

The Calm Muscle

Strengthening your dogs ability to chill



Benefits of Teaching Settle

Who doesn't want a less anxious, hyperactive or reactive dog? Great for dogs who struggle with distractions, settling in the home, settling in new places, visitors, reactivity, barking in the home and even jumping. When you take the time to teach them how to settle, you teach them how to work through stimulating things in their environment and YOU can relax more. Just like other muscles, *you have to practice strengthening your dogs calm muscle.*

3 Common Oversights

It's Not all About "More exercise"

Many owners over-exercise their dogs, which can actually make them harder to tire out and unable to relax. While dogs love to be active, a hyperactive mindset can lead to anxiety, reactivity, and stress.

Adding structure to walks and home life provides mental exercise and strengthens your dog's ability to stay calm. Have your dog earn their meals through training and enrichment toys to promote a more rested and balanced brain.



It's Okay to Use Tools...

Many owners avoid using training tools, believing they're cruel or unnecessary. However, if you're struggling, a tool can often make a big difference. Every dog is different, and some may need the assistance of a tool to succeed. The type of tool that works best can also vary from dog to dog.

Tools like crates, pens, or beds can help condition your dog to settle, while leashes or training collars can redirect hyperactivity and communicate clear boundaries and limits.

Stop Using So Much Food!

It's okay to use food rewards in the beginning to reinforce your dog for going in their crate or staying. However once the obedience cue has been established and it's time to work on the Settle Skill itself, food is then eliminated from training. Food has a natural effect to cause them to become stimulated due to their natural prey drive. Allowing their drive to get triggered causes the opposite effect of calming but rather causes the dog to stay active and engaged anticipating the next reward - never officially settling.