



TOP WAYS TO

# Curb Excessive Barking



## It's natural for dogs to bark to communicate.

However, if your dog barks a lot when left alone, it can be helpful to try to figure out what's causing this. It could be excitement (such as when they see another dog walk by the window), anxiety, or even boredom.

Bored dogs may be more likely to bark. A tired dog is a happy dog -- and a less barky dog! Give your dog plenty of physical and mental exercise. Even simple games or short training sessions can help make your dog's day more fun and will tire them out, usually resulting in less barking.

**Have questions about your dog's behavior?**

Please contact us. We'd be glad to provide advice or connect you with a reputable dog trainer or certified animal behaviorist in our area.

[www.baypathhumane.org](http://www.baypathhumane.org) | 500 Legacy Farms North, Hopkinton, MA 01748 | 508-435-6938

# Curb Excessive Barking



## 1 Take your dog for at least one long walk a day.

For most active dogs, playing in the back yard isn't enough mental stimulation. Mix it up and walk in different places to make the walks more interesting for you and your dog.

## 2 Give your dog plenty of time to sniff when you're out on walks.

Dogs use their noses to explore their environment. This isn't just enjoyable for them. It's good mental exercise.

## 3 Use puzzle toys / frozen konges to feed your dog their meals / treats.

This is another way to help tire them out.

## 4 Dogs love having a job!

Consider taking your dog to classes. There are lots of fun classes—including basic obedience, agility, nosework, and swimming. This is a fantastic way to strengthen your bond with your dog and give them the mental stimulation they need.

## 5 Block what's bothering him.

If your dog is barking because of people or dogs passing by, consider using a barrier to block their view of what's causing them to bark. Sometimes simply shutting the blinds in the front of the house or using a privacy fence can help. You can also change the room your dog spends time in during the day or turn on classical music to block out noise or visual activity that's causing him to bark.

## 6 Reward him when he stops barking.

If the barking is attention-related (i.e., they are barking to get your attention), scolding your dog may reinforce the behavior. In our dog's minds, they are getting your attention and they often see that as a reward. The more they're rewarded for doing something, the more they'll continue the behavior. Next time your dog barks to get your attention, simply turn your back or call him away from what he's barking at. During the few seconds that he stops barking, give him a high-value treat like a piece of hot dog or cheese.

## 7 If you think your dog is barking out of fear or anxiety, consider speaking with a certified animal behaviorist.

They can help understand what is causing the issue and share exercises that will help you and your dog enjoy your time together.

**Have questions about your dog's behavior?**

Please contact us. We'd be glad to provide advice or connect you with a reputable dog trainer or certified animal behaviorist in our area.

[www.baypathhumane.org](http://www.baypathhumane.org) | 500 Legacy Farms North, Hopkinton, MA 01748 | 508-435-6938