

Relaxing your dog and the steps to get them calm.

Sometimes throughout your day your dog will get hyped up and it seems that they will never calm down. Below are some steps to relax and calm your dog in most (not all) situations.

One of the keys to maintaining your dog's calm demeanor is to maintain their focus to you. Practice focus drills several times a day so that just the command for them to focus regardless of the situation you will get it.

Get them into a spot that is relatively quiet, preferably when you practice this you will want to start out at home where they are already calm. Have them lay on their bed, crate, mat or somewhere that they normally go to rest. Now as you practice this you yourself will want to be in a calm state, this is so that your dog does not feed off of your emotions (anxiety, anger, etc.).

When both of you are in this calm state begin to relax them with a focus drill, have them look at you and with whatever command that you use for them to pay attention to you. Do this drill for a couple minutes praising them everytime that you get their attention.

Now that they are focused on you move onto the calming techniques, first continue the focus but add in the command "calm", while saying this you take a deep breath and begin to slow your breathing and in the process your dog will slow their breathing as well. As their breathing slows and they become more relaxed begin to start watching the posture that they have laying down, by this time they should be laying down completely with their head all the way down. Praise this the entire time with good calm, this will assist you later on in stressful situations.

Now practice routine regularly in your home where it is low stress and fewer distractions. By practicing this several times weekly so when you and your dog are in that stressful situation you can just give the command "calm" and they will begin to calm themselves due to the practice that you have already given them.

In situations that need additional work take them to a quieter area if possible and go through the routine again until they begin to calm down, ensuring that they maintain focus on you the entire time.

Good luck and practice daily for the greatest results