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Dogs can experience fear, anxiety, and stress in many situations, whether at home, in a shelter, during travel, or before visits like grooming or veterinary care. Supporting your dog's emotional wellbeing includes meeting their sensory needs, encouraging natural behaviors, and creating opportunities for positive, engaging play.

Calmr Dog offers toys and tools designed to support these moments through structured, sensory-based play. When used as part of a thoughtful routine, these tools can help encourage calmer behavior and strengthen the bond between you and your dog.

Some of these approaches are inspired by sensory-based techniques used in human healthcare to support relaxation and regulation. When adapted for dogs, they can be a helpful way to support comfort and overall wellbeing.

Before You Go: A Simple Pre-Visit Routine

Use these steps before a veterinary visit, grooming appointment, or training session to help support your dog's emotional state and create a more Fear Free experience.

When to Start

- Begin this routine 30 minutes before leaving (or before your dog receives services at home).
- If using pre-visit pharmaceuticals (PVPs), complete these steps before administering medication, as directed by your veterinarian.

Steps

- 1. Engage in Regulating Play**
Use a Calmr Dog toy for up to 10 minutes, or until your dog chooses to stop.
- 2. Shift to a Low-Arousal Activity**
Spend 5–10 minutes on a calming activity such as a relaxed sniff walk, "sniffari," or a lick mat.
- 3. Apply the Settle Strap (If Well-Tolerated)**
Use as directed to support calm behavior.

Support Daily Regulation Through Enrichment and Play with Calmr Dog

Incorporating structured play and calming activities into your dog's daily routine can help support emotional balance and reduce stress over time. Daily movement and enriching activities support your dog's ability to self-regulate. Rather than focusing on energy output alone, these activities provide sensory input that helps regulate the nervous system.

What To Do

- ✓ Supervise and participate in play with your dog
- ✓ Incorporate play regularly, aiming for two 10-minute sessions per day
- ✓ Track behavior changes to observe the impact of enrichment and play
- ✓ Apply the Settle Strap for up to 20 minutes per day when your dog is calm

What To Avoid

- ✗ Leave Calmr Dog products out where dogs can access them. When not playing or actively using the product, put it away. Calmr Dog toys are not chew toys.



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calmrdog.com



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