



*Best top care with dogs*

## 9 Ways To Calm Your Bitch During Heat

By [Howdogcare.com](http://Howdogcare.com)

### 1. Offer Extra Attention

A bitch in heat, especially during her first seasons, is a little shattered and anxious about everything she is experiencing. Her body is clearly morphing, along with her mood regularly swinging. During this difficult period, she may seek more love, or perhaps less. Adapt to her but offer her a lot more attention than you normally do. Cuddles are always a treat with female dogs in season. Be around and give a little pat every now and then!

### 2. Plenty More Exercise

Another way to calm a dog down is to make them sleep. A lot. The easiest way to get a dog to sleep more is to exercise them more than usual, or if you can't do more exercising, make sure it is more intense than what you normally do.

### 3. Shorten The Walks

Wait what? Shortening the walks but offering more exercise? Yes, totally. When dogs are going for a walk, whether it lasts 10 minutes or 1 hour, feel calmed and usually go for a quick nap. This is why you should perhaps add another walk while cutting the duration of the other ones. You'll see that your bitch will go to sleep after each walk.

### 4. Keep Her Indoor

If you do not want to go for an extra walk for these two or three weeks she is in heat for, you can keep her indoor and come up with exciting training sessions. Youtube is a

bottomless source of crazy original dog tricks and the objective here is not really to have her learn many more tricks, but instead to tire her mentally. Studies have shown that mental stimulation is as tiring as physical exercising.

## 5. Leave Interactive Dog Toys Available

Mental stimulation is amazing to tire your dog out: it just works and it can come under different shapes. [Dog puzzle toys](#) allow your dog to be fully stimulated and intellectually engaged. Put a treat in it and you'll keep your dog busy figuring things out for a long while.

If you've got a dog who is not into these toys or gives up very easily, try to come up with homemade stimulating games. Forget about fetch, and hide treats or a nice piece of meat somewhere so your dog can search and find it. Obviously, it has to be challenging enough!

## 6. Buy Antler Chews

Pooches love a new toy or even better, a new chew. Over the last years, we've seen amazing chews appearing on the market. They are obviously non-toxic, sometimes organic, and they last for a very, very, very long time. [Check on Amazon for Deer or Elk Antler Chews](#). These are lasting forever and are extremely healthy compared to the usual rawhide.

## 7. Create a Sense of Calmness

Because she feels a little lost and experiences different changes within herself, your bitch needs to feel like besides her, everything else is the same (if not calmer.) Avoid super loud TV and music, ask your children to lower their voices and make sure her little den (crate, bed or else) is surrounded by silence or a sense of calmness. Don't turn your home into a cemetery but just avoid yelling and running people.

## 8. Try a Dog Relaxant

Tablets, sprays, drops, treats, powder, these [dog calming aids are easily available on Amazon](#) and definitely help when everything else seems to fail. Don't overdo it because you want to avoid a vet visit after an calming aid overdose. Some are herbal, others are organic, and many have different claims about what they are efficient against. Overall, it is an amazing solution for hyper-active, hyper-stressed or hyper-anxious females in season.

## 9. Use An Anti-Anxiety and

# Stress Relief Coat

Calming coats are amazing when there are fireworks or thunder. The pressure they put on the dog's sensitive areas comforts the dog and removes that feeling of anxiety. However, these situations are short in time and do not last 21 days. If you can feel that your bitch is worrying or stressing at specific times more than others, [using an anti-anxiety coat](#) during these times will most definitely be efficient. The most famous brand is ThunderShirt.

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