

Separation Anxiety in Pets

Signs to watch for and way to help your pet cope

Signs of Separation Anxiety

- If your pet get anxious as you are about to leave or when you are gone, they might display any of these signs of distress:
 - Vocalizations (i.e. barking, meowing)
 - Going to the bathroom in the house
 - Destructive behaviours or attempts to escape
 - (e.g. scratching at windows or doors)
 - Pacing or drooling



Tips to Help Your Pet Cope

1. Set a routine and keep to it as much as possible.
2. Leave your home everyday without your pet and gradually increase the time you spend away each time.
3. When you leave, provide your pet with some enrichments so they have something positive to think about when their favourite person is away. Here are a few ideas:
 - a. Fill a KONG® with natural peanut butter and/or dog treats you can even freeze it to make it last longer.
 - b. Put treats or food into puzzle toys or feeders, such as a Snuffle matt.
 - c. For more ideas on enrichments, check out our Connect with Pets videos on YouTube and the EHS Website!
4. Play classical or other soothing music in the background to promote relaxation. Studies have shown classical music can be calming for pets.
5. Talk to your veterinarian to see if there are calming probiotics or supplements you can use with your pets food if they are having a hard time managing.

Special Note

Be sure to talk to seek help if your pet is behaving strangely; it may indicate a unidentified health condition and your vet may be able to provide you with additional solutions to manage behaviour concerns.

For more free resources, visits Humane Education at edmontonhumanesociety.com

