



Sound desensitisation

This method helps dogs feel better about sounds that worry them, whether that's fireworks, barking dogs, traffic noises, or door knocking.

1. Either record the sound on your phone, or playlist of the noise your dog is worried by (Spotify and youtube usually has plenty). Do this away from your dog so you don't frighten them while searching.
2. Give your dog something to eat that will take a little while, like a filled Kong, lickimat, long lasting chew, or snuffle mat.
3. Play the sounds on the lowest possible volume.
4. Watch your dog very carefully. If they continue eating unphased, increase the volume slightly after two minutes.
5. If they stop eating or show any signs of worry or uncertainty when you increase the volume, turn it back down again.
6. Gradually increasing the volume on the play list, following steps 4 and 5.
7. Turn the sound off before your dog has finished eating (Make a note of how high the volume was just before you stopped).
8. The next time you do this, set the volume so that it's halfway between the lowest setting and where you got to last time.
9. Once you can play the sound at full volume while your dog remains calm and eating, move the speaker/phone to different locations. Always starting sessions at a low volume and increasing gradually.
10. When you can play the sounds at full volume, repeat the process without giving your dog something to eat. Start when your dog is awake, but calm and relaxed. You'll need to start with the volume on the lowest setting again and build up.