

## Keys to Stress-Free Holidays

*Drs. Foster & Smith Educational Staff*

keep your pet  
stress  
free



Our pets are attuned to the slightest changes. Visiting guests, new décor, or changes in feeding schedules can turn an otherwise calm companion into a frazzled, ill-behaved dog.

Unfortunately, holidays can abruptly change any household. But it is easy to help minimize your pet's stress level.

### Here are some simple tips:

- Feed and groom on a regular schedule
- Limit travel, both alone and with your pet
- Limit exposure to guests and increased activity
- Separate your dog from presents and decorations
- Don't treat your dog with table scraps
- Encourage guests to keep their pets at home

### Create a safe haven

The easiest way to create a stress-free refuge for your pet is with a durable crate. When used appropriately, a crate is beneficial and calming. Dogs are den animals who relish having a private, quiet space of their own. Many dogs will even seek out their crate when they need to get away from it all. This is especially important during the hectic holiday season. As guests and activities transform your dog's domain into unfamiliar ground, her crate remains familiar and comfortable. Plus, crates help keep your dog away from those decadent decorations and tempting holiday table scraps while you focus on holiday preparations.

## Recommended Products



[Comfort Zone® Spray](#)



[Ultra-Calm® Treats](#)



[Compass Kennels](#)



[Rescue Remedy](#)