



THE CALM TRIFECATA

HOW TO BUILD CALMNESS IN YOUR DOG

Teaching your dog how to be calm as a default is an invaluable resource for your dog. Have a dog how defaults to calmness help keep their stress levels low, keep them under threshold, and keeps their stress bucket empty.

When your dog's stress bucket is empty, and your dog chooses to default to calm, they better adapt to deal with stressful or high arousing situations. They are more likely to make a better choice and not bark, lunge, pace, or become destructive.

Calm is a way of life for our dog, and we can help them learn how to be calm, cool, and collected.

THE THREE PARTS OF THE CALMNESS TRIFECTA

1. PASSIVE CALMING ACTIVITIES

2. ACTIVE REST

3. REWARDING CALM

PASSIVE CALMING ACTIVITIES

- Scatter Feeding
- Meaty Bones
- Stuffed Kongs
- Food dispensing balls
- Scent Games
- Puzzle Feeder
- Long Lasting Chews

ACTIVE REST

- Crates
- Pens
- Quiet Rooms
- Elevated Beds

REWARDING CALM

Whenever you catch your dog being calm, reward it by placing a bit of food in front of them, feed when there are distractions around them, and they choose to be calm or place food in front of the while they are sleeping without waking them. Your goal is not to have them jump up but stay in a calm state.

Every day you should pick something from each section of the calmness trifecta. It is a great idea to ditch the dog bowl and use your dog's daily food allowance to work on calmness. If you have a dog that struggles with calmness, you should be using 70 percent of their food to work on the above things. Before long, rewarding can creating calm becomes a way of life for you and your pup.

Calmness is king!

