How to Help a Dog Overcome Separation Anxiety

"Your dog is not giving you a hard time, they are having a hard time."

Separation anxiety is a panic disorder; it is not a rational fear, at least not to us. Dogs suffering from separation anxiety are experiencing the equivalent of a panic attack every time they are left alone.

✔ DO: Suspend all unsupervised absences outside of the specified training.

✔ DO: Take things gradually so the dog can learn alone time is safe.

✔ DO: Ensure the dog gets adequate exercise and enrichment each day.

✔ DO: Help the dog to become comfortable alone without distractions.

✔ DO: Spend time determining where the dog is most comfortable in the home alone.

✘ DON'T: Wait it out until the dog is vocalizing; remember - they are experiencing panic.

✘ DON'T: Resort to any punishment techniques that will likely exacerbate the problem.

✘ DON'T: Expect that excessively exercising your dog will resolve separation anxiety.

✘ DON'T: Rely on food toys.

✘ DON'T: Assume that a dog has to be confined in order to lessen destruction or be safe.

Separation anxiety IS treatable!

Learn more about separation anxiety
https://malenademartini.com/

https://malenademartini.com/support-for-shelters/