

Is Your Dog Scared of Fireworks?

Watch for These Signs of Fear and Anxiety:

- Pacing or restlessness
- Excessive panting or drooling
- Trembling or shaking
- Hiding or seeking comfort
- Barking or whining more than usual

Some dogs may even refuse food or try to escape. If you notice any of these behaviours, your dog might be struggling with fireworks night.

If your vet advises medication don't wait until the night to trial it Make sure it's a good fit for your dog ahead of time. Similarly, if you are using equipment like wraps or thundershirts , get your dog comfortable wrestling them before the fear kicks in.

It's important to practise in advance so that your dog associates the techniques with calm times, and not firework season.

On the night, try to remain calm and neutral - your dog will pick up on your anxiety. If your dog is able to engage in play this can be a useful method to help you through the evening!

About Haigh Hounds

I am a qualified IMDT Easy Peasy Puppy instructor, DTC-CDT , Reactivity specialist and WSDA scent work instructor covering Wigan, Chorley and the north west - positive reinforcement training

I've always been dog crazy and have a special interest in high drive / working breeds after owning her own bunch of crazies (Setters, Retrievers, Labs, Spaniels and collies). My friendly, down to earth, honest, non-judgemental and patient approach helps build a strong bond between the dog and the owner, making the training process enjoyable and effective



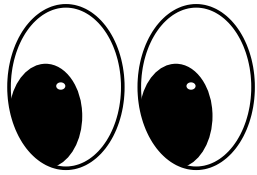
Emily, with her setter

Preparing for fireworks and thunder



Based on a blog post written by Haigh Hounds. For the full article, complete with links to soundtracks, scan the QR Code.





Sight:

Reducing Visual Triggers

Bright flashes of light can be startling for dogs. Ensuring curtains are drawn and lights inside the house are kept low can help reduce the impact of sudden visual stimuli. Creating a dim, cosy environment can make your dog feel more secure. You might want to try a covered crate, which can act as a “den” for your dog, providing a safe and enclosed space.

Remember when building a safe space - let your dog choose where they find safe.



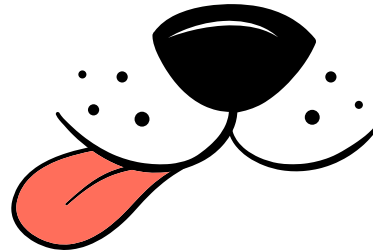
Touch:

The Soothing Power of TTouch

Physical touch plays a crucial role in calming dogs. The Tellington TTouch method is an effective way to reduce stress by using gentle, circular movements of your fingers on your dog’s body. This technique works by activating the parasympathetic nervous system, encouraging relaxation and lowering anxiety levels. For many dogs, the gentle pressure of a body wrap, similar to a ThunderShirt, can also provide comfort.



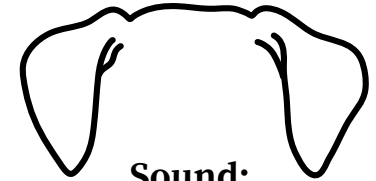
A Five Senses Approach



Taste:

Calming Supplements and Treats

Several calming supplements are available that can help reduce anxiety on fireworks night. Look for those containing natural ingredients like L-theanine, chamomile, or valerian root. You can also prepare your dog’s favourite treats or toys filled with something tasty to help distract and occupy them during the evening. Chewing and licking can be natural stress-relievers for dogs, so keeping them busy with long-lasting chews, treat-dispensing toys and licky mats can also help.



Sound:

Protecting Sensitive Ears

The loud, sudden explosions of fireworks are often the main trigger for anxiety. Dogs have sensitive hearing, so it's essential to reduce the intensity of these sounds where possible. Create a quiet space in your home, away from windows and doors, with thick blankets to muffle external noise. You can also try playing calming soundtracks specifically designed for dogs.



Smell:

Comfort Through Familiar Scents

Dogs experience the world through their noses, and familiar scents can bring them a sense of comfort. You can also introduce calming scents such as lavender or chamomile. Studies have shown that lavender can help reduce anxiety in dogs, but always ensure that any essential oils used are safe and diluted appropriately. Another option is a plug-in pheromone diffuser, which mimics the scent of a mother dog’s comforting pheromones, helping to calm your dog naturally.