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Adolescent Dogs

Adjust the plan without assuming the dog is being difficult.

ABOUT CANINE UK

Canine UK starts with audit before assumptions. We look at the individual dog, their health, behaviour, environment and everyday life, alongside the needs and capabilities of their owner. Our approach puts safety, welfare, practical progress and owner understanding first.

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Reassess the dog. Make the task easier. Rebuild reliability.



Canine UK illustration collection. Cover image is illustrative, not a behaviour diagnosis or technique demonstration.

Adolescent Dogs

Adjust the plan without assuming the dog is being difficult.

Growing up can change exploration, play and response around distractions. A birthday does not prove a dog should cope with a particular task.

Reassess the dog in front of you

Compare sleep, activity, meals, health, access to other dogs and household changes. Record where a skill still works and where it fails rather than labelling the dog stubborn.

Do not explain everything as hormones

Separate development from pain, illness, fear, inadequate rest or a task that is too difficult. Sudden, severe or worrying change needs appropriate professional assessment.

Choose one real life priority

Define one useful behaviour and what success looks like. Reduce distraction, distance or duration. Record the help needed rather than calling an assisted response fully reliable.

Balance fulfilment and recovery

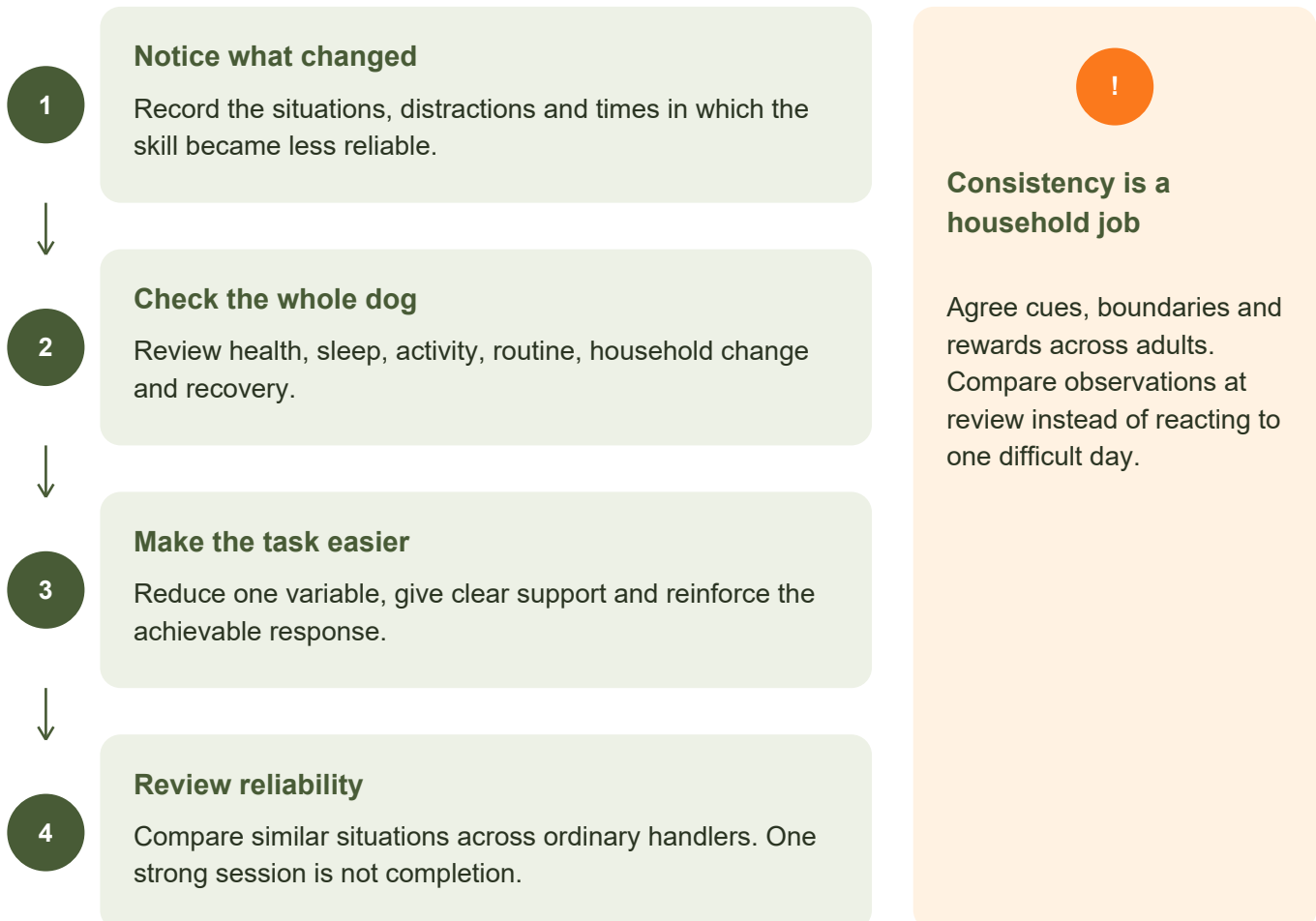
Provide suitable sniffing, searching, play and exploration around the individual dog's health and development. Make room for rest and calmer routines instead of exhausting the dog.

Keep practical safeguards

If recall is unreliable, prevent unsafe roaming with suitable management and equipment. Do not repeatedly test beside roads, livestock or uncontrolled dogs. Increasing fear, aggression or distress means pause the challenge and obtain help.

Rebuild one useful behaviour

Progress means safer, more repeatable behaviour with the people who live with the dog.



Management protects learning

Prevent unsafe rehearsal while rebuilding the skill. Management is not proof that learning is complete, but it protects the dog and public.

My adolescent dog review sheet

Choose one priority for the next week. Record where the skill works, the help used and how the dog recovered.

Dog, age and date: What change are you reviewing?

Whole dog check: Health, sleep, activity, meals and household changes?

Skill that still works: In which conditions, with what help and reward?

One priority: What useful behaviour matters most in ordinary life?

Easiest starting version: Which distraction, distance or duration will be reduced?

Safety and management: What prevents unsafe rehearsal while rebuilding?

Review: What became more repeatable, what changed and who is responsible next?

Need help with your own dog?

This resource is a starting point, not a substitute for an individual assessment.

A Canine UK audit helps us understand your dog, your concerns and your circumstances before recommending an appropriate pathway.

Request an audit

ask@canineuk.com

canineuk.com/contact-us/