

NAIL GRINDING WITHOUT STRESS

Sit on the floor with your dog (or have dog on a table) if necessary. Have a bowl of tasty treats (this should be started with a hungry dog—right before a meal is good). Many dogs don't like their paws handled at all, so we'll start there.

Session 1: Handling Paws

Take your dog's paw, give treat and release the paw. Repeat with front and back paws. Always give the treat while you are holding the paw. Once your dog is comfortable with you handling the paw, take a paw and massage between the toes and hold the paw the way you will when you are ready to grind. **Do not continue on until your dog is relaxed about you handling her feet, including being able to hold the paw firmly. You may have to do several sessions, but this foundation is very important.**

Session 2: Pre-requisite: Your dog is calm about handling and massaging paws.

Turn on the dremel; give a treat; then turn it off; repeat 4 or 5 times in one session. Put the dremel away. Do 2x a day for 2 days. Also turn on dremel right before you feed a meal too.

Session 3: Pre-requisite: Your dog is calm with the dremel on but not touching.

Turn on dremel, give treat, turn it off. Pause 30 seconds. Turn dremel back on; give treat. When dremel is off, you should see her try to get you to engage again. If not, pause for 1 minute. Your dog should nudge you, put her paw out, paw at the dremel, or otherwise show you she wants you to turn that thing back on and continue giving treats!

Session 4: Pre-requisite: Your dog is ASKING you to turn the Dremel back on!

Turn on dremel; give treat; turn it off & pause one minute waiting for your dog to try to re-engage you. Turn dremel on; give treat; turn it off. Hold one of her paws, turn dremel on, give treat, let go of paw, turn dremel off. Repeat with each paw for this session. Then end the session. Please note, give treat while you are holding the paw and dremel is on; no treats when dremel is off. You aren't touching her nails w/the dremel yet. Continue this for additional sessions until your dog is very relaxed about you holding her paw while the dremel is running.

Session 5: Pre-requisite: Your dog is comfortable with dremel and paw being held.

If there is absolutely no anxiety about you holding her paws with the dremel on; Turn dremel on, take paw, give treat, let go of paw, turn dremel off. Repeat twice. Then hold one paw, place her paw on the handle of the vibrating dremel, give treat and release. Repeat w/each paw for one session. Repeat 2x a day for 2 days. When she will let you keep her paw on the dremel while it is on and shows no anxiety, proceed to Step 6.

Session 6: Pre-requisite: Your dog is relaxed while you place her paw on vibrating dremel.

Start by turning dremel on, giving treat, turning it off. Then turn it on, place her paw on handle, give treat, turn it off. NOW, take a paw, touch a nail with dremel tip; give treat, turn dremel off. Repeat with several nails **if she remains calm.** If she tries to pull away, turn the dremel off and pause for one minute. When she tries to re-engage you, try taking her paw and touching the nail

with the dremel again. Note: Some dogs are more worried about the front paws, some more worried about the back paws, so determine which causes more anxiety and always start with the least problematic foot. If she pulls away, go back to touching just one nail with the dremel, or go back to a previous step.

When you can touch each nail tip with the running dremell, start grinding her nails briefly on one paw at a session with lots of treats. Do two sessions a day to get all nails done. Repeat every week to shorten nails very gradually. Try to grind nails when your dog is hungry (right before a meal—use special treats if needed).

NOTE: The dremel can heat up and cause her to feel the heat. Do a little bit on one nail; then move to another nail. You can always go back over the others a second time if needed.

It may take you a week or two to accustom your dog to having her nails ground; however, it will be time well spent and make all future nail grinding stress free for both of you.