



Can Animal Communication Help with Separation Anxiety?

Valuable Tips for Pet Parents

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Harper's First Home Alone Experience

I'm lucky enough to work from home. However, barely six weeks after I adopted my new sheltie (Harper), my attorney and I were scheduled to start a trial—one that ultimately meant being gone all day for eight days. A coworker had offered to take care of Harper while we were in trial. But when Harper came down with kennel cough, we couldn't risk exposing other dogs. So Harper would have to stay home alone during the trial.

Fortunately, I was far enough into my animal communication studies to know that animals can tell time. And that ability to tell time would help Harper while I was away.

Telling Pets When We're Coming Home Can Ease Separation Anxiety

According to animal communicator Amelia Kinkade, author of *Straight from the Horse's Mouth*, when our pets don't know how long we'll be gone or when we'll be coming home, they can become neurotic, fearful, phobic, willful, depressed, angry, withdrawn, or even prone to sickness and injury. She advises always telling our animals when we're coming back. She also recommends giving our animals additional details about what we're doing while we're away.

Each day before I left home, I told Harper that I was going to trial. I telepathically sent her a mental picture of the courthouse exterior and the individual courtroom. I told her roughly when I expected to be home and whether we would be taking one of our experts to dinner after trial let out for the day. I told her when the automatic feeder would give her something to eat. And I reassured Harper that I would look in on her during the day through the Ring cameras that I purchased before trial.

Giving Pets a "Job" Helps Too

I didn't stop there, however. Following Amelia Kinkade's recommendations, I also gave Harper a job to do. I asked her to guard the house and to take care of her stuffies; she was in charge of her "babies" while Mommy was gone. Finally, I told her that Spirit Laddie (her "big brother" in spirit) would be watching over her and keeping her company until I came home.

Separation anxiety can result from our pets not knowing how long we'll be gone or when we'll be coming home.



Telling our pets when we're coming back and giving them a job to do in our absence can reduce separation anxiety.

Harper did so well during trial that I no longer worry about her when I have to leave her home alone. Instead, I make it a practice to keep her informed about where I'm going and how long I expect to be gone. The same is true when I leave her alone in the car, such as to run into the grocery store for a few minutes.

All Pet Parents Can Do It

This is so simple that any pet parent can do it. One doesn't have to be an animal communicator. My friend Laurel recently tried this strategy when she and her family went on a cruise and left their dog Maxie with Grandma. Laurel told Maxie where they were going, what they would be doing, and when they would be coming home. Although Maxie always had fun at Grandma's house, she used to pout for two days when her family came home from a vacation. This time she didn't. She was happy to see her family again.

The Bottom Line

Pets can suffer from separation anxiety for a number of reasons, some of which may be best addressed by a veterinarian or behaviorist. However, to the extent that it may be caused by our pets not knowing when we'll return, it's certainly worth trying some simple animal communication.

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