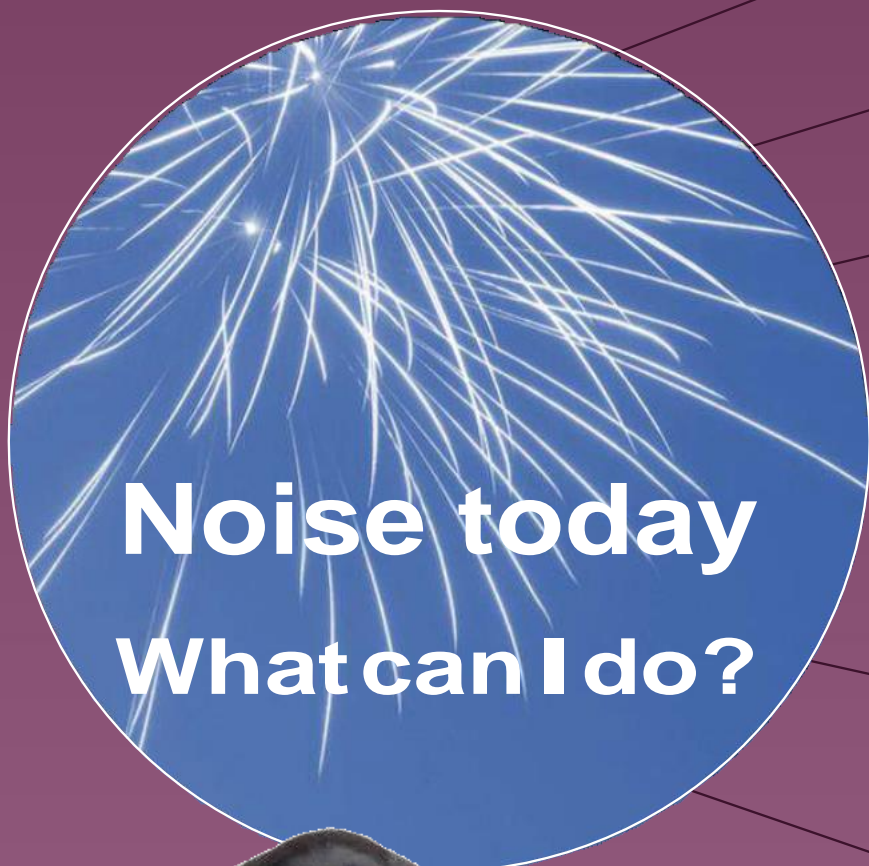


Dealing with noise phobia in dogs

A summary of current best practice and latest research

ILLIS ABC
ANIMAL BEHAVIOUR CONSULTING



20% of dogs develop fear of noise



Arrange the environment
Provide shelter, masking noise, familiar smells and non-fearful friendly dogs



Distractions
Give the dog a task: solving puzzles, playing games, gnawing bones



Owner behaviour
Don't punish, be observant, give treats after noise, stay calm, use jolly voice



Pheromones and smells
Adaptil is calming but not sedative and available as collars or sprays. Try *aromatherapy* (lavender, chamomile)



Pressure
Use close-fitting garment: *Thunder shirt*, *Anxiety wrap*, or the *Storm Defender*



Exercise and massage
Drain energy – take a long walk before the event.
Tellington TTouch may soothe both owner and pet



Diet and medication
Try the *Calm Canine* diet, *Rescue Remedy*, or the fast acting *Sileo* prescriptive drug

Owner behaviour

Don't ignore a small problem – it likely won't get better!



Learning

Use SD/CC: gradually increase exposure to noise combined with treats / play / attention*



Medication

Some drugs take time to kick in – consult your vet



Prevention better than cure!



Training



90% of fearful dogs may be helped

BEFORE problems develop: * Try the *Canine Noise Phobia CD* where fireworks / thunder is masked by soothing classical music. This graduated exposure is systematic desensitization. Combine with counterconditioning by pairing it with fun and food (SD/CC).
Avoid flooding the animal with noise.