



Teaching your pup to be alone

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If your dog is not crate trained, you will need to spend time with crate training.

Do NOT just close the door and wait for your dog to stop screaming. There is a better, kinder way! Take the time to help them feel comfortable in this space. We can help you with this if your dog is struggling.

You may also choose not to use a crate, but a safe space where your pup/dog cannot get hurt or get into anything that may harm them or something that they can destroy while you are away. An open or small, empty room that is gated off from the rest of the house. Whatever you choose, be sure it's safe for your dog.



STEP 1	Feed meals in crate Place bowl in crate – leave door open and walk away. Give treats in the crate, so your dog becomes comfortable going in and out of the crate willingly.
STEP 2	Prepare a Frozen Kong, Topples or Bully Stick Be sure you have properly exercised your dog/pup. Give him/her a frozen kong in crate, close door (you may need to cover crate). Leave room, go outside (start off with 5 - 10 minutes – work towards longer periods of time, adding minutes at a time). Do this daily, so your pup is accustomed to this time alone.
STEP 3	Build up to 2 or three alone times per day Start with short periods of 5 -10 minutes and work up to 30 or 60 minutes. Alone time should not be a big deal.



Measure the time your dog is okay with being in the crate and being alone. If your dog is going to fuss or melt down, use that as information.

Your goal is for you to let them out BEFORE they begin to fuss. If they fuss, you have waited too long.

If they can be in the crate and alone for 3 minutes, that's your starting point.

If your dog struggles or has separation anxiety, here's an example of a training plan to go by: I started with 3 minutes but you would use whatever your dog's beginning time would be. You are just stepping out of the dog's sight.

STEP 1	3 minutes in the crate and alone, 3 times a day for 3 days. Be sure to give them something yummy to chew or lick.
STEP 2	3 minutes and two seconds, 3 times a day for 1- 2 days.
STEP 3	3 minutes and 5 seconds, 3 times a day for 1- 2 days.
STEP 4	3 minutes and 10 seconds, 3 times a day for 1- 2 days.

Continue to progress as long as the dog is okay with the added time. If you have to stay at one time for longer than 1 or 2 days, it might be what your dog needs. Not a big deal. Don't expect a huge or fast progress. It just depends on your dog and what he/she can handle. Be patient! Baby steps. Remember your goal is let them out before they have a melt down. You want them to be comfortable and okay with your leaving and coming back.

A message from Pet and Wildlife Rescue



Remember! This may seem like a lot of planning and training, but if it prevents your dog from unnecessary stress and anxiety, it is more than worth it.

Though our shelter welcomes surrenders when no other options are available, we hope that you will set your dog up for success before putting him or her through the stress of being rehomed when life resumes a faster pace.

A little training goes a long way!