

Dog Environment

It starts with your dog feeling safe and secure. If your dog feels stressed or anxious in the place they are supposed to find rest and refuge, this can have serious consequences on their long-term physical and mental health which will then impact on their emotional wellbeing.





Your dog's basic needs

All dogs should have regular access to fresh water, appropriate food at suitable times and a resting area with comfortable bedding at all times. If there is more than one dog in the house, access to separate spaces including multiple resting areas, as well as water and food bowls can help reduce competition or conflict. Care should be taken when introducing a new dog to the household to make sure they have the right personality and are compatible with other dogs, pets, and family members. For more information see [Individuality](#).



Creating a comforting, secure space for your dog

Creating a 'safe space' or 'safe station' that your dog can retreat to when needed can help provide a sense of security. This can be achieved by training your dog to go to an area when requested which is associated with 'safety' and pleasant experiences, such as a quiet corner or separate room. A comfortable bed, mat or a crate where they can safely chew on a toy or a treat undisturbed will be a pleasurable environment for many dogs. Providing such enrichment teaches dogs to enjoy and accept going to a familiar and safe space on request. It is a misconception that dogs see a crate as a 'cage' unless the crate has been used as punishment. Appropriately trained dogs will happily choose to spend time in their crate. If your dog is crate or station-trained, the crate or mat/dog bed can be moved to new environments such as the car or the office which will help your dog feel more comfortable in an unfamiliar space.

To find out more about the benefits of taking your dog to work, [follow this link.](#)





To find out more about how understanding your dog's personality, preferences and unique requirements can positively affect their emotional wellbeing see [Individuality](#)

Creating the perfect home environment

Though your dog needs access to essential resources (food, water, bedding and shelter) at all times, their ideal environment should extend beyond their basic survival needs and help to promote happiness, reduce stress, and provide opportunities to express natural behaviours. Thinking about your dog's resources in this way can help you design a home environment that meets your dog's unique needs and enhances their emotional wellbeing. For instance, providing beds and mats in a variety of their favourite resting locations around the home means your dog can choose the place that suits them best at different times. This enables agency and provides a sense of control which may help alleviate fear and anxiety a dog may be feeling. This can also apply to food bowls, water and toys, depending on your dog's individual preferences and requirements. A dog with a medical condition may require an elevated feeding station, or a ramp to help them onto the couch.

Learn more about environment and emotional wellbeing for your pets at shine.waltham.com