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Be Alone and Happy

The pleasure we get from spending time with our dogs is one of the reasons we have them. But as much as we would love to take them everywhere, the reality for most of us is that our dogs spend a lot of time alone. Many dog owners worry about this, but if the dog is happy, they will mostly sleep while you are away.

Importantly, dogs need to have a den to feel safe and comfortable. If you don't provide a den to your dog, they will normally make one for themselves by getting under the house, digging a big hole in the garden or getting under or behind furniture. Pet owners often buy or build kennels for their dog (at great expense) only to find they won't use them.

The kennels are often made to appeal to humans, not dogs. Place the kennel in an area your dog seems to prefer to hang out, in shade and not too exposed to the weather or passing human activity. Keep the opening secluded, like a hide away. Make sure that there is a close overhead cover, eg thick bushes or under stairs or a low deck. This is most important for dogs with storm phobias.

Recently an 'appeasing pheromone' collar has been introduced to Australia and is particularly helpful in treating separation anxiety. These are water resistant and last for 2 months. For dogs that are anxious, the pheromone (a chemical messenger to the brain) induces a prolonged state of calm, but not sedation. These collars can be safely used as they are completely non toxic.

Kind Regards,
Scott and Chris