



VetLink

BRINGING YOUR VET HOME

TOP TIP - ROUTINE

Many of us are easing back into work life so we should also be easing our pets back into our work routine. Sudden changes to a dog's routine can create anxiety and frustration, which sometimes will not end well for your carpet or sofa! This sort of behaviour is easily preventable, gradually change the timings of your dog's routine to the way they will eventually be. This includes walking, feeding and attention from members of the household. If lockdown has changed the times of dog's walk, then slowly start to push it back to normal routine. The routine change should be slow and only change a maximum of 1 hour every 2 days. For example, during lockdown if you walk your pet at 9am, but when at work you will walk your dog at 7am, your walk routine change should take 4 days.

Day 1 – 9 am

Day 2 – 8am

Day 3 – 8am

Day 4 – 7am





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TOP TIP - FOOD ROUTINE

Your dog's food routine should follow a similar pattern as your walk routine. It is strongly recommended to feed your dog after their walk, especially larger breeds. Changing your dog's diet or the time they are fed will impact their digestive system. It is important any changes made should be made slowly. If you are changing your dog's diet, then the following guidance is recommended:

Day 1 – 100% old food.

Day 2 – 80% old food, 20% new food

Day 3 – 70% old food, 30% new food

Day 4 – 50% old food, 50% new food

Day 5 – 30% old food, 70% new food

Day 6 – 20% old food, 80% new food

Day 7- 100% new food

This is just a guide, please consult your veterinarian first before making any changes to your pet's diet.

If you are changing your dog's feeding time, 30minutes – 1 hour is the maximum change you can make per day. This means it may take several days to get back into a work routine which is why it is best to start before you return to work.





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TOP TIP - FACTS

- Our dogs may not be left alone at all during lockdown or for brief intervals only, and they're probably getting much more attention and interaction. But, if this is likely to change when you go back to work, then you need to prepare them for that. Begin to gradually decrease the amount of attention you give your dog and increase the time they spend on their own. This may include not playing with your dog every time they ask or not stroking them every time that they nudge you. Don't completely ignore your dog as this may confuse them. Instead give them a comfy bed to lay on or give them something to settle with such as a tasty chew. Try to keep interaction time for when you will be available once your routine is back to normal, for example in the evenings after dinner.
- It is very important to seek veterinary advice or advice from a dog behaviourist if your pet is showing any signs of distress when left alone.
- If you plan on using a dog walker or pet sitter, try to remain with them for the first few encounters. This offers support to your dog and allows them to feel safe around someone else.

