



**OPERATION
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DOG SEPARATION ANXIETY GUIDE

While bringing home a new dog can be an incredibly rewarding experience, it's important to recognize that some dogs may exhibit symptoms of separation anxiety. These symptoms can manifest in various ways, including **barking, whining, shaking, urinating, defecating and destructive behavior**. Below are some tips to help manage your dog's separation anxiety.

PROVIDE YOUR DOG WITH A SAFE SPACE

Providing your pup with a safe spot, like a soft bed or pillow, they feel comfortable can help ease anxiety.

Crate training your dog is a great option that can help make your pet feel more secure.



KEEP YOUR DOG OCCUPIED

For dogs that tend to chew up belongings when anxious, providing them with plenty of appropriate toys in a central location, such as a toy box, is essential.

Whenever you catch your dog chewing on something they shouldn't, consider trading it for a toy of a similar texture.



STAY PATIENT AND CONSISTENT

While separation anxiety can cause your dog to behave in ways that are frustrating, stay calm and consistent in your training.

Avoid scolding your dog for inappropriate behavior, like chewing, as it is more likely to make them wait until you're not around to indulge in these behaviors.



SEEK PROFESSIONAL HELP

If you notice your dog is really struggling, their anxiety is increasing or these other tips don't seem to be offering any relief, it may be time to reach out to your veterinarian.

A veterinarian can help come up with the best routine of training, medication or a combination of both to help ease your pup's anxiety.



For more information on separation anxiety in dogs, as well as other helpful pet ownership guides and resources, visit operationkindness.org/after-you-adopt