

Settle & Structure



Strengthen your Dogs Off Switch

What is Structure

- Stationing your dog on their bed
- Scheduled crate time (30mins - 3 hours)
- Structured walking (heel)
- Long duration sit/down stay
- Keeping a daily schedule
- Structured mealtimes vs free feeding
- Waiting at thresholds (doorways/gates)
- Using a longline to manage your dogs "zoomies"
- Anything that's giving your dog a job!

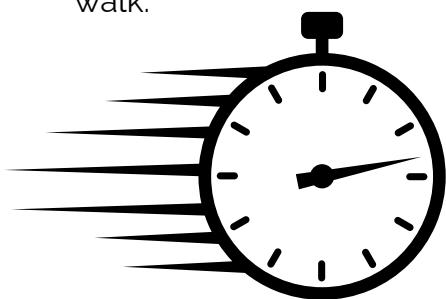
How to Incorporate It

- During walks or around distractions
- Post walk place time
- Crate time
- Crate at night
- Place time while you cook dinner/eat
- Place time while you clean
- 5 min training session at 7am and 7pm

“Structure in the home provides the mental exercise needed for dogs who struggle to settle”

The Power of Place

Each time your dog hangs out on place, you help them strengthen their ability to chill in all kinds of situations. When friends come over, when youre eating or after a walk.



Don't Have Time for an Hour Long Walk?

I mean who does? Do this combo instead to get the benefits of an hour long walk without the hour long walk. You get to fulfill BOTH the **physical needs** of your dog and the **mental needs**. Many miss out on the mental stuff - but it's crucial!

20 - 30 min Walk



30 min on Place



Fulfilled Dog

Don't Feel Guilty!

We know many of you (because we actually talk to owners like you - we're not pulling this out of thin air) feel guilty about not being able to take your dog on these wildly long walks daily. We want to reassure you that it's actually not necessary to help your dog be their best. Its a BIG misconception.