

DEMASTER DOG TRAINING NEWSLETTER

APRIL/MAY 2020

Separation and Isolation Anxiety

If you've been home more often than not due to Covid safe-at-home orders, chances are that your dog has been living his best life! Constant attention, petting, love and multiple walks per day are making dogs everywhere rejoice. But what happens when life gets back to normal (or rather, new normal)? What happens when we all go back to work, school, sports, and life in general and our dogs have to stay home without us? One of my biggest concerns right now, as a dog trainer, is how these dogs are going to handle the sudden separation that they haven't been used to for the past 45+ days.

Separation and isolation anxiety are very different, yet the work we do to help them through it is very much the same. It is important to begin the process of helping the dogs get used to life as it was pre-pandemic. That means, we need to start working with them now to get them comfortable with being alone or crated again. How do we do this? Well, for starters, we begin to slowly remove ourselves from the house. This may include a family walk, minus our dog, to the mailbox or around the neighborhood. Start off slowly and don't immediately leave them for hours at a time. Short trips while leaving them at home will be best and most successful.

Make sure your "comings" and "goings" are no big deal. Don't make a fuss when you leave and don't make a fuss when you return. It's pretty hard to do that when you have a dog that is overwhelmed with joy upon your return, but it's best to not react to them at all.

Leave them with a high value/long lasting treat. A frozen stuffed Kong (check out Pinterest for some great recipes) or snuffle mat with bits of food or treats would do the trick.

Tips and Tricks

Stuff a Kong with various dog-friendly ingredients, wrap with plastic wrap and place it in the freezer. This not only helps it last longer, it also causes less mess on your carpet or floor. Also, fill the Kong with kibble at the bottom to cut back on calories and remember to have a treat sticking out of the top so your pet knows that something good is in there!

Featured Company

Woof Stop Barkery

Website:

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[412-600-2148](tel:412-600-2148)

What an amazing name for a local company that specializes in organic, allergy friendly homemade dog treats! They make everything from birthday cakes for the furry family members, to treats both large and small. Owner, Nancy Hans, ships all over the USA and offers local pick-up, too. As the company motto states, "Every Dog Deserves A Special Treat".

