

The Calm Muscle

Strengthening your dogs ability to chill



Benefits of Teaching Settle

Who doesn't want more flexibility? Picture a scenario where you can take your dog to various places without concerns about leash pulling, whining, or disruptive behavior. When dogs master the art of settling, they become more composed in the presence of guests or other dogs. As a result, your dog experiences reduced anxiety and stress in their surroundings.

Your Path to a Calm Dog

Meeting your Dogs Needs

Dogs need both mental and physical exercise to settle, with some breeds requiring more than others. Understanding your dog breed's needs is crucial

Creating More Structure

Structure is often a neglected need in dogs while exercise and affection receive excess attention. You can incorporate more structure on your walks, in the home and utilizing a schedule

Using a Tool

Until your dog is more advanced in their training, using a crate or leash to manage your dogs activities and encourage their ability to settle is a crucial first step to success. Talk to your trainer for personal recommendations

Did You Know?

Did you know that using food rewards to teach a dog how to settle can have the opposite effect? While we begin by teaching dogs how to stay, go to their bed, or crate using treats, it's equally important to gradually reduce these rewards. Imagine trying to take a nap while someone is attempting to reward you with a winning lottery ticket.