

Tips to help make clinic visits less stressful for your pet

1 Be proactive!

Train your pet to **enjoy routine handling and basic procedures**.



2 Take the stress out of travel

Train your cat to happily travel in a carrier and make sure your **dog is comfortable travelling in the car**.



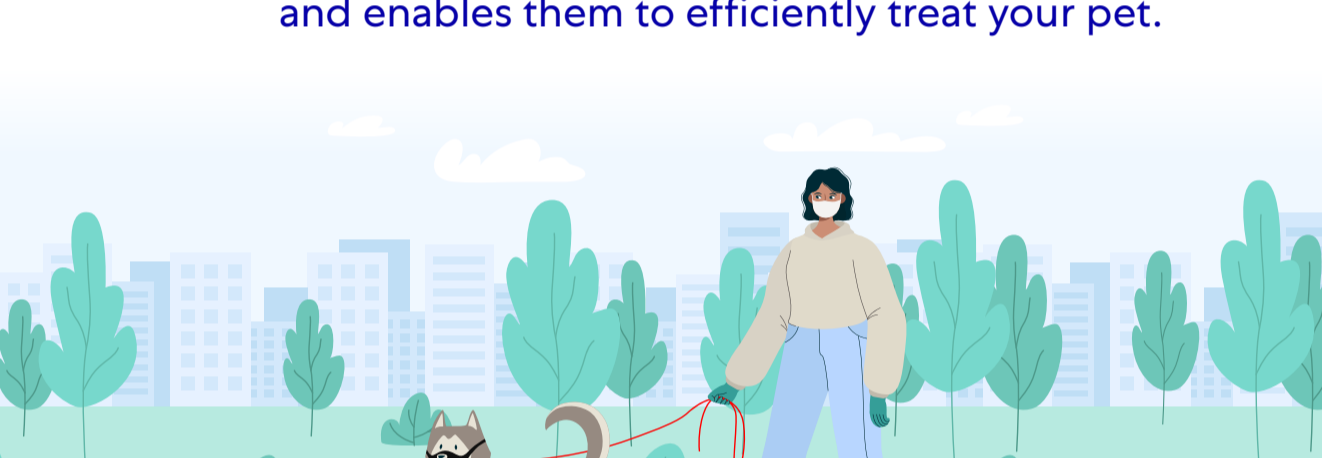
3 Understand your pet's body language

Be aware of your **dog** or **cat's** body language and act accordingly. Often pets "tell" us they're uncomfortable, but these subtle signals may be overlooked.



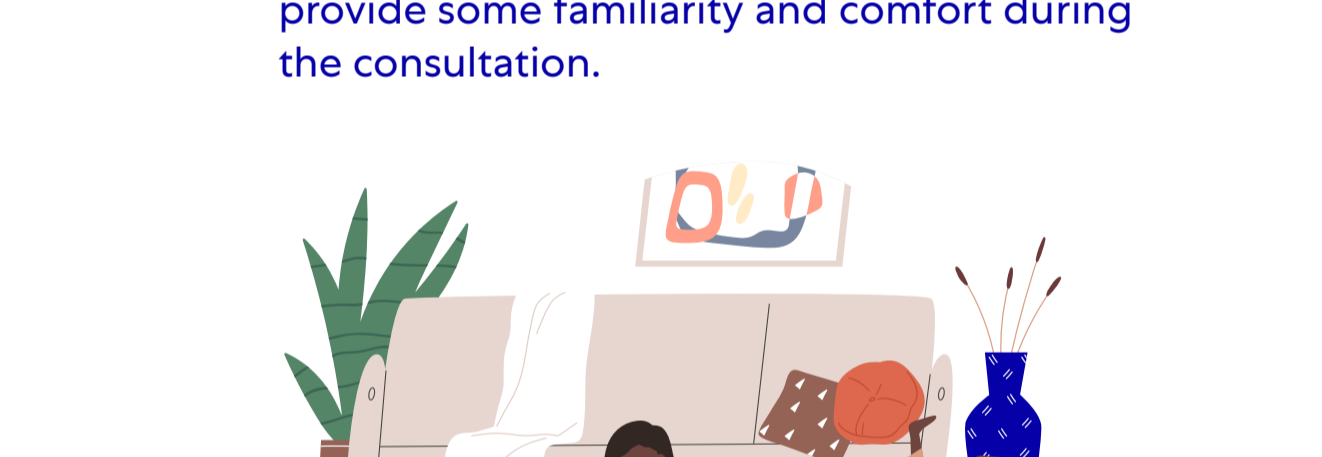
4 Better safe than sorry

Muzzle train in advance, even if you think your pet doesn't need it. This provides safety to staff and enables them to efficiently treat your pet.



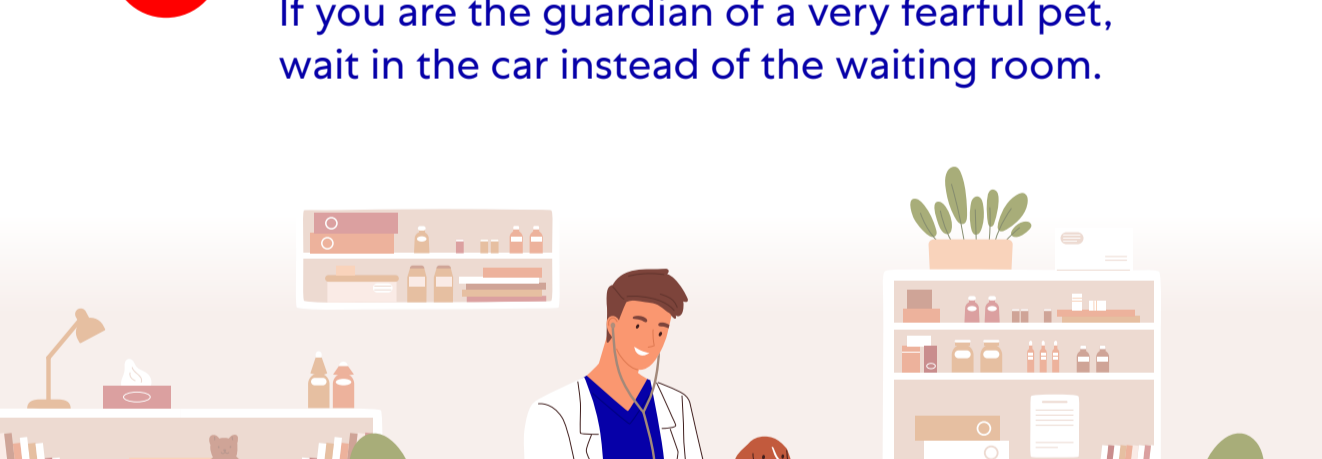
5 Make it feel like home

Bring your pet's bed and favourite toy to provide some familiarity and comfort during the consultation.



6 Wait in the car

If you are the guardian of a very fearful pet, wait in the car instead of the waiting room.



7 Use treats!

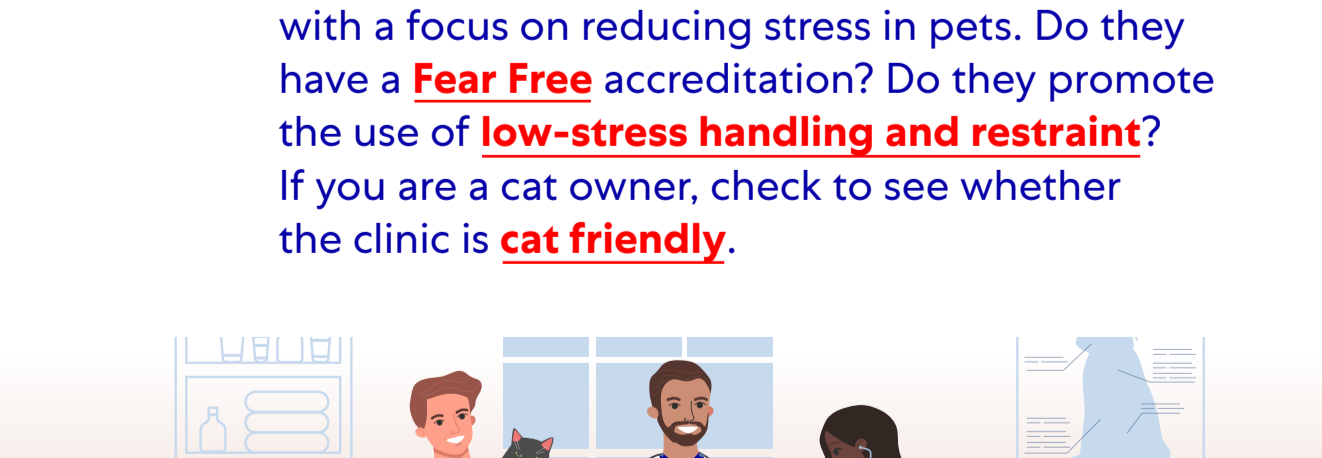
Have some high-value treats ready to give your pet during the consultation, especially during stressful events.



8 Seek out Fear-Free Clinics

Seek out clinics that provide high-quality care, with a focus on reducing stress in pets. Do they have a **Fear Free** accreditation? Do they promote the use of **low-stress handling and restraint**?

If you are a cat owner, check to see whether the clinic is **cat friendly**.



We know veterinary clinics can be stressful places for pets. Rather than accept this as "normal", let's work together to take away the fear and help create **A Better World for Pets™!**