

The DO's and DO NOT's of Thunderstorm Phobia in Dogs



- ❌ DO NOT punish your dog for digging, scratching, or other destructive behavior during a thunderstorm. She is panicked and trying to escape. If you punish her, you will teach her to not only be afraid of the storm, but also to be afraid of you. This will not help his behavior to improve.
- ❌ Do not force-confine your dog in a crate or a small room/closet with the door shut. If your pet is crate-trained, you can encourage them to go there with the door open.
- ❌ Do not worry about comforting your dog. It may not help – but it won't hurt. You cannot accidentally make the fear worse by "rewarding" it. Why? Because your dog's panic is not something She can turn on and off.
- ❌ DO NOT rely ****only**** on cuddling, because you won't always be there to hold your dog during storms
- ❌ DO NOT force your dog to go outside during a storm
- ✅ Block your dog's view of the outdoors by pulling the window blinds or restricting her out of rooms with many windows.
- ✅ Create a safe spot for your dog – let her guide you. If she curls up under your desk or in your closet, make that his safe spot. Entice her to go there if possible. Turn on the radio, TV, fan or "white noise" machine in that area.
- ✅ If your dog does have a preferred safe spot, try to make this area available 24/7, so she may preferentially go there to feel safe and secure, even if you are not home
- ✅ Give your dog something distracting to do like chewing a delicious, high value food-filled toy or playing his favorite games. Interact with her by asking her to sit or lie down on a mat. Practice his favorite tricks. Hide meatballs around the house.
- ✅ Bring out 3 toys from the toy box that she hasn't seen in a while.
- ✅ Act easy-going and happy to be playing with her during the storm.
- ✅ Try Zylkene, an anti-anxiety daily supplement made with milk casein to help promote calming.
- ✅ Try an Adaptil (Dog Appeasing Pheromone) diffuser, collar or spray in the safe spot.
- ✅ Try a Thundershirt, Anxiety Wrap, or DIY wrap - it does help some dogs.
- ✅ Try to ignore the anxious behavior and redirect her, instead, to a game or an activity that she can perform easily.
- ✅ Also important, if your dog is fearful enough that it's interfering with her or your quality of life (or sleep)...
- ✅ Talk to your veterinarian about anti-anxiety medication for storms. Medication absolutely does not have to be a "last resort".

Book Online



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