



Teach them your world is safe so that they can go places with you.

# cheerfuldogs chronicles

cheerful dogs, happy people

Issue 15

## Living With Dogs: Bark! Bark! Bark!

Nonstop barking can drive even the saintly to desperation. Fortunately, there's help to be had. The strategy depends on the diagnosis.

**Watchdog barking** is triggered by visual or auditory stimulation—passersby, slamming car doors, a cat on the lawn. Watchdog barkers were “sentries in a previous life”.

**Boredom barking** happens when a dog is left alone often and doesn't get enough exercise or mental stimulation. It's the equivalent of a human being in solitary confinement banging his head against the wall.

**Demand barking** occurs in dogs that have learned that barking gets them what they want, like balls thrown, doors opened, dinner, or attention.



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### Did You Know: The origin of this doggie phrase?

**Dog days of summer.** Used to describe the hottest, most humid days of summer, “dog days” hail all the way back to ancient Rome (inspired by the Greeks, who were inspired by the Babylonians). The name refers to the days, roughly early July through mid-August, when the Dog Star, Sirius, appeared in the form of the Morning Star blazing in the sky just before dawn.

cont.

## .... Bark! Bark! Bark!

**Barrier frustration barking** typically comes with posturing such as snarling or baring of teeth. The three most common occurrences are: dogs left in a backyard too long, dogs in cars, or dogs on lead who would be perfectly comfortable with whatever they're barking at (most often other dogs) if they were off lead.

**Separation anxiety barking** is characterised by incessant home-alone barking coupled with for example house soiling, visible anxiety upon departure and arrival, and destruction around doors and windows.

To cut down on any kind of barking, start with giving your dog plenty of exercise. Second, arrange for mental stimulation when he's left alone. Feed him using puzzle toys or stuffed Kongs. Consider hiring a dog walker or, if your dog is social, sending him to a doggie daycare when you're away at work. As for demand barking, immediately stop rewarding the behaviour: Ignore your dog or walk away when he barks. Then pick times when he isn't barking, tell him 'nice quiet,' and pet or treat him. In all cases, a trainer can help—and if you suspect separation anxiety, calling one is crucial. For more information on separation anxiety, download and read our article in the Pet Professionals Guild's "Barks from the Guild" at <https://cheerfuldogs.com/Documents/cheerfuldogs-BarksFromTheGuild-Mar2017.pdf>



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### Healthy Dog: Allergies in Dogs

As in humans, allergies are becoming frequent in dogs. There are five types of canine allergies: bacterial, contact, tick, inhalant, and food.

Bacterial allergies result in skin disease (look for pus pockets and skin formations that look like ringworm) and require antibiotic treatment. Contact allergies are reactions to substances in the dog's environment, such as wool, cleaners, or plastics, and often disappear when the irritant is removed.

Treatment for tick allergies entails medication and strict tick control. Inhalant allergies are similar to those humans suffer from. Instead of sneezing and runny noses, though, dogs most often present with skin problems. Treatment ranges from antihistamines to shampoo therapy. Finally, food allergies are becoming widespread as well. These develop over time and call for exclusion diets and, if nothing else works, steroid treatments.

Look for scratching, coughing, sneezing, wheezing, eye or nose discharge, vomiting, or diarrhoea: All should prompt a trip to the vet.

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