

The Complete Bernedoodle Guide

Loving & living with your Bernedoodle.

Step-by-step training plans for real family life.

The Complete Bernedoodle Guide

Before You Start

Congratulations. You share your home with a clever, cuddly, people-loving Bernedoodle: part Bernese Mountain Dog, part Poodle, with a big heart and a big personality.

If your Doodle jumps on every visitor, steals socks, mouths your hands, pulls towards every person on the street, or turns into a whirlwind at 7pm, none of that makes them a bad dog. It means a clever, happy Doodle hasn't been shown what to do instead.

This guide shows them. Every chapter follows the same pattern, so you always know what to do next:

- **Why it happens:** what's going on inside your Doodle's head.
- **The method:** a named, step-by-step plan, with how long, how often, and when to move on.
- **If this happens:** fixes for the most common problems.
- **Practice games:** short daily games that build the skill.
- **Your action plan:** exactly what to do today.

> **How long does this take?** Most owners see a calmer Doodle within 1–2 weeks of following the daily routines. Bigger habits like pulling, jumping and home-alone stress usually take 4–8 weeks. Little and often beats long and rare.

> **A quick safety note:** if your dog has bitten, guards food or toys seriously, or panics to the point of injuring themselves, please work with your vet and a qualified behaviourist alongside this guide.

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Plus: 20 Popular Questions Answered.

CHAPTER 1

Decoding the Doodle Mind

In this chapter, you'll learn what's really going on inside your Bernedoodle's head, why your Doodle can be clever one minute and wild the next, and the daily "Doodle Balance Plan" that gives a busy, sociable brain exactly what it needs.



Two Very Different Breeds in One

Bernedoodles are a cross between a Bernese Mountain Dog and a Poodle:

- **Bernese Mountain Dogs** are Swiss farm dogs, bred to pull carts, guard the farm and move cattle. They're gentle, calm, loyal and often a little reserved with strangers. They're also sensitive, slow to mature, and feel the heat.
- **Poodles** were originally water retrievers. They're very intelligent, quick to learn, lively, and often a little sensitive or alert.

Your Bernedoodle might be more like one parent than the other, or a mix of both. That's why no two Bernedoodles are quite the same.

What That Means at Home

- **They're smart.** Bernedoodles learn fast, good habits and bad ones.
- **They're people dogs.** Most want to be close to their family, often leaning on you or following you room to room.
- **They're sensitive.** Harsh training can make a Bernedoodle worried or shut down. Kind, calm training works best.
- **They can be wary.** Some inherit the Bernese reserve with strangers, so socialisation matters.
- **They mature slowly.** Many stay puppy-like until 2–3 years old.

- **They feel the heat.** That thick coat keeps them warm in snow and makes summer harder.

Tiny, Mini or Standard?

Bernedoodles come in several sizes, from tiny to standard. A standard Bernedoodle is a large dog, often 30–40kg or more as an adult, so growing joints need protecting and good manners matter even more. Smaller Bernedoodles often need a little less exercise, but every size needs brain work and training.

> **A note on "hypoallergenic":** many Bernedoodles shed less than a Bernese Mountain Dog, but no dog is truly hypoallergenic. Coat type varies a lot, even within one litter.

> **Heat safety:** Bernedoodles can overheat quickly. On warm days, walk early or late, keep exercise gentle, provide shade and water, and never leave your dog in a car.

The Busy-Brain Myth

Many owners think a lively Doodle just needs a longer walk. But a tired body doesn't always mean a calm mind. Doodles need **brain work** and **rest** just as much as exercise. Ten minutes of sniffing or training can tire a Doodle more than a long run.

The Method: The Doodle Balance Plan

Every day, give your Doodle four kinds of activity.

Step 1: Sniff (10–15 minutes)

Scatter breakfast in the garden or use a snuffle mat. On walks, allow plenty of sniffing.

Step 2: Think (2 × 5 minutes)

Two short training sessions a day. Doodles love learning tricks.

Step 3: Carry and Play (5–10 minutes)

A retrieve game, a tug game with rules, or a toy to carry on walks.

Step 4: Rest (planned)

Adult dogs need around 16–18 hours of rest a day, puppies even more. Plan crate or bed time. Many "hyper" Doodles are over-tired.

Step 5: Check the Results

After a week: Is your Doodle calmer in the evenings? Less mouthy? Settling faster? Small changes mean it's working.

If This Happens

"My Doodle is wild in the evenings." Plan a calm brain game and a nap before the usual zoomie time.

"My Doodle gets bored of training." Keep sessions shorter and switch between tricks.

"My Doodle is nervous of new things." That can be the Poodle sensitivity. Go slowly (Chapter 12).

Practice Games

Game 1: Find It

Toss a treat and say "find it!" Then hide treats around a room.

Game 2: Which Hand?

Hide a treat in one fist. Let your Doodle choose. Open the right hand to reward.

Game 3: Toy Names

Teach your Doodle the name of one toy by saying it as they pick it up. Then ask for it by name.



Your Action Plan

- ☐ Feed breakfast as a sniff game.
- ☐ Do two short training sessions a day.
- ☐ Add a carry or retrieve game.
- ☐ Plan rest times.
- ☐ Notice whether your Doodle is more Bernese or more Poodle.



The First 24 Hours

In this chapter, you'll learn how to set up your home before your Doodle arrives, what to do in the first day and night, and the "Calm Arrival Plan" that gets your puppy (or rescue) off to the best possible start.

Even if your Doodle has been home for a while, this chapter is a great "fresh start" plan.



The First 24 Hours

Before Your Doodle Arrives

- **A crate** with a cover and comfy bedding.
- **A puppy pen or baby gates** to create a safe area.
- **Bowls** for food and water.
- **The same food** your puppy has been eating.
- **Toys and safe chews.**
- **A harness, collar with ID tag, and lead.**
- **An enzyme cleaner** for accidents.
- **A slicker brush and comb** for that Doodle coat.

Puppy-Proof Your Home

Get down to puppy level. Move cables, shoes, children's toys, houseplants and anything chewable out of reach.



The Method: The Calm Arrival Plan

Step 1: Straight to the Toilet Spot

When you arrive home, carry or walk your Doodle straight to their toilet spot. Wait calmly. Reward when they go.

Step 2: A Small World

Let your Doodle explore one room or a puppy pen, not the whole house. A smaller space feels safer and makes toilet training easier.

Step 3: Keep It Quiet

Visitors can wait. Let your Doodle meet the family calmly, one at a time, sitting on the floor.

Step 4: Meals and Naps

Feed meals in the crate with the door open. After play, guide your puppy into the crate for a nap. Puppies need around 18–20 hours of sleep a day.

Step 5: The First Night

Put the crate next to your bed. A last toilet trip, a small chew, lights down, and a quiet goodnight. If your puppy wakes, take them out to toilet on a lead, keep it boring, and put them straight back in the crate.

The First 24 Hours

The First Week

- **Routine:** meals, toilet trips, naps and bedtime at the same times.
- **Short training:** start the Name Game and sit, 2–3 minutes at a time.
- **Gentle handling:** touch ears, paws and mouth, with treats.
- **Brushing:** a few gentle strokes with a soft brush, with treats.
- **Calm experiences:** let your puppy see and hear the world from a safe place.

If This Happens

"My puppy cries all night." Keep the crate next to your bed, and rest your fingers by the door.

"My puppy has lots of accidents." Take them out more often, and see Chapter 9.

"My puppy bites everything." Normal. Use toys and naps; see your Jumping & Biting Reset bonus.

Practice Games

Game 1: Name Game

Say your Doodle's name. Reward when they look at you.

Game 2: The Collar Grab Game

Touch the collar, treat. Hold it for one second, treat. Build to three seconds.

Game 3: Crate Treasure

Hide treats in the crate for your Doodle to find.

Your Action Plan

- ☐ Set up the crate, pen and supplies.
- ☐ Puppy-proof your home.
- ☐ Go straight to the toilet spot on arrival.
- ☐ Keep the first days calm and quiet.
- ☐ Start a simple daily routine.



Stopping the "Counter Surfer"

In this chapter, you'll learn why your Doodle steals food from worktops, tables and bins, why telling them off rarely works, and the "Clean Counter Plan" that teaches your Doodle to stay calm around food.





Stopping the "Counter Surfer"

The Self-Rewarding Habit

Doodles are tall enough to reach worktops easily and food-loving enough to try. Every time they find a crust, a butter wrapper or a sandwich, they're rewarded, often more than any treat you could give. That's why counter surfing is so hard to stop: **it pays, sometimes, and that keeps the habit alive.**

Telling your Doodle off after they've stolen something doesn't help. They just learn to steal when you're not looking.

Danger Foods

Some foods are toxic to dogs, including chocolate, grapes and raisins, onions, garlic, xylitol (a sweetener found in some sugar-free foods), macadamia nuts and cooked bones. Counter surfing isn't just annoying; it can be dangerous.

> **If your Doodle eats something toxic,** call your vet straight away, even if they seem fine.



The Method: The Clean Counter Plan

Step 1: Remove the Jackpots (Days 1–30)

For the next month, keep counters and tables completely clear. Use a dog-proof bin or keep it in a cupboard. If there's nothing to find, the habit starts to fade.

Step 2: Manage the Kitchen (Days 1–30)

Use a baby gate to keep your Doodle out of the kitchen when you can't watch. When you're cooking, put your Doodle on their mat with a chew, or behind the gate.

Step 3: Teach "Leave It" (Week 1)

1. Hold a treat in a closed fist. Let your Doodle sniff and nudge.
2. When they back off, say "yes" and give a *different* treat from your other hand.
3. Repeat until they back off straight away.
4. Add the words "leave it" just before you present your fist.
5. Progress to an open hand, then a treat on the floor, then a treat on a low table.

Step 4: Mat at Mealtimes (Weeks 1–3)

While you eat or cook, ask your Doodle to lie on their mat. Drop treats on the mat every so often for staying there. Never feed from the table or the kitchen counter.

Step 5: "Off" (Weeks 2–3)

If your Doodle puts their paws on the counter, say "off" and toss a treat on the floor. Reward four paws on the floor.

Scavenging on Walks

Many Doodles hoover up anything they find on walks. Teach:

- **"Leave it"** (as above) before your dog picks something up.
- **"Drop"** if they already have something: offer a high-value treat, say "drop," and reward when they let go.
- **A carry toy** to keep their mouth busy on walks.

Never chase your dog to get something out of their mouth; it turns into a game, and they may swallow it quickly.

If This Happens

"My dog only steals when I leave the room." Management first: gate the kitchen whenever you're not there.

"My dog raids the bin." Use a lockable or cupboard bin.

"My dog won't drop things." Practise the Trade from your Jumping & Biting Reset bonus every day with toys.



Practice Games

Game 1: The Fist Game

Practise "leave it" with a closed fist for 2 minutes a day, then progress to an open hand.

Game 2: Floor Treats Test

Place a treat on the floor and cover it with your foot. Reward your Doodle from your hand when they look away from the foot.

Game 3: Dinner Party Mat

During family meals, reward your Doodle for staying on their mat. Start with treats every 30 seconds, and slowly space them out.



Stopping the "Counter Surfer"

Your Action Plan

- ☐ Clear counters and tables for 30 days.
- ☐ Gate the kitchen when you can't supervise.
- ☐ Teach "leave it" this week.
- ☐ Use the mat at every family meal.
- ☐ Learn the danger foods list.



Crate & Sleep Routines

In this chapter, you'll learn how to make the crate your Doodle's favourite den, why so many Doodles whine at night, and the "Den Builder" plan that gets your dog sleeping soundly in about two weeks.

A Doodle who sleeps well is calmer, less mouthy and learns faster.



Crate & Sleep Routines

Why a Crate Helps a Doodle

Used kindly, a crate is:

- a **safe den** where your Doodle can rest without being disturbed
- a **management tool** that prevents chewing, stealing and toilet accidents when you can't supervise
- a **familiar bed** for vet stays, holidays and car journeys

A crate should never be used as a punishment, and adult dogs shouldn't be crated for more than about four hours at a time during the day.

Setting Up the Den

- **Size:** big enough for your Doodle to stand, turn around and lie flat on their side. Most adult Doodles need a large crate. For a puppy, buy the adult size with a divider.
- **Cover:** drape a blanket over the top, back and sides.
- **Bedding:** a comfy bed. If your Doodle shreds bedding, use a tough mat for now.
- **Location:** a quiet spot away from the front door. For the first few weeks, puppies often settle better near your bedroom.

The Method: The Den Builder

Step 1: Treasure Hunts (Days 1–3)

Leave the crate door open. Secretly drop treats or a chew inside several times a day. Let your Doodle discover them.

Step 2: Meals in the Den (Days 2–7)

Feed every meal in the crate, moving the bowl further back each day. Once your Doodle walks in happily, close the door while they eat, then open it when they finish.

Step 3: Door Closed, You Nearby (Days 5–10)

Give a stuffed food toy in the crate and close the door. Sit nearby. Open the door after 5 minutes, before your dog starts to fuss. Build to 20–30 minutes.

Step 4: Short Steps Away (Days 8–14)

Leave the room for 30 seconds, then come back. Build up slowly: 1 minute, 3, 5, 10. Open the door only when your dog is quiet.

Step 5: The Bedtime Routine (from Day 1)

A calm evening, a last toilet trip, a small chew in the crate, lights down, a quiet "goodnight." Young puppies usually need a night-time toilet trip. Keep it boring: out, toilet, back to bed.

The Whining Question

When your Doodle whines, ask what they need:

- **Toilet?** Take them out quietly on a lead, then straight back.
- **Too hot?** Doodles have thick coats. Check the room isn't too warm.
- **Lonely or worried?** Move the crate closer for now, and go back a step.
- **Demanding?** If all needs are met, wait for a few seconds of quiet, then open the door.

> **Crate panic:** if your Doodle drools heavily, injures themselves trying to escape or panics even with you nearby, stop crate training and use a pen or dog-proofed room instead. Speak to your vet, and see your Velcro Dog Independence Guide.

If This Happens

"My puppy cries at night." Put the crate next to your bed for the first couple of weeks.

"My dog won't go in." Take the door off for a few days, and go back to treasure hunts.

"My dog wakes at 5am." Darken the room, cover the crate fully, and only get up if they truly need the toilet.

Practice Games

Game 1: Crate Dash

Toss a treat into the crate and say "bed!" When your Doodle runs in, throw another treat in. Call them out and repeat 5 times.

Game 2: Door Zen

Start to open the crate door. If your Doodle pushes forward, close it gently. When they stay still, open it more. Release with "OK!" when the door is fully open.

Game 3: Surprise Visitor

While your Doodle relaxes in the crate, walk past and drop a treat through the side. Walk away without a word.



Your Action Plan

- ☐ Set up a covered crate in a quiet spot.
- ☐ Do treasure hunts for three days.
- ☐ Feed every meal in the crate for two weeks.
- ☐ Build up closed-door time with you in the room.
- ☐ Start the bedtime routine tonight.



Perfecting the Loose Leash Walk

In this chapter, you'll learn why your Doodle pulls even after years of walks, the right gear to use, and the "Loose Lead Rule" that turns walks into time together instead of an arm workout.





Perfecting the Loose Leash Walk

Why Doodles Pull

- **Everything is exciting:** people, dogs, smells and water.
- **Pulling works:** it gets them where they want to go.
- **We're slow:** a Doodle's natural trot is much faster than our walk.
- **Opposition reflex:** when the lead pulls back, dogs lean forward into it.

The Right Gear

- **A well-fitted front-clip harness:** when your Doodle pulls, it gently turns them towards you.
- **A fixed lead of about 1.8–2 metres.** Retractable leads teach dogs that pulling makes the lead longer.
- **Small, soft treats** in a pouch.
- **A long line (5–10 metres)** for sniffy, relaxed walks.

Avoid choke chains, prong collars and slip leads. They can hurt the neck and throat.



The Method: The Loose Lead Rule

A loose lead means we go forward. A tight lead means we stop. Everyone who walks your dog must follow it.

Step 1: Find the Reward Zone (Days 1–3)

In the house or garden, reward your Doodle every time they're next to your leg. Take a step, reward. Two steps, reward.

Step 2: Red Light, Green Light (Days 3–7)

On a quiet street, walk forward. When the lead goes tight, stop and stand still. When it goes slack, say "yes" and walk on. Short sessions of 5–10 minutes.

Step 3: Turn and Go (Week 2)

When your Doodle surges ahead, say "this way!" and turn around. Reward when they catch up.

Step 4: Sniff as a Reward (Weeks 2–3)

After 10–20 steps of nice walking, say "go sniff!" and let them explore. Walking nicely earns sniffing.

Step 5: Add Distractions Slowly (Weeks 3–6)

Move to busier places gradually. If your Doodle can't take treats or keep the lead loose, add distance.

Two Kinds of Walks

- **Training walks:** short and focused, with the Loose Lead Rule.
- **Freedom walks:** on a long line in a field, with plenty of sniffing, swimming (where safe) and exploring.

If This Happens

"We stop so much we never get anywhere." Normal at first. Keep training walks short.

"My Doodle drags me to every person." Practise calm walking past people at a distance (Chapter 10).

"My dog picks up everything on walks." See "Leave it" and "Drop" in Chapter 3, and bring a toy for them to carry.

See Chapter 6 for making cues work outside, too.



Practice Games

Game 1: Follow Me

In the garden, walk in random directions. Reward your Doodle every time they choose to follow you.

Game 2: The Treat Line

Drop a line of treats, one every big step. Walk your dog along it on a loose lead.

Game 3: Stop and Start

Walk five steps, then stop. Wait for a sit or a look at you, reward, and walk on.



Your Action Plan

- ☐ Get a front-clip harness and a fixed lead.
- ☐ Practise the Reward Zone at home.
- ☐ Use Red Light, Green Light on training walks.
- ☐ Use "go sniff" as a reward.
- ☐ Plan one freedom walk a week on a long line.



The "Selective Hearing" Fix

In this chapter, you'll learn why your Doodle listens perfectly at home and ignores you everywhere else, and the "Listen Everywhere Plan" for building cues that work in real life.





The "Selective Hearing" Fix

Why Doodles "Don't Listen"

- **The cue isn't clear.** "Sit," "sit down," "SIT!" sound like different words to a dog.
- **It's only been practised at home.** Dogs don't automatically understand that "sit" means the same thing in the park.
- **The reward isn't worth it.** A biscuit can't compete with another dog or a squirrel.
- **The cue has been repeated.** "Come, come, come!" teaches your Doodle they can wait until the fourth time.
- **Over-excitement.** It's hard to listen when you're bursting with energy.

Doodles are clever enough to work out exactly when listening pays, and when it doesn't.



The Method: The Listen Everywhere Plan

Step 1: One Word, Said Once

Agree one word for each cue with the whole family. Say it once. If your Doodle doesn't respond, make it easier next time.

Step 2: Build a Reward Ladder

List your Doodle's rewards from lowest to highest value: kibble, biscuits, cheese, chicken, a favourite toy. Use bigger rewards in harder places.

Step 3: The 5-Place Plan

Practise each cue in five places, in order: kitchen, living room, garden, front of the house, quiet street. Only move on when your Doodle gets it right 8 out of 10 times.

Step 4: The Three Ds

Add distance, duration or distraction, one at a time. When you make one harder, make the others easier.

Step 5: Life Rewards

Use what your Doodle wants as a reward for listening. Sit, then "go sniff!" Come when called, then "go play!"

The "Selective Hearing" Fix

If This Happens

"My Doodle only listens when I have food." Hide treats in a pouch, and mix in life rewards.

"My Doodle ignores me when other dogs are around." Practise further away from dogs first.

"My Doodle listens to my partner but not me." Use the same words and rewards.

Practice Games

Game 1: Sit Anywhere

On a walk, ask for sits in five different places.

Game 2: Name Game in the Park

Reward every time your Doodle looks at you when you say their name.

Game 3: The Distraction Ladder

Ask for a sit with a toy on the floor, then with food nearby, then with someone walking past.

Your Action Plan

- ☐ Agree one word per cue.
- ☐ Say each cue once.
- ☐ Write a reward ladder.
- ☐ Start the 5-Place Plan.
- ☐ Use life rewards.



Reliable Recall Training

In this chapter, you'll learn why your Doodle comes every time in the kitchen but vanishes at the park (usually towards a person, a dog or a pond), how to build a "Jackpot Recall" word, and the games that make you the most exciting thing in your dog's world.



Reliable Recall Training

Why Doodle Recall Breaks Down

- **Everything is exciting.** Other people, other dogs, water and smells.
- **The word has been ruined.** Calling for baths, to leave the park, or repeating "come, come, COME" teaches your dog the word means nothing.
- **It was tested too soon.** Recall taught in the kitchen doesn't automatically work in a busy park.

The Method: The Jackpot Recall

Step 1: Choose a New Word (Day 1)

Pick a word or whistle you've never used: "Here!", "Pronto!" or two short whistle pips. Only use it when you're sure your dog will come.

Step 2: Charge the Word (Days 1–3)

With your Doodle right next to you, say the word once, then give a jackpot: 3–5 tasty treats one after another. Ten times a day for three days.

Step 3: Short Distances (Days 4–7)

Call from a few steps away, then across the room, then from another room. Jackpot every time. Don't repeat the word.

Step 4: Outside on a Long Line (Weeks 2–3)

Clip a 10-metre long line to a harness. In the garden or a quiet field, let your Doodle sniff, then call once. Jackpot, then let them go back to sniffing. **Being called shouldn't mean the fun ends.**

Step 5: Add Distractions Slowly (Weeks 3–6)

Practise in places with a bit more going on. Keep the long line on until your Doodle comes back 9 out of 10 times.

Doodle Distractions

- **People:** practise recall away from people first. Reward your dog for coming back to you instead of greeting strangers.
- **Other dogs:** call before your dog gets too close. If they're already running, go and get them.
- **Water:** many Doodles head straight for ponds and rivers. Keep the long line on near water, and use swimming as a reward once your recall is reliable.

> **Water safety:** check water is safe before letting your dog swim. Avoid fast-flowing rivers, ice, and water with blue-green algae, which can be deadly to dogs.

Reliable Recall Training

The Recall Rules

- **Call once.**
- **Never call for bad things.** Go and get your dog instead.
- **Always reward.**
- **Release them again** after most recalls: "go play!"

If This Happens

"My Doodle comes halfway then runs off." Run backwards as they come towards you.

"My dog dodges when I reach for the collar." Practise the Collar Grab Game from Chapter 2.

"My dog only comes for food." Use life rewards too: sniffing, a swim, a throw of the ball.

Practice Games

Game 1: Ping-Pong Recall

Two people take turns calling your Doodle and rewarding. Move further apart, then into different rooms.

Game 2: Hide and Seek

Hide behind a tree or door, then call once. Celebrate when they find you.

Game 3: The Check-In Walk

On walks, reward every time your Doodle looks back at you. Jackpot when they come back on their own.

Your Action Plan

- ☐ Choose a brand-new recall word.
- ☐ Charge the word for three days.
- ☐ Get a 10-metre long line and harness.
- ☐ Play Ping-Pong Recall and Hide and Seek this week.
- ☐ Check water safety before swims.



"Settle" Command for Hyper Dogs

In this chapter, you'll learn why many Doodles can't relax even after a long walk, how much rest your Doodle really needs, and the "Off-Switch Routine" that teaches your dog to settle on cue at home, in cafés, and when visitors arrive.

This is the chapter most owners skip, and it's the one that makes the biggest difference.



Why Doodles Struggle to Switch Off

Bernedoodles are enthusiastic about everything. People, food, toys, water, other dogs; it's all exciting. Many Doodles go from one exciting thing to the next all day, without ever being taught how to relax.

Adult dogs need around **16–18 hours of rest a day**, and puppies even more. A Doodle who doesn't get enough rest becomes **over-tired**, and an over-tired Doodle looks "hyper": mouthy, jumpy, barky and unable to settle. The evening "zoomies" are often a sign of an over-tired dog.

A Doodle-Friendly Day

- **Morning:** toilet, sniffy walk, breakfast as a Sniff Course.
- **Mid-morning:** rest in a crate or quiet room.
- **Midday:** toilet, a short training session, a carry game.
- **Afternoon:** rest, then a chew on the mat.
- **Late afternoon:** walk or play, plus a brain game.
- **Evening:** dinner, then the Off-Switch Routine while you relax.
- **Bedtime:** last toilet trip, then bed in the same place every night.

The Method: The Off-Switch Routine

This routine teaches your Doodle: **"When I'm on my mat, nothing exciting happens, so I may as well relax."** It takes about two weeks of short daily sessions.

Step 1: Choose the Mat (Day 1)

Pick a mat or bed that will become the off switch. Put it somewhere quiet, away from the front door and busy walkways.

Step 2: Pay for Stepping On (Days 1–2)

The moment your Doodle steps on the mat, say "yes" and drop a treat on it. Toss a treat off the mat to reset. Do 10 reps, twice a day.

Step 3: Pay for Lying Down (Days 3–5)

Now wait. When your Doodle steps on the mat, pause. When they lie down, reward between their front paws. Keep sessions to 3–5 minutes.

Step 4: Pay for Relaxing (Days 6–10)

Reward signs of calm: rolling onto one hip, resting the head on the paws, a big sigh, soft eyes. Place the treat quietly between their paws and say nothing. Slowly increase the time between treats.

Step 5: Take It on the Road (Days 11–14+)

Use the mat while you cook, eat and watch TV, then at friends' houses and quiet cafés. The mat becomes a portable relax button.

If This Happens

"My Doodle keeps bouncing off the mat." Go back to rewarding more often, and add a long-lasting chew.

"My dog lies down but stares at me, wagging." Reward only when their eyes look away or their head goes down. Read a book or look at your phone.

"The zoomies hit every evening." Plan a calm brain game and a rest before the zoomies usually start.

Practice Games

Game 1: Treats for Nothing

Keep treat pots around the house. Whenever you catch your Doodle lying calmly, quietly place a treat between their paws and walk away.

Game 2: Up and Down Switch

Play tug for 10 seconds, then stop and ask for a down on the mat. Reward and wait 10 seconds. Play again. Repeat 5 times. This teaches your Doodle to go from excited to calm quickly.

Game 3: The Lick Mat Wind-Down

After dinner, give a lick mat smeared with wet food on the Off-Switch mat. Licking is naturally calming.

Your Action Plan

- ☐ Write out your Doodle's day with rest blocks planned in.
- ☐ Do two short Off-Switch sessions a day.
- ☐ Reward calm with a quiet treat.
- ☐ Plan a calm activity before evening zoomies.
- ☐ After two weeks, use the mat somewhere new.



CHAPTER 9

Potty Training Mastery

In this chapter, you'll learn why toilet training sometimes stalls (even with clever dogs like Doodles), what to do about accidents and rainy days, and the "Potty Clock" plan that gets toilet training back on track at any age.



Why Toilet Training Goes Wrong

- **Too much freedom too soon.** Accidents happen in rooms you're not watching.
- **Not enough trips outside.** Puppies need to go far more often than most people expect.
- **Rewards come too late.** Praising your puppy when they come back inside doesn't tell them they did the right thing outside.
- **Smell keeps them coming back.** If an accident isn't cleaned properly, the smell says "this is the toilet."

The good news: with a clear routine, most Doodles learn quickly. They're clever dogs.

> **Check with your vet first** if your previously house-trained dog suddenly has accidents, is going more often, or is straining. Urinary infections and other health problems can cause accidents.



The Method: The Potty Clock

Step 1: Set the Clock (Day 1)

Take your Doodle out:

- first thing in the morning
- after every meal
- after every nap
- after play or excitement
- before bed
- every 1–2 hours for puppies, every 3–4 hours for adults in training

Step 2: One Spot, on a Lead (Days 1–30)

Take your dog on a lead to the same spot every time. Stand still and be boring. Say a cue like "be quick" when they start to go.

Step 3: Reward Within Two Seconds (Days 1–30)

The moment they finish, say "yes!" and give a tasty treat right there, outside. Not when you get back inside. Then have a short play or sniff as an extra reward.

Step 4: Supervise or Contain (Days 1–30)

Indoors, your dog is either:

- in sight (on a lead attached to you, or in the same room behind a gate), or
- in their crate or a pen for short periods.

Unsupervised freedom is how accidents happen.

Step 5: Watch for the Signs

Sniffing the floor, circling, going behind furniture, or walking towards the door. When you see these, take them out straight away.

Step 6: Give Freedom Slowly (Weeks 4+)

After two weeks with no accidents, give access to one more room. Add freedom gradually.

Accidents

- **Don't punish.** Rubbing noses in it or shouting teaches your dog to hide when they go.
- **Interrupt calmly** if you catch them, then take them outside.
- **Clean with an enzyme cleaner** made for pet accidents. Normal cleaners can leave a smell that attracts your dog back.

The Rain Plan

- Create a sheltered toilet area with a canopy or umbrella.
- Use a dog raincoat.
- Go out with your Doodle, under an umbrella if needed.
- Make bad-weather toilet trips quick, with a great reward.
- Keep up the routine, even when it's raining.

Marking

Some Doodles, especially un-neutered males, lift their leg indoors to mark their territory.

- Clean marked areas with an enzyme cleaner.
- Supervise closely and interrupt calmly.
- Belly bands can help in the short term while you train.
- Talk to your vet about whether neutering may help your dog.

If This Happens

"My Doodle goes straight after coming back in." Stay outside longer, and wait until they've finished completely.

"My dog only goes on the carpet." Block that area, clean thoroughly, and take your dog out more often.

"My dog won't go in the garden." Try a short walk on a lead. Some dogs prefer to go away from home at first.

Practice Games

Game 1: The Toilet Treasure

Keep a jar of extra-special treats by the back door, used *only* for toileting outside. Your Doodle learns that going outside earns the best rewards of the day.

Game 2: Bell Training

Hang a bell by the door. Each time you take your dog out to

toilet, touch the bell to their nose, say "outside," then open the door. Over time, many Doodles learn to ring the bell when they need to go.

Game 3: The Boring Wait

Stand still and quiet in the toilet spot for up to five minutes. No games, no chatting. Once they've been, celebrate. Your Doodle learns that the fun starts *after* the job is done.



Your Action Plan

- ☐ Book a vet check if accidents are new.
- ☐ Start the Potty Clock today.
- ☐ Use one spot, on a lead.
- ☐ Reward within two seconds, outside.
- ☐ Buy an enzyme cleaner.
- ☐ Set up a rain plan.



Greeting Guests Politely

In this chapter, you'll learn why your Doodle greets every visitor like a long-lost friend, why kneeing and pushing don't stop jumping, and the "Four Paws Welcome" method for calm, polite hellos at home and on walks.

A big, fluffy Doodle launching at a toddler or an elderly neighbour isn't cute. The good news: this is one of the most fixable habits in this guide.



Greeting Guests Politely

Why Doodles Jump

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

Doodles also simply love people. A knock at the door means a new friend is arriving, and that's the most exciting thing in the world.

Why Pushing Down Doesn't Work

Pushing, kneeing or grabbing paws is still attention, and many Doodles think it's a game. Instead, we make jumping boring and make **four paws on the floor** the fastest way to get a hello.



The Method: The Four Paws Welcome

Step 1: Prepare the Doorway

Before guests arrive, put up a baby gate in the hallway, or have your Doodle on a lead. Your dog shouldn't be able to rush the door or launch at visitors while you train.

Step 2: Treats Low and Early

As someone comes in, drop treats on the floor between your Doodle's front paws, one after another. Their head goes down instead of up. Say hello while they're eating from the floor.

Step 3: The Turn Away

If your Doodle jumps, fold your arms, turn away and look at the ceiling. Say nothing. When four paws touch the floor, turn back, praise calmly and reward low.

Step 4: Sit to Say Hi (Week 2)

Once paws are staying down, ask for a sit as people arrive. Attention happens only while sitting. If your dog pops up, the person stands straight and waits.

Step 5: The Greeting Toy

Keep a toy basket by the front door. Hand your Doodle a toy as people arrive. Many Doodles love to carry a "gift" to visitors, and a full mouth makes jumping and grabbing less likely.

Step 6: Practise, Practise, Practise

Set up practice greetings: family members go out of the front door and come back in, using the same rules. Five practice greetings a day are worth more than fifty real ones where the rules are forgotten.

The Guest Rules

Share these with visitors:

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

Greetings on Walks

Doodles often want to greet everyone they pass. Teach your dog that walking past people calmly pays:

1. Start at a distance where your Doodle can stay calm.
2. Reward calm looks at people.
3. Only allow greetings if your dog is sitting or calm, and the person agrees.
4. If your dog pulls or jumps, calmly walk away.

Greeting Guests Politely

If This Happens

"My Doodle jumps and grabs sleeves." Hand over a toy straight away, and use a gate or lead for greetings.

"It works for me but not for guests." Use a gate or lead every time guests arrive.

"My dog cries and barks behind the gate." Give a long-lasting chew behind the gate, and bring them out once they're calmer.

> **Children:** a jumping Doodle can knock a child over. Always supervise, and teach children to "be a tree": stand still, fold their arms and look at their feet.

Practice Games

Game 1: Knock Knock

Ask someone to knock quietly on an inside door. Drop treats on the floor. Repeat until the knock means "look at the floor for treats."

Game 2: Pop Up, Pop Down

Get your dog excited with a happy voice, then stand still and wait for a sit. Reward, then repeat. This teaches calm while excited.

Game 3: The Gift Game

Hand your Doodle a toy and praise them for carrying it to you. Practise at the front door until they grab a toy whenever someone arrives.

Greeting Guests Politely

Your Action Plan

- ☐ Set up a gate or lead for every arrival.
- ☐ Drop treats low and early at greetings.
- ☐ Practise five greetings a day with family.
- ☐ Keep a toy basket by the front door.
- ☐ Share the guest rules before visits.



Enrichment & Brain Games

In this chapter, you'll learn why brain work is the fastest way to calm a busy Doodle, how working instincts can be turned into fun games, and the "10-Minute Brain Menu" for every day of the week.





The Underemployed Doodle

Both of the Bernedoodle's parent breeds were bred to work: pulling carts, guarding farms, retrieving and following a handler's cues. Most pet Doodles have nothing to solve. So they invent jobs, like stealing socks, digging, barking or emptying the recycling.

Brain work gives your Doodle a real job. It's also one of the best ways to tire them out without overloading growing joints.

Types of Brain Work

- **Sniffing:** scatter feeding, snuffle mats, scent trails.
- **Problem-solving:** puzzle feeders, boxes, toys to unpack.
- **Retrieving:** finding and bringing back named toys.
- **Training:** learning new tricks and cues.
- **Chewing and licking:** calming activities after excitement.



The Method: The 10-Minute Brain Menu

Choose one or two brain activities each day.

Monday: Snuffle Breakfast

Scatter breakfast in a snuffle mat or across the lawn.

Tuesday: Box Party

Put some treats in cardboard boxes and egg cartons (remove tape and staples). Let your Doodle rip them open. Supervise so they don't eat the cardboard.

Wednesday: Find the Toy

Show your Doodle a toy, then hide it in another room. Say "find it!" Make it harder each week.

Thursday: Trick Time

Teach a new trick: paw, spin, bow, or "tidy up" (putting toys in a basket).

Friday: Scent Trail

Drag a treat along the floor or lawn to make a trail, with a jackpot at the end.

Saturday: Name Game Retrieve

Teach your Doodle the names of two toys. Ask for one by name. Celebrate when they bring the right one.

Sunday: Lick and Relax

Frozen lick mat or stuffed toy on the mat, for a calm end to the week.

Teaching the Named Retrieve

1. Hold one toy, say its name ("Duck!") and reward when your Doodle touches it. Repeat 10 times.
2. Put the toy on the floor. Say "Duck!" and reward when they pick it up.
3. Add a second toy a little way away. Ask for "Duck!" and reward only the correct one.
4. Slowly add more toys.

Some Doodles learn the names of dozens of toys.

If This Happens

"My dog gets frustrated with puzzles." Make them easier at first, so they succeed quickly.

"My dog destroys toys in seconds." Choose tougher toys, and supervise.

"My dog is still hyper after brain games." Add more rest and the Off Switch from Chapter 8.

Practice Games

Game 1: Cup Shuffle

Hide a treat under one of three cups. Let your Doodle choose. Slide the cups around as they get better.

Game 2: Tidy Up

Teach your Doodle to drop toys into a basket. Reward each one. It's useful and great brain work.

Game 3: Sniff Walk

Once a week, let your Doodle choose the route and sniff as much as they like.



Your Action Plan

- ☐ Plan a Brain Menu for this week.
- ☐ Use a snuffle mat or scatter feeding daily.
- ☐ Teach one new trick.
- ☐ Start teaching a named retrieve.
- ☐ Finish each day with a calming lick or chew.



Safe Play with Other Dogs

In this chapter, you'll learn how to tell healthy play from trouble, why some Doodles play too rough or get overwhelmed, and the "Good Play Rules" for safe, happy playtimes.





Safe Play with Other Dogs

Why Play Matters

Play helps your Doodle burn energy, build social skills and have fun. But not all play is good play. Rough, one-sided play can teach bad habits, cause injuries, or make a dog fearful.

Signs of Good Play

- loose, bouncy, wiggly bodies
- play bows (front end down, bottom up)
- taking turns chasing and being chased
- taking turns being on top
- short pauses, then back to play
- both dogs choosing to keep playing

Signs Play Needs a Break

- one dog always chasing or pinning the other
- stiff bodies or hard stares
- growling that sounds tense, not playful
- one dog trying to hide or get away
- play getting faster and wilder

Safe Play with Other Dogs

The Method: The Good Play Rules

Rule 1: Choose Good Playmates

Choose dogs of a similar size and play style, with owners you trust.

Rule 2: Take Regular Breaks

Every minute or two, call your Doodle away, reward, and let them go back to play.

Rule 3: The Consent Test

If one dog seems overwhelmed, gently hold the other dog. If the first dog comes back for more, play is fine. If they move away, play is over.

Rule 4: End on a High

Stop play before your Doodle gets over-excited.

Rule 5: Not Every Dog Is a Friend

Your Doodle doesn't need to greet every dog. Calm walks past other dogs are a great skill.

Safe Play with Other Dogs

Dog Parks

Busy off-lead parks can be overwhelming. Visit at quiet times, or choose small, calm play dates.

If This Happens

"My Doodle plays too rough." Take more breaks and choose calmer playmates.

"My Doodle gets scared." Choose gentle dogs and smaller groups, and let your Doodle watch first.

"My Doodle won't come away from play." Practise recall during play on a long line, with great rewards.

Practice Games

Game 1: Play Pause

During play, call your Doodle away, reward and send them back. Repeat often.

Game 2: Calm Watching

Watch other dogs play from a distance and reward calm.

Game 3: Walk By

Walk past calm dogs on a lead, rewarding your Doodle for staying with you.

Safe Play with Other Dogs

Your Action Plan

- ☐ Learn the signs of good play.
- ☐ Choose suitable playmates.
- ☐ Take play breaks every minute or two.
- ☐ Practise recall from play.
- ☐ Avoid busy dog parks.



Preventing Regression

In this chapter, you'll learn why your sweet Doodle puppy suddenly seems to have forgotten everything, why teenage Doodles jump, pull and steal more than ever, and the "Rewind Rule" that gets you through adolescence without losing your progress or your patience.

If your Doodle is somewhere between 6 months and 2–3 years old, this chapter is for you.



Preventing Regression

The Teenage Doodle Brain

Around 6 months, many Doodle owners notice a change. The puppy who came running now ignores you at the park. Jumping gets worse. Socks disappear. Walks turn into a tug-of-war. Some teenage Doodles even become worried by things that never bothered them before.

This is adolescence. Your Doodle's body is growing fast, hormones are changing, and the part of the brain that controls impulses is still developing. Many Doodles don't fully settle until they're 2–3 years old.

The Two Big Mistakes

When training seems to stop working, owners often:

- **Get stricter:** more telling off, more frustration. With a soft breed like a Doodle, this often leads to a worried, clingy or "deaf" dog.
- **Give up:** "she knows it, she's just being silly," so practice stops and bad habits set in.

The answer is in between: **go back a step, make it easy, and keep paying.**

The Method: The Rewind Rule

The moment a skill falls apart, rewind it to the last stage your Doodle could do easily, and rebuild from there.

Step 1: List the Slips

For one week, note every time a skill fails. Most owners find it's only 3–4 skills: recall at the park, pulling, jumping on people, or stealing.

Step 2: Rewind Each Skill

- **Recall failing at the park?** Rewind to the garden, on a long line.
- **Pulling again?** Rewind to five-minute lead sessions on a quiet street.
- **Jumping on people?** Rewind to practising greetings with family.
- **Stealing?** Go back to the counter-surfing plan in Chapter 3.

Practise at the easy level for 3–5 days, until your Doodle gets it right 8 out of 10 times. Then move up one small step.

Step 3: Pay More, for Now

Teenage Doodles are distracted by everything. Use better rewards for the next month: small pieces of chicken, cheese or sausage for the skills on your list.

Step 4: Manage the Gaps

Stop your dog practising bad habits while you rebuild: long line at the park, baby gates at home, a house line when you're supervising, and toys handed over at greetings.

Preventing Regression

The Teenage Fear Period

Some teenage Doodles go through a short "fear period" where they suddenly bark at or back away from new things. If this happens:

1. **Don't force it.** Never drag your dog towards something scary.
2. **Add distance** until they can look calmly.
3. **Pair it with food:** calm look, treat.
4. **Keep it short** and end on a good note.

Most fear-period worries fade in a few weeks with calm, positive experiences.

> **Watch for new guarding.** Adolescence is when some Doodles start guarding stolen items, food or toys. Never chase or grab. Use trades (your Jumping & Biting Reset bonus) and ask a qualified behaviourist for help if you see stiffening, growling or snapping.

If This Happens

"My dog listens at home but not outside." Practise outside at quiet times first, and build up slowly.

"She's started humping or marking." Common in adolescence. Interrupt calmly and redirect. Talk to your vet about the right neutering timing for your dog; it can affect joint development in large breeds.

"Everything is going backwards." Check the basics: enough sniffing, carrying, training and rest (Chapter 1)?

Practice Games

Game 1: The Two-Second Sit

Ask for a sit before everything good: doors opening, the lead going on, the ball being thrown, the food bowl going down. Wait for two seconds of stillness, then release with "OK!"

Game 2: Restart the Name

Say your dog's name once, cheerfully. When they look at you, say "yes!" and reward. Ten times a day in different places.

Game 3: Easy Wins Walk

Once a week, take a quiet, "boring" walk. Reward every check-in, every loose lead moment and every calm look at the world.



Your Action Plan

- ☐ List the 3–4 skills that have slipped.
- ☐ Rewind each skill and rebuild over 3–5 days.
- ☐ Use higher-value treats for one month.
- ☐ Use gates, a long line and a house line to prevent bad habits.
- ☐ Ask for a Two-Second Sit before everything good.



Basic Command Mastery

In this chapter, you'll learn how to train a clever, easily bored Doodle, why "say it once" matters, and the "Short & Sweet" method for teaching sit, down, wait, leave it and recall.





Training a Clever Doodle

Doodles are quick learners. That means:

- They pick up new cues fast, and bad habits just as fast.
- They get bored with repetition.
- They tune out if training isn't fun.

The answer is short, rewarding sessions and plenty of variety.

The Method: Short & Sweet

Rule 1: Three Minutes, Max

Train for 3 minutes, a few times a day. End while your Doodle still wants more.

Rule 2: Say It Once

Say each cue once. If your dog doesn't respond, make it easier next time.

Rule 3: Pay Well

Use small, tasty treats. Food is the fastest way to train most dogs.

Rule 4: Practise Everywhere

Kitchen, living room, garden, front of the house, quiet streets.

The Core Skills

Sit

Hold a treat at your Doodle's nose and move it slowly back over their head. As their bottom goes down, say "yes" and reward.

Down

From a sit, move a treat slowly down to the floor between their paws. Reward when their elbows touch the floor.

Wait

Ask for a sit, show your hand like a stop sign, take one step back, then step in and reward. Build to more steps and more time.

Leave It

Hold a treat in a closed fist. When your Doodle stops sniffing or licking it, reward from your other hand. Build up to treats on the floor.

Recall

Choose a fresh word ("here!"). Say it once, then reward with a jackpot. Practise indoors, then in the garden, then on a long line. Never call your dog for something they don't like.

> **Recall takes time.** Keep your Doodle on a long line in open spaces until their recall is reliable (Chapter 7).

If This Happens

"My Doodle ignores me outside." Practise in quieter places first.

"My dog only works for food." That's fine. Mix in life rewards like sniffing and play.

"My dog gets bored." Keep sessions shorter and switch between skills.

Practice Games

Game 1: Name Game

Say your Doodle's name once. Reward when they look at you.

Game 2: Hide and Seek

Hide behind a door and call. Celebrate when they find you.

Game 3: Sit Anywhere

On a walk, ask for sits in five different places. Reward each one.

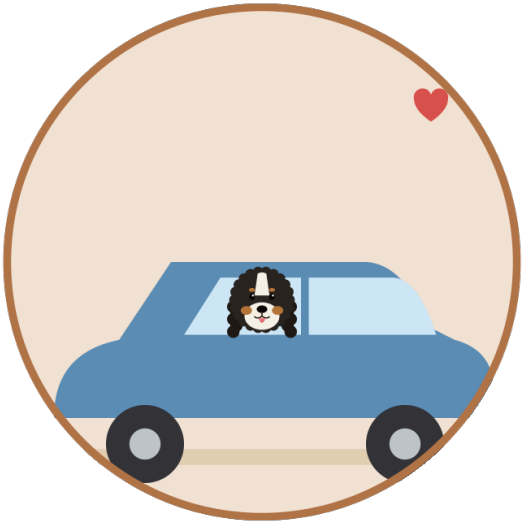
Your Action Plan

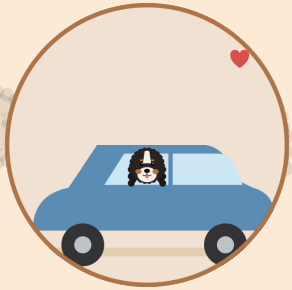
- ☐ Train in 3-minute sessions.
- ☐ Say each cue once.
- ☐ Teach sit, down, wait and leave it.
- ☐ Choose a fresh recall word.
- ☐ Use a long line outdoors.



Travel & Car Safety

In this chapter, you'll learn how to keep your Doodle safe in the car, how to help a dog who gets car sick or worried, and the "Happy Travels Plan" for calm journeys, holidays and stays away from home.





Travel & Car Safety

Safety First

An unrestrained dog in a car can distract the driver and be seriously hurt in a crash. Choose one of:

- a crash-tested crate in the boot
- a secure dog guard with your Doodle in the boot area
- a crash-tested harness clipped to a seat belt attachment

Never let your Doodle travel on someone's lap or in the front seat.

The Method: The Happy Travels Plan

Step 1: Sit in the Parked Car (Days 1–3)

Sit in the parked car with your Doodle in their travel spot. Give treats and a chew. Engine off. Five minutes, then out.

Step 2: Engine On (Days 3–5)

Repeat with the engine running. Treats and calm.



Step 3: Tiny Trips (Week 2)

Drive to the end of the road and back. Then around the block.

Step 4: Fun Destinations (Weeks 2–3)

Drive somewhere nice, like a park, for a walk. Not every trip should end at the vet.

Step 5: Longer Trips

Build up slowly. Stop every couple of hours for a toilet break and water.

Car Sickness

- Feed a few hours before travel, not just before.
- Keep the car cool and well ventilated.
- Use a covered crate so your dog can't see moving scenery.
- Build up journey length slowly.
- Talk to your vet if sickness continues.

> **Never leave your Doodle in a car on a warm day.** Cars heat up very quickly, even with windows open.

Holidays and Stays Away

- Bring your Doodle's bed, crate, food, bowls and toys.
- Keep the routine as close to normal as possible.
- Use the crate as a familiar safe space.
- Check the area for hazards, like gaps in fences.
- Make sure their ID tag and microchip details are up to date.

If This Happens

"My Doodle barks in the car." Cover the crate and give a chew.

"My Doodle won't get in the car." Use treats and a ramp, and practise in the parked car.

"My Doodle drools or shakes." That's worry or sickness. Go back to shorter trips.



Your Action Plan

- ☐ Choose a safe travel restraint.
- ☐ Practise in the parked car.
- ☐ Take tiny trips to fun places.
- ☐ Keep the car cool.
- ☐ Check ID tags and microchip details.



Senior Years & Longevity

In this chapter, you'll learn the health issues to watch for in Bernedoodles, how your Doodle's needs change as they age, and the "Longevity Habits" that help them stay healthy and happy for as long as possible.

Lifespan varies with size. Many Bernedoodles live around 10–14 years, often longer than purebred Bernese Mountain Dogs. This chapter is general information, not veterinary advice.



Health Issues to Know

Bernedoodles can inherit health problems from both parent breeds. Ask your breeder about health testing, and watch for:

- **Hips and elbows:** stiffness, limping or difficulty getting up. Protect growing joints in larger Bernedoodles.
- **Bloat:** larger, deep-chested dogs are at higher risk. A swollen belly with retching but nothing coming up is an emergency.
- **Lumps and cancer:** Bernese Mountain Dogs have a high cancer risk. Any new lump, weight loss, tiredness or loss of appetite should be checked by your vet.
- **Ear infections:** floppy, hairy ears trap moisture. Look for redness, smell, scratching or head shaking.
- **Skin problems and allergies:** itching, licking paws or red skin.
- **Eye problems:** cloudiness, redness or bumping into things.
- **Sensitive tummies:** see your Berner Diet & Stress-Tummy Protocol.

> **See your vet promptly** for limping, new lumps, weight loss, ongoing tummy problems, or any sudden change.

The Method: The Longevity Habits

Habit 1: Stay Lean

Keep your Doodle at a healthy weight. You should feel the ribs easily and see a waist.

Habit 2: Move Every Day

Daily walks, sniffing and play, adjusted to your Doodle's age.

Habit 3: Brain Work for Life

Puzzle feeders, scent games and new tricks keep the brain young.

Habit 4: Groom Regularly

Brushing, ear checks, nail trims and dental care (see your Mat-Free Doodle Guide).

Habit 5: Regular Vet Checks

Yearly for adults, and often every 6 months for seniors.

Caring for a Senior Doodle

- Soft, supportive beds and rugs on slippery floors.
- Shorter, gentler walks with lots of sniffing.
- Ramps for the car and sofa.
- Easier grooming sessions.
- Watch for changes in appetite, thirst, sleep and behaviour.

Your Action Plan

- ☐ Book your Doodle's next vet check.
- ☐ Check their weight and shape.
- ☐ Start weekly ear checks.
- ☐ Add rugs and ramps for older dogs.
- ☐ Keep brain games going at every age.



20 Popular Questions Answered

1. Why is my Doodle so hyper? Often it's over-tiredness or not enough brain work. See Chapters 1 and 8.

2. Are Bernedoodles hypoallergenic? No dog is truly hypoallergenic. Many Doodles shed less, but it varies.

3. When will my Doodle calm down? Many Bernedoodles mature slowly and settle between 2 and 3 years old. Teach "settle" (Chapter 8).

4. How much exercise does my Doodle need? It depends on size and age. Most adults need around 1–2 hours of mixed activity a day, including brain work.

5. Why does my Doodle jump on everyone? They love people. Use the greeting plan in Chapter 10.



20 Popular Questions Answered

6. Why does my Doodle steal food? Because it pays. See Chapter 3.

7. Why does my Doodle ignore me outside? The cue hasn't been practised there yet. See Chapter 6.

8. Should my Doodle sleep in a crate? A covered crate helps many Doodles rest well (Chapter 4).

9. Why does my Doodle pull on the lead? Excitement and the opposition reflex. See Chapter 5.

10. Why is my Doodle having accidents again? Go back to the Potty Clock, and see your vet if it's sudden (Chapter 9).



20 Popular Questions Answered

11. How often should I brush my Doodle? Several times a week for most coats. See your Mat-Free Doodle Guide.

12. Why does my Doodle get ear infections? Floppy, hairy ears trap moisture. Check and clean them weekly.

13. Can my Doodle go to dog parks? Quiet times or small play dates are usually better (Chapter 12).

14. Why has my trained Doodle forgotten everything? Regression is common. See Chapter 13.

15. Is my Doodle overweight? If you can't feel the ribs easily or see a waist, talk to your vet.



20 Popular Questions Answered

16. Why does my Doodle follow me everywhere? Doodles love their people. See your Velcro Dog Independence Guide.

17. How do I keep my Doodle safe in the car? Use a crash-tested crate or harness (Chapter 15).

18. Why does my Doodle bite my hands? Mouthing is common. See your Jumping & Biting Reset bonus.

19. Can Doodles live with cats? Many do, with slow, careful introductions.

20. When should I see a behaviourist? If your dog growls, snaps, bites, panics when alone, or isn't improving after several weeks.



A Final Word



Take a moment to look at your Bernedoodle. Maybe they're carrying a slipper around, wiggling their whole curly body, or snoring on your feet.

Everything they do comes from two clever, people-loving breeds rolled into one. None of the jumping, mouthing or stealing is your dog trying to be naughty. It's a happy, clever Doodle waiting to be shown what to do.

Pick one chapter. Follow the method. Play the games. Tick off the action plan. Then pick the next.

Small steps, done every day, build a calm, happy Doodle, and a friendship that lasts a lifetime.