

*Tips provided by [PAW Rescue](#), they are a fantastic information resource!*

## LEAVING YOUR DOG ALONE AND AVOIDING SEPARATION ANXIETY

Initially, your new dog may experience separation anxiety when you leave. Using a crate can reduce accidents and other problems rooted in insecurity by providing a safe and welcome haven. Most dogs like cozy places, which is why you often see dogs resting under tables. Teach your dog from the start that "all good things happen in the crate." Place nice bedding in the crate, along with dog toys that you can rotate for variety. Feed your dog in the crate. Give him praise and treats for venturing into the crate, and for resting there calmly.

You can also confine your dog in the kitchen or hallway using baby gates. Jumping dogs may require you to piggyback two gates atop each other.

When you get ready to leave, quietly say "good dog!" and provide a small treat. Don't say good-bye; just leave. When you return, quietly praise the dog for being good and take her out immediately.

Make your schedule as consistent as possible. Remember: it is not fair to get upset if a dog has an accident after being left alone a long time. One popular solution: hire a mid-day dog walker.

When you first bring your dog home, should you spend the whole day with her? No - this is one of the biggest mistakes dog adopters make. Instead: have her bed, safe chew toys and water ready in the confined area in which she'll stay when you're gone - whether it's a crate or in a gated-off kitchen area. Take her to that area, tell her to lie "down," give her a chew toy and a treat and praise, using her name.

Next, step away. If she remains quiet, good; don't talk to her, because that will distract her from this desired behavior. Before she begins to grow restless, take her back outside again to play or walk.

Return her to the crate, then go into another room for longer periods. Next, leave the house and come back in right away. Gradually make those trips longer and longer; vary the duration you're out. Your dog will be less anxious as she learns that when you leave, you eventually come back.

Give her a treat while she's in the crate, and talk to her while she is in the crate, so she'll come to accept the crate. By being reliable, you'll gain her trust - and teach her that you decide what to do.

This doesn't guarantee she'll stay quiet for very long periods. In fact, it's counter-productive to crate more than 5 to 6 hours after the transition period. But used properly, the crate is an excellent tool for you and comfort zone for your dog.