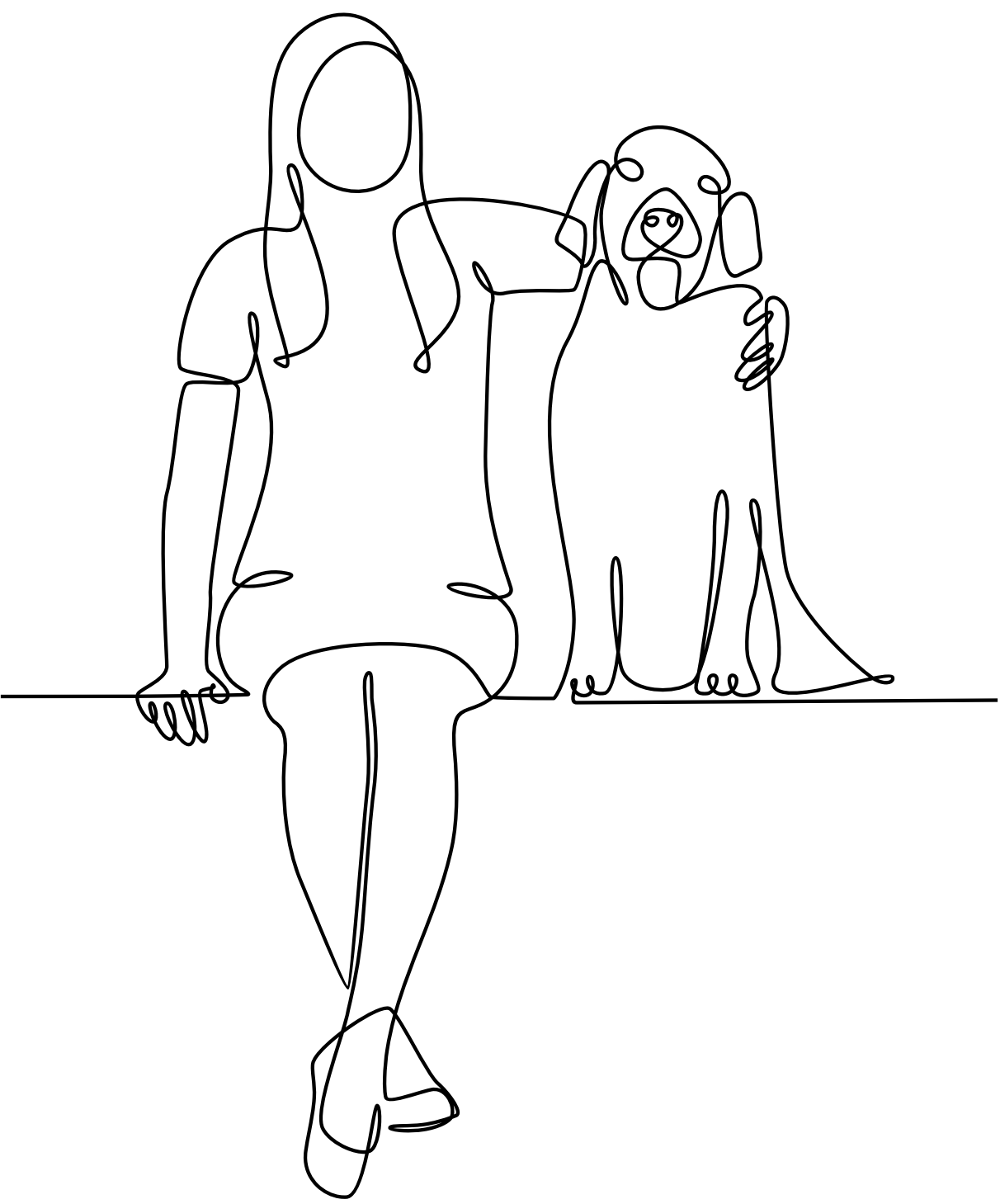


Calming Touch



-Firmly stroke your dog down the back from ears to tail and then follow with a treat given by the other hand. Feed low to the ground. Repeat.

This pattern begins the association that your touch has a positive outcome and that the firm pressure has a calming effect.

-Practice at home first before using out in real-life. Once a strong association is made, your dog will look back to you after the stroke and then you can deliver another stroke instead of a treat. He will enjoy the interaction with you and the emotion of calm he is feeling.

-When your dog gets excited or anxious in public, you will be able to use the calming touch marker as a way to balance his mood. Feeding low to the ground will encourage stillness and cue a more relaxed down. Feeding to the ground may also reduce the excitement that feeding from your hand brings.

Variation: Sleepwitch. For puppies or small dogs.

Sitting comfortably on a chair or the floor, hold the puppy on your lap, belly up, completely supported by your body. Support the puppy's neck if you need to with one hand. With the other, slowly and gently rub the puppy's belly, never taking your hand off the puppy's body. The pup might struggle the first few times you do this; he doesn't know how wonderful "calm" will feel. Observe the moment when he lets out a big sigh or gives in to relaxation.