



# HELP YOUR PET CELEBRATE A FEAR FREE NEW YEAR

## TIPS FOR CREATING A STRESS FREE NEW YEAR'S CHEER WITH YOUR PET

### Tackling Canine and Feline Frets and Fears During New Year's Festivities

New Year's festivities can be a time of stress for many dogs and cats. From a pet's perspective, unpredictable, loud noises and explosions of celebratory fireworks are understandably threatening and a just cause for alarm; with some animals reacting as if their very life hangs in the balance. For those hosting a party, the presence of strangers and change can also be distressing. Thankfully it doesn't have to be this way. Here are tips to help your canine or cat keep calm and carry on as they welcome in the new year:



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

If your dog or cat acts upset with fireworks or other loud noises, or if they're on edge around people they are less familiar with, talk with your veterinarian about options to help your pet.

- ✓ Your veterinary team may use supplements to help your pet relax
- ✓ If their fear and anxiety is more severe, medication may be a good course of action
- ✓ They might recommend working with a veterinary behaviorist or reward based trainer



#### Set a Soothing Acoustical Sanctuary

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

- ✓ Use calming music: Classical, Reggae, or Soft Rock
- ✓ Utilize white noise to fill any gaps in the music: Fountain, Fan, or White Noise Machine
- ✓ For severe cases in dogs with noise anxiety, you can also use noise reduction products like Mutt Muffs, or Happy Hoodie or temporarily place cotton balls in their ears for the noise event



#### Comfort from Compression Garments

The gentle pressure hug of a compression garments induces feelings of well-being for some dogs (and on occasion, some cats)

- ✓ 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
- ✓ Less commonly, but still possible, is their soothing effect for a smaller percentage of cats (just ensure they're actually relaxed and not frozen in place). Try the fit looser at first with cats before accustoming to a snugger fit.
- ✓ Some compression garments may include gentle vibrations or music to further calm your dog

## HOME HELP



#### Don't Attempt to Pull your Dog or Cat Cut from Hiding

A fearful, upset dog or cat may lash out and bite if cornered and confronted.

Gently encourage the dog or cat to come out on their own with a treat or a toy or simply let the animal hide in their getaway space if safe to do so.

For noise events, keeping the room open is helpful, especially for dogs, as the feeling of being trapped can further escalate panic.



#### Fireworks and Pets Don't Mix

Don't take your pet with you to the fireworks celebration.

Ensure cats who have outside access are kept safely inside, especially during fireworks displays. Also, try to take your dog on earlier evening potty breaks, keeping in mind the possibilities of unanticipated displays occurring earlier than expected and in the days around the occasion.

Provide options for the cat to choose to retreat to high hideaway spaces for cats or for the dog to retreat to safe spaces in noise buffered areas.



#### Comfort from Others

For some dogs and cats, the calming presence of their beloved humans or canine buddies is a confidence booster in stressful situations on its own.

For animals upset by new faces and change during holiday parties, it's important to consider if the animal would fare better in a protected space away from the stress of a celebration. Continue to monitor the pet's stress and allow freedom of choice for the pet during interactions; respecting the animals choice to move away if desired.



#### Fear of Lights

Perceived light flashes and flickering can escalate your dog's anxiety.

Minimize outside visuals by blocking windows or accompanying them to a room with limited outside views.

Turn on the lights in the home to decrease the contrast of light changes.

