HOLDING YOUR LEAD

How you hold the lead can make a big impact on how your dog feels, whether your dog reacts, and how safe you both are while on a walk.

Choose a lead that is at least 6 feet long as this can help your dog feel less restricted.

To start, place one hand through the loop using the thumb and index finger to keep the lead in place and use the other hand to gently hold the rest of the lead.

Be sure to have your palms facing upward.

If you hold the lead with your palms facing down, you'll notice you have to keep a firm grip otherwise you will drop the lead! So holding the lead with your palms up lets you remove tension in the line and allows movement to be smooth.

Take a deep breath, relax your arms and you are ready to begin your walk.