



Tips to Prepare Your Dog for Your Return to Work

Many of you have been working from home, or home more than normal because of the shelter in place orders. As we prepare to head back to work and out into public more, it is important to realize that this can be a stressful transition for your dog. They have likely enjoyed having you around more, and this is the new “normal” for them. It is possible to alleviate some of this stress by implementing a few things now.

Below you will find some tips for easing this transition for your furry friend.

- Begin returning to the routine you will follow when you go back to work. This will include waking, feeding, and going to bed at the appropriate times.
- If your dog crates while you are gone, be sure you are still utilizing the crate some even while you are still home. You can crate your pup while you do yard work. This is a great time to reinforce the crate with a yummy treat included like a frozen Kong, or long-lasting chew.
- Begin exercising your dog in the morning and evening, keeping the middle part of the day open for relaxation since that is what our dogs partake in when we are gone.
- When you do head back to work, you can leave on the television or radio the first few days to simulate what they have been hearing while you have been home.
- Leaving them some mental enrichment like a new toy or long-lasting chew can help keep them busy while you are away. Always ensure the item is safe if not monitored.

Most dogs will do very well and roll with the punches as our routines change, but if you notice your dog is struggling as you get back into your normal schedule, you may consider finding someone to come and let your dog out and spend a short time with them mid-day for a few weeks. Remaining flexible and realizing that just like us, some dogs need a little more time to adjust to change can go a long way. Hang in there!

If, after trying these suggestions, you are still experiencing undesirable behaviors in your dog, SUBMIT QUESTIONS by clicking the link under Ask A Trainer on the Behavior and Training page of the Wayside Waifs website: www.waysidewaifs.org.

Written by the Wayside Waifs Canine Behavior Team
© 2020 Copyright Wayside Waifs, Inc. All rights reserved.