

UNDERSTANDING BARKING

BARKING IS THE NUMBER ONE NOISE COMPLAINT IN APARTMENTS AND CONDOS. EXCESSIVE BARKING CAN STRAIN RELATIONSHIPS WITH NEIGHBOURS AND LEAD TO COMPLAINTS WITH BUILDING MANAGEMENT. BARKING PROBLEMS CAN BE RESOLVED WITH THE RIGHT APPROACH.

WHY DOGS BARK IN APARTMENTS

Dogs bark for many reasons: boredom, alerts, anxiety, or a need for attention. In apartment settings, dogs are exposed to more sounds which can trigger barking. Understanding why your dog barks is the first step to solving the problem.

SEPARATION ANXIETY

Many apartment dogs bark excessively when their owners leave. Signs include barking that starts within minutes of departure, destructive behaviour, and pacing. Avoid making a big fuss when leaving or returning. Keep departures calm and matter-of-fact. Gradually build your dog's confidence with short absences, then longer ones.

ALERT BARKING

Many dogs bark at every sound outside the apartment door. This is territorial or alert behaviour - your dog is telling you "someone is out there!" Avoid yelling as your dog may interpret this as you joining in. Instead, calmly correct and redirect your dog's attention. White noise machines or calming music can help mask hallway sounds throughout the day.



BOREDOM BARKING

A bored dog can be a noisy dog. Dogs in apartments may lack the stimulation they need, leading to attention-seeking or frustration barking. Ensure your dog gets adequate daily exercise. A tired dog is a quiet dog. Puzzle toys, frozen KONG treats, and snuffle mats can provide mental enrichment while you're away. Consider a midday dog walker if your dog is alone for more than six hours. (Puppies will need more frequent breaks)

DEMAND BARKING

Some dogs learn that barking gets them what they want - food, walks, or attention. If you respond to demand barking, you're reinforcing it. The key is to only give your dog what they want when they are calm and quiet. Consistency is critical - if one family member keeps giving in, the barking will continue.



TOP TIPS FOR MANAGING BARKING

- Maintain a consistent daily routine for walks, feeding, and play
- Provide adequate exercise before you leave for the day
- Use puzzle toys and enrichment activities during alone time
- Keep curtains closed if your dog barks at movement outside
- Try calming music or white noise to mask hallway sounds
- Never punish barking - it increases anxiety and makes it worse
- Crate training or containing in a bedroom can help some anxious dogs feel more secure
- Consider doggy daycare if your dog is alone for long hours



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