

GROWING TOGETHER

Puppy Regression

Progress is not always a straight line. A practical, reassuring guide to common setbacks and how to get back on track.

WHAT REGRESSION CAN LOOK LIKE

- A puppy who was doing well may suddenly have accidents, resist the crate, wake overnight, chew more, or respond less reliably to familiar cues.
- Changes in routine, teething, distractions, stress, and adolescence may contribute. Illness or pain can also cause sudden behavior changes.

POTTY TRAINING | Back to basics

- Offer more supervised potty trips after waking, meals, drinks, and play, plus before bedtime. Reward right after outdoor success.
- Clean accidents with an enzymatic cleaner and limit unsupervised roaming. Never punish accidents.

CRATE + SLEEP | Rebuild comfort

- Pair the crate with treats, meals, and short positive sessions. Build alone time gradually and keep bedtime predictable.
- If your puppy panics, drools excessively, or risks injury trying to escape, seek qualified help rather than extending crate time.

HEYDOODS TIP

A setback does not erase progress. Make the task easier, reward small wins, and give your puppy time to learn.

UNDERSTANDING SETBACKS

Why Setbacks Happen

Look for the reason behind a behavior change before adjusting your training plan.

COMMON TRIGGERS

- New visitors, travel, changes to the household routine, or a different sleeping arrangement.
- Teething, overtiredness, overstimulation, or too little downtime.
- Adolescence and increased distractions; temporary sensitivity to unfamiliar situations. Avoid forcing fearful experiences.

A SIMPLE RESET STRATEGY

- 1. Notice the pattern. Track when the behavior occurs and what happened beforehand.
- 2. Make success easier. Reduce distractions and return to shorter training sessions.
- 3. Reward the behavior you want: outdoor potty trips, calm crate entry, gentle play, and familiar cues.
- 4. Increase difficulty gradually after consistent success.

WHEN TO CALL YOUR VETERINARIAN

Seek veterinary advice for sudden house-soiling, straining to urinate, blood in urine or stool, vomiting, diarrhea, pain, loss of appetite, or major unexplained changes. Inability to urinate, collapse, or difficulty breathing require urgent care.

A LITTLE REMINDER

Puppy training is not a race. Consistency, kindness, sleep, and realistic expectations matter more than perfection.

YOUR RESET PLAN

7-Day Back on Track

Check off each day as you go. Repeat any step if your puppy needs more practice.

☐ Day 1 | Observe

Track accidents, sleep, meals, and triggers. Watch for concerning health changes.

☐ Day 2 | Rebuild routine

Keep meals, potty trips, naps, play, and bedtime predictable.

☐ Day 3 | Reward the basics

Celebrate outdoor potty success and easy familiar cues.

☐ Day 4 | Make the crate inviting

Use treats or meals and practice very short, calm crate sessions.

☐ Day 5 | Practice calm behavior

Reward settling, appropriate chewing, and brief comfortable independence.

☐ Day 6 | Add one small challenge

Introduce a mild distraction only if your puppy has been successful.

☐ Day 7 | Celebrate and adjust

Review what improved and what still needs an easier step.

A LITTLE REMINDER FROM HEYDOODS

Your puppy is learning to navigate a brand-new world. Setbacks do not erase what they have learned. Stay patient, stay consistent, and celebrate the little victories. We are here to support you! Questions? Connect with us on Instagram @heydoods_doodles