

GRUMPY

OLD MAX

THE ULTIMATE PUPPY BITING SURVIVAL KIT



Your complete guide to stopping the nipping, chomping,
and crocodile chaos — with wisdom (and complaints) from
Grumpy Old Max.

www.grumpyoldmax.com

✓ SECTION 1: WHY PUPPIES BITE

Before we fix it, we need to understand it.

Puppies bite because:

🦷 1. Teething Pain

Their gums are sore. Chewing relieves pressure.

Max says: “Imagine toothaches AND zoomies at the same time. You’d bite stuff too.”

🧠 2. Exploration

Puppies use their mouths the way toddlers use their hands.

🎮 3. Play Behaviour

Biting is how dogs interact with siblings — they just assume you’re another puppy.

😴 4. Overtired or Overstimulated

Just like children, tired puppies turn into gremlins.

Max says: “Overtired pups bite everything. Even the furniture... even YOU... especially YOU.”

🔧 SECTION 2: YOUR PUPPY BITING TOOLKIT

Here are the tools every puppy home needs to survive the baby shark era.

🧸 1. Chew Toys (LOTS of Them)

Your pup needs appropriate outlets to chew and bite.

Ideal toys:

- Rubber chew toys
- Rope toys
- Teething rings
- Frozen Kongs
- Nylabones (age-appropriate)

Max says: “Give them options or they’ll pick the couch. And they ALWAYS pick the couch.”



❄️ 2. Teething Relief Kit

Soothe gum pain to reduce frustrated biting.

Include:

- Frozen carrot sticks
- Frozen washcloth (supervised)
- Ice cubes wrapped in a tea towel
- Chilled puppy teething toys

Max says: “Ah yes, the famous Frozen Sock of Peace.”

🎯 3. Redirect Tools

When puppy bites YOU → you immediately redirect to something allowed.

Have nearby at all times:

- Tug toy
- Plush toy
- Rope or braided fabric toy
- Soft chew toy

Keep one in:

- The living room
- The bedroom
- The puppy playpen
- The backyard

Max says: “If you have to walk across the house to get a toy, you’ve already lost.”



zz 4. Puppy Nap Schedule

Most biting is caused by overtiredness.

Target:

- 18–20 hours of sleep per day
- (including naps)

Signs they need sleep:

- Wild zoomies
- Ignoring commands
- More biting
- Short fuse / overstimulation

Max says: “When the puppy acts like a crocodile, put the crocodile to bed.”

🍌 5. High-Value Treats

These help reward “gentle behaviour” and calm moments.

Great choices:

- Tiny chicken pieces
- Puppy soft treats
- Freeze-dried liver
- Cheese (sparingly)

Use treats to reward:

- ✓ Licking instead of biting
- ✓ Sitting calmly
- ✓ Dropping objects
- ✓ Soft mouthing

Max says: “Reward the behaviour you WANT... not the behaviour you’re complaining about.”



6. A Safe Puppy Space (Playpen or Crate)

If your puppy gets overstimulated, has zoomies, or bites excessively, a calm space helps reset their brain.

Essentials inside:

- Chew toys
- Soft bed
- Water
- A frozen toy for teething

Note: This is NOT punishment.
It's a "reset zone."

Max says: "Even I need a break from Terry. A puppy definitely needs one from YOU."

SECTION 3: THE "STOP BITING" METHOD (Step-by-Step)

★ 1. Puppy bites → YOU FREEZE
Don't move. Don't squeal. Don't yank your hand away.

★ 2. Say one word only:
"Uh-uh."
or
"Gentle."
(Keep voice calm.)

★ 3. Immediately redirect to a toy
Give the toy → praise:
"Good CHEW!"



★ 4. If puppy keeps biting → end the game

Stand up.

Turn away.

Walk off.

No drama, no anger.

★ 5. Reward the behaviour you DO want

- Calm
- Licking
- Sitting
- Chewing their toy
- Soft interaction

Max says: “It’s simple. If biting ends the fun, and gentle gets praise, puppies get it QUICK.”

🧠 SECTION 4: TRAINING GAMES TO REDUCE BITING

🎮 GAME 1: “Gentle Mouth Game”

Hold a treat in your fist.

When puppy licks or backs off → open hand → give treat.

Teaches impulse control.

🎮 GAME 2: “Trade It!”

Give a toy.

Take it back with a treat.

Give it again.

Puppy learns giving = reward.

🎮 GAME 3: “Find the Toy!”

Hide a toy under a cup or towel.

Let puppy search.

Burns mental energy → reduces biting.

Max says: “A tired brain is a peaceful brain. And peaceful brains don’t bite your fingers.”



✓ SECTION 5: PUPPY BITING CHECKLIST

Daily Checklist

- ☐ At least 3 play sessions
- ☐ 3–5 short training sessions
- ☐ 2–3 enrichment activities (sniffing, puzzles, frozen chew toys)
- ☐ Enough naps (18–20 hours total)
- ☐ Redirect toys placed everywhere
- ☐ Praise for gentle moments
- ☐ Calm reset time if overstimulated

Owner Rules

- ☐ Never punish biting
- ☐ Never jerk your hand away
- ☐ Never give mixed messages
- ☐ Everyone follows the same rule
- ☐ Stay patient — puppies grow out of it

Max says: “If you follow this checklist, your puppy becomes an angel. If you don’t... well... enjoy your new set of tooth marks.”



SECTION 6: WHEN PUPPY BITING IS NOT NORMAL

Seek a trainer if:

- Biting draws blood regularly
- Puppy growls aggressively during normal interactions
- Biting increases instead of decreases
- Puppy guards toys/food fiercely
- You feel unsafe

Max says: “A little nip is normal. A full vampire attack is not.”

SECTION 7: WHAT SUCCESS LOOKS LIKE

Most puppies stop heavy nipping by 4–6 months when given:

- ✓ Consistent redirecting
- ✓ Plenty of sleep
- ✓ Proper chew outlets
- ✓ Calm training
- ✓ Clear boundaries

You’ll wake up one day and go: “Wow... the biting has stopped!”

And Max will say: “I told you so.”

