



## ALONE TIME TRAINING

These tips will help provide for an easier transition for your new dog to be alone in your home. Every dog reacts to being home alone differently. Some are perfectly OK with it right away, while others will take time to adjust.

### KEEP A CONSISTENT ROUTINE

If your mutt starts having issues when left alone, it could be for various reasons. Change in environment and schedule can be very stressful, so it's important to keep a consistent routine.

### START SMALL

If your dog is showing signs of distress start with the short times away and only re-enter the room when he is quiet. Start by leaving the mutt alone in a different room from you in small increments. (Example: 1 minute at a time, 5 minutes at a time, 10 minutes at a time, etc). If you enter when he begins to whine or cry, he will soon learn that that behavior will bring you back. Once he is comfortable with being left alone in a room, you can move up to leaving him home alone in small increments.

### NO BIG DEAL WHEN YOU COME AND GO

Remember to behave in a very calm and quiet manner when going out and coming in. This will lower the contrast between times when you're there and times when you're gone. Only re-enter the home when he is quiet. If you enter when he begins to whine or cry, he will soon learn that that behavior will bring you back.

### POSITIVE REINFORCEMENT WITH TREATS

You can offer the mutt a tasty treat whenever you leave, so that they can develop a positive association with you leaving. Kongs and food puzzle toys are great tools for this.

### EXERCISE

Exercising your dog before/after you leave can help reduce overall stress.



### CRATE TIME WITH TRAINING

Proper introduction & time is the key to crate training. You will want to start things slow, leaving the door open and letting your new mutt get acclimated to this space. Just putting them in a crate and leaving will not be successful. Placing the dog in a crate or confined space can be helpful when utilized correctly. Never leave a dog in a crate for longer than 6 hours at a time, and ensure the dog will be safe and comfortable in the confined space.

### CONNECTING WITH A BEHAVIORIST AND USING VET RECOMMENDED MEDICATION

The use of medications can be very helpful, especially for severe cases of alone time stress, but always consult with your veterinarian or a veterinary behaviorist before giving your dog any type of medication for a behavior problem.



**Develop positive associations with you leaving, like offering tasty treats.**