

FewPaw – Calm Training System

Audio Guide – How To Use The Calm Training Audios

These audio tracks are designed to support both the dog and the owner during separation-anxiety training. Use them alongside the training exercises in the program. The goal is to create a calm and predictable environment while gradually increasing your dog's independence.

1. Emergency Owner Calm Protocol (If You Need It)

This audio is for the owner. If you feel stressed, anxious, or overwhelmed during training, play this audio and follow the breathing instructions. A calm owner helps the dog remain calm. Use this before training sessions or whenever you feel tension building.

2. Level 1 – Cue Exposure

Play this audio while practicing departure cues such as picking up keys, putting on shoes, or opening the door. The goal is to expose the dog to these signals without actually leaving for long periods. Keep sessions short and calm.

3. Level 2 – Micro Departure

Use this audio during very short absences (a few seconds to a minute). Step outside briefly and return before the dog becomes anxious. Repeat several times to help your dog learn that departures are temporary and safe.

4. Level 3 – Short Absence

Once your dog is comfortable with micro departures, use this audio during slightly longer absences (1–5 minutes or more depending on progress). Gradually increase the duration while maintaining a calm routine.

Tips for Best Results

- 1 Keep training sessions short and positive.
- 2 Progress slowly between levels.
- 3 If your dog shows stress, return to the previous level.
- 4 Consistency is more important than speed.