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Dog Gets Too **EXCITED**

When
you
**COME
HOME?**



PREFACE

The way your dog is over-excited with your arrival might be heartwarming at times.

But some days when you're too tired for an enthusiastic greeting...

It can be an annoying welcome.

So, let me help you change this behavior by calming Fido.

Continue reading to discover:

- Why your dog gets too excited when you come home.
- 7 simple calming tips for your pooch when they greet you upon arrival.
- 5 easy steps to change your dog's reaction using the '*fake exits*' technique.
- And much, much, more...

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Why does my dog get too excited when I come home?

Your dog gets too excited when you come home due to separation anxiety. It makes them want to be near you all the time. So when you weren't around, it was stressful for them. And once you arrive, they get over-enthusiastic because they waited for you.

Other times, their eager greeting is due to a lack of attention.

Before you left home, you didn't give them enough recognition.

According to SFSPCA, dogs are highly social creatures.^[1]

That's why when you left them in the house...

They're at their wit's end as they have no one to bother.

Moreover, they can still be with someone in the house...

But if it's your attention that they want...

They're still likely to act overly excited once you get home.

Furthermore, your pup is an emotional being.

According to canine psychologist Dr. Coren:^[2]

Like humans, dogs have the hormone *oxytocin*.

It's more commonly known as the *love hormone*. As it's involved in that feeling.

Because of that, Fido is capable of showing affection to you.

And when you arrive, your pup's brain releases a surge of oxytocin.

Which makes them feel giddy and act over-excited.

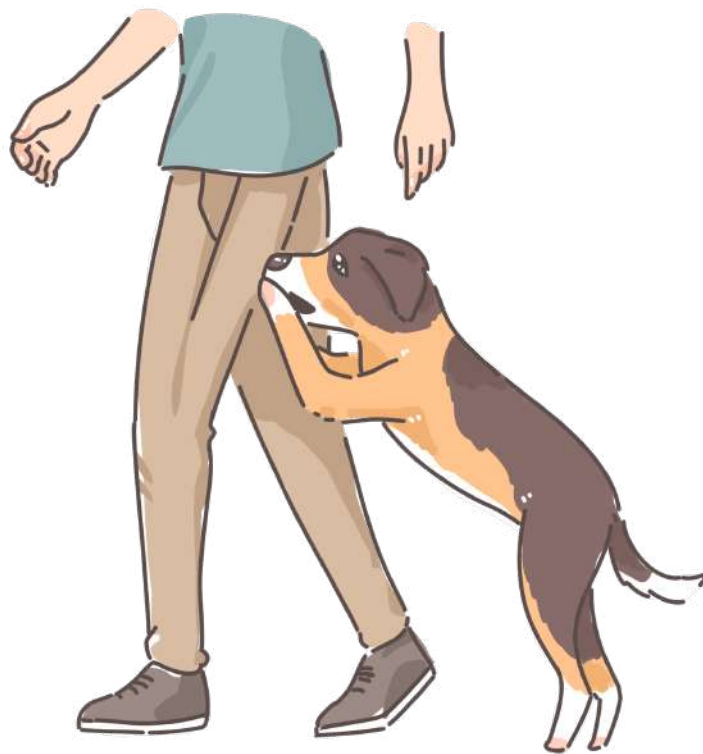
Lastly, as most dog parents know, a canine's loyalty is unmatched.

So if you're their main person...

Your pup experiences a sense of reunion when you come home.

My dog gets too excited when I come home: 7 tips

#1: Ignore them



Vets say dogs develop attention-seeking behaviors due to encouragement.

You can voluntarily motivate them to behave that way by doing the following:

- Petting them.
- Greeting them back.
- Stopping in your tracks to tend to them.

“I don’t do any of that. So how come they’re still excited?”

Because you can also involuntarily encourage your pup’s behavior.

You do that by doing these:

- Yelling at them.
- Pushing them away.
- Simply looking at them.

With that, even your negative reactions are taken as a reward by your pooch...

And they’ll continue displaying attention-seeking behaviors.

That said, the best thing to do would be to ignore them.

This means when your dog jumps at you as you enter the door...

Just continue walking and disregard their excitement.

This will make your dog realize that:

None of the behaviors they’re showing will reward them with your attention.

So they’ll calm down instead.

#2: Keep yourself calm as well

This is a follow-through on the previous tip.

Because it's not enough to just ignore your pooch.

Research says your canine can recognize your emotions.^[3]

And they do it by looking at your face.

As well as analyzing your tone when you speak.

So before you enter your house that has your whining and jumping dog inside...

Stop and compose yourself first.

When you enter, keep your attitude calm...

Maintain a neutral facial expression and tone.

This will make it easier for your pup to follow your lead.

In no time, they'll be calm as well.

#3: Encourage calm behavior in your dog

As I said, after ignoring your dog and keeping calm, they'll back down.

And you'll need to reinforce that calmness in them quickly.

Otherwise, they'll keep being excited when you come home.

So watch out for these signs of a calm dog:

- Lolling tongue.
- Relaxed ears and mouth.
- Smooth brow and no forehead creases.

If they show those indications and they're settled in one place...

You can now pay attention to your pooch.

That's when you can feel free to pet them and tell them you missed them.

By doing this, you're encouraging your pup to wait for your attention.

More importantly, you instill in their mind that calmness can earn them their reward.

 **Pro Tip:** Dogs like treats so much. That's why you can use them as a reward. Which will help to instill this behavior faster.

#4: Socialize and exercise them



As you learned, your dog might have separation anxiety.

That's why they developed hyper-dependence on you.

And according to VCA Hospitals...^[4]

Poor socialization and lack of exercise are reasons for this condition.

Although it's recommended to work on these factors during puppyhood...

It's not too late to turn things around if your dog's an adult already.

With that, before you leave your pup for the day...

Ensure that you exercise them

With this tip, not only do you work out your pup...

But you also provide them with attention.

Moreover, proper exercise decreases your dog's energy.

And all of that can lessen their tendency to get overexcited when you get home.

That said, I suggest you walk with your pooch before you leave for the day.

It's the easiest one that you can do for at least 30 minutes.

Socialize your canine

AKC says dogs need at least 2 hours of daily socialization.^[5]

Fido can have that by interacting with the following:

- You.
- Other people.

- Fellow canines.

They won't know how to act properly around a crowd if this need isn't met.

Then, they'll develop hyper-dependence on their main parent.

And, of course, it leads to separation anxiety.

Which ultimately gets them too excited when you arrive at the door.

#5: Provide energy outlets for your dog

The previous tip will work best with this one.

Because even after you exercise and socialize your pooch before you go...

They can still regain their stamina throughout the day.

How?

Well, exercise is a type of *physical stimulation*.

But this isn't the only type of arousal that your dog needs...

You must also provide them with *mental stimulation*.

With the lack of that, even with exercise...

You'll still get greeted by a hyper pup when you get home.

So, ensure that they also have energy outlets while you're away.

To achieve this, I suggest you use interactive toys.

Here's one that I recommend:

[Outward Hound Interactive Treat Puzzle.](#)

Moreover, don't just leave 1 toy for them.

You can also add a [Kong Wobbler](#) into the mix.

It might not be as challenging as my first recommendation...

But it's as effective in keeping your dog busy.

As well as letting them expend their energy.

With those, you'll be greeted by a calm and satisfied dog once you come home.

#6: Make every day predictable

While you ensure that your dog gets enough of their daily needs. Which are:

- Exercise.
- Socialization.
- Mental stimulation.

You must also guarantee that you build a routine around those.

Doing so can lessen your canine's tendency to develop separation anxiety.

That's because dogs thrive in predictability.

If they know when to expect your attention and their needs...

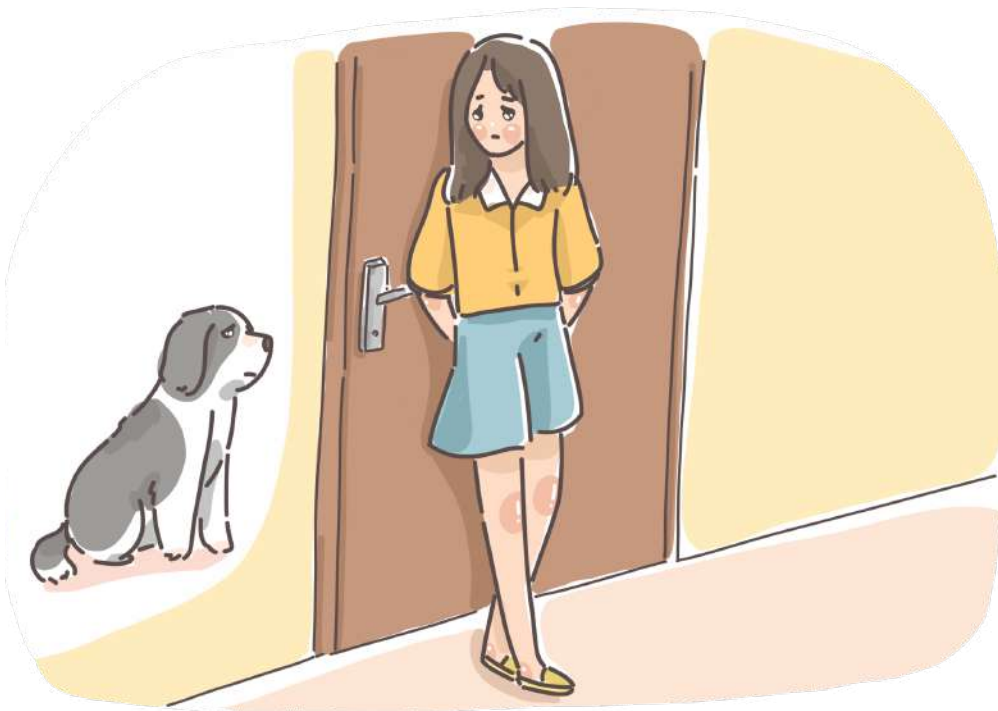
They'll feel more secure and calmer.

Moreover, this will make your dog more obedient.

So once you come home...

They'll no longer get too excited.

#7: Train using fake exits



This technique is effective in conditioning your pup's reaction.

That when you arrive, they'll be calm instead of too thrilled.

So, try training them by using *fake exits*.

It aims to condition your pooch in the idea of you leaving. And then reacting calmly once you go back.

Here's how to carry this out:

Step 1: Get into position

Call your pooch to the door to initiate this training session.

Ensure they're seated in front of it. Or at least looking at it.

Step 2: Practice your exit

Now, leave the house and lock the door behind you.

Step 3: Get back immediately

After *fake leaving*, count to 30 seconds outside.

Then, go back inside.

Step 4: Enact the proper greeting and reaction

Practice what you learned on tips 1 to 3:

1. Ignore them.
2. Keep yourself calm.
3. Encourage calm behavior in your dog.

Step 5: Repeat

Do this several times a day (it's up to you how many times).

And it'll work best if you do it randomly within a specific time interval.

For example, you do this casually every afternoon for at least 3 to 4 times.

And by the time you leave Fido for a long time and get back...

They'll calmly greet you. Just like what they learned from your short training sessions.

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