

Some Signs And Symptoms Of Separation Anxiety

Destructive behavior after their owner's departure is exhibited by almost all dogs experiencing dog separation anxiety. They will often knock things out of place or chew on the owner's shoes. A period of endless howling or barking may start twenty to thirty minutes later. Excessive greeting behavior that is seen when the owner returns is the most typical sign of dog separation anxiety.

A series of psychological changes is undergone by the dog which the owner doesn't see when they are not around. Usually dog separation symptoms are hyperactive in nature, but some dogs will become slow and depressed. Even though well trained before some dogs may defecate or urinate in inappropriate places.

Dogs begin to sense the impending departure of their master with the passage of time. Before the owner leaves the dog will follow their loved one from room to room and then scratch or dig at the door after the owner has left.

What is separation anxiety? Separation anxiety happens when a dog becomes stressed each and every time he or she is left alone. Typically the dog paces, whines, chews or scratches door and window sills, makes housebreaking mistakes, barks and generally gets stressed out. It doesn't matter if you're gone for five minutes or five hours, your dog stresses the moment you leave.

What Can Help With Separation Anxiety?

By training the dog over time, dog separation anxiety can be overcome. It is best to gradually teach the dog to spend time on his own. At first the intervals should be short and then gradually increased in length over time. Before he is to be left alone, professionals will often advise caretakers to let the dog run around and exercise. However the dog will tire out and then take a nap while the owner is gone. The same effect might happen with a heavy meal.

Medication is available for dog separation anxiety since vets recognize this problem. Gradual training in most cases will help the dog out of this phase and allow the owner to enjoy a fulfilling relationship with your pet.

Dogs with separation anxiety need your help, and the first thing to do is to start having your dog do things respond to commands for everything he gets -- food, attention, treats, play and walks all happen after he listens and responds to a command such as sit. This will calm him and help reassure him that you are leading the team.

Separation anxiety (SA) dogs are often "owner addicts." They want to be leaning, touching, sitting on, gazing up at or sitting their owners every moment. This needs to change. Get a dog bed. It doesn't have to be fancy -- a folded blanket will do -- and give him all his petting and attention there. Treats are given there. Meals are given there. Make this the best seat in the house. Do not call him off of the bed to come to you, and leave him be when he is on it. This may be hard for you at first but things have to change, right?

Get the interaction you crave through training. Take a class, pick up a dog sport and find new ways to spend time with your dog --