Your Roadmap To Grow Trust, Understanding And A Brilliant Partnership With Your Sensitive, Anxious, Hyper Or Reactive Dog

"The trust you create today will get you the life you want."

~Kathy Kawalec

"WHERE to Plant Your Trust Seeds"

Create a circle of safety and trust for you and your dog that reduces over-arousal, stress, anxiety, uncertainty, confusion ... creating Safe, Calm and Happy™ instead!

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This Love Trust Grow Challenge is all about getting clarity and confidence on the immediate next steps to take, based on where you are right now in your relationship with your dogs.

Today we're talking about WHERE to Plant your seeds of trust so that you and your dog can stay in the GREEN zone as much as possible, to establish a default of Safe Calm and Happy …

From there — we can take our Green Bubble - our circle of safety and connection on the road, in a natural expansion … without stressing out about fixing … and with feeling SAFE CALM AND HAPPY every single day!

TODAY'S ASSIGNMENT

Is all about CLARITY for Where to plant your next trust seeds…

Create Your Safe, Calm and Happy List

List 5-10 Activities, Environments, Places and Times that both You and Your Dog BOTH Feel SAFE, calm/relaxed and happy…you are connected … and you are both in the Green Zone.

Remember, you are teaching your autonomic nervous systems to CO-REGULATE … and that your default state is Green …Safe, Calm and Happy.

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And you are teaching yourself to BE attentive, present, responsible for creating the Circle of Safety and Trust

You are teaching your dog to TRUST you, because you are reliable, responsible, resilient and because you are available for connection!!

Activities you can do at home with your dog

* Play hide and seek / Chase me

* Hide your dog's favorite toy to find

* Snuggle Time

* Grooming and husbandry

* Bring home some nature (branch, moss, pinecones, flowers, feather) to explore in your yard/house/garage together

* Read to your dog

* Turn on the music and dance together

* Ask your dog to accompany you in the garden / house whilst you do the chores

* Have a picnic together

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* Teach your dog some tricks

* Build a mini-parcours with broomsticks, chairs, cushions, etc

Alternative places to walk your reactive dog

* Industrial Parks when businesses are closed

* Cemetery/Graveyards that are quiet

* Rental yards or buildings

* Tennis courts

* State/Fed Parks off-season or 'backdoor' areas that the public doesn't frequent.

* Early mornings, late evenings, weekends - different times work best for each venue type.

Remember - the important thing is that you BOTH (you and your dog) are in the Green Zone, and feel Safe, Calm and Happy.

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Create Your Safe, Calm and Happy List

List 5-10 Activities, Environments, Places and Times that both You and Your Dog BOTH Feel SAFE, calm/relaxed and happy…you are connected … and you are both in the Green Zone.

Build in a mix of High, Mid, Low Arousal activities that meet your daily protocol.

Daily Balanced Life Activities will create your CALM.

For this to work well, follow these daily activity arousal percentages:

1. 10-15% High Arousal Activity: fun, very active, exciting, happy activities. (that's 30-60 minutes per day, on average)

2. 35% Mid Arousal Activity: enjoyable, thinking, playful, interesting activities. (That's 2 hours per day, on average)

3. 50% Low/No Arousal Activity: quiet, hanging out, napping, nothing much going on, relaxing. (That's 3 hours per day, on average)

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DOG ACADEMY

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Healthy Adult Dogs = 16-18 Hrs Sleep Per Day
Puppies and Geriatric Dogs = 19-20 Hrs Sleep Per Day
That translates to:
18 hrs Sleep = 6 hrs for Activity
20 hrs Sleep = 4 hrs for Activity

6 hrs - Adult Dogs Daily Balanced Activity.

**These activity hours include feeding/eating times, play times, walking times, potty times, grooming times, snuggling times, training times, work times, helper times, hanging out times, relaxing times, structured times, unstructured times, chewing times, grooming times, driving times, sniffing times, self-entertainment times. etc.*

What does this mean:

This does NOT mean that you are supposed to entertain/enrich your dog for 6 hours per day!!

It DOES mean that you need to keep your dog from getting over-aroused.

It DOES mean that you need to get your dog good exercise every day.

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And, it means that your dog is 'hanging out' not doing anything, a lot.

Lastly, it DOES mean that your dog responds to each activity in their own way, so know your dog.

For example: One dog may find grooming relaxing while another finds it stressful and arousing. One dog may find trick training or puzzle games as enjoyable thinking activities (mid-level) while another dog may find them very arousing (high).

**Active Exercise time of .5-1 hr/day is crucial. Some of this time can be met with structured activity like fetch, games, rigorous hiking, working or training that involves movement like running or swimming.

However: Your dog needs unstructured time to run, jump, dig, swim, play...outdoors as much as possible...daily is ideal.

POST OVER-AROUSAL:
If your dog does get over-aroused and deep into the orange zone, plan your activities around extra recovery time for the next day or two … most importantly: minimize potential for over-arousal.

Finally, one last thought: Your plan is FOR NOW, not Forever! As you and your dog co-regulate, your world will begin to expand more and more … in a SCH, Green Zone, way!

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High Arousal SCH List:

Mid Arousal SCH List:

Low Arousal SCH List:

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