

## Separation Type Anxiety: In-Home Training Plan

<p><b>Ignore Attention-Seeking Behaviour</b></p>	<ul style="list-style-type: none"> <li>• Do not respond to attention-seeking behaviour (e.g., jumping up, whining, pawing, and barking). Whether your response is positive or negative, you are still reinforcing the dog's behaviour</li> <li>• Instead, ignore the dog: turn away and do not talk, touch, or looking at them</li> <li>• Warning: at first this will increase the attention-seeking behaviour, but if you stick with it, it will help reduce your new family member's anxiety</li> </ul>
<p><b>Departure Routine</b></p>	<ul style="list-style-type: none"> <li>• Ignore the dog for 30 minutes before leaving the home</li> <li>• About 5-10 minutes before leaving, give the dog a stuffed Kong or other long-lasting treat to distract them from your departure</li> <li>• Play classical or reggae music – these can help reduce your dog's anxiety</li> </ul>
<p><b>Arrival Routine</b></p>	<ul style="list-style-type: none"> <li>• When you arrive home, ignore the dog until they are calm and settled. Then, quietly acknowledge them</li> </ul>
<p><b>Departure Cue Desensitization</b></p>	<ul style="list-style-type: none"> <li>• Dogs learn to recognise the behaviours you exhibit before you leave the house (putting on your shoes, getting your keys, etc.). When they see you beginning this sequence it can trigger their anxiety</li> <li>• Perform this sequence of behaviours at times when you are not actually leaving the house occasionally help desensitize him to your departure cues. Put on your shoes, get your keys, and then sit on the couch and watch TV from time to time.</li> </ul>
<p><b>Desensitization to Being Alone</b></p>	<ul style="list-style-type: none"> <li>• Select an area of your home that can be baby-gated off and faces a main living space in your home. Set up the area with the dog's food, water, bed, and toys. Allow the dog time to explore the space prior to being baby-gated into it</li> <li>• Encourage your dog into this area, set-up the baby-gate, provide them a long-lasting food toy such as a Kong stuffed with peanut butter that has been frozen, then spend some time somewhere they can see you and ignore them. Let the dog out of this area before they start to vocalize</li> <li>• Gradually increase the time your dog spends in this area. Next, begin walking in and out of their line of vision. Once they are staying quiet and calm for this, start stepping outside the home for very short periods of time, eventually increasing the duration of this as well</li> </ul>
<p><b>Exercise</b></p>	<ul style="list-style-type: none"> <li>• Appropriate amounts of exercise (such as walking and playing) on a regular schedule can greatly reduce anxiety and stress levels</li> <li>• Consider hiring a dog walker if you know your dog will be alone for long periods</li> </ul>
<p><b>Crate Training</b></p>	<ul style="list-style-type: none"> <li>• Many dogs with separation type anxiety have increased stress in smaller spaces, so crates are not ideal. A better solution is to use the technique outlined in this document to train independence, while working on crate training separately using this technique <i>Crate and Confinement Training</i> if necessary for the safety of the dog or to avoid destruction of the home.</li> </ul>

