



# SEVENTH HEAVEN PET CARE SERVICES

BASED IN RESTON, VA ♦ [HTTPS://WWW.SEVENTHHEAVENPETS.CARE](https://www.seventhheavenpets.care) PHONE/TEXT: 571.389.0091

**PRESENT THIS FLYER AND RECEIVE A COMPLIMENTARY CONSULTATION!**

## Caring for Cats in Small Spaces: Eco Friendly Tips & Tricks



### THE LITTER BOX:

There are several ecofriendly solutions for litter, and among the advantages that they offer are that some are flushable (even if you are on a septic system), some are naturally scented such as pine-based litters, and several are made of recycled materials such as newspaper. I find that they are also less mess since there is no clay residue on and around the litter box. I use a wheat-based litter because my dog is prone to digging around in the litter box for a "treat" (yuck!). To find a list of great ecofriendly litters check out the Cat section of the Seventh Heaven Website!

Several of my clients have come up with great ways to set up their litter box so that it does not have to be an eyesore. I have a few ideas on my blog and would love to share yours!

### FEEDING YOUR FELINE FRIEND:

One of the biggest problems with feeding cats can be waste. If you feed your cat wet food, please be aware that it is only good for 24 hours after you have opened the can. If refrigerated, it will last a bit longer, but it is best to stick to the 24 hour rule. There are several alternative single serving foods that are nutritionally complete on the market today. My friend, Dr. Heidi Allen DVM, who is a Board Certified Pet Nutrition Specialist has provided a short list which can be found on the cat page of the Seventh Heaven website.

Always be sure to have at least two sets of dishes so that you can wash and air dry one set between feedings. This prevents bacteria from attaching to the old food stuck to the bowl.

Expectation:



Reality:



Rebecca Turner

For ideas about taking care of Birds in small spaces or for qualified help with maintaining your bird's well-being, from cage cleaning to socialization and Bird Sitting, please visit Seventh Heaven Pet Care!



### TOYS AND ENTERTAINMENT:

For some fantastic ideas about keeping your cat entertained and happy in an indoor environment, check out THE INDOOR CAT INITIATIVE website at <https://indoorpet.osu.edu/cats>, this is a great site with ideas about keeping your pet out of trouble. Some great ecofriendly solutions include using corrugated cardboard scratching toys. You can also look for rope covered scratching posts that can be easily recovered. Cat trees are great, but maybe putting some covered shelves up on the wall at different heights for your cat to climb around would be a better use of space!



## Caring for Dogs in Small Spaces: Eco Friendly Tips & Tricks



### **Making Your Living Space Dog Friendly!**

Give your canine friend lots of places to hang out. Dog beds are great and for many dogs. There are so many styles of dog beds, but I recommend making sure that the cover is durable and washable.

Crate training is a terrific solution to leaving your dog alone in the house, particularly puppies and rescue dogs. My dog loves being in her crate when we are gone because she is by nature an anxious dog and gets nervous being in the house alone. You can find a free guide to Crate Training on the AKC website at <https://www.akc.org/expert-advice/training/how-to-crate-train-a-puppy/>

Make sure your pup has things to chew on. Be careful not to leave Rawhide toys out for your dog when you are away since they can present a health hazard if they are ingested. Monitor your dog's use of Rawhide and **once it gets small enough to swallow, throw it away**. There are some great new alternatives, such as Vegetable based chews which are easier for your dog to digest (Smartbones & Whimzees are examples).

Some owners like to stuff Kong toys, and freeze or refrigerate them for a "long treat" another option is to fill a hollow bone with treats ranging from peanut butter to cooked chicken, and some pups even love frozen green beans. Experiment with what work best for your pup. I even have one client who stuffs the bone with marshmallows! You can find a good list of foods that are good for your dog and foods to avoid on the AKC website at: <https://www.akc.org/expert-advice/nutrition/human-foods-dogs-can-and-cant-eat/>

### **Exercise and Socialization**

Exercise and socialization are very important and necessary to prevent negative behaviors like barking excessively, destruction of property or any number of other troublesome behaviors. Make sure that you have a routine established for making sure that your pup gets out at least four times a day. It is a good idea to have 2 long walks and 2 short walks built into the day so that your pet has the opportunity to get out of their environment to explore (and relieve themselves). Seventh Heaven Pet Care offers dog walking services throughout the day and has walkers that can be on call when you have a late night at work or need to travel!

For puppies, *please be sure to check with your veterinarian* about when it is safe to socialize your puppy at venues like dog parks since Parvovirus is a big concern and puppies are not fully immunized against this highly contagious disease until they are 16 weeks old. Please take the time to read the information on this link if you have a puppy.

<https://www.avma.org/public/PetCare/Pages/canine-parvovirus.aspx>



For information canine nutrition, including the latest research check the Nutrition Blog page on our website.

Dr. Heidi Allen, Board Certified Veterinary Nutritionist and I will be posting regular articles about your pet's health beginning February 2019.