
EARLY NEUROLOGICAL STIMULATION (ENS) GUIDE

A Complete Educational Resource for Breeders

CASA GRANDE RESERVE

Premium Cavapoo Puppies • Casa Grande, Arizona

Raising exceptional companions with care, health, and early neurological development



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Professional Breeder Resource • Premium Edition

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"Puppy Love Awaits You"

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Understanding Early Neurological Stimulation

Early Neurological Stimulation (ENS) is a proven, science-based protocol developed by Dr. Carmen L. Battaglia. It is designed to enhance the neurological, cardiovascular, and stress-response development of puppies during the critical window from day 3 through day 16 of life.

Key Benefits of Daily ENS

- **Cardiovascular Strength:**
Gentle challenges improve heart efficiency and circulation.
- **Stress Resilience:**
Controlled mild stimuli build calmer, more adaptable adult temperaments.
- **Neurological Development:**
Enhanced sensory processing, balance, and coordination pathways.
- **Immune & Vitality Boost:**
Puppies often show improved overall health and vigor.
- **Foundation for Training:**
Early handling creates confident puppies that bond well with humans.

Recommended Protocol for This Guide

- Perform once daily, every day from puppy age Day 3 through Day 16.
- Each exercise lasts only 3–5 seconds. Total session per puppy: under 30 seconds.
- Always handle gently; puppies should remain calm — never force or cause distress.
- Work in a quiet, warm environment. Return each puppy to the litter immediately after.
- This short guide covers the three foundational exercises. Full ENS includes two additional exercises.

This professional resource is provided by Casa Grande Reserve to support responsible breeders committed to raising exceptional Cavapoos.

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Tactile Stimulation



Correct Technique — Professional Demonstration

TECHNIQUE

Hold the puppy comfortably in one hand. Gently tickle or stimulate between the toes on one foot using a clean Q-tip.

Why It Matters

Tactile stimulation helps develop the puppy's nervous system and sensory awareness from the very beginning. It introduces gentle, controlled sensory input that strengthens neurological connections and lays the foundation for improved stress response and adaptability later in life.

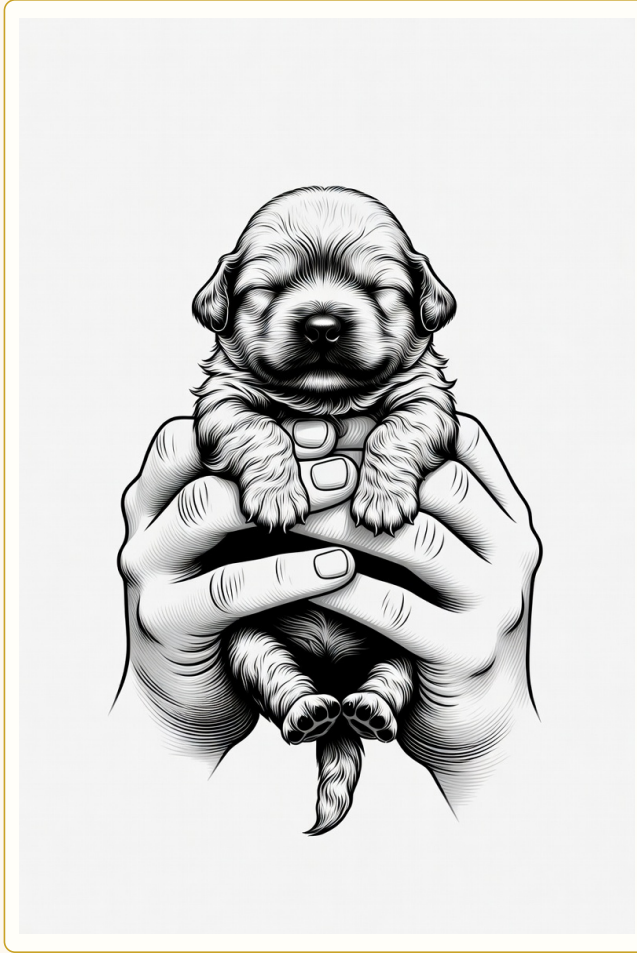
PRO TIPS

- Use a fresh, sterile Q-tip for each individual puppy to maintain excellent hygiene standards.
- Keep your touch extremely light and gentle — this exercise must never cause discomfort.
- Perform at approximately the same time each day to build a reliable routine for both you and the litter.
- Watch closely for calm reactions; the puppy should remain relaxed and should not struggle or cry.

COMMON MISTAKES TO AVOID

- Using too much pressure, rubbing hard, or poking instead of gentle tickling.
- Skipping days or performing inconsistently — daily repetition is essential for best results.
- Reusing Q-tips or failing to maintain a clean environment during the session.

Always prioritize the puppy's comfort and safety. If in doubt, consult your veterinarian.



Correct Technique — Professional Demonstration

TECHNIQUE

Hold the puppy upright (perpendicular to the ground) with its head positioned directly above its tail, fully supporting the body.

Why It Matters

This exercise helps develop balance, vestibular function, and cardiovascular strength. It gently challenges the puppy's circulatory and nervous systems in a safe, controlled way, promoting resilience, coordination, and overall physiological development.

PRO TIPS

- Maintain a firm but gentle grip at all times — never squeeze or compress the puppy's body.
- Ensure the puppy's head stays level and stable throughout the brief hold.
- Keep the body fully supported so the puppy feels secure and does not strain.
- Monitor breathing closely — it should remain calm and steady with no signs of stress.

COMMON MISTAKES TO AVOID

- Holding too loosely (puppy may slip) or gripping too tightly (causes discomfort).
- Allowing the head to tilt, drop, or bob — stability is important for the vestibular benefit.
- Rushing the movement into or out of the position instead of smooth, deliberate motion.

Always prioritize the puppy's comfort and safety. If in doubt, consult your veterinarian.



Correct Technique — Professional Demonstration

TECHNIQUE

Hold the puppy securely with both hands and gently turn it so its head points straight down toward the ground, body vertical and inverted.

Why It Matters

This exercise improves circulation to the brain and helps develop spatial awareness, balance, and vestibular strength. It is one of the more stimulating exercises and must be performed with extra care, calm movements, and strict time limits.

PRO TIPS

- Move slowly and smoothly at all times — avoid any sudden or jerky motions.
- Maintain a secure yet gentle two-handed grip throughout the entire exercise.
- Strictly limit the hold to 3–5 seconds maximum; do not extend the duration.
- Ensure the puppy remains calm and shows no signs of distress before, during, or after.

COMMON MISTAKES TO AVOID

- Holding the position too long (beyond 5 seconds) or returning the puppy too abruptly.
- Gripping too loosely, allowing any slipping or insecurity during the inversion.
- Jerking or moving too quickly when turning the puppy into or out of the head-down position.

Always prioritize the puppy's comfort and safety. If in doubt, consult your veterinarian.