



Airplane Feeding

This game builds impulse control and encourages calmness.

In this game you hold a treat above the dog's head and slowly bring it to their mouth.

There are two ways to hold the treat:

- For dogs with gentle to moderately soft mouths, hold the treat between your thumb and first finger.
- For dogs with harder mouths, hold the treat in the palm of your hand with your thumb over the treat. Release the treat to the dog by lifting your thumb and letting them lick it off the palm of your hand.

As you slowly deliver a piece of food to your dog's mouth, the dog should await the treat patiently.

If your dog moves toward your hand or mouths your hand,, pause your movement,. Don't pull your hand away. Wait until the dog shifts away and begin your slow delivery from that spot to your dog's mouth. Give the treat to your dog calmly.

Repeat the pauses on any delivery until the dog waits for the treat to arrive at their mouth. Don't let them speed you up or push to get it faster.