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Preventing Separation Anxiety during COVID19

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With owners home more than normal, there is a concern of creating separation anxiety in dogs once the world returns to normal. Here's several things you can do to help prevent separation anxiety in your dogs:

- Keep a routine. Start a new “normal” schedule as soon as possible. Dogs love routine and helps when they know what to expect
- Spend some time ignoring your dog. It is normal to want to spend your day cuddling with your dog on the couch and seeking and receiving comfort in this time of social distancing. However, spend part of your time together ignoring your dog. Before this happened, you didn't always pay attention to your dog. Do not do it now. Go about your business around the house just like you did.
- Keep them separate from you. Whether in a crate or behind a babygate, spend part of your day with your dog away from you. You may need to start with just a few minutes. And remember, NEVER return to them or let them out of their crate unless they are quiet.
- Exercise their mind. A tired dog is a good dog! 15 minutes of mental work is the equivalent of a three-mile hike or walk. And, the more tired they are, the easier they can rest away from you
- Be careful of triggers! Dogs pick up on the cues that you are leaving – putting on shoes, picking up keys, etc. Try to make sure to do some of these things even when you are not leaving. Keep them guessing if today is the day you are venturing out without them
- Make departures and arrivals low key. When going to the grocery store or other essential errands, make your departure and arrival back home low-key. If possible, do not go directly to them when you come back home.

If you are already experiencing issues, do not wait until life returns to “normal.” Let us help you now! We're still offering our Separation Anxiety Modification package remotely during this time!

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