



Combatting Storm-Related Anxiety in Dogs

For many dogs, changes in daily routines are upsetting. The frightening sounds of thunder and heavy rain may cause a dog to experience anxiety. Anxious dogs may start acting disruptive or destructive, going to the bathroom indoors, howling, chewing, pacing, or try to escape from the house. Try these tips and tricks to help keep storm-related anxiety at bay with your new pet!

Be Home With Your Dog

For a dog who already fears thunderstorms, being alone can worsen the anxiety. When bad weather is expected, try to be home or have someone stay with the dog during the storm.

Create Calmness

Give your dog the comfort and attention he or she needs to calm her anxiety. If a dog is punished or ignored during a frightening event, it's likely to worsen the anxiety. Instead, offer a positive stimulus, such as gentle petting or massaging, to distract and calm your dog. If your dog will still engage, try a game of indoor fetch, tug, or offer a toy, treat, or chew.

Offer a Safe Place

Place your dog's crate and/or bed in the most sound-proof room of your home. A crate is a natural, psychological defense for dogs and can have an incredible influence on their comfort level. It's also helpful to close the blinds to shelter your dog from the visual stimulation of a storm.

Compete With Noise

When a completely sound-proof room doesn't exist, compete with the noise by utilizing a radio, TV, or white noise machine. Dog-calming music can also be helpful for the highly nervous dog to muffle the sound of the storm.

