



Fireworks & Noise Aversion Client Resources

Environmental tips:

- Use white noise - Fan or calming music
- Help your pet find a "safe space". A hiding space away from windows like a small room or crate (Only use a crate if your pet is already comfortable being in this area)
- Keep their safe space dark or use a night light (based on what works best for your pet)
- Thundershirt or anxiety jacket.
- Adaptil calming pheromones.
- Keep them busy with their favorite toy, treat filled toys, stuffed kongs, pet-safe chew sticks etc...
- Take them for a safe walk or exercise earlier in the day before the noise to help release extra pent up energy.
- "Safe Place Training" video resource - <https://vimeo.com/308935325/92980465b9>
- Make sure your home's doors, windows, gates and fences are all secured and your pet has a microchip with accurate registration information. Keep a current picture and description of your pet handy in case they get loose.
- Your pet is attuned with you, so make sure you are calm and patient during this time!

Supplements: should be used a few days prior and can be used in combination with medication therapy.

- Solliquin
- Zylkene
- Rescue Remedy

Other resources: Fear Free Website has a lot of great resources - www.fearfreehappyhomes.com

Sileo: If your pet was prescribed Sileo, you can find helpful videos about administration and more:

- <https://www.zoetispetcare.com/products/sileo>

