

COMMON MYTHS ABOUT SEPARATION ANXIETY...



Getting another dog will fix the problem.

If purchasing another dog relieves the symptoms, its unlikely it was true separation anxiety to begin with. If your puppy has separation anxiety from you, another dog may act as a band aid temporarily but is not a solution.

Your dog shouldnt sleep in your bed.

There is no evidence a dog sleeping in your bed creates the separation anxiety. If you are working on independence training from the beginning, your dog can sleep wherever you like down the track.

Crate training will fix the problem.

A large percentage of dogs suffering from true separation anxiety will not do well in a crate. Some are even more stressed and can self harm when left in a crate, even if they are crate trained.

Being the Alpha will fix the problem.

You dont need to be the 'boss' and assert your authority. You do, however, need boundaries and structure to create predictability and routine, especially for those dogs who may be less confident in nature and more sensitive to change. Routine creates security which will reduces everyday stress.

They will get over it with tough love.

Anxiety and fear are involuntary emotional responses. Your dog cant be punished into 'getting over it' . Its not a matter of telling your dog they need to stop it.

Just give them more exercise and toys.

Whilst exercise and mental stimulation are important, adding more to your daily routine wont fix separation anxiety.

Collars, sprays, diffusers.

For mild cases, these may help but for severe cases these often have no effect. Thats not to say you shouldnt try them. Reach out if unsure.



Need help with Separation Anxiety?

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