

Beggin to Behave Dog Training

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The Grieving Dog

Signs that your dog is grieving include:

- Loss of appetite
- Depression and lethargy
- Sleeping more than normal
- Potty accidents
- Behavioral issues
- Separation anxiety
- Increased vocalization (barking, howling, whining)
- Personality changes (especially if the loss is for another dog (his role in the household hierarchy is now changed)

How you can help:

Bonding - Spend some extra time with your dog. Go on some special outings, snuggle time on the couch, extra treats.

Act Upbeat - Sympathy will likely make the depression worse because dogs pick up on our emotions. Be fun and positive around your dog.

Routine - Stick to your normal routine, as much as possible, so he knows what to expect and reassure him life is still consistent.

Exercise and stimulation - Physical activity will help your dog feel more settled. Play fetch, tug, go for longer walks.

Have Fun - If your dog enjoys car rides or going to the park give opportunities for joy and positive experiences. Mentally stimulate your grieving friend.

Play calming dog music - such as 'Relax My Dog' found on YouTube.

Adaptil - Containing Dog Appeasing Pheromone (D.A.P.), secreted by momma dogs when nursing puppies, can help dogs feel calmer and more secure.

See your vet - If the depression lasts a very long time or is severe your vet can prescribe medications such as anti-depressants.

If the bond was intense, or the grieving dog is older, stress and anxiety can push a borderline illness over the edge. Heart disease, kidney disease, blood pressure can all be affected by loss.

New Friend? - Don't rush out to get a new friend for your dog if it is a dog that he is grieving for. Your dog needs time to process his grief and figure out his new role in the home. New dogs are also a source of stress (good or bad). When you do get a new dog, let your dog help to choose the new companion. Instead try finding a play partner in a friend's or a neighbor's dog.

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