

FREE BONUS GUIDE

The Mouthing & Biting Reset

Teach better chewing and calm, gentle choices.

Bonus guide for The Complete Rottweiler Guide

Before We Begin

Rottweiler puppies are adorable, and they have strong jaws and sharp little teeth. A mouthy Rottie puppy grows into a very strong adult, so teaching a gentle mouth early really matters. Your hands are covered in scratches. Your sleeves have holes. Your children are nervous to play. And every time you try to stop it, the mouthing seems to get worse.

Here's the good news: mouthing is completely normal for puppies, and with a clear, consistent plan, your Rottie can learn to keep their teeth off people.

This plan will show you how. It takes about three weeks of consistency, and it works for puppies, teenagers and adults.



Before We Begin





Why Rotties Mouth

Rottie puppies explore the world with their mouths. They chew, tug, wrestle and play using their teeth. Mouthing usually comes from one of these:

- **Play:** Rotties wrestle and play-bite with each other. They try the same with people.
- **Teething:** between about 3 and 7 months, puppies lose their baby teeth. Sore gums make them want to chew everything.
- **Greetings:** grabbing hands or sleeves is how many Rotties say "hello!"
- **Over-excitement:** zoomies, visitors and rough play.
- **Over-tiredness:** a tired puppy bites more, not less.
- **Frustration:** wanting something they can't have, like getting to another dog.



Why Rotties Mouth

The Mouthing Assessment

For two days, note when your Rottie mouths most. Tick what you see:

- ☐ During play
- ☐ When I come home
- ☐ In the evening
- ☐ When they're tired
- ☐ When I try to put the lead or harness on
- ☐ When children are running around
- ☐ When I take something away

Your answers show you where to start. Most Rotties mouth most when they're over-excited or over-tired.

> **When it's not normal mouthing:** if bites are hard and frequent, or come with a stiff body, a hard stare, growling, or guarding objects, please speak to your vet and a qualified behaviourist.

Your Toolkit

- **Toys in every room:** soft toys, rope toys and long toys that keep teeth away from hands.
- **A chew menu:** safe chews suitable for your dog's size and age.
- **Frozen toys and wet flannels** for teething puppies (supervised).
- **Baby gates** for quick, calm time-outs.
- **A house line** (supervised only) to calmly guide your dog away.
- **A crate or quiet room** for naps.
- **Family rules:** everyone follows the same plan.



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 Rottie 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 Rotties, 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 Rotties worried or defensive, and others more excited. It also damages trust. We want your Rottie 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 Rotties 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 Rottie is with more sleep.



Soft Mouth Skills

These skills teach your Rottie a gentle, controlled mouth.

Skill 1: Gentle Take

Hold a treat in a closed hand. If your Rottie 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 Rottie 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 Rottie picks something up, offer a treat or a better toy and say "trade." Swap. Give the item back if it's safe. Your Rottie 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.

Rottie Mouthing Situations

The Sleeve Grabber

Your Rottie grabs your sleeve or trouser leg as you walk past. Carry a toy and offer it as you walk by. If they grab clothes, stop and stand still, then calmly step behind a gate.

The Greeting Grabber

Your Rottie grabs hands when you come home. Keep a toy by the front door and hand it over as soon as you walk in. Many Rotties love to carry a toy to greet you.

The Lead Biter

Your Rottie bites the lead on walks. Bring a tug toy and offer it before they grab the lead.

The Zoomie Biter

In the evening, your Rottie races around and bites. Plan a calm brain game and a nap before zoomie time.



Rottie Mouthing Situations

The Child Chaser

Your Rottie nips at running children. Supervise, use gates, and teach children to stand still and fold their arms. Give your Rottie a chew on their mat when children are playing.

The Adult Mouther

Your adult Rottie still mouths. Adults learn too. Use the Calm Rule and teach Hold and Gentle Take.



Mouthing & Children

Children are often the main target for mouthy Rotties. 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 Rottie gets over-excited.

Safe games for children and Rotties

- **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.



Foundation Skills for a Calm Mouth

These skills teach your Rottie that calm, gentle behaviour gets them what they want. Practise for a few minutes a day.

Skill 1: The Collar Hold

Gently hold your dog's collar for one second, then give a treat. Build up to five seconds. A dog who's comfortable with collar holds is less likely to mouth when you need to guide them.

Skill 2: Handling for Treats

Touch your dog's paw, ear or mouth, then give a treat. Build up slowly. This makes grooming and vet visits easier, and reduces mouthing when you handle them.

Skill 3: Wait for the Bowl

Ask your dog to sit and wait while you put their food bowl down. Release with "OK!" This builds patience around exciting things.



Skill 4: Settle After Play

After a few minutes of play, ask your dog to lie on their mat and give a chew. This teaches them that play ends calmly.

Skill 5: Calm Strokes

Stroke your Rottie slowly along their back while they're lying down. If they turn to mouth, stop and wait. If they stay calm, keep stroking. This teaches calm contact.



What to Expect by Age

- **8–12 weeks:** lots of mouthing. Puppies explore everything with their mouths. Focus on toys, sleep and the Calm Rule.
- **3–7 months (teething):** chewing is at its peak. Offer plenty of chews and frozen toys.
- **7–12 months:** mouthing should be reducing. Some teenagers go through a mouthy, pushy phase. Stay consistent.
- **1–2 years:** most Rotties have a soft mouth by now, but may still grab when excited. Keep using toys at greetings.
- **Adults:** adult Rotties who still mouth can learn new habits with the same plan, usually within a few weeks.

If mouthing isn't improving with age, or is getting harder or more frequent, please talk to your vet and a qualified behaviourist.



Setbacks & Your 21-Day Plan

Setbacks

Mouthing often gets worse during teething, adolescence, when your dog is tired, or after exciting days. Go back to the basics: more sleep, more chews, and the Calm Rule.

Your 21-Day Plan

- **Days 1–3:** toys in every room. Family rules agreed. Mouthing assessment.
- **Days 4–7:** Calm Rule every time. Plan naps before mouthy times.
- **Days 8–10:** set up a Chew Menu. Practise Gentle Take.
- **Days 11–14:** teach Hold and the Trade.
- **Days 15–18:** Tug With Rules. Toy at the door for greetings.
- **Days 19–21:** review your notes. Keep going with what works.



10 Popular Questions Answered

1. When will my puppy stop mouthing? Most improve a lot after teething (around 7 months), especially with consistent training. Because Rotties are so strong, don't wait for it to pass on its own.

2. Is mouthing aggression? Usually not. It's play, teething or excitement. Hard bites with stiffness or growling are different.

3. Should I hold my dog's mouth shut? No. It can make dogs worried or more excited.

4. Why does mouthing get worse in the evening? Tiredness. Plan a nap before evening play.

5. What chews are safe? Ask your vet, and choose chews for your dog's size and age.



10 Popular Questions Answered

6. My dog mouths my children more than me. Why? Children move fast and squeal. Supervise and teach them to be still.

7. Should I play tug? Yes, with rules. It's a great self-control game.

8. My Rottie steals things and runs off. Help! Don't chase. Use the Trade.

9. Is it too late for my adult dog? No. Adults can learn a soft mouth too.

10. When should I get help? If bites are hard, frequent, or come with growling or stiffness.



Your Quick Checklist

- ☐ Toys in every room.
- ☐ Family rules agreed.
- ☐ Calm Rule every time.
- ☐ Naps planned.
- ☐ Chew Menu set up.
- ☐ Gentle Take, Hold and Trade practised.
- ☐ Toy at the door.



A Final Word



Teaching a gentle mouth is one of the most important things you can do for a strong breed. With patience and consistency, your Rottie will learn.

Every calm moment and every toy chosen instead of a hand is progress.