Little nippers, lots of chewing.

Mouthing is completely normal. Puppies explore the world with their mouths, and those needle-sharp teeth are part of growing up. With a bit of patience, they learn to be gentle.



1 Know what's going on

Puppies start losing their baby teeth at around 3 to 4 months, and most have their adult set by 6 to 7 months. Sore gums mean lots of chewing in between.

2 Go still, then swap

If teeth meet skin, stop the game and go still. Then offer a toy to chew instead, and praise them when they take it.

3 Take a quick break

If the nipping carries on, calmly step away for a few seconds. They soon learn that biting makes the fun stop.

4 Spot the overtired zoomies

Wild, bitey behaviour is often a sign your puppy is overtired or overexcited. A quiet spot and a nap usually work wonders.

5 Soothe sore gums

Rubber toys chilled in the fridge or freezer, or a damp flannel knotted and frozen, can feel lovely on sore gums. Rotate toys to keep things interesting.

6 Choose chew toys wisely

Steer clear of cooked bones, sticks, stones and anything small enough to swallow. Always keep an eye on chewing time.

7 Hands aren't toys

Avoid rough play with hands, tapping their nose or holding their mouth shut. Keep a toy in your pocket so you've always got something better to offer.

8 Help kids join in

Squeals and fast movements can make nipping worse. Supervise children and puppies together, and show kids how to play with a tug toy instead.

Check in with your vet if

- a baby tooth is still there once the adult one has come through
- gums are bleeding a lot or look very swollen
- your puppy is off their food or seems to be in pain
- a tooth looks broken or discoloured

This guide is general advice for new puppy owners. Every puppy is different, so if you're ever worried, your vet is the best person to ask.