

# Separation Anxiety Solutions

## BEHAVIOR SERIES



Your dog has been diagnosed with separation anxiety. The following steps should be implemented as part of a comprehensive treatment plan to reduce this anxiety.

## Resolving the Problem

Resolving the Problem:	Additional Recommendation:
Reward calm, relaxed, independent behavior from your dog when it is spontaneously offered by praising him/her	<ul style="list-style-type: none"><li>• Ignore attention seeking behaviors when you are home</li><li>• Practice having your dog separated from you at home by doing things like:<ul style="list-style-type: none"><li>– Closing doors</li><li>– Having different sleeping areas</li></ul></li></ul>
Exercise your dog	Daily exercise can be helpful in reducing stress and anxiety
Use Dog Appeasing Pheromone (DAP) <sup>®</sup> in your house	Ask your Banfield medical team for more information
Pair departures with a special reward	<ul style="list-style-type: none"><li>• Give your dog a favored distraction several minutes prior to your departure<ul style="list-style-type: none"><li>– Examples include long lasting food treats such as a food puzzle toy or a favorite toy</li></ul></li></ul>



## Avoid

Arousal associated with reunions

- Have your belongings prepared so that your departure from home is calm
- Do not engage in emotional greetings or departures

Long anxiety ridden times alone

- Use doggie daycare, pet sitters or take your dog to work if possible to reduce his/her time alone
- As your dog improves, start to leave him/her home alone again

Punishing your dog if you return home to find evidence of destruction/house soiling

- Punishment may make the behavior worse

## Other Considerations

- Some dogs that suffer from separation anxiety also have claustrophobia and crating them exacerbates the signs of anxiety. If this is the case for your dog, avoid using the crate
- Getting a canine companion for a dog with separation anxiety is not a successful intervention in the majority of cases

If these solutions are not successful, consult your Banfield veterinarian about possible drug therapy in conjunction with behavior modification.

For additional information, please contact your Banfield medical team.

