

## Crate and Confinement Training

### Why we do it

To ensure comfort while your dog is alone and confined, and help with house soiling and destructivity issues.

### What you need

- Kong or long-lasting treat
- Crate or x-pen (exercise pen)
- Safe and appropriate chew toys

### How we do it

In order to get your dog used to their crate and “play area,” give them a long-lasting treat, be that a Kong, treat-dispensing chew toy or safe bone, etc.

Leave them alone to chew and be merry. After a few minutes or before they finish the treat, let them out and be calm about it; don't make a fuss. Repeat and gradually increase the time they are left alone in this area without you leaving the house. Start by putting them in their confinement area with toys; after a few minutes add the long-lasting treat, then release them from their confinement area before they finish the treat. Be patient. It could take time to get your dog comfortable with their confinement area, but don't give in.

### Troubleshooting

If your dog begins to howl, whine, bark or scratch, wait until they have been quiet for at least a few moments before you respond, by either letting them out or rewarding the quiet. If you give attention to these unwanted behaviours, your dog will learn that these behaviours get them attention or even let out of the crate, and they will repeat them later.

It is important to introduce both short-term and long-term confinement training.

Dogs are inquisitive and social animals; they need to do something especially when left alone. Dogs chew as a natural and necessary behaviour. It helps to pass the time, relieve stress, relax, burn energy, clean teeth and help a teething puppy's gums. It often serves the purpose of relieving tension when left alone. Always ensure you leave appropriate chew toys or enrichment activities for your dog.

**Never use a confinement area as punishment or as a time out.**

