



# BALTIMORE HUMANE SOCIETY

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## How to Prevent Separation Anxiety in Your New Dog

### Begin the moment the dog enters the home!

- Starting the first day you bring your dog home put your dog in his den area for and leave him for 5 minutes about 10x within the 1st 4 hours
- Continue to this at least 3x a day for a week, gradually lengthening his time alone
  - Always be sure to leave him with a food toy, antler etc.
  - Even on days off/weekends, leave the dog
- No good-bye scenes, just leave
- Leave the dog in the largest possible area while preventing your dog from having direct access to the doors you use to enter and exit the house
- Always leave your dog with toys that will keep him from getting bored, which may then lead to feeling anxious.
  - XXL Kongs stuffed and frozen
    - If your dog eats dry kibble, soak part of his breakfast until it is mushy. Stuff the mushy kibble in the kong and layer it with peanut butter and wet dog food. Seal the opening with peanut butter. Freeze this overnight and give it your dog when you leave in the morning.
    - Antlers
    - Nylabones
  - Leave the tv or radio on.
- Try to leave at different times
- Use different exits and entrances
- Do not go immediately to the dog upon return. Wait five minutes, then just let the dog out to potty and then greet calmly.
  - Don't pay any more attention to him until he's calm and relaxed.

### Make sure your dog gets plenty of physical and mental exercise.

- Give your dog a good long walk (at least 20-30 minutes) every morning.
  - Be sure to allow him to do lots of sniffing on your walk-sniffing tires dogs!
    - **A tired dog is a happy dog and doesn't have much excess energy to burn when he's left alone!**

### What NOT to Do

- Do not scold or punish your dog if you come home and find a mess. If you punish him, he may become even *more* upset and the problem could get much worse.
  - **Remember: Anxious behaviors are not the result of disobedience or spite. They are distress responses! Your dog displays anxious behaviors when left alone because he's upset and trying to cope with a great deal of stress.**

### **If Your Dog is Showing Signs of Anxiety When You Prepare to Go Out:**

- Go through your “leaving routine” when you aren’t actually planning on going out.
  - Put on your shoes, put on your coat, pick up your keys, and walk to the door, but don’t leave. Instead, take your shoes and coat off, put your keys away and go back to whatever you were doing before.
  - Grab your keys and take them with you when you go to the bathroom
  - Put on your shoes and have dinner
  - Pick up your briefcase/backpack/purse and take with you to the bathroom or to the couch to watch TV
  - **Do these several (5-10) times a day at random times to desensitize your dog to your “leaving routine” which will decrease his anxiety.**