



# Calm-at-Home Quick Guide

*Help Your Anxious or Sensitive Dog Feel Safe: A Calmer Together Canines Guide*



## Predictability = Safety

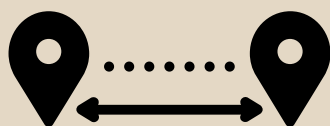
Dogs with big emotions calm best when life feels predictable.

Create a simple morning & evening routine so their nervous system knows what's coming next.



## Slow Before Cues

Before asking for anything, pause for 2 seconds. Let your dog fully register you first - that alone reduces frustration and 'ignoring'.



## Calm Starts with Distance

If your dog reacts or tenses up on walks, increase distance first.

A dog who feels safe learns 10x faster.



## Regulate Before You Train

Sniffing, brief pauses, checking in with you, or calming touch help your dog re-center before anything 'hard'.



## Quick Relief Tools

- Long exhale → they mirror your breath
- Hand-target → gives them something to do
- Sniff break → resets the brain
- Pattern games → instant predictability