

Safety comes first

Calm Companion supports a predictable arrival 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 or cannot be safely managed, seek professional help before visitor practice.
- Practise only with calm adults. Keep children and other animals safely separated during training.
- 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 quiet and predictable visitor arrivals.

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

The visitor must ignore your dog at first. No eye contact, talking or touching.
Interaction begins only when your dog is settled and chooses to approach.

LOOK INSIDE FOR YOUR WEEKLY PLAN

CALM COMPANION

Anxiety and Reactivity

VISITORS

A calm arrival routine for dogs who worry when people visit.



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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

Prepare the arrival



1 **Ask for a message**

Have the visitor tell you when they are due so everything can be ready before they reach the door.

2 **Prepare your dog**

Spray and fit the bandana. Fit the harness and lead, then have the special treats ready.

3 **Explain the visitor plan**

The visitor enters calmly, sits side on and ignores your dog. No eye contact, talking or touching.

4 **Keep your own energy low**

Stay quiet and matter of fact. Give your dog enough space from the doorway and the visitor.

5 **Reward settling**

Quietly offer the special treats for calm choices such as looking away, sitting or relaxing their body.

A GENTLE CHECKPOINT

The first goal is for the visitor to enter and sit while your dog can eat the treats or begin to settle.

Quiet arrivals remove the feeling that something big is happening.

WHEN THEY ARE SETTLED

Allow calm choices



1 **Limit jumping safely**

Place one foot on the lead while it is attached to the harness. Leave enough slack for comfortable standing and sitting, but not enough to jump.

2 **Let your dog choose**

When your dog is settled, they may choose to approach. Do not pull or guide them towards the visitor.

3 **Keep contact gentle**

If your dog remains relaxed, the visitor may use a gentle low voice and pat the chest or side. Avoid a high pitched voice or reaching over the head.

4 **Remove attention for jumping**

If your dog jumps, the visitor quietly ignores them again. The owner calmly restores space and waits for settling.

5 **End on success**

Keep early visits short. Continue using the Spritz, bandana and special treats for every practice visit.

A GENTLE CHECKPOINT

Progress means your dog can settle, approach or walk away without jumping or becoming worried.

No forced greeting. Walking away is also a good choice.