

Separation Anxiety

What is it?

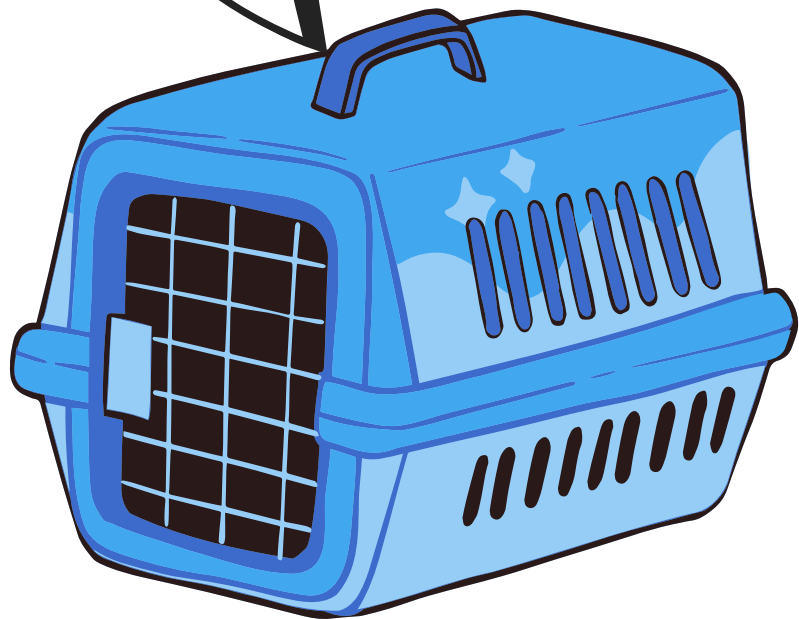
Separation Anxiety is a panic disorder in which dogs feel distressed when left alone. It can present itself in a variety of ways. Some of the common behaviors that dogs demonstrate when left alone that may indicate separation anxiety are:

- Destruction (especially at exit points)
- Panting and drooling
- Refusing to eat
- Vocalizing
- House soiling
- Pacing
- Anxious behaviors as the owner begins to prepare to leave



So, Should I Put My Dog In The Crate?

Now I am alone
AND trapped!!!
HELP!



While some dogs love their crate and seek comfort from it, many dogs who have separation anxiety may also suffer from confinement anxiety. This means that if they are kept in tight spaces, they become more panicked than if they are left in a larger space.

So even though your dog might not be able to destroy anything if they are in the crate, they may be just as panicked (or maybe more) as they would be if they were in a larger space.

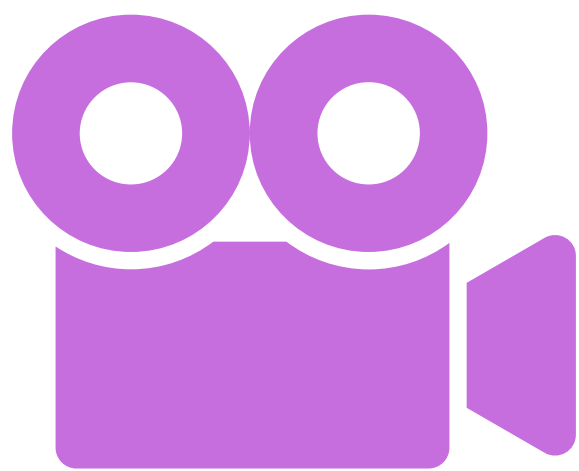
So, If Crating Is Not The Answer, What Are the Best Strategies?

Desensitization has been found to be the most effective method to help dogs learn how to cope with being left alone. This training involves leaving your dog for very short amounts of time that they can handle, starting with just a few seconds for many dogs, and slowly increasing the time. It is teaching them that being alone is safe!

Mom leaves me and
comes right back and it is
no big deal!



How To Make It Happen:



All you need is your **dog**, a little **time** to do training a few days a week, and a **camera** to be able to observe your dog!

In order for the training to work, we need to make sure that the dog is not having negative experiences being left alone. We strongly recommend creating a management plan so your dog does not have to be left alone longer than they are comfortable.

Common strategies are working from home, daycare (for dog-social dogs), acquiring a pet sitter, or seeking a friend who can watch your dog when you need to leave them!

I am here to help you every step of the way! Ready to get started with training? Contact me at www.perkedears.com