



Pet Corner is proudly sponsored by Bergen County Veterinary Center

Back to school time could mean anxiety for pets too

By Lauren DePaul Schreiber



September is here and it is back to school time. Parents are focused on getting their children ready and prepared for a great school year. But, for those parents who also happen to have four-footed “children,” they also need to consider what their pets will be going through once their kids are no longer home during the day. With so much time together and a strong bond formed over

the summer, with lots of love and attention, you need to be on the lookout of signs of depression and separation anxiety as the kids are heading back to school. Back to school separation anxiety is a real condition that could affect your dog this September. With some signs to look out for and tips from our friends at Bergen County Veterinary Center, you will feel prepared for anything that might come your way.

Here are some signs that your dog might be suffering from separation anxiety:

Obsessive barking or whining for long periods of time

Having accidents

Chewing the furniture and shoes

Excessive pacing

Clawing at the door

Ripping the stuffing out of the pillows

Shredding paper

Rummaging through the garbage can

Always try to focus the treatment on helping your pet’s anxiety, not on punishing the negative behavior. Here are some tips to help your pet cope:

Try going on a family walk before everyone leaves for the day

Make sure your dog has plenty of interactive toys available to her during the day

Prepare everything the night before so everything remains calm when the kids leave for school in the morning

Take your dog out for exercise after dinner so she can get rid of any pent-up energy

Leave a toy or blanket that smells like you with your dog

It is always a good idea to take your dog to the veterinarian to make sure she doesn’t have an underlying medical condition that could be causing her anxiety. In some cases, sedatives such as trazadone, Xanax and Valium can be prescribed. All medications work differently on each pet. Separation anxiety is a very difficult condition to deal with and relief for your pet often takes a lot of trial and error. Remember to give your pets lots of love in September!



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*Does not apply to all doctors. Excludes vaccines and other test services. One complimentary exam per client. Expiration of 9/15/2019



**ARE YOU OR SOMEONE YOU KNOW
 LOOKING TO ADOPT A PET?**

**3rd Annual
 ADOPTION EVENT**

Sunday, September 15th 1-4pm
 (held at the hospital)

Not only is it a great opportunity for you to meet your next family member but it is also an opportunity to have your picture taken by none other than **Kim with Semi Sweet Studios**, eat some yummy snacks, buy some even yummiier treats and toys from **Woofgang Bakery**, create awesome projects and maybe even learn a thing or two. **Real Dog Rescue** and **Caring About the Strays** will have irresistible furry friends for you to meet, as always, and this year we welcome **Sheryl’s Den** as well.

We can't wait to see you all there!