



Thunderstorms: Five Tips to Calm Your Dog
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Does your pet turn into a scaredy-dog during thunderstorms? If so, he's certainly not alone. Thunderstorm anxiety affects many dogs and can often increase as they age. With symptoms ranging from barking and chewing to self-injury, it can be a serious problem for both dog and owner.

Not only is the loud noise of thunder scary, dogs can hear it at a much greater distance than humans can. The smell of the air also changes when a storm approaches, and the keen nose of a dog detects this early. The air pressure changes too, and a dog's ears are more sensitive to pressure changes than most people. In some cases, it might even hurt.

Five Tips to Help Your Dog Weather the Storm

1. **Provide a safe space for your pet:** Having a safe place for your dog to retreat to when it's storming is a great way for them to find comfort. This space could be a kennel, a bed or even a small room and should include comfortable bedding and some of their favorite toys. If your dog will eat during a storm, providing a brain game or

foraging toy is also a great way to occupy them.

2. **Calming music:** Calming music can help dogs relax during a storm. Scientific studies have found that classical music, reggae and even soft rock can be calming to dogs, and now, streaming services have music and playlists designed specifically to help calm dogs.
3. **Provide support:** Some dogs wish to be close to their humans during a storm, so providing support through physical touch, talking to them calmly or even just your proximity can bring comfort.
4. **Prevention:** Exposing puppies to the sounds of thunderstorms when they are young is a great way to prepare them as they age.
5. **Medical intervention:** Some dogs may benefit from medical or nutraceutical assistance through their veterinarian. These products can help calm and relax dogs when given before a storm passes through.

Above all, be kind and patient with your dog throughout the thunderstorm. By remaining calm and setting a good example, you'll help him ride out the storm.

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