



# The Regulation Duo



You and Your Dog  
Together

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# Important Information Disclaimer



This guide discusses  
ADHD-like traits in dogs.

ADHD is not a formal veterinary diagnosis.

The information provided is educational  
and does not replace veterinary advice.

Always consult a veterinarian or qualified  
behaviour professional for medical or  
behavioural concerns.

Training advice in this book is  
welfare-based and force-free.

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# 1. Emotional Contagion



Dogs are highly sensitive to emotional shifts.

They notice:

- Breathing changes.
- Muscle tension.
- Voice tone.
- Movement speed.

If you are rushed, tense, or anxious, your dog feels it.

## 2. Two Buckets Walking Together



Imagine both you and your dog carrying buckets.

Your dog's bucket fills with:

- Noise.
- Movement.
- Visitors.
- Triggers.

Your bucket fills with:

- Work.
- Stress.
- Deadlines.
- Conversations.

Two overflowing buckets rarely create calm walks.

Regulation starts with awareness.

## 2. Two Buckets Walking Together



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- Work.
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### 3. Your Nervous System Matters



Before leaving the house, ask:

What is my bucket level today?

If you are overwhelmed,

- lower expectations.
- Shorter walk.
- Sniff session.
- Micro-sprint indoors.

Regulation is shared.

## 4. Sensory-Safe Dog Playground Strategies



Choose quieter times.

Stand at the edge before entering.

Watch your dog's body language.

You are allowed to:

- Leave early.
- Say no.
- Take breaks.

Busy environments are not mandatory.

## 5. Boundaries Without Guilt



It is okay to say:

“We’re keeping things calm today.”

“We’re training.”

“We’re heading off.”

You do not owe explanations.

Protecting your dog’s nervous system  
protects yours too.

## 6. The One Tiny Habit Method



Change does not require overhaul.

Choose one tiny habit:

Pause before exiting doors.

Two-minute sniff reset.

One calm mat session per evening.

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Small consistency beats big bursts.

## 7. Repair After Overwhelm



Some days go wrong.  
That does not erase progress.

After overwhelm:

- Lower stimulation.
- Offer calm presence.
  - Avoid correction.
  - Reset tomorrow.

Regulation rebuilds faster than fear.

## 8. Building a Calmer Partnership



You are not trying to create a perfect dog.

You are building:

- Balance.
- Awareness.
- Environment.
- Micro-sprints.
- Pause windows.
- Shared calm.

When both nervous systems feel safe, behaviour follows.