



## Evolution Dog Training Tips

### Is Separation Anxiety causing you stress?

Dealing with your dog's separation anxiety can be a challenging and emotional journey, but I'm here to tell you that there's hope for a brighter future. Picture the day when you can leave your home without your furry friend experiencing distress, when your dog feels calm and secure even when you're apart. In this article, we'll uncover five essential steps to success in managing and overcoming dog separation anxiety. These expert tips and strategies are designed to offer both you and your canine companion the peace and freedom you deserve. If you're curious about what could be happening with your dog, and finding the path to a more relaxed and contented pup when you're not around, read on, as we dive into the keys to separation-related anxiety recovery.

#### **Here are the top 5 expert tips to understanding separation anxiety and what to do about it:**

1. Differentiating between separation anxiety, isolation anxiety, co-dependence and confinement anxiety
  - a. You'll need to investigate to understand if your dog has an issue with being alone, being without someone specific, being confined in a kennel, being confined behind a gate, or if it's a combination of more than 1 of these, or many other, common factors.
2. Separation or isolation anxiety can be caused by many things:
  - a. Lack of being alone and now not sure what to do
  - b. Clinical anxiety
  - c. Pain, discomfort, need to potty, thirst, hunger or fear
3. Confinement anxiety can be caused by many things:
  - a. Lack of practice being confined and now overwhelmed and scared
  - b. Negative experience, as perceived by the dog, even if we don't understand it.
  - c. Not the right kind/size of confinement set up, be it a kennel, pen, gated area, closed room etc.
  - d. Confinement area is not relaxing
4. Co-dependence could be the culprit in some cases:
  - a. Your dog may not know how to independently go about their day if they're not used to it
  - b. They may not have built the confidence to navigate certain things themselves and are accustomed to a companion (be it a human or animal companion)
  - c. Littermate syndrome can sometimes show up as this specific type of separation anxiety
  - d. They may have underlying fears or anxiety, or environmental factors we don't understand without investigation

5. What to do about it:

- a. Once you have a better idea of what's really going on, start practicing each part of the puzzle in short, positive, easy and frequent moments to build confidence
- b. Try various things to see what provides the most comfort
- c. Reach out to us for a consultation so we can thoroughly assess your individual needs and provide a step-by-step plan to improve these areas
- d.

I encourage every dog owner facing the challenges of separation anxiety to take a closer look at their individual dog's needs and emotions. Each dog is unique, and understanding the specific triggers and responses of your beloved pet is a crucial step in addressing their anxiety. Remember, there is hope, and you don't have to navigate this journey alone. Reach out to us so we can provide guidance and support tailored to your dog's situation. By delving into the details and seeking help, you can embark on a path toward helping your furry friend find comfort and security, even when you're apart.

*Wishing you a paw-s-itively tail-wagging day!*

*Leanne, and the Evolution Dog Training Team*



Text or Call us for help: (702) 997-5462