys stuffed with food
- chews suitable for your dog's size and age
- frozen lick mats
- soft toys for carrying

Supervise chewing, and remove pieces that could be swallowed.

Teething Help

- Frozen toys or wet, frozen flannels (supervised) soothe sore gums.
- More chew time during teething weeks.
- Keep your hands and clothes out of reach.



The Sleep Fix

Puppies need around 18–20 hours of sleep a day, and adults 16–18. Many mouthy Doodles are simply over-tired.

1. Notice when mouthing is worst.
2. Plan a crate nap just before that time.
3. Give a chew in the crate, cover it and keep the room quiet.

Many owners are amazed how much calmer their Doodle is with more sleep.



Soft Mouth Skills

These skills build on your Doodle's natural soft mouth.

Skill 1: Gentle Take

Hold a treat in a closed hand. If your Doodle nibbles or paws, keep it closed. When they back off or use a soft mouth, open your hand and let them have it.

Skill 2: Hold

Give your Doodle a soft toy. Say "hold" and reward while they hold it calmly for one second. Build up to five, then ten seconds.

Skill 3: The Trade

When your Doodle picks something up, offer a treat or a better toy and say "trade." Swap. Give the item back if it's safe. Your Doodle learns that bringing things to you pays.

Skill 4: Drop

During play, hold a treat at your dog's nose and say "drop." Reward when they let go of the toy, then play again.

Skill 5: Tug With Rules

You start the game. Teeth on skin means the game stops for a few seconds. "Drop" ends each round with a treat.

The Excitement Scale

Learning to read your Doodle's excitement level helps you step in *before* jumping starts. Think of it as a scale from 1 to 5.

- **Level 1, relaxed:** soft body, slow tail, lying down or wandering calmly.
- **Level 2, interested:** ears up, looking at the door, tail wagging gently.
- **Level 3, excited:** fast tail, wiggly body, whining, can still take a treat and sit.
- **Level 4, over the top:** spinning, barking, mouthing, struggling to take treats.
- **Level 5, explosion:** leaping, grabbing, can't hear you at all.

What to do at each level

- **Levels 1–2:** perfect time for practice greetings and rewards for calm.
- **Level 3:** ask for an easy skill (sit, touch, go to mat), then reward. Keep things low-key.
- **Level 4:** add distance. Step back behind the gate, scatter treats, or give a chew.
- **Level 5:** no training is possible. Calmly remove your dog from the situation and let them settle.

The goal over the coming weeks is to keep your Doodle at level 3 or below during greetings. The more often they practise calm greetings at levels 2–3, the less often they'll reach level 5.

The Excitement Scale

Lowering excitement before visitors

- A sniffy walk an hour before visitors arrive.
- A brain game (snuffle mat, puzzle feeder) 20 minutes before.
- A calm room and a chew as the doorbell time approaches.
- Calm, quiet voices from the family.



Mouthing & Children

Children are often the main target for mouthy Doodles. They move fast, squeal and wave their hands, all of which make mouthing more exciting. Children also find mouthing scarier than adults do.

Rules for the children

- **Be a tree:** if the puppy mouths or jumps, stand still, fold your arms and look at your feet.
- **No running games** with the puppy in the house.
- **No hand wrestling** or teasing with toys.
- **Toss treats, don't hand-feed** until the puppy has a gentle mouth.
- **Leave the puppy alone** when they're eating, sleeping or in their crate.

Rules for the adults

- **Supervise every interaction.**
- **Use gates** to separate the dog from children's playtime.
- **Give the dog a job** (a chew on the mat) when children are playing.
- **Step in early,** before your Doodle gets over-excited.

Mouthing & Children

Safe games for children and Doodles

- **Treasure hunt:** children hide treats around the room for the dog to find.
- **Trick training:** children ask for a sit and toss a treat on the floor.
- **Fetch with rules:** an adult supervises, the child rolls a ball, the dog brings it back and drops it.

> **Never leave young children alone with a dog,** however gentle the dog seems.



Impulse Control Games

These short games build the self-control your Doodle needs to stay calm when excited. Play one or two a day for 3–5 minutes.

Game 1: Bowl Zen

Hold your dog's food bowl at chest height. Start to lower it. If your Doodle moves forward, lift it back up. If they stay still, keep lowering. When the bowl touches the floor and your dog is still waiting, say "OK!" and let them eat.

Game 2: Toy Zen

Hold a toy out. If your Doodle lunges for it, hide it behind your back. When they wait, say "get it!" and let them have it. Start with a boring toy, then work up to their favourite.

Game 3: Door Zen

Put your hand on the door handle. If your Doodle moves towards the door, take your hand away. When they stay still, open the door a little. Build up until you can open the door fully while your dog waits.

Game 4: Statue

Play an exciting game, then suddenly freeze like a statue. Wait for your Doodle to sit or stand still. Reward, then start the game again. This teaches your dog to calm down quickly when excitement stops.

Your 21-Day Plan

- **Days 1–3:** toolkit ready. Toys in every room. Treats low and early at greetings. Calm Rule for teeth on skin.
- **Days 4–7:** five practice greetings a day. Plan naps before mouthy times.
- **Days 8–10:** Doorbell Means Mat. Gentle Take and the Trade.
- **Days 11–14:** sit to say hi. Welcome gift toy at the door.
- **Days 15–18:** guests visit with lead introductions. Tug with rules.
- **Days 19–21:** impulse control games. Review your progress.



10 Popular Questions Answered

1. How long will this take? Most Doodles improve a lot in 3 weeks with consistent practice.

2. Should I knee my Doodle when they jump? No. It can hurt them and often makes jumping more exciting.

3. Should I yelp when my puppy bites? For many Doodles it makes them more excited. Use the Calm Rule.

4. When will my puppy stop biting? Most improve a lot after teething, around 7 months.

5. My guests don't mind jumping. Ask them to follow the rules anyway.



10 Popular Questions Answered

6. Why does it get worse in the evening? Tiredness. Plan a nap before evening play.

7. My Doodle grabs sleeves when I walk past. Carry a toy and offer it early.

8. Is mouthing aggression? Usually not. Hard bites with stiffness or growling are different; get help.

9. My adult Doodle still jumps. Adults learn too. Be consistent for three weeks.

10. When should I get professional help? If bites are hard or frequent, or you're not seeing progress.



Your Quick Checklist

- ☐ Gate and lead for arrivals.
- ☐ Treats low and early.
- ☐ Turn away from jumping.
- ☐ Toys in every room.
- ☐ Calm Rule for teeth on skin.
- ☐ Naps planned.
- ☐ Toy at the door.
- ☐ Impulse control games.



A Final Word



Your Doodle's enthusiasm is part of their charm. This reset doesn't take that away. It teaches them to show it with four paws on the floor and a soft mouth.

