

Dog and Puppy Barking: 7 Common Triggers and Solutions

Check the barking triggers that match your dog or puppy. Each trigger explains what the behavior usually means and what the training needs to address.

1) Doorbell, Knocking, and Visitors

Trigger: Barking spikes when someone approaches the door or enters the home.

What This Usually Means: Alert barking, excitement, or uncertainty about visitors.

What the Training Needs to Address: Calm behavior at the door and looking to *you* for guidance during arrivals.

2) Window Watching and Neighborhood Activity

Trigger: Barking at people, dogs, cars, or noises outside.

What This Usually Means: Alert or territorial barking reinforced by repeated reactions.

What the Training Needs to Address: Reducing over-alertness and building calmer responses to outside movement and sounds.

3) Barking on Walks

Trigger: Barking at dogs or people, or barking caused by excitement or frustration on walks.

What This Usually Means: Over-arousal, reactivity, fear, or frustration around outdoor triggers.

What the Training Needs to Address: Staying calm near triggers and learning alternative responses while on leash.

4) Barking in the Car

Trigger: Barking begins as soon as the dog gets into the car or when the car starts moving.

What This Usually Means: Overexcitement, anticipation, or overstimulation from movement and visuals.

What the Training Needs to Address: Calm behavior before and during car rides and reduced trigger overload.

5) Attention or Demand Barking

Trigger: Barking to get food, play, petting, or attention.

What This Usually Means: The dog has learned that barking results in a response.

What the Training Needs to Address: Reinforcing calm behavior and teaching a clear, quiet way to ask for attention.

6) Barking When Left Alone

Trigger: Barking begins when you leave or when the dog is separated from you.

What This Usually Means: Stress, separation distress, or difficulty settling alone.

What the Training Needs to Address: Building calm independence and confidence during separations.

7) Nighttime Barking

Trigger: Barking increases at night due to sounds, movement, or changes in routine.

What This Usually Means: Alert barking, anxiety, or difficulty settling during quiet hours.

What the Training Needs to Address: Improving settling skills and reducing sensitivity to nighttime triggers.

[My #1 Recommended Training Program to Stop Barking](#)

Important Note:

If barking is sudden, extreme, or accompanied by signs of pain or illness, a veterinary check is recommended to rule out medical causes.