



# How to Stop Excessive Barking

*Tips from H.O.P.E. Animal Rescue*

*Barking is normal—but when it becomes excessive, it can cause stress for both you and your dog. These training techniques can help. Be patient: the longer a dog has practiced barking, the longer it will take to change.*

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## Training Basics

- Don't yell—it just sounds like you're barking, too.
- Keep sessions positive and upbeat.
- Be consistent—everyone in the family must respond the same way.

## 5 Techniques to Reduce Barking

### 1. Remove the Motivation

- Dogs bark because it gets them something (attention, excitement, release of energy).
- Identify the trigger and remove it.

### 2. Ignore the Barking *(Consistency is key: if you give in once, they'll learn barking longer gets attention.)*

- Don't talk, touch, or even look at your dog until they're quiet.
- The moment they stop barking—even briefly—praise and reward.

### 3. Desensitize to Triggers

- Gradually expose your dog to the stimulus at a distance where they don't bark.
- Pair the sight/sound with treats and praise and slowly decrease the distance over time.

### 4. Teach the “Quiet” Command

- First, teach “Speak” (reward 2–3 barks on cue).
- Then teach “Quiet”: when barking, say “Quiet,” and reward when they stop.

### 5. Keep Your Dog Tired *(a well-exercised dog is less likely to bark out of boredom)*

Provide daily walks (length depends on age, breed, health), playtime (fetch, tug, chase) and mental stimulation (puzzle toys, training games).

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## Key Takeaway

Barking won't stop overnight. With patience, consistency, and positive reinforcement, your dog will learn calmer ways to communicate.