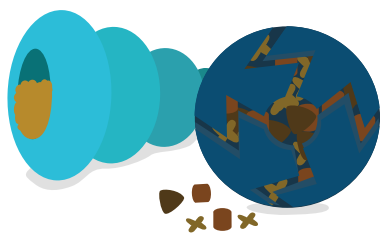


# PREPARING TO LEAVE HOME WHEN YOUR PET SUFFERS FROM SEPARATION STRESS

## LEAVING HOME



### MAKE IT FUN!

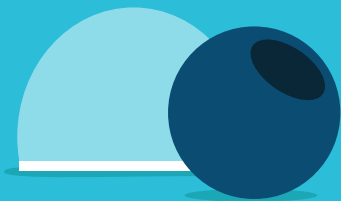
Give your dog a safe, exciting food toy about 5-15 minutes before you leave. Fill with their favorite foods, but stick to low fat options to prevent tummy upset.



### GET CREATIVE

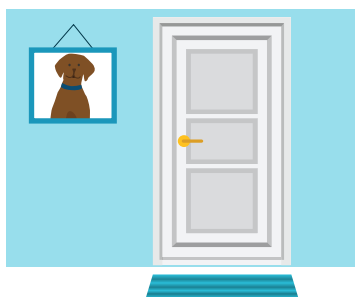
You can use a little dry food, wet food, cheese, real meats and a dollop of low fat peanut butter\* together in 1 food toy.

\*Check your peanut butter labels as some smaller companies have begun using **xylitol** in their ingredients, which is toxic to dogs.



### TIP WHEN LEAVING HOME

Leave empty food toys around the house so your dog doesn't associate their presence with you leaving.



### MIX UP YOUR ROUTINE!

Don't leave from the same door every time. Mix up your exit and entry plan to break up the routine.



### KEEP IT OUT OF SIGHT

Keep anything associated with your departure routine out of sight: shoes and keys are common examples.



### BE BORING

You do not want to make your pet think you leaving is a big deal. Calmly say a short phrase like 'bye' or 'be back soon' if that is what your pet is used to.

## RETURNING HOME



### MAKE IT A ZEN MOMENT

Make your return a zen moment, instead of a party. Try not to make eye contact, touch, or speak to your pet.



### WAIT FOR YOUR PET TO CALM

It is recommended to wait until all 4 paws are on the floor for 2 seconds. Try not to ramp up the energy too much by roughhousing, for example.



### URGENT POTTY TIME

If your pet needs to go to the bathroom right away, it is ok. Simply continue to remain calm and gently attach their leash. Once they have eliminated and are calm, you can start interacting with them.