



## Managing Stress

A priority in caring for dogs in a pet care center is to eliminate sources of stress. Despite our focus and efforts to eliminate stress in dogs there will be some that will still exhibit signs of stress. There are also events like thunderstorms, full moon and peak periods that contribute to increased stress levels of dogs in general.

When an individual dog needs assistance or key events trigger stress the following calming aids and tools are approved for use within our pet care center.

Aid or Tool	Recommended Situations	Comments
Lavender Spray	Dog that is new to pet center Thunderstorms Full moon Peak period	Labeled spray bottles available from supervisor Document use on pet record for individual dog and on daily report for center wide use
Rescue Remedy Other Calming Aids (list specific items used)	Dog that is new to pet center Thunderstorms Full moon Peak period	Labeled spray bottles available from supervisor or diluted dropper bottles for use in water bowls or buckets Document use on pet record for individual dog and on daily report for center wide use
Relocate Dog	Dog that you have identified stress trigger as something in the physical area that cannot be removed	Advise pet care supervisor of need to move pet and update software and all pet records of new location (coordinate with front desk staff)
Fasting	Boarding dog with loose stools or diarrhea (exception would be a puppy less than 8 months)	24 hour fast is approved by supervisor and documented on pet record. Be sure to check for dehydration during fast period and if identified treat as a pet emergency
Mental Diversions: Stuffed Kong Walk Play session	Dog that is new to pet center Dog exhibiting multiple stress signals Thunderstorms	Be sure to confirm pet does not have food allergies prior to providing a Kong. Document all actions on pet record
Thundershirt	Dog that is new to pet center Thunderstorms	Fit dog with a thundershirt, small tshirt or provide a calming wrap (TTouch Body Wrap)
White noise	Dog that is new to pet center Thunderstorms Full moon Peak period	Turn on radios, TV's, music system as background white noise (Music must be calm and soothing such as classical, country or designed for dogs: Through A Dog's Ear)