

How to win the barking dog battle



Try these tips for a more peaceful pooch!

1. Identify what could be triggering the barking. Common triggers include:

- Sounds outside (and above, below and beside you if you live in an apartment)
- Dogs or people seen from windows
- Environmental changes such as construction
- Boredom
- Illness or aging changes that cause discomfort, anxiety or confusion
- Separation distress

Tip: Videotaping your dog can help you identify triggers.

2. Modify the triggers

- Play white noise or calming music, or turn on the television.

- Apply opaque static window film to block common window watching spots.
- Increase physical and mental exercise (e.g., puzzle feeders, games, training, walks).
- Schedule a time to bring your dog to the clinic for a physical exam and a behavior discussion.
- Consider a dog walker, pet sitter or doggie daycare.

3. Stay calm

- Avoid scolding, physical corrections or electric bark collars, which can increase stress and anxiety.
- Teach the dog how to be calm and quiet. A positive-reinforcement-based dog trainer can help.
- Remote training machines that strategically dispense treats can be effective—especially when you're away from home. Ask your veterinarian for recommendations.