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Motion Sickness: A Step by Step Plan to Overcome the Problem

In many cases, motion sickness begins as a true response to motion but then turns into a psychosomatic response to a previous bad experience. To cure motion sickness, it is very important that you go extremely slow and do not push the dog. I am going to outline steps to cure motion sickness, if you have not successfully completed all the steps and you need to take your dog to your Veterinarian or training class, purchase Bonine, a human non-drowsy motion sickness treatment so the physiological factors of motion sickness will be eradicated. Treat him with one adult dosage.

It is very important that you take as much time as necessary with each step; and be sure to practice with your dog every day. Once the dog is responding nicely and he does not seem nervous any longer, go to the next step. It may take days or weeks for you to progress from step to step. Do not coddle your dog, and draw any unnecessary attention towards his problem, pet him only if he seems calm, do not pet or reward him if he is stressed (i.e. drooling, shaking or panting).

DO NOT DO THIS IN A CLOSED GARAGE. MAKE SURE YOU ARE OUTDOORS WITH PROPER VENTILATION. If you are using a pickup truck, your dog should be in the cab of the truck next to you.

1. Put your dog in your vehicle for about 3 minutes. Sit inside the car with him but do not start the car. Do not say anything to him or pet him. Take your dog out of your vehicle. Repeat this until you are up to 5 minutes and the dog is not stressed while sitting next to you (i.e. panting, drooling, shaking).
2. Put your dog in your vehicle for about 3 minutes. After 3 minutes, start your vehicle and put the radio on. Make sure it is calm music. Wait another 3 minutes, shut the vehicle off and take your dog out of the vehicle. Repeat this until you are up to 5 minutes and the dog is not stressed while sitting next to you (i.e. panting, drooling, shaking).
3. Put your dog in your vehicle and immediately start your vehicle and put the radio on. After 5 minutes, give your dog a treat. Shut your engine off and take your dog out of your vehicle.
4. Put your dog in your vehicle, start your vehicle put the radio on and feed your dog his meal in the vehicle. After 5 minutes, shut the ignition and take your dog out of your vehicle.
5. Put your dog in your vehicle for about 3 minutes, start your car and put the radio on. After 3 minutes, put your car in Reverse or Drive and move the car down the driveway or about 8-10 feet. Put your car in Park and give your dog a treat. Back your car up to the spot it was parked originally and reward your dog with another treat. Shut your engine off and take your dog out of your vehicle.

6. Put your dog in your vehicle, start your vehicle and put the radio on. Put your vehicle in Reverse or Drive and move the vehicle down the driveway, go to the end of your block or about 50-100 feet. Put your vehicle in Park and give your dog a treat. Back your car up to the spot it was parked originally and reward your dog with another treat. Shut your engine off and take your dog out of your vehicle.
7. Put your dog in your vehicle, start your vehicle and put the radio on. Put your vehicle in Reverse or Drive and move the vehicle down the driveway, go to the end of your block or about 50-100 feet. Return to your house and give your dog another treat. Shut your engine off and take your dog out of your vehicle.
8. Slowly start increasing the distance that you drive. Giving the dog a treat before you leave your home, when you arrive at your destination and then when you return.

In addition, while you are outdoors, put your dog in the car, keep the door open but be sure to tie him so he cannot jump out. Do your yard work or take out the garbage, let him sit in the car for about 3-5 minutes and then allow him to jump out.

Beth Bradley

Beth Bradley began studying animal behavior and dog training at 12 years of age. She became a New Jersey State Animal Control Officer in 1986. Beth graduated Rutgers University with a Bachelor of Arts in Sociology and Criminal Justice. Throughout her schooling, Beth worked and studied under many well-renowned animal behaviorists and trainers. Beth formed her own company in 1989 and has made dog training her full time career since 1995. Beth is also a writer for the *Animal Companion*, she has produced CD-ROMs and DVD's on training and is author of a training book titled *Real World Dog Training*.

Beth is a member of the German Shepherd Dog Club of America, the German Shepherd Dog Club of America – Working Dog Association, the United Schutzhund Clubs of America, and she is Secretary and Training Director of the Greater Philadelphia Schutzhund Club. Beth actively competes in both American Kennel Club and Schutzhund Trials both in the United States of America and Europe. Beth is a certified Canine Good Citizen Evaluator for the American Kennel Club. Beth can be contacted via the web at www.dog-trainer.biz or her business (201) 247-8472.