

Dealing with your dog's separation anxiety



Dogs are naturally sociable creatures and form strong bonds with their owners – this close companionship is certainly one of the most rewarding elements of dog ownership!

Therefore, it's entirely understandable that when left on their own, dogs may experience feelings of loneliness and anxiety.

Although dogs should never be left on their own for too long (ideally no more than 4-6 hours at a time), there will always be occasions when it is necessary for owners to leave them in their own company. If dogs are taught from an early age how to be left alone in an appropriate manner, then they are much more likely to grow up feeling relaxed and comfortable when left on their own for periods of time.

Separation anxiety can be brought on or exacerbated by changes in routine (e.g., increased periods of isolation due to owners changing work patterns) or home environment (e.g., moving house), loss of a canine companion (bereavement) or boredom.

What are the signs of separation anxiety?

- Persistent vocalisation (barking, whining, howling)
- Toileting in inappropriate places
- Coprophagia (eating faeces)
- Destructive behaviours
- Trying to escape or follow you
- Pacing
- Panting and salivating
- Waiting by doors or windows
- Extreme excitement upon owner return



8 out of 10 dogs don't cope when left alone



Not sure if your dog is anxious when left alone?

YOU CAN SET UP A VIDEO CAMERA TO MONITOR YOUR DOG WHEN YOU LEAVE THE HOUSE, TO HELP YOU IDENTIFY SIGNS OF ANXIETY.

It is important to seek veterinary advice when dealing with separation anxiety as:

- ✓ Your vet can help identify any physical health problems that may be contributing to your dog's anxiety.
- ✓ A vet or vet nurse can discuss behavioural management plans with you or offer behavioural referral.
- ✓ Your vet may need to prescribe medications to help with your dog's condition.
- ✓ They will be able to recommend appropriate calming nutraceuticals and other behavioural aids.

Restore emotional and behavioural balance



How can I help my dog?

As with most problems, prevention is better than cure. It is important to teach puppies from a young age how to cope when being left alone, as this doesn't come naturally to them. For dogs and puppies that have developed separation anxiety all is not lost - there are steps that can be taken to help! Behavioural training is the cornerstone of treatment, as it can help reframe your dogs attitude towards periods of isolation, thereby reducing the feelings of anxiety and eradicating undesirable behaviours.

Stressed out, anxious pet?

Use **Alphazium TT** as part of your management strategy.

Find out more at

www.tvm-uk.com/alphaziumtt

or speak to your vet



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