

# Helping Your Pet Adjust to New Situations



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# Minimize Pet Stress When Introducing Change

## Creatures of Habit

Ever notice how your pet anticipates and acts on certain cues in your daily routine, like going to her kennel when you pick up your briefcase or running to the kitchen when you ask your kids if they're hungry? Pets like having stability and routine in their lives. That's why pets experiencing major changes to their daily routine—like moving to a new home or welcoming another pet—can sometimes require a little extra attention to minimize stress and anxiety.



# Avoiding the Moving Blues

Moving to a new home can be a stressful time for pets. An unfamiliar place filled with box upon unpacked box can be overwhelming, but you can help your pet acclimate quickly and safely with a few simple steps.

## Microchip and ID

Be sure to microchip and ID dogs and cats and update your microchip contact information in case your pet accidentally wanders off and gets lost.

## Refuge

For dogs, consider boarding or day care during your move. For cats, try confining them to a “refuge room” while packing and unpacking. Play soft music or other white noise to distract your cat from the commotion of moving.

## Welcome

Unpack familiar pet items first such as beds, bowls and toys to help your pet feel more at home.

## Ready to Go

If possible, bring your pet into your new home with everything already unpacked and arranged. Having familiar furniture in place helps things feel less hectic and more settled.

## Explore

If you have a dog, spend extra time walking around your new neighborhood together so that he can identify the new smells and begin learning where his new home is located.

## Be Prepared

Find the 24-hour emergency veterinary hospital nearest your new home and create an emergency plan.

# Getting Along Like Cats and Dogs

Even for the friendliest of animals, introducing another pet into your home can cause stress. Questions of who ranks where in the pack can induce unwanted behaviors from both pets. But with a little patience and dedication on your part, even dogs and cats can become the best of pals. Just keep the following in mind when introducing another pet into your home:

- Always supervise pets until you know how they'll get along.
- Keep pets—including those of the same species—on opposite sides of a closed door to allow them to sniff each other without coming into full contact. Once they are comfortable with each others' scents, use a baby gate to visually introduce them to one another.
- Keep dogs leashed to maintain control during introductions to new people and pets.
- For new cats, consider creating a “refuge room” to which they can safely and comfortably retreat.
- Separate pets when leaving home. Provide each with necessities such as fresh water, food, bed, toys, litter box, etc.



# Tips for Calming an Anxious Pet

Unfamiliar situations or disruptions in routine can sometimes make your pet feel uneasy. Try these simple tips to help soothe your pet's frazzled nerves.

- Make an extra effort to retain as much of your pet's familiar schedule as possible.
- Choose specific key phrases to say each time you perform a certain action, so that your pet begins to identify repeated cues and establish a new sense of routine. For example, each time you leave the house, calmly say something like, “Be good.”
- Stabilize your pet's routine by feeding meals at the same time each day and incorporating a set daily playtime.
- Provide stimulating, interactive toys to give your pet a distraction.
- Play soft music or leave a radio or TV on in the background.

Above all, it's important to recognize that your pet needs time to adjust. Be patient and give him ample time to regain his bearings.

For more helpful information on pet health, safety and traveling with your pet, please visit us online: [petinsurance.com/healthzone](https://petinsurance.com/healthzone).

This information is intended to provide a general overview of some significant pet health issues. It is not veterinary medical advice. You should consult your veterinarian about any concerns you may have regarding your pet's health.



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\*2010 Veterinary AAU Study

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