

## HELPING YOUR NEW DOG COPE WITH BEING LEFT ALONE



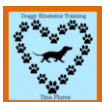
### CONGRATULATIONS ON ADOPTING YOUR NEW BEST FRIEND!

**Getting used to a new home and family is a big transition for any dog and it may take your furry friend some time to acclimate to his new surroundings.**

You might see his behavior change in the first 4-6 weeks after you bring him home as he gets used to his new environment and he will need your help to become acquainted with his new routine. Part of this routine will probably include you leaving him at home by himself from time to time. Many dogs may experience some degree of difficulty when left alone and it's not always easy to determine if this is the case when a dog first joins the family.

**One of the best ways to set your dog up to be successful when you are gone is to arrange for him to only be left alone for short periods of time after bringing him home until you know he is not going to panic.**

- Observing your dog using a video chat program in real-time is key to understanding how he handles being alone. You can start out by using any video program on a laptop or tablet. Open the program on your device and also the app on your smartphone (apps such as ZOOM, Skype or Facetime work well).
- Keep the initial absence short (2-5 minutes max). Drive around the block and watch how your dog reacts.
- If your dog appears to be comfortable and not too concerned with a 5 minute absence, you can gradually start increasing the time you are away and work up to running short errands.
- If you see that your dog is showing signs of stress return immediately. Signs of stress may include (but are not limited to): pacing, panting, vocalizing, drooling, scratching/pawing at the door, etc.



### DO

Start with short absences and build up time gradually as long as your dog is not stressed.

### DO

Exercise with your dog and provide daily enrichment in the form of training, treat dispensing toys, or fun things to chew on. Providing affection and attention does not cause separation anxiety.

### DO

Utilize a reliable daycare or pet sitter when you need to be away for any amount of time longer than your dog is comfortable.

### DO

Contact your veterinarian and a professional trainer if your dog is experiencing signs of stress when left alone.





**If you plan to use a crate or confinement area, be sure that your dog is happy and relaxed in this space before you leave him alone. A stronger crate is NOT the answer!**

- Many dogs love their crates and can be safely left alone in them but they need to be properly trained to do so.
- A dog who experiences stress when left alone will not be calmer just because he is in a crate. This can actually exacerbate his discomfort and cause confinement anxiety.
- If you need help with crate training, contact a force-free trainer who can guide you through the process. Not sure how to find one? E-mail us at the address below and we can help locate a qualified trainer in your area!

**What should you do if your dog is showing signs of stress when you leave him alone?**

If your dog does not seem to be tolerating the short absences that you are practicing or you are unable to increase the time you are gone without him showing signs of stress, contact your veterinarian and a professional dog trainer who specializes in helping dogs with separation anxiety for more information.

- Write down your observations to help your vet and/or trainer understand what your dog is experiencing when left alone.
- Visit [www.doggyeinsteinstraining.com](http://www.doggyeinsteinstraining.com) for more information and resources on how to help your dog.

Studies have shown that 75% of dogs with separation anxiety do improve with proper treatment.

**If your dog is experiencing symptoms of separation anxiety, don't despair! There are experts who can help!**

Tina B. Flores  
KPA CTP, CSAT  
[doggyeinsteins@gmail.com](mailto:doggyeinsteins@gmail.com)  
[www.doggyeinsteinstraining.com](http://www.doggyeinsteinstraining.com)



Doggy Einsteins Training

## **DON'T**

Scold or punish your dog for doing something you don't approve of while you are out. He is not misbehaving or acting out of spite. He is having a panic attack.

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## **DON'T**

Use equipment that might be painful or scary for your dog. Equipment such as shock or prong collars will only mask the symptoms of anxiety and can actually increase your dog's fear.

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## **DON'T**

Leave your dog alone in a crate if he hasn't been conditioned to love his crate.

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## **DON'T**

Leave your dog alone for any longer than he is comfortable. He will not just "get over it". Your dog is scared and needs help.

