



## Home sPAW Day – The HTDR Way

Create a soothing “spaw day” experience for your dog at home using positive reinforcement! Whether it's brushing, nail trims, or a gentle session of “doga”, these reward-based routines help your pup feel calm and cared for.

### 1. AT-HOME “PAWDICURE”

Lessen the scare of nail care by positively familiarizing your pooch with different elements of nail care. Rather than trying to tackle a full nail trim right away, break the process down into individual elements that the dog can be introduced to a little at a time before they're eventually pieced together for a full nail trim.

**NOTE:** *If your dog has shown extreme fear and/or aggression with nail trims before, we suggest seeking the help of a trainer or behaviorist before beginning.*

Accustom the dog to:

- **The setup**

Nonslip surface, handler stationed nearby.

- **The handling**

Touching the paws and nails, starting first up higher on the dog's Paws being handled while nails are touched by the other hand and shoulder or hip and gradually gliding your touch down the legs and eventually an object (initially not the nail trim tool), the vibration of a to the paws and nails as the dog remains calm. grinding tool (without actually grinding a nail at first).

- **The sound**

Try clipping a piece of dry pasta right next to your dog's nail to Finally, hold the actual clippers or grinder against the nail and simulate the sound of a nail being clipped. If using a grinder, turn eventually use it on the nail. the grinder on several feet away from the dog at first and gradually move closer to him as he remains calm.

- **The tools**

Nail clippers, grinder, file, styptic powder.

- **The sensations**

- **The actual nail care tool**

Instead of merely exposing the dog to nail care, make it a positive experience by delivering fast flowing or continuous treats throughout the process to help build the dog's calm contentment. Only continue nail care as the dog remains happily relaxed. Assess the dog's comfort level by continually attending to his body language and immediately stopping if the dog shows heightened stress, displays a sudden lack of interest in treats, or struggles or tries to move away.



## 2. BRUSHING

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Combing through your dog's coat helps to detangle, smooth, and distribute healthy oils throughout the coat and offers the opportunity to check your dog's fur, skin and overall body, investigating for potential concerns like lumps, bumps, cuts, sore spots, or debris embedded in fur or skin.

- For dogs with longer or more tangle-prone coats, regular brushing • Alternatively, your dog can lick a spreadable food such as peanut or coat care is more likely to be a normal part of ongoing care in butter or E-Z cheese out of a long-lasting toy or lickmat the entire order to keep the dog's fur tangle free and underlying skin healthy. time you're brushing him. Even for short-haired, slick-coated dogs, regular brushing is beneficial.
- For those dogs who are especially averse to a brush, consider grooming gloves, which both capture excess fur and provide a mini
- By using a soft rubber massaging brush that's also designed to pick massage for your pup. Since it's more like hands "petting" the dog up loose hair you can provide both a calming, relaxing massage for than the experience of actual brushing, it's better tolerated by many your dog and the opportunity to collect excess dead hair. canines.
- To accustom your dog to brushing, pair each brush stroke with a high-value treat initially. You can gradually increase the number of brush strokes before delivering a treat.

## 3. DOGA DOG STANCE

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"Doga," the combination of the words "dog" and "yoga," encourages calm focus and deep breathing that leads to a more content state.

- The benefits of deep breathing extend to our dogs, including
- The dog can be in any position, including "four on the floor" with the decreased heart rate, lowered blood pressure, and feelings of dog in a balanced, standing position. But, ideally, the dog is in a wellbeing. While dogs may not naturally know to slow down and settled position like sit or a down to reinforce greater relaxation. deepen their breaths, they can be taught to do so by training a "doga dog stance."
- While the dog may not naturally do all three elements of eye contact, forward ears, and closed mouth all at once, each component can be practiced separately and eventually pieced together until they form a complete behavior.

The three components of a dog doing a "doga dog stance" are:

1. Eyes focused on their human handler (this encourages calm concentration).
2. Ears are up and facing forward (a more alert ear position).
3. Mouth is closed (promotes deeper breathing through the nose).