

A-OK9

THE GUIDE TO Emergency Barking Solutions

CALM



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EMERGENCY

Barking Solutions for RIGHT NOW!

So, you've started your training journey. Great choice! But is there an emergency solution for barking while you're getting started? It's brilliant to hear that you've decided to work with your dog to put a stop to tricky behaviours. But something that we're often asked is:

“What can I do about barking when I'm just starting out? Training takes time and I need some help to nip the barking in the bud so my dog doesn't practice it and make it worse!”

Don't worry – we've got you covered. We are here to provide you with an easy 3-step process that will give you the know-how to act right now to prevent rehearsal of those frustrating (and overwhelming) barking behaviours!



Did you **KNOW?**

Calm-K9 is a natural food supplement that contains L-Tryptophan (as well as many other calming superfoods) which boosts your dog's serotonin levels. Serotonin is also known as the 'Happy Chemical' - responsible for optimism and relaxation!

DOES YOUR DOG **Bark?**

At the neighbour

At cars, cats, and cyclists through the window

At sounds (both imaginary and real!) throughout the day

When there is a knock on the door or parcel delivered

...for no obvious reason!

WHY DO DOGS BARK?

Barking is often a symptom of an emotion - in order to address barking, it's the emotion which requires our focus and attention. Calm through training and via carefully formulated supplements can help to make real-life results achievable.

Training and reshaping your dog's brain WILL happen with games. Yet, while you're in the beginning of that amazing journey, having a solution for 'right now' will help to avoid frustration and will encourage WIN after WIN! To get those wins, you first need to make sure that the problem behaviour is minimised. Eliminating rehearsal is a valuable strategy and invaluable to your training success.

WHAT IS REHEARSAL?

Any time your dog practices a behaviour, good or bad, they are rehearsing (and perfecting) that behaviour. Sometimes rehearsal doesn't look like the same behaviour, and we don't realise our dogs are honing that behaviour out of context. For example, barking out of the window may be the problem behaviour. However, barking at the washing machine in its spin cycle or barking during training - out of frustration or excitement - is still rehearsing the barking behaviour and it all ties together, making your dog become the ultimate expert of that behaviour.

WHAT CAN I DO?

This barking is driving me crazy!

We've all been there, and we have solutions for you! Are you ready for the 3-step process that will help you get the real-life results you want to achieve? Eliminate rehearsal and provide your dog with the opportunities to make the best decisions starting right now.



STEP 1. INTERRUPT

Here is a quick and easy game that takes absolutely NO time to teach and yet will give you a powerful tool in your toolbox.

THE ATTENTION NOISE

To teach the attention noise, all you'll need is some yummy, enticing treats (or your dog's kibble if they'll work for it).

1. In a quiet, low distraction space, make a noise of your choice. It can be a kissy sound. It can be making a clicking sound with your tongue a few times. Anything except your dog's name. The idea is to get your dog to look at you
2. As soon as your dog turns to look at you, say, "Yes!" and reward them generously.
3. Toss a piece of food to get them to move away from you and then repeat the process, using the attention sound to get them to turn their head and focus on you. WOW!

Use this game to get your dog's attention when they're barking and reward them for focusing their attention on you so that you can then move on to Step 2.

Note: It's important to practice the Attention Noise game in a few 1-2-minute sessions before using it in a real-life situation. Make sure your dog is almost whiplash head turning when they hear the sound and then you know it's time to put it to the test when they start barking!

STEP 2. EMPLOY

If your dog is doing something you don't like (i.e. barking), you can give them an alternative behaviour. Doing this is a good idea because, if they don't know what to do, they will employ themselves. Self-employment is NOT a great choice for a dog that doesn't know how to make the right choices yet. Give your dog a job!

They've sounded off and you've applied Step 1 of the 3-step process. Your dog has stopped barking and they've turned their attention to you. It's time to give them something to do.

EMPLOYMENT STRATEGIES

Boundaries

We can bet that you have furniture throughout your house (beds, a sofa, a chair, etc). Pick an elevated surface near you that you feel comfortable with your dog being on and employ them to that surface. Reward them for being there and continue until:

- Whatever it is that they are barking at has disappeared
- Their body language has softened, and they are no longer as alert
- They have relaxed and settled on their newfound "Boundary"

Did you KNOW?

When your dog licks food from a K9-Calm Mat, it stimulates their relaxation responses and promotes calmness in their state of mind! You can even freeze the K9-Calm Mats to make the activity last even longer!

Passive Enrichment Tasks

We will often recommend smearing a bit of Calm-K9 (and yoghurt) on a K9-Calm-Mat to our clients so that their dogs are focused and invested in something other than the original distraction that prompted the barking.

Calm-K9 is helpful both as a daily supplement to support dog's with reactivity, barking and more and making it accessible on the K9-Calm-Mat not only provides a creative mental outlet but also acts as an automatic soothing strategy for high arousal. Let's get that excitement down so that your dog can think with more clarity!

Scatter/Long Lasting Chew

Dogs that are reacting often are soothed by movement... AND sniffing!

A super effective strategy is to quickly move them away from the window or room that has them so distracted and then offer them an opportunity to scatter.

Follow up with a K9-Calm Mat to give them a chance to decompress and make the right choices.

You can also give your dog a long-lasting chew like a bully stick, or something similar, to keep them employed for longer periods of time.

You've got this! And you are well on your way to Step 3... Once you've employed your dog, what's next to make sure all your hard work gets you the results you need and deserve?

STEP 3. DEPLOY MANAGEMENT STRATEGY

It's time to deploy your management strategy and create an environment where those bad choices, the ones that aren't desirable, aren't available to your dog.

Consider the environment around your dog and how can you set it up so that you minimise their ability to bark at the distractions that get them riled up and reactive?

MANAGEMENT STRATEGY #1

Pop your dog on lead.

MANAGEMENT STRATEGY #2

Close the curtains or blinds.

MANAGEMENT STRATEGY #3

Remove access to the room or window.

By simply removing the ability to practice and rehearse the behaviour your dog will be able to make better choices. It's hard to make the right choice when the one they've practiced and perfected is so readily available.

Set your dog up for success by deploying management strategies that will guide your dog into the right choices with the utmost clarity. Dogs thrive on clarity. When you remove the option to perform the behaviour and then you focus on the training that directly communicates what you would prefer your dog to do, you are providing them with a very clear picture of expectations.

YOU'RE ON YOUR WAY!

Real-life results are just around the corner! With calmness as your dog's default state (in the very near future), Calm K9 providing them with delicious behaviour and wellness support, this easy and effective 3-step strategy to eliminate rehearsal AND through the power of games, you can achieve anything.





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