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Tips on improving your dog's calmness

01. Decrease triggers

Write down your dog's normal triggers e.g. people walking passed the house. Can you stop this from happening for a while e.g. put up some temporary window screens?

02. Increase opportunity

Give your dog more opportunities to be calm, e.g. instead of playing with them in the evening, have a gentle cuddle.

03. Rewarding calmness

Reinforcing your dog for being calm will increase the likelihood they will do it more, for more praise. E.g. they go to lie down = "good boy" or a piece of food put by their head.

04. Enrichment

Ensure you are giving your dog opportunities to enrich their lives. Invest in THEM. E.g. you may like to play tug but their favourite game might be sniffing so teach them scent work instead!

