

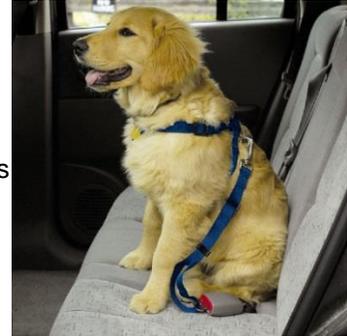
Just Rewards

Canine Training and Consulting

Relief for Carsick Dogs

Many dogs suffer from car sickness. If you have a puppy or adolescent dog, they often have issues with their equilibrium while they are developing. The good news is that youngsters often outgrow car sickness.

However, many dogs continue to have queasy tummies every time they go for a ride in the car. Often they will start resisting getting into the car because they are anticipating the yucky upset stomach feeling -- they have developed a negative association to the car. This is a little more challenging to change. If you have this problem, it's best to work one-on-one with a positive trainer to help change car trips into something your dog perceives as predicting a fun outing.



If your dog willingly gets into the car, try the following:

- Don't feed your dog 4-6 hours before your trip.
- Practice taking short 5-10 minute car rides with a fun activity at the destination (fetch at the park, playing with a doggy friend, swim at the beach).
- Choose straight, smooth routes whenever possible. Bumpy, curvy, hilly roads are difficult even for the most seasoned travelers.
- Try different methods of containment. If your dog is normally free in the back seat, try crating him. If your dog is normally crated, try putting him in the back seat attached to a doggy seat belt.
- Try different locations within the car. Options are dependent upon your vehicle: back seat, cargo area, front seat (disarm the air bag).
- Provide a visual barrier. Some dogs do better if they cannot see the world whooshing by outside. Putting them in a crate that is covered with a sheet can be very helpful.
- Add fresh air. Some dogs prefer a nice breeze blowing in the window. Be safe! Just roll the window down enough to get some air, not so much that he can hang his head out the window.
- Offer ginger snaps or use over the counter products made for pets that ease queasy stomachs or reduce travel anxiety (consult your vet).
- Give your pup something to do in the car that takes his mind off of the trip. Stuffed Kongs are great but adding food to your pup's stomach might not be the best idea. However, good long lasting chews like bully sticks might be the answer.
- Give your dog a travel companion. Many dogs do much better with a human companion in the seat next to them.
- Play music from [Through a Dog's Ear](#) that is specially designed to calm your dog in the car.

Working through car sickness before you need to take a trip with your dog will make the journey much more peaceful for all. If you need more assistance with helping your dog enjoy the car, please [contact me](#) and I'll be happy to help!