



NAMASTE
Dog Lovers

The Calm Move



-

A gentle, structured approach...

Welcome



Helping your dog settle into a new home

Moving home is a big transition - not only for you, but for your dog. While we understand what's happening, dogs experience change very differently. New smells, new spaces, new routines... all at once. This guide will help you create a calm, safe and structured transition, so your dog can settle with confidence and ease.

Everything here is based on real experience.

- If possible, arrange for your dog to stay somewhere else during the moving day
- Avoid bringing your dog into the chaos of packing, moving and noise
- Avoid introducing visitors in the first week after moving

Key Guidance

Keep things simple and calm — You don't need to do everything perfectly.

“

Think about it

**YOUR DOG IS NOT BEING
DIFFICULT —
THEY ARE TRYING TO FEEL
SAFE AGAIN.**

Understanding your dog during a move



Dogs experience change through:

- Loss of familiar smells
- Confusion in a new environment
- Changes in routine
- Emotional sensitivity to your energy



FIRST WEEK

Less is more



- Limit space in the home
- Keep the environment quiet
- Avoid visitors
- Allow you & your dog to rest

WHAT TO AVOID

-
- ✗ Over-walking to “tire them out”
 - ✗ Too much stimulation or playing inside the home
 - ✗ Visitors too soon
 - ✗ Expecting instant adjustment

These can increase anxiety instead of reducing it.

FIRST WEEK ROUTINE

Consistency builds confidence.
The more calm and predictable the
routine feels, the safer your dog will
feel.



MORNING

- CALM, UNHURRIED WALK
- START LEAVING YOUR DOG ALONE FOR SHORT PERIODS

** THIS DOES NOT APPLY TO DOGS WITH EXISTING SEPARATION ANXIETY.*

MIDDAY

- REST IS A VERY IMPORTANT PART OF THE SETTling PROCESS.

AFTERNOON

- LIGHT, GENTLE ACTIVITY
- GRADUALLY INCREASE THE ALONE TIME THROUGHOUT THE WEEK

(10–30 MINUTES)

** THIS DOES NOT APPLY TO DOGS WITH EXISTING SEPARATION ANXIETY.*

EVENING

- SLOW WALK + WIND DOWN

“BEST TIME TO TRAIN YOUR DOG”

CALCULATOR

[HTTPS://NAMASTEDOGLOVERS.CO.UK/FREE-DOG-TRAINING-TIMING-CALCULATOR/](https://namastedoglovers.co.uk/free-dog-training-timing-calculator/)

100% FREE · NO SIGN-UP NEEDED

Is now the **right time** to train your dog?

Most training fails not because of the method — but because of the timing. Answer 5 quick questions and find out if this moment is right.

5

Questions

60s

To complete

Free

Always

Building independence in the new home during the first week

START GRADUALLY

Suggested alone-time periods per day: 30, 40 mins up to 1 hour

- Keep arrivals and departures calm and neutral.

Avoid creating too much emotion around leaving or returning home.

USE A CAMERA TO OBSERVE:

- Barking
- Whining
- Waiting by the door
- Inability to relax

If your dog has separation anxiety, this training is NOT recommended.

Mariella Thamara Pollo

DAILY 1ST WEEK TRACKER

Day	Breakfast	Morning Walk	Alone Time AM	Midday Rest	Calm Activity	Dinner	Evening Walk	Alone Time PM	Slept During the Night
Monday	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—	<input type="checkbox"/>

Trust the process

Moving home doesn't have to feel too stressful for you and your dog. With calmness, patience and gentle structure, most dogs can adapt beautifully to a new environment



Keep things simple

About this guide

This guide was created during the first week of May 2026, while Mariella was personally moving home and closely observing the adaptability, individuality, and emotional responses of seven different dogs as they adjusted to a new environment.

During this transition, Mariella downsized into a much smaller home without a garden while continuing to care for and support dogs from different client households. Despite the environmental change, many of the dogs adapted beautifully — sometimes within the first few days, and in some cases almost instantly.

This experience reinforced the importance of calmness, structure, emotional safety and routine during periods of transition, while also highlighting how differently each dog responds based on their personality, sensitivity and previous experiences.

Included with this guide are 7 audio notes designed to gently guide you throughout the process and help you better understand your dog during the transition.

This guide can also be used as a calm reset routine for dogs experiencing overstimulation, anxiety or environmental changes.



Mariella Pollo Dog Home Boarder & Trainer

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www.coursesmariellapollo.com