BUILDING COMFORT WEARING A HARNESS:

Most dogs, even those who are generally comfortable with the person doing it, can easily get uncomfortable or intimidated by a person reaching or looming over during the process of putting a harness or other equipment on.

Putting harnesses (or collars) on almost always equals a "Yes" and treat for my dogs. I do this proactively and as just general good practice because it takes the conflict out of the situation. *Many* dogs find collars and harnesses (or at least the act of them being put on) somewhat aversive in general, especially dogs who are more sensitive to restraint/ handling.

With a harness, I use a style that I can put on by having my dog's stick their head through the neck opening for a high value treat, like so:

VIDEO EXAMPLE - "Get Dressed" Harness Feeding: **https://youtu.be/FByAbSoIpGg**

Have him stick his head through the neck opening for a high value treat. Then another high value treat after clipping the side clips.

My favorite brand of harness is the **Blue-9 Balance Harness** (it has both a front clip and back clip option, and the y-shaped front doesn't restrict shoulder range of motion). I keep the neck opening clipped together in a circle so the dog can stick their head through for a treat (like in the video linked above), but then these harnesses do need to be clipped on the sides (with another treat after!).

If you have a dog who shies away or ducks away from the harness, or moves around a lot making it difficult to get the harness on, follow the steps above and use high value treats to make it as pleasant as possible for your dog *and* to avoid future problems and handling sensitivities.