

TRAVELLING WITH YOUR DOG

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Canines are great companions, that's why many dog owners love to take them wherever they go. But travelling in a vehicle can be a very scary event for them. A whole new experience of moving, feeling unstable and noise around them. A dog that may be experiencing motion sickness may show signs of vomiting, excessive drooling, lip licking, excessive panting, pacing, shaking, whining or yawning. Contact your veterinarian if your dog shows any of these signs during travel. These dogs can be fearful when they have car sickness. It's an experience they do not want to repeat. So why not prevent these scary events from happening?

Luckily there are many options for pet owners to help make their dogs trip calm and relaxing. For starters, dogs like to feel stable. Safely secure your dog in your vehicle with a harness and buckle. It's important for them to feel comfortable. This not only prevents your dog from falling but can prevent a serious car accident. It is not safe for yourself and your dog to be left unsecured during travel. Crates and carriers can be used as long as they have acclimated to them. Secure the crate with a safety belt. Avoid pushing, shoving or forcing your dog into a vehicle or crate. These actions will create an aversive environment, leading to resistant's the next trip. Let your dog jump into the vehicle on their own. For dogs that need special assistants use ramps or stairs to help them into the vehicle. Play calm music during your trips. Studies prove that classical music lowers cortisol levels not only in humans but also our canine friends. Using pheromone sprays (Adaptil) are clinically proven to help reduce panting, agitation and restlessness during travel.

MAKE TRAVELLING WITH YOUR DOG FEAR FREE AND FUN!



PREPARING FOR TRAVEL



If your pet is showing signs of stress during car rides and will not go into the vehicle on their own:

Each session should last no longer than 3-5min. Practice daily.

1. Reward your dog with something they think is high value like treats for small steps towards the vehicle at whatever distance they are comfortable with.
2. When your dog is predictably getting closer to the vehicle, encourage them into the vehicle with a few small treats or play time with their favorite toy. Reward them with several treats and some positive attention once they conquered this behavior. Do not drive anywhere. Practice with a stationary vehicle first.
3. Encourage your dog to get into the vehicle on their own, reward them when they do. Secure your dog so they feel stable. Have someone sit with your dog and feed treats as you drive out the driveway and drive back. Attempt shorter rides first.

4. Repeat step 4 now drive down the block and back. Reward big when you get back.

5. Slowly keep increasing the distance with each training session.

- It's important to understand when your dog is showing signs of stress. If your dog stops accepting treats, this is a point of stress. Go back to a point where your dog was accepting treats last then build confidence from there.
- Dogs that have a history of feeling anxious during car rides would benefit from pheromone sprays, calm music, shorter car rides and a person riding with them to feed treats during the trip to make it a positive ride.

Please check out www.centerforpetsafety.org for more helpful tips and products for making travelling with your pet safe. Create a fear free trip for your canine companion.

