

Exercise and Play Routine for Your Puppy

Establishing a balanced **exercise and play routine** for your **Bernedoodle puppy** is crucial for their physical development, mental stimulation, and preventing boredom-related behaviors, while protecting their growing joints and bones. Follow the general puppy guideline of about **5 minutes of structured exercise per month of age**, up to twice daily—for example, a 3-month-old might enjoy two 15-minute sessions, while a 6-month-old can handle around 30 minutes total.

Keep activities gentle and fun in short bursts: short leash walks on soft surfaces (grass or smooth sidewalks) for exploration and sniffing, gentle games of fetch in the yard, supervised free play, or light tug-of-war with appropriate toys. Incorporate mental enrichment through basic training commands during play, puzzle toys, or hide-and-seek to tire out their intelligent Poodle-Bernese Mountain Dog mix brain without overexertion.

As your Bernedoodle puppy matures (around 6 months and beyond), gradually increase daily activity to 30–60 minutes or more, split into multiple sessions that combine physical movement with socialization opportunities like puppy playdates or calm doggy daycare. Always watch for signs of fatigue—such as flopping down or slowing down—and avoid high-impact activities like long hikes, repetitive jumping, or running on hard surfaces until growth plates close (typically after 12–18 months).

A consistent daily schedule with morning and evening play, plus plenty of rest and naps, will help your Bernedoodle grow into a happy, well-adjusted companion. Consult your veterinarian for personalized advice based on your puppy's size (mini, medium, or standard) and individual energy level.