



# HAVE A FEAR FREE FOURTH!

## Tackling Canine Frets & Fears During Firework Festivities

Independence Day firework festivities can turn a time of celebration into one of terror for many dogs. From the canine perspective, loud, unpredictable noises accompanied by bright lights are threatening and a cause for alarm. Thankfully, it doesn't have to be that way. Here are some ways to help your dog keep calm and carry on for a Fear Free Fourth of July.

### Your Pet's Veterinary Team is Here to Help



If your dog acts upset with fireworks or other loud noises, talk with your veterinarian about options to help your dog.

- Your veterinarian may suggest medications or supplements to help your dog relax.
- He or she might recommend working with a veterinary behaviorist or rewards-based trainer.

### Set a Soothing Acoustical Sanctuary



With a little know-how, you can drown out extraneous noise and naturally calm your canine.

- Use calming music, such as classical, reggae, or soft rock.
- Utilize white noise to fill any gaps in the music, like a fountain, fan, or white noise machine.
- For severe cases, you can also use noise-reduction products or temporarily place cotton balls in their ears during noisy events.

### Comfort from Compression Garments



The gentle-pressure hug of a compression garment induces feelings of wellbeing for some dogs.

- These mimic the soothing effect of swaddling for an infant.
- They may not work for all dogs, but when they do, the results are profound.
- Some compression garments may include gentle vibrations or music to further calm your dog.

## Home Help



### Don't attempt to pull your dog out from hiding.

- A fearful, upset dog may bite if cornered and confronted.
- Gently encourage the dog to come out on his own with a treat or a toy.



### Fireworks and Fido don't mix.

- Don't take your dog with you to the fireworks celebration.
- This is not only for your dog's safety & the safety of others but also to prevent further negative emotional impact.



### Comfort from others.

- For some dogs, the calming presence of their beloved humans or canine buddies is a confidence booster in stressful situations.



### Fear of Lights

- Perceived light flashes and flickering can escalate your dog's anxiety.
- Minimize exposure to fireworks flashes by blocking windows or taking dogs to a room with limited views of the outdoors.
  - Turn on the lights in the home to decrease the contrast of light changes.

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