

SEPARATION Anxiety

Does your dog bark, chew, or eliminate indoors while you're away?

If so, he might be suffering from separation anxiety.

Separation anxiety is frustrating for you and your dog. Here are some ways to address it.

Start small.

Practice leaving your dog alone for a few minutes at a time. If he stays calm, give him a treat.



Stay calm.

Don't raise your dog's energy when you return. You want him to think it's no big deal when you're away, and when you return.



Don't say goodbye.

Giving your dog too much attention when you leave can make him more anxious when you're gone.



Crate train your dog.

Crates can serve as a safe, comfortable space for a dog while you're away. Talk to your veterinarian about strategies for crate training your dog.



Walk it out!

Walk your dog before you leave the house. A tired dog is a relaxed dog.

