# Everything You Never Wanted to Know About Your Dog Peeing in the House



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# Introduction

Welcome to everything you never wanted to know about your dog peeing in the house! When you first brought your dog home, you likely hoped you'd never need a guide like this. You're not alone. Every week, I hear from dozens of pet parents just like you who struggle to understand their dog's behavior, fix it, and clean up the mess so that their house doesn't smell like pee! After weeks, months, or even years of struggling to train your dog not to pee in the house, I know you're probably desperate for a solution. You might wonder if your new puppy will ever be housebroken. How long will it take? Your dog's behavior might seem even more puzzling if he was previously housebroken. Why would he go back to peeing indoors when he's

successfully gone outside for so long? What if he's sick? Rest assured, your dog is not peeing indoors to teach you a lesson or to purposefully make your life difficult. There are tons of reasons why a dog might start peeing indoors. I created this guide to help you identify the causes of the behavior, take steps to eliminate or reduce them, and clean up the stink and stains! Ultimately, I want to take the stress out of the mess so you and your dog can spend more time enjoying each other's company.

> Tulip, my own "Tiny Tinkler," and the inspiration for this book.



# Why Do Dogs Pee In the House?

There are few things more frustrating than a dog peeing in the house. I can't even begin to count the number of comments and emails I've received about dogs peeing on floors, on sofas, on beds, or even on tables!

Thankfully, it's possible to stop this behavior. But before you can correct it, it's essential to figure out why your dog might be peeing indoors in the first place. Once you find the root of the problem, you'll be well on your way to stopping indoor peeing for good.

Take a look at these six "tinkle types" to see which one could fit your dog – and be sure to remember your Tinkle Type number so you can quickly find the best solution in the next section.

There are few things more frustrating than a dog peeing in the house.

# Tinkle Type 1: The Un-Housebroken

If your dog is still under a year old, peeing in the house may simply mean that he's not fully housebroken. Housebreaking a new puppy can take anywhere from a few months to a year depending on



breed. For example, small dogs can be difficult to housebreak. With patience and consistency, though, accidents will happen less and less frequently.

Housebreaking concerns aren't just for puppies. An adult dog who has accidents in the house may just be confused about the appropriate place for him to go. Any inconsistency in his training could lead to more accidents down the road. For example, dogs trained to use puppy pads sometimes fail to understand why they can't pee in other places in the house.

We all want well-trained pets, but sometimes we unintentionally contribute to bad behaviors.

## Tinkle Type 2: The Tiny Tinkler



Do you have a little dog in the house? If you do, it means you're also dealing with a little bladder.

Small dogs are notoriously

difficult to train, and they also experience unique issues with bladder retention. They tend to pee more often than larger dogs, and even pee more when they get excited! Additionally, their tiny messes can be more difficult to find around the house, and it can be easy to miss their warnings about potty needs since they're so low to the ground.

If you're dealing with a Tiny Tinkler in the house, don't worry. With patience, consistency, and training on your part, even small dogs can learn not to pee in the house.

## Tinkle Type 3: The Well-Meaning Pet Parent

A few common pet parent mistakes can easily contribute

to dogs peeing in the house. If

any of these sound familiar, not to worry. They can be fixed.

- Not enough potty trips. Even a perfectly pottytrained dog can only hold it for so long. If you're away or distracted for hours at a time, your dog's bladder might not be up to the challenge. That's especially true for smaller dogs who, naturally, have smaller bladders.
- Using a crate that's too large. You want to give your dog plenty of room to be comfortable. But, if your dog's crate is too large, he might decide to sleep in one corner and pee in the other.
- Using the wrong cleaner. When your dog tinkles, it might be a habit to grab the nearest spray bottle of cleaning solution. However, due to the nature of dog urine, not just any old cleaner will get the job done right.

# Tinkle Type 4: The Checkup Champ

Sometimes, training and pet parenting have nothing to do with accidents. Several medical conditions can cause dogs to pee on the floor. Some can cause excessive thirst, which leads to excessive drinking and peeing. Others make it

painful to urinate, causing dogs to avoid going until they can't hold it another second.

Some health issues that contribute to peeing on the floor are:

- Diabetes
- Pain when squatting or lifting the leg to urinate
- An infected bladder or urinary tract
- <u>Bladder stones</u>
- Kidney or liver disease
- Tumors
- Cushing's or Addison's disease

- Adrenal gland issues
- Intestinal parasites
- Cognitive problems caused by brain disease or dementia
- Age-related illnesses or incontinence

If your dog has these conditions, getting early treatment is vital to his health, not to mention your floors. Your dog's veterinarian can help you to determine if he has a health condition that needs treating. So, don't wait to bring your pup in for a checkup!

## Tinkle Type 5: The Territory Marker

Urine marking is a huge and frustrating issue when it comes to dogs peeing in the house, especially when it arises after you've housebroken your dog! Even though it might not make sense to us at first, there is a perfectly reasonable doggy explanation for urine marking behavior.

We humans sometimes declare ownership of clothes, towels, or bags by labeling or monogramming our belongings. Unfortunately, dogs don't have label makers, so they "label" their things with a urine scent.

While it's true that not every dog will engage in urine marking behavior, some dogs are more territorial than others. They don't want to leave any doubt that a specific place or object belongs to them – so they get it nice and smelly to make sure everyone knows it's theirs.

Of course, urine marking is a major problem for us humans when it's our stuff getting peed on.

## If your dog is still intact – unneutered or unspayed – then it's worth investigating marking solutions.

How can you tell if your dog is urine marking? If your dog is still intact – unneutered or unspayed – then it's worth investigating marking solutions. Urine marking occurs most frequently in unneutered male dogs, but can also be a problem for unspayed females. Occasionally, though, even spayed and neutered dogs get into the habit of urine marking, especially if it was a habit they developed before getting altered.

# **Tinkle Type 6: The Anxious Tinkler**

There isn't always a physical explanation for a dog peeing in the house. Sometimes the triggers are in their little doggy minds.



Peeing in the house is one sign of anxiety in dogs. Any situation that makes your dog feel anxious could cause him to pee on the floor. Here are a few common anxiety triggers:

- Changes in routine, like a pet parent going back to work after a long hiatus at home.
- **Noise** from things like fireworks, thunderstorms, and traffic.
- Separation anxiety caused by being home alone.
- Changes in the environment such as new items or furniture, items belonging to guests, or an entirely new home. Your dog may not realize these things are off-limits.

• New people or animals, whether they're permanent additions to the family or just visitors. The arrival of a new person or pet in the home may leave your dog feeling threatened and trigger the urge to pee. Some dogs even pee in response to strange animals or people they observe walking by on the street.

In addition to anxiety, over-excitement sometimes triggers the urge to urinate. This behavior is more common in puppies than in older dogs, but some dogs don't

Submission, either to people or to other animals, causes some dogs to pee on the spot.

outgrow the tendency to lose control of their bladders when they're excited.

Submission, either to people or to other animals, causes some dogs to pee on the spot. If your dog leaves a puddle on the floor when someone is standing over him, this could be a sign of submissive peeing.



# Peeing in the house is one sign of anxiety in dogs.

If you suspect that a psychological issue is causing your dog to pee indoors, be sure to talk to your veterinarian for treatment suggestions. A <u>Veterinary</u> <u>Behaviorist</u> will also be helpful in pinpointing which psychological issue triggers indoor peeing for your dog.

My heart goes out to pet parents who are dealing with indoor peeing problems. Please remember that there is hope for ending problematic behavior! It will take time, effort, and consistency, but your pup – and your house – will thank you for it.

Now that you've identified your dog's Tinkle Type, let's dig into specific techniques you can use to end indoor peeing for good.

# 02

# How to Stop Your Dog from Peeing in the House

Did one of the six "tinkle types" above resonate with you? Go ahead and scroll to the Tinkle Solution that shares a number with your Tinkle Type to find a custom tail-ored solution to your pee problem.

Of course, there may be a number of reasons for your pup's puzzling habit, so it's a good idea to check out all of these expert Tinkle Solutions. Then, you'll be armed with plenty of new strategies to help stop the indoor peeing once and for all.

# Tinkle Solution 1 for the Un-Housebroken: Housebreaking Tips

In puppies, peeing in the house frequently means that they just need more training. In older dogs, revisiting the housebreaking process sometimes solves the issue.



### **Puppies**

Training a puppy takes time, patience, and consistency. Constant supervision helps to avoid accidents.

If you can't supervise, keep your puppy confined to a crate or a space small enough to prevent him from peeing there. You may want to block off a section of a bathroom or laundry room. Always make sure it's large enough that your puppy has space to stand, turn around, and lie down. And of course, never leave your puppy unattended for hours on end.

## Every puppy should go out immediately after waking up, before going to bed, and right after eating.

Take your puppy outside frequently. For puppies that are 8-12 weeks old or dogs under 8 lbs, take a trip outside about once per hour. For older puppies and larger breed puppies, aim for at least every two hours. Every puppy should go out immediately after waking up, before going to bed, and right after eating. As your dog grows up and gets bigger, he'll need less frequent potty trips.

When you take your puppy outside, use a leash, and go to the same spot each time. It's a good idea to use a specific word or phrase while he relieves himself so that eventually, he will learn to go on command. Make sure to praise him and offer a treat immediately after he does his business. Most pet parents should avoid using puppy pads since they can sometimes lead to confusion and teach your dog that he can pee in the house. The exception to this would be those that live in high rise apartment buildings. Pee pads or artificial grass pads can be a much more convenient choice than taking them outside for frequent potty trips.

Don't yell at him when he has an accident, but if you catch him in the act, you can use a loud noise like clapping to let him know that it's not acceptable behavior.

### **Adult Dogs**

Housebreaking an adult dog is a similar process to training a puppy. Many experts recommend a method known as the <u>umbilical cord method.</u> This involves keeping your



dog tied to you on a leash so that you can supervise him at all times. After a few days, you can gradually start to give him more freedom.

Dogs are creatures of habit and thrive on routine, which is especially important to understand during housebreaking. A few tweaks in your dog's routine can set him up for success if you're trying to break him of the habit of peeing in the house.

For example, keeping your dog's feeding on a predictable schedule will help establish a predictable pattern for potty time. Also, make sure he's getting enough physical exercise and mental stimulation. One of the most effective ways to housebreak is by moving your dog's food and water bowls because most dogs will not pee where they eat. So, if your dog constantly has accidents in the same place, you may be able to change the meaning of that location by placing his food and water there.

Of course, your pup might find a new place to go – but then, you can move the food and water again. It takes consistency and patience to keep moving your dog's food and water bowls every time he finds a new place to pee, but the results can be rewarding! Another option is to try putting small snacks and <u>training treats</u> in places where your pup has peed.



# **Keeping your** dog's feeding on a predictable schedule will help establish a predictable pattern.

# Tinkle Solution 2 for the Tiny Tinkler: Tiny Bladder Accommodations and Training Tips

Training a little dog not to pee in the house is a very similar process to housebreaking a puppy or adult dog. You'll need patience,



consistency, and constant supervision to make the training stick.

However, unlike The Un-Housebroken, your Tiny Tinkler likely won't grow out of their tiny-bladder phase. So, you'll need to accommodate your small pup by taking him out for potty breaks frequently! By applying the right housebreaking tips, you'll also gradually train your little dog to wait for bathroom breaks instead of peeing the house.

If you can't supervise your Tiny Tinkler all day, keep

your pup confined to a crate or a space small enough to prevent him from peeing there. When you have a small dog, it can be tempting to use a large crate so he has plenty of room. However, if he has too much room, he'll simply use one side of the crate for peeing and the other side for sleeping.

You may want to block off a small section of a bathroom or laundry room. Always make sure your crate or blocked off room is large enough that your dog has space to stand, turn around, and lie down. And of course, never leave your dog unattended for hours on end.



Especially if your Tiny Tinkler is still a puppy, make sure to take him outside frequently, about once per hour. As your dog gets used to your routine and gets older, you can gradually

increase the time between breaks to about every two hours. Every dog should go out immediately after waking up, before going to bed, and right

after eating, regardless of age or size.

When you take your dog outside, use a leash, and go to the same spot each time. It's a good idea to use a specific word or phrase while he relieves himself so that eventually he will learn to go on command. Make sure to praise your Tiny Tinkler and offer a treat immediately after he does his business.

You can also try using the <u>umbilical cord</u> <u>method</u>, where you leave your

When you take your dog outside, use a leash, and go to the same spot each time.

dog on a leash while you're inside together. Since it can be hard to spot where your small dog has peed inside, the leash will make you more aware of your dog's surroundings and subtle cues that he needs to go out.

Don't yell at him when he has an accident, but if you catch him in the act, you can use a loud noise like clapping to let him know that it's not acceptable behavior. Many small dogs are HUGE bundles of energy. If they're cooped up in the house for too long, they often get bored and that's when the mess happens. Make sure your Tiny Tinkler is getting enough physical exercise and mental stimulation.

One of the most effective ways to train a dog, regardless of size, is by moving his food and water bowls because most dogs will not pee where they eat. So, if your dog constantly has accidents in the same place, you may be able to



change the meaning of that location by placing his food and water there.

Of course, your pup might find a new place to go – but then, you can move the food and water again. It takes consistency and patience to keep moving your dog's food and water bowls every time he finds a new place to pee, but the results can be rewarding! Another option is to try putting small snacks and <u>training treats</u> in places where your pup has peed. Lastly, it's essential to make sure there aren't any lingering scents in the house after an accident. If your dog continues to smell urine, it will just encourage your dog to keep peeing in the same places. To learn how to properly clean accidents and get rid of that urine smell for good, see the section "How to Clean Up After Your Dog Pees," starting on page 42 of this ebook.



## **Tinkle Solution 3 for the Well-Meaning Parent: Pet Parent Training**

As much as we all want to be the perfect pet parent, it's unavoidable that we'll sometimes make mistakes. Maybe you've just realized a common pet parent mistake you're making. Don't sweat it! There's still plenty of time for you to change course and promote healthy peeing habits for your pup. To make sure your dog has the best environment for proper peeing, remember to do these three things:



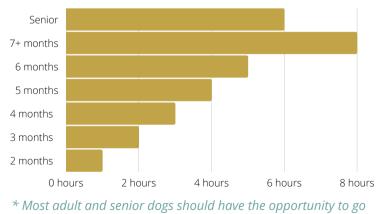
• Give Lots of Potty Breaks.

Depending on age, breed, size, and other factors, some dogs just can't hold it as long as others. Make sure your dog is getting the chance to relieve himself as often as he needs.

If you see your dog drinking a significant amount of water in a single sitting, it's probably a good idea

to let him out shortly after. If your work keeps you away from home for longer than your dog can manage, you might be able to solve the problem by arranging to have someone let him out while you're away.

No matter how well-trained a pup is, dogs' bladders have their limits, and going beyond those limits leads to accidents. As a general rule, puppies should start by going out every hour. Then you can add one additional hour for every month of age. Adult dogs should have the chance to go between 3 and 5 times per day. Most can hold it for 6-8 hours if needed once they've been adequately trained. Senior dogs may need to go slightly more often – possibly every 4-6 hours.



out 3-5 times per day.



No matter how well-trained a pup is, dogs' bladders have their limits, and going beyond those limits leads to accidents.

### Choose the Right Crate Size.

The <u>ideally-sized crate</u> will allow your pooch to stand up, stretch a bit, and turn around. It shouldn't be so large that he has room to sleep in one corner and pee in the other.

### Clean Up Properly After Accidents.

It's essential to make sure there aren't any lingering scents in the house after an accident. If your dog continues to smell urine, it will just encourage your dog to keep peeing in



the same places. To learn how to clean accidents and get rid of that urine smell for good, see the section How to Clean Up After Your Dog Pees, starting on page 42 of this ebook.

# Tinkle Solution 4 for the Check-up Champ: Visit Your Veterinarian

If your dog is peeing in the house, you should talk to your veterinarian, who can help you identify or rule out potential medical issues. Various medical conditions can lead to dogs urinating in the house, and treating them is vital for your dog's



health and for solving the peeing problem.

Some issues may be relatively minor, and some are more serious. Either way, your veterinarian is the best person to diagnose any medical problems causing your dog to pee in the house. As a reminder, these medical issues can lead to urinating in the house:

- Diabetes
- Pain when squatting or lifting the leg to urinate (a possible sign of Canine Osteoarthritis)
- An infected bladder or urinary tract
- Bladder stones
- Kidney or liver disease
- Tumors
- Cushing's or Addison's disease
- Adrenal gland issues
- Intestinal parasites



- Cognitive problems caused by brain disease or dementia
- Age-related illnesses and incontinence

Your veterinarian can also help you medically address any conditions that may cause your senior dog to pee in the house. If you have an older dog with limited mobility, be sure to take him on frequent but short walks to give him plenty of opportunities to relieve himself.

## Tinkle Solution 5 for the Marker: Neuter or Spay Your Dog

Intact dogs are much more likely to engage in urine marking behaviors. Spaying or neutering frequently reduces or significantly eliminates those actions.



However, if you're set on keeping your dog intact, the best thing you can do to break your dog of marking is to visit a <u>Veterinary Behaviorist</u>. Be aware, though, that unneutered pets may never stop marking in the house.

If your dog has been spayed or neutered and is still peeing in the house, it's more likely that the urine marking has become a habit. So, you'll have to use a variety of techniques in this guide to get the behavior under control. These may include:

- Placing treats in spots where he pees
- Using a <u>bio-</u> <u>enzymatic cleaner</u> that is safe on all surfaces.
- Addressing anxiety issues



- Introducing new objects and people slowly and with supervision
- Consultation with a <u>Veterinary Behaviorist</u> to rule out mental or emotional triggers

## **Tinkle Solution 6 for the Anxious: Get Help to Identify Triggers**

If you pay close attention to when and where your dog pees, you may notice a pattern. It might be possible to identify why your dog is peeing and make minor changes in your dog's routine or environment. Those



changes could make accidents much less likely to happen.

For example, if your dog tends to "mark" new items that come into the house, avoid leaving things in places that are easy for your dog to access. Introduce new people and objects slowly and with careful supervision.

If certain noises or events trigger anxiety-related

accidents, playing music or white noise that masks the sounds may help reduce your dog's anxiety. A pheromone collar or diffuser may also help keep your dog calm if he has <u>noise aversion</u>, <u>separation</u> <u>anxiety</u>, or other anxiety issues.

Adaptil products are drug-free and mimic the natural hormones that mother dogs emit to make their puppies feel safe and calm. The Adaptil <u>diffuser</u> covers up to 700 square feet and can run in the area of the house where your dog tends to tinkle. It's odorless so that you won't smell anything, but you may notice a difference in your dog's anxiety. Your dog can wear an Adaptil <u>calming</u> <u>collar anytime</u> except during bathing or grooming.



Some dogs also respond well to <u>calming CBD oil</u> or <u>treats</u>.

There may be many factors that contribute to your dog's peeing in the house. In addition to consulting with your veterinarian, you may want to arrange a consultation or a few sessions with a <u>Veterinary</u> <u>Behaviorist</u> who will consider the entire situation and prescribe specific behavior modification techniques, with or without medication.

If your dog is peeing in the house, it's not hopeless! With patience, consistency, and possibly a little trial and error, you can treat the issue and enjoy a happy dog and a pee-free home. Of course, the peeing probably won't stop overnight, and you still need to maintain a fresh-smelling house in the meantime. So let's talk about accident cleanup, and I'll introduce you to my very favorite peecleaning products.



# How to Clean Up After Your Dog Pees

I know you don't want your home to smell like a doggy outhouse. So, I want to share with you a simple but valuable pet parent secret. The key to removing the scent of an accident – or even many accidents – is to use the right cleaning products.

## My Favorite Cleanup Products

A lot of cleaning products on the market today are made of harsh chemicals and strong perfumes that do nothing except mask the scent of an accident – and



many of them don't even do a good job of masking the scent, which gives a house that distinct "dog pee smell".

<u>Bio-enzymatic cleaners</u>, unlike products that are full of chemicals and artificial scents, really work to break down pet stains at the source and get them out of your house for good. How do they work?

Bear with me for a quick, easy science lesson. When bacteria reproduce, they create enzymes. The enzymes then break down more complex molecules – like pet stains – into something the bacteria can eat. So, bacteria and enzymes work together to eliminate all stains and odors in a way that chemicals and perfumes can't.

<u>Bio-enzymatic</u> cleaners contain human-safe bacteria that want nothing more than to eat the pet stains right off your floor. When applied to a soiled area, the bacteria inside the cleaning product multiply and continue to grow as long as they have a wet environment and a food supply. And their favorite food supply is your pet stains!

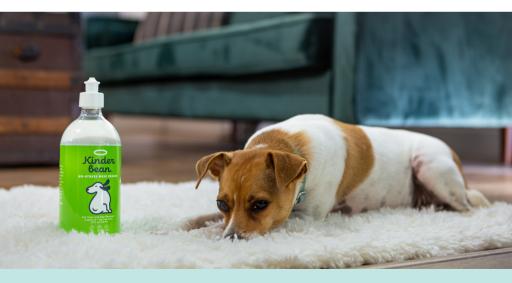
Finding the right cleaner for me was difficult. So I created <u>Kinderbean No-Stress Mess Eraser</u>.

This bio-enzymatic formula is sustainable and safe for both pets and the earth. Plus, it has a subtle pleasant grapefruit, tea-tree scent.

As an added bonus, <u>Kinderbean</u> does double duty as a potent stain cleaner and can be used to freshen collars, leashes, bedding, and plush toys.

## **Carpet/Upholstery Cleanup Instructions**

- 1.Soak up as much of the urine as possible with a cloth, towel, or paper towels.
- 2.Shake the bottle of <u>bio-enzymatic cleaner</u> gently.
- 3. Thoroughly soak the soiled area with the bioenzymatic cleaner.
- 4. Use the bottom of the bottle or a scrub brush to agitate the cleaner into the stain.
- 5.Set a damp towel on top of the area. Allow it to sit overnight with something heavy on top. Then remove the cloth.



### Hard Floor Cleanup Instructions

- 1. Wipe up the urine with a paper towel.
- 2.Shake the bottle of <u>bio-enzymatic cleaner</u> gently.
- 3. Cover the area but don't saturate heavily.
- 4. For sealed surfaces, leave for up to 15 minutes. For non-sealed surfaces, leave for up to 5 minutes.
- 5. Blot up any remaining liquid and allow to air dry.



### The Tail End

When all is said and done, most pet parents will do anything to get their dog to stop peeing in the house. Some may even resort to using belly bands and diapers. However, as responsible pet parents, we never want to trade our dog's comfort for our convenience. These devices may, in the short term, prevent messes in the house, but they greatly decrease our dog's quality of life.

That said, I fully understand how frustrating it is when your dog pees in the house! But with consistent training, patience, and the right products to assist, your house can be pee-free once again.

## Pee FAQ's

Pet parents across the country have cried out in the comments of my Pet Living blog, asking for answers as to why their dogs won't stop peeing in the house. Here are a few questions and answers I think you'll find helpful.

# Q: How do I stop my unneutered male dog from urine marking?

A: My number one recommendation is to get your dog neutered! That typically will solve the problem since neutered males are much less likely to mark their territory. If you don't wish to get him neutered, be sure to clean each area that he marks with <u>a bio-enzymatic</u> <u>cleaner</u> and follow the instructions carefully. That will take the smell out of the area, and he will be less likely to mark there again. Be sure to consult a Veterinary Behaviorist to rule out mental or emotional triggers for your dog's urine marking.

### Q: My new puppy, who has been spayed/neutered, keeps marking around the house! Help!!

A: Puppies need a little extra attention in order to house train them! The best thing to do is to take them outside more often. Remember, small dogs and puppies may need to go outside as often as every hour. That will help them to learn that they need to potty outside and not inside. Establish a pee routine, so your dog comes to know when he'll go outside. Tougher cases may need to use the umbilical cord method (keeping them on a leash while indoors). Additionally, be sure to use <u>a bio-</u> enzymatic cleaner to completely get the

odors out of the areas they do mark. To help your new puppy adjust to his new home, try an <u>Adaptil pheromone collar</u> to help naturally calm him. If the issue persists, consult your veterinarian to ensure he doesn't have an underlying medical issue.

### Q: My neutered male dog never used to mark, but then I adopted a new puppy and now he is marking! How do I make him stop?!

A: Since you have added a new dog to your home, he wants to mark his territory! The first step would be to get your new puppy spayed or neutered. This may make him stop wanting to mark around the house. He could also be feeling anxious due to the recent change in his environment. Calming, natural pheromones may just help him adjust to his new companion. Adaptil

<u>collars</u> and <u>diffusers</u> release naturally calming canine messages into the air to help your pups calm down. He could just need some time to adjust to this new change. <u>Clean the areas</u> he does mark really well to get all of the odor out. Try to take him outside more often to let him relieve himself so he is less likely to go in the house! If the issue persists, a <u>Veterinary Behaviorist</u> may be your best bet in determining how to get this issue to stop.

### Q: My spayed/neutered adult dog never used to mark in the house, but suddenly he is! What do I do?

A: If you notice that your dog has recently begun marking, seemingly out of nowhere, it could be due to a medical condition, like a urinary tract infection (UTI). The first thing to do is to talk to your veterinarian. They can test your

dog's urine to see if they have an infection or determine if there is a medical issue. If your pup is determined to be healthy, try consulting a <u>Veterinary</u> <u>Behaviorist</u>. They are experts in pet behavior and can help determine a cause and a solution.

### Q: My spayed female dog began marking around the house right after we moved! Help!

A: Typically when spayed females mark it is due to anxiety! Dogs can experience anxiety just like we can, especially when there have been a lot of changes in her environment. Try using calming canine pheromones like Adaptil <u>collars</u> and <u>diffusers</u>. These are natural "happy messages" that will help to keep her calmer. Additionally, <u>CBD and hemp oil</u> for dogs can be a great help in calming her down.

## **Shopping List**

### Calming



Black Light

Bio-enzymatic cleaning\_products

Bio-enzymatic cleaning\_products

Steam mop with microfiber pads

Steam mop with microfiber pads

Bissell Spot Bot Pet

White cotton cloths

White cotton cloths

Scrubber to agitate enzyme product into carpet or upholstery

As an Amazon Affiliate, I earn from qualifying purchases.



## **About the Author**

As a pet-parenting expert and a pet advocate, I speak everything pet – and I love to help translate between brands, veterinary professionals, and pet parents to ensure you can provide your furry loved ones the very best care at all stages of their lives. I've been insanely passionate about my

pets since I was a little girl. Early on, pets were a critically important part of my life. I had a powerful experience that shaped how I forever feel about animals and our relationships with them. I believe we need pets as much as they need us and I believe we owe them the very best care we can afford and provide. I've had more than 30 pets in my lifetime including doas, cats, goats, donkeys, a horse, a gerbil, mice, and chickens! – and my love for pets has wiggled its way into nearly every aspect of my life and career. I spent 15 years working in animal welfare for the SPCA, had the opportunity to appear weekly on our local FOX station, appeared on seven morning drive time radio shows each week, and penned a pet column for our local newspaper for 10 years. This all paved the way for me to launch the first PR agency to exclusively serve the pet and veterinary market in 2003. My agency was acquired in 2017, allowing me to focus on this Pet Living platform and directly serve pets and their people, which is what I believe I was put on Earth to do.

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