



Peninsula Humane Society & SPCA

Destructive Chewing

- Chewing is a normal, natural pastime for dogs, especially puppies and adolescents. An adult dog that suddenly starts chewing destructively may have a medical problem, and should be taken to the vet for a check-up.
- Boredom -- lack of physical, social, and “mental” exercise -- is at the root of most cases of destructive chewing. The amount of vigorous physical exercise your dog needs depends on her age and temperament. Dogs do not exercise themselves. You need to take her for walks, runs, visits to other people and dogs. Obedience training is mental exercise and can alleviate boredom.
- Until she’s trained, do not leave her unsupervised in any area that contains objects she is not allowed to chew. A puppy-proof environment is a must for solving this problem.
- Provide her with lots of chew-toys, and teach her what they’re for. Include them in all your playtimes and games with her. Praise her lavishly for chewing her own toys.
- Only correct your dog if you catch him in the act of chewing a “forbidden object.”
- You can set up boobytraps, or environmental reprimands, so that the object itself will “scold” Rosie when you aren’t there. See flyer titled *Boobytraps*.

For more info, call our free Behavior Helpline (650/340-7022 x783 or, for Spanish, x786) or consider a low-cost consultation. To make a consultation appointment, call 650/340-7022 x667. The PHS/SPCA Behavior Department, like many shelter programs, is funded by donations.