

Separation anxiety

■ BY HARRY KALAJIAN

Separation anxiety is one of the top problematic behaviors to break. The cause of separation anxiety is the fault of the owners from day one. I will explain with several scenarios of what causes this behavior to emerge. As owners when they get a puppy they spend countless hours loving the puppy, and bringing them everywhere. After a while the puppy becomes much attached, and always needing the attention and the loving from their owners. The puppy becomes accustom to always being with the owners. With that comes separation anxiety when owners leave their dog and go out. The dog goes into a panic mode because it never has been on its own; the result exhibited from that then becomes a huge problem. Symptoms of separation anxiety can be barking, whining, destruction, panting, increased level of heart beat and foaming and messing in the house.

If you have adopted a dog they too can exhibit the same behavior as a young dog, if over attentiveness and cuddling has been given. If the adopted dog has had bad experiences of any type, that can cause that too. Fear of abandonment, neglect etc ... Unfortunately the adopted dog can't tell us what it has experienced; we can only assume from the dogs' behavior what it has endured. People that surrender the dog to an adoption center will never disclose the real reason why they are surrendering their pet. When they do disclose, 98 percent of the time they are lying.

The rules to follow so puppies or adult dogs don't have separation anxieties. If they are puppies from day one



spread the time you spend with them during the day. Let them learn to stay by themselves. Leave the house go out and come back a little while later, make sure you don't make a big deal when you are leaving and or coming back. In the beginning alter the times when you leave and come back so they don't fall in a schedule. One of the best ways to leave them and not worry is simply take them out for a good walk or play time, this will insure the puppy will be tired and sleep when you're gone. When they are young crate train them, it's for their safety and your homes safety. You can also take a Kong and put some peanut butter in them and fridgerat or freeze it. When you leave you can give it to them so

they keep busy and entertained by it. (Use a kong that is a suitable in size for your dog)(The black kongs are stronger then the red ones, *photo insert*)



If you have adopted a dog the same rules apply like that of a puppy. In cases of a dog with severe separation anxieties make sure before leaving they have been walked for a good amount of time before leaving. The amount of time of the walk is dictated according to breed or size of the dog. However after a good walk, if you are crating them make sure you give them a kong or something they can entertain themselves with. Don't make a big deal when you leave or when you get back. With severe separation anxiety

eties start by leaving with 15 minute intervals. Then start increasing the time. Make sure the times you do leave that it's not always at the same time. Do this several times a day if possible. Do the 15 minute intervals for several days, till you see progress. The best way you will know is by investing in a security camera \$35. on Amazon. This way you can keep an eye on them from a different location. It is normal they will bark or whine for several minutes. Whatever you do don't rush home. (Keep the intervals) Once you see they are doing good increase it by five or 10 minutes and progress. Make sure you don't progress the intervals to fast. Although it will feel like a long journey in correcting or modifying this issue, you will succeed.

Added Note: Professional obedience training will help a lot. When you're walking your dog prior to leaving them apply the obedience commands on your walks. That will stimulate and tire your dog out quicker. Always remember

Training isn't hard as long as you are willing to put time and follow my formula to have success; Patience, Persistence, Consistency & Repetition. If you still fail, it's on you not your dog. You didn't stick to the formula.

Have a woof woof of a month.

*Harry Kalajian M.D.T.
with over 35 years experience
All aspect of training, behaviorist,
ethologist & psychologist
Executive Dog Training Inc.
executivedogtraining.com
caninebehavioraldiagnostics.com
941-447-8234*