

PAWSITIVE TIMES

A newsletter for folks who love their dogs!

Published quarterly by:
Pawsitive Fit, LLC
Puppy & Dog Training
www.pawsitivefit.com
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Volume 1, Issue 3
Summer 2009

“Please, don’t go!”

**What is “Separation Anxiety”,
and does your dog have it?**



“Separation anxiety” is a term that is often used by owners whose dogs wreak havoc when left home alone. When the owner returns home, the house is often in a state of disarray...garbage cans emptied, remote controls chewed, furniture gnawed on. In most cases, these destructive behaviors are primarily a result of boredom and lack of exercise, rather than severe anxiety over being left alone by the owner, or true Separation Anxiety (SA). “Isolation distress” is a more accurate term for the bored, destructive dog.

SA is considered the canine equivalent of human panic disorder. Some indications that your dog may have SA include destructive behavior, hyper-salivation, excessive vocalization, and inappropriate elimination. Dogs with SA tend to cling to their owners and panic if shut in a room, even momentarily. They may trash the house even when the owner is gone for a brief period, and destruction is often focused around windows and doors.

If your dog is destructive when left alone, but does not exhibit other behaviors typically seen with SA, strenuous exercise along with crating or limiting access in the home, and appropriate chew toys (such as a treat-stuffed Kong toy), will help in alleviating the problem. A canine companion may also help. But if your dog has SA, crating may exacerbate the problem behaviors; a dog may panic even more

when confined in close quarters. A canine companion will not help; the doggie friend may actually become stressed as well. In addition to the stress of being left alone, punishment for the dog’s destruction when the owner returns home further confuses and frightens the dog, adding yet another stressor.

A trainer/behavior consultant, veterinary behaviorist or your veterinarian can help you determine if your dog has SA. An exceptionally difficult behavior problem to resolve, SA usually requires medication in conjunction with a strong owner commitment, working with a qualified trainer, to change the dog’s behavior. 🐾

TRAINING TIPS

- Using food to reward your dog is the fastest way to teach new behaviors
- Train when your dog is hungry
- Use training treats that are yummy (if you were hungry, would you work harder for saltines or a slice of pizza?)...try cheese, meatballs, hot dogs, Vienna sausages, chicken
- Your dog will work hard for *teeney weeny bits* of these foods (smaller than a pea!), but if you’re worried about weight gain, cut back on food proportionately at mealtime on days when you train
- Keep training sessions short (10 or 15 minutes) and have fun! 🐾

“We give dogs time we can spare, space we can spare and love we can spare. And in return, dogs give us their all. It’s the best deal man has ever made.”

M. Facklam





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Dog Days of Summer

How to prevent, recognize and treat heatstroke



Meeting your dog's exercise requirements in the heat of summer presents a challenge. Dogs do not have sweat glands and regulate their body temperature primarily by panting. In an overheated dog, panting proves insufficient to lower body temperature. Prolonged heatstroke can lead to coma, brain damage, or even death.

Take extra care walking, running or playing with your dog on warm or hot days. Exercise at dawn or dusk when the temperatures are cooler, choose shaded routes for your walks, and make sure your dog is well hydrated. Familiarize yourself with the signs and treatment of heatstroke.

SIGNS OF CANINE HEATSTROKE:

- High temperature (105° F to 110° F)
- Fast pulse
- Excessive panting
- Deep red or blue tongue and gums
- Distressed, agitated
- Loss of consciousness

TREATMENT OF CANINE HEATSTROKE

- Move the dog to a cool, shady area
- Wet thoroughly with cool water to lower body temperature
- Apply ice packs to head and between thighs until temperature drops below 102° F (measure with a rectal thermometer)
- Give small amounts of water or crushed ice to replace fluids
- If the dog does not respond after 10 minutes, seek veterinary attention 🐾

"If you think dogs can't count, try putting three dog biscuits in your pocket and then giving Fido only two of them."



Phil Pastoret

MORE ARTICLES

If you enjoy the short articles appearing in PAWSITIVE TIMES, writer/trainer Susan Sarubin also writes feature articles for local and national dog publications, including *The Whole Dog Journal* (www.whole-dog-journal.com) and *Baltimore Dog Magazine* (www.balimoredogmag.com)



Pawsitive Fit, LLC
Puppy & Dog Training
Positive Methods for a Happy Best Friend



Pawsitive Fit offers private, in-home instruction in the Greater Baltimore area for people and their dogs. We are committed to using methods of positive reinforcement and reward, replacing the old-fashioned use of punishment, force and coercion. With individualized training programs tailored to your needs, Pawsitive Fit teaches you to effectively communicate with your dog, encouraging a relationship based on mutual trust and respect, and to have fun together while training.

Whether you need basic Good Manners training for your puppy or dog, or help with a specific behavioral problem, Pawsitive Fit can help. With flexible training options and scheduling times, our services are designed to meet the needs of busy clients who understand the importance of training their best friend.

For more information about our training and services, visit www.pawsitivefit.com

Happy training!

Susan Sarubin
Owner & Trainer
Pawsitive Fit, LLC

