QUIET DOG PLAN

7-Day Quiet Dog Plan

One small step a day. Barking is normal dog communication, so the goal is a dog that barks a few times and then settles, not total silence.

DAY 1: WATCH AND WRITE IT DOWN

- [ ] Note when the barking starts and what your dog is doing: door, window, alone, night, walks.
- [ ] Record your dog once while you are out, to see if it is bored or anxious.
- [ ] Take the free 60-second barking quiz to match the type.

DAY 2: TAKE AWAY THE TRIGGER

- [ ] Block the view: frosted window film or closed blinds.
- [ ] Add background noise: a fan, white noise or calm music.
- [ ] Plan around the daily trigger, such as a chew or a walk just before the mail arrives.

DAY 3: MEET THE NEEDS FIRST

- [ ] A real walk or play session today, sized for your dog's age and breed.
- [ ] Something for the brain: a puzzle feeder, snuffle mat or stuffed chew.
- [ ] Keep meals, walks and bedtime on a predictable schedule.

DAY 4: TEACH "QUIET"

- [ ] When your dog barks, calmly say your cue word, such as "quiet" or "thanks."
- [ ] Wait for even a second or two of silence, then mark it ("yes!") and give a treat.
- [ ] For demand barking, do not reward the bark at all: turn away, wait for quiet, then give attention.

DAY 5: BUILD IT UP SLOWLY

- [ ] Ask for longer quiet before the treat: 2 seconds, 5 seconds, 10.
- [ ] Practice with small, easy triggers first, like a knock you make yourself.
- [ ] Keep sessions short and end on a win.

DAY 6: FIX BEDTIME

- [ ] Evening exercise, 20 to 30 minutes, an hour or two before bed.
- [ ] Last potty break right before lights out; keep it calm.
- [ ] Same comfortable sleep spot every night, away from windows, with a fan or white noise.

DAY 7: REVIEW AND DECIDE

- [ ] What changed? Fewer barks, shorter barks, or faster settling all count.
- [ ] Never use punishment: it usually makes barking worse.
- [ ] See your vet if barking is sudden, constant, or comes with other changes.

> Not veterinary advice. If your dog has severe separation anxiety, has shown aggression, or the barking is new in an older dog, talk to your vet or a certified behaviorist.

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