1. Know Her Flight Zone
- Cows are prey animals and they react when potentially predatory species approach them. Understanding how they react when approached can help create a stress-free way to move cows in between pens and the milking parlor.
- Remember to always be calm and consistent when approaching and moving cows.

2. Watch your Pace
- Always move cows at their own pace. This will be indicated by the cow keeping her head down to watch where she is walking. Cows walking with lifted heads are agitated.
- Cows move in order of rank and they will not overtake one another.

3. Keep a Routine
- As cows are creatures of habit, strictly adhere to a moving and milking schedule. After approximately three weeks of consistent moving, cows will know the routine.
- The herd will become familiar with the staff and routine, allowing for easy movement.
- To maintain docile cows and an overall calm herd, never raise your voice or use violent methods, such as hitting, when moving them.

4. Remove all Obstacles
- Remember to keep holding pens and walkways clean and dry. This helps prevent slipping and aids in maintaining hoof integrity.
- Be sure there are no obstacles such as protrusions, holes or ridges that could cause injuries.
- Always leave extra space to avoid crowding. This allows the cows to move around and avoid each other if needed.

5. Gently Guide Her
- When moving cows into the parlor, allow the cows to enter by themselves.
- If you need to move the last few cows, be sure to walk around the pen and approach the cows utilizing their flight zone.

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