

For every future trip

Use the Treatment Spritz, bandana and special treats for every trip. Fit the bandana and offer the treat before approaching the car. Keep using this routine after the goal is reached.

A FEW SAFETY BASICS

- Always use a suitable restraint or secured travel crate. If your dog panics, stop and seek veterinary or qualified behaviour support.
- Never leave a dog unattended in a parked car, even on a mild day.
- 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 very special treats and small, successful car experiences.

WHAT YOU NEED

- Calm Companion Treatment Spritz
- A safe, well fitted bandana and zip lock bag
- An extremely high value treat used only for this training
- A suitable car restraint or secured travel crate

THE MOST IMPORTANT RULE

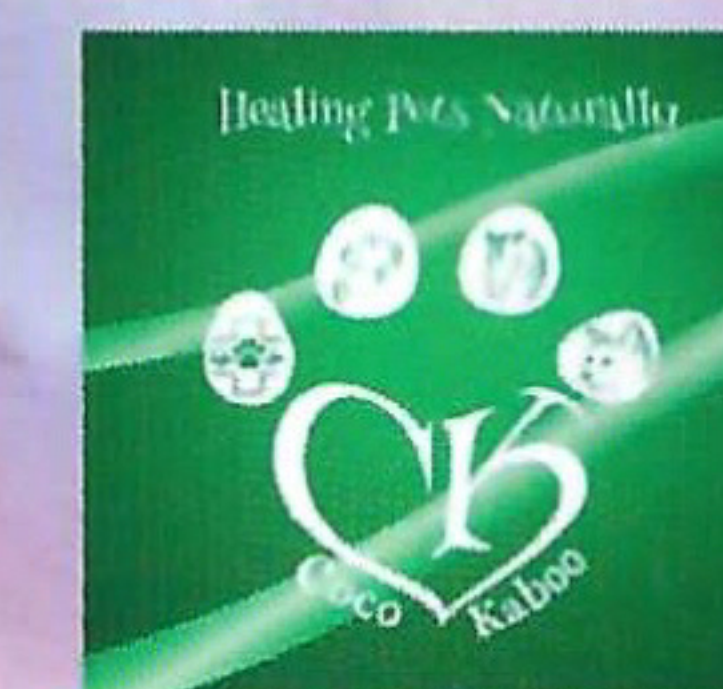
Keep every session within your dog's calm limit. If they will not eat the special treats or cannot settle, finish calmly and make the next practice easier.

LOOK INSIDE FOR YOUR WEEKLY PLAN

CALM COMPANION

Travel Anxiety

A calm ten week routine to make travelling feel safer and more predictable.



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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

After 30 nights, continue this night time routine every night throughout all later stages.

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

WEEKS 5 TO 8

Make the parked car safe



1 **Continue every night**

Keep repeating the full night time Spritz and bandana routine every night while you begin the car training.

2 **Weeks 5 and 6**

Fit the sprayed bandana and offer an extremely high value treat that is never used at any other time. Sit in the stationary car with the engine off for only a few minutes.

3 **Add normal details**

While the car remains still, practise closing the doors, using the restraint and sitting calmly in the usual travel position.

4 **Weeks 7 and 8**

Turn the engine on but keep the car unmoved. Continue only while your dog eats the treats and remains settled.

A GENTLE CHECKPOINT

Continue the night time routine every night. Move to the engine only when your dog remains settled in the stationary car.

The car does not need to move yet. Calm and boring is exactly what we want.

WEEKS 9 AND 10

Begin short trips



1 **Continue every night**

Keep repeating the full night time Spritz and bandana routine every night throughout Weeks 9 and 10.

2 **Prepare before the car**

Spray and fit the bandana, then offer the special treat before approaching the vehicle.

3 **Week 9**

Begin with a short trip around the block or along one quiet and familiar route, then return home.

4 **Week 10**

Increase the distance a little at a time. Continue using the Spritz, bandana and special treat for every future trip.

A GENTLE CHECKPOINT

Continue the night time routine every night. Increase the distance only while your dog remains settled.

A calm short trip is more useful than a long trip that becomes frightening.