

THE CALM CANINE

STARTER SHEET

A simple first plan for puppy foundations and more manageable walks.

PUPPY FOUNDATIONS

Notice first. Train second.

A young dog does not need a perfect performance. Start by noticing patterns, building predictable routines and rewarding calm engagement.

YOUR FIRST-WEEK CHECK

- ☐ Rest: is your puppy getting quiet, uninterrupted sleep?
- ☐ Routine: are meals, toilet breaks and downtime predictable?
- ☐ Name response: do they turn towards you in a calm room?
- ☐ Lead comfort: can they wear and follow a light lead without pressure?
- ☐ Novelty: what helps them recover after something new?

THREE USEFUL QUESTIONS

- 1 What is hardest today?**
Choose one real-life priority rather than trying to fix everything.
- 2 What helps calmness?**
Note the setting, distance, time and routine around calmer moments.
- 3 What can I repeat?**
Small, consistent practice is more useful than one intense session.

BEFORE A PUPPY CLASS

Bring

A secure lead, suitable rewards, water, waste bags and any information Joe has requested.

Notice

When your puppy can engage, when they need space and when tiredness is affecting behaviour.

Want help choosing the right puppy support?

Book a free 20-minute video call or send Joe an enquiry.

START HERE →

A calmer plan begins with useful information.

BEFORE YOUR NEXT WALK

This page helps you describe the pattern clearly. It is not a diagnosis or an emergency plan.

WRITE DOWN THE PATTERN

TRIGGER AND SETTING

What appeared? Where were you? Was the route narrow, busy, noisy or unfamiliar?

DISTANCE AND RECOVERY

Roughly how far away was it? What helped your dog settle, re-engage or move on?

BEFORE LEAVING

- ☐ Choose a quieter time or route where practical.
- ☐ Use secure equipment appropriate for your dog.
- ☐ Decide where you can create space safely.
- ☐ Keep the goal realistic: information and recovery matter.

WHAT TO TELL JOE

- ☐ Your dog's age, breed and general history.
- ☐ The main trigger and how the reaction looks.
- ☐ The settings where it happens most often.
- ☐ What you have already tried and what felt different.

CHOOSE YOUR NEXT STEP

BOOK A CALL

Free 20-minute Google Meet

Choose a time in Joe's live diary and complete the short dog-enquiry questions.

SEND AN ENQUIRY

Explain it privately first

Use the website form if you would rather share the situation before choosing a time.

OPEN START HERE →

IMPORTANT

Every dog and household is different. Do not use this sheet instead of individual professional assessment. If there is an immediate safety risk, create distance and contact an appropriate qualified professional or emergency service.