

When the goal is reached

Once your dog can hear the trained sounds and return to eating, move from the Spritz and bandana to Calm Companion Treatment Oil. Apply it to the coat before noise is likely. The scent lasts longer and the bandana is no longer needed while your dog is alone.

A FEW SAFETY BASICS

- Never create a sound close to your dog's ears or make it loud enough to cause panic.
- For unavoidable loud events such as fireworks or construction, provide a quiet safe area and seek qualified help if reactions are severe.
- Each time you use the Spritz, remove the bandana before spraying it. Spray away from your dog, wait a few seconds, then fit the bandana.
- Use a safe, well fitted bandana. A breakaway fastening is safest if it will be worn without supervision.
- For dogs only. External use only. Follow the label and stop if irritation occurs.



SCAN FOR PRODUCT USE

Start here

First, the Calm Companion scent becomes part of a safe bedtime routine. From Week 4, it is paired with dinner and very gentle household sounds.

WHAT YOU NEED

- Calm Companion Treatment Spritz
- A safe, well fitted bandana and zip lock bag
- Your dog's normal dinner
- A wooden spoon, metal spoon, plastic bowl, metal bowl and cupboard door

THE MOST IMPORTANT RULE

Stay with one sound until your dog reacts but returns to eating on two separate nights. Only then move to the next sound.

LOOK INSIDE FOR YOUR WEEKLY PLAN

CALM COMPANION

Noise Anxiety

A gentle sound routine to help your dog notice everyday noises and return to calm.



Coco Kaboo

0412 662 380
askus@cocokaboo.com.au
cocokaboo.com.au

WEEKS 1 TO 3

Build the safe scent



1 **Spray at bedtime**

Each night, remove the bandana before spraying it. Spray generously away from your dog, wait a few seconds, then fit it immediately before bed.

2 **Keep bedtime calm**

No games or excitement. Pair the scent with the quietest and safest part of the day.

3 **Remove it first thing**

Before the morning toilet break, drink or play, remove the bandana and seal it in the zip lock bag.

4 **Repeat every night**

During these first three weeks, use the Spritz and bandana only for the night time routine.

A GENTLE CHECKPOINT

Begin the dinner training in Week 4, but continue the night time routine every night.

The scent is becoming a simple message: 'Everything is calm. Everything is fine.'

WEEK 4 ONWARD

Begin at dinner



1 **Continue every night**

Keep repeating the full night time Spritz and bandana routine every night throughout the sound training.

2 **Set up at dinner**

Spray and fit the bandana immediately before serving your dog's normal dinner.

3 **Begin with a wooden spoon**

From a comfortable distance, drop or tap it once, softly enough that your dog only pauses or looks up.

4 **Wait for recovery**

If your dog reacts but returns to eating, the level is right. If they cannot return to dinner, make the next practice easier.

A GENTLE CHECKPOINT

Stay with the wooden spoon until two separate dinners where your dog reacts and then returns to eating.

The goal is not no reaction. The goal is to notice the sound, recover and return to dinner.

THE SOUND LADDER

One sound at a time



1 **Wooden spoon**

Begin with a gentle drop or tap and remain here until the two night rule is met.

2 **Metal spoon**

Move to a light metal spoon drop or tap, beginning at the easiest level.

3 **Plastic bowl, then metal bowl**

Introduce the plastic bowl first. After two successful recovery nights, move to the metal bowl.

4 **Cupboard door**

Begin with a gentle close and slowly build towards the normal louder sound.

5 **Continue every night**

Keep repeating the full night time Spritz and bandana routine every night until the training goal is reached.

A GENTLE CHECKPOINT

At every level, move on only after two separate nights where your dog reacts and then returns to eating.

Once these everyday sounds are manageable, move to Treatment Oil when noise is likely.