



Helping your Dog Stay Calm with Fireworks

A SHORT TRAINING GUIDE



Brought to you by Paws For Thought Canine Coach

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"Fireworks can be lots of fun for us humans, but the loud bangs and smokey smells can be terrifying for many dogs. Their super senses make these things very scary for them.

There are some simple steps you can take to help support them "

PAWS FOR THOUGHT CANINE
COACH



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KNOW YOUR DOG

More dogs are lost because of fireworks than any other time of the year. But whether it's year-round fireworks, thunder, ambulances, balloons popping, or any other scary sounds, it's never too early to prepare your dog.

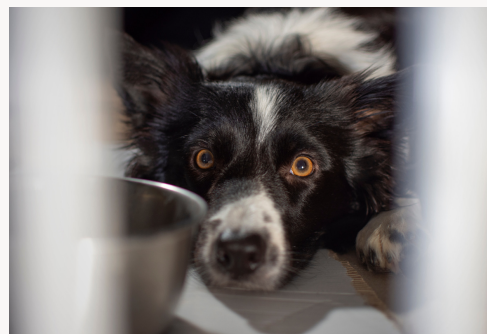
**With training, you
can help desensitise
your dog to become
less afraid.**

Signs your Dog is Scared

There are many signs your dog may be scared, anxious or unhappy. Some are more obvious than others

Some things to look out for are :

- Pacing or panting
- Covering or shaking
- Wide eyes
- Dilated pupils
- Freezing or unable to move
- Continuing or excessive yawning or lip licking
- Trying to run away
- Barking
- Soiling in the house
- Digging
- Hiding




Why Dogs Are Scared

Your dog's acute hearing makes them more sensitive to the sounds of fireworks than you are. During fireworks, your dog experiences the same kind of startled response you do, when you're surprised by a loud noise. This may mean an increase in heart rate, a rush of adrenaline, and an increase in stress hormones circulating through the body.

So you see, it is natural for dogs to be afraid of loud noises. The sounds trigger their nervous systems, and they can become anxious or afraid. Running away from the noise is a survival instinct. Remember, to your dog, the experience of fireworks is different than other natural loud noises, Fireworks are closer to the ground, more vibrant, and are accompanied by sudden booms, flashes and burning smells. Dogs experience the world through their senses — nose, eyes and ears.

CREATE A SAFE PLACE



Best case scenario you stay with your dog through the fireworks is to snuggle up watching a movie with your best furry friend. If you can not be with your dog, you will want to make sure you create a safe place for your dog.

Creating a safe place for your dog to hang while you enjoy the festivities can help prepare your dog for a successful night. While there is not a one-size-fits-all solution, there are a number of ways of making a comfortable safe place to consider when a dog is not a fan of fireworks, create a place where your dog will feel comfortable.

You should get your pet used to a calming environment beforehand. Dogs are den animals – they're looking for that cave to get away from it all. Here is a list of topics we will cover when creating a safe place:

- 
- Location
 - Containment
 - White Noise
 - Comforting Items
 - Essential Oils (***always*** take professional advice with oils)



Join us for fun and fireworks

One Residence

Location

When choosing a location to have your dog rest while fireworks are taking place, you will want to consider a place that has limited opportunities to escape, away from windows. Choose a place furthest from the fireworks such as back of the house, basement, a master bathroom or walk in closet so that they can't hear or see fireworks.



If they feel comfortable in a crate use this, but please don't lock them in a crate if they are anxious. Choice is so important to create safety. Let them decide where they need to go to be safe. Make a safe den for them by covering a crate or chairs. Build the den beforehand so they don't associate it with fireworks.

Use comforting materials with your scent to help them calm.

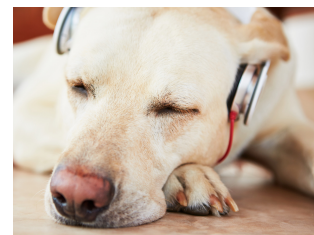
Play White Noise

Try leaving on the AC, a fan, Dog TV, or Soothing music that can help mask the sounds of the fireworks. There are lots of classical, reggae, jazz stations that have a calming effects for dogs. Ideally ones that play anti-anxiety tones. Baroque music can calm both you and your dog! Remember to close windows and curtains too



Secure your home and garden

Some dogs may panic and try to run away. Make sure your garden is secure. Place them on a lead if they need to go out. Remember to update your microchip details in case of accident escape too



Be Aware of Your Feelings

We can be anxious or angry that fireworks are sounding, often we transmit our feelings to our dogs too. Recognise how you feel, take deep breathes and relax

JUST
breathe



BOOM-CLICK-TREAT

A Fireworks Desensitisation Game

DO THIS EVERY DAY! SET UP MULTIPLE TRAINING SESSIONS IF POSSIBLE!

Step 1 - To begin, prepare your dog's absolute favorite high-value reinforcement treats. Get some good stuff out!

Step 2 - Start playing firework sounds (using youtube) at a very low volume, almost undetectable.

Encourage calm behaviour and play in background whilst you carry on with normal behaviour e.g. cleaning

Monitor your dog's body language for any signs of stress: Lip licking, yawn, Not taking food, avoiding the area, ears back while eyes look for stress signal. Download Dog Decoder App to learn more about dog body language or take my Canine Body Language course!

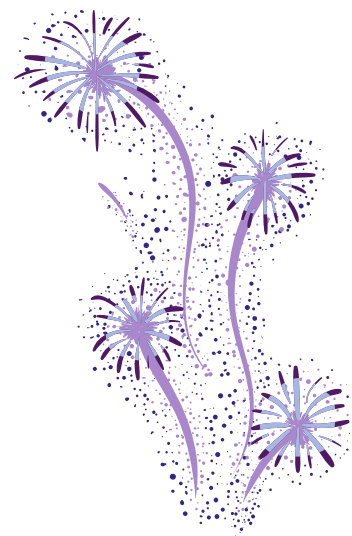
Step 3 - After each loud firework sound offer a high-value treat to your dog. If your dog is enjoying their food, gradually raise the volume every 2 minutes, gently.

If your dog appears nervous or worried, lower the volume or move away from the sound source.

Play "Boom, Click, Treat" game every day leading up to fireworks night.

During the game alternate with indoor games such as fetch, human play, tug, or even take it on the road for a sniffari adventure.

Remember your dog's hearing is far more sensitive to ours to do this process very slowly





WHAT WAS THAT?

A Sound Desensitisation Game

DO THIS FREQUENTLY SET UP MULTIPLE TRAINING SESSIONS IF POSSIBLE!

Step 1 - To begin, prepare your dog's absolute favorite high-value reinforcement treats. Get some good stuff out! Find a household item you can drop.

Step 2 - Start playing by using something very soft like a pillow or blanket. When your dog is not looking drop the item. When your dog looks over at you say the words "What was that?" and offer a treat!

Monitor your dog's body language for any signs of stress: Lip licking, yawn, Not taking food, avoiding the area, ears back, whale eyes look for stress signal. Download Dog Decoder App to learn more about dog body language or take by Canine Body Language course

Step 3 - After each drop, change the object to an item that makes a louder noise, and repeat the game. Always offer a high-value treat to your dog. Play this game randomly throughout the day, and even have a family member help out with the sudden noise.

Play "What was That?" game frequently leading up to fireworks night

During the game alternate with indoor games such as fetch, human play, tug, or even take it on the road for a sniffari adventure.

HOW TO PREPARE FOR DAYS BEFORE

Top three tips to prepare:



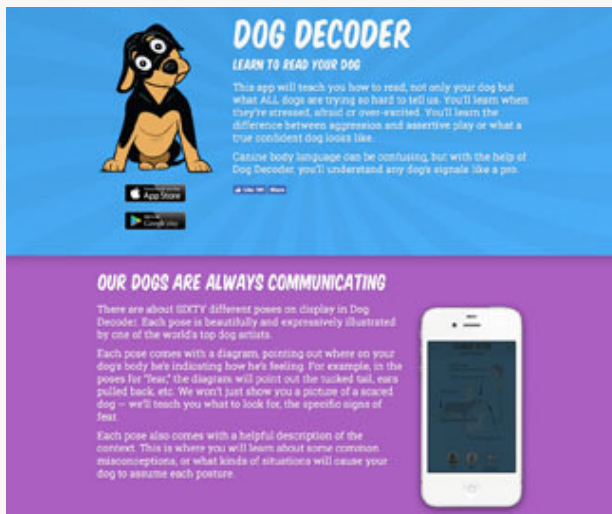
1. Exercise- Provide your dog with breed specific exercise to help drain your dog's energy. Be sure not to expose your dog to anything that can have your dog in the red- zone.
2. Interactive Feeders- Prepare some frozen feeders that keep your dog occupied little longer than their usual meal time. Challenge your dog mentally with some new enrichment ideas.
3. Training- Using a combination of your dogs meal and some higher valued treats you will want to do some training to help mentally challenge and to help desensitise to the sounds of fireworks weeks before.



10 Day Fireworks Preparation Countdown

| Days | What to Do |
|--------|---|
| Day 1 | Exercise your dog, as appropriate for their age, breed and temperament. After your dog is a bit tired, begin training. Start playing Boom-click-treat Game 5 minutes at a low volume, followed by an enrichment Feeder. Let your dog rest and Repeat x 1. |
| Day 2 | Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing Boom-click-treat Game 10 minutes increasing volume every 2 min, followed by an enrichment Feeder. Repeat X1 |
| Day 3 | Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing Boom-click-treat Game 15 minutes increasing volume every 2 min, followed by an enrichment Feeder. Repeat X1 |
| Day 4 | Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing What was That Game a few rounds, followed by an enrichment Feeder. Repeat X1 |
| Day 5 | Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing Boom-click-treat for 20 min for your dogs am meal, followed by enrichment and nap. Afternoon play the What was that Game, Rest. |
| Day 6 | Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing Boom-click-treat for 25 min for your dogs am meal, followed by enrichment and nap. Afternoon play the What was that Game, Rest. |
| Day 7 | Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing Boom-click-treat for 30 min for your dogs am meal, followed by enrichment and nap. Afternoon play the What was that Game, Rest. |
| Day 8 | Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing Boom-click-treat for 35 min for your dogs am meal, followed by enrichment and nap. Afternoon play the What was that Game, Rest. |
| Day 9 | Try a new form of exercise, as appropriate for their age, breed and temperament. After your dog is tired, begin training. Start playing Boom-click-treat for 40 min for your dogs am meal, followed by enrichment and nap. Afternoon play the What was that Game, Rest. |
| Day 10 | Exercise, as appropriate for their age, breed, and temperament. After your dog is tired, play the firework sounds at a volume your dog is non-responsive to while they enjoy their enrichment feeding. Plan to exercise your dog a again before it gets dark, multiple sessions |

OTHER WAYS TO SUPPORT YOUR DOG



KNOW YOUR DOG -Brush up on your canine body language skills, so that you can recognise signs of stress: Excessive panting, shaking, pacing, drooling, trying to escape, hiding in tight spaces, won't take food, unexpected potty accidents, whale eyes, desperate whining and barking are all signs that your dog is suffering. Download DOG DECODER app to help your family learn to better recognise body language!

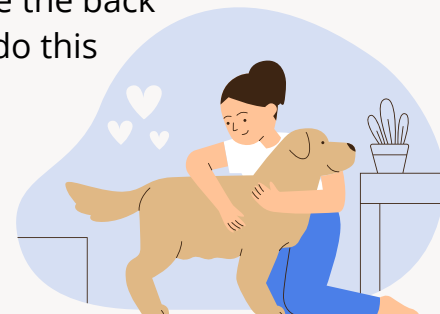


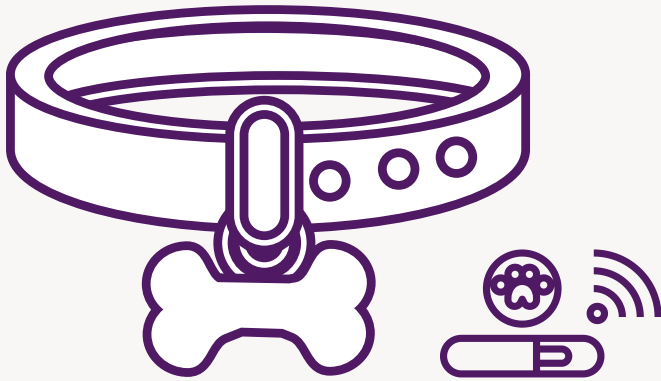
Please don't forget to sign up for my Canine Body Language Course too!

REASSURE YOUR DOG -Try not to react or worry about your dog but don't ignore them. Try not to hug or restrict your dog as they may want to try and run away or move if they panic. Some dogs may not want to be touched when scared so be mindful of this

If your dog sits near to you, speak softly and reassure them. Stroke gently, pausing often so they have the option to move away. You can use the back of your hand if they are anxious. Take long deep breaths as you do this

Tellington T Touch can help calm and reassure as well as using body wraps. However care should be taken with these. For more information on T Touch please contact pawsforthoughtcc@yahoo.com before using





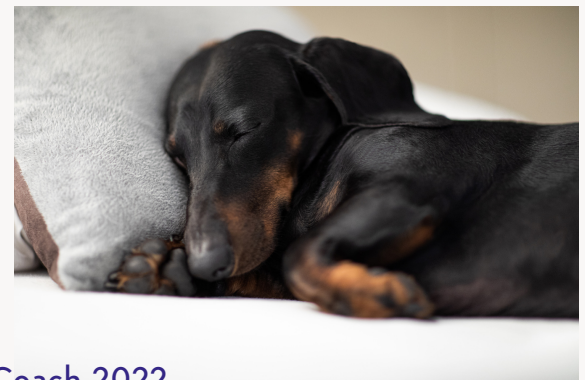
Harness, collar, tags with phone and keep your dog on a lead when outside. Put your dog's equipment way before the front or back door opens. Microchip! Make sure your dog is **microchipped** and the registration is up-to-date with your current contact information. Contact your vet if needed to schedule this way before the fireworks are likely to start



The ADAPTIL Calm Home Diffuser Kit provides “comforting messages” (dog appeasing pheromones that mimic a mother's nursing pheromones) that helps dogs feel calm and relaxed in situations like loud noises (thunderstorms and fireworks), being home alone, traveling or other fearful situations.

Remember these may take some time to work, so use some days before. They may not work alone but combined with other solutions they are a great way to support your dog.

Other options are flower remedies or Zoopharmacognosy. Please feel free to reach out to me to discuss how to use these safely



WE CAN'T ALWAYS KNOW WHEN THERE WILL BE FIREWORKS BUT AS THE DAY APPROACHES, TRY THESE TOP TIPS



- Walk your dog while it is still light
- Keep an eye on how much your dog drinks (they may drink more if stressed, or may not drink at all)
- Do not take them to bonfire displays or areas where there are likely to be displays or lots of noise
- Make sure your dog is not left alone, try and make alternative arrangements if you have to go somewhere
- Keep windows and curtains closed
- Let your dog hide away and make a safe den for them
- Keep kongs, snuffle mats and activities around for them
- Comfort them if they need assurance but do not crowd the restrain if they want to move away or panic
- Check in with your own emotions and feelings. Relax and deep breathe.....remind yourself that everything is ok
- Never get angry or shout at your dog, it is not their fault they are frightened and they cannot help it
- Play calming music in the background
- Practice the games to help desensitise them to noises
- Seek veterinary advice if you are concerned

MEDICATION & SUPPLEMENTS

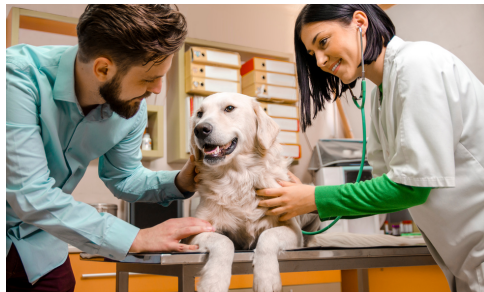
AS A CERTIFIED DOG TRAINER WHO PREFERS A HOLISTIC APPROACH TO ANIMAL PARENTING, I RECOMMEND MANAGEMENT & TRAINING TO MEDICATION EVEN IF THAT MEANS FINDING A WAY TO AVOID THE FIREWORKS

If your dog has an extreme phobia and if you wonder if medication can help...

LOOK FOR A HOLISTIC VET IN YOUR AREA.

PLEASE ALSO REMEMBER THAT YOU MUST CONSULT A PROFESSIONAL BEFORE USING ANY ESSENTIAL OILS.

PLEASE FEEL FREE TO CONTACT ME AT PAWSFORTHUGHTCC@YAHOO.CO.UK FOR A LIST OF PROFESSIONALS YOU MAY LIKE TO CONTACT



Would you like more help?

PLEASE FEEL FREE TO REACH OUT
TO ME FOR A DISCOVERY CALL, SO
THAT I CAN GIVE YOUR MORE
PERSONALISED GUIDANCE.



YOU CAN CONTACT ME VIA :

EMAIL- PAWSFORTHOUGHTCC@YAHOO.COM
FACEBOOK : PAWS FOR THOUGHT - CANINE COACH
WEBSITE : PAWSFORTHOUGHTCANINECOACH.NEWZENLER.COM