

Your Dog's Daily Schedule

FOR DOGS 6 MONTHS AND OVER

Just like us, dogs feel most comfortable when they know what to expect. A consistent daily routine provides a sense of security and helps them feel safe and happy. Similarly, a predictable schedule helps your dog understand what to expect throughout the day, reducing anxiety and making them feel more relaxed and content.

This predictability also helps prevent unwanted behaviors like barking or chewing. Most importantly, a consistent routine ensures your dog gets the exercise, mental stimulation, and rest they need to thrive.

The Daily Rhythm: A Balanced Approach to Learning

Our days follow a consistent behavioral cycle designed to fulfill a dog's needs while teaching them the "off-switch" necessary for a calm life. While the exact timing is fluid to accommodate each dog's pace, we generally follow this structured flow:

Early Morning: The Connection Block (Approx. 7:00 AM – 10:00 AM)

- **The Wake-Up:** The day begins with an immediate potty break to ensure comfort and success.
- **1:1 Relationship Building:** Each dog receives dedicated individual time. Depending on the dog, this involves focused training, physical exercise, or engagement play. Purpose: Building a bond and healthily draining morning energy.
- **Transition to Independence:** After their 1:1 time, dogs move to a lounge bed, playpen, or backtie. They are given a chew item to encourage self-soothing while I am busy with other dogs or activities.

Late Morning: The Decompression Block (Approx. 10:00 AM – 12:00 PM)

- **Mid-Morning Nap:** Once a dog has finished their chew and reached a state of relaxation, they transition to their crate for a deep rest. Purpose: This "brain break" is essential for the dog to process the morning's learning and reset their nervous system.

Afternoon: The Lifestyle Block (Approx. 12:00 PM – 4:00 PM)

- **Mid-Day Reset:** Short periods for potty breaks and calm movement.
- **Passive Training:** This window focuses on "lifestyle manners" practicing neutrality and polite behavior during the normal flow of the day.
- **Afternoon Rest:** A second quiet period to prevent over-arousal and ensure the dogs stay mentally balanced.

Evening: The Integration Block (Approx. 4:00 PM – 8:00 PM)

- **The Wind-Down:** Dinner is followed by final training repetitions.
- **Social Relaxation:** We practice "being" together in a balanced state. Dogs work on settling and "place" work while the household is active.
- **Bedtime:** A final evening potty break and a calm tuck-in for a restful night.

This schedule is a guide, not a rigid prescription. Adjust nap durations and play windows to match your dog's actual energy level. What matters most is consistency: same cues, same sequence, every day.

Questions about your dog? I'm here to help.

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