



ALONE AT HOME PET SERVICES

"Be the person your dog thinks you are."

(C.J. Frick)

October 2025

Why Anxious Dogs Wear Yellow



Bella and Sarah, Founder of MyAnxiousDog.co.uk

Anxious, fearful and reactive dogs need space to feel safe.
Meet the #DogsInYellow aka the #Yellow Army!

Canine Anxiety

If you've ever owned an anxious or reactive dog, you understand how challenging even the simplest activity, like a walk, can be at **both ends** of the leash!

Dogs can be anxious for a variety of reasons (i.e., genetics, environmental factors or medical conditions; **none** of which make a dog "bad"). But it's crucial to **advocate** for these anxious bundles of fur instead of focusing on the "why." These dogs deserve their best life and a world in which they feel safe!

Symptoms of dog anxiety can be expressed in a variety of ways:

- Excessive barking or whining.
- Pacing or trembling.
- Hiding or avoiding.
- Chewing, digging or other destructive behaviors.
- Hyperactivity or aggression.
- Lack of appetite or weight loss.
- Separation anxiety when left alone.

Why Anxious Dogs Wear Yellow!

Sarah Jones of Sandhurst, England, understands dog anxiety all too well. After adopting Bella, an 8-week-old Spaniel puppy, the adorable pup attracted much more attention than she wanted from humans and pets. It was her shyness and anxiety that led Sarah on a journey to help her reactive pooch by founding the yellow My Anxious Dog products.

The color yellow is already understood to represent "caution;" hence the **perfect messaging** for people meeting an anxious dog, **Give me space!** Yellow also captures people's attention better than any other color and is the **first** color the human eye processes.

So, the next time you see a dog wearing a yellow harness, vest, collar, coat, sweater or lead/lead slip cover (or their human is wearing a message in yellow), **understand** and **respect** the dog's need for space in this busy world and help them by keeping your distance.



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](https://www.aloneathomepetservices.com)

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Canine Enrichment for Your Dog



Courtesy: Pixabay.com/shekusheriff-409016

Scent work (aka nose work) is the easiest and most natural way to enrich your dog's body and mind! Just 10 minutes of scent work can equal a 30-60 minute walk!

1. Start with a **high-value** treat or toy they **can't resist**. Hide it in an open box or drawer. Bring your dog into the room and offer them a cue to "search." (*Always use the same cue.*) Once they find the treat or toy, richly praise them and let them eat the treat or play with the toy as their reward. Keep training short and fun!
2. Keep repeating this process in different areas of the house, outside in the yard or even in your car until your dog can reliably find the treat or toy. You're ready to introduce a "target scent" next for your dog to find. Stay patient and go at your dog's pace.
3. In this step, you want your dog to begin to associate the **scent** with the **reward**. Saturate the end of a Q-tip with an essential oil. Essential oils recommended by the AKC include birch, anise, clove and cypress. Place the scented Q-tip with the treat or toy in the same container. Again, when the dog finds the scent, praise and give them the reward.
4. Once your dog consistently finds the scent, you can gradually remove the treat or toy allowing the dog to become focused solely on the scent. Increase the **difficulty and duration** of the search **only** when your dog has mastered the basics to prevent them from becoming frustrated and disengaged.

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8 PET TIPS FOR A SAFE HALLOWEEN

Keep pets away from the front door, dry ice & decorations with secure baby gates, dog crates or in an enclosed & quiet room.

Have a black cat?

Keep them INSIDE a few days before, during and after Halloween to keep them safe.

Keep ALL candy, chocolate, raisins & sweets with xylitol, like gum & sugar-free candy, out of your pet's reach.

Keep lit candles & jack-o'-lanterns, glow sticks & candy wrappers completely out of your pet's reach.

HALLOWEEN

is the **SECOND** leading holiday for pets to go missing! Ensure tags are worn and also current.

If your pet is anxious or stressed by trick-or-treaters, use a calming pheromone diffuser to help relax them.

The Pet Poison Helpline #: 855-764-7661. Save in your phone! (A Fee Applies)

The ASPCA Poison Control #: 888-426-4435. Save in your phone! (A Fee May Apply)

Do You Want Your Pet to Wear a Costume?



Give them plenty of time to get comfortable wearing it BEFORE Halloween. Make sure they can't chew anything off (like string, ribbon, bows or dangling objects) and swallow or choke on it. Also, make sure it isn't restrictive around the neck or body or covers their eyes, nose or mouth.

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Can You Feed Your Jack-o'-Lantern to Your Dog?

If you're not a pumpkin connoisseur, you may be surprised to learn you **shouldn't** feed your scary, carved jack-o'-lantern to your dog (even though boiled, steamed or baked (and then mashed or pureed) pumpkin is **great** for your furry friend!)

Sugar pumpkins are typically more common for cooking and baking and you **can safely share** the **cooked**, mashed or pureed pumpkin with Fido. Raw pumpkin is much harder for a dog to digest, so **don't** offer it to your dog.

Another reason **not** to share that carved pumpkin with your dog is because once it's carved, the pumpkin is exposed to nasty bacteria, insects and fungi. All things your dog doesn't need!

Also, do NOT share a potentially toxic pumpkin that is painted!

But that doesn't mean you have to toss that old jack-o'-lantern in the trash! According to the U.S. Fish and Wildlife website, "squirrels, raccoons, deer, moose and foxes may feast" on that unwanted pumpkin. But toss it **far** from your home to prevent attracting unwanted pests such as mice and insects.



Nature's Training and Healing Treats!

While you should avoid feeding your dog a used jack-o'-lantern, you **can** use the pumpkin seeds you scooped out before carving.

Wash the seeds to remove all the pulp and lay on a paper towel-lined baking sheet to completely dry in about an hour.

Why pumpkin seeds?

In the "**Forever Dog Life Book**" by Dr. Karen Becker and Rodney Habib, raw, unsalted pumpkin seeds make **great training treats** on the go!

Benefits include nutritious Vitamin E, amino acids, minerals, natural deworming properties, anti-diabetic, anti-diarrhea, anti-depressant and cytoprotective properties (the ability to protect cells from damage or harm) that can immensely benefit your pup's health and overall well-being!



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