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**[I'LL BE HOME SOON!](#)**

Help for those whose dog suffers badly from Separation

Anxiety, help in preventing it from developing, and tips on how to raise a dog with

[Home / Poodle Behavior Problems / Separation Anxiety](#)

**Canine Separation Anxiety**

Separation Anxiety occurs in dogs of all ages and breeds, and is caused by the stress or fear of being alone. Many cases of Separation Anxiety are misinterpreted. People think their dog is misbehaving or being destructive on purpose. Separation Anxiety is the most common reason for dog behavior problems.

Puppies and some dogs experience a high level of stress when left alone. For a dog, it is not the natural order of things to be split up from his family. His natural instincts do not prepare him for such a situation. Most puppies learn that nothing bad happens when they are left alone, and they learn to entertain themselves and gain confidence in their ability to be alone.

Some dogs do not gain confidence in their selves for various reasons. Second hand dogs, dogs adopted from animal shelters, and rescued strays are prone to develop separation anxiety. Dogs that are intelligent and have a high energy level can also develop separation anxiety.

**Causes Of Separation Anxiety**

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Your Dog's Medications Delivered to Your Door. Save up to 25% Today!  
[www.1800PetMeds.com](http://www.1800PetMeds.com)

**[Natural Anxiety Remedy](#)**  
PetCalm - Proven Herbal Treatment For Cats And Dogs. No Side Effects.  
[www.nativeremedies.com/petalive](http://www.nativeremedies.com/petalive)

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[www.so-easy-dog-training.com](http://www.so-easy-dog-training.com)

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Compare the Top 5 "Dog Separation Anxiety" Products Side-by-Side here  
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Stop This Destructive Behavior Fast Tips to Solve Separation Anxiety  
[www.DogTrainingSolution.com](http://www.DogTrainingSolution.com)

ON HOW TO RAISE A DOG WITH good "house manners."



[CANINE SEPARATION ANXIETY WORKBOOK, 4th EDITION](#)

A complete guide to understanding and treating canine separation anxiety.



[Comfort Zone Plug-In](#)

disperses dog-appeasing pheromone,

which mimics a natural comforting pheromone produced by dogs. It helps to calm dogs or puppies in stressful situations and reduces stress.



[HomeoPet Anxiety Relief](#)

Fretting, fear, anxiety, and unwanted

behavior from thunderstorms, travel, loneliness, vet and grooming visits, and other stressful situations can be soothed with this fast acting, non sedating liquid. Nature's gentle stress reliever quickly promotes a sense of calm.



[DOGS MISBEHAVING: SOLVING PROBLEM BEHAVIOR WITH BACH FLOWER AND OTHER REMEDIES](#)

Discover how to eradicate or prevent undesirable canine

- Fear of abandonment caused by prior re-homing.
- Some dogs have been left alone too long when they were a puppy and are traumatized by it.
- Some dogs are neglected or abused and develop low self esteem. These dogs are usually bounced from home to home and then end up in animal shelters.
- A dog with a strong guarding instinct toward their owner can get very stressed because if they are left behind, how can they protect their owner.
- Dogs who are overly attached to their owner and who are rarely left alone can literally go to pieces when the person who is the center of their universe leaves them behind.
- Changes in ones daily routine or work schedule, from where the dog spends most of the day with it's owner to where the dog spends most of the day alone.
- Moving to a new home or other major change in the dogs environment.
- Some dogs can be traumatized by an event unknown to their owner.

### Symptoms Of Separation Anxiety

- Barking, whining, screeching, or howling - this is a way of calling for the dogs owner to return or so the sound of their own voice fill the silence that surrounds them.
- Destructive chewing of household items relieving the loneliness or boredom.
- Digging at and scratching doors, rugs, or furniture - the dog is frantically trying to escape and find it's owner.
- Acute alertness to owner's every move and obsessively following owner from room to room, typical behavior of over attachment.

prevent undesirable canine behaviour by combining effective flower remedies with practical dog training methods.

Addresses Specific Problems!

- abuse
- aggression
- attention-seeking
- barking
- biting and mouthing
- car travel
- destructiveness
- hyperactivity
- nervousness
- possessiveness
- Separation Anxiety

[Safe herbs for pets from Natural Pet Market](#)

- Trembling, panting or drooling when left alone is a reaction to fear.
- Self-mutilation, caused by excessive chewing or licking - this behavior is usually from over attachment to the owner. Use a surgical collar or medication from your veterinarian to stop the dog from doing damage to itself.
- Urinating and defecating in the house, diarrhea
- Any other obvious signs of distress when left alone

### Treating Separation Anxiety

First adopt a low-key approach to leaving the house. Emotional good-byes will only cause your dog to be more anxious when you leave. Ignore your dog for a few minutes before you leave and a few minutes on your return.

If there is a whirlwind of activity that takes place prior to everyone leaving the house all at the same time, put the dog away in its own special place half an hour or so before everyone leaves, otherwise the dog is left in a state of high tension when everyone is gone and he is alone.

**Never Punish Your Dog Or Shout At It When You Return Home** - no matter what damage you may find. All separation anxiety problems are stress reactions. If the dog is torn between his desperate desire to see you and the knowledge that you will scream and possibly hit him on your return, his stress will only be that much worse.

Always remember punishing a dog with separation anxiety can make the problem escalate. Prevent destructive behavior by keeping your dog confined in a [crate](#) or other small area when you are gone. Provide stimulating [toys](#), like nyla-bones or toys you can fill with treats.

Try playing the radio or leaving the television on when you are gone. Experiment whether your dog reacts better to a tuned station or to "white noise", the rushing sound in between stations. Some dogs find this soothing.

Do not reward barking, whining, jumping, pawing, or frantic behavior with any affection or attention, not even eye contact. Reward calm, quiet, and non-dependent behavior with calm praise and attention. Save your affection for when the dog is behaving.

Don't spend all day pampering and petting your dog. Practice having the dog spend short periods of time alone on a consistent basis. Shut room doors behind you when you are moving around the house. Leave the dog in one room while you are in another for a few

minutes.

For over attachment problems in particular, it is important not to let your dog sleep with you. You can keep the dog in the bedroom with you, but confine it to a crate or it's own bed.

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### Other Helpful Tips

Spend quality, one-on-one time every day with your dog. Five to twenty minutes a day can help your dog feel more secure. This quality time should consist of fun interactive play and exercise. Poodles need plenty of exercise and stimulation.

A dog who is able to look out the window when you are gone may become more stressed by seeing other dogs and people, and is likely to look for you the whole time. It is much better for his long term health to relax and go to sleep in a quiet room.

If you are gone every day for long periods of time, consider hiring a dog sitter. You can try to find someone who loves dogs that will give your dog some company for a couple hours a day.

An other alternative, is to hire a dog walker who can come and take your dog out for a little while during the day.

### My Poodle - Cleo

Cleo is a rescued dog and has separation anxiety. She is almost five years old, and I have owned her since she was two.

Cleo is a kind and caring companion, but very insecure and worries over every move I make. At times Cleo seems better, but I have come to realize, she will always have Separation Anxiety.

Re-homed dogs need our love and support to overcome their insecurities, the sad truth is some never will.

### Don't Give Up

Remember dogs are the most loyal companions and they seem to live their lives trying to make us happy.

Contact your veterinarian to help determine if your dog has separation anxiety and what treatments are available. There are many [books](#) that can help you deal with, and understand your dogs Separation Anxiety.

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