



The PAW PRINT

AUTUMN/WINTER 2018

Scared or nervous dog?

Fear not - we're here to help!

Winter Wonderland

Winter care tips for your pet



Scared or nervous dog?

Anxiety or nervousness can be due to a number of varied causes, from fear of a specific situation or event such as travelling, going into kennels or a visit to the vets to a habitual ingrained anxiety which effects their life almost every day. Rescued or re-homed dogs may have issues from their previous life and can take some time to adjust and so often benefit from our herbal products as they learn to adapt to their new situation.

Bang, pop, whizz!!

During Autumn and Winter comes several big events; Halloween, Bonfire Night and then Christmas & New Year, these are generally a lot of fun for all us humans but not always so much for our pets.

Dogs and cats have far more sensitive hearing than us humans. They can hear noises we cannot, and certain sounds may appear louder or unusual if they do not know what is causing them. Fireworks are incredibly loud and of course our pets just don't understand what they are and of course this invokes a fear response.

Some dogs may just prick their ears and cock their head, others will be drooling, shaking and literally petrified.

What can you do to help?

Herbal medicine is perfect to help calm and relax your dog alongside behavioural work, as they are gentle on the system and by using high quality authenticated herbs they are full of active ingredients which are of benefit to the body.

To help any dog which is nervous or anxious, it is also best to ask your Vet for referral to a Clinical Animal Behaviourist who can assist with behavioural techniques and advice to help support your pet. These techniques should be gently implemented alongside our herbal medicine Scullcap & Valerian Tablets.



Clinical canine behaviourist Karen Wild, shares her expert knowledge to help keep your dog calm during a stressful event such as Bonfire Night, New Years Eve or Halloween



1. Create a safe haven for your pet to retreat to if they choose. A soundproofed crate with the door open is ideal, or simply a room where they are protected from noise and vibration and feel safe.
2. Add goodies and chew toys and a water dish inside the den. Let your pet investigate gradually.
3. Take your pet out for a long walk in the day before the event starts.
4. Give them happy activities to tire and distract them. See our special videos for fun ideas to keep their brains busy.
5. Stay with your pet, and act in a jolly manner. You can reassure your pet happily that all is well!
6. Feed your pet earlier in the day and save tasty treats for the evening during the event. This helps them form a positive association with the situation.
7. Keep the TV on, and add a radio playing in another room to mask sound.
8. Update microchip details and ensure they have an ID tag on their collar to allow safe return, in case of escape!



92%
of customers surveyed would recommend Scullcap & Valerian Tablets to a friend.

I purchased the Firework package for my two Staffordshire bull terriers. I started them on the tablets around 2 weeks ago. A local and very loud display didn't cause them any distress this year! I would highly recommend this product to anyone! Having tried most other things, this seems to be the only thing to have worked!!
5 ***** Rating from me!!

Miss J Adams, Trustpilot

A few drops of Valerian Compound on a cloth in the bedding is perfect to help relaxation – especially good for cats!



Walkies in a winter wonderland

10 top tips to keep your dog in perfect health this Winter

1. Keep your dogs and cats away from anti-freeze, it's sweet taste is particularly enticing but it is incredibly poisonous to dogs and cats.
2. With the frosty weather and especially when there is ice or snow on the ground, pets can get sore or burnt pads from the cold. **Comfrey & Calendula Balm** is soothing and healing and will make it much more comfortable for them.
3. Dogs love running in piles of autumnal leaves or in the snow (if we get any this year) but just be careful of hidden dangers. Lurking underneath could be broken glass, sharp twigs or even barbed wire. So take care on your walks and try to stick to known routes.
4. One of the biggest dangers to dogs in the winter, is hypothermia from falling into very cold water. Please don't encourage your dog to jump on or run after a toy near ice.
5. Be safe, be seen! LED collars are essential, even at twilight a dog can be barely visible to a motorist or even to their owner if they are off mooching in fields or woods. A LED collar really is a great investment!
6. Just like us, dogs are more likely to pick up minor infections and viruses during the winter, because of a lower immunity due to the cold. Give your pet **Garlic & Fenugreek Tablets** on a daily basis it will help to increase resistance to infections and strengthen the immune system.
7. Rug up older dogs, for those that are more mature it is a good idea to keep their muscles warm by buying them a well-fitting coat.
8. Give your dog a little extra support, if you have started to notice they are a little stiff when they get out of their bed in the morning, or after running. It may be time to introduce a good quality joint supplement such as **Glucosamine & Chondroitin Tablets** or **Turmeric Tablets** which are ideal to support the body's anti-inflammatory and analgesic processes.
9. Keep a careful eye on your dog's weight. With the darker evenings and mornings, some dogs may not get the same amount of exercise as in the summer therefore may not burn as many calories.
10. Christmas & New Year stress. If all the family suddenly descend on the house at Christmas along with much merriment and the likelihood of fireworks, it is easy for this fun time of year to become quite the opposite for your pet. If you are worried at all, start giving them a daily dose of **Scullcap & Valerian Tablets**. Start around a week before and continue until life is back to normal, your pet will thank you for it!



Stay connected! We have a really active, friendly social media community. So please share and tag us in your photos and posts, we love to see photos of your pets! Just use **#dorwestdog**