



## Does my dog know I am pregnant?

Dogs are connected to their people and their daily routines. They know when they wake up, when and where they do certain chores, if it's the weekend etc. How? Well, actually it's quite simple...they are GREAT observers and creatures of habit. Dogs have such a keen sense of sight and smell that helps them to monitor life around them. It is with this in mind that I believe dogs do notice the changes of pregnancy. Pregnancy creates hormonal changes that affect the scent emotions and routines of their dedicated female human. Some reported changes from "Moms to be" are:

Over clinginess

Protectiveness

Elimination related issues

Aloofness

Excessive attention seeking

Anxiety (pacing, licking etc)

If you notice unwanted changes in your dogs' behavior here are some things to consider.

1. What has changed?
  - a. activity level
  - b. your behavior
  - c. routines
2. How is this behavior change being reinforced? "Dogs do what works for them." Why and how is this behavior working for your dog?
3. When did this change begin? Have you ever seen this behavior before? If so, when?
4. Could there be any medical reason.

All pregnancies, and the circumstances surrounding them, are unique and very individual. There are many new experiences with each pregnancy. This can lead to good or sometimes uncomfortable stress. Family pets may react to this along with the other previously mentioned factors. Consistent leadership and obedience help to keep our companions grounded during your pregnancy. There is a great deal to learn and do prior to the arrival of the baby. The good news is there is a great deal of support and information on preparing your dog for life with kids. Here are several resources.

[www.familypaws.com](http://www.familypaws.com) Dogs & Storks narrated CD

[www.livingwithkidsanddogs.com](http://www.livingwithkidsanddogs.com) Great book and resources

[www.doggonesafe.com](http://www.doggonesafe.com) Great educational site on dog safety

[www.soundsofbaby.com](http://www.soundsofbaby.com) Cd with baby noises

If you notice a change in your dog's behavior that concerns you contact your vet or a dog behavior consultant in your area.

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[www.iaabc.org](http://www.iaabc.org) International Association of Animal Behavior Consultants

[www.familypaws.com](http://www.familypaws.com)