

ALONE AT HOME PET SERVICES

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

June 2025

Are YOU Stressing Out Your Dog?



Here's a simple question ... are you stressed?

No matter the reason, experts estimate about 75% of Americans are overwhelmed by feelings of stress.

But, you may be also affecting your pet(s)!

Pet Stress: The Important Signs

Are you missing the signs of stress from your pet? Below are the common cues when they are feeling stressed.

- ▶ Pacing, shaking or hiding.
- ▶ Yawning, panting or drooling.
- ▶ Tail tucking or rigid body posture.
- ▶ Lip licking (as shown above).
- ▶ Sudden accidents in the house.
- ▶ Chewing.
- ▶ Scratching or digging.
- ▶ Barking or whining.
- ▶ Even depression/anxiety.

Help **yourself** and **your pets** by being more aware of your own telltale signs of stress (and those of your pet) and consciously relaxing yourself (and in turn, your pet). How about a walk outside with man's best friend? Or a game of hide-and-seek? Activity and exercise can help **both** humans and pets naturally reduce and release stress!

How to Encourage Calmness: 6 Tips

- ▶ **Identify the triggers** that cause your dog or cat to feel stressed out and remove or resolve them. Potential triggers may be environmental, social or physical. If you're unsure, consult your veterinarian or dog professional for guidance.
- ▶ **Pets love regular routines** they can count on. Can't maintain your pet's regular routine? Hire a pet sitter/dog walker to keep them on track for walks, meals and playtime.
- ▶ Pets who are **mentally and physically challenged** avoid stress.
- ▶ Provide a **dedicated, quiet and enclosed "safe" place** without any windows, such as a bathroom or comfortable dog crate.
- ▶ **Reduce boredom** with enrichment toys or puzzle feeders. Rotate every week so they feel fresh again.
- ▶ **If possible**, plan ahead for fireworks, thunderstorms, parties or other noisy events and encourage your pet to use their **safe space** and include **calming music, white noise** or even a **fan**, their favorite **toys, blankets and treats** (like a long-lasting stuffed and frozen Kong!). In addition, **scents** like chamomile, valerian root and **calming pheromones** can relieve stress in **both** dogs and cats. Also, lavender, lemon, ginger, vanilla and coconut can also help reduce anxiety and stress in dogs.



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.

[Click Here to Visit AloneAtHomePetServices.com](http://AloneAtHomePetServices.com)

Email: TammyMcMahan@AloneAtHomePetServices.com or Call: 727-395-0051

Certified Veterinary Technician & Certified Professional Pet Sitter

Canine Enrichment for Your Dog



Dog Sport: Rally Obedience

Even if you're not interested in officially competing in the dog sport of rally obedience, it's easy to create your own course in your home or backyard! Rally is the **perfect dog sport** for all breeds and beginner handlers!

What is rally obedience? It's a team sport for you and your dog utilizing a course with signs to perform 10-15 specific exercises, including precise turns, speed control, and obstacle navigation. It's also a fun way to **positively** reinforce learned skills and introduce new ones for your dog.

Begin with fundamental skills including sit, down, stay and heel. Always give feedback, positive reinforcement and valuable rewards to your dog! And remember, the **key factor is to have FUN!**

Learn more at the United States Dog Agility Association® (USDAA) Learning Center!

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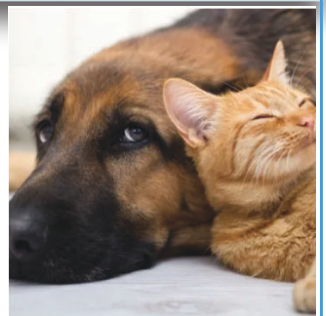
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Excuse Me, is Your Dog or Cat FAT?

According to a 2022 pet obesity survey by the Association of Pet Obesity Prevention, **nearly two-thirds** of American dogs and cats **are overweight or obese**, once again higher than previous surveys.

Perhaps even more disturbing is a 2023 study which revealed **only 17% of dog owners** and **28% of cat owners** recognized their pets are **overweight!**

From **overfeeding**, feeding **table scraps** or just **too many pet treats**, your pet can suffer the **negative consequences** of carrying **excess weight** for their body, age and breed. Overweight or obese pets are at an increased risk for **diabetes, heart disease, joint issues, arthritis, chronic pain, cancer, kidney disease** and more.

Pet obesity is truly an epidemic in the United States.

One of the easiest ways to determine if your dog or cat is fat, is to look at your pet's profile from the side and from above and compare it to the chart below.

A **defined waist** and a **slight tuck-up after the ribs** is ideal!

Feeding too many treats? Read the article to the right. >>>

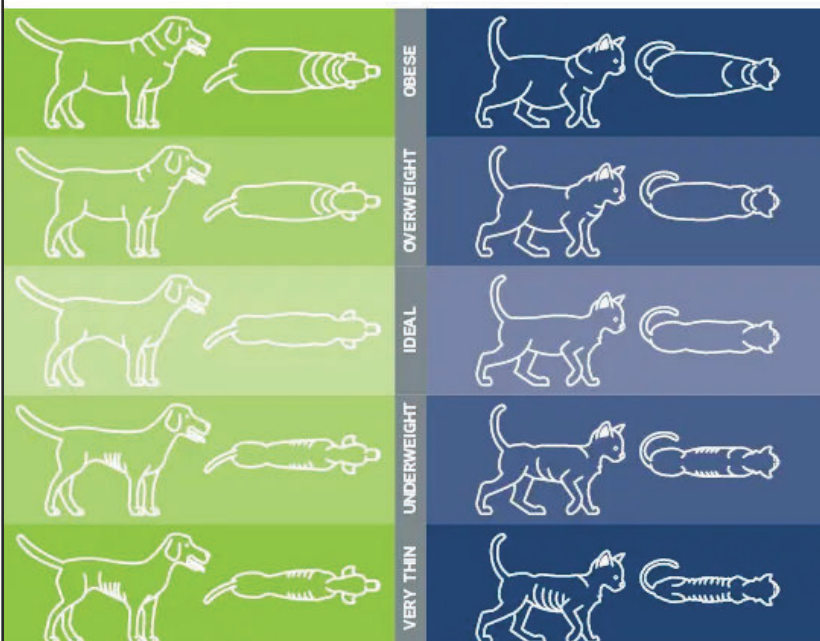


Image Source: American Veterinary Medical Association

Cool Stuff for the Dog Lover

Marcy's Pet Kitchen Dog Treats

When it comes to treats for our beloved dogs, **they are not all the same!**

Meet this innovative woman-owned business, **Marcy's Pet Kitchen**, focused on creating all-natural dog treats filled with wholeness, nutritious goodness and **none of the junk!**

For dogs of all kinds to enjoy, these dog treats are **also** for dogs with **sensitive tummies, allergies or diabetes.**

By buying these healthy dog treats, you can invest in the future with a brand aligned with your personal values, and your dog's overall well-being, with **no added** sugar, gluten, sodium, corn, soy, wheat, GMOs or artificial flavors, dyes, flavors or preservatives!



WARD NATURALLY® WITH MARCY'S PET KITCHEN TODAY!



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Dog Treats: How Much is Too Much?

Most dog and cat parents show their love by feeding treats to their pets. But, **how many** treats are **too many**? It's crucial to know to keep your pet from becoming overweight, or worse, obese!

The Whole Dog Journal offers these healthy tips.

- » Dog treats should only account for **10%** of a dog's daily diet.
- » Choose **low-calorie** dog treats **avoiding** high amounts of meat, oil or sugar!
- » **Not all "treats" are the same!** Avoid high-calorie, processed treats with little to no nutritional value. Instead, substitute with fresh whole foods including berries, carrots, apples, green beans, cucumbers or sweet bell peppers!



Sweet Potato Peanut Butter Treats

- 1 cup cooked and mashed sweet potato
- 1/4 cup natural peanut butter (xylitol-free)
- 1/2 cup rolled oats (ground into oat flour)

Preheat your oven to 300°F (150°C) and line a baking sheet with parchment paper.

In a mixing bowl, combine the mashed sweet potato, peanut butter, and oat flour. Mix until a soft dough forms.

Roll the dough out on a lightly floured surface to about 1/4-inch thickness.

Cut the dough into bone shapes using a cookie cutter or shape by hand.

Place the bones on the prepared baking sheet and bake for 25-30 minutes. For a **softer** chew, bake less; for a **crunchier** treat, bake longer.

Allow the bones to **cool completely** before serving. Store these treats in an airtight container in the refrigerator for up to one week or freeze for up to two months.

Benefits:

- Sweet potatoes provide fiber and essential vitamins.
- Peanut butter adds protein and healthy fats.
- Oats promote digestion and provide lasting energy.

(Courtesy: Facebook: All My Dog Recipes)