

DEALING WITH NOISE PHOBIAS

Follow the steps below to help your dog create positive associations with noises that make them anxious. For 'Firework season', start this programme several months in advance.

STEP ONE

Create a playlist or purchase a CD containing the sounds of fireworks or whichever sounds your pet is afraid of.



STEP TWO

Build a den or a safe space that your pet can retreat to if they feel anxious - this should only be a temporary measure.



STEP THREE

Have some high-value treats and toys to hand and remove other stimuli, such as the TV, so you can both focus.



STEP FOUR

Sit calmly with your dog and begin playing the sounds on a low volume. Praise calm behaviour and use toys & treats to help them build a positive association with the sounds.



STEP FIVE

Keep the sessions short and often. Gradually increase the volume over the next few weeks, continuing to build your dog's confidence and positive associations with the sounds.



TOP TIPS

- ★ Stay calm to help your dog feel more relaxed and avoid reacting to anxious or reactive behaviour.
- ★ If your dog gets stressed, lower the volume and take it slower going forward - remember, dogs have much more sensitive hearing than humans.
- ★ Consider using a calming pheromone plug-in to help your dog relax - ask our team about these.