NOISE ANXIETY PREPAREDNESS

Four Paws Holistic Therapy

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This noise anxiety checklist will help you to be prepared to keep your pet safe during stressful times such as thunderstorms and fireworks. Try the different tips as each pet has a different preference.



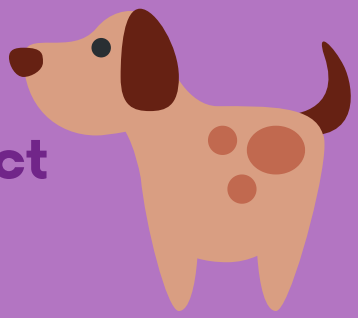
IT'S TIME TO TAKE ACTION!

Start planning now to protect your pet

FOR MORE INFO, VISIT: WWW.FOURPAWSHOLISTICTHERAPY.COM



Checklist to Prepare and Protect your Pets from Noise Anxiety



☐ Plan and prepare - fireworks

- In the weeks leading up to "fireworks season" you can help your dog become used to loud noises by getting them used to the sound of fireworks. There are many noise CDs on the market, or plenty of downloadable content which can give you the opportunity to introduce your dog to a variety of potentially disturbing noises in a controlled manner.

☐ Stay in a safe zone

- Set up a few safe zones inside your home, preferably where you can also turn on a fan, play some music or turn on a TV or dryer to mask the loud noise. Often a quiet bedroom, bathroom or a special area in a basement, along with a dog bed or crate with the door open (if your dog is comfortable using one) and some water, will do the trick.

☐ Take everyday preventive action - thunderstorms/static

- Prepare a safe, grounded space ahead of time. It could be as simple as leaving the shower curtain/door open for access to the bathtub, or opening a door in an interior room or basement. If your dog uses a crate, you can leave the door open so they don't feel trapped, and use sound dampening materials to mute the noise. If your dog chooses to go to a safe space you've prepared, don't rush them out. They may still feel the effects and remain in their grounded spot after the storm or noise has passed.

☐ Look over here!

- Distractions: Does your dog have a favorite toy? A favorite game you can play inside? Sometimes a little distraction can make a world of difference. Also keep the drapes and blinds closed, since removing visual stimulation has been found to have a calming effect.

For more information visit www.FourPawsHolisticTherapy.com

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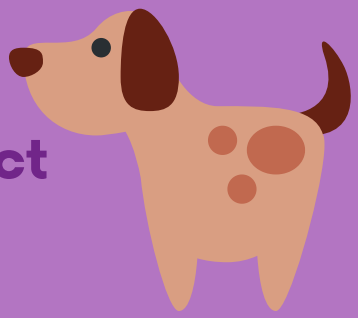

☐ Stay inside

- While this might sound like a no-brainer, you might think your dog won't be scared if you're outside with him or her. However, when dogs are scared, they can run until they get far away from whatever scared them. And while your 6-foot fence may keep your dog in on a normal day, a panicked dog may be able to jump the fence or get hurt while trying.

☐ Take care of your households emotional health

- Acting Normal: Most dogs look to their owners for comfort and direction, so how you react to their anxiety can mold their behavior for years to come. Dogs shouldn't be punished for their fearful behavior, nor should they be cuddled excessively. Be calm, reassuring and consistent, using positive reinforcement to help ease your dog's anxiety.

☐ The comfort of touch

- Research on both humans and animals suggests that a gentle, constant pressure on a dog's torso can release calming hormones. Some dogs prefers a blanket draped over their body, you can also use a ThunderShirt or even a spandex top or a t-shirt.

☐ Keep calm with tinctures and smells

- Some use melatonin, CBD, anti-anxiety herbal tinctures, dog-appeasing pheromones (DAP) diffusers or have their vets prescribe anti-anxiety medication.

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Gillian and Zena

If you've found these tips helpful and want more help in keeping your pets safe, happy, and healthy for a longer quality of life you can follow me on FB/IG/LI @gillianedwards or contact me at:

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