



# CSDR NEWS

CHIHUAHUA & SMALL DOG RESCUE, INC

## Separation Anxiety in Rescued Dogs

By Jeanne Stroh



Like all social animals (schooling, herding), dogs are hardwired to live together in packs. Young animals especially react to being left alone as an abandoned pup in the wild has little chance of survival. In John Grogan's Marley and Me, Marley exhibited an extreme form of separation anxiety that included panic attacks with destructive behavior and self-inflicted injuries. The extreme forms should be treated by a veterinarian or animal behaviorist who will provide behavior modification, training, and possibly drugs. These are true panic attacks. Confinement and punishment will make symptoms worse. These dogs should not be left alone, and they should not be confined in a crate. Doggie day care, a friend who works from

home, or taking the dog to work may be solutions while undergoing professional treatment.

No one knows why one dog exhibits separation anxiety and another doesn't. Triggers

for separation anxiety may be separation from owners who have previously been home due to illness or extended vacations who suddenly return to work, rehoming, boarding at a kennel, and long separation from the owner.

Milder forms of separation anxiety may be seen as the "Velcro dog" that follows its owners around. My Sadie follows me everywhere I go. Sometimes when I'm working around the house, I hear her heave a big sigh when I move yet again from room to room, but she always gets up and follows. Additional signs of mild anxiety include attempts to escape from exit points such as doors and windows, barking and whining, and urination and defecation.

Lindsay Wood of the

Humane Society of Boulder Valley recommends that rescue and shelter dogs who exhibit anxiety be placed in a multi-dog household. However, it is a bad idea to get a new dog in the hopes of helping a dog with separation anxiety. This scenario is likely to result in two dogs with separation anxiety.

Prevention is pretty straightforward. During the first few days a new dog or puppy is in the house, do not provide constant companionship. Leave the dog for short periods. Perhaps use a gate to confine the dog to a room and step away for a few seconds. When leaving and returning home, act matter of factly and avoid making a fuss. Making a big deal out of leaving further convinces the dog that there is something to worry about. Making a fuss when returning home can also escalate the dog's excitement. The idea is to help the dog see coming and going as routine.

Mild forms of separation anxiety can be treated successfully by the owner.

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*We would like to apologize to all of our readers, who have been waiting for our newsletter, for the delay in getting them started back up.*

*If you have a story, pictures or an idea that you would like included in future newsletters, please email them to:*

[csdrnews@yahoo.com](mailto:csdrnews@yahoo.com)



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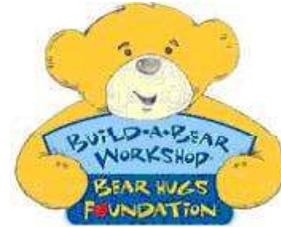
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## Build-A-Bear

The Build-A-Bear Workshop Bear Hugs Foundation is committed to making life more bearable for children, families and pets, in need of a helping paw. With the sale of each full-size Bearemy's Kennel Pals friend - a collection of Build-A-Bear Workshop plush dogs - one dollar is do-

nated to domestic pet programs including local animal shelters, stray pet rescue and rehabilitation organizations, and pet education programs around the country. These funds are available to qualified non-profit organizations in the United States and Canada

through a quarterly grant process. Visit [www.buildabear.com](http://www.buildabear.com) for more information. Build-A-Bear Workshop Bear Hugs Foundation has generously honored Chihuahua & Small Dog Rescue, Inc a grant to help our little furry friends.



*My little dog -  
a heartbeat at  
my feet. ~  
Edith  
Wharton*



## I Found My Forever Home!

The following little ones were adopted during the months of November & December.

- ♥ Larry
- ♥ Brody
- ♥ Renee
- ♥ Mr. Sandman
- ♥ Doc Holiday
- ♥ Bandit
- ♥ Boo Boo
- ♥ Pugsly
- ♥ Tanner
- ♥ Katie
- ♥ Furby
- ♥ Reba
- ♥ Squeakers
- ♥ Keelo
- ♥ Rita
- ♥ Buttons



## A New Year's Resolution

Nearly half of the US population recently made a New Year's Resolution. Weight loss and exercise have always been among the top resolutions made each year. If you are one of those who has committed to getting into shape, why not include your dog in your exercise program. Not only can these activities be good for both of you, it is a wonderful bonding experience. Why not try one of the following:

- Dog Parks
- Agility
- Dock Diving
- Obedience
- Flyball
- Hiking
- Freestyle Dance



## Separation Anxiety Continued..

Most destruction associated with separation anxiety occurs during the first half hour after being left alone and about half an hour before the anticipated return. Exercise can help a lot. It generates endorphins, the feel good hormone. A walk around the block may not be enough. Brisk walking for half an hour would be much better as long as the dog is physically capable. A tired dog is more likely to sleep the day away. I think my dogs actually like to see me go so that they can nap without interruptions. Providing something to mentally stimulate the dog as you leave can help. Kong™ toys filled with goodies can occupy the dog through that critical half hour when anxiety is the strongest. Some dogs will enjoy raw hide, tendons and similar chew items. Avoid games that may trigger anxiety such as hide and seek.

Obedience training can help dogs feel more confident and builds their trust in you. Leaving a piece of clothing may comfort the dog (one you've worn is best, not a freshly laundered one). Practice short separations frequently. Be sure to practice at different times of the day and include weekends as well as week days. Break up your leaving routines so that the dog cannot so easily anticipate and become anxious. Sadie reacts every time I grab the car keys, so from time to time, I grab the keys and go to the car and then go back inside. She's learning that picking up the keys does not necessarily mean I'm leaving.

Since re-homing is one of the triggers for separation anxiety, we are likely to see more cases with newly adopted dogs and those in foster care. Lindsay Wood believes that dogs that make progress in foster care are likely to overcome anxiety more quickly when adopted, so the effort is worthwhile.



A dog with separation anxiety may take comfort in clothing that smells like you.

## Pets For Seniors

Purina Pet For Seniors is a wonderful program that allows rescues to offer a \$50 discount to senior citizens who adopt a dog through participating organizations.

In 2008, 10 seniors, who adopted through us, received a discount off their adoption fee because of this program.

We are pleased to announce that Chihuahua & Small Dog Rescue, Inc has been approved again for 2009. Because of the great success with the program last year, Purina Pets For Seniors has doubled the number of discounts we can offer to 20.

In order to qualify for the

Pets For Seniors discount, you must be at least 60 years of age on the date of adoption.



Put a string of lights around your heart!

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CSDR News

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## Welcome to CSDR!!

Bill & Mary Draper

Betty Boop Whipple

Stacy Boman

Debbie Barnhill

James Sheppard

Marcy Ferguson

## Upcoming Meet & Greets

Come visit with some of our little ones that are available for adoption. Our foster parents will be available to answer your questions and we will accept applications for adoptions. This is a day that you can meet several little ones at the same time. We look forward to seeing you there.



Harlan is just one of the many dogs currently looking for his forever home. To see more, please visit the Furry Friends page on our website.

February 7, 2009

PetCo  
4515 Continental Heights  
Colorado Springs, CO 80920  
9:00am - 3:00pm

March 7, 2009

PetCo  
4515 Continental Heights  
Colorado Springs, CO 80920  
9:00am - 3:00pm

February 21, 2009

PetCo  
450 E. 120th Ave, Unit A2  
Northglenn, CO 80233  
9:00am - 3:30pm

March 21, 2009

PetCo  
450 E. 120th Ave, Unit A2  
Northglenn, CO 80233  
9:00am - 3:30pm