



Preventing Littermate Syndrome: A Step-by-Step Guide

At KR Cavoodles, we want every puppy to thrive in their new home. When two siblings are adopted together, it's important to prevent littermate syndrome — a common issue where puppies bond too tightly with each other and struggle to grow into confident, independent dogs. This guide gives you the exact steps to set your pups up for success.

1. **Day One: Set Boundaries** Give each pup their own crate, bed, and feeding area. Avoid letting them share everything. They can play together, but independence is key.
2. **Crate & Sleep Training Separately** Use separate crates, ideally in different rooms at least part of the night. This teaches self-soothing and prevents dependency panic.
3. **Training Sessions: One-on-One** Hold short daily sessions with one puppy at a time. Focus on sit, stay, come, leave it, and settle to build a human-dog bond.
4. **Individual Socialization** Take puppies out separately to new environments. Each must build confidence without relying on their sibling.
5. **Bonding Time with Humans** Spend 10–15 minutes per day per pup in solo play, cuddle, or walk. Rotate who feeds, grooms, and trains.
6. **Manage Playtime Together** Allow monitored play but interrupt with training commands. Prevent an 'us vs. the world' mindset.
7. **Prevent Rivalry** Feed separately. Avoid high-value chews when both are loose together. Reward calmness when the other gets attention.
8. **Teenage Phase (6–12 months)** Keep up separate walks, training, and outings. Expect challenges like barking or ignoring commands. Stay consistent.
9. **Consistency is Key** Think of it as raising two individual dogs who live together. The goal: independent yet bonded companions.
10. **Pro-Level Tip** Stagger schedules: train Dog A in the morning, Dog B in the afternoon, then some supervised play together in the evening.



Bottom line:

Raising two puppies together is double the work. But with structure and consistency, they can grow into independent, confident, and well-adjusted dogs.

With love from Kareema at KR Cavoodles