

Whining at night

It is not at all uncommon for a new arrival to whine or display some other behaviour that shows a little anxiety following a change of environment. Puppies and young dogs tend to whine for attention, particularly during the night and in order to get sufficient sleep it is necessary to know how to deal with the problem.

Having been taken away from everything that was familiar, their mother, littermates and home you can understand how insecure the animal might feel. Now when left alone separated from the adoptive family they can become agitated and anxious. It is necessary to recreate a safe, warm, welcoming environment for the new arrival, in which they will feel safe and secure.

Dogs are naturally denning animals, which means they will seek safe enclosed areas to rest or retreat to when they feel threatened. An artificial den area can be recreated using an indoor crate. This is an ideal solution when made into a safe inviting rest area, providing a sense of well-being, security and confidence for your puppy. Partially cover the crate with a sheet and place the puppy's bed inside making it warm and comfortable. Put this in your bedroom to begin with allowing the puppy to get used to sleeping and resting in here overnight and after a few weeks you can gradually move the crate, a stage at a time further away from your bedroom into the kitchen. The sleeping environment remains the same and therefore the puppy remains comfortable and content. Be sure to use a crate that would fit the adult equivalent of your breed of dog.

It is common for the blanket advice of ignore the dog when it is crying. This is generally fine if the puppy gives up crying quite quickly but for persistent offenders, it can be quite difficult and usually ineffective. With any new arrival having sufficient energy levels to deal with their daily activities is an absolute essential so getting sufficient sleep at night is very important

