

Spartan Rottweilers

10-Step Puppy Handling Exercise

This hands-on routine helps your puppy become comfortable with various types of touch and handling. You can do the steps in any order — the goal is to build trust, not to rush.

If your puppy becomes wiggly, resistant, or agitated, **pause** the exercise until they settle, then gently resume. Always finish with calm praise, snuggles, and affection!

Step-by-Step:

- 1. Rub and gently tug on their ears**
Get them used to ear handling in case of future cleanings or vet checks.
- 2. Cover their eyes for 3–5 seconds**
Helps desensitize them to sudden hand movements or grooming.
- 3. Open their mouth**
Look at their teeth, rub their gums, and place a finger inside to build trust. (Bonus: Check for proper tooth eruption — occasionally, issues can arise here.)
- 4. Rub their belly and chest in wide circles**
This is a great calming exercise and builds confidence while lying on their back.
- 5. Ruffle their back fur**
Run your hand from tail to head to simulate “rough” contact. Also, try “heavy petting” — firmly pat their back like you're burping a baby.
- 6. Gently tug and twist their tail**
Slowly desensitizes them to accidental tail pulls (like from kids).
- 7. Massage between their paw pads**
A great prep for nail trimming and checking for debris.
- 8. Tap the tips of their nails**
Gets them ready for future nail trims and pressure on their feet.
- 9. Tug gently on their collar**
Practice slight restraint by applying pressure to their collar.
- 10. Touch their nose**
A simple but important step — helps reduce flinching during vet exams or nose wipes.

