

SEPARATION TRAINING



- ✓ Encourage daily alone time via independent play & food games. Teach your puppy to entertain themselves whilst you go about your day at home.
- ✓ Be mindful of how much your puppy is with you when you are at home and consciously create time apart, even if its only for a few minutes at a time.
- ✓ Play the Disappear/Re-appear game. Increase the time you disappear slowly. Do daily, small sessions as a means of 'convincing' your puppy - you **ALWAYS COME BACK** !
- ✓ Utilize baby gates, pens, crates and separate areas as a means of separation from you.
- ✓ If using a crate, ensure you implement crate training first, to create positive associations with the crate.
- ✓ Begin departure desensitization training. Start small by coming and going from the room, then from your house for a few minutes at a time. You may need to go even slower than this and that's OK !
- ✓ Your puppy crying for a period of time when you leave is normal. This may be frustration as they cant be with you but eventually they should settle. If this escalates into barking, howling or other behaviours, reach out to a qualified trainer for guidance.