

# ■ Emergency Calming Guide for Pet Sitters

Quick Support When a Pet You're Caring For Is in Distress

## ■ Step 1: Try Calming Audio

### **Music & White Noise Links:**

- No Ads – 24-Hour Music to Calm Dogs: <https://www.youtube.com/watch?v=YNgNPwdEigs>
- White Noise for Puppies with Anxiety: Search on YouTube
- Spotify: “Calm My Dog” playlist
- Apple Music: “Dog Relaxation Station”

**Ideal Volume Levels:** Start at volume 4–5 (soft, ambient). Adjust as needed.

## ■ Step 2: Add Soothing Distractions

- Snuffle mats with treats
- Lick mats with peanut butter or yoghurt
- Puzzle feeders or slow feeders
- Chew toys (Kongs, bully sticks)

## ■ Step 3: Use Optional Calming Aids (If Available)

- Lavender-scented sprays (dog-safe only)
- Dog-appeasing pheromone sprays or diffusers (Adaptil)
- Anxiety vests (like a Thundershirt)
- Weighted blankets or a towel gently wrapped
- Comfort items (owner’s worn shirt or blanket)

## ■ Step 4: Know When to Get Help

### **Call the Owner if:**

- The pet is vomiting repeatedly
- They refuse to eat or drink for more than 24 hours
- There’s destructive behaviour or injury

### **Call the Vet if:**

- Breathing is laboured or irregular
- You notice seizures or collapse
- The pet's behaviour drastically changes (aggression, confusion, hiding excessively)

## ■ Quick Checklist to Keep Handy

- Calming music/white noise ready to go
- Familiar toy or item with owner's scent
- Distraction tools (puzzle feeder, lick mat)
- List of emergency contacts
- Location of cleaning supplies (for accidents)