

Leash Calming

Objective

Utilizes non-verbal teaching & handling to build patience and peacefulness in you and your dog and develop a way to calm your dog whenever necessary. This helps you guide and manage your dog when he or she needs it.

Important

Do the leash calming in an area where your dog is safe from distractions and threats. When doing the formal exercise, always do it indoors, and do not allow anybody to touch him, speak to him, or look at him.

What you do

- Begin practicing this exercise in an area without distraction.
- Do not speak to your dog, pet your dog, or make eye contact.
- Quietly and calmly place the ball of your foot on your dog's leash, leaving enough leash for your dog to stand and be comfortable.
- After a while, your dog will settle and relax. Remain this way for _____ min.
- Upon completion, remove your foot from the leash and say "okay".
- Quietly congratulate your dog (do not create too much excitement)
- Repeat once daily for 7 - 10 days. Family members can take turns, a total of once per day.

Practical uses

Once your dog is accustomed to this, you can use the leash calming to cue your dog to calm when you are in public as well as at home.

- Use when your dog is becoming physically out of control: when your dog is jumping up, mouthing you, or chewing on the leash. Or when you need use of your hands: to get car keys, pay at the cashier.
- Place your dog in a leash calming long enough for him to settle, to interrupt his thought pattern and give him a moment to collect himself.
- *You can also tie him to things (chairs, benches) when you need to calm him. This can only be done in safe areas with no threats or intense distractions.*

Trouble Shooting

- Chewing on leash: use a chain connector to create a chew-proof portion of leash between your dog and your foot. Use a wide stance and stretch the leash flat and tight between both feet so your dog cannot reach or grab the leash.
- Strong resistance: use footwear with good grip. Stand with ball of foot squarely on leash. Put your full weight into the foot on the leash or squat slightly when needed, to lower your center of gravity and increase strength.