

## WHAT TO DO ON BONFIRE NIGHT TO HELP YOUR DOG



The following suggestions will help to make the evenings around Bonfire night more bearable:-

1. Provide your dog with a 'bolt hole' or a place of safety – basically wherever your dog wants to hide, even if it is under your bed, you must allow it to do so. Sometimes owners prevent their dog from going to a favoured hiding hole by shutting doors and the dog starts to panic and may try to dig through the floor. Remember it is only for a few nights - let your dog hide where it feels safe. If you have created a place of safety in advance then you can take them there as soon as you feel they are worried.
2. **Do not** take your dog out once it is dusk. Prior to this take your dog out for a long walk, feed your dog with and then later offer a bowl of pasta, potato or rice (a good stodgy carbohydrate food) late afternoon. Studies have shown that feeding a large bowl of carbohydrate two hours after a dog's main meal helps to calm the dog down by increasing the level of serotonin.
3. **Have the television on or play some rhythmic music all night to help drown out the fireworks. Please do not deafen the dog- they have exceptional hearing.**
4. Consider burning lavender- this too can have a calming effect on you and your dog.
5. Provide your dog with a tasty stuffed Kong and another chew item just as it is getting dark. This may help to take the dog's mind off the fireworks. However, remember that an extremely stressed dog will not eat anything. Alternatively buy a new toy and have loads of fun and games with your dog.
6. No matter how frightened your dog looks please **do not** cuddle, stroke or talk to your dog- simply pretend the fireworks have not happened and try to look as cheery as possible. Your dog will look to you for help- you must lead by example. Simply think oh fireworks are nothing to worry about. As soon as your dog stops showing any fearful behaviour and relaxes, lavish them with loads of praise or have a game.
7. **Never get mad with your dog and shout, this will only make the behaviour worse.**
8. Make sure your dog cannot escape out of the house by locking all windows and doors. Shut all curtains and blinds which will block out the flashes. A lot of dogs run through slightly ajar doors or open windows.
9. Consider purchasing some doggy earplugs from your local pet shop but be careful not to push them too far down the ear. **Don't** forget to remove once the fireworks have stopped.
10. Leave plenty of water down, this will help a stressed dog cool down.
11. Last thing at night take your dog to the toilet on a lead so if a firework goes off you have hold of them.

### Planning ahead-

Finally make sure you spend next year working hard to accustom your dog to any scary sounds you feel they are traumatised by on a daily basis- this will make next year even easier for the both of you.

Zylkene is a natural product to help relieve stress in your pet. This is suitable for cats and dogs  
And there is no need to see a vet when buying Zylkene.