

Hyperactivity in Dogs
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A few things often cause hyperactivity in dogs: not enough exercise for the breed, confusion in the dog as to what is expected, lack of training, too much stimulation. Let us look at each one:

Lack of Exercise: Hollywood would like us to believe that family dogs are nice calm companions who will lie by the fire until we are ready to get active. This is far from true. Many owners get breeds that have higher to high energy requirements (Labradors Retrievers, Golden Retrievers, Pointers, Dalmatians, Border Collies, Jack Russell Terriers, Shetland Sheepdogs, etc) and do not give these dogs the exercise they need to be happy and content. A twenty-minute walk in the morning and then a few minutes of playing ball in the evening may be far from adequate for many dogs. High to higher energy breeds may require several miles of walking in the morning and again in the evening and have other mentally and physically stimulating activities during the course of the day. Dogs that have too much energy are more prone to becoming nuisances as they try to find ways to deal with the lack of exercise they are getting.

Confusion: Confusion is a big problem I see in many dogs. For example, Mom does not like the dog on the couch yet Dad and the kids let him up all the time. Dad and Mom want the dog to learn not to jump but the kids continually do things that teach the dog it is OK to jump. Dogs who do not know clearly and concisely what is OK and not may act up.

Lack of Training: Sadly, many, many dogs are not properly trained and this leads to confusion, which leads to a dog reacting or acting up. Calm, relaxed, clear and concise training is vital to living with dogs. In addition, training goes for both humans and dogs as we make our dogs what they are we need to learn how to communicate effectively with them.

Too Much Stimulation: Dogs need to learn how to settle and calm down. If a dog lives in an environment where it is constantly changing, loud, raucous, contact action and no down-time, he may become more hyper. A “hyper” owner who is always stressed or “up” can lead to a dog behaving like this. If you want a calm dog, you cannot rev up. Dogs benefit from periods of quiet rest. If your dog is hyperactive and you have exercised him well, crate him in a quiet spot for a nap. Overtired puppies may get "sleepy-silly" as I like to call it. A nap is often in order.