



By Uniquely Simple Solutions

Calm • Connection • Consistency

The Zen Canine Home Guide

Creating Calm, Connection & Consistency at Home

Welcome

At Zen Canine, we believe behavior is often a reflection of unmet needs, unclear expectations, inconsistent routines, or a lack of opportunities to practice success.

Our goal isn't perfection.

Our goal is progress.

Small changes, implemented consistently, create lasting results for both dogs and their families.

This guide introduces the same principles we use when working with clients through our consultation and training programs.

A complimentary resource from Uniquely Simple Solutions

www.uniquelysimplesolutions.com/zen-canine

zencanine@uniquelysimplesolutions.com

Assess • Simplify • Systemize • Support • Sustain



By Uniquely Simple Solutions
Calm • Connection • Consistency

Routines and Boundaries

Creating a “Zen” home with a puppy or dog requires preparedness, consistency, patience, and compassion on our part. We don’t need to be perfect and that’s okay. It is about being practical and understanding it may be “messy” sometimes. Keep in mind eventually you, your family, and your puppy or dog, will figure each other out and your life together.

Our canine companions aren’t born with impulse control or the ability to regulate their emotions—very similar to young children. Our job as their leader is to help teach them and set them up for success. Too much freedom too fast can lead to undesirable habits and confusion.

Drawing from the book written by Susan Garrett titled Ruff Love, I am a proponent of having set routines and stations for your puppy/dog until they are consistently making good choices within the home.

Personally, when any new puppy or dog comes into my home, I rotate them through four stations throughout their day:

- Bonding/Connection
 - Intentional play and/or training with your puppy or dog
- Rest/Calmness
 - Resting in a crate
- Self-Entertainment/Calmness
 - Playing in a restricted area, such as an exercise pen, with appropriate toys and chews
- Enrichment/Calmness
 - Purposeful activities you can do around the home and/or yard to engage your puppy or dog’s senses

© Uniquely Simple Solutions
www.uniquelysimplesolutions.com/zen-canine
zencanine@uniquelysimplesolutions.com

Assess • Simplify • Systemize • Support • Sustain

Then, as it works on the weekends, I'll try to do "Out and Abouts" which I define as "adventures" out in the community that are appropriate for your puppy's developmental stage and socialization needs or to build companionship with your dog. When working with dogs, I am mindful of selecting activities I know will keep my dog under threshold—neutral emotional stage/low arousal.

There is no magic time period for each station or an order. It is about doing what is best for you, your family, and the needs of your puppy or dog while minimizing your puppy or dog's opportunities for rehearsing undesirable behaviors and setting up exercises to teach desirable behaviors.



By Uniquely Simple Solutions

Calm • Connection • Consistency

Zen Canine Must-Haves

Whenever, we add a new canine companion to our household, we make sure we have supplies to set us up for successfully establishing boundaries and routines.

These items include:

- Safe Transportation in Vehicle
 - Collar
 - 6' Non-Retractable Leash
 - Harness
 - Seat Belt Clip or Crate
- Resting/Prevention of Problem Behaviors
 - Crate
- Settle
 - Dog Bed
 - Hands Free Leash
- Exploration Walking
 - Non-Restrictive Harness
 - Long line
- Self Entertainment
 - Kongs
 - Pupsicles
 - Chews
 - Toys
 - Snuffle Mats
- Interactive Play
 - CleanRun-interactive tug toys

Examples of products I recommend are available on my website with my Amazon Affiliate page.

Scan QR Code Below



A complimentary resource from Uniquely Simple Solutions

© Uniquely Simple Solutions
www.uniquelysimplesolutions.com/zen-canine
zencanine@uniquelysimplesolutions.com

Assess • Simplify • Systemize • Support • Sustain