

Dogs Afraid of Thunder

A step-by-step guide to desensitize your storm-scared dog.

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"Then, gauge your dog's reaction," Dodman says. "If your dog is starting to show signs of panic or fear, reduce the volume and slowly build it back up."

Some dogs may need antidepressant medications such as clomipramine, which helps address general anxiety. Consult your veterinarian about prescription drugs and pheromone products that will reduce anxiety and fear.

Resist the temptation to coddle your dog at the first signs of a storm or a thunder rumble. This well-intended action only reinforces its fear. Instead, ignore the storm's sounds and speak in an upbeat tone. Distract your dog by having it perform a simple command, such as Give me five, and always follow up with a treat.

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