

Here are our Suggestions for Fear Free Veterinary Visits for Dogs:

- Bring your pet's favorite treats with you.
- Give a couple small bites in the car
- Give a bite when you arrive in the waiting room, while practicing "Sit" and "Lie down"
- Give a bite when you settle into the exam room, again while practicing calm behaviors
- Save the rest for your veterinary care team! This way, they will have more opportunity to give treats to help make the experience more pleasant!
- Do not feed your pet after 6:00 pm the night before a visit

Practice Riding in the Car, if your dog is not a big fan.

- Let him eat treats in the car, without turning it on
- Gradually get him to get in the car for treats
- Let him eat treats with the car on, before driving.
- Reward calm behavior in the car with treats.
- Ask your Veterinarian for additional medication for anxiety or carsickness if needed

Visit your Veterinary Clinic during slow times, when things are calm. Call your clinic ahead of time, to make sure the place is going to be quiet.

- Practice calm behaviors like "Sit", "wait", and "Down"
- Practice getting on and off the scale, giving a treat for a calm "Sit" on the scale.
- Practice walking through doors that make that your pet nervous.
- Practice being on the Exam table. Make sure your pet's favorite treats are always there! Ask your veterinary care team if you can just practice without an exam – only loves and pets.

- Let your Vet Care Team give treats too! Either use yours or let them “spoil” your pet with something new and different! Speak up if your pet has any food allergies or is on a Prescription diet!

Schedule Mini Training Sessions for your Pet with your Veterinary Behavior Technician/ Assistant for special issues like these:

- Fear of nail trims
- Fear of ear exams
- Fear of face handling