PORCHLIGHT DOGS

The Calm Home Add-On

The same Pause, for the hours in between.

A printable PDF module for readers of *The Pause Payoff*

P	A	U	S	E
Prep the scene	Ask for a little	Use your marker	Serve the payoff	Extend slowly

General education for everyday dog manners. It does not replace a veterinarian or a qualified professional. Results vary, and no timeline is promised.
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The Calm Home Add-On

The book covers the walk, the bell, and the door. This module covers the hours in between.

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START HERE

Read This First

Five minutes now can save you a lot of trouble later.

Important safety notice

This module is **general education** for everyday dog manners. It is not veterinary care. It is not a diagnosis. It does not replace a veterinarian, a veterinary behaviorist, or a qualified behavior professional who can see your dog in person.

You know your dog, and you are responsible for your dog's safety and the safety of the people and animals around them. If a step in this module doesn't feel safe for your situation, skip it and ask a professional.

STOP AND GET HELP FIRST IF YOUR DOG HAS ANY OF THESE

- Bites or attempted bites, snapping, or growling that worries you
- Strong fear: shaking, hiding, trying to escape, or freezing
- Panic when left alone: destroying doors, injuring themselves, non-stop howling
- A sudden change in behavior with no clear reason, at any age

Do not try to handle these with this module alone. Start with your veterinarian. **Chapter 11 of *The Pause Payoff*** tells you who to call and what to ask.

What this module doesn't cover

This module doesn't cover **separation anxiety, fear, or aggression**. Those need your vet or a qualified pro. A tidy routine can't treat them, and nothing here tries to. Three lines we won't cross:

- **A Settle isn't alone-time training.** Everything in Unit 2 is done with someone at home. If your dog gets upset when you leave, go to Section 6.11 and Chapter 11 of the book.
- **A food toy isn't a treatment.** It's something pleasant to do. It won't fix panic, and a dog who is too worried to eat is telling you something.
- **A busy-day playbook isn't noise training.** If repairs or crowds frighten your dog, don't push through it. Keep your dog away from it and talk to your vet.

Who this module is for

This module is for families who have *The Pause Payoff* and a friendly, healthy dog with normal but annoying habits. It's for the dog who can't seem to switch off, and for the people who'd like to get through a phone call.

You don't need this module. The book stands on its own. This just takes the same loop into more of your day.

What to expect, honestly

We can't promise you a timeline, and nobody else honestly can either. Every dog is different. Age, breed, health, past training, and how long the habit has been going on all matter. So do your home and your schedule. Results vary.

The ladder, templates, and playbooks in this module are a structure, not a deadline. Some dogs will move through them faster. Many will need longer. Some will need to repeat a rung two or three times. All of that is normal, and none of it means you failed.

What you can count on is this: you'll know what to do today, why you're doing it, and what to do if it isn't working.

The methods in this module

Everything here is reward-based, just like the book. That's in line with the 2021 position statement on humane dog training from the American Veterinary Society of Animal Behavior (AVSAB), which recommends reward-based methods for all dog training.

That means this module never asks you to use choke chains, prong collars, shock collars, spray bottles, shaker cans, leash jerks, yelling, or physical punishment of any kind. It also never uses the mat, a gate, or a quiet room as a punishment. Those are places where good things happen.

About the examples

You'll see Biscuit, Moose, and Pepper again in these pages. They are made up. We use them to show how the steps look in real life. They aren't real clients, they aren't testimonials, and their progress isn't a prediction for your dog.

Organizations named in this module are cited as sources only. None of them wrote, reviewed, or endorsed this module.

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START HERE

How to Use This Module

Same loop. More of the day. Nothing new to learn.

The whole idea on one page

The Pause Payoff works on three moments: the leash, the doorbell, and the guest. Most of the day happens between them. This module uses the same P.A.U.S.E. loop for those hours. Your dog learns no new words, and you learn no new method. You just start catching and paying the calm that happens at home.

The in-between moment	The Pause looks like	The payoff
You stand up from the couch	Your dog stays lying down	A treat placed on the mat
Someone walks through the room	Your dog looks, then stays put	A quiet treat, and being left in peace
A work call is about to start	Your dog goes to the mat	A food toy that was already waiting
The evening is winding down	Your dog lies down and sighs	A slow chew, low lights, and rest

Before you start

- [ ] You've read Chapters 2 and 3 of the book, and your "Yes!" is charged up (Section 3.5).
- [ ] Your dog's checkups are current, and you've run through the basics in Section 1.7.
- [ ] You have a Payoff Menu (Appendix C) and a mat that's easy to move.
- [ ] For Unit 2 only: your dog can do Go to Mat (Section 4.5). If not, start there. The other units don't need it.

You don't have to finish the 14-Day Pause Plan first. If you're in the middle of it, keep going. Units 3, 4, and 5 fit around it and don't add sessions.

Pick your route

If you want...	Do this
A steadier house, starting today	Fill in Sheet 4 (page 23), then try the wind-down in Unit 4.
A dog who rests while you get on with life	Work up the ladder in Unit 2, one rung at a time.
Something to do with a bouncing dog right now	Check your dog's energy, then use the menu on page 29.
To get through one hard day	Go straight to the playbooks in Unit 6.

If you want...	Do this
Everyone at home on the same page	Hold the short meeting in Unit 7 and fill in the fridge sheets.
To know if this module is the wrong tool	Read When This Isn't Enough (page 49).

How much time this takes

- **Settle practice:** about 5 minutes at a time, run the way Section 3.7 describes. Skip a day and pick up where you left off.
- **Rhythm and wind-down:** these reshape what you already do, so they don't need extra sessions.

The words you'll use

All of these come from the book. This module doesn't add a single cue. Even the Settle has no word of its own.

Word	In the book	In this module
Yes!	Your marker, in a bright voice	Same marker, in a soft voice near a resting dog
Mat	Go to your mat and stay	The same cue starts a Settle
Free	You can get up now	The same release, kept low-key
Find it	Sniff the floor for treats	The start of most sniffing activities

Looking for something else?

These topics live in the book or in the Quick Fix Cards, if you added them to your order. We've kept them out of this module so you don't pay for the same thing twice.

Looking for...	Go to
Teaching the doorbell, the window, or attention barking	Book Sections 6.5, 6.6, and 6.7. Cards 3, 4, and 5
Greeting guests and coaching them	Book Sections 7.5 and 7.6. Card 6
Using fewer treats over time	Book Section 9.2
Accidents and potty schedules	Cards 8 and 9
Mouthing, or chewing the wrong things	Cards 10 and 11
Food stealing, begging at the table	Cards 12 and 13
Coming when called	Card 14

The boxes work the same way they do in the book. Whenever we name a section, a chapter, or an appendix, we mean *The Pause Payoff*.

UNIT 1

Same Loop, More of the Day

The walk, the bell, and the door take minutes. The rest of the day takes hours.

In this unit

- Why the quiet hours matter
- How the P.A.U.S.E. loop changes indoors
- A two-day snapshot of what your day looks like now

What goes on in the hours between

You already know the big idea from Section 1.2: behavior that gets rewarded happens more often. That doesn't stop when the walk ends. Your dog is learning all day, in the kitchen, in the hallway, and beside your desk.

Here's the catch. Most of us only notice dogs when they're doing something wrong. A dog who nudges your arm gets a look. A dog who brings you a shoe gets a laugh. A dog lying quietly by the couch gets nothing, because nobody wants to disturb them. So the home quietly pays for being busy, and rest goes unpaid.

This module turns that around. Three things tend to help, and each one has a place in the book's basics:

- **Structure.** AVSAB makes the point that dogs do well with structure, routine, and guidelines. VCA recommends a steady routine.
- **Something to do.** ASPCA and VCA both suggest mental activity for dogs who bark or chew from boredom.
- **A place to rest.** Section 1.7 asks whether your dog has a quiet place to sleep. Unit 2 builds on that.

The loop, moved indoors

P	A	U	S	E
Prep the scene	**Ask for a little**	**Use your marker**	**Serve the payoff**	**Extend slowly**
Make rest easy to find.	One soft moment.	Quietly, or not at all.	On the mat, without fuss.	One dial at a time.

Step	At the door, in the book	In the hours between
Prep	A gate across the entry hall	A mat in the rooms you use, a chew within reach, a day with rest built in
Ask	One second of four paws on the floor	Staying down for one breath while you stand up
Use marker	A bright "Yes!"	A soft "Yes," so you don't wake up what you're paying for
Serve	A treat dropped low, right away	A treat placed on the mat. Sometimes a chew. Sometimes just being left to rest
Extend	Two seconds, then three, then a neighbor	Longer rests, then more distance, then a busier house

Three small changes at home

1. **Turn the volume down.** Your dog already knows "Yes!" Near a resting dog, say it low and slow. Every "Yes" still gets paid.
2. **Pay slowly.** On a walk you pay fast because the moment is short. Here you're paying a mood, so move slowly and place the treat instead of tossing it.
3. **Let rest be its own reward.** When your dog is deep in a nap, don't wake them up to pay them. Walk on by. Peace and quiet is part of the pay.

> **TRY THIS: TEN QUIET PAYS**
>
> Put a small cup of regular-pay treats on a shelf in the room you use most. Over the day, each time your dog lies down on their own, walk over slowly, place a treat between their paws, and walk away. No talking, no petting, no looking back. When ten are gone, you're done. It's the Pause Hunt from Section 2.1, with the volume turned down.

Your first job: look at the day you've got

Before you change anything, take a snapshot. On two ordinary days, use Sheet 1 (page 10) to jot down what the house was doing, what your dog was doing, and what paid. Don't aim for perfect notes. A few words per row is plenty. You're looking for patterns, the same way the Bark Log works in Section 6.3.

> **EXAMPLE: PEPPER'S SNAPSHOT (MADE UP)**
>
> Pepper's family thinks she's "on" all day. Their snapshot shows long quiet stretches in the morning and a loud block from school pickup to dinner, with no rest in it at all. When Pepper pesters, someone throws a toy. When she lies down, nobody notices. So they move her sniff walk to just before the kids get home and set up a food toy for the first half hour after. Their plan won't look like yours, and the changes won't show up on any set schedule.

Reading your snapshot

What you see	What it may point to	Go to
Long lively stretches with no rest in them	The day needs a rhythm	Unit 3
Your dog trails you from room to room and rarely lies down	Rest hasn't been paying	Unit 2
Evenings are the loudest part of the day	The house needs a way down	Unit 4
Your dog makes their own fun when things go quiet	Not enough to do	Unit 5
One kind of day always falls apart	That day needs a plan	Unit 6
Things change depending on who's home	People need the same rules	Unit 7
Your dog seems upset, can't rest at all, or has changed	This may not be a routine issue	Page 49

PRINTABLE SHEET 1

Home Day Snapshot

Day: _____

Print two copies, one for each ordinary day. Write a few words per box. **Energy:** H for high, M for medium, L for low. **What paid:** what your dog got right after, such as a look, a laugh, a toy, or food.

Time of day	What the house was doing	What my dog was doing	Energy	What paid?
Waking up				
Morning				
Midday				
Afternoon				
Late afternoon				
Dinner time				
Evening				
Bedtime				

WHERE DID MY DOG REST, AND DID ANYONE NOTICE?

PATTERNS I NOTICED

UNIT 2

Teach a Real Settle

Go to Mat is a job. A Settle is a rest.

In this unit

- How a Settle differs from Go to Mat
- How to tell waiting from resting
- A six-rung ladder built on the book's three dials
- How to move from practice to real life

What a Settle is

Go to Mat (Section 4.5) teaches your dog to go to a spot and wait there. That's a great skill for the doorbell, but it's still a job. Your dog is on duty, watching you, ready for the next thing.

A Settle takes that same mat further. Your dog rests on it while the house keeps moving. You walk around, the laundry gets folded, somebody opens a cupboard, and your dog stays down and stays soft.

	Go to Mat (book)	Settle (this unit)
The job	Go there and wait for the release	Stay there and rest while life goes on
Your dog's body	Alert and ready, eyes on you	Soft and heavy, eyes elsewhere or closed
Your part	Close by, paying often	Moving around, paying slowly
How it starts	"Mat"	"Mat." There's no new word
How it ends	"Free!" and a tossed treat	A low-key "Free," or your dog just sleeps
Best for	Doorbells and guests	Chores, calls, homework, and evenings

GOOD TO KNOW

You can't tell a dog to relax. No cue can do that. What you can do is make rest easy and make it pay, then give it time. That's why this unit asks you to watch your dog's body more than the clock.

Are you ready for this unit?

Start here once your dog meets the book's own test for Go to Mat: your dog goes to the mat on cue from about 6 feet away and waits 20 seconds with you nearby. If you aren't there yet, stay with Section 4.5. There's no rush, and the easy steps are the ones that make this work.

Waiting or resting? How to tell

	Waiting	Getting there	Resting
Head	Up, tracking you	Lower, looks away now and then	Chin on paws or floor
Body	Upright, weight over the elbows, ready to spring	Weight shifts, one hip rolls to the side	Lying on one side, or curled up and heavy
Face	Ears up, eyes on your hands	Ears soft, slow blinks	Eyes soft or closed
Breathing	Quick, or mouth busy	Slowing down	Slow, maybe a big sigh

Every dog does this a little differently. Some never roll a hip. Go by the whole dog, as Section 3.6 explains.

> **WATCH OUT: STILL ISN'T ALWAYS CALM**
>
> A dog who is stiff, frozen, or trembling on the mat isn't resting. Those are red signs from Section 3.6. Stop, give your dog space, and read page 49. If your dog stiffens or growls when someone comes near the mat, treat that as guarding: keep people away and go to Chapter 11.

Prep: set up for rest

- **Make the mat comfortable.** For longer rests, your dog may want something softer than a bath mat. Older dogs may need more cushion and a non-slip base.
- **Pick an easy moment.** Choose a time when your dog has already been out for a trip and a stroll, and isn't bursting. Avoid the moment right after a big run or a big meal (Section 3.7).
- **Use regular pay, kept off your body.** Jackpot food tends to wake dogs up (Section 4.6). Kibble in a cup on a shelf works better than a pouch your dog can stare at.
- **Run it like any session.** About 5 minutes, in a boring room. Log it on Sheet 2 (page 17).
- **Protect the mat.** The mat is never a time-out. Nobody bothers a dog who's on it (Section 10.8). If your dog walks away from a session, let them, then ask why (Section 3.6).

The three dials, at home

Section 2.5 gave you three dials. They work the same way here. **Turn only one at a time, and when you turn one up, turn the others down for a while.**

Dial	What it means here	Easy	Harder
Duration	How long your dog rests between pays	A few seconds	A minute or more
Distance	How far you are from the mat	Sitting right beside it	Across the room, or at the doorway
Distraction	How much the house is moving	A still room, just you	People walking through, things happening

Duration clicks	Distance clicks	Distraction clicks
1. 5 seconds	1. Sitting beside the mat	1. You shift in your seat
2. 10 seconds	2. Sitting a step away	2. You stand up and sit down
3. 20 seconds	3. Standing a step away	3. You walk around the room
4. 30 seconds	4. Halfway across the room	4. You pick things up
5. 45 seconds	5. Far side of the room	5. A helper walks through
6. 1 minute	6. At the doorway	6. Quiet everyday sounds
7. 2 minutes and up	7. Through it and straight back	7. Everyday chores nearby

The clicks are a guide, not a timetable. Your dog may skip one or need three extra in between. To score a session, use the "8 out of 10" rule of thumb from Section 2.5. Here, **one try is one stretch between pays**. It counts as right if your dog stayed on the mat with a soft body until you paid. If they got up or tensed up, it doesn't count. Nothing else happens. You just reset and make the next one easier.

Out of ten tries	What to do
About 8 or more right	Turn one dial up by one click
Between 5 and 7 right	Stay where you are
Fewer than 5 right	Go back a click. If you're both frustrated, go back no matter what the count says

The Settle Ladder

Each rung uses the P.A.U.S.E. loop. Stay on a rung until it's easy. Going back down is part of the plan, and a rung can take as long as it takes.

Rung 1: Down Means More Pay (you sit right beside the mat)

Goal: your dog learns that staying down keeps the pay coming, with nothing else to do.

1. Sit on a chair or on the floor beside the mat. Say "Mat" once.
2. When your dog lies down, say a soft "Yes" and place a treat between their front paws.
3. Pay a few more, one at a time, with small gaps in between. Keep your hands slow.
4. Look at a book or your phone instead of your dog. Staring can feel like a question.
5. Finish with a low-key "Free." No tossed treat and no party. Getting up shouldn't be the best part.

Move on when: your dog stays lying down through about 8 pays out of 10.

Rung 2: Pay the Soft Stuff (still beside the mat)

Goal: what you pay shifts from lying down to letting go.

1. Stop paying for just being down. Wait for any small softening: a hip rolling over, a lower head, a look away, a sigh.

2. Pay that moment. If "Yes" makes your dog pop up, drop the word for now and just place the treat. A treat on the mat says the same thing.
3. Don't push, roll, or lure your dog into a position. Let them find it. It's their rest, not a trick.
4. If your dog falls asleep, you've won the session. Stop, and leave them be.

Move on when: you see softening in most sessions, without waiting long for it.

Rung 3: Stretch the Gaps (the Duration dial)

Goal: your dog rests longer between pays. You stay nearby and keep still.

1. Pay after 5 seconds of soft rest. Then 10. Then 20.
2. Mix the gaps: 10, 5, 20, 5, 30. A few easy ones keep your dog from waiting for the next treat.
3. Read, drink your coffee, or watch something quiet. You're showing your dog that nothing is about to happen.

Move on when: your dog can rest for about a minute between pays, in an easy room.

Rung 4: You Move, They Don't (the Distraction dial, part one)

Goal: you getting up stops meaning that something's happening. Go back to short gaps for this rung.

1. Shift in your seat. Pay on the mat.
2. Stand halfway up and sit back down. Pay. Then stand all the way up and sit down. Pay.
3. Stand, take one step, come back, and pay. Then two steps. Then walk slowly around the room.
4. Add small real-life jobs: pick up a cup, open a drawer, fold a towel.
5. Always walk back and pay on the mat, so the mat stays the place where good things land.

Move on when: you can walk around the room and pick things up while your dog stays down, most of the time.

Rung 5: You Get Farther Away (the Distance dial)

Goal: rest holds when you're across the room, then at the doorway. Keep the room still and the gaps short.

1. Walk a few steps from the mat, wait a breath, walk back, and pay.
2. Build out to the far side of the room, then to the doorway.
3. Step through the doorway and come straight back. A moment is enough. Pay on the mat.

Move on when: you can get to the doorway and back while your dog stays soft.

> **WATCH OUT: THIS RUNG STOPS AT THE DOORWAY**
>
> A Settle is practiced with people at home. It isn't training for being left alone. If your dog whines, paces, or gets upset when you step out of view, stop here and keep your Settles in view. Then read Section 6.11 and Chapter 11. That's a question for your vet.

Rung 6: The House Keeps Moving (the Distraction dial, part two)

Goal: your dog rests while the home goes on around them. Stay close, and go back to short gaps.

1. Ask a helper to walk slowly through the far side of the room, without looking at your dog. You pay on the mat.
2. Have them walk through carrying something, then a little closer to the mat.
3. Add ordinary sounds, one at a time and at a low level: a cupboard, keys on a table, a phone, the TV.
4. Add ordinary chores nearby. List your own home's moves, easy to hard, on Sheet 3 (page 18).
5. Later, the helper can place a treat on the mat as they pass, without stopping.

Keep working here: this rung goes on for a long time, and that's fine.

Skip anything your dog is scared of. If a sound or an object makes your dog tremble, hide, or try to leave, that isn't a Settle problem. Don't work through it. See page 49.

From practice to real life

Practice sessions stay short. Real life doesn't. Once your dog has climbed the ladder in one room, you can start to use it.

- **Add rooms one at a time.** Every new spot is a new job. Expect to drop back a rung or two, and pay a bit more. The mat travels with you, or you can set up stations (Sheet 3).
- **Try a Live Settle.** When you've got a real job to do, say "Mat," offer a chew or food toy, and get on with it. Only ask for what you've practiced. Pay a quiet treat now and then if you can.
- **Use fewer treats slowly.** Follow the phases in Section 9.2, one room at a time. Over time, the comfortable mat and the peace may do more of the work.
- **Don't overuse it.** A Settle is one part of a day that also has walks, sniffing, and play. It isn't a way to keep a dog lying down for hours. In a Live Settle, it's fine if your dog gets up and flops down somewhere else.

EXAMPLE: MOOSE LEARNS TO STAY PUT (MADE UP)

You met Moose in the book. He could flop on his mat, but he couldn't hold it when someone walked by. On Rung 4 he popped up each time his person stood. So she went back to shifting in her chair, then to standing halfway. Some days he held it. Some days he didn't, especially when he'd missed his walk. She kept the count, stayed on each click until it was easy, and turned one dial at a time. Now he often stays down while she folds laundry. He still gets up when the kids run through. That's a job for another day.

Settle troubleshooting

What's happening	Try this
My dog pops up every time I move	Make your move smaller, and pay before your dog gets up. Turn the gaps back down while you work on moving.

What's happening	Try this
My dog stares at me the whole time	That's waiting, not resting. Slow your pay. Look away. Keep the treats out of sight. Try a calmer time of day.
My dog gets more excited as we go	Use lower-value food and slower hands. Check that your "Yes" is soft. Cut the session shorter.
My dog gets up and leaves	Let them. Then ask why: too hard, too long, or too little pay? Start the next session a click lower.
My dog won't lie down at all	Try a softer mat, a warmer spot, or a quieter room. If lying down looks stiff or sore, or it's new, see your vet.
It only works when I have treats	Pay from a shelf, not your hand (Section 4.6). Follow the fading phases in Section 9.2.
It works in one room only	That's normal. Move the mat and drop back a rung or two in each new spot.
My dog whines on the mat	Check real needs first: potty, water, pain. Then make it easier. If it happens when you step away, read Section 6.11.
My dog falls asleep and I want to leave	Go ahead. A sleeping dog doesn't need a release.

Adjust for your dog

If you have...	Adjust like this
A puppy	Keep it very short, and plan for naps (Section 10.1). Pay the naps you catch. Don't expect much holding still.
A rescue	Spend the first days on routine and rest (Section 10.2). Let the mat just be a nice place before you ask for anything.
A senior	Use extra cushion and a non-slip base. Let your dog pick their position. Use hand signals if hearing is going (Section 10.3).
More than one dog	Train one at a time, with the other behind a gate with a chew. Keep space between dogs when food is out (Section 10.6).
An apartment	Keep the mat away from the front door at first. A fan or quiet music can mask hallway noise (Section 10.7).
Kids at home	Adults train first. Kids learn one rule: a dog on the mat is off limits (Section 10.8).

PRINTABLE SHEET 2

Settle Ladder Tracker

Dog: _____

One line per session. Count ten tries: **8 or more**, turn one dial up. **5 to 7**, stay. **Under 5**, go back a click. Only one dial at a time.

Rung 1	Rung 2	Rung 3	Rung 4	Rung 5	Rung 6
Down means more pay	Pay the soft stuff	Stretch the gaps	You move, they don't	You get farther away	The house keeps moving

Date	Room	Rung	Dial turned	Right out of 10	Next time	Notes
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	
					Up · Stay · Easier	

BEST SOFT MOMENT SO FAR

The Calm Home Add-On by Porchlight Dogs. General education, not veterinary advice. Results vary.

PRINTABLE SHEET 3

Our Settle Map

Dog: _____

Decide where rest happens. A good station is out of the main traffic path, away from the front door at first, and close enough to people if your dog likes company.

Room	When we use it	Mat spot	Chew or toy kept

OUR HOUSE MOVES, FROM EASY TO HARD

List everyday things that happen in your home, starting with the easiest. Work down the list on Rung 6. Leave off anything your dog is scared of.

#	What happens	Tried on	Easy yet?
1			
2			
3			
4			
5			
6			

Sketch your floor plan here. Mark each mat with an X. Add doors, windows, and the busy paths people walk.

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UNIT 3

Build Your Home Rhythm

Steady, not strict.

In this unit

- The four blocks of a dog's day
- The up-then-down rule of thumb
- Two made-up days you can borrow from
- A fill-in daily template

Why a rhythm helps

Section 1.7 asked whether your dog's meals, walks, and potty breaks are fairly predictable. VCA recommends a steady routine, and AVSAB makes the point that dogs do well with structure. A rhythm is how you make that real without running your home like a train station.

A rhythm is about **order, not the clock**. "Walk, then food toy, then rest" still works if the walk starts late. It gives your household a plan and it gives your dog a day that makes more sense. It also solves a very human problem: rest actually gets a spot on the list.

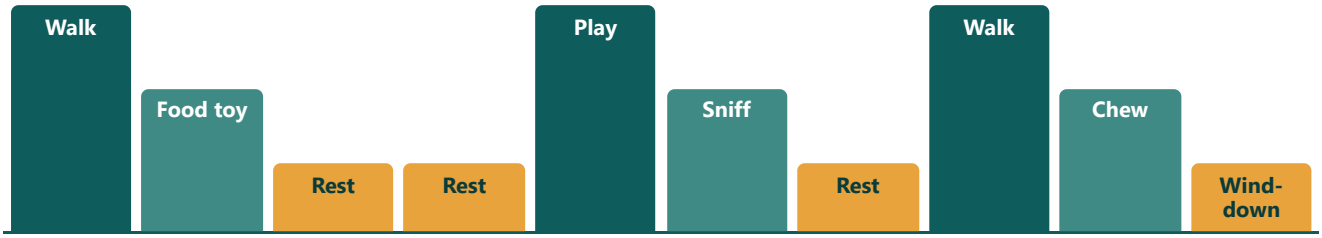
The four blocks

Block	What it's for	What it can look like	Keep in mind
W: Walks	Moving, sniffing, seeing the world	The walks you already take. One slow sniff walk beats a rushed lap	Ask your vet how much suits your dog's age and health
F: Food toys	Brain work, chewing, licking	Part of a meal in a stuffed toy or a puzzle, or a menu idea from Unit 5	Count it as food. Read the safety box on page 28
P: Play	Fun with you	A short game of fetch or tug, a Find It round, a game from the book	Stop while your dog still wants more
R: Rest	Sleep and doing nothing	Time on a mat or bed, in a quiet spot, with nobody asking for anything	This is the block most homes forget

Meals and trips outside go wherever they already go. If you have the Quick Fix Cards, Card 9 will help with potty times.

The up-then-down rule of thumb

Here's the one idea to carry into your template: **after something lively, plan something slower.** Walk, then food toy, then rest. Play, then sniff, then rest. The day goes up and down like gentle waves instead of staying at full speed until bedtime.



One way a day can move. Tall bars are lively, short bars are slow. Yours will have its own shape.

This is our own handy rule, not a scientific law. Some dogs need more of one block than another. A herding dog may need more brain work. A hound may need more sniff breaks. A flat-faced dog may tire faster (Section 12.1).

How to fill in your template

1. **Write in what can't move.** Work, school, meals, and anything else that's fixed.
2. **Add the walks you already take.** Don't invent new ones yet.
3. **Put a food toy where the house needs quiet.** That might be the hour the kids get home, or the start of your work calls.
4. **Add play where you actually have energy.** Five honest minutes are better than a long game you'll skip.
5. **Protect the rest blocks.** Write them in like appointments. Follow each lively block with a slower one.
6. **Put a name on every block.** If nobody owns it, it won't happen. Sheet 15 helps with that.

Use Sheet 4 (page 23), and print one for each kind of day you have, such as a workday and a day off. The template won't tell you how many minutes of each block your dog needs. That depends on your dog, so start with what you can really do, and ask your vet if you aren't sure.

Two sample days

These are made up. Borrow what fits and ignore the rest.

EXAMPLE: BISCUIT'S SCHOOL-AND-WORK DAY (MADE UP)

Time	Block	What happens	Who
6:45	W	Neighborhood loop with plenty of sniffing	Dad
7:30	F	Half of breakfast in a stuffed toy, on the mat	Mom
8:15	R	House goes quiet. Curtains closed, bed in the back room	Last one out
12:30	W	Short trip out and a sniff	Mom, on her lunch break
1:00	R	Back to rest	
3:30	P	Low-key hello, then a Find It round in the yard	Older sister
4:00	F	Towel roll on the mat while homework starts	Older sister
4:30	R	Live Settle in the kitchen corner	
5:45	W	Evening walk, then dinner	Dad
7:15	P	Last lively game of the day, short	Anyone
8:30	R	Wind-down routine (Unit 4)	Mom

Biscuit's family has no worries about her time alone. If your dog is upset when left, read Section 6.11. A schedule won't solve that.

EXAMPLE: MOOSE'S WORK-FROM-HOME DAY (MADE UP)

Time	Block	What happens	Who
7:00	W	Long sniff walk before the laptop opens	His person
8:30	F	Food toy on the mat by the desk as calls begin	His person
9:00	R	Morning rest in the office	
12:00	P	Lunch break: trip out, then ten minutes of fetch	His person
12:30	F, R	Lick mat, then a long afternoon rest	
5:30	W	Walk to close the laptop, then dinner and the evening	His person

When the day goes off script

It will. Rain, a sick kid, a late train. **Keep the order and shrink the size.** A short walk, a small food toy, and a real rest still make a rhythm. If the walk can't happen, swap in a sniffing game, the way the Try This box in Section 5.2 suggests. If you only protect one thing, protect a rest block.

What's happening	Try this
My dog starts asking for the next block early	That's normal, and it shows your dog is paying attention. Shift times around a little so the clock isn't exact. If barking starts, use Section 6.7. Don't let the bark start the walk.
My dog is up during rest blocks	Check the spot. Is it in a traffic path, or close to a window or a door? Is the block right after something exciting? Try a slower activity first.
Our days are all different	Use two or three templates, and pick one each morning. Or plan by order only: W, F, R, P, F, R.
I fill it in and then ignore it	Make it smaller. Start with one rest block and one food toy. Add the rest once that sticks.
We have two dogs on different needs	Share the rest blocks. Split walks and play if you can (Section 10.6).
My dog can't rest, however I plan it	Look at page 49. Pain, illness, and worry can all look like restlessness.

PRINTABLE SHEET 4

Our Home Rhythm

Dog: _____

Kind of day: _____ Print a copy for each kind of day

W Walk **F** Food toy **P** Play **R** Rest After something lively, plan something slower.

Time	Block (circle)	What we'll do	Who	Done
	W F P R			
	W F P R			
	W F P R			
	W F P R			
	W F P R			
	W F P R			
	W F P R			
	W F P R			
	W F P R			
	W F P R			
	W F P R			

QUICK CHECK

- [ ] Is there a slower block after each lively one?
- [ ] Does the day have at least one good sniff?
- [ ] Is the food in toys counted in today's meals?
- [ ] Does every block have a name on it?

IF TODAY FALLS APART, KEEP THESE

_____

_____

_____

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UNIT 4

Wind Down the Evening

Bring the house down a notch before bed.

In this unit

- Why evenings get loud
- The Low-Light Routine, step by step
- A shorter version for hard nights

Why evenings get loud

By evening everyone is home. Dinner is happening, the kids are tired, the TV is on, and your dog has an audience. Many dogs also have a lively burst around this time. That's usually just a dog being a dog. Trouble starts when the house stays at full volume until the moment the lights go out, and then we expect our dogs to switch off.

The goal here isn't a dog who sleeps on command. No routine can promise that. The goal is a house that winds down in the same order most nights, so your dog has a clear path from busy to quiet. This is mostly a P for Prep. You're changing the scene, not asking your dog for much.

The Low-Light Routine

Six small steps, in the same order. Once it's a habit, the whole thing can be short. Fill in your version on Sheet 5 (page 27).

1. **Last lively thing, well before bed.** Move the last big game or the rough-and-tumble to earlier in the evening. Pick a time that gives the house a while to cool down. You'll find the right gap for your dog by trying it.
2. **Last trip outside.** Keep it dull. Go out, let your dog do their business and have a sniff, and come back in. This is a chore, not a game.
3. **House down a notch.** Turn off the big lights. Lower the TV. Close the curtains, which also cuts down on window watching (Section 6.4). Everyone drops their voice a little.
4. **Mat and a slow chew.** Say "Mat" or just put the mat down. Offer a chew, a lick mat, or a small food toy from the low-energy list on page 30. Use a small part of today's food.
5. **A few slow pays.** Sit nearby. Place a few treats on the mat, one at a time, for any soft moment. If your dog enjoys it, a slow rub on the chest is fine. If your dog moves away, let them. Before you go to bed, trade the chew for a treat and put it away.

6 **Lights out.** Use the same words and the same spot each night. Where your dog sleeps is your call. There's no rule about beds and bedrooms, and you can drop the "alpha" idea here too (Section 1.5).

The routine as a loop

Step	In the evening
Prep	Lower lights and voices. Have the mat and chew ready before you start.
Ask	Ask for very little: go to the mat, or just lie down near you.
Use marker	Keep it soft, or skip it if your dog is already drifting off.
Serve	Slow treats on the mat, then the chew, then peace.
Extend	Start with two or three of the steps. Add the others once those feel normal.

TRY THIS: THE HARD-NIGHT VERSION

Some nights you've got nothing left. Keep just three steps: last trip outside, big lights off, and a few slow pays on the mat. That's enough to keep the habit going.

What to keep out of the last stretch

- **Anything new.** Try new chews and food toys in the daytime, when you can watch. Section 3.1 says to watch your dog with any new chew.
- **Rough or chasing games.** Save them for earlier, and stop while your dog still wants more.
- **Training sessions.** Bedtime isn't the moment to work on a hard rung.
- **Chews left down overnight.** Trade them for a treat before you go to sleep, since nobody's watching.

EXAMPLE: PEPPER'S EVENINGS (MADE UP)

Pepper's family used to play tug right up until the kids went to bed. Now tug happens before dinner. After the kids' bedtime, Dad closes the curtains and dims the lamp, and Pepper gets a lick mat by the couch. Some nights she's asleep soon after. Other nights she wanders around for a while. They keep the same order anyway, and they've stopped keeping score.

Evening troubleshooting

What's happening	Try this
My dog tears around the house after dinner	A short burst is usually normal. Keep it safe and don't chase. Next time, move a sniff or a game before dinner. If it's repetitive and hard to interrupt, see your vet.
The kids' bedtime is the loud part	Set up a station in another room with a chew, and let one adult handle the dog.

What's happening	Try this
My dog keeps bringing me toys	Play one short game earlier, then put the toys away for the night. A closed toy box is a limit that doesn't hurt.
Someone comes home late and wakes everyone up	Use the low-key Coming Home routine from Section 7.3, with a very soft voice.
My dog won't stay on the mat at night	Move it closer to you or let your dog pick their spot. The aim is rest, and the mat is only a tool.
My dog is up during the night	Check real needs: potty, water, room temperature. Puppies may need a trip out, so ask your vet. Night pacing or confusion in an older dog is a reason to call your vet (Chapter 11).
My dog gets upset when we go to bed in another room	Don't push it. Read Section 6.11 and talk to your vet.

PRINTABLE SHEET 5

Our Evening Wind-Down

Dog: _____

Same order, most nights. Fill in your version and put it where the person doing it can see it.

Step	What we do	Around	Who
1. Last lively thing			
2. Last trip outside			
3. House down a notch			
4. Mat and a slow chew			
5. A few slow pays			
6. Lights out			

OUR HARD-NIGHT VERSION (THREE STEPS)

1. _____ 2. _____ 3. _____

THIS WEEK'S NIGHTS

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Did the routine							
Hard-night version							
Chew put away							

WHAT SEEMED TO HELP

Call your vet about night pacing, confusion, new night barking, or any sudden change. Book Chapter 11 has the details.

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UNIT 5

Pick the Right Activity

Match the activity to the dog in front of you, right now.

In this unit

- Treat and chew safety, carried over from the book
- A quick energy check
- A menu of sniffing, chewing, and puzzle ideas, sorted by energy

Before you open the menu

Almost everything here involves food or something your dog puts in their mouth. So the safety rules from Section 3.4 come first. They apply to every activity in this unit.

TREAT SAFETY AND CALORIES, FROM SECTION 3.4

- **Watch the calories.** A common rule from veterinary nutritionists at Tufts and from VCA is that treats should be no more than about 10% of daily calories. Use part of your dog's regular meal in toys and puzzles, and cut meals a bit on heavy days.
- **Check for xylitol.** The FDA warns that this sweetener is dangerous to dogs. It's found in sugar-free gum and candy and in some peanut and nut butters. Always read the label before you stuff a toy.
- **Know your dog.** If your dog has allergies, a sensitive stomach, diabetes, or a special diet, ask your vet which foods and chews are safe.
- **Keep people food plain.** No onions, garlic, grapes, raisins, chocolate, or cooked bones. If you aren't sure about a food, don't use it.
- **Tiny means tiny.** Small pieces lower the choking risk and the calorie count. For a small dog, cut food even smaller.
- **Choose chews with your vet's advice.** Watch your dog with any new chew (Section 3.1).

WATCH OUT

If your dog eats something dangerous, call your vet or an emergency clinic right away. The ASPCA Animal Poison Control Center is at (888) 426-4435. A fee may apply.

WATCH OUT: FOOD GUARDING

If your dog stiffens, growls, or snaps around food, toys, or chews, don't use food around other pets or kids. Talk to a professional before you start. See Chapter 11. With more than one dog, keep space between them whenever food is out (Section 10.6).

A few house rules of our own: pick toys that are too big to swallow, and check them for wear. Stay in the room for anything your dog could tear up. Clear away paper, cardboard, and fabric when the activity ends. If your dog tends to eat things they shouldn't, skip the box and towel ideas and ask your vet what's safe.

Step 1: Check your dog's energy

Look at your dog, not at the clock. This takes about as long as reading this table.

Level	What you see	What usually works
High	Bouncing, pacing with a toy, grabbing at treats, can't hold a Pause for long	Moving and sniffing first, then something slower
Medium	Awake, looking for something to do, can take treats gently	Puzzles and short brain games
Low	Lying down on their own, stretching, moving slowly	Quiet chewing, licking, or nothing at all

> **WATCH OUT: WORRIED ISN'T AN ENERGY LEVEL**
>
> Trembling, hiding, panting when it isn't hot, or pacing that doesn't stop is not "high energy." Don't pick an activity. Give your dog space, and read page 49. And if your dog won't touch food they usually love, tell your vet.

Step 2: Pick from the menu

Start so easy that your dog wins right away. Say "Find it!" to begin any food search. Treat every puzzle like a P.A.U.S.E. exercise: make it easy, and only make it harder once it's easy. Pawing, barking, or giving up means it's too hard for now.

Energy	Sniffing	Chewing and licking	Puzzles
High	Crumb Trail, Room Search	Frozen Food Toy	Box Rip, Rolling Treat Toy
Medium	Three-Box Find, Hide the Toy	Soft Stuffed Toy	Towel Roll, Muffin Tin
Low	Porch Sit, Sniff Fold	Mat Chew, Lick Mat	Slow-Feed Bowl

High energy: let the nose and the legs work

Activity	How to do it	Watch for
Crumb Trail Sniffing	While your dog waits behind a gate or with a helper, walk a winding line through the yard or hallway, dropping a piece of kibble every few steps. Say "Find it!" and let them follow it.	Use part of a meal. Use a safe, fenced area or a leash outdoors.

Activity	How to do it	Watch for
Room Search Sniffing	Hide small pieces of kibble around one room, low down: behind a table leg, beside a door frame, under the edge of a rug. Start with easy spots in plain view.	Keep hiding spots away from cords, plants, and anything you'd rather not have sniffed out.
Box Rip Puzzle	Take a clean cardboard box with the tape and staples removed. Fill it with scrunched plain paper and a little kibble. Let your dog dig and shred.	Stay in the room. Skip it if your dog swallows paper or cardboard. Clear up afterward.
Rolling Treat Toy Puzzle	Put kibble in a treat ball and let your dog push it around a clear floor. It gets them moving at their own pace.	Give it space. It can be noisy, so an apartment may need a rug.
Frozen Food Toy Chewing	Pack a stuffable rubber toy with soaked kibble and freeze it. Offer it after a sniffing game, so the chewing brings your dog down. It usually lasts longer than a fresh one.	Count the food. Use a floor that's easy to wipe. No xylitol in fillings.

Also good for high energy: a sniff walk where your dog sets the pace (Section 6.9), or a short game from the book.

Medium energy: give the brain a job

Activity	How to do it	Watch for
Three-Box Find Sniffing	Set out three small cardboard boxes or plastic cups, open side down, with a treat under one. Let your dog nose around. When they find it, they get it. Start with the treat in plain view.	Keep it short. If they chew the boxes, switch to sturdier cups or lift the cup for them.
Hide the Toy Sniffing	Let your dog see you put a favorite toy behind a chair. Say "Find it!" Then hide it a little farther away, then in another room.	Don't use a toy your dog guards.
Soft Stuffed Toy Chewing	Fill a stuffable toy loosely with kibble and a little of your dog's wet food. Loose packing makes it an easy win. Pack it tighter as your dog gets better.	Count the food. Check the toy for wear.
Towel Roll Puzzle	Lay an old towel flat, sprinkle kibble along it, and roll it up loosely. Your dog noses it open. Roll it tighter, or tie one loose knot, once it's easy.	Stay in the room. Put the towel away afterward. Skip it for dogs who eat fabric.
Muffin Tin Puzzle	Put a piece of kibble in some cups of a muffin tin. Cover a few with large toys or scrunched paper so your dog has to move them to reach the food.	Use toys too big to swallow. Clear up the paper.

Low energy: keep it slow and quiet

Activity	How to do it	Watch for
Porch Sit Sniffing	Sit on the porch or step, or by an open door, with your dog on leash. Do nothing. Let them smell the air and watch the world at their own speed. Pay a soft moment now and then.	If your dog starts to bark or stiffens, calmly go inside. Pick a quiet time of day.

Activity	How to do it	Watch for
Sniff Fold Sniffing	Fold a towel once or twice with a few pieces of kibble inside the folds. Set it on the mat for a slow, quiet nose job.	Keep the count small. Pick up the towel afterward.
Mat Chew Chewing	Offer a vet-approved chew on the mat, near you. This is a natural partner for a Live Settle.	Stay nearby. When it gets small enough to swallow, trade it for a treat and throw it out.
Lick Mat Licking	Spread a thin layer of your dog's wet food on a lick mat or a flat plate. Freeze it first if you'd like it to last longer.	Count the food. Choose a mat your dog won't chew up.
Slow-Feed Bowl Puzzle	Serve part of a regular meal in a slow-feed bowl. Dinner becomes a gentle puzzle with no extra food at all.	Some flat-faced dogs may do better with a shallow design. Ask your vet.

Step 3: Keep it fresh and keep it simple

- **Pick a short list.** Three or four favorites will do. Write them on Sheet 6 (page 32).
- **Rotate.** Put toys away and bring them back later, as Section 6.9 suggests.
- **Prep in batches.** Stuff a few food toys at once and keep them in the freezer, using food from your daily allowance.
- **Start an activity early.** Offer it before a hard moment, not after your dog has started barking or pestering. Otherwise you may pay for the wrong thing.
- **Let your dog stop.** If your dog walks away, the activity is over. That's fine.

Matching the menu to the moment

The moment	A good first pick
Rainy day, walk cut short	Room Search, then a Soft Stuffed Toy
Still bouncing after a walk	Crumb Trail, then a Frozen Food Toy
You need 15 quiet minutes	Frozen Food Toy or Lick Mat on the mat, started before you begin
Kids just got home	Towel Roll on a station away from the door
Evening wind-down	Mat Chew, Lick Mat, or Sniff Fold

The food math

Treats and food toys add up faster than most of us think. The easiest answer is to take food toys out of the day's meals rather than adding to them. Ask your vet how many calories your dog needs, then use the 10% rule of thumb for treats. Tufts gives the example of a 10-pound dog needing about 300 calories a day, which leaves around 30 calories for treats (Section 10.4). Your dog's number will be different. Keep track on Sheet 7 (page 33).

PRINTABLE SHEET 6

Our Activity Menu

Dog: _____

Keep three or four favorites for each energy level. Try new things in the daytime, when you can watch. Stay in the room for anything your dog could tear up.

Energy	Our dog's favorites	What to keep ready	Where it's kept
High Bouncing, can't hold a Pause			
Medium Awake, looking for a job			
Low Lying down, moving slowly			

THIS WEEK'S ROTATION

Mon	Tue	Wed	Thu	Fri	Sat	Sun

TRIED IT: WHAT HAPPENED?

Activity	Too easy, right, too hard?	Notes for next time

Emergency: if your dog eats something dangerous, call your vet or an emergency clinic right away. ASPCA Animal Poison Control: (888) 426-4435. A fee may apply.

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PRINTABLE SHEET 7

Food Budget and Chew Check

Dog: _____

Treats: no more than about 10% of daily calories. Food in toys comes out of the day's meals. Ask your vet for the number. Don't guess.

OUR DOG'S NUMBERS

Daily calories, from my vet: _____ Treat budget (about 10%): _____

Daily food amount: _____ Set aside for toys and training: _____

A DAY'S FOOD PLAN

Where it goes	What and how much	Notes
Breakfast bowl		
Dinner bowl		
Food toy or puzzle		
Training and quiet pays		
Chew or lick mat		

SAFE FOODS FOR MY DOG

_____

_____

_____

FOODS TO AVOID (ALLERGIES, VET ADVICE)

_____

_____

_____

Never: xylitol, onions, garlic, grapes, raisins, chocolate, or cooked bones.

CHEW AND TOY CHECK

Chew or toy	Vet okay?	Last checked	Condition, and when to replace it

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UNIT 6

Plan for Busy Days

A busy day isn't a training day. It's a day with a plan.

In this unit

- How a playbook works
- Three questions to ask before any busy day
- Playbooks for deliveries, repairs, work calls, and full-house gatherings
- A blank playbook and door notes to print

What a busy day needs

Section 2.7 says it well: a real emergency is a test, not a lesson. The same goes for the day the plumber comes. When life gets full, you can't also run a training session. So on a busy day the goals are simple:

1. **Keep everyone safe.** That means your dog, your visitors, and open doors.
2. **Keep the old habit from paying.** The book calls this Prep, and it's still the step that matters most.
3. **Ask for very little.** Use only what your dog already finds easy. The rest can wait.

Management isn't cheating. Gates, closed doors, leashes, and food toys are all fair tools, and using them on a hard day doesn't mean you've given up on training.

How a playbook works

Each playbook is one page you can print and pin up. Each one runs through the same P.A.U.S.E. loop you already know, and ends with a Plan B and a few lines for your own details. They don't teach new exercises. They pull together what you've got and point you to the book when you need a skill.

Part	What it does on a busy day
Prep	Where your dog will be, what's ready, and what's blocked. Most of the playbook happens here.
Ask	The smallest thing you'll ask for today.
Use marker	How to mark without adding to the noise.
Serve	What gets paid, when, and where.
Extend	Usually nothing today. What to practice on an easier day.
Plan B	What to do when it isn't working.

Three questions before any busy day

1. **Where will my dog be?** Name the room, the mat, and the gate or door.
2. **What will my dog have to do?** Name the chew or food toy, and when it goes down.
3. **Who's in charge of my dog?** Name one adult. "Everybody" usually means nobody.

Pick your playbook

Today's pressure	Playbook	The bare minimum
Packages at unknown times	Deliveries, page 36	Gate up, dog's station away from the door
Workers in the house	Repairs, page 37	Dog behind a closed door, before the crew arrives
Meetings all day	Work Calls, page 38	Food toy down before the call, not after the first bark
A house full of people	Full-House Gatherings, page 39	A quiet room and one adult in charge of the dog
Something else	Blank playbook, page 40	Answer the three questions above

Plan B, for any day

Sometimes a plan falls over. Yellow signs from Section 3.6, like turning away or refusing treats, mean it's too much. Red signs mean stop and create distance. Here's your fallback:

1. **Add distance.** Calmly move your dog farther from whatever's going on. Distance makes everything easier.
2. **Close something.** A door, a gate, or the curtains.
3. **Offer something easy.** A scatter with "Find it!" or a chew, if your dog will take it.
4. **Lower your own expectations.** Cut the walk to a just-get-it-done walk (Section 5.2). Skip practice.
5. **Make tomorrow an easy day.** A slow sniff walk and plenty of rest, like Day 7 of the book's plan.

TRY THIS: A DRESS REHEARSAL

On a calm day, set up the room, offer the chew, and pay your dog for resting there, with the door open and you nearby. That way it's a nice place before it's a place they have to be.

WATCH OUT: SCARED IS DIFFERENT FROM BUSY

If your dog is frightened of workers, crowds, or loud noises such as power tools or fireworks, don't try to get through it with treats. Keep your dog well away, and talk to your vet ahead of time. See page 49.

PRINTABLE SHEET 8 · PLAYBOOK

Deliveries

Dog: _____

Why it's hard: packages come at random, with a knock, a bell, or a thud, and the person leaves right after. **This playbook gets you through delivery days.** To teach the bell itself, use the Door Plan in book Section 6.5.

P **Prep the scene**	• Check your order tracking and write down your likely delivery window. • Ask for no-ring delivery where you can. Tape a door note to the door (Sheet 13). • Choose where packages go, so nobody needs to open the door to hand them over. • During the window, set your dog's station away from the front door. Close the curtains and add a fan or quiet music (book Section 6.4). • Keep the entry gate up, and a leash by the door.
A **Ask for a little**	• Ask for one thing: stay at the station, or give a bark or two and then come to you (book Section 6.5, the Two-Bark Rule). • Don't ask for silence all afternoon. That's a lot to ask of any dog.
U **Use your marker**	• Mark the first quiet moment after the sound, in a calm voice. • If you missed the moment, skip it. There will be another one.
S **Serve the payoff**	• Put the food toy down when the window starts, not after your dog has barked. • Pay on the mat for quiet after a noise. Use good pay here, since it's a hard job. • Bring the package in once your dog is calm, with the gate closed or the leash on.
E **Extend slowly**	• Not during a real delivery. Build skill on calm days with the Door Plan's stages. • Once that work is going well, try a planned delivery (book Section 9.1, Week 6).

Plan B: the bell caught you out and your dog is barking at the door. Stay calm and use the Two-Bark Rule from book Section 6.5. Then close the curtains, put the food toy down once your dog is quiet, and move on with your day.

OUR DELIVERY PLAN

Usual times: _____ Packages go: _____

Station: _____ Food toy: _____

Who answers the door: _____

NOTES

Get help if your dog looks fearful, lunges, growls, or snaps at the door. Keep your dog away from it and see book Chapter 11.

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PRINTABLE SHEET 9 · PLAYBOOK

Repairs

Dog: _____

Why it's hard: strangers, propped-open doors, tools on the floor, noise, and it can last for hours. **The main job is safety.** This isn't a day for meeting people or practicing skills.

P **Prep the scene**	• Ask ahead: which rooms, which outside doors, how long, and how noisy? • Pick a room far from the work. Set it up with a mat, water, a chew, and a fan or quiet music. • Give your dog a good sniff walk before the crew arrives. • Move your dog into the room, on leash, before anyone comes in. Close the door or gate and tape up a door note (Sheet 13). • Ask the crew to keep that door closed, and not to feed or pet your dog. • Check that ID tags and microchip details are up to date, in case a door gets left open.
A **Ask for a little**	• Ask for rest in the room. That's all. Skip greetings. • Keep one adult at home in charge of your dog.
U **Use your marker**	• Pop in now and then. If your dog is resting, a soft "Yes," a treat on the mat, and out you go. • If your dog is fast asleep, let them sleep.
S **Serve the payoff**	• Spread food toys across the day rather than giving them all at once. Count the food. • Take your dog out on leash at crew breaks, by a door that isn't in use. A sniff is good pay.
E **Extend slowly**	• Nothing today. Before your dog comes back, check the floor for screws, nails, offcuts, paint, and glue. • Keep the evening easy. Use your wind-down.

Plan B: your dog is panting, pacing, or won't touch the chew. Move them farther from the noise. For the loudest part, take them for a walk, or to a friend's home they already know and like. Don't keep them near it to "get used to it."

OUR REPAIR PLAN

Date and hours: _____ Rooms and doors: _____

Dog's room: _____ Adult in charge: _____

Backup place to go: _____

NOTES

Get help if noise makes your dog tremble, hide, or try to escape. That's fear, and it's a question for your vet. Book Chapter 11 tells you who to call.

The Calm Home Add-On by Porchlight Dogs. General education, not veterinary advice. Results vary.

PRINTABLE SHEET 10 · PLAYBOOK

Work Calls

Dog: _____

Why it's hard: you're right there, but you're not available. Your dog can see you, and you can't answer. **The trick is to start the good stuff before the call,** so being quiet is what pays.

P **Prep the scene**	• Look at your calendar each morning and put your rhythm around it (Sheet 4). • Before a block of calls: a trip outside, then a short sniff or a game. • Set a mat within arm's reach of your desk. Keep a jar of kibble and a chew or food toy there. • Lower the blind if your desk faces the street. Silence your phone's alerts. • Close the door or use a gate if your dog tends to wander in and out.
A **Ask for a little**	• Ask only for the Settle rung you've reached. If that's 30 seconds, a food toy has to do the rest. • Try a pretend call first. Put on your headset and talk to nobody for two minutes.
U **Use your marker**	• You can't say "Yes" on a call. Mute first, or skip the word and just place a treat on the mat. • Keep your hand movements slow, so your dog stays down.
S **Serve the payoff**	• Put the food toy down a minute or two before the call starts. • Drop a treat for quiet while your dog is lying calmly, before any noise starts. • Between calls, pay with real life: stretch your legs together, or take a sniff outside.
E **Extend slowly**	• Start with short, low-stakes calls. Build toward longer ones. • Give back-to-back calls a real break in between. Long stretches ask a lot of your dog.

Plan B: your dog starts barking at you mid-call. Mute, go still, and look away. Don't hand over a chew right then, because that can pay for the bark. Once your dog is quiet, pay. Then read book Section 6.7, the Attention Bark Plan. Check real needs first: potty, water, pain.

OUR CALL PLAN

Hardest call times: _____ Mat spot: _____

Before calls we: _____ Food toy: _____

What I'll tell my team: _____

NOTES

Get help if your dog seems anxious rather than bored, or if you see distress when you close the door between you. See book Section 6.11 and Chapter 11.

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PRINTABLE SHEET 11 · PLAYBOOK

Full-House Gatherings

Dog: _____

Why it's hard: many people, food at nose height, kids, open doors, and it goes on for hours. For arrivals and greetings, use book Sections 7.5 and 7.6. **This playbook covers everything after hello.** Sitting out the party is a perfectly good result.

P **Prep the scene**	• Name a Dog Captain: one adult in charge, in shifts. The Captain doesn't also run the kitchen. • Set up a rest room away from the noise, with a mat, water, a chew, and quiet music. Add a door note. • Take a good sniff walk before guests arrive. Text them your plan ahead of time (book Section 7.6). • Put a gate or a leash between your dog and the front door. Doors open a lot at parties. • Keep food and drinks up high and trash covered. Coats and bags go in a closed room, since they can hold sugar-free gum and medicines.
A **Ask for a little**	• Ask for a short visit, on leash, only if your dog is enjoying it. Or ask for nothing, and let your dog rest. • Think "visit, then rest," not "out all night."
U **Use your marker**	• The Captain carries the treat pouch and does the marking. Guests don't need to.
S **Serve the payoff**	• Pay paws on the floor during visits. Offer a mat and a chew near the Captain if your dog is calm. • Stagger food toys in the rest room. Count the food, and ask guests not to feed your dog.
E **Extend slowly**	• Not tonight. Build up on other days with one or two calm guests. Afterward, check the floor for dropped food, then wind down. Tomorrow is an easy day.

Plan B: your dog leans away, looks away, or lowers their body. They don't want to say hello, and VCA advises against letting anyone touch a dog showing those signs. The Captain calmly takes them back to the rest room for the night.

Kids: an adult actively watches dogs and kids together, every time (book Section 7.8). The rest room is off limits to young guests.

OUR GATHERING PLAN

Date: _____ Rest room: _____

Captain, first shift: _____ Second shift: _____

NOTES

Get help if your dog stiffens, growls, or snaps around guests, food, or kids. Keep them apart and see book Chapter 11.

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PRINTABLE SHEET 12 · PLAYBOOK

Our Busy-Day Playbook

Dog: _____

The day or event: _____ Date: _____

Where will my dog be? _____

What will my dog have to do? _____

Who's in charge of my dog? _____

P **Prep the scene** What's ready? What's blocked?	
A **Ask for a little** The smallest ask	
U **Use your marker** Who marks, and how?	
S **Serve the payoff** What, when, where?	
E **Extend slowly** For an easier day	

PLAN B: IF IT ISN'T WORKING, WE WILL

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PRINTABLE SHEET 13

Door Notes

Cut along the dashes. Tape up as needed.

Please don't ring the bell

Dog in training. Please leave packages here:

_____

Thank you!

Please keep this door closed

Our dog is resting in here.
Please don't open the door or let them out.
Need something? Ask _____

Dog resting

Please leave them be. No need to say hello.
Kids, this room is off limits. Thank you for helping!

Please close the gate behind you

It keeps _____ safe. Thanks!

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UNIT 7

Share It With the Household

A plan only works if everyone can find it.

In this unit

- A short household meeting, and jobs for kids and adults
- What to say when someone won't play along
- The fridge sheets, ready to print

Why this matters

Section 2.7 lists "everyone has different rules" as one of the six common mistakes, and VCA warns that mixed rules can make a habit stronger. If one person pays for calm and another plays chase at bedtime, your dog learns a different house for each person. Nobody's a villain. They just don't have the sheet yet.

The ten-minute household meeting

1. **Say the goal in one line.** Try: "We want the dog to have more rest and us to have an easier day."
2. **Show one small win.** Section 12.2 suggests this over a lecture. Let everyone watch your dog stay down while you stand up.
3. **Read the Calm Home Rules together.** Change any that don't fit your home.
4. **Fill in Who Does What.** Give every job one name and one backup.
5. **Hang the sheets on the fridge.** Print the routine chart on the same day.
6. **Pick a day to look again.** Use the Calm Home Check-In. Keep it short and friendly.

What goes on the fridge

Sheet	What it's for
14. Routine Chart, page 44	The week at a glance, and who's covering what
15. Who Does What, page 45	Every dog job, with one name and one backup
16. Calm Home Rules, page 46	The rules everyone follows, beside Appendix B
17. Helper Notes, page 47	A one-page handover for sitters, walkers, and grandparents
18. Calm Home Check-In, page 48	A short look back, whenever you need one

Jobs for kids and adults

Section 10.8 sets the rules: adults do the training first, older kids can join in when a skill is solid, with an adult nearby, and everyone protects the dog's space. Here's how that can look at home.

Young kids, with an adult right there	Older kids, with an adult nearby	Adults only
• Tick off the routine chart • Refill the water bowl • Draw the Settle Map • Whisper near a resting dog	• Toss treats during Find It • Set up a towel roll • Help with the Crumb Trail • Lower the lights for the wind-down	• Choosing and giving chews • Taking food toys away • Climbing the Settle Ladder • Walking a strong dog (Section 10.5) • Being the Dog Captain

WATCH OUT

Always supervise dogs and kids together. AVMA notes that we can't predict whether a dog will bite based on size or breed. Any dog may bite if they're worried enough. No bothering a dog who's eating, sleeping, or on their mat. If you've seen stiffness, growling, or snapping around kids, keep them apart and contact a professional.

When someone won't play along

Section 12.2 has the short answer: show a small win, give one simple job, and share the fridge page. Keep the gate up while you work on it. These lines may help.

"I don't have time for this."
"You don't have to do it all. Could you do just the food toy before you leave?"

"But he loves it when I wind him up at bedtime."
"He does! Could the big game come before dinner instead? He'll still get it."

"Let the poor dog have a bit of my toast." (a visiting grandparent)
"Thanks for loving him. Here's his jar. Can you drop one on his mat instead?"

"It isn't working."
"Maybe not yet. Let's look at the check-in together and pick one thing to change."

Keeping it going

- **Update the sheets.** School terms, work hours, and seasons all change the day.
- **Say thanks.** People repeat what pays, too. A "Nice job with the wind-down" costs nothing.
- **Expect slips.** When life changes, things may slide. See Section 9.4 and the Three-Day Reset.
- **Pay one surprise Pause a day.** This small habit from Section 9.3 is the heart of this module.

PRINTABLE SHEET 14 · FOR THE FRIDGE

Our Routine Chart

Week of: _____
Dog: _____

W Walk F Food toy P Play R Rest Write the block and an initial in each box. Tick it when it's done.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Midday							
Afternoon							
Early evening							
Wind-down							
Settle practice							
Surprise Pause paid							

BUSY DAYS COMING UP THIS WEEK

BEST CALM MOMENT THIS WEEK

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PRINTABLE SHEET 15 · FOR THE FRIDGE

Who Does What

Dog: _____

One name per job, plus a backup. Young kids need an adult with them. Add your own jobs in the blank rows.

Job	Who	Backup	When
Morning walk			
Breakfast and food toy			
Midday trip outside			
Afternoon sniff or game			
Evening walk			
Dinner			
Settle practice			
Evening wind-down			
Filling and freezing food toys			
Topping up treat cups			
Checking chews and toys for wear			
Washing the mats			
Booking vet visits			
Dog Captain on busy days			

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PRINTABLE SHEET 16 · FOR THE FRIDGE

Calm Home Rules

Dog: _____

1. A dog on the mat is left in peace.

2. We notice calm, and we pay for it.

3. Quiet voice near a resting dog. Let sleeping dogs sleep.

4. After something lively comes something slower.

5. Food toys go down before the hard part, not after the noise.

6. Food in toys comes out of the day's meals.

7. The last big game of the day is before _____.

8. The mat is never a time-out.

9. No yelling, no spraying, no hitting, no leash jerks.

Our words	What they mean
Yes	That's it! A treat is coming. Keep it soft near a resting dog.
Mat	Go to your mat. Rest here.
Free	You can get up now.
Find it	Sniff for the food.

If the dog seems scared, sick, or upset, or bites or growls: stop, give space, and tell an adult. We don't punish. We call the vet.

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PRINTABLE SHEET 17

Helper Notes

For sitters, walkers, and family

Dog's name: _____ Age: _____ Weight: _____

WHO TO CALL

Owner: _____ Backup: _____

Vet: _____ Emergency clinic: _____

ASPCA Animal Poison Control: (888) 426-4435. A fee may apply.

OUR DAY IN SHORT

	Time	What happens
Morning		
Midday		
Afternoon		
Evening		
Bedtime		

FOOD AND TREATS

Meals: _____

Treats allowed: _____

Never give: _____

Chews and toys: _____

PLACES AND GEAR

Mat or rest spot: _____

Leash and harness: _____

Treats and toys kept: _____

Keep closed: _____

HOW WE DO THINGS HERE

- We only use rewards. No yelling, no spraying, no hitting, no leash jerks, no prong, choke, or shock collars.
- Our words: Yes (a treat is coming), Mat (go rest there), Free (you can get up), Find it (sniff for food).
- A dog on the mat is left in peace. Pay quiet moments with a small treat on the mat.
- If the leash goes tight, stop and wait. If the dog jumps up, stand still and turn away. Say hi when paws are down.

GOOD TO KNOW ABOUT OUR DOG

_____

_____

_____

_____

_____

Stop and call us or the vet if the dog bites, growls, seems scared or sick, eats something dangerous, or acts very differently.

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PRINTABLE SHEET 18

Calm Home Check-In

Date: _____

Use this whenever you'd like a look back. Compare your dog with last month, not with other dogs. Keep it short and keep it kind.

Question	Our notes
Where does our dog rest now, and when?	
What's easier than when we started?	
Which part of the day is still the loudest?	
Where is busy behavior still getting paid?	
Which Settle rung are we on, and in which rooms?	
Which activity does our dog like best?	
Which busy day went well? Which one didn't?	
Is everyone following the same rules?	
What's one thing we'll change next?	

RED FLAGS

- [ ] Any biting, snapping, or growling that worries us?
- [ ] Any strong fear, or panic when alone?
- [ ] Any sudden change in behavior, sleep, or eating?

If you ticked any of these, stop here. Call your vet and read book Chapter 11.

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GETTING HELP

When This Isn't Enough

Asking for help isn't failing. It's often the kindest thing you can do.

This module is for everyday life with a friendly, healthy dog. Some things can look like "can't settle" or "too much energy" and are really something else. If you see any of these, stop the module for now. Chapter 11 of *The Pause Payoff* has the full red-flag table, what to do after a bite, and how to find good help.

What you see at home	Why it matters	Who to call first
Restless all the time, can't get comfortable, or stiff when lying down	Pain and illness can change behavior	Your vet
A sudden change in sleep, energy, or behavior, at any age	Pain and illness can cause it	Your vet, soon
Night pacing, confusion, or getting lost at home in an older dog	Could be pain, illness, or cognitive decline	Your vet
Upset when you leave or step out of view: destruction, self-injury, non-stop barking, house soiling when alone	This may be separation anxiety. This is panic, not spite	Your vet, then a veterinary behaviorist or a certified behaviorist
Shaking, hiding, or trying to escape from noises, visitors, or crowds	Pushing through fear can make it worse. AVSAB advises against flooding	Your vet, then a behavior professional
Stiffening, growling, or guarding over the mat, food, toys, or chews	Warning signs that can lead to a bite	Your vet, then a behavior professional
Biting, snapping, or attempted bites at people or animals	Safety risk	Your vet, then a veterinary behaviorist or certified behavior consultant
Spinning, tail chasing, or constant licking that you can't interrupt	May be medical or compulsive	Your vet, then a behaviorist
Your dog swallows something dangerous, or part of a toy or chew	It can be an emergency	Your vet or an emergency clinic right away. ASPCA Animal Poison Control: (888) 426-4435. A fee may apply

UNTIL YOU GET HELP

- Keep everyone safe. Use gates, closed doors, and leashes. Avoid the things that set your dog off.
- Don't punish. It can raise fear and remove warning signs. Never punish a growl.
- Don't test your dog to see if they'll do it again.
- Don't try to change medication or give human drugs. Talk to your vet.
- Keep kids and visitors away from a dog you're worried about.

Where to find help

Bring your filled-in sheets to the appointment. Your snapshots, trackers, and notes can give your vet a clearer picture of your dog's day, along with the list in Section 11.6 of the book.

- **Your veterinarian:** always the first call. Can check for medical causes and refer you.
- **Veterinary behaviorists:** dacvb.org
- **Certified behavior consultants:** iaabc.org
- **Certified trainers:** ccpdt.org. Section 11.5 lists questions to ask first.

SOURCES

Sources

So you can read them for yourself.

The outside facts and guidance in this module all come from *The Pause Payoff*, and the book's Sources section has the full list. These are the ones we lean on here. The addresses were checked in November 2026 for the book. Web pages can change. Being listed here doesn't mean these organizations endorse this module.

The Settle Ladder, the up-then-down rule, the energy levels, the Low-Light Routine, and the playbooks are our own practical rules of thumb. They aren't scientific findings.

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THE FINE PRINT, ONE MORE TIME

The Calm Home Add-On is general information about everyday dog manners. It does not replace a veterinarian or a qualified professional. If your dog bites, shows strong fear, or changes behavior suddenly, contact your vet first. Results vary, and no timeline is promised. Organizations named here are cited as sources only and did not write, review, or endorse this product.

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