



OWNER SUPPORT

EMERGENCY CALM PROTOCOL



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This guide is intended for educational purposes related to dog training and behavioral support.

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What To Do If Your Dog Panics When You Leave

Panic is not disobedience.

It is a nervous system reaction.

Your job is not to correct — it is to regulate.

STEP 1 — Wait For The Break

If barking or howling starts:

- Wait for 2–3 seconds of silence
- Enter calmly
- No rushing
- No emotional voice

Never return during active screaming.

Silence = entry permission.

STEP 2 — Do NOT Reinforce Panic

Do NOT:

- Hug or over-comfort
- Say “It’s okay baby”
- Show guilt
- Scold or correct
- Act stressed

Emotion amplifies anxiety.

Calm reduces it.

STEP 3 — Immediate Adjustment Rule

If panic happened:

Reduce next session duration by 50%.

Example:

Tried 8 minutes → Panic

Next session → 4 minutes

Never test.

Train below threshold.

STEP 4 — 48-Hour Stabilization Reset

Return to the last successful calm duration.

Stay there for 48 hours.

Then rebuild slowly.

Regression is data — not failure.

STEP 5 — Regulate Yourself First

Ask yourself:

☐ Am I rushed?

☐ Am I frustrated?

☐ Am I feeling guilty?

If yes → Pause training today.

Do enrichment only.

Calm owner = calm dog.

REMEMBER

Progress is measured by relaxation —

Not by time alone.

Small calm wins build emotional independence.