



The Sounds Of Summer

By Pat Blocker, Certified Professional Dog Trainer

Summer is the time to celebrate the 4th of July and watch the storm clouds roll in over the mountains on most afternoons. However, the sounds of summer may trigger anxiety or even blind panic for one family member...your dog. Following are some helpful tips to make summertime a happier season for all.

Some Signs of Anxiety

- Excessive panting
- Drooling
- Pacing
- Shows whites of eyes
- Trembling

For All Dogs

- Keep dogs inside during fireworks and thunderstorms.
- All dogs should wear ID tags in case of escape.

For Dogs With Mild to Medium Anxiety

- Muffle sounds by turning on a fan, radio, or TV.
- Be at home if possible.
- Have something to occupy your dog such as an interactive toy or treat ball.

For Dogs With Medium to High Anxiety

- If you can't be at home, try to find a sitter.
- Engage the dog in activities such as a game of tug or easy training exercises.
- Consult with dog care professionals about OTC products for easing anxiety.
- Provide a quiet, even dark place for your dog to relax.
- Gentle massage.

For Dogs With Severe Anxiety

- Consult with a reputable trainer and/or behavior specialist for training advice on behavior modification.
- Consult your vet or veterinary behavior specialist to decide whether medication is appropriate.

Plan Ahead

- Make a plan. Be ready for fireworks and thunderstorms when possible.
Training and behavior modification should be done under controlled conditions, not during actual events.

Have a safe summer!