

Prevention

The best way to stop your dog being afraid of noises is to introduce them to lots of different sights and sounds in a positive way while they are a puppy. There are many free resources available online, such as sound tracks of fireworks and storms. Always introduce your puppy to new experiences slowly (i.e. play the sound clips quietly to begin with), and make it positive by rewarding them with a treat or their favourite toy.

Once your dog is an adult, you can help prepare them for loud noises by taking a few simple steps:

- **Use a sound CD or playlist** which will help your dog become used to the noises that they're afraid of. It's important to start at a very low volume and make sure your dog associates the noises with good things such as play time or treats. Gradually increase the volume by small amount over a few weeks, again praising calm behaviour. If your dog becomes stressed at any point, it's best to reduce the sound and build their confidence a little more slowly.
- **Make new noises a positive experience** by praising them in a happy tone. This will help your dog to become more confident around new things.
- **Always stay calm.** The more worried you get, the more worried your dog is likely to get. If they are showing signs of stress and being afraid, stay as calm as possible as this will help them feel more at ease.
- **Contact your vet and an accredited behaviourist.**

Am I eligible for PDSA veterinary treatment?

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