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Menopause, Andropause And Other Hormone Imbalances
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Dog Digs But Only At Night

By Adam Katz

Hi Adam,

I've been using your techniques for six months now and Zac, my Labrador/Heeler cross (two years old) is just about an angel now.

[To read about the dog training resources he's referring to, please take a look at:

<http://www.dogproblems.com/newvideos.htm>

]

The only problem I have is that he digs up the lawn approximately once every two months. I have him on a running lead when I'm not home and this prevents him from digging. However, he is off the lead over night. Most of the time he's good, but now and again he digs a hole (at night).

I'm reluctant to put him on the lead at night because this is when he goes to the toilet (he can't go during the day). Can you please provide me with some advice so that I can stop this problem?

Thanks, Robert

Robert,

Thank you for your comments about my products. To read about the dog training resources he's referring to, please take a look at:

<http://www.dogproblems.com/newvideos.htm>

A good solution to your problem would be to confine the dog at night. This can be done either by putting him in a crate, or if you want him outside, build him a kennel run with concrete flooring so he can't dig. Because you can't catch him in the act of digging, the way to work with this behavior (especially if it's only at night) is to prevent it from happening.

>From your email, I understand that your dog is tied on the running lead all day without access to the yard to do his business. If you can't be home to let him out during the afternoon or evening hours, perhaps a responsible neighbor or even a professional pet-sitting service would be willing to do this for you. He should also be having plenty of exercise, both mental and physical to tire him out, and again this is where the neighbor or pet-sitter can come in handy, as well as yourself when you come home. Tiring him out will assure you that he stays out of trouble, all the more so if he's confined properly.

That's all for now, folks! Adam

Adam G. Katz is the author of the book, "Secrets of a Professional Dog Trainer: An Insider's Guide To The Most Jealously Guarded Dog Training Secrets In History." Get a free copy of his report "Games To Play With Your Dog" when you sign up for his free weekly dog training tips e-zine at:

<http://www.dogproblems.com>

Let Me Show You How to Stop Your Dog Digging and Making a Mess

By Niall Kennedy

If your dog digs, it may be for a very good reason. While most people think it is annoying and troublesome for them to keep track of their dog's need to dig, the fact is that a dog digs for a reason. For example, many dogs dig to bury or to retrieve bones or even toys. But, on a hot day, a dog can dig because he's hot. By digging down, he can lie in the hole and stay cooler. Smart! Or, the dog may be doing it because he is trying to kill rodents like mice and other critters that are lurking out of sight. Dog's like terriers do this instinctively. Still, other dogs do it because they are trying to run from physical confinement or just because of plain boredom.

As a dog owner, you are stuck in a dilemma. You don't want your pet to dig holes and leave pits throughout your yard. But, on the other hand, you don't want to punish your animal for doing something that is just natural for him to do. This is especially true when you have a pet that just seems to always be digging. You don't want them to do it but you don't want to punish them. This seems like a lost cause but in fact there are many ways that you can overcome this problem.

In order to get to the behavior and to treat it, you need to know why your pet is doing it. To do that, answer some basic questions. When does the dog dig? Is it when he or she is left alone or when you give them a toy or bone? Do they do it in the same spot every time? Is the dog digging near a fence as if trying to get out? Finding out why your dog digs will lead to answers for you in treatment.

The dog that digs when it is left alone is one that is bored. If this is the case for you, there are several things you can do to prevent it. For example, tire the dog out with a walk or some play time before you leave for an extended amount of time. If it is tired, it is likely to sleep through part of the time. Also, make sure to give the dog toys or other items that will engage her mind. Walking into a pet store you will see hundreds of choices. You'll even find what are called dog puzzles. These can be such things as hollow balls or cubes that you'll place a toy or treat inside. When they smell it, they will spend time working on getting it out. This leaves less time for digging.

Dog Digs But Only At Night

For those dogs that are instinctively digging, your response can be, believer it or not, to provide an acceptable spot for them to dig in. Some owners create special pits for their dogs to dig in. They can fill in a small area of a soft dirt and then bury treats inside of it. Scatter them, place some deeper than others. The dog gets the treat when it uses its sense of smell to locate it. Don't let the dog know you are burying them either.

What about that dog that just doesn't want to stop digging? In some cases, you may have to protect that flower bed instead of trying to stop the animal. Either a physical barrier can be used or one that is remote punishment type. Some owners try techniques such as a splash of water or a distraction of attention whenever the dog attempts to dig. The problem with these types of systems, though, is that they only tend to work when the owner is present and able to do the distracting. Unfortunately, most compulsive diggers go right back to digging when the owner is no where in sight.

Best Pet Health Information

is a resource which will help you find information, hints and tips to keeping

your dog happy and healthy. <http://www.best-pet-health.info> This article may be reprinted in full so

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