

When the goal is reached

Once your dog can remain settled for the length of your usual absence, you can move from the Spritz and bandana to Calm Companion Treatment Oil. Apply it to the coat before leaving, following the label directions. The scent lasts longer and your dog no longer needs to wear the bandana while alone.

A FEW SAFETY BASICS

- Keep departures and returns calm and boring. Big emotional goodbyes can make leaving feel more important.
- If your dog panics, tries to escape, hurts themselves or cannot settle, stop the training and seek help from your vet or a qualified dog behaviourist.
- 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. Then it is paired with tiny, successful absences and very special treats.

WHAT YOU NEED

- Calm Companion Treatment Spritz
- A safe, well fitted bandana and zip lock bag
- A very high value treat used only for this training
- A few quiet minutes every day

THE MOST IMPORTANT RULE

Keep every practice easier than your dog's current limit. If they panic, bark continuously or cannot eat the treats, shorten the next absence.

LOOK INSIDE FOR YOUR WEEKLY PLAN

CALM COMPANION

Separation Anxiety

A calm, gradual routine to help your dog feel safer when you leave.



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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. The aim is to pair the scent with the quietest, 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, predictable bedtime routine.

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

WEEK 5

Practise tiny absences



1 **Use the special treat**

Use an extremely high value treat your dog loves. Never give this treat at any other time.

2 **Rehearse leaving**

Spray and fit the bandana. Pick up your keys, put on your shoes and follow your normal leaving routine.

3 **Begin with three minutes**

Scatter the treats in your dog's usual spot, step outside and return after three minutes. If your dog remains calm and continues eating, increase the time gradually. If they show worry, shorten the next practice.

4 **Return quietly**

Return calmly. Remove the bandana and place it straight back into the bag.

A GENTLE CHECKPOINT

Increase the time only when your dog eats the treats and settles during the short absence.

One short, successful practice each day is more useful than one big test.

WEEKS 6 TO 8

Increase slowly



1 **Add small amounts of time**

Once three minutes is easy, add only a small amount of time. Continue only while your dog is eating, settling and coping comfortably.

2 **Watch the dog, not the calendar**

If distress returns, go back to the last easy duration for two more days before trying again.

3 **Build towards real life**

Gradually include your normal work, shopping or appointment routine. Keep using the Spritz, bandana and special treats.

4 **Move to the Oil**

When your usual absence is comfortable, change to Treatment Oil so the scent lasts without the bandana.

A GENTLE CHECKPOINT

The goal is for your dog to remain comfortable for the length of your usual absence.

Progress is not always perfectly straight. A smaller step is still progress.