

## **Preventing Separation Anxiety**

### ***Getting your pup ready for when you leave the house***

As we start to head back to the office for work, or just leave the house more than recently, our dogs will be dealing with some separation issues. We can help them get ready for when we are no longer at home 24/7. Here are some simple tips from [Dynamic Dogs](#) to prevent separation anxiety:

1. Start by leaving your dog(s) alone for a few minutes each day. Get the mail, take a short walk, or run an errand. Gradually lengthen your time away each day.
2. Mentally stimulate your dog(s) before you leave. This is a great way to get them engaged and tired so they don't have as much energy while home alone.
3. Walk the dog(s) before you leave. Be sure to use the "heel" command; this incorporates both physical and mental stimulation.
4. Use the "implied stay" command to get them ready for your departure each time.
5. If crating your dog(s), be sure they are comfortable and quiet in their crate. Find a special treat for crate time.
6. Use a treat as a reward for good behavior.
7. Ignore them if they get into a frenzy; reward only the good behavior.

