



Reactive Dog Help



How to Prevent Reactions Outside the Home

While training your dog, it is vital to prevent reactions to your dog's triggers by managing the environment, which often means changing your behavior and routine. Each time your dog reacts, they experience a hormone spike that keeps them stressed long after the trigger has disappeared, and thus the reactive behavior becomes stronger through this form of "practice."

This brochure will outline several methods, as well as resources, that you can use to mitigate your dog's reactions as you train them out of this type of behavior.

Muzzle dog in public

Nothing says stay back and be careful like a muzzled dog. You may not want people to approach your dog, even if your dog isn't a bite risk. Muzzle training is humane and safe when done with a basket style muzzle.

Muzzle Training Resources

- [Muzzle Up Project](#)
- [Pam's Dog Academy](#)

Muzzle Products

- **BASKERVILLE MUZZLE** – allows dog to pant, drink, sniff, and most importantly still take treats! (also good for dogs who eat dangerous things off the ground)
- **BUMAS** – best muzzle around, expensive, but worth it for long term use.
- **ETSY** has many custom-made softer muzzle options – not great to prevent bites but good for inappropriate eater or to just keep people away.

Walking a muzzled dog can feel hard at first. No one wants to have a "bad dog." In reality though you are keeping your dog safe, and allowing them to experience more happiness muzzled than you could allow them otherwise.

Start by walking somewhere you won't see many people, while you build up your own confidence for this important task.

Vest/leash/harness/bandana/badge

Invest in dog apparel with labels - "DO NOT PET / DO NOT APPROACH / IGNORE ME". The bigger the warning, the better. Tell people exactly what you want.

Where you can buy:

- **GIVEADOGAHOME** - Great customizable safety vests.
- **Southern AG** (71st and Sheridan) - Offers bright yellow DO NOT PET leashes, collars, and harnesses.
- **ETSY**

Be your dog's advocate

Be hyper-vigilant on walks.

- **NO LOOKING AT YOUR PHONE** or wearing headphones.
- Don't be too committed to your walking route. Be on the **lookout for triggers** and adjust your walking route accordingly - cross the street, u-turn, or change direction if needed.
- **Say something!** If someone is approaching your dog, raise your hand (palm towards them) and firmly say stop. Let the person know your dog does not want to say hello, and walk quickly away.

Ditch neighborhood walks for awhile

- Drive to an **OPEN PARK** to walk in
- Drive to **NATURAL AREAS** and do a decompression walk
- Turn your **BACKYARD** into an enriching experience and skip the walk all together. Here is a link to a video of a good one.

Action for when things get dicey!

- **U-TURN:** <https://youtu.be/ETpGPR7wvqU> (Part 1 of 4)
- **LET'S GO:** <https://youtu.be/Eo-L2qtD7MQ>
- **FIND IT:** https://youtu.be/tkX50nSO_BI
- **HANDFUL OF TREATS:** slowly feed your pet treats as you move quickly away. Continue feeding till you are out of danger.



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