

# PICK OF THE LITTER



## DOG TRAINING

### SEPARATION PROBLEMS

- **Keep Comings and Goings "Low Key":** plan to ignore your dog for five minutes prior to leaving (use a simple phrase such as "be good" just before leaving) and five minutes after arriving home.
- **Teach your Dog to Accept Confinement:** in a crate, kennel, or a small area
  - Step 1:** to teach your dog a positive association with the confined space, begin by throwing a piece of food into the area three to five times per day (do not close your dog in, but simply let your dog go in and out to retrieve the food item).
  - Step 2:** after many, daily repetitions of step one, begin throwing a piece of food into the area, either closing the kennel door or putting up a baby gate to confine the area, and feeding the dog through the door or gate
- **Confine your Dog:** Provide a stuffed Kong toy while your dog is confined to the crate, kennel or small area of the house and slowly increase the amount of time that your dog is confined (leave your dog for 10 seconds, 30 seconds, 1 minute, 2 minutes, 5 minutes, 15 minutes, 30 minutes, 1 hour, and so on). Begin by practicing this confinement while your are still in the house, and then progress to leaving the house while your dog is confined.
- **Change Stressful Events:** Teach your dog to dis-associate stressful events (picking up your keys, putting on your shoes or jacket, opening the garage door, starting the car, and picking up your purse or wallet) with your departure by randomly doing one event at a time without actually going anywhere. You can also teach your dog a positive association with each event (for example, pick up your keys, provide a food treat, but do not leave the house)
- **Attention on your Terms:** Ignore your dog when they *demand* your attention (nose nudge, push up against you, barking, etc.). Instead, decide when you want to interact with your dog and ask your dog to sit before doing so.
- **Teach Basic Commands:** basic commands provide leadership and dogs who have secure leadership are less stressed.. An out-of-sight stay can work wonders to reduce separation issues