

# Quieting Excessive Barking



Learning Shouldn't Hurt

Sarah Anderson, CPDT

(775) 219-4121

Info@dogz-inc.com

www.dogz-inc.com

## Types of Barks



**Warning/Alert:** Alert Barks are sharp, loud and authoritative. Many people own dogs to help protect them and their property – that is what alert barking is for. It is natural for a dog to bark when someone is at the door or when strangers pass the house or car.

**Anxiety:** Anxious barking is usually high-pitched and sometimes accompanied by whining. This type of barking is similar to crying and is common for dogs with separation anxiety.

**Playfulness/Excitement:** These barks are especially common in puppies and young dogs. The barks are short and fast and have a “Hey, Look at me!” quality. Some dogs bark excitedly when they know they’re about to do something fun.

**Attention-seeking:** These barks are repetitive, similar to a child saying “mom, mom, mom, mom...” and in a tone of a whining child.

**Boredom:** Bored dogs often bark to release excess energy, and sometimes bark out of loneliness. You get these barks from dogs that are left in the yard all day long. **Responding to Other Dogs:** One dog down the street starts barking, and one by one the rest of your block joins in. Dogs are social creatures and they need interactions and companionship.

## Learning Shouldn't Hurt:

Some antiquated techniques to stop a dog from barking are physically harmful to the dog – just like an electric shock collar. Dogs can have adverse affects that range from housebreaking regression to OCD and Aggression.

You don't have to hurt your dog to teach your dog. Learning should be educational and fun.

## Why Dogs Bark

There are many reasons a dog barks. It's important to understand these reasons as well as understanding that dogs don't bark to annoy you or your neighbors. Dogs don't bark to get revenge. Dogs don't bark for spite. Their barks mean something to them – and once you can understand what they're saying, the barks will mean something to you too. Understanding your dog's barks is the first step to stopping them.

## Stop Barking



Make sure your dog gets plenty of exercise so there is not as much pent-up energy to burn by barking.

Avoid leaving a lonely dog alone for long periods of time if possible.

Never comfort, pet, hug or feed your dog when she is barking for attention or out of anxiety - that would be rewarding the behavior, thus encouraging it.

Shouting at your dog to stop barking does not help. It may actually cause her to bark even more.

Avoid punishments like shock collars. They are not only painful and unkind - many dogs will learn to test them and eventually work around them.

Try to get her attention with a clap or whistle. *Once she is quiet*, redirect her attention to something productive and rewarding - like a toy or treat.

After getting your dog's attention, practice basic commands, like sit and down in order to shift her focus.

DO NOT let your dog bark constantly outside, regardless of the reason. You can hardly train her to stop barking by yelling at her across the yard. Plus, it is one of the fastest ways to turn neighbors into enemies and send an invitation to your local animal control agency.

Train your dog to **Speak and Be Quiet**.

Consult your trainer if you continue to face barking issues despite your best efforts

## Don't Punish Growling

Growling is a warning – it's the sign that your dog is uncomfortable, nervous or scared. A Growling dog gives you a chance to find out what's wrong and fix it. If you punish a dog for growling, you're taking away the warning signal – you may get a dog that bites without warning. Essentially, you're cutting the rattle off of a rattlesnake!

If your dog is growling, please find a CERTIFIED positive reinforcement trainer ([www.ccpdt.com](http://www.ccpdt.com)) to help you and your dog.

Punishing growling or using a shock, pinch or corrective collar can cause an aggression response. Keep your dog and your family safe. Do not punish growling and use a professional trainer to help you modify the behavior.

