



# STORM ANXIETY TOOLKIT FOR DOGS

## BEFORE THE STORM - Preparation Checklist



### Weather Awareness

- Check the weather forecast daily during storm season
- Set up alerts for severe weather in your area



### Build Your Dog's Storm Kit

- Dog anxiety vest (e.g., Thundershirt)
- Calming chews or supplements (CBD, L-theanine, melatonin)
- Adaptil spray, plug-in, or calming collar
- White noise machine or calming playlist
- Favorite chew toy or food puzzle (Kong, snuffle mat)
- Cozy blanket or calming bed
- Copy of your dog's medication plan (if applicable)



### Desensitization & Training

- Play thunderstorm sound recordings at low volume during calm times
- Reward calm behavior with treats or gentle praise
- Practice "go to your safe space" cue with crate or designated area



### Vet Consultation

- Ask about medications for storm anxiety (Trazodone, Gabapentin, Sileo)
- Review supplement options and dosage with your vet



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## DURING THE STORM - In The Moment Support

### Create a Calming Environment

- Guide your dog to their safe space (crate, closet, bathroom)
- Dim the lights or close curtains to reduce visual stimulation

### Block Out Storm Sounds

- Turn on white noise, calming music, or the TV
- Keep doors and windows closed to minimize noise

### Distract and Engage

- Offer a food-stuffed toy, puzzle feeder, or long-lasting chew
- Use a lick mat with peanut butter or wet food

### Use Calming Aids

- Apply Adaptil spray to bedding or use calming collar
- Give vet-approved calming chew or anxiety medication (if prescribed)

### Offer Comfort

- Stay nearby and remain calm—your presence reassures them
- Speak softly and offer gentle petting if your dog seeks it
- Avoid scolding or punishment for fearful behavior

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