

## Holiday Safeguards (continued)

- 🐾 Watch out for electric cords. Pets often chew them and may get badly shocked or electrocuted. Place wires out of reach.
- 🐾 Avoid using glass ornaments. They break easily and may cut a dog's feet and mouth.
- 🐾 Refrain from using edible ornaments. Your dog may knock the tree over in an attempt to eat them. Commercial food strings may contain paint or toxins in the preservatives.
- 🐾 Whether your tree is live or ornamental, both kinds of needles are sharp and indigestible. Keep your tree fenced in or in a room that can be blocked off. A baby gate can act as a barrier.
- 🐾 Tinsel is dangerous for dogs. It may obstruct circulation and, if swallowed, block the intestines.
- 🐾 Alcohol and chocolate are toxic for dogs. Keep eggnog, sweet treats and other seasonal goodies out of reach.
- 🐾 The holiday season is a stressful time for dogs. Try to keep a normal schedule during all the excitement.
- 🐾 The holiday season, when friends and relatives are visiting, is NOT the time to start training your puppy, especially drunken Uncle Harry.

- 🐾 Puppies and dogs get stressed out too. Allow them time-outs if you cannot supervise interactions between visitors and pet.
- 🐾 It's okay to have one person at a time meet or greet a new puppy, ask for a sit, and offer a healthy treat.

## Winter Exercise

As humans, dogs to be "conditioned" for specific sports or winter exercise. Different breed and breed crosses are better coated for harsh winter weather.

Greyhounds and other short coated breeds, need protection!

All breeds need to be exercised regularly for optimum health and well-being. This can mean a 5-minute walk for a 14 year old dog or 30-minutes for a well-conditioned, energetic dog.

If you are the type of person who prefers the cozy warmth of a home in winter, but have an energetic dog, consider a healthy outlet like indoor dog sports/agility using games like stepping out, fun training sequences and hide n seek. Teach your dog to gather toys and place in a toy box!

To alleviate winter boredom, create games that simulate outdoor activity. What does your dog enjoy doing: digging, chewing, tracking things down? Hide a biscuit or toy. When you arrive home, have the dog locate their Kong or Teddy. If you simulate some like-minded games, you can help your dog get through the winter doldrums and ... breathe.



Training and Wellness LLC

Awareness Centered  
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Balance, Relationship  
Education, Well-Being

## Winter Care for Our Dogs



Give me a job that makes  
sense and I'll stay out of  
trouble?

## General Winter Concerns

Winter's cold air brings concerns for responsible dog owners:

- 🐾 Don't leave your dog outside in the cold for long periods of time without supervision. Wind-chill makes days colder than actual temperature readings. Be attentive to your dog's body temperature and limit time outdoors.
- 🐾 Adequate shelter is a must even for Alaskan Musher Dogs. Keep your dog warm, dry and away from drafts, unless they are breeds that enjoy and can withstand harsh weather for longer periods.
- 🐾 In outdoor kennels, place blankets and pads on floors and/or in a plastic swimming pool for shelter and warmth.
- 🐾 Be extra careful walking or playing with your dog near frozen lakes, ponds or rivers. Your dog could slip or jump in and get seriously injured (so could you).
- 🐾 Groom your dog regularly. Your dog needs a well-groomed coat to keep him insulated. Short and/or coarse haired dogs may get extra cold so consider a sweater or coat.
- 🐾 Long-haired dogs should have the fur clipped on the bottom of their paws to ease snow removal.
- 🐾 Musher's wax is one product that safely and effectively coats the dogs pads, protecting them from ice, cold and cracking.

- 🐾 Towel or blow-dry your dog if he gets wet from rain or snow. It is important to dry and clean his paws. This helps to avoid tiny cuts and cracked pads.
- 🐾 Don't leave your dog alone in a car. It gets too cold and carbon monoxide from an engine left running is dangerous unless you are trying to commit suicide.

## Health Tips

Dogs cannot talk to us in human language to let us know if they are sick. As responsible dog parents it is vital to pay special attention to your dog's well-being during the winter season:

- 🐾 Antifreeze, which often collects on driveways and roadways, is highly poisonous. Although it smells and tastes good to your dog, it can be lethal.
- 🐾 Rock salt, used to melt ice on sidewalks, may irritate footpads. Be sure to rinse and dry your dog's feet after a walk.
- 🐾 Provide plenty of water. Your dog is just as likely to get dehydrated in the winter as in the summer. Snow is not a satisfactory substitute for water.
- 🐾 Frostbite is a winter hazard. To prevent frostbite on ears, tail and feet, don't leave your dog outdoors for too long.
- 🐾 Be very careful of supplemental heat sources. Fireplaces and portable heaters can severely burn your dog. Keep portable heaters out of reach and fireplaces screened.

- 🐾 Like people, dogs seem to be more susceptible to illnesses in the winter. Make sure to take your dog to a veterinarian if you see any suspicious symptoms.
- 🐾 Don't use over-the-counter medications on your dog without consulting with your Vet.

## Holiday Safeguards

The winter season brings holiday festivities, but pet-owning households should take precautions:

- 🐾 The holidays are NOT the ideal time for introducing a new pet into your family unless you plan and know what this entails.
- 🐾 Puppies and dogs require extra attention and a stable environment that the holiday season doesn't permit.
- 🐾 A puppy is not a toy or gift that can be returned. Instead, consider giving a festively wrapped box with a stuffed puppy as a symbol of the dog to come.
- 🐾 Holly, mistletoe and poinsettia plants are pet poisons! Make sure they are kept in places your dog cannot reach.
- 🐾 Remove holiday lights from the lower tree branches. They may get very hot and burn dogs (or toddlers).
- 🐾 Review holiday gifts for dogs to ensure they are safe. Items like vinyl, plastic and small rawhide sticks may be dangerous.
- 🐾 Supervise your puppy / dog with all new gifts / food / treats.