



HELPING YOUR NERVOUS DOG **FEEL CALMER** BEFORE GROOMING

A short, reassuring guide to helping your dog arrive feeling safer, calmer and better prepared.

Small steps at home can make a real difference.

A SHORT GUIDE FROM COSY COAT STUDIO

Calm one-to-one grooming in a quieter space

A calmer groom starts before the appointment

If your dog gets anxious about grooming, you're not alone. There is genuinely a lot you can do beforehand to help. These simple tips are commonly recommended by vets and grooming professionals.

**1**

Exercise them beforehand

A walk or a good play session before the appointment can help burn off nervous energy, so your dog arrives more settled rather than wound up.

2

Get them used to being touched at home

Spend a few minutes each day gently touching their paws, ears and tail. Build up gradually and pair it with treats. This makes handling feel more familiar when it happens at the groomer.

3

Let them explore first, if you can

If your groomer offers a settling-in visit, take it. At Cosy Coat Studio we call this a Meet and Treat: a short, no-pressure visit with no grooming involved. Your dog can sniff around, meet Andrea and enjoy a treat before the real appointment.

WHY A MEET AND TREAT HELPS

Familiar smells, a familiar face and no pressure can help enormously.

On the day of the groom

Keep things familiar, quiet and matter of fact.

4

Keep goodbyes low key

Try not to make a big fuss when you leave. If the handover feels normal and unremarkable to you, your dog is more likely to feel that way too.

5

Don't groom on an empty stomach

A light meal a few hours beforehand, rather than immediately before, may help avoid nausea and keep your dog more settled.

6

Bring something familiar

A small blanket or toy that smells like home can be genuinely comforting in an unfamiliar space. Ask your groomer first so they can use it safely.

7

Stay calm yourself

Dogs are very good at picking up on our energy. If you're anxious about how they will cope, they may sense it too. A calm, confident handover can make a difference.

A gentle reminder

Progress can be gradual. A shorter, calmer appointment is often more valuable than trying to complete everything at once.



When your dog needs extra support

If your dog is still finding grooming genuinely distressing after trying these steps, it is worth having a conversation with your vet. Sometimes a little extra support makes all the difference.

Meet and Treat

A calm introduction with no grooming and no pressure

Your dog gets time to explore the studio, meet Andrea, hear the sounds and take in the smells at their own pace. It is a small first step designed to make the next visit feel less unfamiliar.

MESSAGE US TO ASK ABOUT A MEET AND TREAT

Andrea

COSY COAT STUDIO

cosycoatstudio.co.uk

Calm one-to-one grooming for much-loved dogs

Calm, patient and kind grooming for much-loved dogs