

14-Day Back-to-Work Plan for Dog Parents



SPOT ANXIETY



DAY 1

Recognize Signs of Stress & Anxiety

Pay attention to your dog's behavior when you leave; do they bark or howl? Drool or pant excessively? Have accidents?

PREP YOUR HOME



DAY 2

Create a Safe Space

Set up a specific room or area in your house for your dog to hang out and feel safe.



DAY 3

Provide Enrichment Toys

Leave out toys to stimulate your dog's brain while you're away.



DAY 4

Dog-Proof Your Home

Go room-by-room and lock up dangers, move plants up to higher shelves, put away electrical cords, and pick up the floors.



DAY 5

Hire Help

Consider hiring an experienced dog walker or start taking your pup to doggie daycare several times a week.

BUILD A ROUTINE



DAY 6

Teach Cues

Spend time doing tricks like sit, shake, or stay in the morning before you leave to engage their brain.



DAY 7

Create a Consistent Schedule

Develop a routine so you feed, walk, and let your dog out at the same time each day.

BUILD A ROUTINE



DAY 8

Make Crate Time Enjoyable

Make the crate a familiar feature in a room of your house and get your dog used to spending time there (no more than 4 hours at a time).

PRACTICE LEAVING



DAY 9

Practice Crate Stays at Home

Try leaving your pup in their safe space while you watch a TV show, clean, or eat a meal.



DAY 10

Go Outside (Alone)

Go outside and get the mail or walk around the yard for a few minutes while your dog stays inside.



DAY 11

Walk Around the Block (Alone)

Increase your time away by going for a walk for a few minutes while your dog stays inside.



DAY 12

Get Your Dog Used to You Leaving

Practice your normal morning routine (grab your keys, go start your car, back down the drive, etc.) then come back inside.



DAY 13

Go For a Drive (Alone)

Reiterate your leaving signals then go for a quick drive to get gas or grab a coffee while your dog stays home alone.



DAY 14

Increase Your Time Away

Build up on your time away each day until you work up to 4 hours and continue to use the tools you've learned along the way!