Separation Anxiety in Dogs: Dispelling Common Myths

Ever wondered how to best support a dog with separation anxiety in your care? There is **SO** much contradictory information out there about separation anxiety. Let us help you bust some of the **MANY** separation anxiety myths so you can do just that!

MYTH: Dogs with separation anxiety must be crated.

FACT: Confinement anxiety is common in dogs with separation anxiety, and most dogs with separation anxiety do much better without being crated.

Want to learn more? Check out this blog post: Why Confinement Doesn't Fix Separation Anxiety

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MYTH: Leaving the dog with a food toy will give them something to do and relax.

FACT: Some dogs are too stressed to eat when left alone, and those that do often panic the moment the food is gone. Food can also put extra emphasis on the exit routine.

Want to learn more? Check out this blog post: Comfort Food — How Beneficial are Feeding Toys?

MYTH: Getting more exercise will cure separation anxiety.

FACT: Exercise is excellent for all dogs, but being exhausted from a good run or jaunt in the park is not what will fix separation anxiety.

Want to learn more? Check out this blog post: Exercise –The Best Thing Since Sliced Bread?

MYTH: Letting them “bark it out” will help the dog “get over it.”

FACT: Just like humans don’t so easily overcome fears of spiders, heights, public speaking (or anything else for that matter) by repeatedly being exposed to the scary thing in doses that cause them to panic? Separation anxiety is akin to a phobia, and managing the dog’s alone time is the best way to ensure his well-being while in foster care.

Want to learn more? Check out this blog post: Problem-Solving the Puzzle of Alone Time Management

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MYTH: Spoiling the dog and offering them too much affection causes separation anxiety.

FACT: Go ahead and be as loving with the dog in your care as you’d like. In fact, you are doing nothing but good for that dog by doing so, and any comfort you can give the dog should be enjoyed freely. Separation anxiety is a panic issue, akin to a phobia, and offering attention and affection to the dog cannot cause it.

Want to learn more? Check out this blog post: Gimme Some Lovin'