

How to Calm a Hyper Dog

By Cesar Millan

Having a hyper dog is a dog problem with many possible causes and solutions. Many hyper dog problems stem from boredom and a lack of stimulation. So in order to address the dog problem, you have to assess the way you are interacting with your dog and the kind of activity your dog gets on a daily basis.

Here are some simple techniques you can try at home to calm your hyperactive dog.

Ignore the hyper dog behavior.

Dogs seek attention from you. By paying attention to the hyper dog during outbursts, you're reinforcing the very dog problem behavior that you're trying to eliminate. The next time your dog is jumping or nipping at you in an overexcited way, give it a try -- no touch, no talk, no eye contact -- and see how you fare. You might be surprised how quickly the dog settles down.

Give your dog a job.

Having a task to focus on can help tremendously. Hyperactivity in dogs can come from psychological needs as easily as it can from physical needs. By giving your dog a job to do, you are removing his hyperactive dog behavior and are redirecting his energy elsewhere. For instance, having your dog wear a backpack with extra weight will keep your dog focused on carrying instead of getting distracted by squirrels and other things.

Go for a dog walk to redirect dog's high energy.

If your dog has a lot of built-up energy, a really vigorous dog walk is another excellent way to redirect it where YOU want it to go. Once you've burned that extra energy away, your dog should be pleasantly exhausted and too tuckered out to jump and nip. Without that frustration, he'll find it much easier to relax.

Check your own energy.

Your dog is your mirror. Any energy you project, he will reflect back. Are you in a calm assertive state of mind? Are you projecting a confident pack leader energy? Are you stressing out over an argument, or burdened with the worries of the workweek? Nervous or anxious moods can translate into nervous or anxious body language or tones of voice, and can affect the energy of your dog. So be the pack leader and stay in tune with your energy.

Try out aromatherapy.

Don't forget that dogs experience the world primarily by scent! Just as the smell of lavender is said to relax human beings, a soothing smell can also have a very calming effect on your pet. Talk to your veterinarian or consult a holistic professional to find out what smells may work for your dog and which dispersal methods are the safest for him.

Read more: <http://www.cesarsway.com>