Is your pet afraid of loud noises during the festive season?

**When you have not trained your cat and dog beforehand**

- Do not leave your dog or cat alone
- Please keep your dog on the leash when walking outside and keep your cat inside. Try to walk the dog in times over the day where there is not so much noise.
- Do not try to hinder your dog or cat to go to such places and do not follow it in a hectic manner or try to grab it. This might increase stress and lead to panic.
- Rather try to reassure, soothe and calm down your dog and cat in a calm manner. Try to be the “secure base” for your dog and cat. Offer yourself by sitting down quietly and allow the dog or cat to come near and lay besides you. When you stroke, do it in a long calm movement over the body.
- A rather shady room is helpful; for some animals white noise can be helpful as well.
- Your dog or cat must have the possibility to choose a place where they feel the safest; even the guest toilet. Put a blanket or cushion there, stay calm and reassuring nearby.
- For some dogs, concentrating on something fun like nose work games can be very relaxing.

**What can help?**

- Train your dog or cat to go in the safe position next to the owner on call.
- Train your dog and cat to use a box which can be covered on all sides (besides one) with a blanket to dim down noise. Some animals prefer a sort of cave. It is important that the dog or cat can freely go to this place or leave it.
- Train your dog to wear earbuds.

**When there are some more days left for training**

- Ask your veterinarian about medication for the emergency, should your animal be in fear or panic on New Year’s Eve.
- When there is enough time in advance and you knew from last year that your dog or cat became very fearful, ask your veterinarian, a behaviour specialist or a trainer for a training and therapy rational, to help your animal relax during these days on the long run.