

# ALONE AT HOME PET SERVICES

"Be the person your dog thinks you are."  
(C.J. Frick)

July 2025

## July 4th Safety Tips for Pets



### America's Independence Day is almost here!

Take a few moments to review the tips below to keep your dogs - and other pets - safe during the July 4th holiday and avoid an unwanted emergency vet visit!

## July 4th Pet Dangers: General

Our pets are curious creatures and it only takes a moment or two for them to get into a dangerous situation, so **be prepared!**

- ▶ Charcoal and hot grills.
- ▶ Fireworks, sparklers or glow sticks.
- ▶ Decorations pets can reach.
- ▶ Open doors or gates.
- ▶ Citronella candles, sprays or torches.
- ▶ Overexposure to heat, sun or humidity.
- ▶ Discarded snack bags (i.e., potato chips, pretzels, etc.) can pose suffocation risks for inquisitive pets. They may stick their head inside the bag to lick the crumbs and cause the bag to tighten around their throat and neck as they breathe and panic.
- ▶ Falling into a pool.
- ▶ Cigarettes.
- ▶ Marijuana or edibles.
- ▶ Open trash cans.

## July 4th Pet Dangers: Foods

- ▶ Seasoned or marinated meats.
- ▶ Fatty meats or foods, and meat fat or drippings.
- ▶ Salty foods or snacks.
- ▶ Sugary foods, snacks or drinks.
- ▶ Kabob skewers.
- ▶ Corn cobs.
- ▶ **Any** bones.
- ▶ Potato or macaroni salads.
- ▶ Onions, raw or cooked.
- ▶ Food scraps from the table.
- ▶ Broken bottles or glasses.
- ▶ Beer, wine or cocktails. Does not need to be ingested as it can be absorbed through the skin to cause a toxic reaction.
- ▶ Grapes, avocados, chocolate, raw yeast dough, desserts or ice cream.

## Pet Safety: Best Preventative Steps

Keep pets inside in a closed crate or escape-proof room with secure baby gates/doors. Keep them busy with their favorite toys, enrichment puzzles or a long-lasting stuffed/frozen Kong. Ensure a cool, safe, and calm environment and check on them from time to time. **(REMINDER: Use our SIX tips in last month's issue to help keep your pet calm!)**



## Canine Enrichment for Your Dog



### Food Puzzle Games Engage Natural Dog Behaviors

Following a pilot study on the effects of environmental enrichment on dog behavior, it was determined that the quality of life for both domestic and captive canines can be **enhanced** and **improved** through Environmental Enrichment (or EE) to promote psychological and physiological well-being effectively.

Interactive, enrichment activities like food puzzles help to **reduce stress and anxiety** and **increase relaxation** since they encourage **natural dog instincts** such as sniffing, foraging, licking and chewing. The food puzzle toys can **also** be used as a slow feeder for dogs that eat too fast.

Food puzzle games offer a variety of levels from easy to difficult. Invest in 2 or 3 different puzzles so you can rotate them to keep your dog engaged. Always start out with an easy puzzle toy and show your dog how it works. Let your dog learn at his own pace before moving to the next level of difficulty to avoid frustrating them. If your dog is a fast learner, try the adaptable puzzle block toy from HoundGames or Pawzler with interchangeable, modular pieces that can be reconfigured (think Legos for dogs!) to keep it challenging and entertaining.

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\* This Coupon Must be Presented at Meet & Greet.

Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet for your dog, their medical history, overall condition, age and breed.

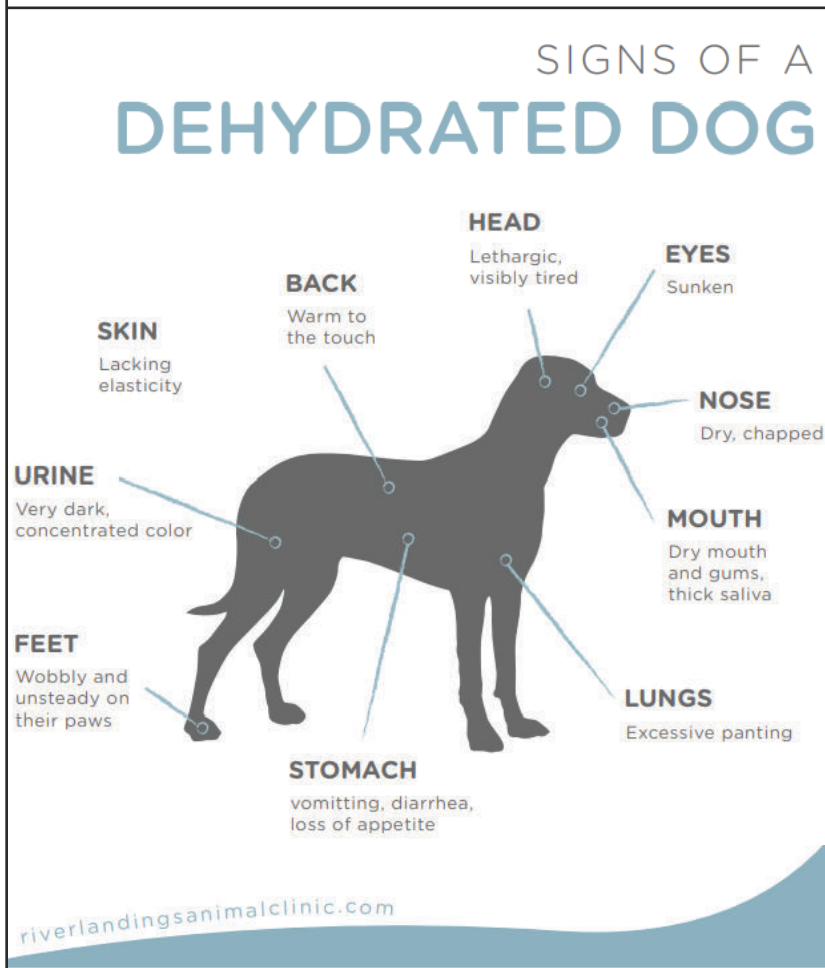
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# K9 Dehydration: Signs & Symptoms

(Graphic Courtesy: [RiverLandingsAnimalClinic.com](http://RiverLandingsAnimalClinic.com))



## Cool Stuff for the Dog Lover

*Moving Beyond Words: Our Shared Journey with Pets*

Do you share your life with an animal companion?

Are you experiencing behavioral challenges with a pet, have just brought them home or simply want to understand them better?

The new book, ***"Moving Beyond Words,"*** by Arlana Tanner-Sibelle, can help you! Connect and nurture a deeper emotional, energetic and intuitive connection with your beloved pet, making your shared journey even sweeter!

With over 30 years of experience, Arlana guides you to connect strongly, understand more deeply and create a more harmonious home and relationship with your pet, whether a dog, cat, horse or more.

If you ever wished your dog or other pet could talk to you, **this is the book for you!** Animals **do** communicate, but only with those who know how to listen. Your pet has **a lot of wisdom** to share, so get started today!

**[CLICK HERE TO BUY YOUR COPY TODAY!](#)**



*Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet for your dog, their medical history, overall condition, age and breed.*

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Certified Veterinary Technician & Certified Professional Pet Sitter



## Canine Dehydration Basics

Fresh, clean water is as important for dogs as it is for people. It helps our canines to properly:

- >> Regulate their body temp.
- >> Support organ function.
- >> Lubricate joints.
- >> Aid in digestion.

Dehydration occurs when a dog loses more fluid than they are ingesting. Panting, vomiting, diarrhea, breathing, urination and even cooling through the paw pads (evaporation) can make dehydration come on even faster! If not addressed in a timely manner, dehydration can become life-threatening. Puppies are even **more** susceptible to dehydration because of their small body mass. (Source: [PetMD.com](http://PetMD.com))

### Keep in Mind:

- >> Larger dogs, puppies and active dogs need **more** water.
- >> Hot and humid weather **increases** the need for water.
- >> Certain **medical issues** can increase or decrease water needs.
- >> Every dog is different, but the general rule of thumb is that dogs should drink about **one fluid ounce** of fresh, clean water (equivalent to 1/8 cup or two tablespoons) **per pound of body weight** daily.



## 7 Hydrating Fresh Foods

Want to provide more options for keeping your dog hydrated in the summer heat? Below are seven **fresh** fruits and vegetables to keep your pet **cooler** with a **nutritious punch!**

**(Feed fruits only in moderation due to their high sugar content.)**

- >> Cucumbers.
- >> Watermelon (remove seeds and rind, may be frozen too).
- >> Carrots (raw, cooked and plain or frozen).
- >> Sweet potatoes (cooked and plain).
- >> Apples (Remove core and seeds).
- >> Blueberries.