

## Socialisation and Desensitisation



### Tips & things to remember:

- ★ Try introducing your puppy to as many objects/dogs/people as you can, whilst adhering to social distancing regulations. However, be careful not to overwhelm them with this.
- ★ If you can, have a small box of “dress up” such as hats, high visibility jackets, glasses, wigs, etc. This will help desensitise your puppy to potentially frightening objects on man that induces fear or confusion.
- ★ Ensure that all interactions are positive. Introduce potentially startling experiences gradually.
- ★ Play some clips or a CD that has many noises that could induce fearful reactions such as fireworks. These can be found online and clips on youtube.
- ★ You may not be able to walk your puppy yet if they haven’t had their first vaccination, but if they are small enough you can carry them whilst enjoying your one exercise a day.
- ★ If your puppy becomes startled by something, introduce this again but carefully and calmly.
- ★ On this walk you may encounter a number of things that will help desensitise your puppy to these things when he/she later experiences a walk. Such things include; cats, bins, cars, people, other dogs, birds, etc.
- ★ Make sure to take some high value treats on your walk to reward your puppy for good behaviour when he/she is introduced to these things.
- ★ It is also important that you begin to desensitise your puppy to being home alone for periods of time. This can be difficult given the current climate, however we would still recommend that you leave your puppy 10 minutes per day, gradually increasing as time goes on. Leaving your puppy doesn’t necessarily mean leaving the house, you could simply go into another room.
- ★ Your puppy will likely cry out, but once that 10 minutes is up, have a high value treat ready and offer this as soon as your puppy stops crying. Even if it is for a split second.
- ★ Separation anxiety can become a big issue with dogs and therefore it is our aim to nip this in the bud at the early stages
- ★ We also sell Apatil puppy collars that have the pheromone scent that their mothers release in the litter. This helps to appease them and can be very useful during training. There will be a video on these in the future, but if you would like to know more now please email [info@greenbayvets.co.uk](mailto:info@greenbayvets.co.uk).