

How Can You Handle Dog Separation Anxiety?

Dogs can get separation anxiety too. One important aspect of training a puppy will be to help the animal learn to cope with being alone. And of course, learn coping skills that do not involve trashing your living room! The first thing you should realize is that much of what we know as dog separation anxiety is caused by boredom. If the dog spends all of his or her time around you, then naturally, the animal is unaware of what to do when you leave. Other symptoms of dog separation anxiety might include chewing on items that smell like you, continuous barking or inappropriate eliminating in the house.

What can you do to help ease the dog's anxiety? Dog obedience training classes usually explain that it's all about attitude. Try and remain casual, calm and upbeat when you say hello and say goodbye. If you make a big fuss when you leave or enter, naturally, you increase the dog's agitation. Remember also to make interaction with the dog on your terms. You are not trying to please the dog; he is there to please you. You are the one that pets him, gives him a treat or plays with him. It's about sticking to your schedule; not taking time out of your day to accommodate him.

Another tip for obedience training for dogs is to start leaving cues that indicate you are ready to leave. For example, picking up keys or a jacket, or maybe opening a door. Do these actions several times a day, even when you are staying home. The dog will excite only to see that you haven't left the house. He will stop associating these behaviors with "leaving."

It also helps to give the dog more exercise in a day's time. Did you know that most young dogs can do anywhere from 20-100 minutes of full speed running a day? Lastly, try to give your dog something to entertain himself with while you are gone. Give him a hobby, a treat or a small assignment. (Such as hiding a few treats around the house or in the backyard) If all else fails, refer back to crate training, as the crate offers the pup a sense of security.

You can learn more about dog obedience by looking into dog training classes. In the end, you are not punishing your dog, but helping him or her to remain comfortable.