



## Separation Anxiety

More and more dogs are suffering from separation anxiety and it has become one of the top requested, behavior issues owners are needing help with. Separation anxiety is where dogs show signs of being stressed and doing unwanted behaviors when left alone.



Any dog, no matter age or breed, can show signs of separation anxiety. Some signs of separation anxiety are: vocalizing, destructive behavior, house soiling (even if potty trained), escaping, pacing, salivating and vomiting. These signs can be very extreme and the dog can hurt themselves while trying to escape.

### Do:

- Contact your Veterinarian if you think your dog has Separation Anxiety. They will also need to rule out any physical issues that could cause some of the same symptoms.
- Contact ROC Animal Training and Behavior or another professional trainer who works with behavior modification.
- Try and find an alternative to leaving your dog at home while you are working on their behavioral issues. (Dog walker, Doggy Daycare, Family or Relatives house)
- Change your departure cues. Meaning change the normal routine you do when you leave. Dogs pick up on those cues and that can trigger them to start being anxious even before you leave.
- Play calming music before you leave your house and while you are gone.
- Set up a video to watch your dog so you can see what is going on. This will also provide great information for your Veterinarian and Trainer.

### Don't:

- Don't punish your dog for stress elimination. They are not doing this to punish you. They are scared, anxious and have to relieve themselves.
- Don't make a big deal about leaving your house. Or make a big deal when you come home. You are raising your dogs excitement level and that can add more to the anxiety.
- Don't expect your dog to NOT experience stress or separation anxiety if a major life change or schedule change has happened.
- Don't leave your dog home without something to do. Using interactive food puzzles or chew toys can help relieve stress.
- Don't loose hope! Separation Anxiety is treatable with time, patience and the right tools. We can team up with your veterinarian to come up with a plan.

For additional training needs, please call or email us.