

Settle in New Environments

The Art of Doing Nothing

This guide is for dogs who struggle to settling in new situations and remain still for long periods of time. If your dog is fearful, anxious or reactive this is a key step to helping them.



Before You Start

- **Pick the right environment** – start with more open, quieter environments and gradually work up to more stimulating ones.
- **Ensure your dog has basic skills** – A sit, down or place command is necessary.
- **Using a Training Collar** – Have a properly fit collar that is able to redirect your dogs. focus away from distractions and fidgeting.
- **Small amount of rewards** – If this is your first time, use some rewards to motivate your dog to follow through at the start.

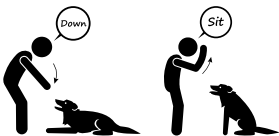
5 Tips for Hanging Out:



Let them acclimate to the new place first by allowing them to sniff a small area. Do not allow pulling on the leash.



Do not allow them to fixate or engage with distractions.



Ask your dog to do a sit or down a quiet spot away from distractions where you can relax comfortably for an extended period.



If your dog is fidgeting in the grass or with themselves, looking like they are going to leave position or going to bark, redirect them until they are settled again - use spacial pressure or walk a couple steps away from the distraction then reposition your dog back in your spot.



Use food sparingly. Only use it in the beginning to help your dog get into position. If the food is distracting your dog or causing them to become pushy or excited, eliminate the food.

FAQ's

How Often Should I Practice This?

Practice as much as you can. Ensure you are also giving your dog enough exercising beforehand to help set your dog up for success. A 20min walk or 10 mins of tug-o-war beforehand is a good place to start if you're new to this.

How Long Should I Practice a Hangout?

Start with 5 min hangouts and work up to 15-30 min ones in 5 min increments. Your goal is for your dog to show a calmer state of mind before ending the session and rewarding them with freedom.

What Goal Should I Strive For?

If your dog can remain calm in a down stay for 15-30 mins in a high distraction area, we are confident your dog has established a strong Calm Muscle for any adventure in their future. Always take into account your dogs personality and quirks. If your dog is not a social butterfly but can chill maybe a dog friendly cafe is just not for them but the beach is.

When Should I Reward My Dog?

We only use food if the dog struggles to stay in position around distractions. If a distraction passes and the dog is successful with the sit/down then we reward them. We also ensure that the dog is far enough away from the distraction so we can fade the food away after the first 2-3 mins of their hangout.

