



# Alone Training

Whether you're bringing home a puppy or an adult dog, part of your initial training plan must include Alone Training!

## Where?

Where will your new dog be staying when isolated? In a crate, pen, or gated area? Will they have free reign? Plan for this ahead of time and be sure to have an alternate location in case your first choice doesn't serve your dog.

## Make it Fun!

Spend some time making your preferred isolation area fun! Introduce the space slowly and include meals, stuffed kongs, chew toys, and other high-value items in the area. Supervise at first to ensure all items are safe for your dog.

## Go Slow.

Don't expect to leave your new puppy or dog crated or alone for any length of time in the beginning. Gradually build up alone time by creating good associations with short isolation durations.

As you practice, set up a camera to film your dog while they're experiencing these short absences. When you review the video what do you see? Is your dog happy and relaxed? Are they showing signs of stress?

Never leave your dog alone for longer than they are comfortable. Enlist the help of friends and family, neighbours, and pet professionals to help give your dog company as they learn to be relaxed while alone.

## Signs of Stress:

Take signs of stress in your dog seriously! Common signs of isolation distress:

- Drooling
- Pacing
- Heavy Panting
- Persistent Whining, Howling, or Barking
- House Soiling
- Destruction
- Self-Harm

If you see any of these stress signs while reviewing your dog's alone time videos, it is an indication that they may not be feeling comfortable on their own. Ensure you enlist the help of those around you to keep your dog company and give your local certified behaviour consultant a call. We're here to help!

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Specializing in Leash Reactivity & Separation Anxiety

