

BERNESE MOUNTAIN DOG TRAINING

Berner Owner Guide



Bernese Mountain Dog Training: What's Different

Bernese Mountain Dog training is one of the easiest experiences in the giant-breed category. Berners are gentle, sensitive, and want to please. The challenge is mostly logistical: they grow fast, they have an extended adolescence where focus disappears, and they're large enough that early training prevents most adult problems.

3 truths every Bernese Mountain Dog owner needs

- **They learn willingly but slowly.** Berners are biddable but not Border Collie fast. New commands take 5-15 reps. Patience, not pressure.
- **Adolescent regression at 6-18 months is brutal.** Stay consistent. Training disappears, then returns. The dog isn't broken.
- **Joint health limits exercise.** Avoid high-impact exercise until growth plates close (18-24 months). Mental work via training fills the stimulation gap.

Want video demos for giant breeds?

The Fast Dog Training program covers Bernese Mountain Dog-specific training with video demos. Used by 50,000+ owners.

→ [See the Training Program](#)

The 10-Week Bernese Mountain Dog Training Plan

Designed for an 8-week-old Bernese Mountain Dog puppy. Sessions are 5-15 minutes (longer as the puppy ages). Three sessions per day minimum.

Weeks	Focus	New Commands
1-2 (8-10 wk)	Crate + Sit + gentle handling	Sit, crate, name
3-4 (10-12 wk)	Recall + leash + socialization	Come, leash
5-6 (12-14 wk)	Down + Place + Off (urgent before they're big)	Down, Place, Off
7-8 (14-16 wk)	Leave it + Drop it + Heel intro	Leave it, Drop it
9-10 (16-18 wk)	Public-place manners + advanced	Heel, Settle

Why Off Matters for Big Breeds

A jumping 60-lb puppy is annoying. A jumping 110-lb adult Berner can knock an elderly person down or break a child's arm — accidentally, but seriously. Off (no jumping) must be solid before adolescence hits. The protocol below works.

- **Universal consistency.** Every household member, every visitor, every time. Variable reinforcement makes jumping unfixable.
- **Turn your back when puppy jumps.** Zero attention is the punishment Berners hate.
- **Reward four-paws-on-floor immediately.** Treat + praise + petting the moment all four paws touch ground.
- **Cue Sit for greetings.** Once dog is calm, ask for sit. Reward heavily for sitting during greetings.
- **Practice with controlled visitors.** Friends who can rehearse the protocol. 5-10 controlled greetings = trained behavior.

Joint protection during training

Berners' growth plates don't close until 18-24 months. Avoid: long forced runs, jumping (agility, fetch with high jumps), running on hard surfaces. Walks and swimming are the safest exercise. Mental work via training fills the gap without joint stress.

The training program for gentle giants

Video demos, breed-specific guidance, and lifetime access. The training program for Bernese Mountain Dog owners.

→ [See the Training Program](#)

5 Bernese Mountain Dog Mistakes

Avoid these to maximize Berner success:

- **1. Waiting until 6 months to train.** Berners weigh 60-80 lbs by 6 months. Whatever you don't train before that becomes harder fast.
- **2. Using harsh corrections.** Berners are sensitive — they shut down with punishment. Gentle methods only.
- **3. Over-exercising puppies.** Joint damage from too much exercise too young. Stick to walks and swimming until 18 months.
- **4. Giving up during adolescence.** 6-18 months is brutal. Stay consistent. The training returns.
- **5. Underestimating drool/shedding tolerance.** Berners drool (some lines more than others) and shed seasonally. If that bothers you, the breed isn't a fit.

Where to Go From Here

This 10-week plan covers the foundation. After that, your Bernese Mountain Dog has the basics to build on for the next 12-24 months. Most Bernese Mountain Dogs reach mental maturity around age 2-3.

Get Fast Dog Training

Step-by-step training program with video demos for every command, Bernese Mountain Dog-specific guidance, and lifetime access. Used by 50,000+ owners.

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