# PART 1 DEVELOPMENTAL CHANGES IN ADOLESCENT DOGS

## INCREASED INDEPENDENCE AND RISK-TAKING.

Teens will now be familiar with their regular walks and taller so they can see further afield. This can lead to an increased sense of confidence or curiosity to venture off.

## SOCIAL DYNAMICS CAN ALTER.

Their preferences for others may shift, becoming more interested in other dogs/unfamiliar people or appear to take a dislike to certain individuals or situations.

### ENERGY LEVELS FLUCTUATE, AND PAIN/DISCOMFORT IS EXPERIENCED.

Youngsters can have erratic energy levels; they may experience bursts of high energy then periods of lethargy. These fluctuations are due to the changes happening in their bodies and minds.

NHS

Dopamine

## HORMONAL CHANGES.

Teen dogs can struggle to settle due to internal body temperature changes, show increased urination on/up things, display more intense sniffing, seeking, wandering off behaviours, pulling on lead, and mounting.



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### NEUROLOGICAL CHANGES.

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The immature limbic system and prefrontal cortex, responsible for decision-making and impulse control, continue to develop to around 3 years of age. This ongoing development can result in impulsive behaviours and a lack of self-control.