# Prevention – Handling preparation for the Vet and Groomer

*Practice 1 to 2 times a day and when your dog is comfortable add to daily living.*

<table>
<tr><th>Tips</th><th>Body Parts</th><th>Steps</th></tr>
<tr>
<td>Practice on a calm dog<br><br>30 second to 3 minutes<br><br>Use treats with each touch<br><br>Use peanut butter on a surface<br><br>Use one hand to touch, one hand to click and treat<br><br>Avoid clicking in your dog’s ear</td>
<td>
<table>
<tr><td>Top of feet</td><td>Bottom of feet</td></tr>
<tr><td>Pads of feet</td><td>Nail area of feet</td></tr>
<tr><td>Legs</td><td>Elbows</td></tr>
<tr><td>Chest</td><td>Belly</td></tr>
<tr><td>Tail area</td><td>Neck/Shoulders</td></tr>
<tr><td>Mouth</td><td>Muzzle</td></tr>
<tr><td>Teeth</td><td>Head</td></tr>
<tr><td>Ears</td><td>Open Ears</td></tr>
</table>
</td>
<td>*Have your clicker, treats & dog<br><br>Step 1:<br>• Touch part 1 second<br>• Click as touching<br>• Remove hand and treat<br>*As long as dog is comfortable handle each body part once each session.<br><br>Step 2: Increase seconds of the touch<br><br>Step 3: Increase pressure and decrease the duration<br><br>Step 4: Keep gradual pressure and increase duration</td>
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<tr>
<td colspan="3">Restraint: (Puppies only!)<br>Steps:<br>• Gently place arm around puppy and click<br>• Release and offer a treat<br>• Arm goes over back and under belly/chest<br>• Gradually increase pressure and duration with each session<br><br>If your puppy struggles:<br>1. Continue to hold puppy<br>2. Say noting<br>3. Wait until puppy calms down<br>4. Give a treat<br>5. Put puppy down<br>6. Next time progress SLOWER to avoid stress and struggling</td>
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**Troubleshoot:**

If your dog begins pulling away from you; go slower, increase the value of the treat and use peanut butter. Place peanut butter on a surface and as your dog licks the peanut butter handle the body part briefly.

If your dog growls or shows signs of aggression or fear contact your trainer and do not proceed.