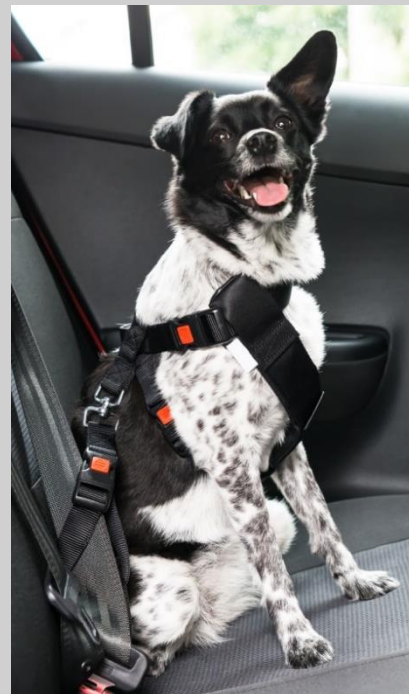


## Car Rides

**Getting Started:** Always make sure your dog is restrained inside the car, anxious dogs may prefer a crate to make them feel secure, and others are just fine to ride with a harness secured to the car's seat belt buckle. If your dog gets car sick you can crack a window and create a comfy place for your dog to lay so they don't have to try and keep their balance. For anxious dogs you can try some non-medical calming aids like Thunder Shirt or pheromones; Some Prescriptions may also be helpful to get the dog's anxiety to a point where the dog can listen. **Consult with your veterinarian for medication.**



### Steps:

1. Stock your pocket/pouch with the dog's favorite treats. Put a collar or harness on the dog and attach a 6-foot leash.
2. Start by playing with their dog or giving them attention or delicious treats near the parked car.
3. Then, invite the dog to sit with you inside the car, while continuing to offer praise and treats. Then let the dog out of the car. Always say "yes" and reward your dog for calm behavior in the car. **Note:** Initially, the doors of the car should be left open, so the dog doesn't feel trapped.
4. Repeat step 5 until the dog confidently enters and exits the car.
5. Next, repeat step 5 with the car door closed.
6. Then, repeat step 5 with the engine briefly turned on, with the doors open, Say "yes" and give your dog a Treat for all calm behavior, turn it off again, and let your dog out of the car.
7. Repeat step 8 until the dog confidently enters and exits the car.
8. Repeat Step 8 with the car doors shut. Slowly increase the amount of time the car is on.
9. Repeat step 10 until the dog can calmly sit in the car for 60 seconds.
10. After that, short trips can be added — for example, starting with just a drive up the driveway or around the parking lot and back. Then, gradually increase the length of the drives.

