
Using the gate to solve separation anxiety

Feng Shui with Fido™ Philosophy: When a dog feels anxious they can learn to bark. Puppies can cry, chew, destroy things, and sometimes try to escape. Here is a bit of wisdom for dog owners. All new puppies and newly adopted dogs love routines. Anxiety comes from not knowing what's coming next, or not having their needs met in the first place. This is your chance to understand what your dog's needs are, meet them, and at the same time, create your daily schedule. This removes the guessing and hence, the anxiety for both of you. Remember, relationships take time. Gating your dog occasionally is a training process that creates trust and is a positive way to let your dog know what's expected from him and when. This will relax your dog and help the process of understanding begin.

get: Things to keep in and around the gated area.

1. A gate. It creates a den effect and allows your dog to see what's going on.
2. A leash. This tool helps guide your dog into the gated space anxiety free. Using a positive voice and praise will teach your dog that gating is a good thing. Also, great for walks and potty breaks.
3. Bowl(s). Allows you to keep some water in the gated



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space.

4. Chew bones for your dog to chew. Chewing a bone helps your dog relax and tires him out.
5. Toys
6. A sound machine. This is great for triggering relaxation. Think spa music used for relaxation.
7. Have patience.
8. Download the Feng Shui with Fido training tip "How to reprimand your dog: Chewing".

use: The gate is meant to be a training tool to teach your dog to learn to relax in your home. This space is to teach trust while your dog is getting used to your daily routine. This exercise is only meant to be used for short periods of time for your dog to chew a bone, sleep, learn to hold the urge to go to the bathroom and learn your daily routine. Using this gating method after exercising your dog will help him to relax.

when:

1. Begin gating your dog for only short periods of time. You can do this up to 3 or 5 times a day.
2. A great time to gate your dog is when you are paying bills, reading, having guests over, play dates for your children, or relaxing too.
3. Allow your dog free time with you in between walks and yard time. The key to reducing anxiety is to gate your



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dog only when you are home, at first. Then, you can slowly extend the time for longer periods, but only after you both have had success with this process.

4. This may take a while depending on your dog's anxiety level.
5. Note: For acute cases of separation anxiety always check with your local veterinarian and professional trainer in your area for advice.

where: Choose a central location in your home. Remember, this is only a temporary training process.

Great ideas are:

1. Kitchen areas
2. Hallways
3. Bathrooms
4. Laundry areas- if clean! Remember to puppy proof.

why: Shutting a door on a new dog can create anxiety and destruction. The whole process is bad. By having to physically push a dog back and close a door creates more stress for an already hyper dog. Many people do not trust a hyper dog or puppy to be indoors and then the bad cycle continues. Dogs are social animals. They love to be a member of the family. Eventually, your dog will learn to be indoors or outdoors without anxiety and shutting the front door or back door won't matter. Until then, they can learn



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the command 'wait' through this training process, which in time will reduce anxiety for you both.

How to get into the gated area:

1. Put on leash.
2. Say, "Let's Go!" in a happy voice.
3. Guide your dog into the gated area.
4. Gently lift up on leash and say, "Sit."
5. Then, "Wait."
6. Back out of the gated area and say, "Wait."
7. If your dog does not wait, give a quick tug on the leash and say, "NO! NO! NO!" Then repeat, "Sit" and "Wait" in a nice slow voice.
8. Slowly close the gate, repeat the word "Wait" and take off the leash and collar.
9. Make sure they have a chew bone & water.

How to get out of the gated area:

1. Put on leash.
2. Lift up on leash as you say, "Sit."
3. Open gate while saying, "Wait."
4. Repeat, "Wait" in a nice, calm voice.
5. If your dog does not wait, give a quick tug on the leash and say, "NO! NO! NO!" Then, "Sit" and, "Wait."
6. Then say, "OK!" This word is the release command from being gated.
7. Then say, "Outside!" (meaning: "Go potty!") Then take to potty area.



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Feng shui with Fido™ Facts for Gating

- Dogs are den animals. This is not a punishment area. This process is meant to teach your dog to chill out, chew a bone, and hold the urge to go to the bathroom.
- Music or the sound machine helps to condition your dog to relax. Gating should be done while you are home too!
- Apply the gating process in 20 to 40 min. increments several times a day.
- Always use the leash when getting your dog out of the gated area and go directly outside while saying the word, "Outside!" to go potty.
- Even if your dog is not being gated for housebreaking reasons, it is still important to always take any dog or pup directly outside to potty after being gated.
- Gating/ crating is a temporary training process for housebreaking and integrating children/other animals with your dog.



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