

Safety before progress

Calm Companion supports a predictable scent routine. It does not treat aggression or replace veterinary or qualified behaviour support.

A FEW SAFETY BASICS

- If your dog has bitten, attempted to bite, redirects onto you or cannot be safely held, seek professional help before trigger work.
- Never enter the dog park or force greetings. Avoid punishment and leave calmly if your dog cannot settle.
- 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 for 30 nights. In Month 2, it is paired with calm walks outside a dog park at a safe distance.

WHAT YOU NEED

- Calm Companion Treatment Spritz
- A safe, well fitted bandana and zip lock bag
- A well fitted harness and secure lead
- An extremely high value treat used only for this training

THE MOST IMPORTANT RULE

Distance is part of the training. Begin far enough away that your dog can see the other dogs, eat the special treats and return their attention to you. If they cannot, move farther away.

LOOK INSIDE FOR YOUR WEEKLY PLAN

CALM COMPANION

Anxiety and Reactivity

OTHER DOGS

A gentle routine for calmer walks around other dogs.



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FIRST 30 NIGHTS

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 for 30 nights**

During this foundation stage, use the Spritz and bandana only for bedtime.

A GENTLE CHECKPOINT

Move on when the bandana has become part of a calm and predictable bedtime routine.

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

MONTH 2

Find the settle distance



1 **Choose a quiet time**

Begin outside a dog park when only a few calm dogs are present. Do not enter the fenced area.

2 **Prepare before the walk**

Spray and fit the bandana, then have the special treats ready before approaching the park.

3 **Take the widest berth**

Walk around the outside perimeter at the greatest distance your dog needs to remain settled.

4 **Become the buffer**

Keep yourself between the fence and your dog. This gives your dog more space from the dogs inside.

5 **Leave while calm**

Finish before staring, barking or lunging begins. A calm exit is a successful practice.

A GENTLE CHECKPOINT

The distance is right when your dog can notice the other dogs, eat and return their attention to you.

Distance is not failure. Distance is what makes learning possible.

BUILD GRADUALLY

Let calm lead the way



1 **Repeat the same route**

Keep the time, route and distance predictable while your dog learns the routine.

2 **Reward their choice**

When your dog chooses to stop staring at another dog or person and returns their focus to you, immediately give the special high value treat.

3 **Change only one thing**

Add a little time or reduce the distance slightly. Do not make both harder on the same outing.

4 **Create space calmly**

If your dog keeps staring, stiffens, closes their mouth or refuses treats, turn away in a gentle curve and move farther from the fence.

5 **Keep using the routine**

Use the Spritz, bandana and special treats for every planned practice around other dogs.

A GENTLE CHECKPOINT

Move a little closer only after two outings where your dog remains settled at the current distance.

Success is noticing another dog and returning to calm, not greeting them.