

Molly x Luna

Calm Companion Keynote Guide

World-class plan: raise a golden retriever who radiates confidence, adores her cat sister, and floats through the home with calm, Canva-worthy grace.

Training Mindset

Short reps • generous rewards • end on a high note

- 1–3 minute micro-sessions, 3–5 times a day, layered between rest and play.
- Reward early and often—happy brains learn cues in half the reps.
- Use baby gates, tethers, and the x-pen like a backstage crew keeping the show seamless.
- Capture wins in a shared note—patterns appear quickly when you track the glow-ups.

Studio Setup Checklist

- 42" crate with divider, sleek x-pen, and two stylish baby gates to zone the space.
- Chew gallery: stuffable rubber, long-lasting chew, velvet-soft chew for variety.
- 6-ft leash, flat collar, front-clip harness ready for the growth spurt.
- Treat palette: pea-sized rewards or kibble for endless rapid-fire reps.
- Luna's lounge: elevated dining, gated litter spa, multiple escape catwalks.

Night-before ritual: scent swap by trading soft cloths rubbed on each pet—instant familiarity.

First 48 Hours

Create the calm landing that Canva dreams are made of.

- Stage one 'base camp' room with cozy textures and soft lighting.
- Crate confetti: toss 5–10 treats, close the door for a gentle 5-count, reopen, repeat.
- Potty autopilot: outdoors after naps, meals, play bursts, and every 45–60 minutes awake.
- Scent-only meetups: swap spaces while one pet explores the other's vibe solo.

Pro Tip

Play low-volume spa music and diffuse a pet-safe calming scent. It helps both Molly and Luna exhale.

Signature Day (Weeks 8–12)

Time	Design of the Moment
06:30	Potty, soft sunrise greeting, breakfast via puzzle feeder.
07:00	Name + sit mini-session, gentle play burst, potty reset.
09:30	Crate/x-pen nap behind a calm soundtrack.
11:00	Potty → recall game → cat-look & treat behind the gallery gate.
12:30	Lunch, potty, stuffed chew while you work nearby.
15:00	Potty → leave-it reps → mindful sniff walk on driveway or yard.
18:00	Dinner, potty, enrichment: find-it scatter, shaping trick, or snuffle mat.
20:30	Potty → settle-on-mat practice with dim lights.
22:00	Final potty → bedtime (expect 1–2 night breaks early on).

Movement guide: ~5 minutes of structured exercise per month of age, 2–3x/day, plus rich sniffing adventures.

Potty & Crate Wins

- Supervision or soft confinement keeps rehearsal perfect—no free-roam until she's nailing it.
- Same potty runway every time; whisper the cue mid-go; celebrate within two seconds.
- Accidents: gentle clap, straight outside, then enzymatic cleanup—no drama, all data.
- Crate ladder: treat tosses → quick door closes → stuffed chew calm → fade your presence.
- Alone-time arc: gated room → tiny departures → 15–30 min errands, building toward 60.

Skill Sessions

Micro-reps that feel like play.

- Bite inhibition: rotate 2–3 legal chews daily; redirect nips instantly.
- Timeouts: 30–60 sec behind a baby gate if mouthing persists (crate stays a zen den).
- Core cues: name sparkle, sit/down rhythms, hallway come ping-pong, leave-it ladder, drop trades, settle-on-mat bliss.
- Greeting etiquette: pay four paws on the floor, cue sits, use leashes or x-pen for guest entrances.

Socialization Mood Board

- 1–2 fresh experiences daily—quit while she’s curious, not overwhelmed.
- Pair every new human, surface, sound, or vehicle with soft treats and exit on a smile.
- Secure car rides with a crate or crash-tested harness; rehearse vet-table handling with steady pay.
- Leave before she asks to—confidence grows when sessions end on ‘I want more!’

Cat x Puppy Blueprint

Phase	Timing	Signature Moves
Prep	Before arrival	Scent swap, feed across doors, curate cat-only sanctuaries.
Parallel	Days 1–3	Separate lives; reward Molly for sniffing then checking back with you.
See-But-Separate	Days 3–7	Barrier intros with Look-At-That. Sessions 1–3 minutes.
Shared Space	Week 2	Molly on leash with chew; Luna controls distance; settle-on-mat practice.
Drag-Line	Weeks 3–4	Light line indoors for quick resets; remove after 7–10 calm sessions.
Everyday Harmony	~8 weeks	More open doors; cat-only zones stay sacred; reward random calm moments.

Feed & train Molly before cat sessions. Give Luna private play parties while Molly relaxes with a chew.

Milestone Roadmap

Timeline	Celebrate This
Weeks 8–10	Potty rhythm clicks, crate naps 30–60 min, barrier cat sessions feel easy.
Weeks 10–12	Leave-it/drop/settle flourish; Luna joins on-leash room hangs 5–10 min.
Weeks 12–16	Long-line recalls, vet handling readiness, alone-time up to an hour.
4–6 Months	Adolescence glow-up: richer rewards, refreshed boundaries, positive puppy class.

Common Hiccups

- Laser focus on Luna? Add distance, boost treat value, rehearse settle-on-mat, pre-session sniff walk.
- Cat swats or hisses? Give Luna a dog-free day, reset to barriers, elevate escape routes.
- Potty regression? Tighten to a 45-minute timer, shrink roaming area for 3–5 days.
- Night waking? Keep evenings zen, last potty right before lights out, quiet overnight escort, zero party vibes.

Safety Signals & Trainer Faves

- Dog stress whispers: whale eye, lip lick outside treats, tight yawns, freezing, slow tail sweep.
- Cat stress cues: pinned ears, tucked tail, dilated pupils, tail thumps, crouched stillness.
- Spot stress? Dial back intensity, switch to easy wins, wrap with something joyful.
- Teach: hand target redirect, go-to-mat parking cue, find-it scatter for instant decompression.

Daily & Weekly Rhythm

- Daily: three micro-training snacks, two crate rests with chews, one to two enrichment feeders.
- Weekly: one new calm location, one fresh surface or sound, one new person at Molly's comfort distance.
- Meals: three/day until ~12 weeks, then two. Funnel part into training paychecks.
- Toolkit: crate + divider, x-pen, baby gates, flat collar, 6-ft leash, long line, front-clip harness, treat pouch, chew trio.

Wrap with Joy

Every calm glance, every polite pass-by, every shared nap is a slide-worthy win. Celebrate relentlessly—it cements the friendship you're crafting.

- Keep notes on what lights Molly up and what soothes Luna.
- When progress sticks, zoom out, simplify, and reboot with kindness.
- You've got this—and I'm just a message away whenever you want to iterate.

— Your Calm Companion Coach