



ALONE AT HOME PET SERVICES

"Humans would be better off if they tried to be more like dogs!"

September 2026

Fall Tips Dogs Want You to Know



Courtesy: ChatGPT

Now summer is almost over, it's a return to school and potential fall dangers for your dog!

Back-to-School and New Routines

Our beloved dogs are bona fide creatures of habit and feel most secure and safe with **consistent** schedules and routines.

While the return to school can be tough on everyone involved, your dog may experience the toughest time adjusting! Since K9s "live in the moment," sudden changes and new routines can be confusing and unsettling, leading to **unwanted stress and separation anxiety**.

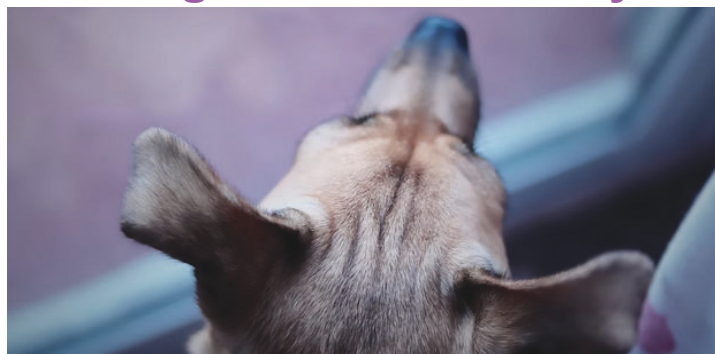
Use these four tips below to help your dog adjust more easily.

- Watch your dog's behavior for signs of **isolation or separation anxiety**, including: non-stop barking, destructive behavior, lethargy, depression, or **even** hyperactivity due to pent-up energy no longer being released by summer activities.
- If there's still time, practice your new morning routine to help your dog slowly adjust to the new schedule or routine. Practice leaving them home alone **gradually** for longer periods of time. Use plenty of praise and high-value treats to create a positive (vs negative) association.
- Hire a dog walker or use a doggy daycare to keep your dog engaged and happy while adjusting to a suddenly empty and quiet house. **Remember, a tired dog is a happy dog!**
- In addition, dog cams, interactive toys and puzzles can effectively redirect your dog's stress and anxiety into positive interactions and tire them out mentally.

Fall Dangers for Your Dog

- The use of rodenticides/poisons.
- Outdoor mushrooms, acorns and apple seeds.
- Ethylene glycol-based car coolants/antifreeze.
- Toxic plants such as Amaryllis, Autumn Crocus and more.
- Potpourri, candles, mothballs and glow sticks.
- Piles of leaves with moldy leaves, ticks, fleas, mites, and snakes.
- Glue sticks, pencils, magic markers and backpacks.

Your Dog's Behavior and Beyond



Helping Your Dog Adjust to New Schedules without Stress

It's that time of year when schedules change, and new routines are created. But, if not handled correctly, new routines **can** trigger separation anxiety for your dog!

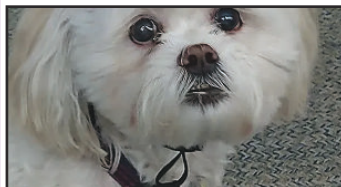
Learn why **predictability** is a crucial foundation for your dog's **emotional stability** and **stress-free life**.

Also, learn how to help them easily adjust to new routines with intentional awareness and support from our friends at Canine Zen.

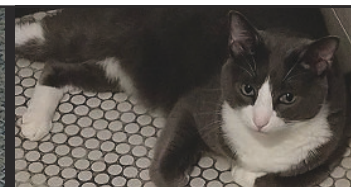
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Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet for your dog, their medical history, overall condition, age and breed.

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How to Read a Dog Food Label

What the label really tells you about your dog's nutrition.



FEEDING DIRECTIONS

- Starting point for how much to feed.
- Based on weight and calorie needs.
- Treats and table food are extras.



BRAND & PRODUCT NAME

- Names are regulated by AAFCO.
- "Beef," "Chicken Dinner," or "With Chicken" indicate different ingredient percentages.
- Flavor claims may contain very little actual meat.



GUARANTEED ANALYSIS

- Lists protein, fat, fiber, and moisture.
- Shows nutrient levels, not ingredient quality.
- Does not reveal ingredient sources.



NUTRITIONAL ADEQUACY STATEMENT

- Formulated to meet AAFCO nutrient profiles.
- Tested through feeding trials.
- Based on nutrient profiles for product families.



INGREDIENT LIST

- Ingredients listed by weight.
- First ingredients matter most.
- First five ingredients usually provide most calories.
- Animal protein sources should be clearly named.

Always consult your veterinarian when choosing the best diet for your dog's individual needs.

Also Remember ...

All ingredients in the product are listed in **descending order of predominance by weight**. This means the first few ingredients make up most of the product. Always look for a named protein and **avoid** "meal," "by-products," or "flavor/flavoring."

Products labeled as "snacks," "treats," or "supplements" are **exempt** from a list breakdown.

Filler Splitting: a common trick in lowering the cost of pet food by splitting cheap fillers into several sub-ingredients. For example, "ground corn," "corn gluten," or "corn bran." This naturally pushes these ingredients down the list (due to "lesser" weight). **But when combined**, these cheaper fillers (with different names) account for much **more** of the product but with **less** nutrition.

K9 Body Language 101: Posture/Movement

Did you know that how a dog distributes its body weight can offer clues about their mood and intentions?

Cowering: By cowering low to the ground, a dog is showing fear or stress and trying to make itself look physically smaller to appear harmless.

Rolled onto their back: By exposing their belly, the dog is signaling their stress and anxiety. They may even pee a little bit as a sign of appeasement.

Shifting his weight forward: Usually indicates interest and the desire to get closer to something **unless** it's paired with aggressive body language like a twitching high tail, then beware of potential offensive intentions.



Image Courtesy: Pixabay.com



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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Canine Hot Spots

One of the most common skin conditions in dogs, "hot spots" are irritated, red, and inflamed areas that are sometimes raised, with some hair loss and always painful for the dog. They may also bleed and spread if the dog does not leave them alone.

Hot spots are often minor and heal quickly. But they **can** cause deeper skin ulcerations with continued licking, chewing or scratching.

While they can be anywhere on the dog's body, the hot spot lesion is most commonly found on the face, neck, limbs or hips.

Causes

Certain dog breeds are predisposed to hot spots, such as Labrador and Golden Retrievers, English Bulldogs and German Shepherds.

In addition, other common causes are:

- > Allergies (food, fleas or seasonal allergies).
- > Insect bites.
- > Ear infections.
- > Excessive moisture from swimming.
- > Excessive licking.
- > Poor grooming and/or drying.

When Vet Care is Urgent

If you can't keep your dog from licking or scratching at the hot spot, it's time to visit your vet when the spot is:

- > Increasing in size;
- > Consistently bleeding; and
- > Displaying discharge, moisture, odor or pain.

Refer to PetMd.com for Natural Home Remedies

Human Products: NEVER Use on Hot Spots!

- Neosporin® - Hydrocortisone - Vaseline®

Topical creams and ointments tend to cause dogs to lick and exacerbate the hot spot even more.



Quick Yogurt & Pumpkin Treats

Mix 1 cup **plain yogurt** with 1 cup **pumpkin puree** in a bowl, pour into ice trays/silicone molds, and freeze. Dog-friendly pumpkin is a healthy addition for good digestion.

(Source: POPSUGAR.com)