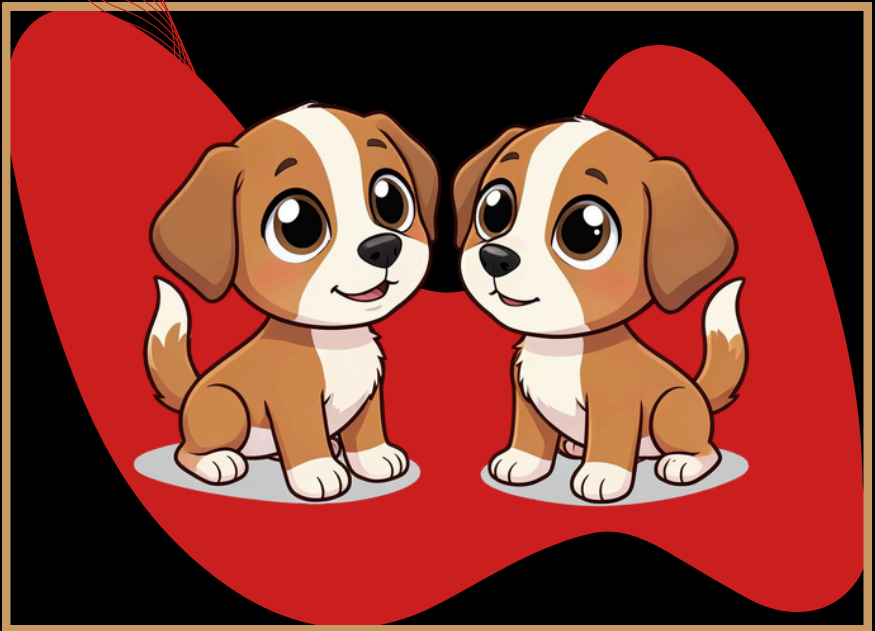




The Regulation Duo



You and Your Dog
Together

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



Your bucket fills with:

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

Two overflowing buckets rarely create calm walks.

Regulation starts with awareness.

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.