

CALMING

# Calm handling

Practicing handling with your puppy from an early age will help create a positive association with touch. Calming touch can also create an association between touch and the feeling of being calm, allowing you to ask for calm behaviour in exciting situations, such as friends coming over.



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Calming touch not only teaches your puppy the feeling of calm but it also is the foundation to many other cues,

such as mat training, and allows for easy handling and treatment. Imagine how hard it will be to clip

your puppy's nails or give them a tablet in the future if they hate their feet or mouth being touched.

## Step by step:

1.

Practice handling when your puppy is happy but not overly excited.

2.

Pair your touch with food to create a positive association.

3.

Give your puppy a treat.

4.

Slowly and gently pat your puppy from the shoulder blade to the tail. This should take about 5 seconds.

5.

If your puppy has finished their treat, reward them again.

6.

Practice calm touch on other areas of the body to encourage handling.

7.

Continue to reward and praise.



**PRACTICE CALM TOUCH EVERY NIGHT AND BEFORE EVERY PUPPY SCHOOL CLASS.**