

Help your pet overcome separation anxiety

Wondering if your dog might suffer from separation anxiety when life goes back to normal?

Here are some tips to follow while at home:



Create a safe space. Have quiet time apart during the day. You may use a crate, a mat across the room, or sit on opposite ends of the couch.



Promote your dog's relaxation and comfort. Use a white noise machine, canine pheromones or pet-safe essential oils.



Desensitize your dog to departure cues. Try jingling your keys or putting on your shoes without leaving the house.



Incorporate independence-building games. Play hide and seek with their toys, or use a snuffle mat to keep your dog's mind busy.



Train your dog to stay in their own space. Your goal is to make them want you to leave so they can have independent play.

OVMA Pet Health Insurance includes coverage for behavioural therapy

If your dog shows signs of excessive anxiety, consult your veterinarian. OVMA Pet Health Insurance can help with the cost of behavioural treatment, medications, and veterinary exams.



Find out more at ovmapetinsurance.com or call **1.844.744.6862**.