

Five Things You're Probably Doing Without Knowing It

A quick reference for handlers



01

Your Pace

Notice your walking speed at random points during a walk, not just the difficult ones.

02

Your Lean

Notice where your weight is right now. Centered, forward, or back. Do this several times per walk.

03

Your Reassurance

If you catch yourself repeating something multiple times, check in with yourself first. Your dog is more than likely fine emotionally.

04

Your Sounds

After a noise slips out, notice that it happened. Try observing your dog's reaction.

05

Your Tone

Notice if the pitch of your voice is climbing, even when you're trying to sound casual. That's information to work with.

You don't need to try and fix all of them at once. Start with one and go from there.