

Dog Barking Secrets Revealed

How to Get Your Dog to Stop Barking

A Special Mini-Report from
<http://weekly-tips.com/dog-training/>

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**Please feel free to pass this mini-report around to your friends and colleagues. It just needs to remain in unmodified form.
Thanks!**

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Dedication

This mini-report is dedicated to all the dog lovers out there who just want a little peace and quiet.

Introduction

It's the question that has been asked a million times, "How do I get my dog to stop barking?" The one and only answer is, "You Can't." It is natural for a dog to bark. It is the way a dog communicates.

However, with that said, excessive barking can be annoying to you and in fact dangerous to the dog itself. So what this book aims to do is to help get your dog to stop excessively barking or at least to manage it.

Why dogs bark

Dogs bark for one reason and one reason only: attention. They could be alerting you to danger, to the fact that they need to go outside, any number of reasons. It may seem like they are barking for no reason at all, but there is, we just don't understand it.

The types of dog barking can be broken up into three different types of barking: Guarding, Separation and general whining.

Guarding Their Territory

Dogs naturally guard their territory. From birth, they know that they must alert their pack (that includes you!) to any sort of danger that they might be in.

This danger could be a strange noise they hear or a strange person approaching you. Essentially it's a change in the environment that they are not familiar with. Thus it's an unknown and they want the pack to be aware of their surroundings. And you know how they do that? By barking; usually loudly and constantly.

Separation Anxiety

Dogs are pack animals. Dogs like being around their pack. When they are puppies, this means their other littermates. When they have been adopted, it means you. When you remove the pack from a dog, it feels vulnerable. So when a dog sees you get ready to leave, it lets you know that it doesn't like it.

Whining / Attention Grabbing

The third type of barking a dog can do is whining or attention grabbing. This is the type of barking that it uses to get your attention. It could mean that he wants to go outside, he's hungry or bored.

Eliminate the excessive barking

Here are some techniques that I have learned to help eliminate as much excessive barking as possible.

Guarding Their Territory

Dog's shouldn't be disciplined for guarding their (and yours) territory. It should only be disciplined when they don't respect your "enough" command.

What I have learned to be the best approach to squash this excessive barking is the following. When a stranger approaches you and your dog, go quickly grab a treat. When the dog starts barking, let him know that he has done his job and that it is enough. You can do this by saying, "thank you that is enough." When the dog stops barking, you instantly give him a treat and praise him. You will gradually increase the amount of time between "thank you that is enough" and giving him a treat. Soon he will learn that he should stop barking completely when you say enough.

If the dog is having a hard time paying attention to you, you can use your treat as an attention getter. Or you might need to increase your body language and tone of voice until he responds. But make sure that when he does respond, you give him the treat and praise him. This is the key in changing his behavior. Dogs just want to please their pack leader, which is you.

Separation Anxiety

All dogs HATE IT when you leave them. When they detect that you are about to leave, they make sure to let you know it. The easiest way to defeat this type of behavior is to mask it.

When you are roaming about the house and your dog is following you around, pick up your keys, make some noise with them. Pick up your jacket.

Do the things you normally would do when you are getting ready to leave. By doing this, the dog will start associating those behaviors with normal time instead of associating them with you getting ready to leave.

Another trick you can do is to pre-occupy your dog with a toy or treat. Give them whatever it is they love and they'll be so preoccupied with it, they won't even notice you leaving.

What ever you do, don't start talking in negative tones (like apologizing). This will only increase their anxiety levels, and thus make them bark even louder and longer.

General Techniques

A tired dog is a happy dog. If you exercise your dog enough, he won't have the energy to expend barking unless it is an emergency situation.

Also, a bored dog will tend to bark more. So make sure that you have scheduled enough playtime during your day to play with your dog.

Again, a tired, exhausted, happy dog is a **quiet** dog.

Last Grasps

If these techniques aren't working for you, there is one more tip I can offer. Simply remove the problem.

For dogs barking at strangers walking down the street, you could close your front window blinds.

For dogs that sit in the front yard and bark at strangers, you could move your dog to the back yard.

You could move the dog to a room in the house where he can't hear noises from the outside.

While these aren't the best solutions, sometimes they are the only solution while you train your dog using the above techniques.

Conclusion

Both you and your dog will be much happier if the dog isn't excessively barking. You just need to remember that he is trying to communicate with you and that you need to let him know that his message was received.

However, that being said, your dog may whine to get attention (begging for food at the dinner table, etc). You need to make sure that you DO NOT give in to this. As soon as you do, you are enforcing that behavior. He will know that all he needs to do is bark a little bit and he will get his way. Don't let that happen to you! That behavior can be very difficult to undo.

Also, remember, that a tired, well exercised, exhausted dog will be a very happy and quiet dog. ☺

Resources

Here are some quality dog training resources that I have come across.

<http://weekly-tips.com/dog-training/>

Weekly-Tips.com – Our site provides a weekly dog training tip email service. We don't sell, rent or give away your email address. We hate spam as much as you do to. We also have dog training articles at <http://weekly-tips.com/dog-training/articles/> and a dog supply shop at <http://weekly-tips.com/dog-training/shop/>.

<http://weekly-tips.com/dog-training/dogproblems/>

DogProblems.com – This site is the end all and be all of dog training resources. Adam Katz is a seasoned dog trainer and has put together a great resource: "Secrets of a Professional Dog Trainer!" If you buy his book, you save yourself hours and hours of time and end up with a happier dog.

<http://weekly-tips.com/dog-training/sitstayfetch/>

SitStayFetch.net – Another quality book about dog training. "Dog Obedience Training: STOP Your Dog's Behavior Problems!" is authored by dog trainer, Daniel Stevens. His book is packed with quality tips and tricks about how to quickly train your dog.

<http://weekly-tips.com/dog-training/7daypotty/>

PottyTrainYourPuppyIn7days.com – Jonathan Bass has created a book that is solely devoted to how to potty train your puppy. The book is titled, “How To Potty Train Your Puppy in 7 Days!” This is a quality resource that guarantees you will have your puppy potty trained in 7 days or less.